Agriculture-funded organization

Aamirah Syed

Grabriel found her experience to be “force myself not to spend more.”

which is approximately $4.90 each food choices as possible. Students eat the food which they purchased, CalFresh Challenge. CalFresh is a United States Department of Agriculture-funded organization that seeks to improve the health and nutrition of low-income families throughout America. The challenge required that the participants make as many healthy food choices as possible. Students that accepted the challenge were also required to spend no more than $34.41 per week on food and beverages, which is approximately $4.90 each day. All the food purchased and eaten that week, including fast food, had to be tallied into the amount of total spending. The participants could only eat the food which they purchased, not food that they already had in their homes. Participants also needed to avoid accepting free food from their friends, families and coworkers, regardless of the occasion. Michelle Grubrail found her experience to be somewhat difficult. “It’s hard to eat healthy,” she said. “The hardest part is finding healthy options. It’s almost impossible. Also, since I actually have more than four dollars to spend a day on food that I wanted, it’s difficult to force myself not to spend more.”

The CalFresh Challenge began in 2007 with four Congressmen who had decided that for one week, they would live on an average food stamp budget of seven dollars a day. The goal behind this challenge is to raise awareness and understanding in regards to the struggles faced by Americans who receive benefits from Cal Fresh and Supplemental Nutrition Assistance Programs (SNAP). The programs make the effort to stretch food dollars in order to allow families to buy healthier foods such as fruits, vegetables, whole grains, and lean protein. In California, this program provides an average benefit of $146 for each person to spend on food each month. This challenge was introduced to MCC by nursing instructor, Sue Simpson, to her class of nursing students. “I wasn’t doing the challenge because I couldn’t talk my stay-at-home husband who runs the house into it,” she stated. However, about a third of her class was willing to take up the challenge. “I felt that that this challenge was an opportunity for the novice nurse to understand the nutritional challenges patients who are on a fixed income face. Understanding how hard it is to follow a balanced healthy diet on a fixed income will only help these nurses find alternatives and provide an empathic, informed counseling to their future patients.” Participants were to record their experience throughout the week via blog or a daily journal in order to track their approach to the challenge. The recording process was done by various means: journaling, photography, and videos, in order to be submitted to a public blog. When asked about her expectations of the challenge, nursing student, Catherine Corpus answered both yes and no to whether it was more challenging than she expected. “As a nursing student and one who likes to save money, grocery shopping with a plan and budget in mind has always been a weekly thing. For this, the budget was a bit of a challenge, but I just needed to be creative in what to do. By making a plan of what to cook and prepare, I was able to do that with leftovers or the remaining food I purchased,” she stated. Corpus also explained what she learned from her experience. “I wasn’t so far from spending the amount that was given when I ate at home. For a while, eating out for dinner was a normal thing, but lately it has been a great privilege with such a busy schedule. By sticking to a plan with a menu and a budget, I learned not only saves you money but also helps you manage your time,” stated Corpus. Corpus did not purchase any diet-specific foods, but did explain that portion control was a key part of her experience. “Planning on what I was going to cook and figuring out how to stretch it over the next day of leftovers really helped ration the food. In purchasing my food, I tried to make sure I had all the groups covered and that I would be able to last in my lunch box.” She also mentioned her discoveries of meals which she found as inexpensive and tasty that fell within her budget range. “Vons carries a huge box of Cup-of-Noodle for under $3. This was probably my biggest find as I was able to bring a cup to school and even work.” “Honestly, I think I would be able to stick to the budget, but I don’t think I could for a long period of time. If my fiancé were around to help boost the budget between the both of us, I believe that would be more manageable as he is easy to please with any meal. But if put in the position and there were no other choices, of course it would be possible,” Corpus stated. The concept of hunger includes a parent who skips meals, a senior citizen that has to choose between the purchase of his medication or next meal, or even someone who is compelled to choose less expensive and less healthy options, such as processed foods versus whole grains. As far as hunger is concerned in San Diego County alone. Additionally, more than 430,000 people in San Diego were served by food pantries in 2010, and 46 percent of them were children.

CalFresh cooks up a challenge

Aamirah Syed

Staff Writer

Could you handle the CalFresh Challenge?

“I don’t think so. It would be too hard.”

Ryo Takahashi

“You would have to make all your food at home.”

Anissa Navarro

“I already live on a budget and eat healthy. Growing up poor, you learn how to get the things you need at a cheaper price. Like if you’re at a friends house, you say, can I have that banana? You can always go to farmers markets ‘cause they’re cheaper. Grocery stores give out expired things that are way cheaper and if you’re eating it that night it doesn’t matter.”

Daisy Montes

“That’s definitely not enough to live off for a week. Some people like to eat a lot.”

Kenny Obeso

“It would be tough. Society wants us to eat healthy but they make it more expensive. It’s kind of contradictory.”

Amber-Christina McCoy

“If the CalFresh project were more of a long-term exercise, like a month instead of a week, then it’d be more reasonable in terms of how people actually living on such a meager budget buy groceries.”

Kevin Tuquero

“It wouldn’t be so bad. You could buy a bunch of chicken tenders for $6, get some rice for a buck, add some veggies and make it work.”

Shane Rice

“It’s impossible. You couldn’t get the optimal carbohydrates you need for the day. No way. There’s no way that you could manage it with such a small budget.”

Oscar Alarcon

“It’s do-able. I would just eat vegetables, grilled chicken, rice, and pasta.”

Isabel Calderon
GSA participates in AIDS Walk

Bree Wethey
Staff Writer

Next Sunday the Gay Straight Alliance will participate in the 23rd Annual San Diego AIDS Walk & Run for the second year in a row at Balboa Park in San Diego. This event is the largest one-day HIV/AIDS fundraiser in San Diego County. The AIDS Walk & Run provides resources to San Diego’s HIV/AIDS service organizations and agencies whose work is specifically dedicated to providing critical services and care to those living with AIDS. 2011 funding recipients include North County Health Services, Family Health Centers of San Diego, San Diego Hospice, Manna’s Kitchen, San Diego Youth Services, Fraternity House, as well as HIV/AIDS programs of the San Diego LGBT Community Center.

“This one-day fundraising event is an opportunity to visibly support (and raise awareness about) those in our community affected by HIV and AIDS, and raises money for critical support services in San Diego County. Students and staff are welcome to join our team to walk (or run) or to donate any amount to our fundraising efforts... We are eager to build our team and more visibly represent MiraCosta College,” instruction librarian and GSA advisor Steven Deineh stated.

Anyone can sign up and collect donations until the day of the event. On the day of the AIDS Walk & Run, everyone that signed up will hand in the money they have collected and take part in either the 10K USA Truck Field Certified AIDS Run or the 5K AIDS Walk around the course. Those who wish to walk or run in the event must pay a fee of $35 per person, or $25 for youth 17 years old and under and seniors 60 years old and above. The opening ceremony is at 7:35 a.m. registration tents will be open from 6 a.m. to 8 a.m., runners begin at 8 a.m., walkers start at 8:15 a.m., and the post-walk festivities end at 11 a.m. After the 10K, there will also be fun and awards based on division, as well as overall fun awards. According to the event website, the top five teams so far this year are Sempra Energy/San Diego Gas and Electric with $17,283.72, The Center with $15,805.99, Guys Like Us with $10,387.00, San Ysidro Health Center with $9,517.90, and Martinis Above Fourth with $9,517.90.

The sexually transmitted disease known as AIDS has affected millions of people and the epidemic still continues, since we have not yet found a cure. To illustrate the magnitude of this epidemic, the AIDS Walk San Diego event website states, “Every 9 and one-half minutes someone in the U.S. is infected with HIV.”

World Health Organization

Did you know?

You can come have lunch with our President?

MiraCosta College Superintendent and President Dr. Francisco Rodriguez is going to hold “Brown Bag Lunches” with students in October. It will be an informal setting where students and members of the college community have an opportunity to meet with the president and others to talk about life at the college and get to know one another a little better. Bring your lunches and your questions and join Dr. Rodriguez for lunch.

• Thursday, October 11, noon-1 p.m., San Elijo Campus Student Center Conference Rooms.
• Wednesday, October 17, noon-1 p.m., Oceanview Campus, Room 3601.
• Tuesday, October 23, noon-1 p.m., Oceanview Campus Veterans Center, Bldg. 3400 (for veteran and active duty students).
• Thursday, October 25, 11:30 a.m.-12:30 p.m., Community Learning Center, Community Room.

For additional information, contact Dr Rodriguez’s office at (760) 795-6610.

Library counts heads

The Oceanside Library tracks the number of users in the library at different times during their hours of operation throughout the year. When library staff noticed an increase in second floor OC library attendance this semester around lunchtime, they decided to do a head count at noon. Mostly they are tracking this data to look for semester/sessional trends so as to support requests for additional seating accommodations and study rooms, as well as response to questions regarding library usage, and to justify evening hours during the summer semester.

Thinking of starting your own business?

The Small Business Center is offering free consultations for students interested in starting their own business? Take advantage of this free one-on-one counseling for any student interested in starting or expanding their own business. A business advisor will be available by appointment on Wednesdays from noon-2 p.m. in the Temescal conference room in the Student Activities Center.

Contact Shannon Ilas at silas@miraCosta.edu for more information.

To make an appointment call 1-888-743-PLAN (7526) plannedparenthood.org | tuplannedparenthood.org

Find us on Facebook: www.facebook.com/pppsw

Well-woman exams • Family planning • Breast health care
STD testing • Emergency contraception • Cancer screenings

Planned Parenthood WE'RE HERE.

The Oceanside library is located at 3831 Mission Blvd., Oceanside, CA 92056.

The Chariot is a First Amendment publication.

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Stephen M. Penson
President
September 24, 2012
MiraCosta College
Romney is in a free fall

Erin O'Toole
Opinion Writer

Last week, there was a video released by the Republican presidential nominee, Mitt Romney, speaking to a private (at least 50 people per plate) dinner party of about 50 people: the platonic neo-cons, and Randian supply-siders, (his typical donors), where he attacked “the 47 percent” and said he will vote for the president no matter what.

He says that this is the group of Americans that don’t pay any income tax. Mitt claims that these are people who “believe they are entitled to health care, to food, to housing, to you-name-it.” He then continues on to say “I’ll never convince them you should take personal responsibility and care for their lives,” and “so my job is not to worry about those people.”

Here’s the kicker, the majority of those people, he so eloquently refers to, are actually from states that tend to be Republican-leaning.

According to a map put out by the Tax Foundation, it shows that the ten highest percentages of those who file with no federal tax liability by state include Texas, Arkansas, Louisiana, Mississippi, Alabama, Georgia, South Carolina, Florida, New Mexico, and Idaho, nine of which predominantly vote Republican. The majority of these states’ inhabitants, when polled, said they were more likely to vote for Romney, as this was before he said he didn’t need to worry about them because they were the wrong social, free-loading Obama supporters. So who exactly is this 47 percent that “believe they don’t pay any tax” but has a responsibility to care for them?

Here’s a small breakdown from the nonpartisan Tax Policy Center. Twenty-three percent of the 47 percent of individuals who pay no taxes are considered “low income,” those individuals that have income that falls below a certain threshold (which last year was at just over $23,000 for a family of four). Ten percent are elderly receiving benefits. Thirteen percent are benefits for the working poor and children which includes the child tax credit and earned income tax credit, as well as “others” (students fall under this category).

If we broke it down by annual income, it shows that almost 37 percent of those paying no taxes earned more than $20,000 annually and most pay a payroll tax, which is actually what funds Social Security and Medicare. At 15.3 percent, the payroll tax is more than what Mitt Romney paid in his taxes (the ones we know about anyway). So perhaps just perhaps, if Mitt had released his tax returns and they showed he has been paying anything other than zero taxes himself, his statements may have not been such a big deal. Or maybe he just doesn’t want us to know that he gives more money to the Mormon Church than to the U.S. government. That is for another day, another time.

In an attempt to quell the firestorm that erupted from his comments, Romney instead came out and said that his campaign was for “100 percent of America,” yet he has alienated major groups of Americans (women, Hispanics, gays, blacks) why not part of his Republican base as well?

Well, one might think, “that’s not that bad.” Wrong. That wasn’t everything. Continuing on in that same video, Mitt Romney shares his views on foreign policy, which he rarely seems to mention in public (now we know why). For instance, Romney doesn’t think peace in the Middle East is possible and that a Palestinian state is not feasible. Romney said, “I look at the two-state solution, which I hope to see anyway, for political purposes, committed to the destruction and elimination of Israel, I don’t see any of these thorny issues, and I say there’s just no way.”

Romney then indicates that as president he would take no significant action to help with the peace process:

“So what you do is, you say, you move things along the best way you can. You hope for some degree of stability, but you recognize that this is going to remain an unresolved problem. We live with that in China and Taiwan. All right, we have a potentially volatile situation but we sort of live with it, and we kick the ball down the field and hope that ultimately, somehow, something will happen and resolve it.”

He may have just been trying to appease a strong pro-Israel vote in a private setting, but it contradicts his remarks made in July to the public, just as John Mccain did (who by the way pretty much say anything to anyone to get them to vote for him). After a quick week to Mitt Romney’s true self, even many Republicans have started distancing themselves from the nominee, saying that he is damaging their chances of winning public office. When even CNN News host has gone on to defend Mitt Romney’s remarks, you know he’s doing something wrong.

Fortunately, I think the public, like Mitt Romney, says keeping getting bigger, so does the hole that he is digging for himself in this election.

Justin Morris
Copy Editor

Every time I hear the pundits and talk shows say stuff like “the issue in this presidential election is the economy,” my blood starts to boil. It’s incredible how ignorant our media can be when it comes to how our government works. Before you all vote according to the economy next election, I’d like to explain something — the president has very little control over the economy, or the unemployment rate.

When it comes to the economy, it doesn’t matter whether we elect Romney or Obama. Neither of them will be able to enact an effective economic legislation or directly create jobs.

What we should be paying attention to are the Congressional elections — because it is Congress that has the Constitution-given power to improve the economy.

If you look at the Constitution, it’s clear that the president’s main job is foreign policy. It’s the president who appoints ambassadors, oversees the State Department, and essentially represents the United States to other countries. In addition, as Commander-in-Chief, he has the power to project force overseas. The president can send our navy halfway around the world with a single phone call, and without any input from the other branches. (In fact, just last week President Obama sent two destroyers to the Mediterranean after the U.S. Embassy in Libya was attacked.)

The economy, on the other hand, is clearly Congress’s domain. It is Congress that has the power to raise and lower taxes, determine the government’s budget, regulate interstate commerce, and pass economic legislation such as the controversial stimulus package. The president has some input (that’s what vetoes are for), but on economic matters, it’s really Congress that decides.

This entire electoral season, the media has been focusing on the wrong election. It’s clearly Congress’s fault that the economy is in the crater.

The President does not have the power to put people to work — only the House and Senate can do that. Congress could, for example, pass legislation that would put people to work on public works projects, such as revitalizing highways and bridges. They could also expand education funding, which would create more teaching jobs. But they haven’t, because they’ve been too busy fretting over our deficit.

We cannot fix both the deficit and the recession. There’s no way to fix the economy without spending some taxpayer money, and there’s no way to cut spending without firing some government employees. At the end of the day, cutting government spending is going to involve “eradicating government jobs,” and I think we can all agree that the unemployment rate is high enough without Congress laying off some of the only people who have jobs at the moment.

Common sense dictates that the first thing you should do with a problem like the recession is look back at history and see what fixed the last economic crisis. We clawed our way out of the Great Depression not by firing government employees, but by hiring new ones. It was only after President Roosevelt spent massively by hiring new ones. It was only after our debt has ballooned recently is because the recession has made the government receive more funds (and without anyone actually raising taxes). One of the reason our debt has ballooned recently is because the recession has diminished the income of the average American. As a result, the government isn’t taking in as much money from income taxes as it did before the recession. We actually had a budget surplus about a decade ago - that’s right, we had zero debt in the year 2000. And the reason we had so much extra cash is that the dot-com boom (the massive economic growth caused by the introduction of the Internet during the nineties) caused income levels to rise, and when the American people made more money we can afford more government spending.

The only branch of government that has the means to directly create jobs is Congress.

Congress blundered on economy, so vote the bastards out

September 24, 2012
MiraCosta College

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“Go On” is witty, profound, and everything in between

Desiree Davies
Assignment Editor

“Go On” is a new comedy-drama on NBC starring Matthew Perry and John Cho (you know—Kumar from the Harold & Kumar films). Perry plays the recently widowed Ryan King, a radio sportscaster with his own show. He takes a break from work to mourn the loss of his wife, but quickly finds himself restless at home and returns just one month later, only to find out newest additions Billy the Kid (Liam Hemsworth) and Maggie (Vya Nav). When Mr. Church (Bruce Willis) enlists the Expediters to take on what seems to be a simple mission and an easy paycheck for Barney and his team of mercenaries, it turns into a quest for revenge against the rival arms dealer Jean Vilain (Jean-Claude Van Damme) and his mercenary group, the Sangs.

Also casted in this film is Chuck Norris as Booker, an homage to the John T. Booker character he played in the 1978 film “Good Guys Wear Black,” and Arnold Schwarzenegger as Trench. Norris arrives just in time when the team is ambushed by the Sangs and run out of ammo, and Schwarzenegger just “happens” to drill through the wall after the team gets trapped in a Soviet Cold War plutonium mine.

The plot really isn’t something that you need to know, and the dialogue is hilariously bad, but the important things are that Chuck Norris makes a Chuck Norris joke, Schwarzenegger says his iconic line “I’ll be back,” the fights scenes are aplenty, and Sylvester Stallone does the same over-the-top acting that is just as laughable as the rest of his films (and because most of it is done on purpose, it actually adds to the movie’s comedic value). When you don’t go and see this movie for the serious plot or great acting, you see it for the badassery. A majority of all those action movie actors coming together in one of the greatest ensemble casts ever assembled.

Jeffrey Eugenides is one of the greatest writers alive. His Pulitzer Prize-winning novel “Middlesex” has found its way onto several “Best 100 Novels of All Time” lists, and “The Virgin Suicides” is brilliant in its own right. But his latest book, “The Marriage Plot,” is most definitely a step down.

The story centers on the dysfunctional love triangle between three brilliant college students at Brown University. Madeleine, an English major specializing in Jane Austen, finds herself caught between two off-again-on-again boyfriends, Leonard and Mitchell. Madeleine, of course, chooses the wrong one, and the consequences of her decision comprise the second half of the novel. If the plot sounds sparse, that’s because it is. “The Marriage Plot” is well-written and the characters are interesting, but the novel lacks a crucial component: a point. Why should we care what Madeleine sticks with? What happens between the bed-sheets of three liberal arts students isn’t the most fascinating (or consequential) topic in the world, and certainly doesn’t need to take up 416 pages. At the end of the story, you’re left wondering why Eugenides decided to write so profligately about a topic as unimportant as this one.

The only reason I kept reading was because of Mitchell, one of the most interesting and tragic figures in modern fiction. Mitchell has a volcano for a soul, and conflicting desires threaten to tear him in two: He bounces back and forth between his longing for God and his inability to believe in him. And the brief moments of failure early in the story ruin his chance at happiness, and watching Mitchell try and turn the magnitude of his error is the only aspect of the story that didn’t bore me to death.

Eugenides are superbly crafted, and each is infected with his unique blend of irreverent humor and heart-breaking pathos. “The Marriage Plot,” however, is a bust. “You’re better off reading “Middlesex” instead.”
After being told, yes, after year, day after day, to “take out the trash” or “stop wasting water,” I can pretty much label myself as an expert when it comes to pleasing roommates off. My roommates being my mom and my dad. Don’t get me wrong, I’m a friendly, outgoing person who loves extra company, but the reason we clash is strictly because of the way I live. Oh, but before reading any further, please excuse my manners as I have yet to introduce myself: hello, my name’s Andrea, but you can call me: Andrea Abbott

Staff Writer

The Roommate from Hell

Unfortunately, there are more of me in the world. Don’t believe me? Well here’s a story (from a reliable source; Justin Morris, a student at MiraCosta College): “I was on vacation in Jerusalem when I was referred to a guy who needed a roommate. The first night, I woke up to find the guy standing over me and trying to cut my hair. I said ‘what the fuck are you doing!’ He replied, ‘it just needed a little bit off the top.’ I left the next day and found new housing arrangements.”

Yeah, that was a strange (yet surprisingly fascinating) story and events like that may not happen often, but other behaviors are very common: borrowing clothes without asking, leaving the dishes piled high in the sink, clogging the drains with knotted hair, or inviting others to spend the night without a notice. Well, I’m here to help. The least I can do after upsetting numerous loved ones at home is to provide essential advice for others before it’s too late and you lose a friend. Why haven’t I lost anyone, you ask? Simple, my family is stuck with me (sorry, parents). But for the rest of you, just call me Superman (woman? man?) whatever because I’m about to save your life.

Do not disturb your roommate when they’re sleeping

A clear warning the day before, along with an agreement to only invite a friend or two to watch a movie quickly in the living room, should be okay. But stampeding the doorway at midnight with 20 of your “close” friends is not okay. Respect is essential in any healthy relationship. Ignoring simple conditions will cause fighting. Put yourself in their shoes: you finished your last exam after cramming for two weeks straight, when finally, after getting ready to sleep you lie down comfortably in your bed. You’re resting peacefully. Then, five minutes later, the stereo begins to blast, the walls are vibrating, and people are laughing and shouting. With no way to kick 20 people out at one time, you’re stuck.

Anyone would grow irritated, especially when losing sleep, so before making any noise, check to see if they’re home. Or, if they’re trying to relax, take the party somewhere else. No compromises.

Stop taking long-ass showers

If this is you, pay attention. Roommates share bills, and abusing water and electricity increases not just your debt, but theirs as well. I know what it’s like to shave those legs to perfection, ignoring the passing of time as you finish singing that crucial solo in the shower. However, think about others first. Did you shave yesterday? Today, skip it. Finishing the solo is very important to you, I understand, but guess what — if you’re not Elon John out of the shower, you sure as hell won’t be in it. Just shut up and get out.

Keep your damn hands off those Eggos

Your roommate bought waffles and you didn’t, so guess who gets to eat them? (Hint: It’s not you.) Instead of stealing snacks and hiding the evidence (or worse yet, leaving an I.O.U note on the counter) consider either asking first or buying your own. No one likes moochers. And if the violation of food (or any other objects) goes on, then it’s only a matter of time before you get kicked out. Keep this in mind: a second on the lips, a lifetime on the curb.

Clean up your mess

Whether it’s school supplies lying all over the table or clothes thrown on the bathroom floor, clutter is clutter and it discourages the place. It stresses roommates out and looks tacky when company is over. It says a thing or two about your character as well: lazy and lethargic. After finishing lunch, don’t leave it on the counter, put it in the trash, which leads to another lecture: don’t pile the trash and leave it for someone else to take care of. If the can is full, that’s part of your mess. Take it out. Oh, and if that wasn’t difficult enough, there’s more. I know, I know, but don’t worry, I’ll take you through the steps. Open the cabinet under the sink. Grab a trash bag. Put it in the trash can. Close the cabinet. Trust me, that is how you finish after taking out the trash. You’re welcome.

Make a deal with your roommate. One rinses and puts them in the washer and the other one puts them away. Simple enough? If you have problems with that system, you’re on your own. This parallels with laundry. One gathers and switches the loads and the other folds (I suggest the more daring person folds, just a note. Things may be involved). In fact, this system of splitting jobs can be applied to many other chores. The possibilities are endless. Get creative. Make a chart! Okay, no — charts are lame, don’t do that. But do everything else.

Now, Practice.

This list, (courtesy of yours truly), should be taken seriously. Put it in your room, bathroom, kitchen, anywhere, just don’t forget. Your current living conditions may not be as rocky as the one with the weirdo trying to become a stylist overnight, but it’s likely one of these issues mentioned applies to you. It takes time and communication to improve any situation, and by ignoring these vital conditions it’s guaranteed you’ll be kicked out in no time. The time for change is now. Start with number one and work your way down the list. You’ll experience healing in your relationship and may even grow closer, all by adopting new standards of living. As for me, hopefully my parents don’t read this, or I’m going to be expected to follow my own advice. Sigh. Oh well, at least I’m helping other lost, messy individuals out there. So go on, be clean, respectful and a more likeable person.
She's living the Victorian dream

Andrea Abbott
Staff Writer

On May 29, 2012, student Rachel Kelly received a scholarship to attend the Dickens Universe, a seminar focused on the works of Charles Dickens, a novelist of the Victorian period. The event lasted from late July through Aug. at Santa Cruz University. Only one scholarship is given out each year, and the requirements are challenging. According to the Dickens Project website, each applicant must write “an original critical essay on a work (or works) of British literature dating from 1789-1914,” and “the application essay must be accompanied with a signed statement from a CA community college instructor.”

From a young age, Kelly loved reading and writing and considered herself a “spontaneous reader.” Since she was already familiar with the works of Dickens, Kelly felt somewhat confident entering this contest. Kelly’s work paid off. After the great news she packed up and headed for camp. Throughout the week, the seminar held classes teaching all things Dickens-related and featured hands-on writing opportunities. The scholarship also gave Kelly UC credit as well as phenomenal exposure, “The most valuable experience was learning literature on a UC level,” said Kelly. Attending a summer camp with such remarkable academic opportunities does not get offered to everyone.

“Rachel’s like many of my students in the [Honor’s] Program. She’s expressive and talkative and adds to the Honors community,” said Christopher Sleeper, the Honors Program Coordinator.

With a humble response, Kelly admits that scholarships are “much more attainable for the average person.” She stresses for all students to “go for scholarships!” The lack of submissions from community college students means that scholarships often do not have enough applications, which benefits the student who takes the chance. Although Kelly preaches this philosophy, it goes without saying that for many scholarships, such as the Dickens Project, the student must have talent and skill in that subject, and Kelly meets these crucial criteria.

After finishing MCC, Kelly plans to major in literature, with no specific focus yet. However, she is leaning towards Victorian literature. “It connects us to a past that is very different than our own. It’s a fantastic lens to the past and future,” said Kelly. Currently she is looking mostly into UC schools while remaining an Honors Student at MCC. Kelly represents MCC very well and encourages college students (especially those planning to transfer) to apply for other scholarships. “If you do something that you love that will give you money for doing that, do that,” Kelly said. “You have to try; she stated. Expect to see great things from Kelly in the future.

Photo by Andrea Abbott

Landing on the stars: HSP student applies skills to major preparation

Storm Marquis
Contributing Writer

W hen thinking of a college honors group, rigor and academic challenges come to mind. However, the Honors Scholars Program (HSP) is not your typical academic group. The HSP is founded on principles of civic engagement, academic excellence, and community. Despite the mixed-out schedules and likely overconsumption of caffeine, students who complete the program reap a multitude of opportunities, from transfer benefits and scholarship opportunities to life lessons and academic skills. The faculty and student community encourages members to go for the dream and to settle for less.

For Chris Berthelet, it was being accepted into a prestigious NASA summer program for community college students. Chris, a returning MiraCosta student and active member of the HSP, has taken full advantage of the opportunities he has had. This highly coveted course provided Chris and his peers with a look into aerospace engineering as a major and prospective career field.

He attributes his success in the program to HSP and some of the opportunities he has had. Before enrolling in ENG10H with Professor Tony Burman, Chris beams “[the class] taught me to be very thorough and clearly articulate thought processes.” After a semester of polishing his writing skills in Professor Burman’s class, these skills seamlessly transitioned to his work in the summer NASA program. Chris’ final project, which comprised a large portion of the course grade, was to create a mock proposal for a potential Mars Rover.

Chris shares that he was able to successfully justify his objectives for budget, design, and other logistics for the Rover. Aside from an insight into aerospace and mechanical engineering, he professes that HSP courses provided him an “environment where everyone is motivated” and gave him a sense of belonging in a supportive community.

Contribute by email to Storm Marquis, storm.marquis@mc-pc.edu.

Intramural Sports Schedule

September 24, 2012

MiraCosta College

Student Life this week

Monday
Job Search Hour Workshop, 1-2 p.m., Career Center Computer lab, Room 3105
Japanese Club, 4:30-6 p.m., Student Center Aztlan B, Room 3449

Tuesday
H.O.P.E. Volunteer Club, 12-1 p.m., Student Center Temescal Room 3432
Plagiarism Workshop, 12-1 p.m., Library Conference Room 1202
Career Center Workshop, 1:2-2 p.m., Career Center Computer Lab, Room 3105
Italian Club, 3-4 p.m., Student Center Aztlan B, Room 3449
Nursing Information Session, 6-7 p.m. Student Center Aztlan B, Room 3449

Wednesday
Computer Workshop, 11 a.m.-12 p.m., Library Computer lab, Room 1201
Encuentros Leadership Club, 2:3-3:30 p.m., Student Center Temescal Room 3432
Unceded Majors Workshop, 2:30-3:30 p.m., Career Center Computer lab, Room 3105

Thursday
F.Y.E. Club, 11:30 a.m.-12:30 p.m., Library Conference Room 1202
Accounting/Business Club, 12-1:30 p.m. and 6-7 p.m., Student Center Aztlan B, Room 3449

Resume Review, 12-1:30 p.m., Career Center Computer Lab, Room 3432
Pacific Islanders Club, 1-2 p.m., Student Center Aztlan B, Room 3450
Encuentros Leadership Club, 4-5:30 p.m., Student Center Temescal Room 3432

“The 39 Steps”, 7:30-9:30 p.m., Theatre, Room 2001

Friday
Performance Writers Club, 11 a.m.-2 p.m., Little Theatre, Room 3601

“The 39 Steps”, 7:30-9:30 p.m., Theatre, Room 2001
Internship Opportunities
Office Assistant Intern, PIA Ingredients, Oceanside: Basic computer skills needed; including web-sending emails, and beginner skills in Adobe Suite. Bilingual Spanish a plus.

Marketing Plan Design Intern, Ford Mance Capital Advisors, Cardiff: $10/hr. Hours vary. Experience in social media terminology/use and practical use of Windows 7 office suite software. Website design and user interface graphical design skills helpful.

Market Research Intern, Ford Mance Capital Advisors, Cardiff: $10/hr. Familiarity with market research basics.

Job Opportunities
Children’s Sport Coach, Playground- Exercise, Inc: $10. Early childhood education must, teaching experience optional. Email resume to katie@playground-exercise.com

Office Assistant, Coyne & Associates, Oceanside: $10/hr. PT, Microsoft Office, customer service equipment. Current California driver’s license. Email resume jobs@coyменe.com

Admin Support, NwTech, Del Mar: $15/hr. PT, Excellent phone and writing skills. Attending College focuses on Business. Email /fax resume smaskell@nwtechusa.com

Job Search Boot Camp, Sept. 25, 12:30-1:30 p.m.
Resume Review, Thurs., 12:15 p.m.-1:15 p.m. for paid hourly worker.

Marketing Plan Design Intern, Ford Mance Capital Advisors, Cardiff: $10/hr. Hours vary. Experience in social media terminology/use and practical use of Windows 7 office suite software. Website design and user interface graphical design skills helpful.

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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.

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Tired of paying for gas and parking? Don’t like sitting in traffic?

Ride the SPRINTER or BREEZE with your MiraCosta discount for JUST $44 a month. Purchase your monthly pass today at the Student Cashiers Office.

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Dear Aphrodite,

Question. What did you mean by your “smoothie or cake” reference? My classmates and I tried our best to understand your article and how the first half related to the second but all we could come up with is that you were going for the “flavor of the week” reference. Also, is this a joke, an assignment perhaps? Because I am doing my best to believe that our school would only allow you to publish an article, this article for educational purposes.

Thank you for your response,

Alicia

Hello Alicia,

The “smoothie or cake” reference was intended to illustrate that there are many sexual preferences out there to be had. In an effort to keep the tone light while still addressing sensitive issues regarding the topic of human sexuality, I used the idea of an ice cream shop to establish my opinions rather than use explicit terms. If the way I wrote it is too confusing, I apologize, but I did have a genuine point to make.

My goal with the first column was to establish my openhearted nature and encourage broad-minded conversation. I want to be respectful but a little edgy and fun. Ask Aphrodite is totally for cereal and not some kind of weird joke or assignment.

Feel free to share any questions, opinions, or rants you have about sex. No matter who you are, what you like or don’t like, your perspective is important. What I want to stress more than anything about sexuality is the value in upholding a healthy love for oneself and others.

Thank you for writing in,

~Aphrodite

Dear Confused in Carlsbad,

Your boyfriend is clearly fixated on the idea of getting oral sex from you, but if giving it to him makes you uncomfortable, you can turn him down in a naughty, fun way. If you are firm in your decision but still willing to be playful, he would do well to respect your boundaries.

You may find yourself in the mood sometime to tease him with just a tiny taste of what he wants. Do it! Of course he will probably beg you for more or even demand it, but be true to yourself and satisfy him on your own terms. There may come a moment, if you let yourself experiment at your own pace with him, when the whole thing won’t seem so gross anymore. If that moment never comes, it’s cool, just get creative with the foreplay and do what you like! If he’s a good guy and truly loves you, this doesn’t have to be a huge deal. It’s not your role as a woman to be his sex toy. You are an individual.

Thank you for writing in,

~Aphrodite