Debates last friday for ASG elections

Attending President and Student Trustee candidates voice their concerns on why students should elect them over their competition.

Debbie White
Managing Editor

Last Friday, the ASG held a debate in the cafeteria on the Oceanside campus for their elections that will be going until 8 p.m. this evening. There are three candidates running for President, four candidates for Student Trustee, and the Vice Presidents for the three campuses were running unopposed.

The forum allowed the candidates running for the offices to have an open discussion explaining on why the students should vote for them. Of the three candidates running for president only two attended the debate; JunHee Kim, a biology major, and Nicholas Sabree, a U.S. Airforce veteran majoring in Film.

Kim stated at the debate that if he won the election as president, he would focus his attention on internal change. “The ASG manages an annual $1.5 million budget. I’ll be pushing for the senators to be more productive,” stated Kim. Over the last year Kim has had been a Student Senator for the ASG and has been one of the students handling the request to extend library hours. “I have shown what I can do as a Senator and I will make more and greater reforms as the president of the organization for the students of MiraCosta College,” his biography states.

Sabree is currently a Student Ambassador for the ASG and is currently the president of USU. His intentions of winning would focus on the college becoming a more welcoming college to students from marginalized groups. “Because of my life experiences (having grown up in the South and serving in the military as a black man) I have a lot of empathy for people who face discrimination from mainstream society. I know what it’s like to feel like you’re on your own and that no one has your best interest in mind,” his biography on the ASG voting site states. “We have 1.5 million dollars to allocate, but we need to know what you need,” Sabree stated. “I’m not a politician. I’m a film major, I’ve been in the military. I’m just here to get things done.”

Brayan Astorga is the third candidate. He was not present at the debate. Astorga is a LGBT Studies major. His reasons for not showing at the debate were unknown, but ASG officials stated they had expected him there. He is currently the Vice President of the CLC for ASG, President of the GSA club, and founder and president of Spartan for Animals. “I hope to accomplish a fair and equal voice for all students in MiraCosta,” stated his biography. Of the four candidates for the Student Trustee, three were present at the debate. Naweed Tahmas majoring in Political Science, Charity Singleton, majoring in Business Administration, and Christopher Quach majoring in Communication and Psychology. Tahmas currently is V.P. of the San Eljio campus and has been part of the ASG for the last two semesters. “We have 4,000 students that are waitlisted. I believe that I can make a difference,” Tahmas stated and that doing so would prevent students leaving and going to other schools such as Palomar College. His other main focus was to get more involved with the relationship between the Board of Trustees and the students. “I hope to increase students’ involvement on the Board of Trustees. I would meet with clubs, the Chariot and my fellow students every month to hear their concerns and present them to the board.”

Singleton is currently a Student Ambassador for ASG as well. “I absolutely love people. I’m a comeback student. I didn’t realize all that MiraCosta had to offer me until I joined the Student Ambassador Program,” stated Singleton. Her goal is to help students become more acquainted with the resources on the campus and to make changes for the future students. “I am so vested here at MiraCosta. I am a student and a mom of students at MiraCosta, and an employee at MiraCosta. I see what’s going on and what’s needed.”

Quach is currently an ASG senator and has been over the last two years. Quach is also one of the students involved in trying to extend the library hours and is currently president of the Mindfulness Club, a new club on campus. “I’m a student at both campuses and understand the differences at both campuses. I would focus on food prices being too high, parking, more inclusion and more ASG events that draw more people to the community,” stated Quach.

Vong Xavier Nguyen, a biotechnology major, was the fourth candidate for the position but was also not present at the debate. Nguyen is an online student who resides in Orange County and also attends Coastline Community College in Orange County and is currently the Student Government President there. His main goal for being senator was to help a smooth transition for the new bachelor’s program for Biotech majors over the next couple of years. “I can ensure that the transition and development of this program is set in place for the student for the academic year ahead.”

The candidates running for Vice President positions are running unopposed. Brandon Monteil is running for Executive Vice President. Feliz Zeballas, Jr. is running for V.P. of San Eljio and Isuna Reyes for V.P. of the CLC.

Today is the last day to vote. You can go to chariotnews.com and click on the slider to link to vote. A pair of sunglasses are being given by ASG for the first 500 that vote. The booth is located in front of the Information Hub on the Oceanside campus.

In the past, the ASG elections have had less than a 2% student population vote and this year their goal was to get at least to 3%.
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The student center was built in 1990 and the needs of the students and staff housed there have both expanded and changed in the last 25 years,” said Haynie. “The building needs to be updated to accommodate an increasing number of people and needs.”

Is Social Media connecting or disconnecting us?

Rogelio Baez
Assignment Editor

Thanksgiving just hasn’t been the same since Grandpa discovered Facetime. These days, technology has removed the importance of our presence during conversations. The ability to communicate from long distances in an instant allows people to avoid physical interaction. I find it difficult to accept that society would prefer stalking profiles on Facebook than to interact during a social gathering. Technology supposedly brings us closer together, but I believe it means sacrificing another half of our lives.

Does technology truly bring people closer when family members on their phones are posting images of the overcooked ham at the dinner table? Kids are introduced to social media at progressively younger ages year after year as technology becomes more available. Children who once spent time playing outside with friends would now prefer staying inside using an iPad. Teenagers adapt to the dimensions of their phone and start connecting with their world. Witness your environment, extract its beauty, and save it into your mind. Don’t take a picture. Save it for yourself and only yourself.

People today have different perspectives on when it is appropriate to use their phones, especially when crossing a busy street and a pedestrian decides to type a message while cars are turning the corner. Some might say technology may put us in danger or potentially kill us. More commonly, couples are seen at a dinner table individually staring at their phones while on a date. It’s embarrassing. Although, if on the first date your partner spends most of the time on the phone, either you need to be more engaging or they’re not worth your time. Technology backed you up on that one. I believe contacting a friend on Facebook is worth the time, but since when did looking into the lives of others become more important than living your own? People are practically stalking each other while continually posting images of their meal. Yes, 300 million people were curious about what you had for lunch. It is time to stop connecting with your phone and start connecting with your world. Witness your environment, extract its beauty, and save it into your mind. Don’t take a picture. Save it for yourself and only yourself.

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When a girl decides not to respond to a message from her girlfriend about boyfriend problems, their relationship will not grow closer. It is important to remember the significance of physical interaction between each other. To feel the presence of another human being and share visceral responses. If your attention is always on your phone, you would never notice that he touches his left elbow when he’s nervous. How would you learn about her dog’s passing when you’re texting a friend about last Friday night? How many posts are you willing to scroll through before helping mom in the kitchen? If you prefer to adhere to your phone and neglect the world around you, go ahead, an employee of the NSA will entirely agree with you.

If society allows social media to be prominent in their lives, we need to interact with one another in person to enhance our social skills, not spend 30 minutes debating on the perfect response to a text message. Conversations behind a screen are not the same as talking in person. Let us step back and look at the bigger picture. It is estimated that life on earth had begun around 3.5 billion years ago. 3 billion years later, our ancestors branched from distant chimpanzees and continued to evolve. Through the next 500 million years, humans conquered other creatures and advanced to the top of the food chain. In this time span our intelligence allowed us to communicate with the most sophisticated languages used on earth and developed speech into a basic skill. And yet, I got dumped by a girl who had been editing a text just last week. Social interactions just aren’t the same as they used to be.

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Is this really a thing?

Illustrations by Brooke Schnedar

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Martial Arts club kicks off to a good start

Sean Dembrosky
Distribution Manager

"Come to attention!" commands Master Fulbright, beginning the martial arts class for the morning training session. Fulbright stands in front of a group of people organized into straight lines, dressed in white Gi’s and various colored belts, in rank order from highest to lowest. "Turn and face the flag, kun yay, face forward, jiriet, kun yay," continues Fulbright, a command for all to bow towards him as he does the same towards his students. This is the traditional beginning to all morning classes and serves as a moment for all the students to clear their minds and get into the mindset of what they are about to begin in the martial arts class offered at the Oceanside campus.

For many, the cost of learning any kind of martial arts comes very high and often is only thought of as an afterschool novelty for children. At MiraCosta College, however, students are able to pay the cost of one unit ($46) for five hours of training, including the TKD program United Fighting Arts Federation. Norris is a well-known actor and martial arts practitioner. Fulbright hired Fulbright full-time partly because he had a vision to add TKD to its curriculum. Now chairman of the kinesiology department and a seventh degree Black Belt, Fulbright has been involved with the TKD program since its beginning in the spring semester of 2007. Since its creation, the program has always been open to both novices and experienced practitioners of TKD. Currently, Fulbright is in the process of having the campus be recognized as a charter school under Chuck Norris’ TKD program United Fighting Arts Federation. Norris is a well-known actor and martial arts practitioner. This program will allow students to test for their rank and receive a certificate, signed by Norris and Fulbright. "It'll be a real feather in our cap to be supported by someone who is a martial arts legend," Fulbright said, referring to Norris.

Many of the current students agree that besides the obvious benefit of exercise, the class offers ways to enhance personal discipline, confidence, and stress reduction for many of the challenges that a college student faces every day, along with the ability to be better students. Katherine Sinswan, who’s been taking the class for three years and is now a second degree Blue Belt, says the class helps with the "other self", referring to a part of her that helps pull through the down times and challenges that everyone faces in life. Tara Beck, who’s been taking the class for two semesters, says the best thing she gets from the program is stress relief, which in turn helps her achieve her scholastic goals. Stephen Chen, who’s been taking this class for three semesters, has found the class most helpful with building up confidence and focus abilities.

Additionally, the students of the TKD class have created a martial arts club that meets every Saturday to help supplement the class and receive more in-depth training on their techniques. With the martial arts program, it’s clear the college takes its role as a positive influence to the community seriously. Both the TKD class and supporting club help students find ways to channel their energy to accomplish their goals, whether it be for school or personal growth.
The Japanese Club hosted the 2015 Spring Festival on Tuesday. The event presented four traditional Japanese performances, including a flute instrument, or Shakuhachi, and a demonstration of the martial art Kendo. Upon entering the theatre, attendees were handed raffle tickets for an “opportunity drawing” given at the end of the night. The Japanese Club also provided sushi and tea, free for all members of the audience. “It’s a celebration of Japanese culture,” said Japanese Club Co-President Rachel Nguyen.

The Shakuhachi, a Japanese bamboo flute used as a form for blowing meditation, was played by Mary Lu Brandwein who exhibited an excellent performance. Brandwein has been practicing the Shakuhachi since 1987 under her sensei Masakazu Yoshizawa. Her experience presented itself through her impressive technique, moving the audience with eloquent flow. Lessons in the Shakuhachi or other similar instruments along with samples of Brandwein’s performances can be found on her website at shakuhachi.org.

Kendo, “sword way,” is the martial art of swordsmanship. Ted Mason gave an instructional performance of Kendo sword fighting Tuesday evening. Accompanied by his students, Mason allowed minor competitions between his students in order to demonstrate Kendo practices. In safe, yet intense strikes, the exhibition was highly entertaining causing inattentive members of the audience to put down their phones. Throughout the show, Mason explained to the audience various techniques and rules used during traditional competitions. “There are five values to Kendo. [There is] History. Philosophy, which would be ‘Never start a fight, but finish it if you do.’ Respect and Discipline are considered as one. [Next is] Technique. [Finally] Tradition. Except, I would consider there to be six principles, making the other ‘Pleasure,’ because you wouldn’t be doing this if you didn’t enjoy it,” said Mason. Anybody interested in practicing under Mason can go online at www.carlsbadconnect.org for more information on class scheduling.

The final two acts were music performances of Taiko drumming and Okinawan folk music. Taiko drumming is a decorated drumming style used in theatrical concerts. These drums can be seen in many traditional Japanese festivals and events. With exciting effort, Taiko drumming gives synchronized interpretation. Okinawa folk music focuses less on the drumming element and uses a Japanese guitar called the Shamisen. A physical instrument similar to an American banjo, the Shamisen uses three strings instead of six, but produces similar sounds. The Shamisen was accompanied with original Okinawa folk singing by Atsuko Nishikawa and her band. This music was unique to Okinawan culture as originated from the Okinawa Islands in Japan. Beautiful music was played along with the accompaniment of the audience clapping to the tempo. This interactive performance created a true Japanese atmosphere within the theatre as the audience became part of the music.

Japanese club presents
2015 Japanese Culture Festival

Nishikawa also offers lessons in folk music and instrument practice for anyone who may be interested. Contact the Japanese Club for more information on Nishikawa and her band.

For those who did not attend, performers such as Mary Lu Brandwein will be performing for the Hanamatsuri, “Flower Festival,” at the Vista Buddhist Temple on April 25 – 26, from 12 p.m. – 6 p.m. It is a free event for all ages. More information on Hanamatsuri is located at vbtemple.org.

The Japanese Club provided a free performance for all spectators interested in Japanese culture on Tuesday night. Every act had impressive talent which captivated the spectators throughout the night. Along with the delicious sushi, Tuesday was a successful night for the Japanese Club. The event was definitely a convincing motivation to continue attending further events hosted by the Japanese Club or even joining the club itself. The Japanese club meets every Monday from 3:30 p.m. – 5:30 p.m. in Aztlan B.
MiraCosta College will be mostly aimed at middle-years of age. The experiments are educational for children 5-14 and family oriented and meant to be their own projects. The fair is participating and presenting the Chemistry Club will be of the MCC clubs including on the sciences. (STEM), but will focus primarily on engineering and mathematics. The fair will include science, technology, engineering and mathematics (STEM), and another allowed people to safely look at the sun through a telescope.

According to the Services Learning and Volunteer Center, invitations have been extended to “district K-8 schools, youth organizations, migrant education, home school programs, and social service organizations.” The event is hosted by the MCC’s Service Learning and Volunteer Center. The fair will include science, technology, engineering and mathematics (STEM), but will focus primarily on the sciences.

Many students and several of the MCC clubs including the Chemistry Club will be participating and presenting their own projects. The fair is family oriented and meant to be educational for children 5-14 years of age. The experiments will be mostly aimed at middle-
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- Compound NMMA and Fitness, Oceanside, Assistant Trainer
- Ninth Link, San Diego, Web Design and Business Analyst
- Alliance Multimedia, Cardiff, Digital Assistant Intern
- PixFlx, Inc., Oceanside, Food Prep, Vista, Wage: $9
- Cashiers at Sears, Carlsbad, Wage: $9
- Room Attendant/Houseman, North County, Wage: $12
- Member Service Specialist, Carlsbad, Wage: $12.68
- Storage Relief-Part Time, Oceanside, Wage: $8.50
- **Workshops this Week**
  - Job Search (drop in) Monday, Noon - 1 p.m.
  - LinkedIn.com Advanced Wednesday, 4:20 - 12:30-1:30 p.m.
  - Resume Review Every College Hour, Thurs, 12:15 -1:15 p.m.
- Carlsbad Chiropractic, Carlsbad, Back/Front Office Assistant

**Job Opportunities**
- Assistant Nurse/Man and Sales, Fallbrook, Wage: $15
- Summer Camp Staff, Carlsbad, Wage: $9-$11.50
- BBQ Catering & Kitchen/ Food Prep, Vista, Wage: $9
- Room Attendant/Houseman, North County, Wage: $12

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**Scholarships**

**Fall 2015 MiraCosta College Mort & Agatha Winski Memorial Scholarships.** Students must have completed 12 units (full-time) with a grade point average (GPA) of 3.0 or better each semester at MiraCosta College and plan to continue full-time, maintain a 3.0 or greater GPA, each semester at MiraCosta, and have financial need. Opening in August - Deadline: September 2015.

**Fall 2015 MiraCosta College Friends of Dance Scholarships ($500).** Students must be currently enrolled at MiraCosta College in six or more units; have completed six or more units in Dance at MiraCosta College with a cumulative grade point average (GPA) of 2.0 or higher. Deadline: October 2015.

**For more scholarship listings log on to charionews.com**

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**Transfser Center updates**

**New to MiraCosta?** Attend an Introduction to Transfer workshop Oceanside Campus - April 29 from 6 -7 p.m. Room 1202 or San Elipio Campus - April 23 from 6 -7 p.m. Student Center Building Room A & B

**You’ve Been Admitted, Now What?** This workshop is for students recently admitted to a 4 year university. Oceanside Campus - April 28 from noon – 2:00 p.m. Aztlan A & B. No reservation necessary.

**Are you a Veteran interested in attending CSUSM?** A Veterans representative will be available for appointments on the Oceanside campus. Please call or stop by the Transfer Center to make an appointment.

**Are you a freshman, foster youth, active duty military or Veteran and interested in transferring to UCSD?** Please stop by to see if you are eligible for the UniversityLink (ULink) program - a guaranteed admission program with a 3.5 GPA to UCSD.

**Do you have an education plan?** Create one now. Appointments are available at Oceanside and San Elipio campuses. (760)795-6880 www.miracosta.edu/transfer

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**Health Services Information**

**Today – 3 p.m. Blood and Bone Marrow Drive Oceanside, center of campus**

**April** is Sexual Assault Awareness month. In conjunction with this national health promotion, Health Services is sponsoring the Red Flag Campaign to raise awareness about sexual assault. The red flags will be lining the sidewalks of the Quad April 21, 22, 23, and again April 28 and 29.

**Oceanside Campus**
- Mon/Tues/Wed/Fri 8 a.m. to 4:30 p.m.
- Thursday 8 a.m. to 7 p.m. 760-795-6675
- San Elijo Campus
  - Monday to Friday 9 a.m. to 3 p.m. 760-944-9444 x7747

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**Student Success Workshops**

**April 21, 12 – 1 p.m. OC 1202** "Minimize Stress, Calm Your Senses Focus on Success" presented by Edward Pohlet

Does stress get in the way of your academic success? Join us for an interactive workshop that identifies key stress relief strategies for college students. Do it now before midterms and finals take over your world!
Hello all you deviant readers! SexSpartan here finally touching on a topic a few of you have requested. What would a sex column be without mentioning what some people masturbate to all the time, right? I once had a friend who used to refer to his computer as ‘The Porn Machine.’ If you looked at him closely enough you could see that his right forearm was slightly thicker than his left! Clearly, it was not from an over abundance in writing practice.

From long before the days of dial-up to the instant, high-speed erotic voyeurism of today, porn is another cog in the machine that is the sex industry. There is porn for virtually every sexual palate imaginable. It is definitely an understatement to say that there are a lot of porn categories out there. So just to stick with the topic at hand, let us start with porn that involves, you guessed it, machines.

Now, sex machines vary in appearance and attachments but their basic function is to simulate sex for both females and males. The machine can be topped off with a dildo, a flesh light, or even a rotating conveyor belt of rubber tongues. Think of it as a glorified, hands free masturbation device. Viewers look on as their favorite porn stars lose all composure while being brought to orgasm in a way that only a motor powered device can achieve. Professional machine porn videos are typically done in a bondage sadomasochism (BDSM) fashion with a willing participant who may or may not be bound and gagged. Of course every porn category has its own amateur subcategory and there the machines are featured (awkwardly) in a living room or bedroom instead of a sex dungeon. With names like ‘The Annihilator,’ “The F**ksaw,” and the “Drilldo,” sex machines are proof that some humans will never cease in the pursuit for a more intense orgasm.

 Understandably one would assume that these machines are strictly for genital or anal penetration, but when it comes to porn indecent surprises are behind every click. Sex machines are also used down throats, between breasts, on feet (of course), and even in armpits. The sexual nature of humans is truly a curious thing!

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- Summer: 6-week Intensive Daytime Program
- Fall: 15-week Evening Program
- Spring: 15-week Evening Program

Call 760-750-3200 or email alici@csusm.edu for more information.

**World Culture Day**

April 30

College Hour

35 countries represented

Local African drumming group

Celebrating Culture

**Intramural Sports Schedule**

"Our mission is to provide a safe and enjoyable environment for students and staff to come and participate, meet new people and have an opportunity to stay active."

The MCC Intramural Sports program offers free sport events to all MCC students and staff. See below for a list of upcoming events.

**Softball**

April 22

3 - 5 p.m. OCN Softball / Baseball Fields

**Beach Soccer/Beach Volleyball**

April 24

Noon - 3 p.m. South Ponto Carlsbad

**Kayaking**

April 30

3 - 5 p.m. - email pconahan@miracosta.edu to reserve a spot

**Hiking (TBA)**

May 1

10 a.m. - 2 p.m. - email pconahan@miracosta.edu to reserve a spot

**Flag Football**

Every Thursday through April 30

3:30 - 5:30 p.m. OCN Fields

**Basketball (4 on 4)**

Every Friday through May 15

12:30 - 3:30 p.m. OCN Gym

**Collection Box Locations:**

- Library Lobby
- Cafeteria
- VA Office (Oceanside only)
- Admin Bldg. (San Elijo only)

**Accepted Donations:**

- Clothing-Shoes-Accessories
- Small household items
- Books-Games-Electronics

**Wednesday April 29th**

11:00am - 4:00pm

Cash donations will also be accepted on day of sale! Collection boxes available March 5th-April 23rd