MCC marks Arbor Day by planting a Citrus Garden

Andrew Leasure
Editor in Chief

On Feb. 26, at 12:30 p.m., MiraCosta College, along with the California Department of Forestry and Fire Protection (CalFire) and the city of Oceanside will be celebrating Arbor Day by planting a citrus garden on the Oceanside campus. According to Megan Allison, MCC Horticulture Professor who has been coordinating the project, the trees will be an assortment of citrus trees such as mandarins, oranges, grapefruit, lemons, limes and kumquats.

The Arbor Day ceremony will take place during College Hour and will include a speech from representatives of CalFire, who will present a history of Arbor Day and the planting of the trees. This citrus tree garden will be planted right in the plot between the 3400 and 3500 buildings, and will be a change from the plot of dirt which can currently be seen there.

The idea for this citrus garden began when students in the Horticulture Department suggested that they plant some sort of garden on campus, but the idea never took off. Last year students from MCC and the city of Oceanside planted trees at Buddy Todd Park to celebrate Arbor Day. This year, the city of Oceanside has decided to team up with MCC to celebrate Arbor Day. With donations from Netafim, CalFire, The MCC Horticulture Department, the city of Oceanside, and work done by the Facilities Department on campus, MCC will be putting that idea in to action and planting a citrus garden on campus.

According to Allison it will take a couple years for the citrus trees to begin to bear fruit. Once they do, the students should be able to eat fruit straight from the trees but because 12 trees will be planted, the trees won’t be able to feed an entire community of students every day. The trees will also be grown as naturally as possible with the Horticulture Department having decided to use a more natural pesticide instead of using chemicals to keep pests away.

Last year the ceremony was done at Buddy Todd Park but this year, the ceremony will take place at MCC where it can be observed by the students and faculty. This project will give the students and faculty of MCC a chance to join in on the Arbor Day celebration and learn a little more about the origin of this holiday. “I’m very pleased to be able to partner with grounds and with the city of Oceanside to bring a project to the MCC Community, and to engage the students in the landscape,” said Allison.

The first Arbor Day originated in Nebraska City, Nebraska with Julius Sterling Morton and his wife, Caroline, whom were both lovers of nature. Morton, who was a journalist and the editor of Nebraska’s first newspaper used that outlet to spread information about agriculture and his enthusiasm for trees to his audience. He noticed that Nebraska was scarce of trees and urged people to be aware of the interrelatedness of life and environmental stewardship. He wanted to set a specific day aside for everyone to plant trees. In 1872, the State Board of Agriculture of Nebraska accepted a resolution from Morton to set aside one day out of the year to plant trees. The state decided that April 10 would be the first Arbor Day and they promised prizes to the counties that planted the most trees every year. During the first Arbor Day, over 1 million trees were planted. After the first Arbor Day, other states started to take notice, and by 1920 45 states had their own Arbor Day celebrations. Today all 50 states celebrate Arbor Day and each states celebrates Arbor Day on a day that is appropriate for planting trees in their region.

MCC will be a part of the Arbor Day celebrations as we keep up the tradition started by Morton 142 years ago.

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MiraCosta College  Oceanide Main Campus  Urban Orchard

Legend

— Citrus

— Landscape

1500 Building Roof Lodge

Artist's concept of citrus garden to be planted between buildings 3400 and 3500.

Photos by Andrew Leasure
Celebrating another new year of culture at MCC, Xīnnián kuàile!

Brooke Schnedar
Digital Editor

While celebrated last Thursday during College Hour, one of China’s most important holidays, the Lunar New Year, is actually today. While the College Hour celebration was early, the Chinese Club is hosting a film presentation this Friday, from 4:30 – 6:30 p.m. in the Little Theater (OC3601), which will be featuring Brian Hu from Pacific Arts Movement (OC3601), which will be featuring Brian Hu from Pacific Arts Movement as a guest speaker. The MCC Chinese Club was established in 2006, with the goal to inspire more students to study Chinese language and culture. Today officially begins the year of the goat. According to the story of the Chinese Zodiac, also known as “The Great Race,” each year is named after 12 animals: the rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, dog and pig. Each animal’s year corresponds with what place they finished the race in, and the zodiac repeats every 12 years. The goat, or sheep, was the eighth animal to finish the race after working together with the monkey and the rooster. People born in the year of the goat are considered to be gentle, kind, and shy, with a strong inner stubbornness and sense of justice. Because of the goat’s perceived auspicious nature, the Year of the Goat is thought to be a prosperous one. A rather prosperous tradition of Chinese New Year includes giving others red envelopes containing money. Other traditions include fireworks and lots of red items, such as lanterns and paper—according to another Lunar New Year’s tale, fireworks and the color red (considered a lucky color in China) scared away Nian, a monster that came to feast on villagers each year.

Chinese New Year is celebrated with festivities and parades in a multitude of countries, including the U.S., with major celebrations in cities like Los Angeles, San Francisco and New York.

Tickets are $10 and may be purchased at the door. Also, people may make a donation at miracosta.edu/umojatix.
As college students, we all have different motives and goals that push us to try harder, if at all, in our classes. There's of students who are required to get degrees method. Then there are students who suffer from day-to-day panic attacks if they receive an A, on a redundant general education class enforced by greedy stricken officials. One way that most of us do it is by choosing the teacher that we seem to be most compatible with. I mean let's face it, we all hope to get that class with what appears to be the only attractive guy/girl out of this 14,000+ student multi-campus college. But even more important than who may be in your classes, is who decides your grades in those classes. And what better place to find out your professor's ability to teach than the website, ratemyprofessors.com.

If you have attended college for a semester or more, you have most likely heard about, and hopefully used, the website for your good. But have you ever thought about rating a professor? How is that done? The form and the spirit of the laws in Selma, Alabama, and other places in the United States were designed to disenfranchise Black/African-American people. Through intense, heated negotiations between Dr. King and President Johnson, as well as various arrests and assorted protests, including the ones from Selma to Montgomery, Alabama. Our country and President Johnson had to be shamed via the bloody protests to change our laws to the benefit of everyone.

In this film, one of the goals of DuVernay was to take the sole focus off Dr. King (David Oyelowo) as a saint, and showed him as a flawed human being – like the rest of the human family without turning it down or sensationalizing them. There is an excellent scene where a recording of his extramarital shenanigans was mailed to his house and his wife, Coretta (Carmen Ejogo) listens to it. She then asks if it was him. He tries to deny it, but she tells him that she knows what he sounds like.

Another goal that DuVernay had was to take the emphasis of the film away from what I, along with the public, see in other recent films, the pattern of the typical White-savior narrative (see: “Black or White,” where a White grandfather in a custody battle with a Black grandson over his biracial granddaughter and “McFarland, USA,” where a White track coach helps students from a majority Hispanic Latino high school win and set up a legacy in a cross-country team – both of the White male characters, portrayed by Kevin Costner, presumably save the day, and leads the audience into the “light”). She shows the character of President Lyndon B. Johnson (played with skillful tightness by Tom Wilkinson). While he eventually signs the Civil Rights Act into law he also shows how he had to be shamed past his calculating bigotry and cowardice by the protests and brutality televised from Selma, and other parts of this great country of ours. While I have a great appreciation of the White/European-American people who fought, bled and died along with Black/African-American people to actually have the rights in the law in which I, along with many people enjoy today – I greatly dislike this narrative of White people being portrayed as saviors.

The other aim Ms. DuVernay had while making this motion picture is the contributions of the Black/African-American women, as well as men, which is captured in this scene: Annie Lee Cooper (played with great caring, softness and strength by Oprah Winfrey) completes a document in her attempt to register to vote. The White registrar questions her about the number of county judges in Alabama, and then he inquires her about the names. When she is unable to give all of them, her attempt at voting is rejected. This scene is a reflection of our numerous examples of their contributions, and our sacrifices so that I, like many other Black women – are now just beginning to enjoy the rights and the freedoms to be counted and have our lives valued – via voting, education, driving, having bank accounts, having healthy, consensual personal relationships – without the threat of coercion or violence. While I am grateful to find out the many contributions that others have contributed, I wish to the highest of the Heavens that our contributions would have been taught when I was in elementary school, as well as Dr. Martin Luther King and George Washington. For me, being “human” means I can go anywhere I want without coercion or violence, bear and raise children when I am prepared psychologically and emotionally to do so. It also means a freedom to pursue my educational and professional interests and be rewarded for the fruits of my labor. And just to be free to enjoy and be valued for the various abilities. I searched for any others.

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Equality comes with understanding

2014 was called by some to be a banner year for transgender rights. Visibility and media representation increased for transgender individuals, and social advances were made in the name of transgender rights. With MiraCosta College’s Gay Straight Alliance showcasing a drag show in the latter part of February, now is an ideal time to educate people about gender non-conforming individuals and the T in LGBT.

It’s important to understand that transgender individuals and people who participate in drag events are not interchangeable. Transgender means someone identifies as a gender they were not assigned at birth. For most people, the gender – male or female – they are given at birth is what they identify with for the rest of their lives. The term for those individuals is cisgender. But for others, the gender they were assigned with does not match what they innately identify as. This conflict between their perceived gender and their identified gender often manifests itself in “gender dysphoria.” Dysphoria causes stress, anxiety, and depression. The discomfort caused by dysphoria can be so detrimental to individuals as to interfere with their normal, daily activities. As for drag performers, for most donning drag is just that, a performance. Drag queens, for example, are often cisgender men who dress up and perform as women, whereas a trans woman is a woman, not a drag queen. There are drag queens and kings who are transgender, though.

According to the Transgender Law Center, an estimated two to five percent of the American population are transgender. Despite gains in overall LGBT equality, trans individuals still experience a high level of prejudice, discrimination, and even violent acts. A report from the National Transgender Discrimination Survey found that one percent of trans people attempt suicide compared to just 0.7 percent of the general population. They face harassment in work, and society often views them as victims of murder, simply for being who they are. Since the beginning of 2015, seven trans people have been murdered.

Despite those grim statistics, society is improving for trans people due to education and representation. The visibility of trans people is increasing, thanks to individuals such as Chaz Bono, activist Janet Mock, musician Laura Jane Grace, models Carmen Carrera, Andreja Pejic, and actress Laverne Cox, known for playing a trans inmate in the TV show “Orange is the New Black.” Her new fame has helped to put trans issues in the spotlight, and she has been nominated for a Primetime Emmy Award for her work.

Media representation is increasing for trans individuals, and so is legislation to protect them. Last year, California became the first state to ban the “trans panic” and “gay panic” defenses in criminal courts. This defense is claimed by some murderers of trans people, saying they couldn’t control their anger at finding out their victim was transgender. Many states now specifically mention gender identity and gender expression in their nondiscrimination laws.

Becky Findon
Staff Writer
Equality comes with understanding prejudice, discrimination, and even violence. The rates of depression and suicide are high among transgender people. A report released from the National Center for Transgender Equality and the National Gay and Lesbian Task Force found that forty-one percent of transgender people attempted suicide, compared to just two percent of the general American population. Trans people face harassment in school, work, and society, and are too often victims of violence and murder, simply for being who they are. Since the beginning of 2015, seven trans people have been murdered.

Despite those grim statistics, society is improving for trans people due to education and representation. The visibility of trans people is increasing, thanks to individuals such as Chaz Bono, author and activist Janet Mock, musician Laura Jane Grace, models Carmen Carrera and Andreja Pejic, and actress Laverne Cox, known for playing a trans inmate in “Orange is the New Black.” Cox is using her new fame to educate the public about trans issues and champion for trans rights. She was the first openly transgender person to appear on the cover of “Time” magazine, for its “Transgender Tipping Point” article, and the first trans person to be nominated for a Primetime Emmy Award.

Media representation is increasing for trans people, and so is legislation protecting them. Last year, California became the first state to ban the “gay panic” defense in criminal courts, claimed by some trans people, saying they were so shocked their victim was suicide but to all intents it was self-choice and that any state now allows, transpeople. softmother gender expression in non-discrimination laws for the school, workplace, housing, and government sectors. The Affordable Care Act, which prohibits discrimination on the basis of gender identity, allowed many transgender people access to necessary care. The Department of Education granted transgender students Title IX protections last April. The Employment Non-Discrimination Act, a piece of federal legislation banning employment discrimination on the basis of sexual orientation and gender identity, became trans-inclusive before its latest journey into Congress, back in 2013.

American society still has a long way to go with its treatment of transgender people, but progress is happening, albeit slowly. Nationally, every November is Transgender Awareness Month, with November 20 designated as Transgender Day of Remembrance, honoring the victims of anti-transgender violence.

For any trans or gender non-conforming students at MCC, the Gay Straight Alliance is a great resource and support group. They meet every Tuesday from 11:30 a.m. – 12:30 p.m. in the Club Room’s Queer Corner. The school also has various staff and faculty trained in LGBT Safe Spaces throughout the three campuses. A full employee list can be found on the school’s website. For any cisgender person who would like to be an ally and help with advocating for trans rights, here are a few things that can be done. Stay educated on pertinent trans issues, educate others, and speak out against transphobia and misconceptions about trans people. Support media with accurate trans representation. Talk to a trans person and listen to their experiences. Ask what someone’s pronouns are and never assume anything about a person. They know their gender better than anyone else.
Spartans play heartbreakers

By Isabel Dansky, a Marriage and Family Therapy intern at MiraCosta College Health Services

MiraCosta College’s men’s and women’s basketball are both reaching an end to their respective seasons. As of this past week men’s basketball is tied for third place with an overall record of 13-12 and a PCAC record of 3-4. They recently faced nail-biting losses to Miramar College and Mt. San Jacinto where they fell by no more than two points in each game. MCC first went head to head against Miramar on Feb 11, and lost by a mere one point in overtime with a final score of 73-72. MCC and MC are currently tied in the conference and it showed on the court when the men didn’t stray over a six point difference in each half. Their game against Miramar resulted in a loss of 57-55. Despite the Spartans three game losing streak, they have statistically ranked athletes. Freshman Buddha Boyd remains 10th overall in points per game. Fareed Ahmed is placed 6th for defensive rebounds. Sophomore Donny Punter is ranked 32nd for assists in the PCAC. Their final game on Friday night will be the deciding factor as to who will advance into the post-season.

Women’s basketball also had two games this past week where they fell to Southwestern College and Mt. San Jacinto College. Brogan Griffin tops the charts with a 4th place overall ranking in points per game and 20th for 3pt percentage. Freshman Erica Windham is placed at 8th for steals and 9th for total rebounds per game in the PCAC.

The last home game for both the men and women, before the post-season begins, is a Spirit Night to be held in the MCC gym on Feb. 20. The game is free for all students and the first 100 MCC students that present their student ID will receive a free t-shirt. Men start off the night against Pacific Coast Athletic Conference rivals Palomar College at 5 p.m. and then the women take the court at 7 p.m. against San Diego City College.

Transgender support group offered by Health Services

By Hollys Potts, Assignment Editor

Mira Costa College Health Services is now offering two new wonderful support groups for students, The Transgender Support Group and the mediation and Stress Release Support Group. The Transgender Support Group is for all students who identify as transgender in any way. The group will be held weekly on Fridays from 12 to 1 p.m. in the Horticulture Building on the Oceanside campus in room 7059.

The group is organized and led by Isabel Dansky, a Marriage and Family Therapy intern at MCC for four years with individual experience with transgender clients.

Speakers will also attend some sessions to discuss important topics of interest to the members.

The support group accepts all students who fall under the transgender category. This includes but is not limited to transsexuals (male to female and female to male), cross dressers, genderqueer, androgyneous, multi-gendered, gender nonconforming, third gender, intersex, and others. Issues within the transgender community will be discussed during group sessions in a free, safe, and confidential environment. Problems that involve gender identity or expression, discrimination, medical or legal concerns, employment and safety issues, or anything else related to being transgender will be covered in the support group meetings.

The Meditation and Stress Release Support group is for any student who needs to learn new ways to deal with stress. The group will be held every Tuesday until March 31 from 12:30 to 1:45 p.m. in the Student Center Temescal room. The group offers strategies for dealing with anxiety, depression, and stress. Students will learn to take personal time, increase mindfulness, find balance, and promote health and other coping skills for hectic lives. All students are encouraged to take responsibility for their mental well being in order to achieve academic success. Please visit the Student Health Services Center for more information on these two groups.

Transgender individuals have to face situations no one should be subjected to. They have existed through out history and still continue to experience discrimination in almost every aspect of life.

Educate yourself and others on what it means to be transgender and note that it is in absolutely no way a mental disorder. MiraCosta is a hate free zone and people of all communities should feel welcome anytime they are on campus. Please be proactive by reporting discrimination and standing up for and supporting your peers.

Don’t forget to apply for federal student aid this year. The deadline for 2015-16 is March 2 for those who are residents of California. It’s a great way to get a little bit of supplemental cash to help with the cost of being a student, and the process is pretty easy too! To initiate the process, it’s recommended that students have their tax info on hand (the parents of the students for dependents), social security or alien registration number, and for returnees, a federal student pin number (to get this you can go to www.pin.edu.gov), and the ID number of the school (MiraCosta College is 001239). With that information in hand, go to fafsa.ed.gov and click the login button. With that done the process is initiated. Fafsa.ed.gov says it will take about 55 minutes for those who are returning and 75 minutes for those who are new.

After that’s done MiraCosta College will be informed electronically on the results of the student’s application. To see if there’s anything left to be done one can log on to surf.miracosta.edu, go to the student center, and look under the “To Do List” and click “more”. MiraCosta College needs any more information from you. Anything else that must be filled out can be turned in at the Financial Aid building at the Main Campus (Building 3000). If everything is filled out and completed, MiraCosta College will inform you of the amount of money and awards you get on Surf at the Student Center under “View Financial Aid”.

Any amount disbursed to you will be sent through a third party servicer named HigherOne. If you go to their website HigherOne.com you can choose to have that money sent to you through direct deposit, a HigherOne debit MasterCard, or a check by mail. Both HigherOne and the Financial Aid Office will be able to answer any questions concerning this program. Once all that is done, a student can just enjoy the benefits. Good Luck!

A few clicks could land you some cash

By Ryan Galvin, Staff Writer

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## Don't leave money on the table

MiraCosta College Scholarships are available at www.MiraCosta.edu/Scholarships.

### Questions?
Contact the MiraCosta College scholarship office: 760.795.6751. Scholarship awards range from $500, $1,000, up to $2,500. Personal Statement essay required (template available online).

MiraCosta students upload a current, unofficial MiraCosta transcript into their application. Apply online. Deadline: March 8, 2015

2015-16 Tri-City Hospital Auxiliary Nursing Scholarships

Personal Statement essay required (template available online).

## Have you ever wanted to see Big Ben up close?

Start planning for the Semester in London, Fall 2015! Applications for the Semester in London program have just arrived. Visit the International Office in Room 3443, Student Center, Oceanside Campus. And attend a student abroad information meeting to learn more about the program:

- March 25 – noon
- April 1 – noon
- April 28 – 6pm
- May 27 – 6pm

## Scholarship to Study Abroad

Did you know that students with a Pell Grant can apply for a scholarship for up to $5,000 to study abroad? The Gilman Scholarship for Study Abroad national competition is available each semester and targets students unrepresented in study abroad programs. Community college students are one of the priority groups for scholarship awards. MiraCosta students can apply for the scholarship to help pay the cost of the full-time academic program to Salamanca, Spain in spring 2016. The scholarship competition is open to US citizens who meet three eligibility criteria:

- Enroll in a degree or university transfer program at MiraCosta College
- Receive a Pell Grant as part of your Federal Financial Aid Award
- Participate in a school-approved study abroad program (special note: MiraCosta requires students participating in study abroad to have completed at least 12 academic units and maintain a minimum cumulative Grade Point Average of 2.5 or higher)

For more information, visit the MiraCosta Study Abroad website at: www.miracosta.edu/ip

## DID YOU KNOW
that buying a STUDENT ID card for $6

### FUNDS COLLEGE HOUR for 3 campuses

- SUPPORTS OVER 40 CLUBS on campus
- SUPPORTS THE CHARIOT
- GIVES YOU DISCOUNTS at performances at the college

### more

- GIVES YOU DISCOUNTS at businesses such as the San Diego Zoo, Papa John's Pizza, select movie theatres and more
- REDUCES BUS FARE by buying your monthly NCTD bus pass on campus from the Cashier

Stop by the cashier today and begin to reap the benefits.
Ready for some sloppy seconds? SexSpartan sure is! Valentine’s day has come and gone but SexSpartan will always be here to satisfy your sexual needs. Submit all your pent up tensions and curiosities at sexspartan420@gmail.com. Remember, every encounter remains anonymous to save you that walk of shame. Here are this edition’s sexual frustrations:

Dear SexSpartan:

Times have changed between my boyfriend and me. Now whenever we become intimate, it doesn’t seem like he is as interested in me as when we first started dating and having sexy time. I want to spice things up with my boyfriend by including multiple partners. My best friend is down to have a three way with us. How do I convince him to join?

Thanks for submitting. First things first. Communication is so important in situations like this. Talk to your boyfriend and clear the air of any uncertainties you have about your sex life with him. Who knows? It may be a personal problem he’s experiencing that is affecting your “sexy time” and not you at all. There is no sense in jumping to conclusions with someone you are committed to. Anyway, the more troubling matter is that it seems like maybe your boyfriend is not the only one who is no longer interested. You’ve already begun looking to include others before knowing how your partner feels about it! You’ve committed a huge relationship faux pas. Relationships are very fragile and threesomes can be dangerous territory especially when ground rules are not set. A third person is something that should be discussed thoroughly between you two beforehand. This is not something you should be convincing your boyfriend to do. Talk with him about what each of you feels is lacking. Explore more intimate ideas together before bringing in that third person.

Dear SexSpartan:

My girlfriend is less experienced than me. What can I do to make her feel more comfortable?

Great question. Take things slow and try a lot of foreplay. Build her up as much as possible so when it is time to actually have sex it is natural to just follow the body’s instincts. Get rid of her insecurities by making her feel sexy and abundantly telling her so. Tell her what you like but more importantly ask her what she wants and what she dislikes. Let her know that she doesn’t need to feel uncomfortable around you and that you want to do what it takes to please her. Spending the night together should also help. Sleeping together is very intimate and will make things more comfortable for both of you. Do not tell her you want her to be better or as experienced as you are. We all start off as beginners. Just make her feel wanted as much as possible and the practice should help her develop more techniques as you discover each other’s bodies.

XXX,

SexSpartan