

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | OCTOBER 2015

DAY
OF THE
DEAD

HORROR
FLICKS

SUGAR
SKULL
TUTORIAL

+ Are controversial
costumes wise?

GRIFFINS & GHOULS





TABLE OF CONTENTS

5 Oktoberfest

This beer celebration has become as American as apple pie.

6 Rod's Reel Referrals

Spook out with horror movies and *The Visit*.

9 Controversial Costumes

Is pushing the edge with your Halloween garb flattering or foolish?

10 Day of the Dead

Día de los Muertos honors the past—and those who have passed.

13 Inside Out

Appearance reveals your hidden thoughts.

14 The Silent Majority

Catch up on fantasy football, players of the week, and women's volleyball.

16 Sports

Catch up on fantasy football, players of the week, and women's volleyball.

18 Anger Management

Dealing with anger is an important skill.

19 Let's Talk

Club provides safe space to discuss gender identity and sexual orientation.

20 Grossmont Briefing

22 Fall Makeup and Fashion

ILLUSTRATIONS THIS PAGE BY SETH GOLDSTEIN, ART-175. | COVER ILLUSTRATION BY JOEL YOUNG, ART-175





SEND SHIVERS DOWN YOUR SPINE

Theme parks are ready to bring on the spook.

| BY ALEXIS ARAMBULA |

Halloween is coming, not only to your neighborhood, but also to some of your favorite theme parks in Southern California. Each park has its own unique style of celebrating Halloween, but each promises to be a scary treat.

SEAWORLD: Halloween Spooktacular

On weekends, children can go trick-or-treating all across the park. Each corner of SeaWorld has a candy station where costume-wearers can stop for a sweet treat.

THROUGH NOV. 1. SEAWORLDPARKS.COM/SPOOKTACULAR

KNOTT'S BERRY FARM: Knott's Scary Farm

Knott's Berry Farm turns into Knott's "Scary" Farm, with 11 terrifying mazes, a thousand monsters and two horror shows.

THROUGH NOV. 1. KNOTTS.COM/SCARYFARM

DISNEYLAND: Mickey's Halloween Party

In its not-so-scary event, Disneyland hosts many spooky parades and events, including a new show based on the popular movie "Hocus Pocus." Children are greeted with a small goodie bag at the entrance of the park.

THROUGH OCT. 31. DISNEYLAND.COM/HALLOWEEN

SIX FLAGS: Fright Fest

At Six Flags Magic Mountain, Fright Fest is open weekends and on Columbus Day. The event features family-friendly "thrills by day," while an amped-up "fright by night" will deliver more scare zones, terror trails and haunted mazes, plus nearly 200 zombies and Halloween-themed shows and attractions.

THROUGH NOV. 1. FRIGHTFEST.SIXFLAGS.COM

UNIVERSAL STUDIOS: Horror Nights

With the heritage of making horror films for over 80 years, Universal Studios Hollywood brings you the most terrifying live event in the area. The event prides itself on the "most authentic scares" from some of the biggest horror properties in film and TV. This year, the park is offering six new terrifying mazes, including "The Walking Dead," "Insidious," "Halloween," "Crimson Peak," "This Is The End 3D" and "Alien vs. Predator."

THROUGH NOV. 1. HALLOWEENHORRORNIGHTS.COM

SUMMIT STAFF



Alexis Arambula is in her third semester at Grossmont and first semester writing for The Summit. Her current focus is journalism, but Alexis would also like to go into the public relations field. She is a “makeup junkie,” Alexis loves watching makeup tutorials in her spare time and spending time with family and friends. She hopes to someday work for a big magazine or company in New York City.

Octavius Hunter is a Flint, Mich., native and in his first semester at The Summit. He is heavily involved in the hip hop culture and is a member of a local group “Militia” under Royal Empire Records. Octavius is also a combatant U.S. Marine veteran, serving four years in aviation. He loves sports, especially football and basketball, and his favorite team is University of Michigan Football. Go Blue!



Sheridan Martinez has been at Grossmont since Fall 2013 and hopes to transfer to SDSU to pursue a bachelor’s degree in journalism. She was editor-in-chief of The Summit for two years, and is now the magazine’s senior editor. Outside of school, Sheridan works as a retail slave at Ross, is highly addicted to coffee and loves binge watching multiple TV shows at a time.

Rodney Ousley is The Summit’s deputy editor. He is a Navy vet who loves stand-up comedy, writing and the Knicks. A self-diagnosed Netflix junkie, he speaks almost entirely in movie quotes, and his favorite compliment is, “You have a great taste in movies.” When he’s not on the couch, you can catch Rodney playing basketball or long distance running. He also makes himself laugh...a lot.



Evon Qula is in her third semester at Grossmont College. Her first languages are Arabic and Assyrian, and her major is mass media communication. Evon works as a reporter for Iraqia Tv, a Middle Eastern network, and this is her first experience writing for an English publication in the United States. However, she is passionate about writing and her motto is, “Never say ‘I can’t,’ unless you try,” since we have to face the challenges of life wherever we are.

Ashley Stout is the editor-in-chief of The Summit. Ashley loves writing, making videos for her YouTube channel and going to the beach in her spare time. She is a journalism major who hopes to transfer to SDSU or CSUN and eventually write for a big-time fashion magazine in Los Angeles. Ashley loves writing about fashion and entertainment, but also enjoys writing hard-hitting stories from time to time. She is very excited to see where The Summit takes her in her writing.



SPECIAL THANKS TO THE STUDENTS FROM ART-175: DIGITAL IMAGING AND ART, TAUGHT BY CARMINA CABALLES, FOR LENDING THEIR CONSIDERABLE TALENTS TO THIS ISSUE.

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OKTOBERFEST

This beer celebration has become as American as apple pie.

| BY OCTAVIUS HUNTER |



ILLUSTRATION BY ASHA HAJI, ART-175
BELOW ILLUSTRATION BY EDUARDO MARROQUIN, ART-175

Spanning over 16 days, Oktoberfest is the world's largest beer festival. Oktoberfest has been a celebration of Germany since the early 19th century when a parade was held to honor the marriage of Prince Ludwig and Therese of Saxe-Hildburghausen. The citizens of Munich were invited to attend with festivities held on the fields in front of the city gates to celebrate the royal event. Since then, other cities across the world also hold Oktoberfest celebrations modeled after the original event.

After 42 years, the people of La Mesa know how to do Oktoberfest. Held between Spring Street and Palm Avenue Oct. 2 and 3, the La Mesa Oktoberfest hosts its own traditional German celebration, featuring dancing, traditional German music, Bavarian bands, two beer gardens and great food, from bratwurst to Thai. There are also costume contests and more

than 100 commercial arts and crafts booths, and the local shops extended their hours and offered great bargains.



Four German beers were featured at the event:

1. Oktoberfest Marzen: Most of these beers are brewed in March, or *Märzen* in German. *Märzenbier* is full-bodied, rich and toasty. It's typically dark copper in color, with a medium-to-high alcohol content.

2. Hefeweizen: A Hef, is a South German style of wheat beer—*weissbier*—made with yeast, giving it a cloudy appearance.

3. Munich Helles Lager: The Helles-style lager was originally developed around Munich in the late 19th century by Bavarian brewers to compete with the hugely popular Czech pilsner. This classic beer is medium-bodied, pours heady and has a striking golden color.

4. Paulaner Salvator: With its strong, typically malty taste, this is the original paulaner. With a very dark golden, almost amber, color, it has a prominent head. The taste follows the smell with some sweet banana and spices along with bready malt.

If you are a beer lover, but you missed this two-day German-style extravaganza, try tasting these brews at next year's event or at another Oktoberfest celebration.

ROD'S REEL REFERRALS Horror Movies

GET IN THE HOLIDAY SPIRIT WITH THESE FLICKS. 😊 BY RODNEY DUSLEY



ILLUSTRATION BY ANGELICA HAJI, ART-175

October is the month-long celebration of all things spooky. This tradition carries over to the cinema, where filmmakers do their best to scare us out of our wits, and \$11.50 out of our wallets, all month long. But the faint at heart have nothing to fear, as comedic based horror films are available as well. So prepare yourself for the ultimate fright, as well as a few laughs, with this month's top movie picks.

CURRENTLY IN THEATERS HELL AND BACK

Directed by Tom Gianas and Ross Shuman. Starring Nick Swanson, T.J. Miller and Mila Kunis. 2015.

Crude comedy and horror collide in this brazen, R-rated animated film, brought to you by the creators of "Robot Chicken." It all starts out innocently enough: best friends Remy and Augie (Swanson and Miller) set

out on an epic adventure to a mystical land to rescue their captured friend. But their destination isn't exactly the "merry 'ol land of Oz." In fact, it's the complete opposite, as our heroes must travel to the very depths of hell, where they encounter a new friend in the human-demon hybrid, Deema, (Mila Kunis), and battle the devil himself, voiced by "Breaking Bad" and "Better Call Saul" star Bob Odenkirk.

STREAMING ON NETFLIX FUNNY GAMES

Directed by Michael Haneke. Starring Ulrich Mühe, Arno Frisch and Frank Giering. 1997.

This Austrian psychological thriller is the embodiment of a living nightmare that daringly peers into the dark side of human nature. A wealthy family vacationing in their summer cottage invites a pair

of seemingly harmless strangers into their home, setting into motion a night of sheer horror and torture. A businessman, his wife and their son are subjected to series of sadistic and psychologically unnerving “games” brought about by their sociopathic captors. The deranged intruders behave more like well-mannered house guests as they push the unsuspecting family to its limits in this gruesome thriller. An American remake was released in 2007 starring Naomi Watts and Tim Roth.

ON DVD/BLU-RAY CANDYMAN

*Directed by Bernard Rose.
Starring Virginia Madsen
and Tony Todd. 1992.*

An urban legend brought to life by a pair of unsuspecting students wreaks havoc as he doles out his bloody revenge. The legend of “the Candyman” states that if you speak his name five times while looking into a mirror, the vengeful spirit of the hook-handed former slave will murder the summoners where they stand. The legend becomes reality when a series of unsolved murders where the victims are violently castrated near mirrors begin to spread throughout the Chicago housing projects. Only one woman knows the truth behind these terrifying attacks, and she is used as a vessel by the unrelenting Candyman, driving her to the brink of fear and insanity.



THE VISIT | COURTESY OF SLATE.COM

Director M. Night Shyamalan makes a triumphant return to cinema.

| REVIEW BY RODNEY OUSLEY |

After a series of box office duds, master of suspense M. Night Shyamalan (“The Sixth Sense,” “Signs”) makes a triumphant return with “The Visit.”

Ironically, with a budget of only \$5 million, “The Visit” is one of Shyamalan’s most ambitious efforts in recent memory, especially in the wake of the director’s last two sci-fi epic pictures, “The Last Airbender” (2010) and “After Earth” (2013). Eager to regain creative control from the major movie studios at the helm of some his most noteworthy films of the last decade, **Shyamalan privately funded his latest project in an effort to curve his recent losing streak** and get back to the basics.

“The Visit” is the story of 15-year-old aspiring filmmaker Becca (Olivia DeJong) and her fledgling rapper younger brother Tyler (Ed Oxenbould) as they prepare for a week-long visit with their grandparents Doris and John (Deanna Dunagan and Peter McRobbie). The teens’ mother Paula, played by Kathryn Hahn (“Step Brothers,” “Our Idiot

Brother”), has been estranged from her parents for 15 years, but that doesn’t stop her from sending her children off alone to them by train.

Within our first few moments of meeting the grandparents, we can already tell that something seems off. Atypical to many modern horror films in which the buildup of suspense is a slow crawl that spends more than half of the film coming into fruition, tensions build early in the film, giving away just enough information to hold our interest. Most of the grandparents’ odd behavior in the beginning of the film can be dismissed as varying senior moments typical of the elderly, but this quickly takes a dramatic turn in some very unexpected ways.

Shot in the extremely overused found-film mockumentary format, where the main characters film the events as they unfold from their personal cameras, we experience the action firsthand. This accounts for some lazy storytelling—allowing exposition, back-story elements, and key character personality traits to be revealed in video diary interviews.

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When the action finally does pick up in the film, the cliché “shaky cam” technique is used to distort the view and keep the audience in the dark as to what exactly is lurking just beyond the camera frame.

The vast majority of the film has no underlying musical score. **The scariest moments come from the ambient noises of the things unseen.** Cries, laughter, footsteps and screams from off camera plague the audience through many of the most unsettling scenes, maximizing the element of surprise as the story unfurls. This created a mutual sense of dread among the audience members in the theater where I saw the movie, as we could be heard collectively gasping during the most startling scenes.

The greatest testament to the excellence of this film is through the performances of the actors. Rather than relying on heavily-edited CGI effects to reveal the sinister elements taking place within the story, many of the more shocking moments of the film consist of the teens simply turning the camera on to the grandparents and watching them descend into madness right before our eyes. One of the most poignant scenes came straight out of the Grimm Brothers tale, Hansel and Gretel, where Becca begrudgingly climbs inside an oven to clean it at the insistence of her grandmother.

“The Visit” is a surprisingly satisfying horror flick that exploits the general public’s fear of the physiological effects of old age. One of the biggest elements of the film’s suspense stems from the built-in stigma and overall misunderstandings surrounding mental health issues and the elderly. With just enough shock value and humor to keep from being too campy and cheesy, “The Visit” is a genuinely entertaining experience most people will enjoy.

A SAFE SPOOK

Halloween is right around the corner, and that means staying out later than usual. Whether you’re hanging with friends or partying it up downtown, follow these essential tips to make sure your night is only as spooky as you want it to be.

1. **Check your surroundings.** It’s important to be aware of your surroundings, not only when you’re walking alone, but also when you’re walking with others. If something seems suspicious, go to the nearest store, restaurant, or any place with plenty of people and plenty of light. If you feel threatened, call 911 immediately.
2. **Charge your cellphone.** While Instagram and Snapchat are important, they’re not as important as a call you might have to make in case of an emergency. Keep your phone at at least 30 percent, just in case you need to make that call.
3. **Don’t accept drinks from strangers.** It might seem silly to pass up a free drink, but you never know what others’ intentions may be. Best to just get your own.
4. **Never leave your drinks unattended.** Although this is an obvious tip, it’s really important to watch your drink or have someone you know closely watch it if you have to set it down. That way you can make sure no one’s adding any extra ingredients.
5. **Don’t drink and drive.** Don’t be reckless with your life or with the lives of other people. Get an Uber or a Lyft to ensure you’ll have a good night and get home safely.



Keep Halloween from getting too sinister by following these safety tips.

| BY ALEXIS ARAMBULA |

Got Kids? For a safe spook, stop by on Halloween to visit The Great Pumpkin and gets some treats. The annual event is produced by Professor Jim Papageorge with the help of his audio students. For more info, visit g8pumpkin.com.

CONTROVERSIAL COSTUMES

Is pushing the edge with your Halloween garb flattering or foolish?

BY RODNEY OUSLEY

Controversy surrounding racial and cultural insensitivity seems to be another tradition of the Halloween season. **Each year, hundreds of misguided youngsters post their creations to social media in an attempt to be humorous or edgy—and completely miss the mark.**

In the 1980s, serial bank robber Johann Kastenberger catapulted to the top of pop culture notoriety by donning a face mask in the likeness of former President Ronald Reagan during his crime spree. Since then, the trend of impersonating various celebrities and public figures has risen to new heights. It all culminates on Halloween, a night of decadence and make-believe, when the pressure to one-up the previous year's attention-grabbing ensembles reaches a fever pitch.

Party-goers in recent years aspire to push the envelope by any means, even at the expense of human empathy. In 2013, "Dancing with the Stars" professional dance competitor Julianne Hough shocked the nation by wearing black-face makeup to portray "Crazy Eyes," a popular African-American character on the Netflix series "Orange Is The New Black." The next year spawned a couple's costume inspired by former Baltimore Ravens running back Ray Rice's domestic elevator skirmish with his then-fiancée, Janay Palmer.

This year marked the introduction of Caitlyn Jenner, formerly Bruce Jenner, who is arguably the most recognizable face of the transgender community to

date. In response, the popular online costume shop spirithalloween.com released a unisex spoof costume of Jenner's famous July Vanity Fair cover—a move many consider offensive.

"A Caitlyn Jenner costume is really something that mocks people that are transgender and is a form of public bullying," said Sue Gonda, professor of women's history at Grossmont and the faculty advisor for Grossmont's Sexual Orientation Gender Identity Club.



"It's cartoonish," Gonda added. "For someone to dress like that, and they are not gay or transgender—even if they are, it's making fun of somebody. That's largely what costumes like that, impersonating an individual, always do."

Jenner herself recently commented on the subject in an interview with Matt Lauer on "The Today Show": "I'm in on the joke. Yeah, no, I don't think it's offensive at all. I know the community does, and they've gotten a lot of criticism for doing it."

The statutes of political correctness are unremitting conversation topics, with no definitively right or wrong standpoints. **Although the intentions of many is to highlight the idiocy behind racism, sexism or any of today's other socio-political issues, the irony is lost on the individuals who choose to perpetuate stereotypes.**

Controversial Halloween costumes can either eradicate harmful stigmas through farcical humor or drive an even bigger wedge between individuals in different communities if intentions are not pure.

Above: A female model dons Spirit Halloween's Caitlyn Jenner costume, posing the way Jenner did on the famous "Vanity Fair" cover. | Photo from Forbes.



Day Of The Dead

Día de los Muertos honors the past—and those who have passed.

| BY ASHLEY STOUT |

The end of October usually brings gifs of Jack Skellington laughing in his Santa sleigh to the pictures of a grown man in a full body suit of pumpkins. But while Halloween might be the star, for many, it's not the only tradition that is celebrated.

Día de los Muertos, or the “Day of the Dead,” is celebrated on Nov. 1 and 2. The holiday focuses on gatherings of family and friends to pray for and remember friends and family members who have died, and help support their spiritual journey.

A mixture of Aztec tradition and Catholic holiday, Día de los Muertos is a tradition that goes back 500 years to when the Spanish conquistadors landed in central Mexico and encountered a 3,000-year-old ritual that seemed to mock death. These customs



ILLUSTRATION BY MEGAN MENDOZA, ART-175

eventually infused with the Europeans' observance of All Saints Day.

Día de los Muertos is celebrated throughout Mexico, especially the central and southern regions, and is recognized around the world including the United States. To properly celebrate the holiday, many places hold events with authentic food, music and activities.

From Oct. 31 to Nov. 2, San Diego's Old Town is celebrating the fifth anniversary of its Day of the Dead event, with more than 75,000 people expected in attendance. According to its website, dayofthedeaddsd.com, "The unity between life and death is celebrated when families come together and offer hospitality to the spirits of their loved ones." The diverse and historic Old Town is the ideal location to celebrate history, culture and heritage.

As part of the event, the Tour of the Altars, held on Nov. 1 and 2, shows more than 40 altars in both traditional and contemporary ways of honoring the dead. You can personally add your own mementos and memories to a public altar will be in place where you can personally add your own mementos and photos.

From Old Town's restaurants to its galleries, shops and museums, you will find activities around every corner. Traditional entertainment, art shows, crafts and sugar skull face painting, as well as special menus and drinks will also be available.

The event culminates on Nov. 2 with the Candlelight Procession, which proceeds from the state park to El Campo Santo Cemetery. Participants can purchase electronic candles for the procession, which "symbolizes community unity" according to the website. People are encouraged not only attend, but also to dress in traditional Día de los Muertos clothing and sugar skull makeup.

So step out of your comfort zone and explore this amazing culture and holiday. You might not get a bag of candy, but you might find a fresh perspective— and a couple of churros.

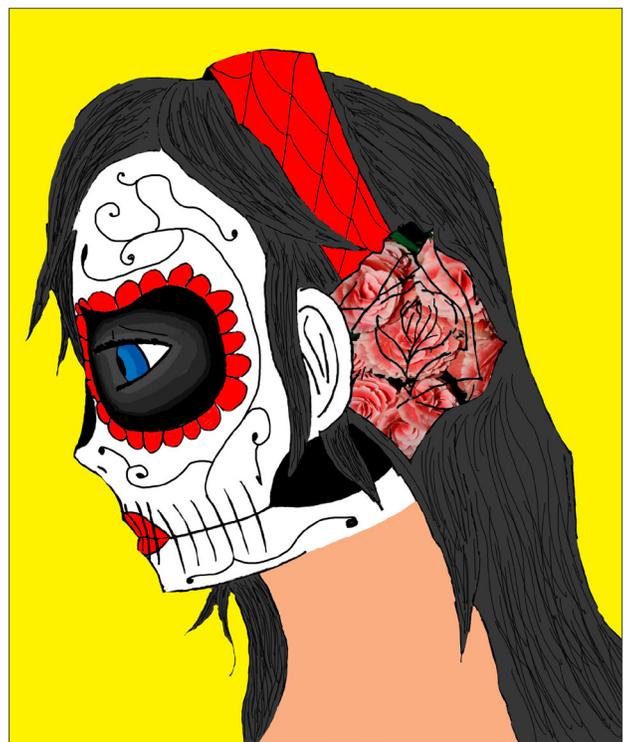


SUGAR SKULLS

| BY ALEXIS ARAMBULA |

In Mexico, the Day of the Dead is an exciting mixture of Spanish Catholic and native Aztec beliefs. The Aztecs believed that life on earth was an illusion, and that death was a positive step into a higher level of conscience. Furthermore, skulls and skeletons were seen as a sign of rebirth. During festivities, people would decorate their faces with skull makeup and create unique designs to stand out in the crowd.

See the next page for a quick tutorial on this makeup style.



SUGAR SKULL ILLUSTRATIONS BY FERNANDO ALVAREZ, ART-175



BLOG.BODYCANDY.COM

SUGAR SKULL MAKEUP TUTORIAL

| BY ALEXIS ARAMBULA |

College students often procrastinate, which is why sugar skull makeup is so convenient—it only takes a few minutes to create. Throw on your favorite all-black outfit and follow these steps for the perfect, last-minute Day of the Dead look.

- 1. Start with white.** Put on a white base on all of just half of your face, depending which look you are going for. Apply white powder over the base to prevent it from creasing.
- 2. Move to your eyes and nose.** Draw a circle around your eye, filling it in with black paint. Then apply the black paint to the tip of your nose in an upside-down heart. Set the black paint with black eyeshadow to prevent creasing.
- 3. Extend your smile.** Create a line extending from the corner of your lips using a gel or pencil black liner. You can simply draw small vertical lines through the extended lines on your cheeks, or you can create small squares to look like teeth.
- 4. Add some bling.** Using the same black liner, draw a spider web—or heart, or any other design that you would like to include in your look—on your forehead or your chin. You can create more depth by smudging the liner slightly to make the design appear more realistic and three-dimensional. Add stick-on jewels or fill in with bright eyeshadow colors if you desire.
- 5. Lock it down.** To keep it on, set your look with some more powder or a setting spray if you have any handy.



MINIMALISTI.COM

YOU'LL NEED

- White and black face paints
- Black eyeliner
- White or translucent powder



PINTEREST.COM



Your appearance can reveal your hidden thoughts.

| BY EVON QULA |

We can say whatever we want, but our clothes might expose the truth.

Dressing up takes effort and time, but it also makes you feel good, especially if you receive extra compliments. People who are happy or positive are more likely to wear a favorite dress and jewelry to match their mood. Plainly stated, dressing in nicer clothes and accessories makes you feel better.

Lamis Khadim, a psychiatrist at Aurora Behavioral Health Care, said, the appearance influences all kinds of impressions about us, because one's mood affects his or her appearance, whether it is positive or not.

"Our clothes make a huge difference to what people think about us—and without us knowing or in ways we couldn't even imagine," Khadim said. "People make their assessments in the first few seconds of seeing another, assessments that depend on how well you are dressed and how neat and tidy you might look."

HAPPY IN, HAPPY OUT

Grossmont student Adriana Albert said when she is feeling down, the last thing she wants to do is get all dolled up. "I barely even want to take a shower," she admitted. "But when I feel good on the inside, I want to flaunt that on the outside too."

Najwa Al Wadi, a music student at Grossmont, agreed. "I put more effort into dressing up when I'm happy—it's pretty natural I think," she said, explaining that a person who feels low tends to neglect, or at least think less about, his or her clothes and put less effort into looking good. "It happens to most people, and it's not only for women but for men too."

Wearing makeup also factors into the equation. "When I wear makeup, in my mind it draws focus to my face rather than the other parts of my body that I am not confident about," said Grossmont student Sara Carlos. "It also shows people a version of myself that I don't need to express in words."

Carlos explained that the colors she chooses will reveal her mood, if people care to look. It's there for them to see, interpret, love or dislike.

Sometimes, however, the opposite can be true. Someone who is unconcerned with his or her appearance may have enough inner energy to look attractive and positive.

Kalley Halbert, a student in Cuyamaca College, said when she's happy, she feels that she's attractive regardless of her appearance. "But when I was sad, I cared about everything having a good look in order to hide my bad mood in front my friends," she explained.

JUDGING APPEARANCES

When going on a job interview, your appearance gives first positive impression for the interviewer. People tend to rate others depending on what they wear, and this real connection between clothing and mood evokes positive or negative reactions from others. A person's behavior also depends on what they are wearing, whether it be casual or formal.

"Clothing doesn't just influence others, it reflects and influences the wearer's mood too," Kadhim explained. "This demonstrates the psychological power of clothing and how the right choices could influence a person's happiness."

Grossmont student Richard Mendoza said he believes that clothes have an affect on people's confidence and mood. Many times, it's easy to tell if people don't care about themselves if they dress carelessly. On the flip side, dressing in a suit typically indicates an important event where people's speech and actions will, in turn, be more formal. "For me, I maintain the same attitude whether I dress nicely or not. I'm more concerned with the environment that I'm in," Mendoza said.

Cuyamaca student Shevan Toma said he feels comfortable wearing a baseball cap: "There are times that I prefer wearing ball caps more than others—when I'm not in a good mood to hide my inner mood and feel more powerful and able to interact in the world," Toma explained.

Grossmont student Ahmed Radhwan agreed, adding that he likes that the logo or text on his hat is often a conversation starter: "A lot of my friends think that my baseball cap deters people from socializing with me," he said. "But I don't mind that, because I know the people who do reach out aren't judging me for my appearance."



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THE SILENT MAJORITY

Many professors work hard, but with no guarantees.

| BY EVON QULA |

Many people picture the position of college professor as a comfortable, full-time job that earns the respect of others. However, that description no longer applies to the majority of college instructors.

According to the American Association of University Professors, more than 50 percent of faculty in colleges across the country is part-time, and non-tenure track positions account for 76 percent of all instructional staff appointments made in America.

The increasing number of part-time positions in the United States coincides with the increasing concerns facing adjunct professors. An adjunct instructor is a part-time faculty member who may teach at more than one college at a time. Adjuncts do not receive full health benefits or the other rewards of being a full-time faculty member. But they do save money for the schools at which they teach.

Greg Laskaris, ESL instructor and AFT Adjunct Vice President at Grossmont, said that various financial struggles over the past few decades, as well as the public's reluctance to raise taxes, have resulted in community colleges and state universities hiring more adjuncts because it was cheaper than hiring additional full-time contract instructors.

Despite insufficient funding, Laskaris said, decision-making college administrators were under pressure to provide more classes. So schools began to hire more adjunct professors who are well-qualified academically, usually have many years of teaching experience, and feel deeply committed to student learning— but do not add the additional cost of salaries, health and other benefits.

"However, non-tenured adjuncts

often receive considerably lower pay than full-time instructors, lack basic job benefits, and can merely not be rehired whenever money is tight," Laskaris added.

In other words, adjuncts began to be looked at as a convenient, disposable resource for budget-conscious schools. Currently around 70 percent of college professors nationwide are adjuncts, while full-time, tenured professors account for only about 30 percent of faculty members at most schools, according to Laskaris.

"This certainly impacts student success, and makes it more difficult for students of adjuncts to get extra help if they need it."

While some adjunct faculty members prefer to work part-time, most would prefer to have the job security that comes with a full-time position. Because full-time professors have a higher workload due to their contracts, they have priority when it comes to assigning classes to instructors each semester. As a result, adjunct professors often lose their classes when there are budget cuts or classes are canceled.

For example, one adjunct professor—who wished to remain nameless—works at both Grossmont and City Colleges. He's been teaching at Grossmont for eight years, but lost his classes there for one year because of the budget cuts.

"We already know that, at any time, part-time professors can lose their jobs because it's a part of a deal," the professor said. "They are like football players who are in danger of hurting themselves, so adjunct teachers may or may not have a gauge."

Even if his class is not assigned to a full-time instructor, there's still a possibility he could lose the class if it doesn't have enough students or if students choose to drop the class. And while some schools offer benefits to adjuncts who reach a certain workload, limitations on how many classes adjuncts can teach often make the benefits unattainable, the professor said.

In addition, fairly precarious employment means adjuncts don't have a great deal of job security. Thanks to the hard work of their union, adjuncts in the San Diego and Grossmont-Cuyamaca Community Colleges have a better job security program than most, but the protections are still weaker than that of their full-time counterparts.

Dr. Ian Duckles, an adjunct philosophy professor, said low pay is "the most immediate concern" for part-time instructors: "They aren't paid very much for each class they teach, and legally they can only teach two-thirds of a full-time load in any given district. Consequently, many adjuncts need to teach classes at multiple schools in order to make ends meet."

Duckles, for example, teaches eight classes at four different schools—Cuyamaca, Mesa, Miramar and the University of San Diego.

"This means that in addition to the time I spend meeting my teaching obligations, I also spend a great deal of time on the road commuting from location to location," he explained.

Being spread across too many locations affects students' needs. In Grossmont's district, adjuncts are not paid for holding office hours. Combined with their busy schedules of teaching and commuting, many adjuncts are not available to students outside the classroom.

"This certainly impacts student success, and makes it more difficult for students of adjuncts to get extra help if they need it," Duckles explained, adding that many adjuncts "do go out of their way to help students, but they really need a paid office hour program in the GCCCD."

Grossmont student Edmond Lord agrees. He's found that his adjunct professor can't spend more time with him as student "because he is in hurry to catch his other classes at another college.

"My professor always brings to class copies of required study materials out of his pocket," he clarified. "Like any one of us, he has other expenses and these financial problems affect him and students as well."

But teaching at several schools is often necessary to help adjunct professors pay their bills.

"I am fortunate enough to be able to support myself on my paychecks (as are many other adjuncts), but this is only because I am teaching so much," said Duckles. "A typical full-time teaching load is five classes. I teach eight, so that is significantly more work that I am doing in order to get paid significantly less.

"So, while I can survive on the money I make it isn't a fair rate of pay," he added.



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Fair pay, working in one location and more full-time positions are a few solutions that many adjuncts would like to see.

Such changes will be sought in the long term, Laskaris said.

"Simply stated, future goals are to insure that adjunct faculty are well-paid, receive basic employment benefits such as health care, and have some form of seniority and job security within their departments and their schools," he explained.

THE GAME WITHIN THE GAME

Fantasy Football takes over Monday night.

| BY OCTAVIUS HUNTER |

When it comes to watching NFL games on the weekends, many fans are spending less time hoping for a particular team to win, and more time hoping that the quarterback throws three touchdowns and no interceptions. Or that a certain running back or wide receiver scores a lot and racks up large amounts of yardage. That's because of fantasy football, a game within the game that has become a massive business.

In fantasy football, fans pick NFL players from different teams and are scored on how many yards they gain or points they score. Fantasy football used to be comprised of groups of friends who picked players they kept all season long. But sites such as ESPN, FanDuel and DraftKings allow people to pick a new fantasy lineup every day in different sports, leading to an explosion in popularity. Forbes magazine reported that on the opening weekend of the NFL season, ESPN-paid leagues FanDuel and DraftKings took in more than \$60 million.

According to the Fantasy Sports Trade Association, the number of people playing fantasy sports has skyrocketed in recent years. This year, 56.8 million are playing in the United States and Canada alone, which is double the amount from 2009 and a big jump from the 41 million who played in 2014.

Here's another important number: 55 percent. That's the amount of Americans who watch games on television *and* play fantasy

football, which is up 15 percent, according to Fantasy Sports Trade Association. In 2014, only 40 percent of NFL viewers were actively involved in fantasy football.

In theory, that means more people are watching the games. That's good news for the NFL and the networks that carry the games, because higher viewership means more advertising dollars.

There are no numbers for how many Grossmont College students play fantasy sports, although there is plenty of anecdotal evidence that the game has become very popular. In fact, Quinton Holmes, a history major, said he won \$17,000 last year: "Fantasy sports leagues are games of skill. Managers must take into account a myriad of statistics, facts and game theory in order to be competitive. There are thousands of websites, magazines and other such publications that seek to synthesize the vast amounts of available fantasy sports information to keep their readers informed and competitive."

Cuyamaca student Jason Cortez called fantasy football "a quick way to make some money while still being a fan of football," adding that it's "also great for non-football fans who loves math and statistics."

If you want to get into this game within the game, try some free options first before paying to be in any leagues. Many websites offer free fantasy football leagues, including espn.com, nfl.com and cbssports.com.

TOP PICKS

According to espn.com, here are this year's top 10 picks as fantasy drafts.

1. **Le'Veon Bell**, running back, Pittsburgh Steelers
2. **Adrian Peterson**, running back, Minnesota Vikings
3. **Eddie Lacy**, running back, Green Bay Packers
4. **Jamaal Charles**, running back, Kansas City Chiefs
5. **Marshawn Lynch**, running back, Seattle Seahawks
6. **Antonio Brown**, wide receiver, Steelers
7. **C.J. Anderson**, running back, Broncos
8. **Matt Forte**, running back, Chicago Bears
9. **DeMarco Murray**, running back, Philadelphia Eagles
10. **Demaryius Thomas**, wide receiver, Broncos

PREMIER PLAYERS

These Griffins have been given the National Southern League Player of the Week awards.

| BY OCTAVIUS HUNTER |

Sophomore **Sergio Bailey**, a wide receiver from Spring Valley, was awarded Offensive Player of the Week in week one. A transfer from Southwestern College, Bailey burned his former teammates by catching five passes for 67 yards and two touchdowns in Grossmont's 52-10 victory over Southwestern.

The following week, **Thomas McDonald**, a running back from Palm Beach, Fla., was named the Offensive Player of the Week. In Grossmont's 51-0 victory over Pasadena, McDonald carried eight times for 157 yards and one touchdown.

Linebacker **Nick Galatis** won Defensive Player of the Week for two weeks in a row. In Grossmont's shutout of Pasadena, the San Diego sophomore had a game-leading 11 tackles, including three sacks, four tackles for loss, a forced fumble and a pass break-up. Although Grossmont lost to Riverside 31-29 the next week, Galatis racked up a game-high 15 tackles and returned an interception 41 yards for a touchdown.

In addition, Grossmont punter **Alex Templeton**, a sophomore and a Poway native, was nominated for Week 3: Special Teams/ All-Purpose. In the game against Riverside, he launched six punts, three of which landed inside the 20, averaging 41.8 yards on 6 punts. Sophomore linebacker **Jordan Arnold**, a linebacker, was also nominated for Week 4: Defensive Player of the Week. In Grossmont's 17-7 loss to Golden West, the Santee native had five tackles, three sacks and one pass breakup.



LINEBACKER #55 NICK GALATIS MAKES A TACKLE. | TWITTER (@GALATIS_NICK)



ROBYN ARTHUR, BROOKE CALLAHAN AND HANNAH DOONAN DEFEND THE NET. | FACEBOOK (G-HOUSE WOMEN'S VOLLEYBALL)

NET WORTH

Women's volleyball team remain first in the Pacific Coast Athletic Conference.

| BY OCTAVIUS HUNTER |

Rolling with a 11-4 (4-0) overall record, the Grossmont College Women's Volleyball remains in the latest top-25 poll of the California Community College Women's Volleyball Coaches Association, and is currently ranked eighth in the state and first in the Pacific Coast Athletic Conference.

Grossmont made an appearance last week as 11th in the top 25 of the association's state poll before going on a five-game winning streak.

The Griffins swept the San Diego City College Knights, 3-0, in their latest action. Ranked ahead of Grossmont is top ranked LA Pierce (16-0) who has two wins over Grossmont earlier this season.

Grossmont will host Imperial Valley College 4-10 (2-3) in a conference match on Wednesday, Oct. 7 and San Diego Mesa College 9-4 (4-1) on Friday, Oct. 9 before playing on the road for four consecutive games.

WOMEN'S VOLLEYBALL 2015 SCHEDULE

*Denotes PCAC conference game

- Oct. 7 - Imperial Valley,* 6 p.m.
- Oct. 9 - San Diego Mesa,* 6 p.m.
- Oct. 14 - At Cuyamaca,* 5 p.m.
- Oct. 16 - At Southwestern,* 5 p.m.
- Oct. 23 - At MiraCoasta,* 6 p.m.
- Oct. 28 - At Mt. San Jacinto,* 5 p.m.
- Oct. 30 - Palomar,* 6 p.m.
- Nov. 4 - San Diego,* 6 p.m.
- Nov. 6 - At Imperial Valley,* 5 p.m.
- Nov. 10 - At San Diego Mesa,* 5 p.m.
- Nov. 13 - San Diego State Club, 2 p.m.
Cuyamaca,* 6 p.m.
- Nov. 18 - Southwestern,* 5 p.m.

ANGER MANAGEMENT



Dealing with your anger is an important life skill. | **BY EVON QULA** |

Anger is an emotional response, a reaction to the perception that you are feeling threatened. It is the result of feeling afraid. A reflection of loneliness, pain, danger or damage; whether real or perceived. As an act of self-preservation, anger can put distance between people who love each other.

We all know what anger is, and we've all felt it, whether as a fleeting annoyance or as full-fledged rage. **Anger is a completely normal, healthy human emotion. But when it gets out of control, anger can turn destructive,** leading to problems at work, in personal relationships and in the overall quality of life. And it can make you feel as though you're at the mercy of an unpredictable and powerful emotion.

"Anger usually arises when we feel misunderstood or when a situation seems unfair," explained Sami Yousif, a psychology professor at Grossmont.

In an attempt to hide anger, many people turn inward, resulting in hurt.

People "have learned ways to release it, to let off steam in appropriate ways," Yousif added.

For example, Richard Mendoza, a student at Grossmont, said: "If I feel angry, I quickly ask myself, 'Why am I angry?' Then I do my best to ask God to help me."

If a person is involved, Mendoza said he tries to calm down before saying

anything. "Sometimes, I play piano to help soothe my anger," he said.

Grossmont student Dale Terry reacts differently: "When I get angry, the only way for me to kind of get over it is to throw things and scream, but at the same time it seems like that isn't enough," he said.

Terry said he has tried counseling and boxing, but neither worked. When he gets angry, his mother and friends have tried to help by telling him to breathe slower and calm down, but this often has the opposite effect on him.

Rachel Madison, a student at Cuyamaca, said she is also looking for ways to manage anger.

"I'm looking for ways to contain my anger before it takes control, but it's useless," Madison said. "Every day, I'm becoming extremely aggressive on the phone, while I'm driving, the parking fines, my job.

"I'm still trying to ignore my anger or find a way out to a better situation," she said.

Controlling anger at home, work or school is difficult, but everyone still needs to learn and practicing better alternatives and coping strategies.

Anger is about what is happening now or something that happened in the past. It can make you do things you will regret later, Yousif explained.

That's why it is important to learn to understand your anger and also some techniques to limit the chances

of it coming out in a way that is damaging. "For instance, people get angry when others try to tell them what to do — especially when they know the instruction is right — it means they most likely had a problem in their past with parents or teachers," Yousif added.

So to control anger, try to relax and calm down plus following these simple steps suggested by Yousif, depending on what suits your personality and the situation:

1. **Breathe slowly.** Breathe out for longer than you breathe in, relaxing as you exhale.
2. **Count to 10.** Counting from one to 10 before reacting gives you time to calm down and think more clearly.
3. **Do something creative.** Creating can channel your energy and focus away from your anger and toward something else.
4. **Listen to calming music.** Music can change your mood and slow your physical and emotional reaction.
5. **Try a relaxation technique.** Yoga or meditation can help you center your emotions.

"These steps might be helpful to avoid you losing what you love and care about in your life," Yousif said.

So take a break, think deeply and realize that the correct ways of expressing anger are a kind of art and science in order to live in peace with others.



LET'S TALK

Club provides safe space to discuss gender identity and sexual orientation.

| BY EVON QULA |

One of Grossmont's Student Empowerment Organization's activities for this semester, "Let's Talk" was hosted by the Sexual Orientation and Gender Identity Club on Sept. 24. The meeting was an open discussion about differing views on the topic of sexuality and gender identity.

The club's goal is to create a safe and open community for lesbian, gay, bisexual, transgender, queer, intersex and asexual people and their allies, as well as other students that identify as non-heteronormative. Its members endeavor to create a safe space for students to express and explore their identities without judgment, allowing them to be their full, authentic selves and to receive peer support.

Dr. Susan Gonda, the club's faculty advisor and a professor in the history department, said the club strives to promote diversity and cultural awareness through meetings and activities, and by challenging cultural norms that result in oppression.

"Meetings are designed for discussions, presentations and activity planning," Gonda explained. "Thus far, we have had introductions between the high number of students in attendance, had a poster-creating session and attended a session of the Student Empowerment Organization's 'Let's Talk,' an open discussion about SOGI issues."

The club will continue to meet every Thursday, with an open invitation to anyone who interested in learning more about the club.

SAFE ZONE WORKSHOP

A Safe Zone workshop will be offered on campus Oct. 15 to students, faculty and staff. The purpose of the workshop is to offer a safe and welcoming environment for people of the lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual and ally (LGBTQQIAA) community. The workshop will be held in 34-171 from 5 to 8:30 p.m.

PLANNING IS NOW

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October 14
10AM-1PM

OCTOBER 12-15
CAREER WEEK
2015

GROSSMONT COLLEGE

THE JOB MACHINE

Reach your goals with the Career Center.

| BY ASHLEY STOUT |

For those struggling to find a job in their field of choice, now is the time to take a stride in the right direction. Grossmont's Career Center wants to help you find your path, which is why it has a whole week dedicated to it. This year, Career Week will be held Oct.12 to 15, with a whole expo dedicated to careers on Oct.14 from 10 a.m. to 1 p.m.

Career Week features several events, including a Job Prep Clinic on Monday and workshops on Tuesday and Thursday, held from 11 a.m. to 12:15 p.m. in 60-140. To register for these workshops and seminars, contact the Career Center at 619-644-7614.

If you would prefer some one-on-one help and advice, don't hesitate to stop by the center and make an appointment with Nancy Davis, the career counselor. She will help keep you on track and inform you of opportunities in the area that may expand your career horizon.

The opportunities are there; it's your time to take them.

DINNER & A SHOW

| REVIEW AND PHOTOS BY ALEXIS ARAMBULA |

Each semester, Grossmont's Culinary Arts combines forces with the Theatre Department for "Culinary Dinner and Theatre Package," an evening of fine-dining crafted by student chefs, followed by a show at the Stagehouse Theatre. Held on several Thursday evenings each semester, the events are extremely popular—in fact, they are already sold out for this semester.

I was lucky enough to attend the event on Oct. 1, where a banquet-style dinner was followed by Grossmont's drama department's very own version of "A Streetcar Named Desire," the famous play by Tennessee Williams.

The banquet came first, and I was blown away by how great everything was. Guests were greeted so nicely and escorted to their tables right away. All of the people there were so friendly, and no glass was empty for more than 20 seconds before the glasses were refilled once again. The service was beyond great and everything seemed to run smoothly.

I admit, at first I was a bit hesitant when I saw an entree with squash and beef on the menu, but overall, all of the meals were delicious. My favorite part of this experience was the dessert, of course, which happened to be very suitable for the beginning of fall: A gingerbread cake with sautéed pecans, pumpkin spice ice cream, pecan Florentine and bourbon toffee sauce. The flavors in this dessert were amazing—just like everything else was.

Part two was "A Streetcar Named Desire" brought to life by Grossmont's

drama students. I was genuinely impressed by the whole show. The play began with Stella Kowalski (Cambria Rose Ruth) and Stanley Kowalski (Patrick Barnsley) in New Orleans in the late 1940s.

These characters definitely knew how to draw the audience in within the first five minutes. Stella and Stanley's connection was automatically felt and this kept me drawn to their characters the entire time. I was really impressed by how smoothly they remembered all their lines, especially with no breaks in between.

The rest of the cast was great too. Blanche DuBois (Hannah Conway) was brilliant and my favorite character to watch. Her melodramatic act was funny and kept the play very interesting. Conway's and Barnsley's accents were spot on, and they both seemed completely immersed into their characters, which I found to be really great. Although some scenes felt overly dramatic, the rest of the play was pretty impressive. Overall, I would say this play was a complete hit.

Both the dinner and the show were amazing, and I hope to get the chance to be able to experience more of these kinds of events in the future.

You can still catch the play on Oct. 9 and 10 at 7:30 p.m., and on Oct. 10 at 2 p.m. For tickets, call 619-644-7234.

The spring semester "Culinary Dinner and Theatre Package" dates will be available in mid-January. To be added to the notification list, email Alexis Popko at alexis.popko@gcccd.edu.



HIGHLIGHTS OF THE SEVEN-COURSE MENU: A MEDLEY OF VARIETAL GREENS WITH FETA, CUCUMBER, TOMATO, OLIVES, JULIENNE VEGETABLES, LEMON HERB VINAIGRETTE AND A TOASTED BAGUETTE ON HERB CHEESE. | SOFT GINGERBREAD CAKE. | HERB-SEARED BREAST OF CHICKEN TOPPED WITH MONTEREY JACK CHEESE, SAUTÉED MUSHROOMS AND MADEIRA CREAM, ON A YELLOW SUMMER SQUASH SLICE WITH BRAISED KALE, ACCOMPANIED BY BROCCOLI FLORET, NORTHERN WHITE BEAN CASSOULET AND CARROT JUICE. BRAISED BEEF TOPPED WITH CABERNET GLAZE AND JULIENNE BELL PEPPERS ON ZUCCHINI SQUASH, ACCOMPANIED WITH FRESH CORN RELISH, KALE AND PARSLEY OIL, BUTTERED GREEN BEAN AND GARLIC-INFUSED SMASHED POTATOES.

MUSICAL CALENDAR

Catch Grossmont's Music Department this semester.

| BY OCTAVIUS HUNTER |

Every month, Grossmont College's Music Department features live music concerts on campus or at local venues in San Diego. From African-Cuban ensemble to symphony orchestra and master chorale, Grossmont's Music Department offers a large variety of music to students and to the community.

New Orleans Fundraiser Concert

Featuring Ken Ard. Raises funds for the Music Department Scholarship Fund.

When: Oct. 11, from 4 to 5 p.m.

Where: Grossmont Recital Hall (36-220)

Admission: \$10

Grossmont Master Chorale

When: Oct. 17, from 2 to 3:30 p.m.

Where: All Saints Episcopal Church, 625 Pennsylvania Ave., San Diego

Suggested Donation: \$10 general, \$5 students

The Grossmont College Concert Band Fall Concert

Directed by Conductor Russ Sperling

When: Oct. 20, from 7:30 to 9 p.m.

Where: Cuyamaca College Performing Arts Theater (B-117)

Admission: \$10 general, \$8 seniors and faculty, \$5 students

Justin Grinnell Jazz Quintet

When: Oct. 25, from 6:30 to 8 p.m.

Where: Grossmont Recital Hall (36-220)

Admission: \$10 general, \$8 seniors, \$5 students

Afro-Cuban and Jazz Ensembles

When: Oct. 27, from 7:30 to 9 p.m.

Where: Cuyamaca College Performing Arts Theater (B-117)

Admission: \$10 general, \$8 seniors and faculty, \$5 students

The Grossmont Guitar Ensemble

Directed by Fred Benedetti

When: Nov. 4, from 2:30 to 3:30 p.m.

Where: Grossmont Music Dept. (26-221)

Admission: Free

The Opus 13

Trio (clarinet, viola and piano)

When: Nov. 6, from 7 to 8 p.m.

Where: Grossmont Music Dept. (26-221)

Admission: \$10 general, \$8 seniors, \$5 students

PAY RAISES QUESTIONS

College presidents' expense accounts gain attention.

| BY ASHLEY STOUT |

Both Grossmont and Cuyamaca Colleges have new presidents, but it's their expense accounts that have made the news.

Grossmont President Nabil-Abu Ghazaleh, who has been at the school since June, earns a base salary of \$189,000. But according to the Union Tribune, he is compensated for additional expenses, including \$10,000 for moving expenses, \$600-a-month allowance for a car and \$200 for his cell phone bill. In addition, his contracts allows for \$850 a month—or more than \$10,000 a year—for “undisclosed expenses,” as Jeff McDonald reported in the San Diego newspaper in September.

What raises eyebrows is that Ghazaleh – and Julianna Barnes, the new Cuyamaca president of who has a similar contract – is not required to turn in receipts for his expenses. This prompted the American Federation of Teachers, the union representing community college professor, to file a grievance.

“I’m sure every employee of the district would like to get a \$850 pay raise,” said Jim Mahler, the union's president, who said they saw the expense account as added salary.

Representatives from both colleges have declined to comment due to a pending arbitration, but Grossmont-Cuyamaca Community College District spokeswoman Anna Kruger released this statement: “Expense allowances are common for executives such as allowances for automobile and technology expenses.” Kruger added that the district sees the expenses to be reasonable.

A hearing is set for two days in December, with a decision expected next spring.



A GOLDEN START
Griffin takes top awards at first speech tournament of the semester.

Grossmont student James Jovanovich took home first and second places in the first two Speech and Debate tournaments of the semester, held at SDSU on Oct. 3 and 4. Jovanovich won first in the Open Division Program Oral Interpretation on Oct. 3, and second on Oct. 4. It's a strong start for the Speech and Debate Team, which is coached by Roxanne Tuscany.

Warning: Beware of cell scammers!

A new cell phone scam is targeting college students, according to the FBI.

The scam involves a phone call from “the FBI” requesting personal information from students to pay money they “owe” on student loans or parking tickets. The purpose of the scam is to trick students into giving their credit card information, and if the student refuses, the scammers threaten to have the students arrested and tell them they won’t be able to graduate.

To complicate matters, the numbers from which the scammers are calling seem 100-percent legit, and are San Diego local numbers starting with 858. The FBI has been warning news outlets about the scam to get the word out.

Vigilance is important, even if you think you can’t be fooled. According to CBS 8, “San Diego State students on campus said they believe they would know better if a scammer targeted them, but the FBI said the cons are smart and will keep individuals on the phone to elicit more personal information.”

The FBI said it never calls private citizens for requesting money and warns to never give out personal information to callers you don’t know. It’s just not worth it. —Sheridan Martinez

Scholarships and grants ease costs.

Last month, more than \$85,000 was awarded to students who have overcome difficult circumstances. The 128 scholarships were awarded by the Foundation for Grossmont & Cuyamaca Colleges. Recipients included Melissa Murphey, the winner of the Steven D. Price Memorial Culinary Arts Scholarship, and Kalisha Haywood, the winner of the Christy Seiler Davis Memorial Scholarship.

Also in September, Grossmont received a five-year \$2.6 million grant to help improve the retention and success of Hispanic and low-income students. This “Title V” grant from the U.S Department of Education will be used to make a new program called “Via Rapida,” which will help the college with Latino community outreach, strengthen assessment placement, expand outreach to all income students, and offer more accelerated English and math improvement.

Looking forward, high school students from the Grossmont Union High School District will qualify for a free year at Grossmont College under the new “Higher Edge” scholarship, starting with the class of 2019. This scholarship will let students take up to 30 free units, and includes a free laptop, a year of free parking at the college, free tutoring, counseling and workshops. To qualify, students must be in the district for at least two years, obtain a 2.0 GPA, complete their high school diplomas, fill out the federal financial aid forms and take at least six units. For more info, visit higheredgescholarship.org. —Sheridan Martinez

Benefit fund honors memory of long-time teacher.

Mike Furlan—a Grossmont College graduate and long-time biology adjunct faculty recently died. Furlan was a passionate teacher and very important to our biology department. He is survived by his wife Sharon Farley-Furlan, who, like her husband, was also a Grossmont graduate, and is currently the lead technician of the biology department.

To answer numerous requests, the biology department has created a benefit fund to remember Furlan in the best way. All the funds go straight to his wife to help with the costs of this sudden tragedy, and donations will be anonymous unless you choose to inform Sharon personally. If you would like to donate, all deposits will be taken by check, cash and electronic transfer to: Mike Furlan Benefit Account, Mission Federal Credit Union, account number 91363014. —Ashley Stout

GO NUDE

This fall, neutral makeup is in.

| BY SHERIDAN MARTINEZ |

As autumn creeps around the corner, makeup styles start to reflect more neutral colors and styles. Bright neon summer shadows and bold lips get traded in for nude palettes and lips.

While neither the bold nor bright are completely cut, nudes become more popular in fall because they contrast better with fall fashion. But bold red and deep purple lips are also a must, so don't feel obligated to stick to nudes. Grossmont student Alexis Luna said, "My favorite beauty products right now are Mac's black pencil eyeliner for doing smoky eye looks and I use the Mac lip primer when I go out so my lipstick stays on!" Here are some of my tips and current obsessions for fall. For more, follow my blog at beautyaddicttxo.tumblr.com.

Move over contouring, highlighting is the new craze.

Highlighting is a unique beauty technique, which is used to accentuate your very best features. It's a step that usually comes after contouring your face, but now the new craze is just highlighting. Called "strobing," the technique can look just as good as contouring and a lot less heavy.

Hands down, the best highlight on the market is **Becca Cosmetics Shimmering Skin Perfector** in "Champagne Pop" (gold tones) or in shade "Opal" (silver). Using either or both to highlight the cheek bones can make your fall look glimmer.

Try new beauty products monthly.

Ipsy is a service that delivers four or five beauty products, personalized according to your liking. The sample-sized products come in a "glam bag" for \$10 a month.

I've been subscribing for two months, and I love getting surprised each time and trying new things. **It's a great service for trying new products, and if you end up liking them you can go out and buy the real thing.** Best of all: Each month the beauty products come in a makeup bag, so you get a cute bag, which is totally perfect for traveling.

Find affordable dupes.

If you are a bargain shopper like me, you'll want to search for "dupes," cheaper duplicates of more expensive items. If you aren't one to drop \$20 or \$30 bucks on a single lipsticks, **follow @dupethat on Instagram for affordable dupes on lipsticks, shadows and other products.** For me, I find that NYX and Colourpop Cosmetics has basically everything you could possibly need for very cheap prices! Those are my two cheaper go-to's.

Feel free to follow a daily routine.

I wash my face, moisturize, apply primer and then foundation. Also before I apply any lip products, I **do a lip scrub to exfoliate my lips so products go on smooth.** This is crucial if you are fond of wearing any liquid lippies, so your lips don't end up drying up and looking crusty. Get inspired to make up your own daily routine to follow and make sure to treat your skin the way it should be treated.



DUPED

Save money with these cheaper beauty alternatives.

| BY ALEXIS ARAMBULA |

Ever seen a beauty product that was perfect for your face but not for your wallet? Broke college students need to get the best bang for their bucks. That's why this list covers nearly identical dupes for those pricey products.

THE PRODUCT	THE DUPE
Kat Von D "Vampira" Liquid Lipstick, \$20	Colourpop "LAX" Ultra Matte Liquid Lipstick, \$6
Urban Decay "Smog" Eyeshadow, \$19	Ulta "Brown Sugar" Eye Shadow, \$7
Anastasia Beverly Hills Liquid Lipstick in "Trust Issues," \$20	NYX Liquid Suede Cream Lipstick in "Vintage," \$7
Stila "Kitten" Eye Shadow, \$18	e.l.f. Studio Baked "Brown Bonanza" Eyeshadow Trio, \$3
Kat Von D Everlasting Liquid Lipstick in "Lolita," \$20	NYX Liquid Suede Cream Lipstick in "Soft Spoken," \$7
MAC 187SE Duo Fibre Face Brush, \$42	Morphe G22 Duo Fibre Foundation brush, \$16
Lime Crime Velvetines Liquid Lipstick in "Wicked," \$20	LNXX Liquid Suede Cream Lipstick in "Cherry Skies," \$7
MAC "Tempting" Eye Shadow, \$16	Makeup Geek "Pretentious" Eyeshadow Pan, \$6
MAC Lipstick in "Whirl," \$16	e.l.f. Studio Matte Lip Color in "Praline," \$3
Benefit Cosmetics Liquid Face Highlighter in "High Beam," \$28	NYX Born to Glow Liquid illuminator in "Sunbeam," \$7

FALL FASHION

| BY ASHLEY STOUT |

Spring has sprung, the heat of summer has (hopefully) left for good, and now it's time for the leaves to change colors and the weather to get a little chillier. It's time for fall!

Bust out those cozy clothes, because it's time to get cute in the cold. This season, many new things are in style, so you may want to plan a mission to the mall, because you won't want to miss out on these style staples.

THIGH HIGH BOOTS

Bump up your boot game with the latest boot craze. It's not booties, combat boots or knee highs, but all-the-way-up-to-that-thigh sexy shoes. Celebrities like Chrissy Teigen, Kendall Jenner and Ashley Tisdale have been caught rocking these beauties all over. In any color they look amazing, and you can dress them by pairing them with a dress, or dress them down with jeans and a flannel. Either way, the bar has been raised.

THE 70s

Yes, the 1970s are back! You can't limit this fashion trend down to just one thing. Bell bottoms, fringe vests, lace-up tops and dresses—it's all back and better than ever. Stores all over, from Forever 21 to Urban Outfitters, have been already filling their racks with these items. Celebrities like Vanessa Hudgens and Hilary Duff are loving this trend as well.

FUR, FUR, FUR

Get ready to be toasty! The trend you never knew you loved is here, and it's been quite the obsession on the runway and with celebrities like Nicki Minaj. Who doesn't love cute accent piece that pull an outfit together and make a big statement. Eyes will be drawn to you in fur coats, vests, jackets, scarves and other accessories.

ILLUSTRATION BY CHERYL KRUEGAR, ART-175

FLASHGAP

A new app inspired by "The Hangover" movie, **helps you remember the night before.**

Launched in September, the free app allows you to keep up with your friends keep up with your friends at a party and share photos from the night. The catch is that **every photo or video taken disappears in three seconds and remains hidden until noon the next day.** The app is similar to Snapchat, except all the shared memories are between you and your friends, not your whole "Snapchat story."

Flashgap does not allow any shares on social networks, and remains, thus, true to its motto: **"Together. For better or for worse."**

—Sheridan Martinez



ABOVE PHOTOS: CHRISTY TEIGEN @HOWWHATWEAR.COM | KENDALL JENNER @ABC | ASHLEY TISDALE @REVEAL.CO.UK | VANESSA HUDGENS @FAMEFLYNET.UK.COM | HILARY DUFF @WENN.COM | NICKI MINAJ, INSTAGRAM (@NICKIMINAJ)



The Stuff of Nightmares

WHAT VILLAIN HAUNTS YOUR DREAMS?

| BY THE SUMMIT STAFF |

My favorite villain would be **Michael Myers** from the “Halloween” movies. Although he’s not the most terrifying villain out there, he still really scared me when I was a kid, and still continues to scare me to this day. The fact that he can walk so slow and still end up killing whomever he’s chasing is terrifying. It’s like no matter what, he’ll still end up killing you. —Alexis Arambula

Don’t ever fall asleep! If you do **Freddy Krueger** from “A Nightmare on Elm Street” will come turn your dreams into a real-life nightmare. He wears a striped sweater and has blades in place of a hand. After watching all six and counting of the series, Krueger thoroughly creeps me out, especially the song: “One, two, Freddy’s coming for you.” —Sheridan Martinez

Charles Lee Ray — also known as “**The Lakeshore Strangler**” or “**Chucky**” — scared me. This little toy betrayed whoever looked at it, suddenly turned from innocence to an evil spirit. The same thing happens in real life when we met people with the Chucky’s spirit! —Evon Qula

Whatever you do, don’t look into a mirror and say “**Candyman**” five times. That summons an extremely pissed-off 19th-century son of a slave with a hook for a hand and a very bad attitude. Not only is Candyman an immortal killer, but he can also teleport from anywhere and have a army of swarming Africanized killer bees at his beck and call. —Octavius Hunter

Michael Jackson’s werewolf character in the “Thriller” music video freaked me out and gave me multiple nightmares as a kid. Even though it’s an upbeat song, the creepy choreography, scary makeup, and Jackson’s stare into the camera at the very end of the video still keep me up at night. —Rodney Ousley

When you picture a villain, you automatically think scary. But my villain is not someone who gives you nightmares, but who makes you hope you never meet anyone like them. She is **Cruella de Vil**, and she tortured dogs and wanted their skin for her own clothing. That’s evil down to the bone. —Ashley Stout