

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | MAY 2016

FINALLY OVER

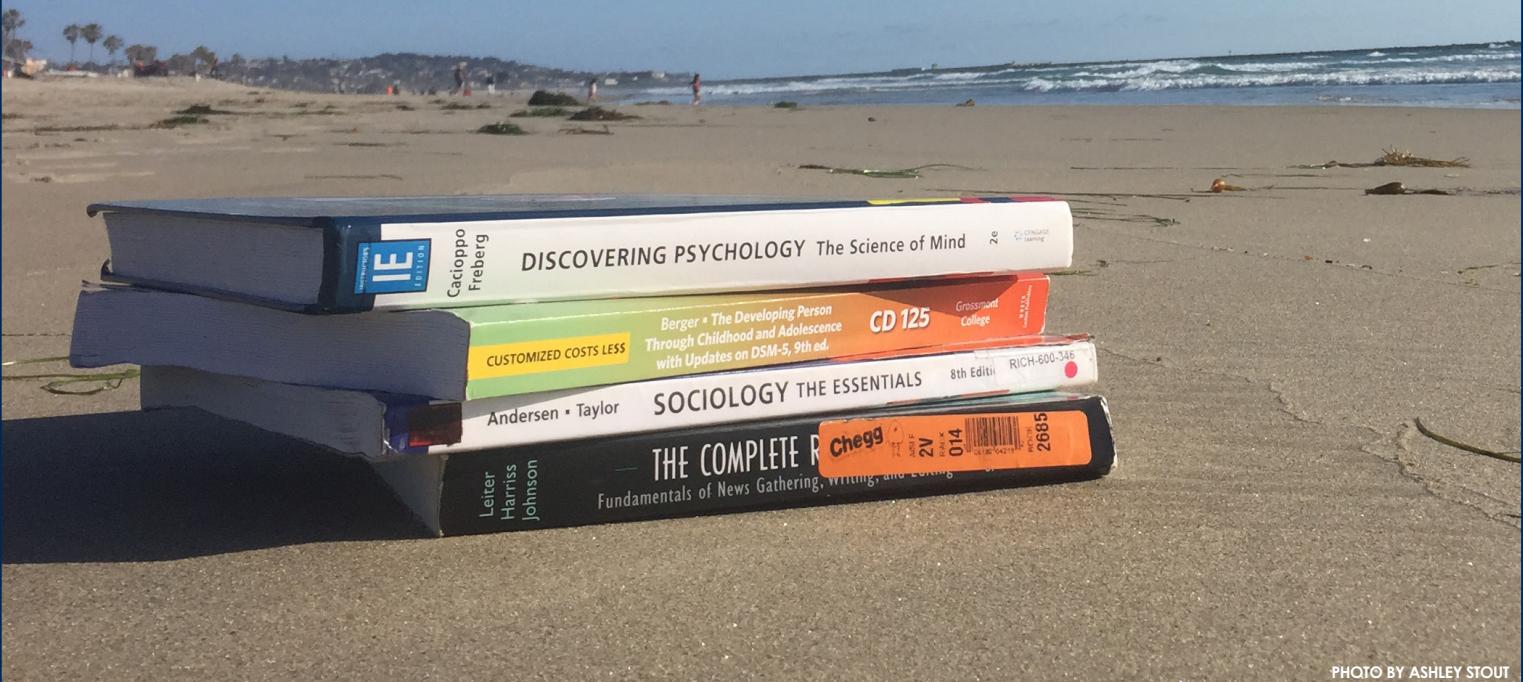


PHOTO BY ASHLEY STOUT

TABLE OF CONTENTS

4 Summer Cosplay

Dip your toes into costumed play.

5 Video Games Redux

It's the rise of the remaster.

8 Rod's Reel Referrals

Transformations and *Nina*.

9 Highlighting Excellence

A Grossmont student beats the odds to win an award at a national convention.

10 For Success,

Dress to Impress

We all need to walk the runway once in a while.

12 The Struggle is Real

Non-native speakers face hurdles in their educational processes.

13 ASGC, Inc.?

Will there be an Associated Student Government next year?

14 The Final Tip

Follow these studying tips to ace your exams and end the semester on a high note.

16 Sports

Griffin Girls Rule, a Quest for State and the 2016 NBA Finals.

18 The Hyde Gallery

Grossmont's art gallery showcases everything from student work to international pieces.

19 The Odd Couple

Incompatible opposites attract in this hysterical performance.

20 Unity

Grossmont's Umoja Program ensures success.

21 Water World

The water fair splashes success and *Underwater Dreams* flood campus.

22 Summer Slim Down

Get beach-ready by July 4th.

23 Memorial Weekend

Celebrate the holiday weekend, San Diego-style.

24 Grossmont Briefing

The Health Fair, soup scoop and so much more.

27 Dripping in Gold

From makeup highlights to accessories, the golden glow is in.

28 Summer Concert

Calendar

Summer is the perfect time to chill out with some great tunes.

A LETTER FROM THE EDITOR

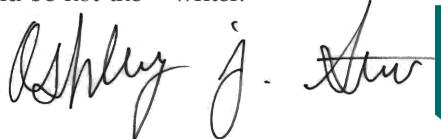
As another chapter closes in my little journey here at Grossmont, I have to say that The Summit has been the highlight of my college career. Before I was editor-in-chief, I was deputy editor and I loved learning the ropes of this magazine. Some days were longer than other, but every day in this classroom was a good day, because I got to do what I love to do: Write.

Being editor-in-chief for the last two semesters has been a learning experience. I am not perfect, I have my flaws, but I always striven to have a successful newsroom and put out nothing less but amazing issues. I pushed the boundaries because I knew each and every one of my writers could do it.

The memories I've made in this newsroom I will hold for a long time, and the friends I have made I will also keep forever. But I would be not the

writer I am today without Professor Calo; she taught me all that I know and I am forever grateful for all her amazing advice. I also cannot forget my right-hand man Rodney Ousley. We are complete opposites, but I think that is why we have worked so well together. We play off each other's ideas, and have even picked up on each other's slang. Constantly the hero by saving my life with his amazing editing and writing skills, Rodney is irreplaceable, a one-of-a-kind, amazing man.

This is my end here at The Summit, but this is not the end of my journalism career. I hope to have many more opportunities await me very soon. I wish the continuing and future staff all the luck to continue to make The Summit better with every issue. Pitch the story, write it well and make people remember who you are as a writer.





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HOW HAS WRITING FOR THE SUMMIT INFLUENCED YOU?

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Join us next semester! Enroll in MCOM-132: Media News Practicum.
For more information, email Jeanette Calo at jeanette.calo@gcccd.edu.

SummerCosplay

A COSTUMED VETERAN REVEALS HER TIPS IN THIS HOW-TO GUIDE. BY ALYSSA BLACKHURST

The summer season brings lots of events to the city of San Diego, but none as big as Comic-Con. With the convention's attendance capped at 130,000 bodies per year, it's a worthwhile reason to step out into the sun. Though getting tickets can seem like the equivalent of winning the lottery, there are plenty of reasons to spend the weekend downtown, and one of them is to check out all the incredible cosplay.

For those who aren't immersed in everything pop-culture, "cosplay," or costumed play, is defined as the practice of dressing up as a character from a movie, book, anime or video game.

Since downtown is home to a mere 18,000 people, it can be easy to get lost in the crowd. Step up your convention game by crafting your fandom. There's plenty of reasons to give it a shot.

"Cosplay," or costumed play, is the practice of dressing up as a character from a movie, book, anime or video game.

Celebrate Halloween twice a year. Kids and adults alike love dressing up as a beloved character come fall. Since the holiday is a yearly occurrence, we often look for excuses to wear our costume again. Well, now you're all dressed up with somewhere to go! Revisit your closet and recycle your holiday best.

Connect with fellow fans. A person's fashion sense, whether they know it or not, is a living, breathing advertisement. What clothes they choose to wear can tell a lot about them. While wearing graphic t-shirts to Comic-Con might get you noticed by a few, wearing a costume makes you all the more eye-catching. You can make lots of new friends with similar interests by showcasing your cosplay.

Dress to impress. Cosplay doesn't just get you noticed by the masses; you can also seize the interest of the elite. Celebrities

love cosplay, and are oftentimes more willing to take photos and spend time with fans who go the extra mile. A costume can do just that, stressing a fan's love for something better than anyone else.

Buy or try. A cosplay can be bought from a shop or handmade. Since there are no rules to cosplay, you can obtain your costume however you like. A quick Google search can lead you to talented seamstresses, or you can dabble in the crafting process yourself. The community is very welcoming, and there are plenty of "DIY" and "How-to" tutorials online.

Cosplay from your closet. "Closet-cosplay" has been a term coined to describe a character-themed outfit readily available in your closet. These everyday fashion pieces might not be the most accurate rendition of the character you're trying to portray; however even subtle, contemporary versions of characters can pass for a good cosplay.

TIPS FOR YOUR TROUBLES

When people tell me they're interested in making cosplay, I start by emphasizing the importance of being realistic in your



PHOTO BY REBECCA HOOGEVREN



PHOTO BY MIKE ROLLERSON PHOTOGRAPHY



unreasonable, and the sewing pins will piece the unworkable.

Love vs. Look: Player select! Choose your character. There is no wrong way to go about doing this. A good majority of people end up cosplaying as a character near and dear to them, since it's easier to invest time and money into something they already

endeavors. Making a good cosplay can take a lot of hard work, time and money. Once that's understood, we can begin the process of making a cosplay.

Cosplay Basics: Just starting out and unsure of what to buy? There are certain essentials for any newbie cosplayer. If you're unconfident in your ability to sew clothes and build props, these tools can smooth your frown lines. Buy a hot glue gun, some fabric scissors and sewing pins. A hot glue gun will hold together the impossible, the scissors will cut the



love. However, you may end up choosing a character you think more closely resembles your features, or simply looks cool.

Weather Worries: Take extra note of the weather forecast the week of the convention. Remember, you will be spending a lot of time in your outfit, and costumes can become uncomfortable when exposed to different weather. You may not want to spend an extended amount of time in yours if it's too hot or cold.

Dream Seams: You will not become a talented seamstress overnight. So many people think that cosplay can be made the night before, and while it holds true

for some, it is a stressful ordeal. If you truly want to hand-make a costume yourself, I suggest thorough planning—by watching sewing tutorials on YouTube, measuring your body, drafting mock patterns and experimenting on scraps of cheap fabric.

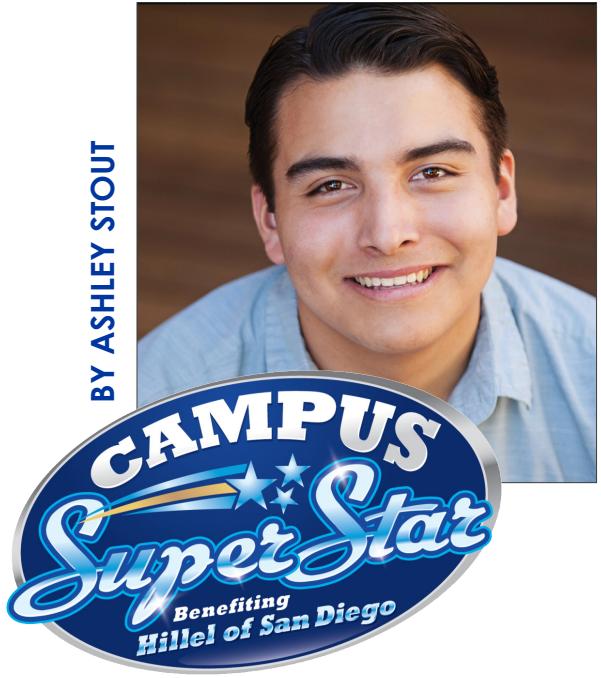
The Extra Mile: There are certain touches that will kick your costume up a notch. If you don't particularly look like your desired character, wearing a wig or colored contacts can give you the edge you need to fit the bill. Wearing stylized makeup can also elevate your appearance, as it can make you more comparable to a character, and will work better in photos.

PHOTO BY SNTP

PHOTO BY BLUE ADEPT PHOTOGRAPHY



BY ASHLEY STOUT



Griffin makes top 10 in singing competition.

Lights, camera, sing! Grossmont student Jack Adkins took center stage at Qualcomm Hall as our very own campus superstar.

The city-wide competition held auditions all over San Diego, with nearly 100 students auditioning, and Adkins was one of the few to make the top 10. But the real stress kicked in when a \$5,000 reward is on the line for the first-place winner.

Adkins was more than prepared. He defines himself as an old-school singer, with musical inspirations like Frank Sinatra and Bing Crosby. With a strong musical background of choir and musical theatre, he was born ready for this competition.

The April 10 competition benefited Hillel San Diego, a program to support

the Jewish community all over San Diego college campuses. In one night, more than \$200,000 was raised to fund the program.

Even though Adkins served quite the performance, singing "On the Street Where You Live" from "My Fair Lady," he sadly did not get him past the top 10.

"To be in a competitive environment that it is what you love to do with people who also love to do it and experience it all together that was the greatest reward," he said.

Overall, the biggest accomplishment was the generous donations of \$5 million to fund the Hillel Center in San Diego. Congratulations to Jack Adkins for his top-10 accomplishment! Who will be our next campus superstar?

REMASTERED

Are old video games in HD a “cash grab,” or do devs simply know what we want?

BY ALYSSA BLACKHURST

As the need for bigger, more high-definition televisions emerge, so does the need for discs that are adept at keeping up with higher resolution. Luckily for gamers, the latest software advances have ensured that current-generation video game titles are crisp and detailed in quality. The industry has since taken it a step further, churning out “HD Remasters” and “HD Collections.” The concept behind this type of game is straightforward—to port a game that has been previously released on an older platform, but now in higher definition.

HD remasters are beneficial for both the industry and the consumer in numerous ways. They require less development time than original titles, are low-risk, as they are often already highly acclaimed, and can be major financial successes, seeing as how they are typically priced the same as a brand new game. For the gamer, remasters can also be coupled with more than just graphic upgrades, such as DLC, or bonus downloadable content, which previously needed to be purchased separately. Remastering also gives consumers a chance to play games they couldn’t experience before, since they may not have purchased that particular console. As the title suggests, an “HD Collection” is multiple pre-released video games all in one, so there is perhaps more content to make the purchase worthwhile.

Yet, video game remasters remain controversial. This is because there are some games being re-released which aren’t very old, and are already critically-acclaimed success stories. This leaves the gamer to wonder why games released toward the end

I thought that the features offered were interesting enough and the new graphic fidelity was high enough to validate the purchase.”

— Robert Gonzales

of the last generation consoles didn’t hold off release, making room for the rebirth of older games, and leaving studios to create new content and experiences. In consideration, I asked Grossmont College students what

Ratchet and Clank (2016) PS4



Ratchet and Clank (2002) PS2

warranted the purchase of an HD Remaster, if remasters should be considered cash-grabs, and at what point we should allow classics to remain exactly that, and move forward.

Grossmont student Robert Gonzalez said he believed all remastered games were cash-grabs. “Honestly, if they are selling an insanely successful game a second time, I’m sorry, but it’s a cash-grab.”

“However, I’m not beyond purchasing HD remasters if it’s a game I have fond memories of, like *The Legend of Zelda: The Wind Waker HD*,” Gonzalez continued. “I’m also not too fond of the idea of dusting off my GameCube to play it again, especially if it’s readily available on current gen consoles.”

Practicality plays a big part in whether or not these types of games sell. As gamers settle into the wave of current generation consoles, it can be hard to revisit their dated counterparts. This transition becomes even easier when there’s Remastered Collections, which can feature an entire franchise.

Gonzalez was more forgiving of Remastered Collections for this reason: “There’s



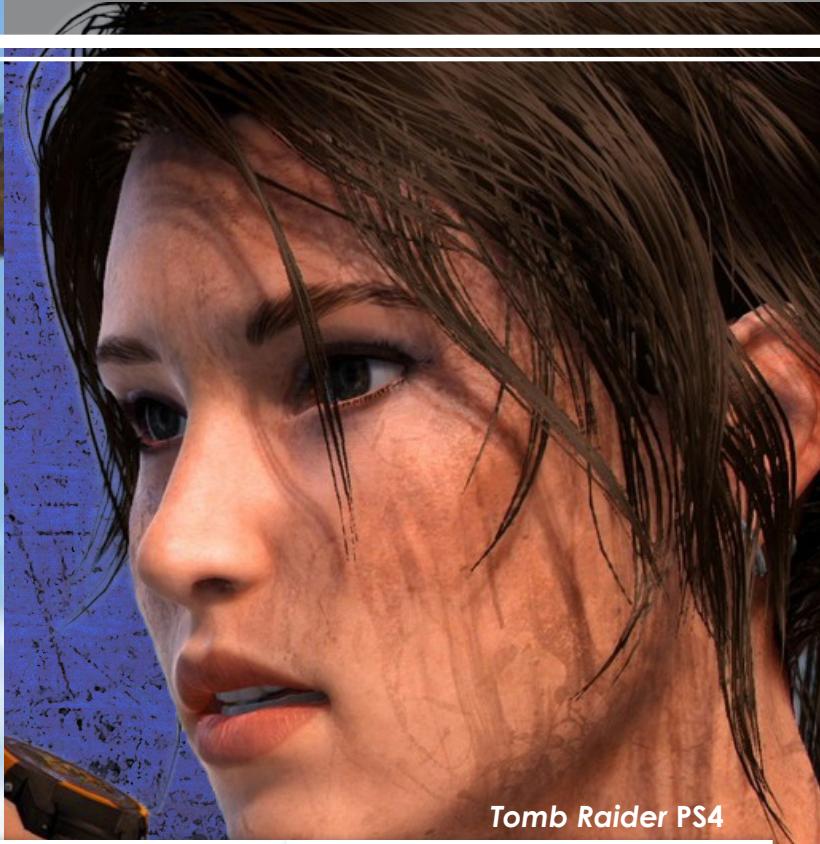
Uncharted PS4

something about the *Metal Gear Solid: The Legacy Collection*. It's just nice because it's a whole series on one console, and I love that so much. It's worth the purchase simply because of the convenience."

Despite his belief that remasters were all cash-grabs, Gonzalez said he's "fallen into developers' hands."

"I own three copies of *Metal Gear Solid 3: Snake Eater*, Gonzalez admitted. "I bought it once upon release, once for the Nintendo 3DS, and once for the HD Collection."

Metal Gear Solid 3: Snake Eater was originally released on PlayStation 2, in 2004. In 2012, the game was re-released in 3D on the Nintendo 3DS, a portable gaming console. *Metal Gear*



Tomb Raider PS4



Uncharted PS3



Tomb Raider PS3

Solid: The Legacy Collection was released in 2013, and came with a total of eight *Metal Gear* titles.

It is expected that ports of old games improve more than just graphics, whether this be adding additional content or fixing outdated elements. Since remasters can spend as little

as a year in development, they are a simple and safe feat for developers. Without the promise of something new, convenience can only be stretched so far. Gonzalez called these direct ports that only improve graphics a "bad industry practice."

"If a game gets an HD port, I would expect the core game to be untouched, but for there

to be changes," Gonzalez said. "For example, removing features that were awful in the original, and adding elements that would be fun additions since the original's conception. Does this prevent it from being a cash-grab? No, but it makes the experience semi-fresh, at the least."

Student Sean Shelvay had this to say regarding remasters: "I've purchased quite a few remasters over the years. *Grand Theft Auto V* being one of them, because of its low price, better graphics and bonus features. Even though I already had it on the previous console, I thought that the features offered were interesting enough and the new graphic fidelity was high enough to validate the purchase."

New revisions and upgrades can warrant a purchase for some, but there are still titles that create a sense of hesitancy for upcoming remaster announcements. Shelvay called out two specific titles that he believes people tend



Resident Evil 2002



REMASTER CONT. ON PAGE 26

[Rod's Reel Referrals]

THE DANISH GIRL STILL | ©UNIVERSAL PICTURES

TRANSFORMATIONS

BY RODNEY OUSLEY

Unwavering commitment to character and the willingness to push the body to its utmost physical limits are virtues exhibited by only the most elite actors. But when famous actors go to the great and sometimes dangerous extremes to fully embody the physical traits of a character, the ensuing controversy sparks a greater conversation about socio-political issues. This month's picks showcase films featuring lead actors whose transformations made a pivotal and lasting impact.

ON DEMAND: *THE DANISH GIRL*

Directed by Tom Hooper. Starring Eddie Redmayne, Alicia Vikander and Amber Heard. 2015.

Explore the origins of a modern day crusade for identity and acceptance, in a film based on the true story of a trailblazing artist.

Eddie Redmayne takes on the complex and compelling role of Einar Wegener, a prominent Danish painter whose lifelong struggle with gender identity takes center stage, after portraits of the young man posing as a woman become a surprise hit for his wife and fellow painter, Gerda (Vikander). As Einar comes to terms with and begins the process of transitioning into the woman made famous in the paintings, the young couple must face the irreversible changes of their relationship while simultaneously dealing with prejudice from the outside world.

STREAMING ON NETFLIX: *ALL THINGS FALL APART*

Directed by Mario Van Peebles. Starring 50 Cent, Lynn Whitfield and Ray Liotta. 2011.

Rapper 50 Cent is almost unrecognizable by his performance, in a role that proves the talented musician has the chops and dedication of a true actor.

Losing more than 50 pounds to play the role of cancer-stricken football star Deon, 50 Cent takes on the lead in a film about finding out who your true friends are when tragedy strikes. Serving as a cautionary tale to young athletes, the film forces the audience to examine the "what-if's" of going from a highly-coveted cash cow to being perceived as a burden to the people around you. What happens when the people who ride your coattails during your rise refuse to catch you when you fall?

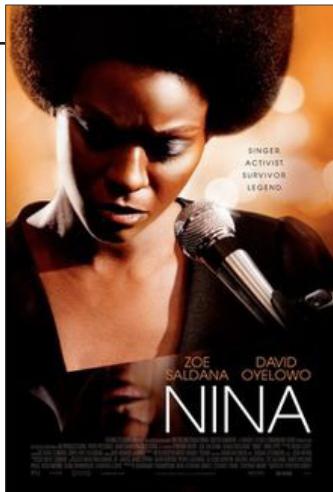
ON DVD/BLU-RAY: *MONSTER*

Directed by Patty Jenkins. Starring Charlize Theron and Christina Ricci. 2003.

One of Hollywood's most glamorous starlets steps into her most uncharacteristically gritty role to date in this dramatic thriller.

Aileen Wuornos (Theron), most famously known as the first American female serial killer, embarks on a year-long series of revenge kills as a result of her tumultuous life as a roadside prostitute in southern Florida. Time stands still after a chance meeting with Selby (Ricci), a timid girl from the suburbs struggling with her sexual identity, causing Aileen to foolishly believe her bloody past is behind her.

But as the police zero in on their target, the intrepid young lovers face the unknown head on, in a tale that can only end in heartbreak, violence and betrayal.



COLORISM AND CONTROVERSY

The mistakes are more than skin-deep in *Nina*.

Ever since the August 2013 casting announcement of Colombian-American actress Zoe Saldana (*Avatar*, *Guardians of the Galaxy*) as the lead in a biopic about one of the most prolific musical voices of the black civil rights era, this film has been wracked with criticism and objections that halted its release for almost three years. But even after scratching past the surface of controversy and hype, all that is left of *Nina* is a predictable, 90-minute bore about the fall of an irate diva who is past her expiration date.

The film recounts the very dark period in the life of the late jazz legend, Nina Simone, during the 1980s. While struggling with alcoholism, mental instability and intense depression, Simone threatens a business associate at gunpoint and is forcibly committed to a mental institution in Los Angeles. It is there she meets the compassionate young orderly Clifton, played by David Oyelowo (*Selma*) who impulsively

[**NINA** CONT. ON PAGE 26]



HIGHLIGHTING EXCELLENCE

BY RODNEY OUSLEY

A Grossmont student beats the odds to win an award at a national convention.

With a student body as vast and diverse as Grossmont College's, it should come as no surprise that talented students of all ages, backgrounds and walks of life regularly receive honors in various competitions city-wide and nation-wide. What are truly remarkable are the individual journeys that lead the eclectic bunch to this campus, where they are inspired to find their own voice.

On April 17, Media Communications audio/video production major, Eric Lohmeier, 35, joined the ranks of these award-winning Griffins, by coming in at third place in the Broadcast Education Association's (BEA) two-year small college narrative video/broadcast production category. Last fall, as a first semester MCOM-119A Griffin Radio Newscaster, Lohmeier decided to submit one of his standard weekly news recordings to the international student media organization's annual competition after being prompted by his fellow classmates and Media Communications Department Chair, Dr. Evan Wirig.

"I wasn't expecting to place, since it was just my regular everyday news reading and it was my first time entering," Lohmeier said regarding the surprise honor. Grossmont had not placed in the BEA competition in nearly four years, further highlighting this accomplishment.

The Rock Island, Ill, native first began to hone his broadcasting skills by participating in speech and debate and community theater while in high school. It was then he learned the basics of vocal clarity, enunciation and projection, but ultimately decided to try his

hand at culinary school. It was not long before his life would take another drastic turn.

"Journeymen chefs don't make any money or get any benefits," said Lohmeier, who in late 2001 had just welcomed the birth of his daughter. "With the little education I had, and the lack of marketable skills, I decided that the best thing to do was to join the Army."

The following year, Lohmeier became a part of the 11B Infantry, the primary ground task force of the United States Army. Over the course of six years, Lohmeier would serve multiple tours in Iraq, three years in total, eventually working his way up to a team leader position. But his years in service were not always strictly military business, as he was regularly called upon by military media outlets like The Army Times and American Forces Network (AFN) to revisit his broadcasting talents.

"They would occasionally grab me and say, 'We got this guy that we interviewed and he was awful. Can you do some filler voiceover stuff in the background to make him seem more interesting?'" Lohmeier recalled.

After discharging from the Army in 2008 and settling in Atlanta, Lohmeier was diagnosed with testicular cancer, stage 2A, in 2014 at the age of 32. The cancer had begun to spread into his lymphatic system, and several small tumors began to form throughout his body. Over the next few months he underwent corrective surgery and a vigorous month of chemotherapy, and credits his wife, family and friends for aiding him in the recovery process. These same friends would be the inspiration that led him back to broadcasting,

as well as an interesting new venture.

"I had some friends in the Atlanta scene who were readers and writers of erotica and fantasy role-play fiction," said Lohmeier, who currently does freelance voiceover work through connections he made on the social cataloging literary website, goodreads.com. Goodreads, a subsidiary of amazon.com, links avid readers of specifically classified book genres, and allows them to form and join groups. It was in one of these groups that Lohmeier's vocalizing skills were discovered, and he soon began to record 30-minute promotional excerpts for various authors on request.

Last fall, Lohmeier became a part of Griffin Radio, Grossmont's student-run radio station, where he currently presides as the station's program director. Aside from his peer management responsibilities, he also hosts his own weekly Broadway musical-inspired radio show. Having already taken classes in screenwriting, cinematography and broadcasting, among others, Lohmeier praises Grossmont's media communications program for its extensive curriculum's relatability to the industry.

"The skills that you acquire here relate to any aspect to media arts," he said. "Whether it's audio production, whether it's media announcing, whether it's video editing, it is going to be useful to you going forward."

"Yeah, you can learn it on your own," he continued, "but it's a lot easier to learn it when you've got somebody who is guiding you through the process. Whether it's for work or for the fun of it, you will use everything that you learn here."

FOR SUCCESS, DRESS TO IMPRESS

We all need to walk the runway once in a while.

**STORY AND LAYOUT BY ASHLEY STOUT
PHOTOS BY STEPHEN HARVEY**

This semester, I got to go from an editor to model in a day's time.

I'm assigned many beats at The Summit, and one of them is the Career Center. So as I sit in Nancy Davis's office, interviewing her for the magazine, she asks: "Would you like to be a model for our fashion show?"

She explained how we would get to help students on campus feel more confident in their interviews, and I was sold. Obviously I accepted and got to go on this fun ride with the Career Center.

The Career Center Fashion Show was all based around dressing for success in the most affordable way. Darlene Cossio, director of communications for Goodwill Industries of San Diego, helped all of us Grossmont students become models for a day.

Thanks to Goodwill, we got to pick three amazing outfits to strut on the runway. Each of the outfits cost \$20 or less, including accessories and shoes— it's kind of unbelievably awesome. Many college students face the struggle of wanting proper interview clothes without having to pay an arm and a leg. Cossio helped us to make sure we looked as professional and sophisticated as we can, so when we took the runway we would feel nothing but confidence.

This event was so huge that Fox Channel 5 News ran a segment on it for the morning show. Three students from the fashion show got to go on and be interviewed and show off their outfits for the show.

Pulling out all the stops before our big runway debut, Cossio and Davis had AVA hair studio come out to do each of our hair and makeup for the event. Even the boys got some pampering too. Hair was curled, makeup was flawless, and we were all in our outfits and accessories. We all looked like the total package, ready to walk from the runway into our next interview. We had one last group huddle before the show began, and the pep talk included to smile, to pose, and to work the runway.

At last the moment had came, all that the Career Center had worked up to. It was crazy. There were 10 of us ,and we had a specific order; I was the last one to take the runway. As the cameras flashed, I got quite camera shy, I closed my eyes because it made me nervous that my picture was being taken (as you can tell from the pictures to the right!). Outfit one, quick change to outfit two, and an even quicker change to outfit three. Clothes were flying and accessories were thrown, but it was fun to feel the life of a model. It's definitely not easy, but when you hit that runway, it's like you've been doing it forever. High-beat music, cameras flashing, people *oooing* and *aaahing* over each outfit you wear. It was a thrilling experience. Cossio announced each of us, each piece of clothing we were wearing, and the price of it all, which shocked the audience as much as us.

The fashion show was a success, and it was the most fun I have had this semester. Davis, Cossio and the entire Career Center threw an amazing event. Hopefully this gave many students the confidence to get their interview clothes at affordable prices, and feel like a million bucks walking in to their next interviews. I know I will!



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THE STRUGGLE IS REAL

BY SEBASTIAN CAPARELLI

Non-native speakers face a great hurdle in their educational processes.

A dedicated student sits at a computer typing an essay for her English 120 class. The essay on the screen is full of red and blue squiggly lines when another student sits down to help her with her final revision. The problem is apparent—the writer is lacking the foundational English writing skills many native speakers have had most of their lives to develop.

You don't have to be intrusive to recognize a tearful young woman sitting in a corner, crumpled essay in hand, to recognize the struggle is real.

Angelica Casas, a nursing student at Grossmont, said it is frustrating to know the material but struggle in communicating it in an assignment. Casas, who is from Colombia, speaks English as a second language. She is clearly a highly intelligent person who cares about what is being taught. So how can she overcome the language barrier?

We all face different anxieties and hurdles. We may face confusing syllabi, broken links in an online course, and tough questions that can't be easily answered. But those of us who speak English from childhood do not share the added challenge of trying to do all of this in a foreign tongue.

Gopa Patnaik, a counselor at Grossmont, mentioned one-unit classes designed for this struggle: English 61, 62, 63 and 64.

Patnaik added that students who are not native English speakers should make an appointment with staff in the Writing Center, so they can become better informed about resources available to them.

Those of us who speak English from childhood do not share the added challenge of trying to do all of this in a foreign tongue.

The staff in the Writing Center has vast amounts of knowledge they want to pass on to students—if students will take the time to plan ahead instead of waiting until the last minute for help. The English 61-64 classes start with basics like helping students who are just learning how to write simple sentences. As a student progresses through the classes, they move on to paragraphs and then more complex writing. Each class involves working individually and or in small groups with instructors in a classroom or tutoring atmosphere.

Making a plan in advance of a vital essay deadline is crucial to succeeding. Many students are tempted to request help from others on their basic-level writing in order to quickly progress on to the classes in which they are more interested. Some mistakenly assume that because their major is not related to writing, it is not important to build these skills. However, every major requires some writing and being able to develop a college-level essay is a necessity.

In a sense, all students on an American college campus should consider themselves English majors at the beginning. English-speaking children spend many years learning the skills required to write in college, so non-native speakers should prioritize this time as well.

Helping an ESL student write a paper can do more harm to their scholastic future than help it. Moreover, writing another student's paper can result in students entering an English 120 class without the basic skills needed to pass. Building a good writing foundation may be a longer route, but in the end, its travelers will surpass those who skipped it.

Building this foundation at the community-college level, while these resources are available, is the first step in overcoming the struggle and owning your future.

ASGC, Inc

Will there be an Associated Student Government next year?

ASGC has recently entered the spotlight, and they might not be ready for their closeup. Recent events in the ASGC offices have led staff and students alike to take a closer look at Grossmont's student government.

The biggest issue was an April Fools' prank that went wrong. Some say it was silliness that just went too far; others say it became an attack on a leader, involving damage to property and verbal assaults on social media that caused an unnecessary stir.

This all happened at a time when the administration is looking hard at every space on campus for new programs, and several people involved with the ASGC may end up in a trailer at the back of the campus....again.

The prank consisted of piling up office furniture and using streamers and other decorations to blockade the office so entry or movement within was nearly impossible. The use of college supplies such as poster tape added to the sting of this offense.

"The caution tape was misused, and this kind of behavior will not transpire in these offices again," Sidney Baker, the student body president, said of ASGC's offices, which are currently located in Griffin Center. The pranksters tied all of Baker's ties in knots, and filled his office to chest height with furniture and balloons.

Because of the prank, the ASGC offices were temporarily closed and guest privileges were removed. Baker said the prank was carried out by non-executive ASGC staff, and "the momentary lapse in leadership resulted in a funny joke going too far."

Baker added that he felt the punishment

already fit the crime: "The mess was cleaned up, and those involved were made accountable. This should not be cause for severe moves against a good office."

However, former ASGC president Esau Cortez said ASGC executives were involved in the prank; in fact, they claimed full responsibility and apologized in a closed Facebook group dedicated to student government. Cortez blamed the current leadership for the condition of the ASGC: "That office has been a hangout for students who rarely care about showing up to classes," he said.

Nyvine Habchi, former vice president of ASGC, took full responsibility for her part in the prank on the ASGC Facebook group, even mentioning she had ironed all of Baker's ties when they returned to clean it up.

Cortez, who joined the student government in 2011 and became the president from 2013 to 2014, said the possibility of being moved back to the trailers was a real one. He accomplished some good things during his term as president—but his desk truly sat in a trailer in the back of campus.

"We can be moved and if the new officers coming into ASGC are not on their A-game, it's a reality they must consider," he said of the new-elected officers, set to take office May 17.

The school's student government incorporated in 1971. Since then, the ASGC financed the construction of the bookstore, donated approximately \$100,000 to the construction of Griffin Center, and has become the place professors turn to for faster funding of numerous projects, said Cortez,

citing, for example, the diving boards and new track given to the sports department.

After building the bookstore, ASGC received an annual payment of approximately \$63,000, when Barnes & Noble wanted to take it over. A contract was signed between the two corporations, which had to go through the administration because the building was on school property. This contract was to be renewed annually; however, when a previous ASGC president did not jump on the task, former President Sunita Cooke

"The mess was cleaned up, and those involved were made accountable. This should not be a cause for severe moves against a good office."

—ASGC President Sidney Baker

decided against renewing the contract. Since then, ASGC has been operating at an average deficit of nearly \$23,000 each year, according to the organization's budget report.

Departing student trustee and former ASGC president Rafael Navarrete said he felt student government "took a turn for the worst" after his term as president.

"ASGC, as a whole, lost track of its purpose," Navarrete said. "However, I am hopeful for next year's ASGC."

[ASGC CONT. ON PAGE 26]

THE FINAL TIP

Follow these studying tips to ace your exams and end the semester on a high note.

BY SUMMIT STAFF | LAYOUT BY CAMERON FRANCIS

TAKE IT ONE STEP AT A TIME

BY SEBASTIAN CAPARELLI

English instructor Brendan Praniewicz offered the following advice: When you first receive the exam, glance over the entire test before you start and remember to read the directions carefully. If something doesn't make sense to you, ask the instructor. Leave the low-point value questions for the end. Focus on the question at hand. If you complete the test one step at a time, you are much less likely to find it to be overwhelming.

Some people benefit from conducting a "memory dump" when they first receive an exam. It involves jotting down a comprehensive list of concepts, formulas, vocabulary and details at the beginning, and then revisiting these ideas as they progress through the test.

FIND A QUIET PLACE

BY ALYSSA BLACKHURST

Jessica Owens, a librarian for the Learning & Technology Resource Center, stressed the importance of utilizing the library's services during finals. Though the library has always been a popular place to study, Owens says it can be particularly busy during the end of the semester.

"What I would like to make sure Grossmont students know is that we have group study rooms available, and the rooms on the second floor of the library can be reserved up to two weeks in advance," she said.

While she highly recommends reserving rooms to work alongside your peers, Owens said librarians can also help with research: "Come in and ask a librarian. We are always happy to help and we love working with students."

PRACTICE, PRACTICE, PRACTICE

BY SHERIDAN MARTINEZ

When studying another language, some students can find finals to be especially stressful. Grossmont Spanish Instructor Ruth Navarro, who has been teaching for over 17 years, had this advice: "Practice, practice, practice."

She also said it's best for students to utilize the tutoring center. Even if you feel that you don't necessarily need the extra help, it's beneficial to get those extra hours that you can't get in class with someone one on one.

For students who are unaware where the Tutoring Center is located, it is upstairs above the Tech Mall. Students enrolled at Grossmont can get up to two hours per subject of tutoring a week, completely free.

SHOW YOUR WORK

BY OCTAVIUS HUNTER

When it comes to math finals, it's best to show how you got where you did.

"When studying for any math course, make sure you show all your work and give reasonings on tests and homework," advised Eugene Sibbald, a mathematics professor. "This will help make sure that the material is more deeply rooted in your mind."

Study guides and students quizzing each other help as well—but nothing works as well as regular attendance.

"Showing up to class every day is the most essential step with passing a final exam," said Gina Dudley, a professor who has been studying marine biology for more than 25 years. Dudley added that Grossmont College's Tutoring Center is designed for students who need extra instructions.

*"Focus on
the question
at hand."*

—Brendan Praniewicz

SUMMER CLASSES

As the spring semester comes to an end, many are ready to bolt for the beach. But for those of you that are deciding to toss in those flip flops for textbooks, here's what you need to know about summer classes.

OPTIONS

A list of all classes available is located on grossmont.edu, but for a more detailed look on the course, head to your WebAdvisor. Many general education courses are offered over the summer, and this is your chance to snag them now because many are impacted during the fall and spring semesters.

SESSIONS

There are three types of sessions you can take, so you have the option to not spend all of your summer days in the classroom.

#1. Four-week sessions: June 13 to July 7 | July 11 to Aug. 4.

#2. Six-week sessions: June 13 to July 21 | June 27 to Aug. 4.

#3. Eight-week session: June 13 to Aug. 4

*Beat the
heat and get
ahead this
summer.*

BY ASHLEY STOUT

BENEFITS

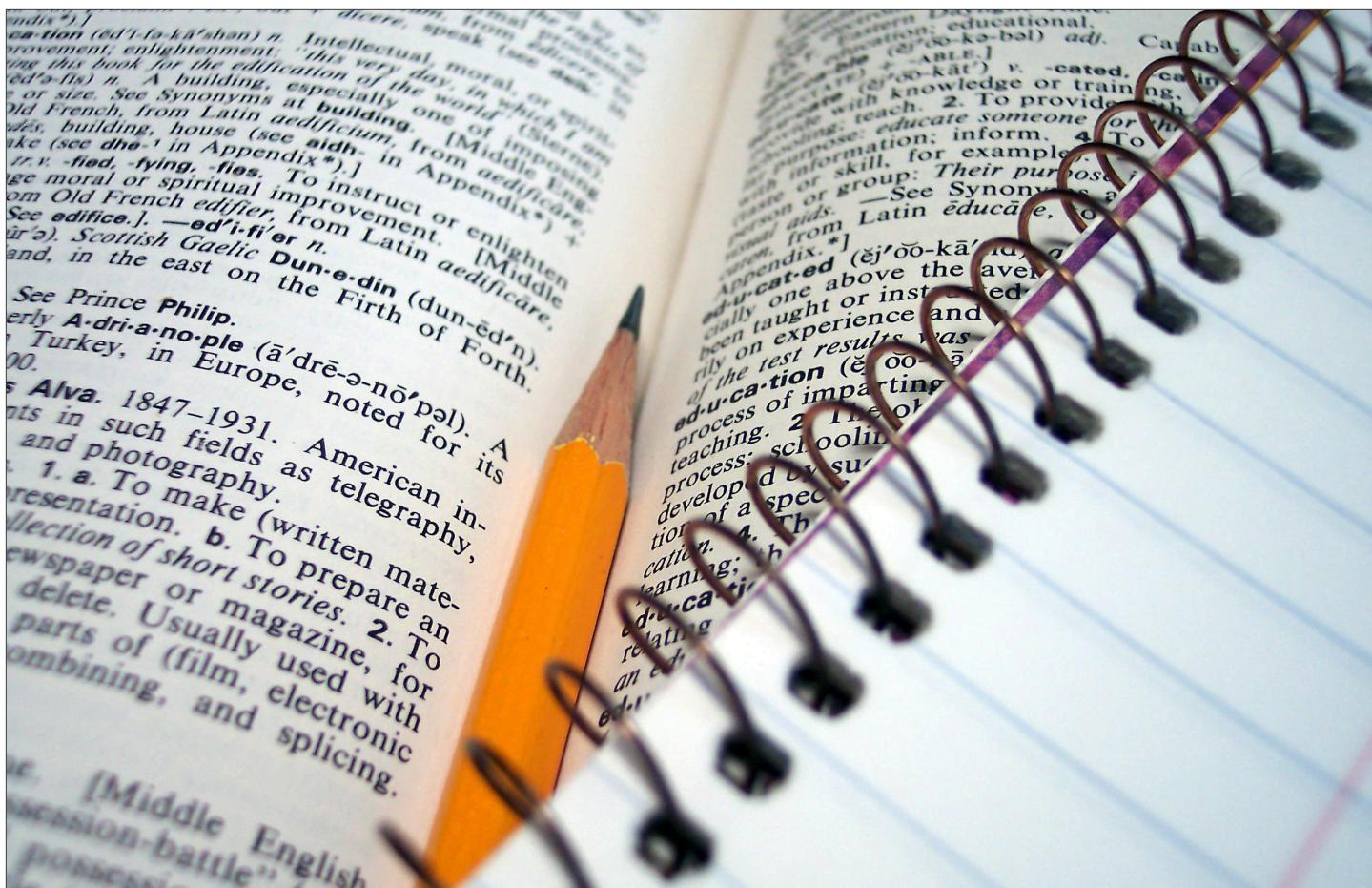
Still need that extra push? Thought so! Here are three big benefits you can get from signing up for one of the many summer sessions available:

#1. You get ahead on your credits and take one more step closer to transferring— a.k.a., “one less class to take.”

#2. Is the class you want impossible to get in the fall and spring? It may be wide open in the summer. No more crashing for you!

#3. Did we mention there's AC at Grossmont College? San Diego summers can be brutal with the heat. Take a couple hours out of your day to cool down, and get in a little more education time.

Sign up for classes now! Registration is open until June 12, with summer classes starting June 13.



The 2016 NBA FINALS

BY OCTAVIUS HUNTER
ILLUSTRATION BY SHONDELL SMITH

After an exciting 82-game regular season, the NBA Playoffs have begun. Sixteen teams – eight from Eastern and Western Conferences – will be battling it out for the right to claim the Larry O'Brien Trophy and to be called world champions. Commonsensically, only a few have the roster to accomplish something thousands of people dream about, but it is a guarantee that every team will give it their all, plus more.

Just like the regular season, playoff basketball is loaded with plenty of questions:

- Will Golden State Warriors win the chip after winning 73 games in the regular season?
- Can LeBron James finally bring a championship to the city of Cleveland since 1964?
- Will the San Antonio Spurs stay undefeated at home?
- Can Kevin Durant and Russell Westbrook finally get over the hump in Oklahoma City?
- Or will there will be new blood at the top (Toronto, Portland or Atlanta)?

Without further ado, let's get into the match-ups.



EASTERN CONFERENCE SEMI-FINAL PREVIEW

CAVALIERS OVER HAWKS (4-1) The Atlanta Hawks manage to get by Boston in Round 1 without a top-tier superstar, but that will not be the case against Cleveland. LeBron James and company should be able to take of business in five games or less, especially if Kevin Love and Kyrie Irving are healthy, but I do expect Atlanta to be highly competitive on their home court.

HEAT OVER RAPTORS (4-3) Dream scenario for basketball lovers is to see a D-Wade vs. LeBron match-up in the Eastern Conference Finals. Actually, this might happen if (fingers crossed) Dwyane Wade keeps playing like the Dwyane of old, averaging more than 24.0 points per game. But all-stars Kyle Lowry and Damar Derozan have been playing good back-court basketball since late April.

WESTERN CONFERENCE SEMI-FINALS PREVIEW

WARRIORS OVER TRAILBLAZERS (4-0) Golden State cruises through Houston in Round 1 without MVP Stephen Curry. Some say Trailblazers are very fortunate that Clippers stars Chris Paul and Blake Griffin were out in their Round 1 match-up. If the Warriors win the first two games without Curry in Round 2, expect a sweep.

THUNDERS OVER SPURS (4-3) This is the most physical and exciting match-up in this year's playoffs. The biggest difference between this year's Oklahoma City team than last years' is health. Former MVP Kevin Durant is 100-percent and Serge Ibaka is also back. The ageless Spurs will have a tough task eliminating two of the best players (Durant and Westbrook) in the world. But, with Coach Pop, there isn't anything San Antonio is not prepared for.

EASTERN CONFERENCE FINALS

CAVALIERS OVER HEAT (4-2) Dwyane Wade is one of the greatest players ever. But, he'll need other Miami players to step up big time, especially if the 6 foot-11 inch, two-time NBA Champion Chris Bosh is still out. LeBron James mentioned in the past that he and Wade talked about meeting up against one another in the playoffs. A Eastern Conference final for the ages. Cleveland has too much talent for Miami to handle.

WESTERN CONFERENCE FINALS

THUNDER OVER WARRIORS (4-3) This is probably my toughest decision yet. Golden State will eventually run out of gas at some point. My guess will be against Oklahoma City. With Steph Curry still lingering a bruised knee, I expect Thunder to go right at him. If Kevin Durant and Russell Westbrook make fourth-quarter shots then, nobody in the NBA can stop them.

NBA FINALS

CAVALIERS OVER THUNDER (4-3) LeBron will prevail and finally bring back a championship to the city since Jim Brown was playing 52 years ago for the Cleveland Browns. Playoff basketball is about toughness, grittiness and perseverance. After last year's NBA Finals, the Cavaliers have been secretly changing their style of play (more fast pace) and has been the best offensive and defensive team this postseason. Thunder are over-matched here in depth, outside shooting and defense.

GRiffin GIRLS RULE



GROSSMONT ATHLETES DOMINATE THIS SEASON.

BY KEITH KING | PHOTOS BY STEPHEN HARVEY

WOMEN'S SWIM AND DIVE

Congratulations to Coach Larry Larsen and the entire Women's Swim and Dive team for winning the Pacific Coast Athletic Conference by a dominant 271 points. The team won all three dual meets this year. In fact, during the past three seasons, the team has not lost a dual meet (9-0). Special congratulations to team member Summer Parsons, who was voted Grossmont's Woman Athlete of the Year.



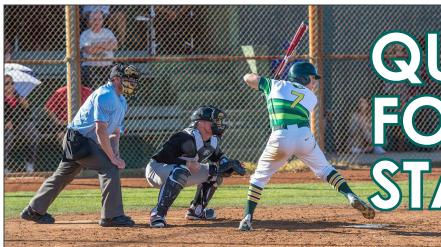
WOMEN'S SAND VOLLEYBALL

With another successful season in the books, the Grossmont sand volleyball team has added their second straight Pacific Coast Athletic Conference Championship, posting an official record of 24-3. All eligible players will be transferring with a scholarship.



WOMEN'S TENNIS

Earlier this year, we asked if the women's tennis team could get a three-peat. Well, that question was answered as The Griffins delivered their third straight Pacific Coast Athletic Conference title. The team came into the season a little inexperienced due to most of the players from last year's team transferring. This year, only two players will be transferring, leaving next year's team to be more experienced and poised for a four-peat.



QUEST
FOR
STATE

FRESHMAN OF ROBERT BOSTEDT UP TO BAT.

BY OCTAVIUS HUNTER

After capturing the 2016 Pacific Coast Athletic Conference title, our fifth-ranked Griffins recently hosted 12th-ranked Cerritos College for the Southern California Regional Playoffs. Cerritos took the early lead in the playoff series after beating Grossmont on Saturday with a 5-3 victory. The fourth inning was very disappointing for Grossmont's ace Alan Strong (8-2), allowing a season-high five runs. Grossmont's third baseman Justen Burkey scored in the sixth inning off Sean Crosby's triple, which was the last run of game. Shortstop Michael Diffley and right-fielder Robert Bostedt went 2-for-4 for the game.

[STATE CONT. ON PAGE 26]

THE SUMMIT | MAY 2016 | 17

THE HYDE ART GALLERY

BY ALYSSA BLACKHURST
PHOTOS BY MOLLY MORANZ AND ASHLEY STOUT

The next exhibition at Hyde Gallery is "The Student Art Exhibition," which is open to the public May 9, and will run until the 19. Alex DeCosta, the new Hyde Gallery Technician, shared why he believes students should take the time to stop by: "It's a great place to contemplate your day, since it's really relaxing."



Student submissions featuring
untitled photo by Jessica Aldaba

DeCosta also described the gallery as a "place of zen," where students can come on their break to de-stress and see quality art. "Also, there's air conditioning," he added.

Despite the obvious appeal of the gallery, DeCosta explained an underlying problem. He said, "A lot of people think you pay to come in here. The gallery is completely free and open to the public.

We really get no foot traffic. Students already pay tuition to come here, so of course you'd get to come in for free."

Alex DeCosta, who is originally from Ellicott, Maryland, followed in the footsteps of his great grandfather, who was a landscape painter. "I grew up with his paintings all over the house," he said. "Art was something my parents wanted me to do, so I started taking classes growing up."

DeCosta got his BFA at the School of Visual Arts in New York, with a heavy concentration in sculpture. From there, he worked several different galleries in the state, before finally interning at the New York Foundation for the Arts. "I finally moved to Southern California to be closer

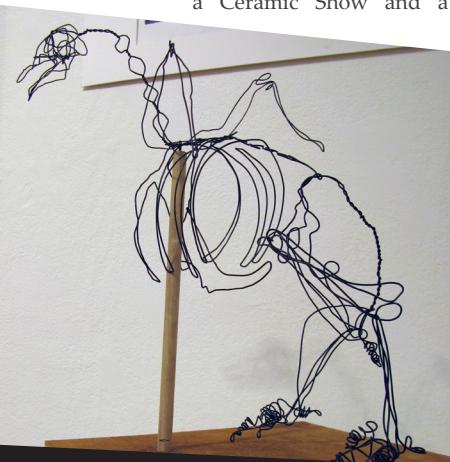
to family," he said. "I was in New York for eight years, and I needed a change of pace. After college, I was non-stop working. I did freelance for a while, before finally settling into this job."

When asked what he wants to work on next semester, DeCosta said, "What would be really beneficial to the gallery would be things like social media presence, and outreach programs on campus."

DeCosta also wants to resurrect the art council, which is a governing body that helps set up fundraisers for the gallery, and source artists for shows. This would involve a full-time faculty consisting of the art department, student representatives and people from the San Diego art community. "It's ultimately a student's gallery," he said, stressing the importance of student representatives. "I want them to be able to come to me with proposals for exhibitions."

DeCosta would like to have more high profile art shows, with collaborations between Grossmont and other art institutions in San Diego, even sourcing artwork from farther away. "I think we can increase the amount of exhibitions we have every semester, by slightly shortening current exhibitions," he said. "From there, we can have shorter turnaround times between exhibitions and then squeeze in more stuff."

For certain, DeCosta plans on having three big shows come fall—a Faculty Show, a Ceramic Show and a



"Chicken Wire" sculpture
by Safari Fabrizio

Grossmont College's Hyde Gallery showcases everything from student work to international pieces. It is open to the public from 10 a.m. to 6 p.m., Monday through Thursday.



Alex DeCosta
Hyde Gallery Technician

Student Art Exhibit. Since he said he plans to shorten the length of each exhibit, DeCosta also expressed interest in doing a two-week pop-up mini exhibition, and a silent auction that could pull work from acclaimed artists. This type of event would include a dinner, and work as a fundraiser for students. The proceeds would go to scholarships and awards for recognized Grossmont artists.

When asked about the importance of art in our campus, he said this: "One thing that's hard for people to understand about modern art and contemporary art is that it's all about the application of materials or the process by which we make objects.

"If you get into the habit of educating yourself on how to make objects, you start to appreciate more the objects that have already been made. You can also visualize the world in different perspectives," DeCosta said.

To better appreciate art and see the world through a student's perspective, visit the Hyde Gallery. It is located at Building 25, in 200 Main Quad. It will not be open for summer break.

GROSSMONT THEATER PRODUCTION

THE ODD COUPLE

A REVIEW

BY RODNEY OUSLEY

Incompatible opposites attract in this hysterical performance.

Most college-aged students have experienced the frustrations of living with a horrible roommate. In Pulitzer Prize-winning playwright Neil Simon's aptly-titled play, "The Odd Couple," two recently divorced bachelors attempt to navigate the pitfalls of mismatched cohabitation in the most hilarious ways.

When an easy-going party animal and an uptight neat freak decide to come together under one roof, not even their closest friends could predict the madness that would ensue. Slovenly sportswriter Oscar Madison begrudgingly agrees to allow his longtime poker buddy, Felix Ungar, to crash at his pigpen bachelor pad after Felix is thrown out by his wife. Initially, Felix's obsessive compulsive need for cleanliness and order is a welcome change, but things quickly take a turn for the worst as Felix begins to transform into the nagging figurative "housewife" that Oscar thought he had escaped after his own recent separation. When a double date with a pair of flirtatious upstairs neighbors goes awry, the guys' pent-up resentments for one another reaches its boiling point as the duo goes out of their way to spite and annoy each other, day and night.

This production of "The Odd Couple" was masterly directed by Grossmont theater

An easy-going party animal and an uptight neat freak decide to come together under one roof.

arts veteran, Jeannette Thomas, whose name is a mainstay in many of the theater company's credits. Thomas incorporated every square inch of the play's 1960s apartment setting, spreading the actors and their actions out across the stage to showcase its outrageous slapstick stylings, reminiscent of the classic comedy routines of Charlie Chaplin and The Three Stooges. The actors switched effortlessly from background to foreground, as the focus shifted rapidly like a high-stakes tennis match that complemented the comedic pacing of the play.

The set, designed by theater production practicum sets instructor, Michael McKeon, featured a fully functioning apartment living room/kitchen setting that spared no expense of the minor details. An adjoining bathroom, whose interior was only shown in a few glimpses, was decorated accurately with wall amenities

Some of the biggest laughs of the evening came simply from watching the two square off.

and floor tiles. Every prop and piece of furniture on the main stage was accentuated by quality lighting and staging. The costumes, designed by Joan Mathison, also reflected the production's dedication to its realistic layout, down to the holes in socks of the shabby and unkempt bachelor, Oscar. This was, of course, in direct contrast to the perfectly pressed suits and conservative wardrobe of Felix.

The casting of Garrett Johnston and Christopher Torborg as protagonists, Oscar and Felix, respectively, was spot-on due to the striking size difference between the actors alone. Some of the biggest laughs of the evening came simply from watching the two square off, center stage, as Johnston towered over his contemporary. Torborg's commitment to the role of the high-strung neat freak Felix was exemplary. The actor's face literally turned beet red, as he paced the stage reciting the passive-aggressive character's many hilarious attempts at expressing his untapped anger. Actors Bradley McFarland, Xavier Daniels, Kian Kline-Chilton and Brendan Cahalan, rounded out the strong supporting cast as the Friday night poker crew who bear witness to the chaos firsthand. And Delia

Mejia and Casey McNellen were the scene-stealers of the evening, with their scintillating portrayal of the amorous Pigeon sisters.

Grossmont Stagehouse Theatre's opening night performance of "The Odd Couple" was a resounding success all across the board, whose quality can only improve after an almost pristine opening night. Sales for summer productions are already underway, with the production of "80 Days; A Musical," premiering on July 28. Tickets, as well as season passes, can be purchased online at the Grossmont Theater Arts homepage, or at the Theatre Arts Box Office (Building 22A, Room 200 A-1).

American Sign Language interpreters will join the May 14 performance of the "The Odd Couple" at 2 p.m.





NEWS.ILLINOISSTATE.EDU

Grossmont's UMOJA PROGRAM ensures success.

BY KEITH KING

In my first semester at Grossmont, I was just wandering around campus, trying to find my way, when I stumbled across a flyer from the ECS Umoja Program. I instantly felt I had found something many college students would greatly benefit from—if only we knew it existed.

The Ensuring College Success Umoja Program is a program designed to support the persistence and retention of African and African-American students working toward defined educational goals such as certificates of achievements, associates degrees and university transfer.

Umoja is a Swahili word that means "unity," and to get a better understanding of how that word transcends the program, you need to go no further than the program's mission statement: "The Umoja Program serves educationally and economically disadvantaged students, believing that

when the voices and histories of students are deliberately and intentionally recognized, students develop self-efficacy and a foundation for academic success."

Some benefits of being a part of Umoja are scholarships, emergency funding, priority counseling and financial aid services, as

UCLA and UC Berkeley before he makes his decision.

Regassa was adamant about the importance of Umoja to his success: "I'm glad I found a place that made me feel comfortable, and allowed me to grow."

Ambrosia Iapala, also a third-year member who is on her way to Cal State Dominguez, explained how, in the past, it was just easy to leave school due to the lack of connection she had with the campus.

"Umoja kept me grounded and focused not to leave," Iapala said.

Regassa, Iapala and other Umoja members who will be graduating on May 19 will be honored with Rites of Passage, honoring their ancestors in front of family and friends. They will be awarded with their own *kente* cloth and an Award of Excellence.

Umoja is a Swahili word that means "unity."

well as campus tours, cultural field trips, peer mentoring, participation in local, statewide conferences and so much more.

In a study conducted between 2006 through 2010, African American students had the lowest levels of retention and success rates of all races combined. As a result, the Umoja program was developed as a result. Founded in 2007 and funded in 2009, the Umoja program is located at more than 30 campuses throughout California and is continuing to grow.

Students who joined "began to feel a sense of belonging and being wanted," said James Canady, a coordinator and counselor for the program.

Student Guutaa Regassa, who will be graduating in May with a major in sociology, has been a member of Umoja for three years. Regassa, a first-generation college student, who has already been accepted into UCSD and UC Santa Barbara, is still waiting on the decision letters from

The Umoja program is open to any race or nationality, offering the tools and knowledge needed to succeed from an Afrocentric perspective.

The Umoja program is open to any race or nationality, offering the tools and knowledge needed to succeed from an Afrocentric perspective. Summer programs are being offered to high school students planning to attend Grossmont in the fall. For more information, contact Umoja at 619-644-3600 or grossmont.umoja@gcccd.edu.

MISSION STATEMENT

The Umoja Program serves educationally and economically disadvantaged students, believing that when the voices and histories of students are deliberately and intentionally recognized, students develop self-efficacy and a foundation for academic success.

Water

World

Water fair splashes success.

Water is life, and many researchers and respected politicians are crying out about issues surrounding the future of our water. Issues like pollution, fracking and water rights, which are among some of the most controversial, have been front-running topics in the news media.

Griffin Gate was recently packed with students who showed up to discuss different water issues and their solutions at Grossmont's water fair.

"One of our goals for the water fair was to encourage a cross-campus collaboration," said Brendan Praniewicz, co-chair of the water fair, who said this semester had a record turn-out. "We wanted to bring professors from as many disciplines as possible into the research and development of this event."

Praniewicz said the fair successfully brought water issues to the forefront: "The water fair was successful in raising awareness about water issues, and stimulated important dialogue. Moreover, it created a learning community on campus."

Winners were divided up into three classifications: Conservation, Social Justice and Human Health. First-place winners for Conservation were Jan Okada, Jessica King, Yohann Ahou, Shayd Silva and Mark Ercolano for the "Omniprocessor" display. For Social Justice, Cidney Flowers, Vicky Chien, Raul Gonzalez, Nicholas Torres and Carlos Najera took first place for their "Flint, Michigan" display. In the Human Health category, Jamie Acan and Sofia Grant won with their "Cholera" display.

STORIES BY SEBASTIAN CAPARELLI

UNDERWATER DREAMS



LEFT: LUIS ARANDA (R) AND LORENZO SANTILLAN (L) POSE WITH AN ATTENDEE.
RIGHT (L TO R): COORDINATORS BARBARA GALLEGO AND DAVE DILLON POSE WITH CAMERON, ARANDA, SANTILLAN AND GROSSMONT PRESIDENT DR. NABIL ABU-GHAZALEH.
BELOW: THE PANELISTS DISCUSS IMMIGRATION ISSUES IN GRIFFIN GATE.



Underwater Dreams flood campus.

A documentary recently shone a light on the brilliance and determination of a handful of undocumented students.

On April 12, Grossmont hosted a free screening of the documentary film "Underwater Dreams," which tells the story of how the sons of undocumented Mexican immigrants entered an underwater robotics competition. Coming from an under-served area in Arizona, the high school students beat out MIT for first place in the 2004 competition. The 2014 film was written and directed by Mary Mazzio and narrated by actor Michael Peña.

Two days after the screening at Grossmont, a panel was held in Griffin Gate that featured two of the students, Lorenzo Santillan and Luis Aranda, as well as Allan Cameron, one of their teachers at the time. The three spoke about the struggles of undocumented students and signed copies of "Spare Parts," a book by Joshua Davis that eventually inspired a 2015 film starring George Lopez and Marisa Tomei.

SUMMER SLIM DOWN

BY OCTAVIUS HUNTER

First things first. Before you start going to the gym or running up Cowles Mountain, it's very important thing to have a plan.

"Exercise plans clearly establish what the goals (smart goals) were at the beginning of a period of work and allows us to see the progression of those goals," said Jaime Esquelin, certified fitness trainer and national fitness competitor. "Many students exercise but are not getting the full

Weeks One/Two: 3 sets, 15-20 repetitions.

Rest time between repetitions: 1:30-2 minutes.

The key is to start off at a moderate pace. Overworking your body can cause serious damage to your muscle groups. Fortunately for us, Esquelin implemented a basic workout plan for the typical college students that can be followed on a weekly basis:

MONDAY Three-minute stretch/10-minute warm-up; weight training; 5-minute cool down. Exercise bike a great way to warm-up. It also allows oxygen to circulate through your blood cells. It will help your muscles to prepare for any unusual stress. Weight training can be very difficult

at times, without proper training. Always alternate your targeted areas on different days. (Don't just bench press every day and ignore your back, arms and legs).

- Barbell Curl (Straight-bar)
- Alternating Dumbbell Curl
- Chin-Ups (Pull-Up)
- Dips (Bench)

TUESDAY Three-minute stretch/10 minute warm-up; 45-minute cardio; 5-minute cool down. Cardio workouts are extremely beneficial to your physical health. They keep your heart strong, give you great

circulation and increase your endurance, strength and overall physical wellbeing. Any workout that raises your heart rate is cardio.

- Indoor Rowing Machine (Full-Body)
- Walking/Jogging/Speed walking
- Playing Sports

WEDNESDAY REST***

THURSDAY Three-minute stretch/10-minute warm-up; weight training; 5-minute cool down. The chest muscles are a real problem area for a lot of students. Due to their sheer size, they take up a good part of your upper body and determine the overall look of your

physique. With these workouts, your chest will get bigger and toner.

- Deadlifts
- Incline Bench Press
- Bench Press (Flat)
- Lat Pull Downs
- Incline Dumbbell Bench Press

FRIDAY Three-minute stretch/10-minute warm-up; 30-minute cardio, 5-minute cool down.

- Indoor Rowing Machine (Full-Body)
- Walking/Jogging/Speed walking
- Playing Sports

- Core Exercises
- Mountain Climbers
- Playing Sports

SATURDAY Three-minute stretch/10-minute warm-up; weight training; 5-minute cool down. Stronger legs will increase your strength on your upper-body workouts and thus help upper-body muscle development. The muscles of the legs are the largest

muscles of the body. They required more energy to burn calories.

- Squats
- Leg Curls
- Dumbbell Lunges
- Leg Press
- Front Barbell Squat

SUNDAY REST***

Has this semester made your love handles stick out? The pressure of essays and stress of studying for exams can be heavy on us, so we tend let ourselves go from time to time. Don't worry, with summertime just around the corner there is still time to start planning for your "Fourth of July" body. If you have the dedication and a good diet with a workout schedule, there's no doubt you'll be ready for the fireworks.

benefits that specific plans can provide. By planning out some workouts you can make sure that you are not wasting your time and likely to get maximum results." Esquelin served in the U.S. Marine Corps for 12 years. While stationed at MCAS Miramar in San Diego, he took a fitness course at Grossmont College in 2009. "I learned that nutrition is essential to get the results you truly want," he added.

Weeks Three/Four: 4 sets, 10-15 repetitions.

Rest time between repetitions: 1:30-2 minutes.

By this time you should have more endurance, stronger muscles and some boredom. So, let's go with heavier weights and more complex exercises.

MONDAY Three-minute stretch/15-minute warm-up; weight training; 5-minute cool down.

- Close-Grip Bench Press
- Hammer Dumbbell Curl
- One Arm Dumbbell Rows

TUESDAY Three-minute stretch/5-minute warm-up; 45-minute cardio; 5-minute cool down.

- Elliptical/StairMaster/Spinning/Treadmill
- Planks (great for abs)
- Plyometrics (Box Jumps, Jump Lunges, Lateral Jumps)

WEDNESDAY REST***

THURSDAY Three-minute stretch/10-minute warm-up; weight training; 5-minute cool down.

- Incline Bench Press
- Bench Press (Flat)
- Lat Pull Downs
- Incline Dumbbell Bench Press

FRIDAY Three-minute stretch/5-minute warm-up; 45-minute cardio; 5-minute cool down. Switch it up with a yoga class today. Yoga increases flexibility and muscle strength, and helps with maintaining a balanced

- metabolism. It also improves respiratory system and protection from injuries.
- Circuit Training (Lunges/Sit-Ups/Push-Ups)
- Yoga/Zumba/Boxing/Spin

SATURDAY Three-minute stretch/10-minute warm-up; weight training; 5-minute cool down

- Squats
- Leg Curls

SUNDAY REST***

You should feel ready for the summer. By now, your physique should change and you are feeling more confident. There are plenty of tutorials on YouTube for further explanations and demonstrations of these exercises.



MEMORIAL DAY WEEKEND

Celebrate this holiday weekend, San Diego-style.

What better way to celebrate a long semester of school than a holiday weekend? Memorial Day is a day that we take to celebrate men and women who have lost their lives serving in the Armed Forces so we can be free. During this three-day weekend, we often spend time with loved ones, barbecue, hang out at the beach and sometimes travel. For those staying local this holiday, here are some ideas on how you can enjoy your weekend with your family.

SAN DIEGO ZOO

Enjoy sky-filling fireworks on Memorial Day evening here. After seeing all of the animals, stick around for the firework show honoring the troops that have and still are protecting us. It's a great way to cap off you and your family's weekend.

BALBOA PARK GARDEN PARTY

This free party will be held May 29 from 9 a.m. to 5 p.m. The day's festivities kick off with a kids floral wagon parade down the El Prado promenade at 9 a.m. and continue with a day full of kid's activities, live music, dance performances, informative lectures on gardening, tours of Balboa Park gardens and food trucks. It's great fun for you and the entire family.

SANTEE STREET FAIR & CRAFT BEER FESTIVAL

The Santee Street Fair & Craft Beer Festival takes place on May 28. This event gives you the choice of more than 300 food and vendor booths, live performances on two different stages, classic carnival rides, and, for the adults, many different choices in fine beer tasting. Entrance into this event is free.

VISTA STRAWBERRY FESTIVAL

Unless you're allergic, who doesn't love strawberries? Bring the family out May 29 and enjoy tasty strawberries in many unique forms and combinations while also enjoying rides, drinks, live entertainment, contests and so much more. It's another free event for the community.

SEAWORLD SEVEN SEAS FOOD FESTIVAL

Many of you are working on your summer bodies, but let's have just one cheat day. Once you purchase general admission into the park, you'll have access to endless tasty flavors of food and beer from across the world.

BY KEITH KING

Here's a little extra for the party-life crowd.

FRIDAY, MAY 27

Club Crawl Memorial Weekend Party

If you're looking for a real Memorial Day weekend party experience, look no further the San Diego Club Crawl. Party at the best nightclubs in San Diego with no wait or no cover charge all night. This event can include up to five different venues in one night, with drinks specials included and even free drinks in certain venues. For more info, visit sandiegoclubcrawl.com.

SATURDAY, MAY 28

7th Annual American Freedom Festival

This event will take place on board the USS Midway at 7:30 p.m. The concert will feature the World Classic Rockers, a rock n' roll band featuring former members of Steppenwolf, Journey, Lynyrd Skynyrd, Santana and Boston. Tickets are on sale now; all proceeds for this event will go to veteran organizations in San Diego. Visit midway.org/freedom.

SUNDAY, MAY 29

Pier Pressure SD Mega Yacht Party

Two decks, five DJs and a three-hour cruise. Can you say turn up? This event will be taking place on the Hornblower starting at 4 p.m., with prices ranging from \$24 to \$1,000, with group pricing also available. Enjoy the views of the San Diego skyline, harbor and the Coronado Bridge while turning up with some of San Diego's best DJs.



HEALTH FAIR SHOWS HEALTHY GROWTH.

RECAP AND PHOTO BY KEITH KING

The Health and Wellness Fair is held around the same time every year, and it seems to be growing each time. This year, the fair provided and showcased services from about 30 different organizations to our students. According to coordinator Juliette Harrington, about 300 students turned out, and about 100 participated in HIV and STD testing.

Students also participated in yoga exercises, self-defense training, blood pressure testing and many other services that were provided. For information on Health and Awareness services that can be provided at Grossmont, email Juliette Harrington at juliette.harrington@gcccd.edu.



This new site helps students find housing.

BY SHERIDAN MARTINEZ

A new outlet called ucribs.com has been created for college students to find housing more conveniently. The company has recently expanded out to Grossmont College, and it has been successful with students so far.

To find housing, students may go to the homepage and type in their school name. The website then finds close, affordable housing based on the location of the college.

The website offers lists of apartments with all the information needed, including cost, and amenities, and plenty of detailed pictures to view. The site also offers students the contact information for the housing agent and the option to make viewing appointments straight from the website.

Students can customize their searches to locate apartments or housing with a specific number of bedrooms, cost limits or distance from their school. The best part about this service is that it is completely free to students. Enjoy uCrib, Griffins.

MAY THE SCOOPS BE EVER IN YOUR FAVOR

Griffin Grill serves another amazing soup for May.

BY SEBASTIAN CAPARELLI

This month Grossmont's kitchen has some great things cooking. Summer is on the horizon, but before we can trade our shoes for sandals and a beach towel, we must overcome our great nemesis: the final exam. As in any war, more often than not, it is the force which eats that wins. Sleep and good food are essential elements of being ready for finals.

With this in mind, we return to another great soup right in our own kitchen. Hearty home-style pepper and beef is jammed pack full of ingredients sure to satisfy the taste buds and fuel the number crunching. This soup starts with a wonderful tomato broth permeating the scene with garlic, thyme, and the overflowing sweet peppers and beef, which find their way into every spoonful. This soup is a sure bet if looking for something wholesome and flavorful in Griffin Center.



GROSSMONT BRIEFING

BY SEBASTIAN CAPARELLI SPEECH AND DEBATE TAKE ALL

Grossmont College's Speech & Debate Team came home with a win from this season's last tournament, which was held at Saddleback College on April 24. Alexis Groves was awarded second place in the Informative Speaking category. Other team contributors included Alexis Michael Martin, Yahya Al Turaik and Mellania Sog.

SOGI TAKES DRAG

Sexual Orientation and Gender Identity Club (SOGI) students will be hosting a fun event for all who cherish fun and diversity. The Big Drag Show is a way to raise awareness for the club and raise funds by voluntary donations at the door. The doors open on May 12 at 6:30 p.m. in Building 26, Room 220. The show will begin at 7 p.m.

DEFATING THE OBSTACLES

The Student of Note awards will be held in Building 34, in the lobby of the Health and Sciences Complex, on May 13 at 5:30 p.m.

The awards ceremony is always a moving event because it is centered on students who have overcome significant obstacles to achieve their goals as they graduate. Faculty and staff nominate the students for this honor and are often direct witnesses to the amazing spirit revealed through difficulty. Come see a beautiful moment and help send off these students to even greater things in the future.

A DELIGHT IN PLAIN SIGHT

There are many hidden gems on Grossmont's campus. Some are right before your eyes and you wouldn't even know it. If you go between buildings 51 and 55, you will see many tables where students often sit at to study.

But the building is commonly overlooked. It shouldn't be because it offers delicious drinks for students. They are most known for their drinks that are closely related to Starbucks, but the yummy delight is the smoothies. It's like our very own Grossmont Jamba Juice. So if you want a refreshing drink aside from coffee, energy drinks and soda, go and get a smoothie!

—ASHLEY STOUT



LOOKING FOR A JOB?

Environment California is looking for students who want to make a difference on issues that matter this summer.

A statewide, citizen-based, environmental advocacy organization, Environment California works to protect the state and other places around the country.

They are looking to build public support their campaign to save bees and stop the use of bee-killing pesticides.

"We depend on our bees to pollinate most of the food that we eat like strawberries to coffee to the alfalfa that feeds dairy cows," Loren Whitaker, the organization's local recruitment director, said in a statement.

Thirty percent of all bee colonies have been lost each year, which is not good. The use of bee-killing pesticides needs to stop, and Environment California needs students' help to make a real change. The bigger the support team, the more that can get done to help this issue. The organization said it needs students who have the skills and leadership ability to get things done and make a difference.

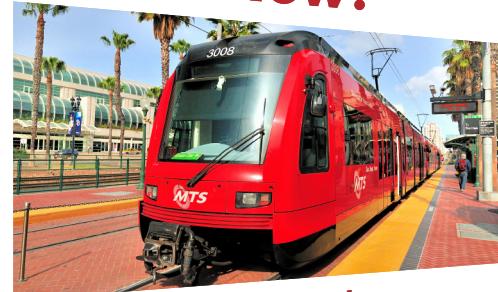
Through the job, you can learn how to lead a team, run news conferences, gain public speaking skills, raise money and motivate people to get involved and take action. These skills will benefit your future in the long run, no matter what career path you choose.

And, the pay is good. You can make no less than \$4,000 and nearly \$7,000. This is not your typical summer job, but it can make a difference! For more information, call 619-297-5512.

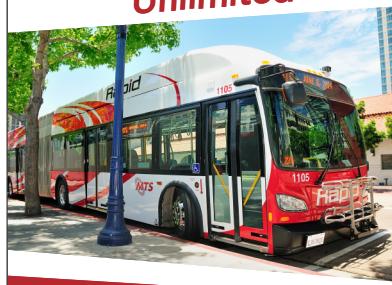
—ASHLEY STOUT



Monthly Transit Passes on Sale Now!



Unlimited rides all month long!



Current, valid college student picture ID required.

No replacements for lost, voided or stolen stickers.

\$57.60

On sale at the Activities Office,
Student Center.

f SDMTS
t @sdmts
o @sdmts • Trip Planning: sdmts.com or (619) 233-3004

REMASTER

[CONT. FROM PAGE 6]

to always think of as being cash-grabs. These titles are *Tomb Raider* and *The Last of Us*. Even though both were released in 2013, they were re-released a mere year later.

These acclaimed titles had easily pushed the limits of last generation consoles, so when their graphics and gameplay were merely tweaked for the next generation of consoles—it stuck out. But these two remasters still sold, and their purchase still came easy for some. For instance, Shelvay had never owned a Sony console, and thus missed out on console exclusive video games, *The Last of Us* being one of them.

"I migrated over from the Xbox 360 to the PS4," Shelvay said. "To me, trying out the game in a complete package, with its DLC on the new console was worth my money."

Shelvay believes HD Collections and Remasters are valid if they meet some requirements, "The first being that it's been a long enough period of time that the hardware the original game was created on is nearly obsolete.

"The remaster also has to come with all The DLC, and/or all parts of the series for a retail price equal or less than a new release," he continued. "To me, as long as it meets those two requirements, it's legitimate."

Although Shelvay said a revival of a video game should come when hardware is clearly obsolete, it begs the question of when a classic should remain merely that—a classic. Similar to the video game industry, the film industry has controversially taken it upon itself to remake classic movies with new actors or to transition a film to ultra-high resolution, the Blu-ray disc in lieu of the DVD. When a movie or a video game is almost universally known as brilliant, is its revisit uninspired and frankly unnecessary?

When asked at what point we should leave video games untouched, Shelvay had this to say: "I think we already allow some classics to remain classics and some games to be remastered. There's really no particular criteria for which games get chosen and which are allowed to sit in the hall of fame untouched.

"However," he continued, "I will say that even if games are not remastered by their developers and publishers, if they have a passionate enough following, fans will find ways to keep those games relevant."

NINA

[CONT. FROM PAGE 8]

agrees to follow Simone to France and becomes her road manager

as she prepares to embark on her much anticipated comeback.

Complications amass quickly for Clifton as he struggles to simultaneously act as the troubled singer's business manager and live-in nurse. While the inexperienced youngster desperately tries to unravel the tangled business affairs and book signing gigs for the blacklisted star, he also must cater to the demanding diva's every whim, which include copious amounts of alcohol, enduring spontaneous fits of violence and anger, and even arranging anonymous sexual liaisons with random men for the fallen star. When Clifton finally takes a stand and forces Simone to account for the chaos in her life, the two set their sights on planning her long-awaited return to the American stage.

Unfortunately for *Nina*, musician-based biographical films, like 2004's *Ray*, set the standards for the genre ridiculously high with actor Jamie Foxx's mesmerizing portrayal of rhythm and blues icon Ray Charles, both on and off the stage. As undoubtedly incredible of an actress Saldana is, all of the prosthetics and makeup tricks in the world could not convince me that she was a deeply troubled woman in her 60s. The actress, who was only 34 at the time of filming, constantly failed at attempts to emulate Simone's signature wit and sass, as her performance seemed better suited for a *Saturday Night Live* spoof than a dramatic film. Her all-around awkwardness pushed her screen partner's supporting performance even further into the background, which was very disappointing follow-up of Oyelowo's rousing portrayal of Dr. Martin Luther King Jr., in *Selma*. The only noteworthy acting performance of the entire film comes from a completely random cameo by comedian Mike Epps, in the role of iconic stand-up comedian Richard Pryor.

To her credit, Saldana does all of her own singing in *Nina*, and her covers of Simone's songs are surprisingly good. Let's be clear, similar to the actress's physical appearance, her singing voice is nowhere near comparable to Nina Simone's. Frankly, she doesn't sound like Nina Simone at all, but the actress' voice has a pleasant and beautiful tone all the same. Saldana's most noteworthy vocal performance was during an acapella rendition of one of Simone's most profound hits, "To Be Young Gifted and Black," which the actress sang live on set. All of the other songs were pre-recorded beginning with the film's opening number of the classic jazz standard "Feeling Good," but similar to her acting, Saldana's onstage

interpretations fell disappointingly short of the power and intensity of Simone's real-life performances. But she has come a very long way from her karaoke sequences with Britney Spears in *Crossroads* in 2002.

In the film *Nina*, Zoe Saldana portrays a physically and emotionally afflicted superstar on a road to redemption that is based on a true story. Unfortunately we have no idea who the subject of this story is, because it is certainly not Nina Simone as anyone with functioning eyes and ears could tell you. The biggest sin a biographical film can commit is to present us with a caricature of an individual, and not a true heart and soul representation. We can only hope that Hollywood has learned from this, and we won't be seeing the biography of Barbra Streisand starring Beyoncé Knowles in *White Chicks*-styled makeup and a prosthetic nose in the near future.

campus is guaranteed, since they are always looking at every space for its best utilization.

Full disclosure: Sebastian Caparelli is the student trustee elect for the Associated Student Government. He takes over duties as the Student Trustee on June 1.

STATE

[CONT. FROM PAGE 17]

After the game, head coach Randy Abshier told the team that they worked too hard to lose to a lower seed team. He also asked them to consider the type of ending they would write to the story of the fall 2016 season. The answer is clear, from the way they walked into the gates Sunday morning.

Coach Abshier's speech must have resonated with the team. Sunday's games were a different story for the men's baseball team. Facing playoff elimination, Grossmont defied the odds and swept Cerritos College with a 3-2 win in the second game, and dominated the third game in a 6-2 victory.

Grossmont started off hot in the top of the first inning of game two. Infielder, Cabot Van Til, scored off a single from designated hitter Noah Strohl. Then, Robert Bostedt scored in the top of the second inning from a sacrifice fly out by Justen Burkey. Eric Hefner managed to earn a run for Cerritos, off a single from Mike Heenan in the bottom of the third inning. But Grossmont scored again in the top of the fourth inning with an unearned run by Burkey. Pitcher Donavon McCrystal (9-0) went seven innings, only allowing two runs with four strikeouts.

In game three, Cerritos College had a 1-0 lead scoring in the first inning, but Grossmont answered back in the third. Second baseman Andres Rios led off with a home run, followed by two unearned scores from Justen Burkey and Cabot Van Ti. Then, Justin Mitch advanced home from a costly error and Rios scored again in the bottom of the fourth inning.

Although, Cerritos' Mike Heenan scored off a double in the fifth, another error clinched the game for the Griffins. Rios went 2-for-3 in the game with two hits, two runs, and one home run. Cabot Van Til hit well for Grossmont, going 2-for-5 with two hits, one run and three RBIs.

"We played solid in all three facets of the game—pitching, defense and hitting," Abshier said. "They came in today's games with a win attitude and effort."

Grossmont advances to the second round to face Bakersfield.

Dripping in Gold



HIGHLIGHT BY SHERIDAN MARTINEZ

With summer just around the corner, it's time to lather on the sunscreen, but, most importantly, apply that highlighter.

Highlighting has become an extremely popular trend and everyone's dying to have that summer glow. If you have never heard of highlighting, it's a makeup trick used to "highlight" your features—usually the high points of your cheeks, Cupid's bow and nose.

Highlights can come in a powder form, liquid or cream and are usually gold or silver sparkly formulas to make sure your best features stay accentuated.

Grossmont student Mabel Alvarado said, "My favorite highlighter right now is the baked ELF highlighter in 'Pinktastic.'"

Lucy Johnson, another Grossmont student, said: "I use a highlighter stick by Benefit called 'Watts Up.' I feel like it goes on a little more pigmented and shiny than powder highlighter, plus it's only \$30 and the Becca ones and a lot of others are like \$40 or more."

Follow these summer hacks for the best look:

Pop that highlight. To really get that summer glow, before applying the highlight, apply some setting spray to your cheeks, you can use Urban Decay's (\$30) or even ELF's setting spray (\$6). With your cheeks moist, the highlight will really look dewy and pop even more.

Moisturize the night away. With summer coming your skin is going to be very dry, so make sure to keep up with the moisturizer, in the morning when you wake up and before you go to bed. Use St Ives Collagen Elastin Facial Moisturizer for \$6 and 10 ounces of product.

Dab, dab, dab! Don't forget to use oil-blotting sheets this summer, because it will get hot and sweaty, and you don't want to touch your face or tamper with your makeup. Best quality blotting papers are NYX's 100 sheets for \$6.

ACCESSORIZE BY ASHLEY STOUT

Let your chain hang low: Is it platinum? No, it's gold. Body chains are in and are the sexiest pairing with any outfit. Drape it over a simple summer dress, or under a crop top and shorts. Chains come in many different variations; your curves will be eye catching with this golden accent.

Tatted: When you were younger, temporary tattoos were the coolest thing. Well, now you're in your 20s and they are still the coolest thing ever. Now with a fresh, new, hip twist: Metallic gold flash tattoos, coming in many artistic patterns, symbols, and words. It's a new fun way to accessorize.

Don't Choke: Take a deep breath, because chokers are back. The '90s trend you couldn't let go of is letting you give it another shot. With the comeback of this old trend, comes new designs. Chokers come in more than the original twisted black hoops. They come in all shapes and sizes, but still hold a close grip to the neck. This will give you a cute vintage look, but still keeps with the trends of today.

BECCA x Jaclyn Hill Shimmering Skin Perfector in *Champagne Pop* or *Opal*. \$38

Colourpop Cosmetics Super Shocked Cheek in *Lunch Money* or *Hippo*. \$8

Urban Decay Naked Illuminated Shimmering Powder for Face and Body. \$30

The Balm in *Mary-Lou Manizer*. \$24

Anastasia Beverly Hills Glow Kit in *That Glow* or *Gleam*. \$40.

Jeffree Star Cosmetics *Skin Frost* highlighter. \$29





SUMMER CONCERT CALENDAR 2016

BY OCTAVIUS HUNTER | DESIGN BY TOMAS NERI

SUMMER IS THE PERFECT TIME TO CHILL OUT WITH SOME GREAT TUNES. IF YOU'RE PLANNING ON STICKING AROUND SAN DIEGO, BE SURE TO CHECK OUT THESE SHOWS.

05/13 SKO Concert

Blonde bombshell Gwen Stefani has no intentions of slowing down. In addition to being a judge on the NBC's television show "The Voice" and working on her third solo album, Stefani will be performing at **Sleep Train Amphitheatre** alongside other stars. Tickets start at \$30 for lawn.

05/15 Snoop Dogg

The "Godfather" of West-Coast rap will be coming to San Diego for his "Summer 16" tour at **Fluxx nightclub**. Wiz Khalifa, Kevin Gate, and Jhene Aiko will be joining Snoop Dogg on tour. This is a must-see event. You can find tickets prices starting at \$10.

05/17 Tech N9ne

Tech N9ne will take the stage at **Observatory North Park** for his "Independent Powerhouse" tour. Strange Music, including Ces Cru, Stevie Stone, iMayday, Rittz and Krizz Kaliko will be there as well. Tickets are \$35. Make sure to arrive early to find great parking.

06/15 Slipknot

Grammy Award-winning Slipknot will be performing with Marilyn Manson

to promote their fifth album "The Gray Chapter" at **Sleep Train Amphitheatre**. Of Mice & Men will also be performing on stage. Prices for tickets are starting at \$20 and up.

06/25 Jacksons

The iconic group comes to the **Del Mar Fair** for only one performance at Heineken Grandstand Stage. The Jackson brothers will perform mega-hit songs like "ABC," "I'll Be There," and "I Want You Back." Ticket prices ranges between free admission to \$110 for floor/dinner packages.

07/09 Slightly Stoopid

San Diego's own reggae band is getting ready to hit the road for their big "Return of the Red Eye Summer" 16 tour. But fear not, you still can catch them at **Sleep Train Amphitheatre**. They'll be alongside SOJA, Zion I, The Grouch, Eligh and Fortunate Youth. Tickets start at \$30.

08/05 Vans Warped Tour

If you are looking to rock out, look no further than the Van's Warped Tour at **Qualcomm Stadium**. The stage will be mind-blowing with performances from Sum 41, New Found Glory, Tonight

Alive, Reel Big Fish and many more. Tickets prices range from \$40 to \$50. Stay hydrated, because it will be hot!

08/30 Journey and The Doobie Brothers

Legendary rock bands Journey and the Doobie Brothers will conclude their "San Francisco Fest 2016" tour at **Sleep Train Amphitheatre**. Dave Manson is expected to perform as well. Ticket prices ranges from \$30 to \$145.

Other Can't-Miss Shows

Petco Park

05/14 Billy Joel

Observatory North Park

06/09 Cam'ron and the Underachievers

08/03 The Claypool Lennon Delirium

Belly Up

06/17 Tokyo Police Club

06/24 CeeLo

06/25 Red Not Chili Peppers

Sleep Train Amphitheatre

08/26 Dave Matthews Band

08/27 Snoop Dogg