

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | MARCH 2015

SPRING BREAK DOWN FASHION, SPORTS AND BEAUTY



BEACH BODIES
MARCH MADNESS
WOMEN IN FILM

GRIFFIN GREATS | WOMEN'S HISTORY MONTH | SOFT SKILLS

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CAMPUS QUOTES

What are your plans for spring break?

I'm working for spring break.
—Adrienne Massly



I'm going to LA with my daughter.
—Catherine Dawson

"I'm going to Miami to visit my friend and cousin."
—Sevina Suhr



I'm going to Georgia, where I'm originally from, to visit family I haven't spent time with for about eight years, and we're going to all visit the North Georgia Mountains.
—Andrew Roberts

I'm going to just hang out with family and friends, go to the beach, skateboard and sleep.
—Luciano Caramanga



I want to take the week off and go on a road trip with friends.
—David Mangallan

GRIFFIN GREATS

| BY LARA TALIB |

Grossmont College was home to many different famous people. We have actors, and actresses, comedians and ball players, authors and musicians. We're honored to have all these different famous alumni as part of the Griffin Community. Here at the Summit, we continue to hope that more of our amazing Griffins will strive to be on this list one day. Remember, once a Griffin, always a Griffin!



Actress Rachel Bilson is known for her roles in “Buffy the Vampire Slayer” (2003), “The OC” (2003–2007) and her current role as Dr. Zoe Hart in “Hart of Dixie” (2011 to present). She attended Grossmont College, but dropped out a year later in order to pursue her acting career. Bilson still lives in nearby Los Angeles. Although things didn’t work out for her at Grossmont, she is continuing to do amazing things, she is now married and recently had a child. Kudos to her for following her dreams!



Brad Daluiso was an all-American kicker from 1991 to 2001 when he retired. During his 10-year tenure, he had a 76 field goal percentage. In 1996, he had a 24/27 performance kicking field goals, making that easily his best year as a professional. Daluiso graduated from Valhalla High School and moved onto Grossmont College, he was here from 1987 to 1988, and later transferred to SDSU and then to UCLA to start growing his career as a pro football player.



Actor David Leisure transferred from Grossmont to San Diego State. He is known for his roles in the show “Empty Nest” as Charley Dietz, and also known as Joe Isuzu, a lying “pitch man,” in a series of Isuzu commercials. Leisure had bit roles in the movies “Airplane” and “10 Things I Hate About You.” He’s still working in Hollywood, he starred in “Meet my Valentine,” which was released in February, and has a recurring role as an attorney on “Days of Our Lives.”



Baseball pitcher Joseph “Joe” Kennedy graduated from Cajon Valley High School and moved on to be a fellow Griffin. He was drafted in 1998 to the Tampa Bay Devil Rays in the eighth round, and got signed and played his first game in June of that same year. Unfortunately, Kennedy died of a heart condition in November of 2007; he played his last game on Sept. 29, 2007. The saying, “Once a Griffin, always a Griffin” definitely rings true here.



Comedian Dat Phan is also a fellow Griffin. He went to Grossmont around seven years ago and decided to follow his dream of becoming a comedian shortly after 9/11. He packed his bags and like most people looking to make it in showbiz left to Los Angeles. In 2003, he was the winner of NBC’s “Last Comic Standing.” He now tours all over the country and continues to bless us with his comical ingenuity. If students want to feel a bit closer to Phan, all they’d have to do is walk down Grossmont College’s Walk of Fame.

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SUMMIT CONTRIBUTORS

Dorion Billingslea ▶

My favorite St. Patrick's Day Memory would have to be when I was in elementary school and we had to wear green. We would pass around green candy and cupcakes. I miss the old days.



▲ Sheridan Martinez

My favorite part of St. Patty's day was when I was younger and we used to make leprechaun traps. My parents would get super into it and dip their fingers in green glitter and make it look like leprechaun footprints so I would think that I had almost caught it! And of course, I can't forget about the corned beef and cabbage; we make it every year.

Ashley Stout ▶

My favorite memory is when my mom would set up leprechaun traps in my house with me. I had this big rainbow on my wall that led to a pot of gold in my room. I went to bed hoping I would catch one—of course, though, it "escaped."



▲ Elias Totah

A St. Patrick's day memory that I have is in elementary school our teacher would set up an event around the school for the students to find the leprechaun in one of the classrooms. I would be looking all over the school for this leprechaun, but ultimately I was not able to find it.

Dylan Haugh ▼

I'm not Irish, so St. Patrick's day hasn't always been a top priority, but March Madness starts up right around that time. And I'm 21 this time around, so downtown should be a blast!



Rodney Ousley ▲

My favorite St. Patrick's Day memories are all from when I was deployed overseas while in the Navy. We'd show up, dressed in all green, at different bars in random countries that had never even heard of the holiday and confuse everyone there. If you can imagine a tiny little dive bar in Singapore getting overrun by a bunch of sailors and Marines with green-painted faces, that pretty much sums up my holiday experience.



Lara Talib ▲

My favorite St. Patrick's day memory is from when I was in the first grade. While we were at recess, my teacher completely destroyed her classroom to make it look like a leprechaun came in looking for their gold. When we came in from recess, all of the traps we made earlier that day had little green "footprints" all over them, and there was no leprechaun in sight.

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TOGETHER AS ONE

New sexual assault prevention apps can help college students feel secure.

| BY SHERIDAN MARTINEZ |

Sexual assaults across college campuses are increasingly getting higher and higher each year. Last year there were 13 reported sexual assaults just at San Diego State University, according to the Union Tribune. Just recently San Diego City College in Downtown San Diego is on high alert because of a sexual assault that occurred late at night on March 3. In 2013, there was even a sexual assault attempt in a parking lot at Grossmont College.

In efforts to raise awareness and help secure the safety of students, AT&T has launched several free phone apps for students. Downloading these apps will give student to the security they need to feel safe on campus.



OnWatch: Created just for college students, this app will alert the people you trust when you need help. With six different options, it can notify campus police, friends or local first responders— or a combination of all three. This app won the White House’s “Apps Against Abuse” technology challenge in 2011.



Guardly: Featuring efficient and advanced GPS location accuracy, this app can send instant alerts to police officials within five seconds of being contacted by phone, email or SMS. Guardly can receive the exact location of the student and has enhanced 911 calling.



bSafe: This app allows students to have other students “virtually” walk home with them. Also features a “guardian alert” that notifies friends and family when you need help, and has location services to let them know where you are. bSafe can also sound off an optional alarm to scare the attacker away from you.

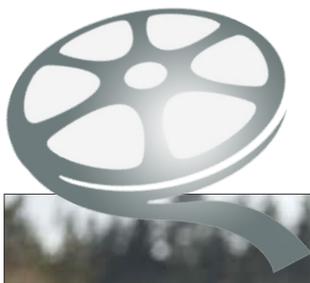


Circle of 6: Also a winner of “Apps Against Abuse,” Circle of 6 lets students create a circle of friends to whom you can send a “come and get me” message. In an emergency situation, the app will notify local police or a hotline with just a double tap of your fingers.



Hollaback: This app is for victims of sexual assaults to share their stories, reach out to others and let people know their location when the event occurred to raise awareness and help prevent further attacks in that area.

Whether students are walking to their car, finishing up a late-night study group or just walking to class, it is important to be aware of the surroundings and keep an eye out at all times. With the increasing amount of sexual assaults across college campuses, it couldn’t hurt to download a few of these apps to ensure security. It’s better to be safe than sorry.



Rod's Reel Referrals

JENNIFER LAWRENCE IN SERENA | COURTESY OF SCREENRANT.COM



Women's History Month, which began as "Women's History Week" until 1987, is celebrated in March in the United States, Canada and Australia. The month highlights the many contributions of women in history, as well as the pioneers of today. This March, I have compiled a short list of films featuring both fictional and real-life characters who made sacrifices for the sake of equality and honored the spirit of female empowerment.

CURRENTLY IN THEATERS: SERENA

Directed by Susanne Bier. Starring Jennifer Lawrence and Bradley Cooper. 2014.

Based on the best-selling novel of the same name, this fictional film reunites the on-screen powerhouse duo Lawrence and Cooper for the third time as Serena and George Pemberton, proprietors of a struggling lumber manufacturing company during the Great Depression.

The film begins in an almost Disney-esque setting. George meets Serena, an orphaned adult woman all alone in the world, and immediately falls in love and proposes to her during their very first conversation—on horseback, no less. After he returns to the rural North Carolina countryside with his young bride, George and his male business partners get much more than they anticipated with the ruthlessly ambitious and outspoken ingénue. Serena becomes obsessed with turning the tides of their failing company while simultaneously coping with the

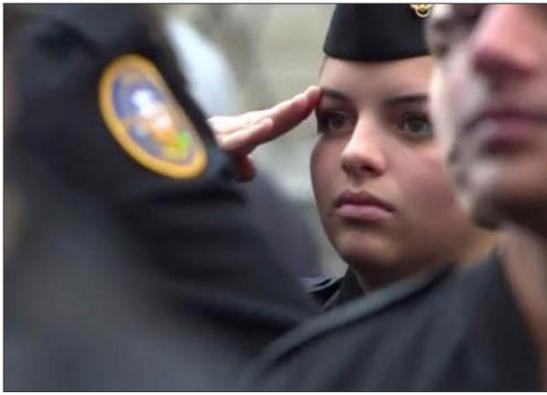
emergence of her husband's illegitimate infant son, as well as her own infertility issues..

STREAMING ON NETFLIX: THE INVISIBLE WAR

Directed by Kirby Dick. 2012.

This harrowing documentary exposes the plight of sexual abuse against female members of the United States Armed Forces and their road to recovery and redemption. Dozens of women from every branch of the United States military come together to collectively share their trials and triumphs.

This film primarily focuses on a group of 17 brave female former armed service members brought together in a lawsuit in 2011 against the Feres Doctrine, a Supreme Court ruling that does not hold the United States government liable for service-related injuries sustained during active duty resulting from negligence from the armed forces. Sexual assault falls under the "negligence" category during military court hearings, which puts the victims at an automatic disadvantage that hinders them from receiving proper psychological care during and after their enlistments. This, coupled with a corrupted military justice system oftentimes overseen by the assailants themselves, military sexual assault victims are not only forced to live with shame and degradation of being violated, but also face an uphill battle within the military justice system that rarely offers justice.



ON DVD/BLU-RAY: *NORMA RAE*

Directed by Martin Ritt. Starring Sally Field, Ron Leibman and Beau Bridges. 1979.

Based on the true story of Crystal Lee Sutton, a factory worker, unionizer and women's suffrage activist of the 1970s, this film has become a bastion for the modern-day struggle for equal rights in the workplace. Sally Field stars as the titular character, in a performance that earned her an Academy Award for Best Actress in 1979.

Norma Rae is archetypal hardworking single mother laboring under harsh work conditions at a textile factory where her elderly parents are also employed. Frustrated with the low pay and the litany of sicknesses and ailments she and her family have suffered, she — along with union organizer Reuben Warshowsky (Leibman) — risk persecution, their jobs, and even their freedom to secure reasonable working standards and higher pay for the disenfranchised low-level employees.

Norma Rae takes a silent stand by simply holding up a cardboard sign with the word "UNION" printed on it, halting productivity in the factory and setting the stage in her journey to become a revolutionary and a voice for the underdogs.



LEADING LADIES

Today's female film characters are showing more depth.

| BY RODNEY OUSLEY |

Traditionally, Hollywood has had no shortage of well-rounded male characters throughout the history of American cinema. While not only dominating the market in sheer numbers, the portrayal of men in film — whether hero or villain — rarely lacks in authenticity, imagination or diversity. The same cannot always be said of the fairer sex.

According to research conducted by the Annenberg School For Communication and Journalism, in film, only one female is visible to every 2.24 males, and only 23 of the speaking roles in the action genre come from a female voice. These figures seem almost improbable when taking into consideration the recent spurt of girl power-laden epics like "**The Hunger Games**" and "**Divergent**."

These vestiges were in direct conflict with the ever-present, yet marginalized, leather jumpsuit-clad heroine singularly fighting alongside a sea of uber-powered male demigods theme that ran rampant in 2014. In blockbuster films like "Captain America: Winter Soldier" and "Guardians of the Galaxy," the most powerful weapons in these femme fatales' arsenals are their sexuality and guile. One cannot help but wonder if these characters continually get the best of their male counterparts because of their intellectual prowess, or if the plunging neckline and thigh-high boots dress code they all incessantly subscribe to is what really gives them their edge.

It is almost impossible to please an audience that demands accurate and concurrent representations of femininity in movies when the definition itself draws an almost infinite amount of conclusions. Grossmont College Media Arts professor and independent filmmaker Silvia Luz said: "The live action genre naturally asks for the protagonist to be a strong person. But with a girl protagonist, she's expected to be even bigger and even stronger than the men to stand next to them. And even then, after all of that, the women are told that it does not work because now they are not believable [characters]."

Surprisingly the whimsical world of storybook make-believe seems to be a rare exception to the rule with films like "**Frozen**,"

[Continued on next page]



[Continued from previous page]

the epic 2013 animated tale of two estranged sisters, and Disney's 2014 live-action "Sleeping Beauty" prequel, "**Maleficent**," that reexamines the meaning of true love. The modern-day princess in peril no longer requires the kiss of a prince to be her salvation if she is truly loved by her sister or a lifelong friend. These characters present the duality of stereotypical feminine grace in a floor-length gown, along with exhibiting the boldness to challenge the status quo and venture beyond the protective gates of the royal palace, in a fashion that has almost always been an exclusively male trait.

"A new model of the girl protagonist is raising in animation," Luz said. "Children have a huge scope in front of them now, through their access to

technology, and are becoming more and more sophisticated. Disney, and especially Pixar films, are becoming more adult in terms of story lines. They are starting to



CINDERELLA | MOVIEPLOT.COM

realize that they cannot rely on the same patterns of the perfect world where the girls sing songs and wear dresses in the tower while the boys go out into the world and fight dragons for them." Perhaps the best way to broach

this subject is to understand that no one role, character, or cinematic archetype is a total representation of all women as a whole. Hollywood seems to have gotten the message. While only in the cusp of 2015, we have already been presented a slew of female lead options; for example the live-action "**Cinderella**" remake premiering March 13, and "**Mad Max: Fury Road**," starring Oscar-winner Charlize Theron, hitting theaters mid May. At first glance, these two films may seem to portray the oversimplified female dichotomy template; the porcelain doll-faced Stepford wife with the impossibly thin waistline, and the asexual she-beast who can roll with the guys but never actually gets one. But Hollywood has been known to surprise us lately, whenever we choose to look beyond the surface.

WOMEN TAKE OVER THE GRIFFIN GRILL

| BY DORION BILLINGSLEA |

The Griffin Grill is currently celebrating women's history month as each week they're putting out a new dish for students to try. On Wednesday, March 11, they put out a few dishes to celebrate Giada De Laurentiis. Two particular dishes that I got to try were really good. One was Chicken Piccata with Roasted Tomato Spinach Risotto and garlic bread. It was really tasteful, and I like the flavors and the chicken was very tender. It was topped with sliced lemons for a delicious sour flavor. The second dish was Caprese Tricolor Tortellini and Artichokes with herbed focaccia was even better; the noodles were very sweet with a tangy flavor. It came with a different super-soft garlic bread that went with the noodles like a match made in heaven. The Griffin Grill is a forced to reckon with, and because of their good meals, you never need to leave campus. Don't miss what comes out next by as following Griffin Grill's Facebook page: [facebook.com/GriffinGrill](https://www.facebook.com/GriffinGrill).



▲ Griffin Grill dishes honoring celebrity chef Giada de Laurentiis (center). | Food photos by Dorion Billingslea. Image of Laurentiis from Griffin Grill.



CREATIVE COMMONS

Shhh...

Grossmont's library is a source of secret powers.

| BY LARA TALIB |

Most Griffins know where the library/tech mall is on campus, but most people don't know what it really has to offer. Besides the obvious computers and printers, the library has study rooms for those groups who want to get together to work on homework or study for an upcoming test.

Students can also rent out textbooks for free, as well as calculators, laptops and pretty much anything else they need to be successful college students. All you need to have is an ID on file with the library clerk.

For students struggling to locate a specific book or textbook, the library is actually in touch with the library databases at most community colleges and San Diego State University, so it's relatively easy to get a book you need.

There is also a 24-hour online help engine, just in case students can't always get to the library. That hotline is open at any time of the day, so students can get help in their own time.

The librarians are also really good at what they do, so they'll easily be able to help students with practically anything, from finding a book to researching information and providing the necessary tools to be good students. All students have to do is ask.

With midterms right around the corner, now's a good time to check out the all the library has to offer.





Grossmont's tennis teams are looking to join history.

| BY ELIAS TOTAH |

The men's and women's tennis teams have exciting and decorated histories behind their respective teams.

Men's tennis finished second in California at the Ojai Championships in 2004. They had two all-Americans that year—Phillip Wulf, who played singles and doubles, and Steven Oechel, who played doubles. Both were two respected tennis players in Grossmont College's history.

The men's team is looking for that type of star power to jump-start the team this year. Scott Strange, who was a National Coach of the Year

in 2004, knows how to win tennis matches because of his previous experience.

Grossmont's women's team has had an even more decorated history than the men's team. The women's team is 11-time California Community college tennis team champion. It won the Pacific Coast conference championship last year, and is looking to add to that this year.

The highlight from 2014 was singles and doubles all-star, Jaella Conway. Her teammate, Marlayna Durant was just a doubles champion but played alongside Conway

throughout her career.

The former tennis courts were also a piece of history. Not redone since 1967, they had drainage and frequent cracks that required regular repair.

Adding 10 new tennis courts was a priority for the college over the summer. With the renovations complete, there should be an extra motivation to get on the court and play at an even higher level.

Hopefully, both tennis teams can come out on top in conference play and solidify their spot in state contention as well, adding to Griffin history.



GOOD SET

Men's volleyball team is ready to go for the gold in its post season.

| BY DYLAN HAUGH |

Since Grossmont was founded back in 1954 track record for the men's and women's volleyball program has just oozed with success, hard work, and most importantly... winning. Grossmont is currently enjoying another high point in the program's history. Both teams led by incredible coaches Jamie Ivers (women's) and Travis Rice (men's), get the most out of their players, while excelling them off the court or sand; in fact, Ivers and the Lady Griffins went 29-2 this past season.

Right now, the eyes are on the men's team, which is led by **Trevor Deddeh**, a hungry middle blocker who's goes by the name "Dey-De." I caught up with Deddeh for a quick Q&A on how the team is playing, its chemistry, and how the team and coaching staff are excelling with on and off the court.

Q: How's the chemistry as a unit so far?

A: "Oh, it's awesome playing with these group of guys. The chemistry and the trust is there between us and the coaching staff."

Q: Speaking of Coach Rice, he's had a lot of success as a head coach of the volleyball program so far in his tenure.

A: "He's great. He used to play at Grossmont actually as an outside hitter. So he can really relate to us as players, in what we go through as student athletes. Giving us pointers on life in general. He's already been through what we have, so it's nice to have a mentor like that as a coach."

Q: As a unit, how would you say the season has gone so far for you guys?

A: "Were having a bit of trouble playing as a group and finding our roles. We've really been relying on our outside hitter to make plays for us, so we got to fix that."

Q: The women's team finished 29-2 this past season. You guys feel pressured or is there any extra motivation to keep up the winning ways?

A: "We don't feel pressured, we just feel like we have got to get this done. Grossmont, the last three years, we have been to the state playoffs,

come in third twice and second once. We're just hungry for that championship and we think this is the team to do it."

The Griffins are setting up for another extended stay in the postseason with the hopes of bringing a long-awaited championship that has seemed to be just out of reach the past couple seasons. This year has a different tune to it. The hunger, coaching and trust is there. It's now up to the Griffins to make another journey to the state championship with nothing but first place on their minds.



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SUMMER SHAPES

Grossmont instructor Kelly Clark gives fitness training tips.

| BY DYLAN HAUGH |

As summer creeps around the corner, it's time to get those bodies in shape. The gym isn't for everyone; it's tough to be committed with school and work already filling up your time. Here are some tips from Grossmont exercise instructor Kelly Clark to help get you in the gym and looking fit by the start of summer.

HAVE A GOAL

When people generally work they have a goal or a destination set in their minds of what they want to get out of training, gaining muscle mass, improving flexibility, or losing fat. Once you have your goal start the work and track your progression.

PROPERLY PERFORM

If you're feeling uneasy and just beginning to exercise, there are solutions. It's always nice to go to the gym with a friend, it relieves those minor insecurities we all carry with us.

Gyms also offer trainers to help you start out on the path to fitness while teaching you the right way to work out your body. Learn how to properly perform movements before doing them in your workout.

"If you get hurt you can put yourself further back," Clark advised. "Take a class, hire a trainer, look up movements

from trusted sources."

Don't sell yourself short. If you're at the gym, don't slack off. Set your playlist ahead of time; people have the tendency to keep up with their social life at the gym, but it can wait. If you're not sore after the gym you're not fully putting the effort in, cross that line. Don't work around your weak areas; attack them head on.

The wrong form on certain workouts can cause injury. Research workouts online if you don't have a friend or trainer. There are plenty of online outlets and YouTube channels that do the workouts right in front of you.

STRETCH IT OUT

Trainers and coaches from all over will tell you stretching and form are

the most important concepts to grasp in fitness. Stretch before and after you work out.

It's always the first couple weeks that are the toughest in heading to the gym, but once you find the right regimen and schedule, it becomes addictive. Exercising is proven to raise self-esteem and provide you with a productive day—plus it will get you ready for the beach. So follow some of Clark's tips and apply them to your everyday life.

LOOKING TO GAIN WEIGHT?

Lean mass is what you're looking for. Progression is different for everyone, some gain weight quicker, while some may just get cut and defined quicker.

To gain lean mass, follow these general rules:

- Eat proteins and fats.
- Strength train to progressively overload the body.
- Avoid long, slow cardio.
- Supplement when needed.
- Recover properly.

LOOKING TO LOSE?

If you're just looking to shed some extra pounds, here are some of Clark's very simple weight loss tips:

- Cut out sugar and processed foods.
- Eat proteins and fats.
- Eat your vegetables.
- Keep calories at an adequate level for your needs based on activity level and size (cutting all slows down metabolism).
- Strength train.
- Add in interval cardio when strong enough.



▲ Fitness center. | Photo by Dylan Haugh.

A CHARGING STATION

San Diego's football team looks for new digs.

| AN OPINION FROM ELIAS TOTAH |

It is a rather interesting time for our San Diego Chargers. First, reports coming out that the San Diego Chargers and Oakland Raiders wanting to co-exist at a brand new stadium in Carson, Calif., was disheartening for Chargers fans to hear. The overarching feeling in San Diego is disbelief, but we need to understand that the topic was going to come up sooner or later.

On Tuesday, March 2, the Chargers held a public forum at Qualcomm Stadium for all Chargers fans to come and share their input on what San Diego should do going forward. The Citizens' Stadium Advisory Group gave the fans a chance to share ideas for three full hours. The atmosphere was moving; it went from a public forum to a pep rally the minute it started. As a fan in attendance, I came to a conclusion that there was not as many stadium ideas that I would have liked to hear. Instead, fans were talking about their lives as a Chargers fans and their experiences at the stadium.

The only two locations for a new stadium that the Chargers task force wanted the fans to respond to was Downtown or Mission Valley. Most in attendance preferred the Mission Valley site, but for one reason: Tailgating. If our focal point is seeing which location will benefit us to tailgate and have a good time before the game, then San Diego as a community is missing the point. If we have the opportunity to build a new stadium in Mission Valley and in practically the identical location of where Qualcomm Stadium is as of right now, then we should be fine with that.

When it was all over, the feeling at the public forum was that the stadium group did not get the answers they were looking for as a whole. Though there were good ideas and good feedback at times during the forum, I feel that Chargers fans needed to take another angle at vowing for a new stadium. We needed to talk about how this will benefit us in the long run as a city. More jobs in the Mission Valley area will be established. More events will be held at the new stadium site for NCAA Basketball games, concerts, shows and more. By building a new stadium locally, it will allow us to have the Super Bowl right here in San Diego for years to come.

The idea would be while the Chargers are still playing at Qualcomm, a stadium would be built right next door. A proposed stadium would not be done until the offseason of 2016 or 2017, I would assume. That would be the proposal for the Mission Valley site.

Meanwhile, at the Downtown site proposal, the idea is to build a stadium right next to Petco Park. At the public forum, I noticed one man that made a very valid point. He said, "Why should we move our Chargers away from one of the most beautiful and most popular cities in the world?" This would be a destination that would attract outsiders if a new stadium is built.

All in all, the public forum was a success. Supporters came out and gave their two cents on what we should do. I was impressed with what the fans had to say, even though I did not hear what I wanted to hear at times. We should have a lot of passion for our Chargers that hopefully that gives the team's officials and the task force the swing vote to keep them here.

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Grossmont Monthly Pass on Sale Now

The image shows a smartphone screen with an advertisement for the MTS Grossmont Monthly Pass. At the top, the MTS logo is visible. Below it, a text box says: "Multitask on your way to and from class! Text, tweet, study and snap a selfie — or sit back and enjoy your ride with MTS! 🚗 🚊". In the center, a large red oval contains the price "\$57.60". Below that, another text box states: "\$57.60 for unlimited bus & Trolley rides. (Rural routes require supplement). Monthly Pass on sale now at the Student Affairs Office". At the bottom of the screen, there is an image of a red MTS bus and a white trolley.

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MARCH MADNESS STRIKES AGAIN



It's every sports fan's favorite time of the year. Let the insanity begin!

| BY ELIAS TOTAH |

March is here, and with it comes college basketball madness. The NCAA tournament, which runs through April 6, brings fans together in a month of brackets, upsets and underdogs.

A few big name schools could be contending for a national championship, but the clear-cut favorite to win right now is the **Kentucky Wildcats**. Head coach John Calipari has the most equipped team in the nation, with a mixture of physical attributes and high-IQ players to get to the top.

Led by freshman power forward Karl Anthony-Towns, the Wildcats have taken the nation by storm with an undefeated record of 27-0 overall and a 14-0 SEC conference record. They have faced tough tests against **North Carolina, Texas, Louisville and Kansas**, but have managed to squeak past each and survive. The close calls help a team's ability to overcome adversity, although they would

probably like to be beating teams by 25 plus points every night.

University of Virginia and **Gonzaga**, which only have a couple losses between them, have proved to the nation that they can play team ball. Virginia has still managed to prevail without Justin Anderson, one of their best scorers in who was averaging more than 13 points a game before he got injured.

A team that has been hit-or-miss all season (and my favorite team) is North Carolina. Coming off a 58-46 home loss to **North Carolina State**, people are starting to question how much head coach Roy Williams has left. The Tar Heels (19-8) had some bad losses to **Pittsburgh** and **Butler**. The team plays well against ranked teams, but shows a lack of focus against unranked opponents. If North Carolina can find some consistency they can be a dangerous team in the tournament, but that's a big "if."

The local favorite has finally solidified

itself as a top-25 team. **San Diego State**—now ranked 24th—are streaking right now. The Aztecs are 22-6 with quality wins over **Pittsburgh, BYU, Utah** and **Wyoming**. Led by guards Winston Shepard and Aqeel Quinn, the Aztecs have managed to score points necessary. The key has been San Diego State's defensive mentality on a yearly basis, which puts them in contention to win every year. Look out for those Aztecs as they try and make a run in the tournament.

The big tournament should be exciting to watch once again. Follow along as with your brackets and we face another year of madness.

SCHEDULE

First Round: March 17-18

Second-Third Rounds: March 19 – 22

Midwest Regional: March 26 and 28

West Regional: March 26 and 28

South Regional: March 27 and 29

East Regional: March 27 and 29

National Semifinals: April 4

Championship Game: April 6

PADRES RETURN TO RELEVANCY

| BY DYLAN HAUGH |

Since their miracle World Series run in 1998, the San Diego Padres have seen little success in the standings and the box office. The Friars have only eclipsed the .500 mark five times, and have reached the playoffs just twice in that 16-year span. The club has been frugal, building through the draft rather than dabbling in the free agent market. Oh, how the times have changed.

At the annual MLB Winter Meetings, which were held in San Diego in December 2014, newly-appointed general manager A.J. Preller struck a blockbuster deal with the rival Los Angeles Dodgers. The deal sent long-time All-Star Matt Kemp to San Diego, instantly striking a fire underneath a once irrelevant franchise.

Preller wasn't done, however, working fast at the helm and hauling in two more All-Stars, the 2013 AL Rookie of the year Wil Myers, and former Atlanta Brave Justin Upton. He later added Derek Norris, and Will Middlebrooks. Preller's lightning moves completely revamped an anemic lineup that ranked last in the National League in hits and runs in 2014.

The final piece to the puzzle came

with the signing of pitcher James Shields to a four-year, \$75 million deal. Shields' contract was the Padres' highest pitching contract since Jake Peavy's three-year, \$52 million deal in 2007. The 33-year-old California native and current San Diego resident has throwing eight consecutive 200-plus inning seasons and reaching the World Series twice in that span, with the Rays and the Royals.

The Padres have already succeeded in instilling some hope to a fan base that frankly hasn't been there to support a team that has been going nowhere in years past. The Dodgers and Giants have not only dominated the NL West, but also Petco Park, turning it blue and orange when their teams are in town. And it's very easy to win the offseason; moves look great on paper but don't necessarily translate to wins on the field.

Still, the future is bright for baseball in San Diego. It's no coincidence that San Diego received the 2016 all-star weekend bid after filling up the checkbook this winter. Relevancy is right on the doorstep for San Diego and baseball. It's up to the Friars to live up to the highest expectations in Padres history.



▲ The San Diego Gulls will be back in town for the first time since 2006.

GULLS FLOCK BACK TO THE BEACH

The San Diego Gulls are officially back. When news broke last month out about hockey returning to San Diego, the city erupted with excitement.

The team will be playing at the Valley View Casino Center next season.

San Diego has not had a hockey team since 2006, when the Gulls were a Junior A team, which is a division of players that are 20 years old and younger. Now, the Gulls are an American Hockey League team and an affiliate of the NHL Anaheim Ducks, meaning the Ducks could pull Gulls players up to play in their professional games.



The Gulls finished this hockey season in Norfolk, Va., with a 6-10 record. They're looking to add talent in the offseason. As a feeder team for the Ducks, the Gulls are playing for a professional roster spot. The focus is to have players at this level develop and prepare to play in NHL. —Elias Totah



ADJUNCTS UNITE

Part-timers rally for dignity and respect.

| BY SHERIDAN MARTINEZ AND ASHLEY STOUT |

On Wednesday, Feb. 25, more than six college campuses across San Diego, including Grossmont College, took place in “National Adjunct Walkout Day.” Southwestern College, City College, UCSD, Mesa College, and Palomar also held their own rallies on their campuses to show that their adjuncts are absolutely essential to college education.

Adjuncts are best known to us as part-time faculty members who teach at several colleges and do not receive full health benefits or rewards of being a full-time faculty member. These professors attempted show they’re essential and to take a stand for their rights, arguing that they should be treated similarly as other full-time faculty.

“The goal with NAWD is systemic change,” Ian Duckles, adjunct professor of philosophy and religious studies at Cuyamaca College, stated in his article “National Adjunct Walkout Day: A Primer.”

“That is the goal,” Duckles wrote. “But there are steps towards achieving that goal, such as raising awareness about the situation of adjuncts.”

On Grossmont campus, an hour-long rally was held in the quad in front of the LRTC building. Full-time professors, adjuncts, and student interns all spoke their mind at the podium this day and demanded the respect that they deserve.

They also provided a prewritten letter supporters could send to the governor, which addressed many points that could benefit adjuncts in the long run. They hoped that all of the letters signed and sent would hopefully make a difference toward the way adjuncts are treated now.

For example, in a short interview, Dan Greenheck – a Grossmont math instructor who’s also an adjunct at City and Cuyamaca Colleges – said, “You’ll never see me miss a day of class because of the consequences that might follow.”

Adjuncts’ jobs are always on the line, no matter what, and they have “no seniority” as full-time teachers do, Greenheck said.

The AFT was also there to pass out positive stickers and buttons to students to wear. Members said they wanted the message that is being put out to be a positive one and not negative—that they want equality for all adjuncts and full-time teachers.

A change must be made and that’s what our school is aiming for with events held like this, which was held at and many other schools across the nation.

GOVERNING BOARD Q&A

Grossmont College has many forms of authority on campus, but one that many students don’t know about most is the Governing Board. **Bill Garrett**, the board’s president since 2004, answered some questions about this behind-the-scenes authority.

Who makes up the Governing Board?

Five elected members are elected from the community, four years at a time, also one student from Grossmont and Cuyamaca for one year.

What, as a president, do you do?

I run all meetings, [am a] spokesperson for the board, represent board in the community, and also other community colleges in California.

Do you have any specific responsibilities?

First responsibility: Hire the chancellor; everyone else is hired by the chancellor.

Second responsibility: Make sure finances are in good order, that we can make sure that the board’s goals are followed. What’s important to the board is important to the colleges.

Third responsibility: Do not develop the budget but do approve the budget.

Fourth responsibility: Be a sounding board to the community.

How is a Governing Board meeting run?

Well, it is held on the third Tuesday of each month. An agenda is produced with the approval of the chancellor and president on various items. We ratify contracts within the district, then open it up to other board members to talk about what they do and [ask] questions for future reference.

So people from the public can talk as well?

The people from the public can talk about what’s on agenda or what they want to see change.

What is the Governing Board’s main focus?

Student Success. The reason we are here are for students; we want programs to help them with their career ... provide them the opportunity to move forward with their career.

What would you like to change most?

I think we should put more effort on student success—make sure all students are given the same programs available, more opportunities for part-time students to succeed. Also, fix the budget crisis. I feel like people are working better together now; it feels like a total unity, board meetings have been more positive than negative.

What is the future like for the Governing Board?

More physical stabilization. This only can happen if we get the states to support our community colleges better ... And more effort for support services to student success. The more involved you are, the more successful. We’re trying hard to see that all ranges of students can succeed.

—Ashley Stout

INTERNATIONAL FACES

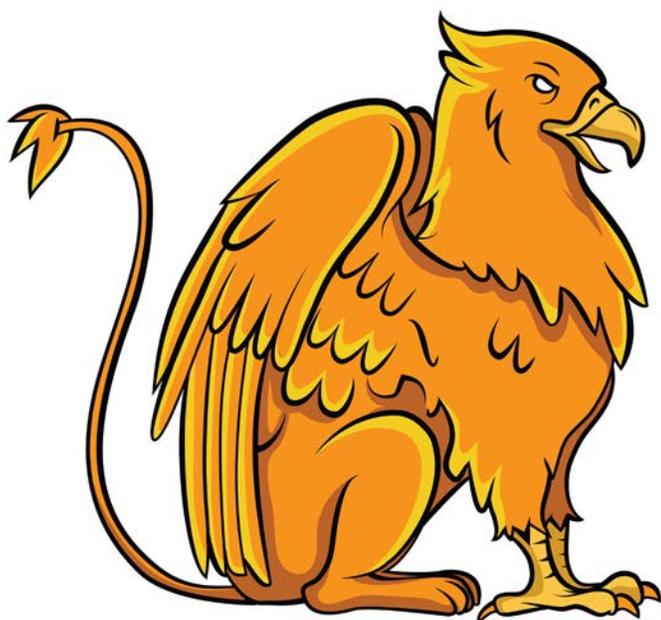


This is **Sascha Kuenzel**. He has been at Grossmont College for three years now, and is studying to be a political science major. Kuenzel is originally from Bern, Switzerland. After getting his degree, he ultimately wants to intern for a nonprofit organization that specializes in political science.

The one thing he misses back home, besides the food, is that he doesn't feel he gets much spirited debate. "No one likes to argue around here," he said. "The people in California are just too laid back and that's a complete change versus the people back in Switzerland.

On the other hand, Kuenzel said he loves the location: "I have the border on one side, the mountains on another side, and then the beach on the other side."

—Lara Talib



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FRESH FACE FAVES

Check out this season's best and hottest beauty products.

| BY SHERIDAN MARTINEZ |



This spring, there are a lot of new beauty products out and many are essential must-haves. I have created my own list of favorite beauty products that I use myself or would recommend. The list includes some bigger brands, as well as cheaper alternatives, because makeup can be very expensive—especially if you're a Sephora junkie like myself.

BASE



Sephora Lightweight Liquid Foundation: A light-to-matte, everyday wear foundation. **\$20**

Kat Von D "Lock it" Foundation: A thick matte foundation that stays on all day. **\$35**

Maybelline "Fit me!" Foundation: A very light foundation base that makes skin look smooth and dewy. **\$6**

Sephora Baked Pressed Powder: Best face powder that looks matte. **\$22**

BareMinerals Powder: Best face powder that's beneficial for your skin, while also making it appear that you aren't wearing much makeup. **\$22**

LUSH "Love Lettuce" Face Mask: 100-percent vegan, this mask is made with almond shells and lavender to soothe your skin. **\$7**



CHEEKS

Anastasia Beverly Hills Contour Kit: Comes with six different perfect tones of beautiful bronzer and highlighter, now available in cream as well as powder. **\$40**

Sephora Contour Palette: Comes with a bronzer and two beautiful blushes. **\$15**

Too Faced "Soul Mates Blushing Bronzer": A bronzer and blush duo in the shape of a heart, a limited edition set. **\$34**

E.l.f Studio Contouring Blush & Bronzer: Perfect duo for your cheeks at a value price. **\$3**



EYES

Urban Decay Naked 1 & 2 Palette: Beautiful nude-to-neutral pigmented colors that can make any eyes pop. **\$54 each**

Urban Decay Eyeshadow Primer Potion: In "Original" or "Sin," this primer provides 24-hour protection for your eyeshadow. **\$14-20**

Sephora Liquid Eyeliner in Jet Black: My favorite eyeliner, the best for the perfect winged eyeliner. **\$14**

E.l.f Black Gel Eyeliner: Once you try this gel eyeliner for you bottom liner, you'll never go back to regular pencil eyeliner. **\$3**

Urban Decay Vice Palette: A brand-new limited edition colorful playful palette. **\$58**





E.l.f. 100-Piece Marble Eyeshadow Palette: 100 different colors for a wider variety. **\$10**
Too Faced "Better than Sex" Mascara: A lovely new mascara for your lashes. **\$23**
Cover Girl "Lash Bloom" Mascara: Also new, works great for the price. **\$7**

Anastasia Beverly Hills Dipbrow Pomade: The best possible product for your brows, it's a thin gel you apply with an angled brush to fill in your brows. It's worth the price, and one pot could last you up to a year. **\$18**

Cover Girl Concealer Stick: To shape your eyebrows so they pop. **\$6**

E.l.f. Angled Brush: My favorite tool to shape my eyebrows. **\$3**

BROWS



LIPS

Kat Von D Everlasting Liquid Lipstick: All-day wear, in "Lolita" (pink nude), "Outlaw" (matte red) and "Vampira" (deep burgundy red). **\$20**

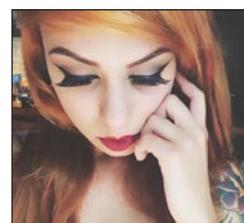
Kat Von D Studded Kiss Lipstick: In "Lovecraft" (pink nude), one of my favorite everyday wear lippy. **\$21**

MAC Satin Lipsticks: My two favorites are Viva La Glam II (nude) and Fanfare (pastel pink). **\$17**

NARS Velvet Matte Lip Pencil: Best to line your lips. **\$26**

What's your latest beauty obsession?

"I love the Naked 1 palette from Urban Decay, Anastasia's dipbrow in auburn along with her brush, Anastasia's contour creme kit in light, Kat Von D's tattoo trooper liquid eyeliner, Urban Decay's Persuasive mascara and NARS matte lipsticks."



— Tiffany Shumack



"For spring, I'm especially obsessed with my Lime Crime Velvetine in Wicked, and my Wet 'N Wild lipstick in 'StopLight Red.' I also like my Too Faced 'Return of Sexy'" palette with its gold and soft purple shades. Can't go wrong with a red lip and soft eyes for the spring."

— Brenda Perez De Leon

ROMEO REVIEW



The Grossmont Stagehouse Theatre is performing William Shakespeare's classic play "Romeo and Juliet." The production is a more modernized version of the original in that it's set in 1920s, Prohibition-Era Chicago. Regardless, the theater department stayed true to Shakespeare's original text throughout the play, complete with all the monologues and Old English wording.

The costumes were great, and it still amazes me that the clothes they wore in the play were all sewn together by the cast and crew. On top of that, I absolutely adored all the actors, and it really felt like they stayed true to the characters in the original play, mainly the

nurse, who was played by Julie Monroy.

But overall, I give this production 3 out of 5 stars, because it was just a little too long for my liking. I get that Shakespeare's plays are meant to be long, but it could have been cut down a little bit so as to not make the audience bored by the end of it. I also wasn't a fan of the contrasting time periods; the time was set in the 1920s, the dialect in the 1600s and the music in the late 2000s, so it made things feel a little out of place.

And even though the show itself is two and a half hours long, at least it's not a musical! You can still catch a performance of "Romeo and Juliet" on March 19, 20 or 21. —Lara Talib

SOFT SKILLS

Employers look for more than just technical skill.

| BY ASHLEY STOUT |

As students, we carry a heavy load. We go from class to class, study in the library, do homework and much more, and not many really sit down and think about the long run of their future career. Well, it starts small. Do you have the basic soft skills down?

Soft skills are “desirable qualities for certain forms of employment that do not depend on acquired knowledge,” as defined by dictionary.com.

For example, here’s a few skills off an incredibly long list:

- Communicating
- Listening
- Honesty
- Responsibility
- Self-management

“A lot of students don’t know what [soft skills] are and how to communicate them to future employers,” said Nancy Davis, the career resource center counselor at Grossmont.

But soft skills are really important. Hard skills — technical knowledge and skill acquired through classes — only contribute about 15 percent to student success. The remaining 85 percent is soft skills.

But don’t worry, many soft skills come naturally and other specific skills come with your major.

“A student could not get through college without soft skills,” Davis said, which means many students have these skills, they just need to know how to use them in the most resourceful way.

For help tapping into your soft skills and showing them successfully to a future employer, attend the Career

Resource Center’s “Mastering Soft Skills! Skills To Pay The Bills,” presented by Nancy Davis and Pamela Bange. This will be held on April 8 from 11 a.m. to 12:15 p.m. in the Griffin Center Career Resource Center (60-140).

“There’s more in your toolbox than you thought.”

—Nancy Davis

At the workshop, Davis and Bange will show the way to adapt in the workplace and show “Soft Skills in the Workplace,” a video with various scenarios that require soft skills. They will also provide a packet of everything you need to know about soft skills, including a test to see which ones you hold and don’t.

The results will speak to you and show you, as Davis said, “There’s more in your toolbox than you thought.”

EMPLOYERS’ TOP PRIORITIES FOR COLLEGE GRADS



SOURCE: GROSSMONT CAREER CENTER



hollywood
CASTING AND FILM

PERSONAL SPACE

Affordable studio space is available for aspiring professionals.

| BY RODNEY OUSLEY |

Grossmont College boasts a multitude of talented filmmakers, production crew members and performers who are always eager to perfect their craft or promote themselves to advance their careers. But some may or may not be aware of the variety of tools and learning activities available outside their community.

Located in Los Angeles, Hollywood Casting and Film (HCandF) provides state-of-the-art studio rooms, lighting, and camera equipment for a professional casting and auditioning experience that costs \$9.99 per month. HCandF, in conjunction with NewFilmmakers Los Angeles and The National Association of Latino Independent Filmmakers, offers these amenities to its patrons as well as a magnitude of other online services for independent filmmakers on a budget hoping to connect with young student actors looking for experience. The online database also acts as a direct social media network link between burgeoning filmmakers and performers.

Upon sign up, actors will be prompted to create an online profile, complete with an opportunity to post headshots, a bio and resume. This process helps to better categorize performers for the automatic email alerts they will receive for auditioning opportunities.

Members will be privy to exclusive casting notices presented directly from the filmmakers themselves in short videos describing their projects.

Actors can also benefit from training and performance critiques given directly from professional casting agents. Performers can schedule “self-tapings,” recorded directly at the facilities, of short monologues for professional review. HCandF also offers acting classes and periodic workshops that members are encouraged to attend, taught by guest speakers, performers and other veterans in the business.

Aspiring directors can likewise benefit from the program with access to an array of promising performers of all ages and types via a refined search filter in the online database. Filmmakers also have access to the casting rooms to audition actors for their projects in a business-like setting. Registering as a director with the HCandF not only allocates mass awareness for upcoming projects during the preproduction phase, but also after projects have been completed and distributed, as many award-winning films that originated with the program are promoted in house.

For more info, visit hollywoodcastingandfilm.com and register under as an actor or director.

SPRING FORWARD

Finally it's spring and things are starting warm up, which means going lots of places with your friends, whether it's out to the beach or a day at the mall. Since summer is three months away, this would be the perfect time to start working on your summer body to look fierce wherever you go.

For inspiration, you could start buying the clothing sizes you're inspiring to fit in to so that you will have motivation get into those clothes by the time summer hits. Since these hot days are starting to come, almost everyone will be wearing some type of shorts, whether it's guys wearing cargo shorts or girls wearing jean shorts. A new popular jean style for woman that is going around is high-waisted shorts, which are jeans shorts that just go up to the belly button.

While transitioning into spring, it's really important to wear something you feel comfortable in and find your own personal and unique fashion. With the weather getting really warm, there will be lots of people wearing more revealing clothing, especially when going to the beach. When seeing people wearing something different or raunchy, you might feel pressured to do the same. Just go with your instinct that makes you look fashionably comfortable, because you never know, you could be the one setting a new trend or bringing a new trend back.

It's also always good to wear clothing that fits your figure because some clothing really isn't for some people. You don't wanna wear something too tight, but you don't wanna wear something too loose. Remember if you're going somewhere important, it's always good to get a second or third opinion.

STORE SPOTLIGHT



PHOTO BY DORION BILLINGSLEA

With trends coming in for spring, there are so many places you can go that it might be overwhelming. This month, there is a store that shines with all of the latest trends. **American Apparel** might be a little pricey, but for what you buy, you can be sure that you're getting your money's worth. This store has clothes for men and women, with all types of colors and styles you can buy.

MARCH TRENDS

BY DORION BILLINGSLEA AND ASHLEY STOUT



© MOTHER DENIM

▲ Supermodel Candice Swanepoel in a denim collection she launched for MOTHER Denim to raise money for an AIDS charity.



HOLLYWOODLIFE.COM

FROM LA TO PARIS

The most anticipated time of the year for all fashion lovers is Fashion Week. From New York to Paris to Milan, everyone is eager to see what fashion designers have brought to the table for the upcoming fall and winter seasons. Overall across all fashion weeks, fashion designers played with the textures of hard and soft. **Fur was the biggest statement piece** used in many fashion designers collections, whether it be coats, scarves, vests or shoulder pieces.

Beside fur, colors ran wild, with subtle whites and pastels to shockingly dramatic neons and rich colors. Designers played it safe or laid it out on the line, with no inbetween. Metallics, embroidery, fringe and jewels covered many of the pieces as well, some looks looked a bit chunky and messy, but the crowd seemed to love every bit of it.

Fashion statements were seen all across the runway but **the biggest fashion statements were seen off the runway**. Street style played a big part in this year's fashion weeks. Everyone showed up dressed to impress in the latest trends. Coats from short to long, turtlenecks in rich warm colors and pants from ankle to flowing bell bottoms. The most notable trend was the boots, representing in tall, short, leather, velvet and many more. This fashion preview definitely has us excited for 2015's fall and winter collections.

Mercedes-Benz Fashion Week, also known as **New York Fashion Week**, kicked off the fashion season in mid-February. Top designers from Michael Kors to Yeezy showed off all of their top collections. Held at the same time as the NBA All-Star game at Madison Square Garden, The Big Apple was flooded with lots of celebrities.

Paris Fashion Week, the last of the fashion season, was held March 4-11. Not a lot of celebrities traveled halfway across the world for this fashion week but top designers still showed off their best looks from Louis Vuitton to Balmain. The highlight show of Paris Fashion Week was the Balmain show with top models walking the runway and young creative designer Olivier Rousteing.



For those who are unfamiliar with PETA, it's an organization that fights against animal cruelty. If there is any event or person or supporting animal wearing, PETA always seems to be there to protest against it. Fashion Week events are no exception.

Every time fashion week starts their shows, PETA can usually be found outside protesting. During New York fashion week, the weather was so cold that you could hardly be outside, so some celebrities chose to wear fur coats. Protesters were still not having it, marching around with their signs yelling names at them.

We all know PETA means business and takes these things serious when they have celebrity targets. For example, back in 2012, Kim Kardashian got flour bombed at her own red carpet for wearing one of her famous fur outfits. Kim obviously brushed that incident off years later, because both she and her baby North West wore fur coats in the cold city during fashion week. And she wasn't the only one who sported the fashionable look; many other celebs, like Chris Brown and Karrueche Tran didn't seem worried about PETA either.

1/TELEGRAPH.CO.UK

PETA POWER



Q. What is a good shopping app for online orders?

A. Wanelo is a great shopping app for not just clothes, but any specific thing you are looking for. Every trendy item on the app is mixed up with different brands, and it also gets to know what you like to shop for so it can give you great recommendations.

Q. Is it OK to wear shoes without any socks?

A. It definitely depends on what type of shoe you wearing. If you're wearing sneakers like Jordan's, then you should wear socks, but if you're wearing something like Ugg boots or Vans shoes, you don't really need socks.

Q. Do girls like guys with sagged pants?

A. It depends on the girl, but mostly likely not because it sometimes looks very sloppy unless your outfit is on point. If you like sagging and want it to make it look good, rest your pants where they naturally seem to fit.

Q. Is fashion a must every day?

A. No, especially if you're having a rough day— and every college student has a lot of those. There are some people who just come to college and don't even feel like getting dressed, which is definitely understandable. But don't let some college students fool you; they might look rough during the school day, but like a totally different person on the weekends.



Email your questions to Dorion at summit@gcccd.edu.

SPRING BREAK FO EVA!

Check out some fun ideas for a memorable vacation.

| BY SHERIDAN MARTINEZ AND ASHLEY STOUT |

Spring break is just around the corner, and there is so much to do this year, whether it's locally, around the county or out of bounds. Here are some fun ideas to try this spring break.

AROUND TOWN

Take a trip to the beach. Pack a lunch, sunscreen and all your friends in your car and head down to the beach for a picnic. Living in San Diego is a blessing because most of us can get to the beach in 10 minutes or less. It's fun, easy and most of all, FREE!

Go to the lake. Lake Murray in La Mesa is a beautiful lake and an awesome place to take a jog, workout or goof around. You can even rent a paddle boat or a two person bike for about \$20 to \$30. It's so worth it and fun.

Take a hike. Cowles Mountain, also located in La Mesa, is a nice local mountain and is about four miles up and down. It's never too late to start working on your summer body.

Meet with friends at coffee shop. Coffee shops are cool environments to hang out, and the best place to get jacked up on caffeine. Also, a select few have Open Mic Nights. Cosmos Coffee shop in La Mesa has great iced coffee and a patio, and Lestat's in Hillcrest is open 24/7.

Be a tourist for a day. Go to the many main tourist spots of our beautiful city. Try Mission Bay to ride bikes, jet ski, or kayak. Or another spot: Seaport Village to walk through the shops and grab some Ben & Jerry's, Balboa Park to see the many museums and watch the live concerts held at the Organ Pavilion, Old Town to grab some yummy authentic Mexican food and take a stroll through the haunted Whaley House.

OUT OF BOUNDS

Get magical. Get your group of friends and go to Disneyland and California Adventure for the day. You get to meet your favorite Disney characters, while riding fun rides, or seeing amazing, one-of-kind parades and shows. Right now the resort is hosting "Frozen Fun," where you can meet the stars of Frozen and experience a night time in Freeze the Night, a family- friendly club with special drinks for those of age. Grab your selfie sticks and get going!

Start festie season. Music festivals range from California to Florida, and the kickoff of the festival season is spring break. Take your pick, as you might want to attend and see some of your favorite artists, and its a good bonding opportunity for your friends to road trip it and hit the road. Don't forget the camping gear.

Visit the City of Angels. Always wonder what its like to be a celebrity? Well, it's only a short two or so hours away to experience the lavish lifestyle. Venture off into Beverly Hills and shop the high-end stores, or walk Santa Monica Park to catch a few rides over the ocean. You can also hike up to the top of a hill and see the beautiful city from above. There are many fun adventures to be had there.

Bundle Up. Take a trip to the beautiful mountains and see the little historic town of Julian. Not only is this town famous for its delicious and scrumptious pies and hot apple cider, but it also has great small stores and restaurants owned by local homeowners that have a warm homey feeling that you just can't resist. You will definitely leave with a full belly and cute knick knacks, and if you are lucky, you might get a peek at snow that sometimes covers the area.

Have a great spring break, Griffins, and stay safe!