From the voices of Summer Bridge

“With going into program, it helped me be better prepared for college by helping me know what to look for in classes, managing my workload, and time management. I like the community of the students in the program, and learning how to network to get services you need.”

Diane Denard

“It was wonderful experience that I will never forget. It prepared me for college and life as well. It pushed me to prove to myself that I could do well academically in college. I learned time management, how to create study groups, and how to use the tutoring center. What I liked the most was the support services that the program directed us to and the collaboration between the other students, whose goals were also to succeed academically and in life.”

Scottie Hope

Robert Ahmad Williams

“In my opinion Summer Bridge gives high school students a real view on college. You become a college student with all its positives and negatives, and really start to understand what it means to manage your time and meet important deadlines that can make or break your grade. The Summer Bridge program creates a walkway for high school students to tip toe as they take careful steps towards their secondary education. When I finished the program I felt different about my academic abilities, feeling more college ready and confident in my abilities.”

Kamil Syed

Editor in Chief

Summer Bridge stays strong after 22 years

This summer, MiraCosta College will hold their annual Summer Bridge program, which introduces high school students to the college lifestyle.

To be eligible for the program a student must be a current a high school junior or senior or is at least 18 years old. They must complete the math and English placement tests, and students must be able to commit to the entire six week period.

“Don’t let a family member fail,” stated Don Love, Umoja/EOPS Associate Counselor and Summer Bridge Coordinator, who comments that one of the best things about the program is the community aspect of it. The students and those involved in running the program through the entirety of the six weeks spend each whole day together. They are taught to look out for one another, to help each other be successful and are like family. The program provides a variety of activities and trips. There’s also a luncheon at the end of the program with guest speakers Ron Daniel and Phil Bowers from the Masonic RW Brown 33rd Consistory 33rd organization, who will donate a laptop to the winner of the program’s outstanding student award.

They also receive progress towards degree completion as they will earn six units of college credit.
Get ‘em in, get ‘em trained, get ‘em jobs

Aamirah Syed
Layout Editor

In April, MiraCosta College’s Community Services and Business Development will begin its Certified Armed Protection Specialist training and in May, will launch its new High Threat Protection Specialist training. The two training programs are aimed toward veterans to increase their chances of obtaining a high-paying occupation in the armed security field. The Certified Armed Protection Specialist training is a three-week course that includes mandatory guard courses, exposed firearms and CCW (carrying a concealed weapon) instruction, as well as CPR/AED (automated external defibrillator) and first aid instruction. The program also includes a specialized training for students wishing to pursue protection business domestically or internationally. Students who complete the course will receive a California guard card, American Heart Association cards for CPR/AED and first aid, and a bonafide permit. In addition, students will also receive a Certificate of Accomplishment from the college.

The High Threat Protection Specialist training is a new course to the college. This 19-day program focuses on security of executives or celebrities going into high-threat areas such as the Middle East, Mexico or a dangerous region of Africa. This course will cover topics ranging from foreign weapons and vehicle tactics to reverse-clip and unlawful detainment. Problem-solving, situational awareness and skill-sets for students to be effective, protective team leaders and members in high-threat environments. Students who complete this course will get a Certificate of Accomplishment from the college. Both training courses are GI Bill and WIA approved.

“Get them in, get them trained and get them jobs. That’s our motto at Community Services and Business Development. With so many ROIs and trade programs disappearing, this program was established to provide students with skills in the largest growing areas of employment,” stated Linda Kurukawa, Director of Community Services and Business Development. Community Services and Business Development is a fee-based, non-credit program that seeks to meet the needs of the community that the credit aspect of education is unable to. The program is mandated by a different state educational code than the rest the of the college, and it requires that the program be self-funded. “We can’t guarantee our students jobs after their training, but we can get their feet in the door and increase their chances of getting chosen,” stated Kurukawa.

According to Kurukawa, the High Threat Specialist Program is one of the three in the nation, with the remaining two being in Texas and on the East Coast. The Certified Armed Protection Specialist and High Threat training programs were the result of a discussion within the Community Services and Business Development from those who wanted the program to address the military population.

“The Certified Armed Protection Specialist training has been with us for over a year now, and it’s been very successful,” stated Kurukawa. The two training programs are similar in terms of armed guard, but the “High Threat” training focuses on more specialized areas that involve more threatening environments. The U.S. Department of State posts travel warnings of high threat areas.

Community Services and Business Development also has a Facilities Management Technician training program in session that began last week for the first time. This program is designed to instruct and train students in working with machinery that manufactures different equipment related to biotechnology, medicine, or even golf.

“Check labor forecasts to see where the need is for jobs, but they’re not always accurate. So we keep in contact with the actual manufacturing firms and companies that are looking for trained employees. This also addresses the needs of the community in terms of the training programs we offer. As far as the future of Community Services and Business Development, I hope to see blended program that combines credit programs with fast-paced work skills training,” stated Kurukawa.
What does a Social Security failure mean for you?

Jakeb Roy Stanley
Asst. Copy Editor

Those who work see it up close and personal every month. The subtraction marks on the paystub followed by more numerals than a metropolitan phone book. Every paycheck, those who are taxable have money taken directly from their earnings and forcibly put to use towards benefits and handouts to those in the Social Security system. In order to understand the issue of a failing welfare system one must know a little American history. Social Security was implemented under Franklin Delano Roosevelt as a part of his government expanding “New Deal” plan. As a part of this plan, American citizens, through their income tax, would pay into a program that would guarantee them a safe and healthy retirement.

The concept of “baby boomers” is not hard to understand. Baby boomers are the generation born after World War II following victory in both the Asian and European campaigns. Naturally, a winning side to a war has cause for celebration and Americans did just that by having lots of babies. In 1946 alone the population increase in one year equaled 5.7 percent growth in the United States. With the help of the GI Bill of Rights passed in 1944, many returning veterans were able to finish school, get a higher education and afford homes to support their brood of those that would grow up to retire in droves once they reached that coveted 65 year-old spot. Reports from the Social Security Administration present numbers that are grossly underestimated in their future financial projections. At the beginning of 2003, a report was released giving an estimated date of complete Social Security bankruptcy in the year 2041. This estimation creeps closer and closer every year and if a compromise is not reached in the near future, we risk forfeiting the benefits that so many of us have already thrown money at. By 2020, some analysts claim sooner dates) approximately 25 percent of the entire American workforce will be over the age of 55.

So what if the baby boomers are retiring at a fantastic rate? We’ll all still get our share because we have paid into it, right? Unfortunately this may not be entirely the case for the future. You see, Social Security is stuck in a never ending loop of dependance. This means that whenever someone retires, the payments made towards their benefits come directly out of the current workforce’s salaries or otherwise taxable income. Therefore, the idea was to create a system in which large amounts of the young population supported a much smaller elderly community through their golden years. With the confirmed and bombastic decline of participatory laborers, this form of welfare will not work and will lead to an economic crisis on par with the housing bubble if serious action is not taken.

In an attempt to calm the hype around this issue, President Obama has said that Social Security is “structurally sound.” Obama’s 2012 presidential adversary Mitt Romney also said that “no significant changes” would have to be made to the system. These words are meager attempts to douse the flames of an issue that will have a huge impact on taxpayers. Americans in the future. A resolution must be sought and prominent government officials must come forward and recognize this as a serious threat to the American taxpayer’s way of life. More importantly these same government officials must participate in healthy political rhetoric which will lead to the solution that both sides of the aisle desire for their constituents.

Although the problem may be simple to recognize, the resolution will be tough to form because of the nature of these handouts. Many people have become completely dependent on benefits provided by Social Security, to the point where their lives depend on it. In fact, roughly 40 percent of the elderly population are kept out of poverty because of this program. We cannot deny essential things like medical care and food to such a large group of individuals who made this country what it is today. It would be irresponsible and unacceptable of a sovereign nation to break the promises made towards its citizens.

However, progress must first be made towards compromise if any hope of reestablishing the once great system is to be considered. The current climate of party politics is a disgusting one. Our system has created politicians without guiding morals who fail to recognize that democracy is about compromise. We must promote the ideas of the majority while guaranteeing the protection of the minority. To do any less would be to jeopardize the freedoms that we enjoy so much. Freedoms that allow us to be rid of our former generation.
The seventh Annual Oceanside Jazz Festival, sponsored by the MiraCosta College Music Department, will consist of three main events. The first event, a Night of Innovation, the beginning of the festival, will include the 23 visiting choirs from universities like USC, Cal State Long Beach, groups from Seattle and other west coast choirs. The second event will be the performance of the Frequency Vocal Jazz Ensemble, with hired guest artist Kim Nazarian, taking place during the evening. The third event consists of the MCC Jazz Collective and the MCC Oceanside Jazz Orchestra, led by Director Steve Torok, closing the night with a performance after performing bands from high schools like El Camino and Valley Center High School. The festival will also include guest lecturers who will provide vocal clinics to help students learn to sing. Other guests during the festival include the CSU Long Beach’s Pacific Standard Time, Erin Watts and Jay Ashby. Together since August of last semester, the Frequency Vocal Jazz Ensemble have gotten to know each other well enough to agree that this festival is an important performance for them to situate themselves as a week as a class. They [the Frequency Vocal Jazz Ensemble] have also done some to sections outside of class. All the ladies get together, all the girls get together,” says Falka on amount of practice the ensemble has gone through to prepare for the event. Falker also stated that the ensemble has worked extra hard this semester to be as good as they can for this performance, just a little taste of the CSU Long Beach Pacific Standard Time, but that’s not enough for the ensemble. The Frequency Vocal Jazz Ensemble will also soon be recording their first CD for this spring semester – a spark of pride was shown in Falker when this was mentioned.

With the ensemble performing some previously performed songs, time was made to assemble new music to perform with Nazarian, something purposely done by Falker. “One of the reasons I created this festival was to create and opportunity for students to sing and play with a top-level artist. Really, I just want them to get the chance,” stated Falker.

Falkor also said that another great opportunity will be Cal State Long Beach’s guest performance during the festival, seeing it to that many Frequency Vocal Jazz Ensemble members are looking into transferring there in the future. The festival’s purpose is not only to entertain but to serve as a learning tool as well.

Save the date Spartans! Performances will vary upon date. April 19 will consist of guest choirs performing from 11 a.m. to 5 p.m., ending with a performance by the Frequency Vocal Jazz Ensemble with guest artist Kim Nazarian and Jay Ashby. On April 20 will be the same, with the only difference being the guest performance of CSU Long Beach’s Pacific Standard Time with the Frequency Vocal Jazz at 7:30 p.m. On May 4, guest bands from guest schools will perform during the day during the day, ending with MCC’s Oceanside Jazz Orchestra and Jazz Collective performing during saxophonist, Erin Watts. Daytime performances are free admission while evening performances are $20 for seniors and $15 for students, teachers and staff.

Inspire a change

Bianca Godinez
Asst. Copy Editor

Matt Falker and Steve Torok have worked hard to put together their vocal and instrumental jazz groups for the upcoming Seventh Annual Oceanside Jazz Festival. Falker, who holds the position of Department Chair of Music and teaches all piano classes at MiraCosta College, created the program seven years ago when he began working at the college and has lead the Frequency Vocal Jazz Ensemble ever since.

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Unless you’re possessed, I don’t recommend

Stephanie Rubio
Staff Writer

It is rare that there is an interesting book that can capture my imagination and emotions. When picking up the book “The Help,” I did not know what to expect when reading this critically-acclaimed debut novel. Set in the early 1960s, the novel is told by first-person perspective of three unsupervised women to change racial discrimination in Jackson, Mississippi. Aibileen is an African-American maid who has been cleaning and taking care of children of white families for 17 years. Minny is Aibileen’s best friend and is also a maid. Skeeter is a white socialite who has returned home from college with a degree becoming a writer. After so much pressure from her mother to get married, she finds solace in her maid Constantine who helped her raise. After Skeeter finds out that Constantine suddenly disappears, she realizes how mads were treated differently than white employees. Skeeter decides to work on a project to see what it is like for a black maid to work in a white household. This becomes a risk for the three women in a racial society, but it turns out to be a life-changing event for them. Skeeter does a great job of storytelling and beautifully illustrated in vivid image in my mind. The subject of racial discrimination is a sensitive one, but it helped me understand more about the subject in that time and place. The book sets my emotions feeling angry and sad for the characters of how they were treated. However, there were aspects of the book that were humorous and entertaining that kept me motivated to read more. This was a book that I couldn’t stop reading; a wonderful book that will make you laugh, cry and keep reading for more.

In the early 1960s, the world is novel told by first-person perspective of three unsupervised women to change racial discrimination in Jackson, Mississippi. Aibileen is an African-American maid who has been cleaning and taking care of children of white families for 17 years. Minny is Aibileen’s best friend and is also a maid. Skeeter is a white socialite who has returned home from college with a degree becoming a writer. After so much pressure from her mother to get married, she finds solace in her maid Constantine who helped her raise. After Skeeter finds out that Constantine suddenly disappears, she realizes how mads were treated differently than white employees. Skeeter decides to work on a project to see what it is like for a black maid to work in a white household. This becomes a risk for the three women in a racial society, but it turns out to be a life-changing event for them. Skeeter does a great job of storytelling and beautifully illustrated in vivid image in my mind. The subject of racial discrimination is a sensitive one, but it helped me understand more about the subject in that time and place. The book sets my emotions feeling angry and sad for the characters of how they were treated. However, there were aspects of the book that were humorous and entertaining that kept me motivated to read more. This was a book that I couldn’t stop reading; a wonderful book that will make you laugh, cry and keep reading for more.

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Some members claim it’s all a game; a personal challenge of self-discipline, an acid test of self-control and self-preservation and an entirely different direction in the act of self-indulgence. Others address it as an issue to be conquered not unlike an addiction, defining the parallels to substance abuse like the struggles of “relapses” and moments of extreme temptation. Calm and calculated, one member explains in an eerily plain font over the internet relay chat, reminiscent of a vintage typewriter: “Your brain is not set. We are doing this to reset the current wiring.” For others, the message is splitting, if not messy: “PORN HAS BEEN COCKBLOCKING YOU FROM YOUR BICYCLE” “STOP IT OUT OF IT. Stop jerking off, and sex will happen to you.”

Reads a highly-regarded comment for the movement’s official website: “You will do it for yourself on an unconscious and biological level and you will cease as it’s happening. And it will be FUN. Trust me, meandering and flirting with women may be effort, but it sure as hell isn’t work.”

These comments and the tens of thousands more like them are the hallmark testimonials and journals of those in an internet support network from across the English-speaking world, of college students and men in their late twenties, who claim to struggle with not drugs, alcohol, social anxiety or even a “fight club,” but rather a psychological addiction to masturbation.

The group’s claimed benefits to abstain from masturbation include the building of charisma, suggesting that less time “in the hand” will lead to more time with a woman, less need for incidentally mental acuity, concentration, focus, and motivation.

Consequently, a need to restrain from masturbation, or abstention, as referred to throughout this piece, is considered by its adherents as the “ultimate challenge” and being part of a web-based community, the motivational community provides tremendous inspiration to those who lead uninterested, aimless and idle lives, to those downtrodden due to breakups, career troubles and a myriad of other life-unsettling details. From exercise, weight lifting workouts, diet modifications and academic renovation, enhancing masculinity by concentrating the very essence of it is emerging on the internet as a new era of classic pseudoscientific; a new era of classic theology-fueled shame in personal intimacy. Rationale ranges from the speculative efforts of remorseful chronic masturbators with an inkling to the speculative efforts of remorseful chronic masturbators with an inkling to substance abuse like the struggles of “relapses” and moments of extreme temptation. Calm and calculated, one member explains in an eerily plain font over the internet relay chat, reminiscent of a vintage typewriter: “Your brain is not set. We are doing this to reset the current wiring.” For others, the message is splitting, if not messy: “PORN HAS BEEN COCKBLOCKING YOU FROM YOUR BICYCLE” “STOP IT OUT OF IT. Stop jerking off, and sex will happen to you.”

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HSP steps through academia

Storm Marquis
Contributing Writer

The Honors Scholar Program is becoming a well-known group on campus. HSP is recognized for its unique class curricula, motivated students and dedicated faculty. Aside from building a strong sense of community within the student body of the program, HSP is a force for recognition of MiraCosta College among top institutions of learning.

This spring marked the 15th annual Honors Transfer Council of California Research Conference at UC Irvine. On Saturday, March 23, a record number 30 students presented their original undergraduate research through the medium of poster presentations as well as individual and small group oral presentations. The students gained a one-on-one experience with their mentors in preparation for the day of the conference.

HSP definitely left their mark at the conference this year. Aside from the dynamic response from the HTCC Committee and audiences over the course of the day, seven scholarships totaling over $3000 were taken home. Melina Mastrodimos won the “Outstanding Abstract Scholarship” award at the conference. Melina has been tirelessly working at UCSD for more than a year to see the effects of fluorescence on cancerous tissues and damaged nerves. “Presenting at the Irvine Conference was an incredible experience for me. Having the chance to share my research at the Irvine venue was immeasurably gratifying, and the culmination of the day’s excitement was reached when I heard my name boom across the conference hall during the announcement of Outstanding Abstract Scholarship Awards. The conference was an amazing opportunity, and I am so honored I got to be a part of it,” Mastrodimos said.

Intramural Sports

Upcoming:
April 12 - Soccer Tournament, 2-4 p.m., Fields
April 16 - Dodgeball Tournament, 3-5 p.m., Gym
April 19 - Hiking, 3-5 p.m., Torrey Pines State Park

Intramurals are open to all students and staff. Contact Pat Conahan at (760) 757-2121 ext. 6242 for any questions.
Internship Opportunities

Interested in a summer internship? Now is the time to begin preparing your resume and cover letter. Sign up for our resume workshop tomorrow from 12:30 p.m. to 1:30 p.m., or check out our Online Resume Workshop at www.miracosta.edu/careerworkshops.

Summer opportunities include:
- Automotive Assistant, City of Oceanside
- OceanSide Bookkeeping/ Administrative Intern, Liberty Tax Service
- OceanSide Digital Assistant Intern, Alliance Multimedia-Cardiff
- Economic Development Intern- City of Carlsbad, Marketing Intern, Alix European Auto-Vista Operations
- Logistics Intern, Sustainable Surplus Executive, City of Oceanside
- Trainer & Pilates Mat Instructor, Frog’s Fitness- Encinitas
- Project Management Intern, San Diego North Economic Development Council- San Marcos, Social Media Intern, The Pipalate
- Escondido; Social Media Intern, The Pipalate

Job Opportunities

Academic Tutoring. $35 per hour, part time. Tutoring for SAT/ACT prep, 2-3 times per week. Ability to organize, and work well with high school student. Be able to recognize strengths and weaknesses academically. Strong math and English skills needed. To apply, email Lauren.28@mail.com with qualifications and resume/experience.

Computer Assistant, Cruise Agency; Del Mar Heights. At least 10 per hour, part time. 11-12 hours a week, flexible schedule with much experience.

Applicant must be comfortable:

Co-applicant must be a
day. Applicants are required to

For complete information on jobs/

Informal work experience is

Question: What is University Link (ULINK)?

Yes absolutely! Call 760-795-6672. Staff will be at San Elijo Campus, Administration Bldg. every Monday and Wednesdays from 9 a.m. - noon. Walk-ins welcome or call to schedule.

Transfer Center

MiraCosta College Scholarships Available:
- $2,000 Scholarship for Dance
- $3,000 Scholarship for Dance
- $4,000 Scholarship for Dance
- $5,000 Scholarship for Dance

Other Scholarships Available:
- American Indian College
- American Indian Financial Aid

Dieguito, San Marcos or Vista with a “C” average or higher, good citizenship, enrollment-full time (12 units). Deadline date extended: April 15.

American Indian College

Fund-Apply online: American Indians of San Diego County, Family History History essay, transcript, letters of recommendation, proof of American Indian blood. Download application and information. For a better chance, mail your application to: Patricia Gilliam, 621 Via Delbbie, San Diego, CA 92017; Annual deadline for fall.

American Association of University Women (AAUW) scholarship - students (men and women) can apply to each branch.

AAUW Poway-Penasquitos $10,000 scholarships: Must have graduated high school student or have a GED, correctly enrolled, non-traditional student at 23 years old who experienced turns of life and education differing from traditional four-year path, completed 20 college-level credits, excluding physical education and remedial courses.

AAUW San Diego scholarship awards $50,000 to full-time students transferring to four-year San Diego institution working toward a Bachelor’s, must have 3.4 GPA or higher. Deadline: April 19

Your financial identity is intact and

An inaccurate or unauthorized information on your report, you can:
disclose those items. Staying aware of information on your credit report will allow you to be better equipped in the event you become a victim of identity theft.

Prevention Tip: Always keep your vehicle with at least a half a tank of gas. This will prevent you from running out of gas and be able to get help in the event of an emergency. Submit your law enforcement related questions and “tips” to "The Fuzz," Officer Rebecca Mahan 760-737-2121 x 6519 or via email: rmahan@miracosta.edu.
Star Parties

Have you ever looked through a real telescope? The MiraCosta Astronomy Program’s spring 2013 star parties are for you!

Come out and see Saturn or Jupiter or watch a shooting star, or just want to learn more about the stars and planets.

Admission is free.

From 8 – 9 p.m. on the following Fridays and Saturdays (weather permitting), Baseball field on the Oceanside Campus

• April 5 and 6
• May 3 and 4

For more information, direction and maps visit http://www.tinyurl.com/mccastro or call (760) 757-2121 ext. 6201.

DON’T LET A HOT DATE TURN INTO A DUE DATE

Confidential, low to no-cost:
- Birth Control
- STD/HIV Testing
- Condoms
- Emergency Contraception
- Pregnancy Tests
- Reproductive Health Services

To make an appointment at one of our health centers, call 1-888-743-7526 (PLAN) or visit planned.org. Se habla Español. Find us on Facebook: www.facebook.com/ppaction

Need a Stress Reliever?

Therapy Students are please to offer discounted massages to the community and students.

Cost to the general public is $20 dollars for a 50 minute Swedish massage or a 25 minute chair massage. For students with ID is $10 dollars.

Saturday March 2 – May 18, 2013

Massages are instructor supervised and utilized Swedish techniques.

Appointments are available on the hour or on the half, 12 – 1:30 p.m.

MCC’s Community Learning Center
1831 Mission Avenue, Oceanside
To make an appointment call: 760-795-8752 Heal215@miracosta.edu

Blueballing

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presence by more active members.
If no other admittance or confession drew their ire, it was the mention by “newbies” that had girlfriends; that because of her, they had overstepped a boundary of privilege of joining the group, despite the seeming exemption of the men with wives who, in their sheer numbers, disenchanted the concept of marriage.

As time progressed, it became clearer that the majority of these college-age men realize they’re dealing with early-onset erectile dysfunction and no amount of abstinence from pornography or masturbation is going to curb the ultimate demise of their very manhood. But dammit, this low-grade delusion presents a corporeal mirage of control. Once you get beyond the surface-level encouragement and motivational speeches, the community’s seedy underside seems ultimately aimless, looking to “reset” after “flatlining” from 130 masturbation-free days, more of a state of denial over their aggressive erectile dysfunction in their twenties than an endeavor into self-discipline. Perhaps it’s the foundation of the group discussion itself, what it means to even be in a chatroom of chronic masturbators on a stuffy 2 a.m. in the first place. Or perhaps, in the unfortunate pairing of singlehood’s loneliness and limp dick, maintaining control is the only thing they’ve got.

Macromolecular deflagration got you down?

The Chemistry Department and the MCC Student Success Committee sponsors Drop-in Tutoring.

Oceanside
Monday through Thursday: 10-11 a.m., 12-2 p.m., 3-5 p.m., and Friday 1-2:30 p.m., Building 1200
San Elijo
Monday: 3-5 p.m., Tuesday: 1:45-2:30 p.m., Wednesday: 3-5 p.m., Thursday: 12:30-2:30 p.m.
Call at (760) 795-5682 (Oceanside) or (760) 944-4449 x7748 (San Elijo) to make an appointment, or log onto www.miracosta.edu/tutoring.

Read the Chariot

It’s satisfying

DON’T MISS OUT!
Save money with your ID.

Blueballing

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