Rape victim Katie Koestner shares her story

NAMI club on campus brings awareness to sexual assault

Assignment Editor

Rogelio Baez

“\[Koestner\] raised consent. The verdict tight to remove without her wearing jeans which were too tight to remove without her consent. The verdict raised protest from various countries by launching a movement. Tables were set during college hour for students to help spread the word by writing quotes on white t-shirts. Comments ranging from “No Means No!” to “Saying no doesn’t make me a bitch” were seen hung around campus throughout the week. ‘This is a great way to promote sexual assault awareness. Lots of students really came together today,’ stated Nahum Martinez, a MiraCosta student who participated in the NAMI college hour last Thursday.

‘Nobody has ever made me feel like nothing before,’” said speaker Katie Koestner on Tuesday afternoon during a special event hosted by the NAMI club. With all seats filled inside the Little Theatre, Koestner gave a speech about her experience as a rape victim. She started the talk with background anecdotes of her life beginning with the first boy she admired in elementary school. As she made the crowd laugh with her childhood stories, the tone changed into more adult subjects about the dedication to her education by working to pay tuition and fees. After applying for several scholarships, Koestner was granted an offer to study abroad in Japan. She claimed it to be a terrible experience where every person admired her beautiful blonde hair.

Once returning from Japan and graduating high school, she attended the college of William and Mary in Williamsburg, VA. While at William and Mary, Koestner met a young man sitting across the room during a film screening. She waved, smiled, and nervously avoided the guy for three days until meeting him in the cafeteria by what she joked as “God’s plan.” Koestner suggested a study session which led to him inviting her to a fancy restaurant. She learned about his ability to speak three languages when he ordered food and champagne in perfect French. At that moment, she explained her nervous response to being offered alcohol at the age of 18. He then gave her a risky proposition to visit an island beach house, “when was the last time you had been asked that?” she said. Koestner finished her speech by addressing the obstacles she encountered after disclosure, including her car being vandalized and disconnection from her father.

Throughout the speech, Koestner raised questions that helped the audience relate to her story. These questions, though not expected to be answered, engaged spectators in self-inquiry to their opinions on the topic. Although rape is a difficult subject, Koestner believes it is important to speak out in order to help victims feel comfortable with seeking help. ‘Her [Koestner] story was great because it could really relate to many people in the audience,’ said Bryce Morawe, President of the NAMI campus club. MiraCosta offers help for victims of sexual assault located at the 3300 Building which can be contacted at (760) 795 - 6675. RAINN does offer a hotline for victims of sexual assault at 1 (800) 656 – HOPE to help. The NAMI club hosted a successful event thanks to their notable speaker.

Shirts that students made (above) in support of NAMI’s sexual awareness campaign and flyers for the event (left) adorned the campus promoting the event. Photos by Rogelio Baez and Debbie White TIME Magazine Cover Issue June 3, 1991.
Brayan Astorga for President and Naweed Tahmas for Student Trustee win election

Becky Findon
Assignment Editor

The results are in from the Associated Student Government elections that took place on April 14, 15 and 16. The winner for president is Brayan Astorga and for Student Trustee the winner is Naweed Tahmas. Astorga won with 370 votes out of a total of 903 votes. Tahmas won with 616 votes out of a total of 956 votes, according to the 2015 ASG general election results. The race for president was a close call, with Astorga having a 96 vote lead on the runner-up, Nicholas Sabree. In contrast, Tahmas had a 484 vote lead over the runner-up, Christopher Quach, to Student Trustee.

Brandon Montiel, Felix Zeballos, Jr., and Juana Reyes ran unopposed for their respective positions of Executive Vice President, Vice President of the San Elijo Campus, and Vice President of the Community Learning Center. The Student Representation Fee and amending the ASG constitution referendums both failed to pass. If passed, the fee would have been a $2 optional payment for enrolling students, and would have been used to allow students to voice their opinion before state and local governments on matters related to community colleges. The ASG amendment to the constitution would have made the Executive Vice President, Vice President of San Elijo, and Vice President of the Community Learning Center appointed positions. The entire vote count for the 2015 general election was 1,050. Despite that number being low in regards to the entire college population, the voter turnout was high this election. This year the ASG decided to hold the voting online, instead of the physical polling booths on campus. This change was intended to make voting more accessible to students and increase voter turnout. According to Coco Brown’s blog, current ASG President, voter turnout increased by six to seven percent. This election ASG also offered free sunglasses to those who participated in voting. All students had to do was present evidence of voting at the Student Activities Office.

The winners will be sworn in to office on May 9, at the ASG End-Of-Year Banquet and will assume office on May 22, at 8 p.m. “Being in this year’s ASG election was quite a journey and a learning experience,” said Astorga on his Presidential win. “I want to thank every single person that voted for me and helped me win. Thank you so much for all the love and support.”

Music Department goes uber tech for fall semester ‘15

Sirius Andrade
Staff Writer

There is a new music class available for the fall semester in the music technology section. The new class is called Music Notation Software (MTEC 105) and it will be taught by Christy Coobatis, full time faculty of the Music Department. It’s an innovative two unit class that is being offered at the Oceanside Campus.

This course is designed to help students write music notations. “The first half of the class is writing by hand and the second half is operating the software,” said Coobatis. It teaches the basic software and writing music notations that the composer communicates to the musician.

This is an advanced class for musicians who understand how to read music. Intro to Music Theory (MUS100) is listed as a prerequisite and the advisory that goes along with it is that the student must at least know the basics of the guitar, piano, vocal and the music technology programs of Digital Audio Production I and MIDI. This course is designed to help students write music notations.

This class helps students get into higher level music theory classes, although knowing the higher levels of music theory can make this class easier to understand. Taking MTEC 105 helps students to get into the other classes of the Music Department.

“Everybody knows how to drive, but very few people know how to make street signs,” stated Coobatis. The class itself has been in the talks for many years and it’s finally gained approval. “[It’s] taken a while,” said Coobatis. This class will use the Sibelius software, although knowing Pro Tool, Garage Band or Reason will make the class easier to understand. It will use two to three textbooks for this course.

“[It’s] exciting to offer a class that bridges both sides of the Music Department,” stated Coobatis. This class gives students an encouraging approach to both music and music technology classes.

The course is scheduled from 5:30 - 8:25 p.m. on Thursdays during the fall. It will be located in the Piano Lab on the second floor of the Music Department. This class is only available during fall semesters.

Library hours extended the week before and during finals week -- pilot program

Last week the Dean of the Library, the Dean of Counseling and the Library Operations Coordinator approved a pilot program for library hours to be extended on the Oceanside Campus the week before and the week of finals. The program will help the library to assess whether students will take advantage of the extended hours or not. Whether these hours will be repeated in the future will depend on the actual attendance of the students during the extended hours.

Week before finals

Monday, May 11 through Thursday, May 14
7 a.m. - 11 p.m.
Friday, May 15
7 a.m. - 6 p.m.
Saturday, May 16
9 a.m. - 7 p.m.
Sunday, May 17
noon - 9 p.m.

Week of finals

Monday, May 18 through Thursday, May 21
7 a.m. - 11 p.m.
Friday, May 22
7 a.m. - 3 p.m.

The extended hours are a result of the ASG working with the library over the last semester. The ASG approached the library when ASG became aware that students complained that the library was not open late enough, especially during finals week. After much deliberation and meetings the library agreed to run the pilot program.
**Questionable candidates:**

**Are students voting for strengths, popularity, or bribery?**

**Sean Dembsky**

**Distribution Manager**

Politics is one of the ways people are most influential in a society. Yet it is also thought of by most people as a distasteful subject to bring to mind. A few weeks ago, the Associated Student Government held elections for people that would be in charge of the college’s future. Out of the total student body population of 14,751, the elections managed to get a voter rate of 7% (1,032 voters) as opposed to the usual 2%. This was a significant increase in the amount of students since the ASG was a significant increase in the ASG’s integrity, maybe the main reason I decided to run was talking with students to vote with them. I had was that I would meet with either a laptop, smartphone or iPad even though the rules in our campus more. According to student Nahum Martinez his tactics were questionable. “We were just chilling out in a group when we noticed him (Tahmas) was just kind of hovering over us, then finally we asked if he had voted yet. We told him we’d vote later, but he said we could vote right now. It felt like he was pressuring us to vote because then he said he’d wait while we looked over the candidates. We didn’t really feel like we had a chance to thoroughly look over the candidates and he told us just vote for him,” stated Martinez.

The ASG constitution states that ballots in the election number 2. “All forms of campaigning are prohibited within 50 feet of polling places.” The convenience voting makes by new technology may have, indeed, helped increase voter turnout, but it has a doubled edged sword of how the ASG is able to maintain its integrity in politics. Tahmas was actively talking with students to vote with their designated campus, actively antagonizing students to vote while the elections were being held. At first it would seem this was merely an effort to encourage students to be involved in the campus more. According to student Tahmas was actively antagonizing students to vote while the elections were being held. According to student Nahun Martinez his tactics were questionable. “We were just chilling out in a group when we noticed him (Tahmas) was just kind of hovering over us, then finally we asked if he had voted yet. We told him we’d vote later, but he said we could vote right now. It felt like he was pressuring us to vote because then he said he’d wait while we looked over the candidates. We didn’t really feel like we had a chance to thoroughly look over the candidates and he told us just vote for him,” stated Martinez.

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MiraCosta College held its tenth annual science fair on April 18 which included experiments from many STEM subjects that were mainly aimed at middle school children. It lasted for three hours and over a thousand children attended (easily twice the expected amount!), not counting their families. There were over 90 experiments to enjoy, an exhibit contest, and a raffle for the kids. In addition to many of MCC’s students and teachers participating, many parts of the community including the Oceanside Police Department, Legoland, Girl Tech Inc., the San Diego Zoo, the San Diego Air and Space Museum and more got together to help kids enjoy the different areas of science and find potential dream careers. In short, there were plenty of reasons to stop by and enjoy.

Experiments ranged from the simple yet profound and enjoyable, to more complicated experiments that amazed and aroused curiosity. One experiment table involved the conservation of momentum using a very long metal beaded necklace that seemed to defy gravity as children were allowed to throw an end of it out of a cup and the beaded necklace refused to touch the cup as it went down. Another physics related experiment had students building a large system of pulleys beforehand, and then showed the children how simple device made heavy objects seem lighter as the children pulled on the pulleys with smiles on their faces. Yet another experiment showcased and allowed children to touch a wide variety of fish as the phylogenetic history of fish was explained to them. Still another used a filtered telescope to allow children to observe the sun without harmful effects. One experiment allowed children (and adults) to test their lung capacity, and another allowed children (and adults) to test their hypothesis on what could happen with the kids,” Peña said. He added that it was tricky to set up for the kids since the temperature of the water required quick and efficient movements to have it act in the way they wanted the kids to see. They submerged dry ice in water and then used soapy water to capture the escaping CO2 gas to create bubbles. “I think we made a big difference with these experiments. I enjoyed encouraging the timid ones and often they seemed to have the most fun,” said Peña. He also said he looked forward to the next science fair.

Another experiment involved what the students called “Elephant toothpaste.” It was basically the old hydrogen peroxide volcano experiment you may have seen in middle school but on steroids. The foam, thanks to it being mixed with dish soap, stayed together longer and the reaction was much stronger, the result was a quick explosion of the stuff foaming up and exiting the beaker. It was easily one of the more fun experiments to watch. Student Paul Cativiela was on that team. “I wish we had had more Hydrogen Peroxide so that we could have done the experiment more” seemed to be Cativiela’s only lament. He said we had more Hydrogen Peroxide so that we could have done the experiment more seemed to be Cativiela’s only lament. He said he had fun doing the experiment for the kids and he “definitely would contribute” next year.

Many of the student’s experiments were showcased by professional looking poster board stands and most required practice and a good deal of set up. Several groups had been organizing the experiments weeks in advance. Often the students had to buy their own supplies, do the research, set up any decorations, and then run through the experiment several times to make certain it was smooth and efficient enough to impress the students, not to mention all the effort put in when they were actually at the event.

Bea Palmer, MCC’s interim Director of the Science Learning department, organized the day. She seemed proud that “we actually at the event. The foam, thanks to it being mixed with dish soap, stayed together longer and the reaction was much stronger, the result was a quick explosion of the stuff foaming up and exiting the beaker. It was easily one of the more fun experiments to watch. Student Paul Cativiela was on that team. “I wish we had had more Hydrogen Peroxide so that we could have done the experiment more” seemed to be Cativiela’s only lament. He said he had fun doing the experiment for the kids and he “definitely would contribute” next year.

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Students suit up for graduation celebration

Rogelio Baez
Assignment Editor

Even though the 2015 MiraCosta Commencement Ceremony is approaching, the celebrations must not wait. Several departments will host events and ceremonies for students who plan to graduate this spring. On May 8, the MiraCosta Community Learning Center will host the 19th Annual Latino/a Graduation celebration for its adult high school graduates along with students who received a certificate or associate degree. The CLC will recognize dedicated students as well as committed faculty. Graduating students will speak.

Light refreshments will also be provided within the first half hour of the event. The ceremony will be held in the Little Theatre, from 6:30 to 9:30 p.m. This event will also accept tax-deductible donations since it is a volunteer-based function. Any donations will be accepted in person or online. More information on donating can be provided by calling the CLC at (760) 795 – 8710. The night will definitely prove to be an excellent anticipation for the graduation ceremony held later this year.

A Pinning Ceremony is a commemoration for newly registered nurses entering the field. On May 21, the nursing department will host a Pinning Ceremony for graduating Registered Nurses. In this event, the faculty members of the nursing department will present a pin to the graduates as a token of accomplishment. The event will be held in the Little Theatre at 4 p.m.

In terms of graduation, these ceremonies will be recognizing the accomplishments of dedicated students. Every student will receive their certificate while wearing a cap and gown, but thanks to a petition made by the GSA, each graduating student involved in has the option to adorn their attire with a rainbow colored tassel and stole. On April 1, the Inter-Club Council voted on a proposal to order 40 rainbow tassels and stoles for students who have classified themselves as gay, bisexual, transgender, lesbian, queer or simply a supporter. “The opportunity to visibly celebrate and support these students is awesome. It will also send a strong message to the community members who attend commencement that MCC is a college that welcomes, embraces, and encourages diversity,” said Steven Deineh, Faculty Co-Advisor of the Gay Straight Alliance Student Club. Although the tassels and stoles are free, MiraCosta asks that the stoles be returned in order to further be used in future commencement ceremonies. 50 additional rainbow colored stoles and tassels have been ordered for faculty and administrators interested in supporting the cause as well. As MCC further promotes equality between peers, the idea of a comfortable environment will continually progress. Students interested in wearing a rainbow colored tassel and stole during graduation can contact Steven Deineh at sdeineh@miracosta.edu.

The 2015 MiraCosta Commencement Ceremony will undoubtedly be an impressive event. As graduation is well anticipated, the celebrations inspire an exciting demeanor. Congratulations to all 2015 MiraCosta graduates.
Women’s basketball team gets two new championship coaches

Hope Okpeku
Staff Writer

In spring 2015, the women’s basketball team gained two new coaches -- Kai Harris and his assistant, Marco Palombo. They previously served as coaches for the women’s basketball team at Rancho Bernardo High School, part of the Poway Unified School District.

While Harris and Palombo served as coaches for the women’s basketball team at Rancho Bernardo High School, they helped carry the Broncos to their first CIF San Diego Section Championship in 1997. They also changed a besieged team into a titileholder in less than five years by spreading 2-22 their first season, and progressing 6-20 then 13-12 and completely advancing 14-13 in 2015. Rancho Bernardo dispatched their first 500-plus season after 2006 and was victorious in their first playoff game since 2004 beneath the guidance of Harris and Palombo in 2014. Harris and Palombo’s love affair with sports began as children reared in Springfield, MO, and Poughkeepsie, NY, respectively, under the wings of their fathers, who served as coaches for various youth-centered athletic teams.

“The ball in my hand…how to build confidence in the situation forward, they learned,” stated Harris. “I have a ball in my hand…since… I don’t know...a toddler, I guess….” I looked up to my dad…he coached Division I Football...I pretty much attended his practices and games in New York,” stated Palombo.

Harris and Palombo moved from Springfield, MO, and Poughkeepsie, NY for change. In California, they saw potential within the change of scenery from the cold winters to the year-round warm weather.

“I think there is a different energy…neither is greater or worse…just different. In the Midwest. It’s like a religion,” stated Harris. “Sports, you wouldn’t be able to play sports year-round, so seasons change, sports, change.” I was born in St. Louis, but I’ve always been from California,” stated Harris.

“We had all the same goals, and I went for it…graduating college was the pivotal moment of change,” stated Palombo.

Both of the men came to the high school level of coaching at the Women’s Basketball team at Rancho Bernardo High, and from that situation forward, they learned how to build confidence in the young women, and a commitment to character, competition, and preparation. For Harris, it allowed him to have his first coaching position, and, in tandem with Palombo, they had to learn how to build a program that inspired a community and grow as they committed to the tasks at hand.

From there, when they say the they saw the coaching positions on the Women’s Basketball Team at Mira Costa, they leapt at the chance, and saw it as an opportunity to grow as coaches, moving to the next level.

“No one person is bigger than the team,” Harris stated, as he disclosed that he and Palombo plan to bring the philosophies that they share while coaching via “The Spartan Way,” which translates to who they are as a team, what they do and how they get there through commitment, accountability, and teamwork.

When the two men first met, they knew they shared a synergy together when they served as coaches for the for the women’s basketball team at Rancho Bernardo High School. “We had all the same goals. We believed in each other, and we had very similar philosophies…and that’s obviously on the court and off the court as well,” stated Mr. Palombo.
Dreamt is the only word that ends in a-m-t.

With 1,025,108 other words in the English language, what are the odds? One in 1,025,109, actually. Learn even more earning a bachelor's degree at National University. Online. On campus. Non-profit.

Don't think you have time to learn something new? You just did.
Warning - this article may contain X-rated information

Hello all you raunchy readers! SexSpartan here with your final dose of kink this semester. As per usual, I am always ready to get weird.

Masturbation, we all do it. If you don’t masturbate then I highly recommend you go f**k yourself, it feels amazing! Of course, as with all things erotic, everyone has his or her own special way of reaching their happy place. Still, exploring familiar territory isn’t very entertaining at all so let us discuss a seriously freaky way some people get themselves off:

As my friend so eloquently put it, “some guys like to jerk it with tainted panties.” That’s right, there are men who have a sexual weakness for used pairs of women’s underwear. Some find it thrilling to sneak and steal pairs from girls they know. However, many men pay upwards of $100 a pair for the privilege. There is an active market for filthy panties on websites such as Ebay and Reddit where clients seek their preferences and are not shy about specific requests. Some lewd requirements include (but definitely are not limited to) wearing the underwear for long periods of time, performing various physical activities while wearing the underwear, and even leaving behind some fecal matter in the underwear. The appeal is imagining they are with the girl who once wore them by indulging in the scents and stains that remain. The perversion is so common that the sale of dirty undies reached vending machine status in Japan. Hopefully this obscenity got you in the mood, I’ll be in the bathroom bleaching my brain from all the smutty images I have endured for the sake of this column. My email is always hot and ready for your questions and topics at sexspartan420@gmail.com. Good luck with finals and hopefully your sex life isn’t as dry as the California drought this summer!

XXX,
SexSpartan