

The

# SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | DECEMBER 2016



# SPECIAL DELIVERY

ILLUSTRATION BY KAILIN STROTHERS

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## The SUMMIT

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# Christmas Classics



*Happy Holidays!*  
- From the Summit Staff

**JOIN  
US NEXT  
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Sign up for MCOM-  
132: Media News  
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**Summit Staff (Clockwise from top left):** Kyle Cascante, Symon Goro, Daniel Zaragoza, Brandon Sumrow, Ryan Grow, Kristelle Villa, Alyssa Blackhurst and Michelle Davis

**PAGE DESIGN BY STEPHANIE SMITH**

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# A holiday get-away for vacation days

Why not use your time off to see some sights?

BY KRISTELLE VILLA  
DESIGN BY KAILIN STROTHERS

Winter break is not just an opportunity to celebrate the holidays with family, but also a time when students can go on trips either with family or friends.

For those who plan on transferring to a university, either out of town or out of the state, they can take a road trip to the school or schools they plan on applying to, since it's a good way to check out the campus and town to find out if that college is the right fit for you. It is also a good way to familiarize yourself with the area, so you are not met with any surprises, or overwhelmed with a new town and people.

Road trips to colleges can also be a good opportunity for parents and college students to bond. They can also provide some comfort to parents who might have trouble letting their children go away to college.

Of course, visiting colleges is not the only reason to take road trips. Genevieve Galloway, a student here at Grossmont, often takes road trips with her mom and stepdad to either Sedona or Bisbee, Arizona, during winter break. Galloway said her family likes to visit Sedona since it's not so hot during the winter season. While in Sedona, they will visit small shops and landmarks, and a few restaurants that are unique to the area.

It can be easy to overspend while on trips, especially if you plan on staying the night at hotels, or buying souvenirs. Galloway suggested planning ahead, so that you can budget and do research on motels and hotels, finding one that fits your budget. With souvenirs, Galloway said to think, "Do you really want it? Will you regret getting this later?"



Galloway also visits Bisbee, Arizona, because it has historical family significance. It is where her Grandma lived, and eventually met and married her grandfather. Bisbee is also a historical mining town, where they offer tours of some of the old mines. "You get to go into the actual mine," Galloway said. "You don't go super deep, but you get to go into the caves."

Galloway and her parents also take the time to visit some local restaurants they enjoy. One is called the Screaming Banshee, which is a pizzeria, and another restaurant called the Bisbee Breakfast Club.

If you can't take long trips over winter break due to work, or perhaps just not having the time, then spending a day or two at Disneyland is another option. With the park decorated for Christmas, it's the perfect opportunity to get into the holiday spirit, and perhaps relive some childhood memories. Universal Studios will also be joining in the Christmas spirit with their Grinchmas event, and with Harry Potter World now open, there is more of a reason than ever to visit.

But theme park tickets can be pricey, and both of them will mostly likely be packed with families who also want to experience a winter wonderland at their favorite park. So if you are looking for a less crowded and inexpensive getaway, the Anza Borrego State Park might be the perfect destination for you. The park has camping grounds, and trails to hike on for those looking for an outdoor experience. You can even choose to stay at one of the many hotels or resorts the small town of Borrego Springs offers.

If camping does not interest you or you only are able to have a day off of work, then there are a few places in San Diego that you can visit. One of them is the San Diego Zoo, which will have its Jungle Bells through Jan. 2. The whole zoo is decorated in festive Christmas lights and there are shows throughout the day.

SeaWorld will also be decorated with festive lights and hold special events for the holidays. Although most of these events are geared toward young children, the park will have a 320-foot Christmas tree on display and special holiday treats at their restaurants. This event goes through Jan. 1, and is then followed by

their Lunar New Year which goes from Jan. 28 to Feb. 20. During this event, the park will have Asian-inspired food, lion dancers during their parades, and Chinese Acrobats of Hebei.

Even though December Nights is over, you can still visit Balboa Park and take advantage of its Residents Free Tuesdays. Depending on the date a few museums are open for free, as long as you are a resident of San Diego. Be sure to check the schedule to see what museums are free so you can go to the one you really want to go to. Of course, if you go on another day and don't want to buy a ticket or are not interested in museums there are still the trails you can explore, and the gardens you can visit.

You can also visit Julian for apple pie and hot cider, and if you are lucky, you might be able to catch some snow. Finally there is the Hotel Del Coronado, where you can admire the Christmas decorations and go ice skating at the hotel's ice rink, which is open to the public and is right next to the beach. It doesn't get more San Diego than that.

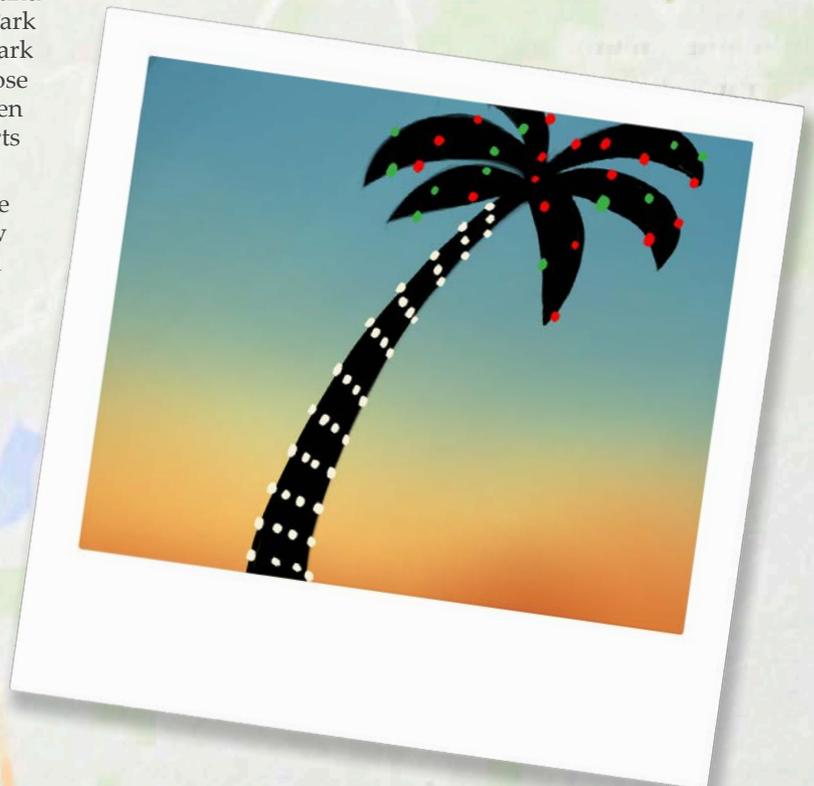
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## get out there

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# CHECK YOUR LIST TWICE ...AND DON'T PANIC

Get everyone what they want this holiday season, and stay on budget while doing it.

BY RYAN GROW  
DESIGN BY BATOUL RUBAIE



**S**hopping for Christmas gifts can be stressful at times, especially financially. Learn how to budget your holiday gift spending and make this year the one where you come in on (or under) budget.

- 1. List everyone that you are going to be shopping for this holiday:** Having a list of everyone you intend to shop for is the key to staying on budget. Make a copy of the list on your phone, so that you have a backup in case you forget your list at home.
- 2. Figure out how much you are willing to spend:** Look at your bank account and determine how much you can afford to spend on gifts. Set this figure as your overall holiday gift budget.
- 3. Divide your gift budget among the people on your gift list:** Look over your gift list, and decide how much you would like to spend on each person. Then, total up the expected spending for all gifts, and make sure it does not exceed the gift budget that you established in step two. Rework your figures as necessary.
- 4. Brainstorm gift ideas:** Go through your list again, and jot down gift ideas that fall within the budget range that you've set for each person.
- 5. Tweak your budget to cover any instances of overspending:** Don't panic if you overspend on a gift; just scale back your spending on another gift to make up for it.

## TOP HOLIDAY GIFTS



### AGES 3-10

The new trending toy this year is the adorable Hatchimals Pengualas—cute, fuzzy animals that are inside an egg, which can be found at Target, Walmart and Toys "R" Us. Throw 'N' Pop Pikachu and Poké Ball, and Trolls Poppy's Coronation Pod are also top contenders, as Pokémon never goes out of style, and with the new *Trolls* film now in theaters, toys from the film are sure to be winners with kids.



### AGES 11-18

As children get older, their interests change with them. Nintendo 3DS is still very popular right now, especially with new Pokémon Sun and Moon games just being released in time for the holidays, and of course the PlayStation 4 is also just as popular. You can find these at Target, Walmart, Best Buy and GameStop. And some girls get pickier as they get older. An iPhone case, makeup and bath and body items tend to be the winner with tween and teen girls.



### AGES 18+

Once people get older, they get harder to shop for. That's why gift cards to just about anywhere are always a winner.

# JINGLE BELLS ARE RINGING

Grossmont's music department has a lot to offer, all year round.

BY BRANDON SUMROW

The Grossmont music department is headed by Derek Cannon, Music Department Chair and Director of Jazz Studies. The department offers over 60 undergraduate music majors taught by renowned performers, conductors, composers and teachers. The Grossmont music program seeks to prepare students to transfer to a four-year institution and to play professionally.

Musical performances include classical, orchestral, Afro-Cuban and Jazz.

Jeremy Field, a former Grossmont student, is a success story. Having gone through Grossmont's music program, he now attends California State University, Long Beach, which offers a sought-after music program for California residents.

Field said that Grossmont "offered a wide variety of classes and ensembles, which helped me figure out exactly what I wanted to do." He also went on to add that the Grossmont music department is "both challenging and supportive."

Xavier Quintero is a music student currently at Grossmont. He has been playing trombone for four years and now plays for Grossmont. He is the principal chair, which he says is an achievement he is immensely proud of: "My experience playing for the various Grossmont ensembles has been amazing. I really enjoy rehearsing and performing with the groups here," Quintero said.

The music program offers a range of courses. Whether you are a novice musician, have been playing for a few years, or are an incognito Mozart, there is a place for you in the Grossmont music department.

Courses are also available in music history, such as rock and jazz. If you're into music but playing isn't your thing, enroll in a music history course to broaden your knowledge, exposing you to new sounds that enrich your soul.

If you didn't get the opportunity to catch a concert, there will be concerts every month next semester.

## UPCOMING PERFORMANCES

### Grossmont College Gospel Choir

*Featuring Lori Shields, Gospel artist*

**When:** Saturday, Dec. 10 at 6 p.m.

**Where:** Grossmont College Recital Hall (26-220)

**Admission:** Free

### Winter Concert Cadence Vocal Jazz Ensemble

*Directed by Melonie Grinnell*

**When:** Sunday, Dec. 11 at 6 p.m.

**Where:** Grossmont College Recital Hall (26-220)

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

### Chamber Music Grossmont Symphony Woodwind and String Quintets

*Performance 1*

**When:** Friday, Feb. 24 at 7:30 p.m.

**Where:** Santa Sophia Catholic Church (Casa de Oro),  
9800 San Juan St., Spring Valley

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

*Performance 2*

**When:** Sunday, Feb. 26 at 4 p.m.

**Where:** Point Loma Presbyterian Church, 2128  
Chatsworth Blvd.

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

### Transfiguration

*Presented by Grossmont Symphony Orchestra &  
Master Chorale. Featuring soloist Gregg Nestor,  
classical guitarist.*

**When:** Friday, March 10 at 7:30 p.m.

**Where:** St. John of the Cross Catholic Church,  
8086 Broadway, Lemon Grove

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



BY RYAN GROW

# HO! HO! HO...LD ON THERE A MINUTE ...

Sometimes the best holiday movies are on the naughty list.

**Y**ou will most certainly have a naughty Christmas if you're looking for holiday films at the cinemas. Christmas-themed films are overwhelmingly rated-R this year, starting with the return of Billy Bob Thornton in *Bad Santa 2*. Enjoy this and other raunchy films coming this holiday season.

## IN THEATERS BAD SANTA 2

*Starring Billy Bob Thornton and Kathy Bates. Directed by Mark Waters.*

Fueled by cheap whiskey, greed and hatred, Willie Soke (Thornton) teams up with his angry little sidekick, Marcus, to knock off a Chicago charity on Christmas Eve. Along for the ride is chubby and cheery Thurman Merman, a 250-pound ray of sunshine who brings out Willie's sliver of humanity. Mommy issues arise when the pair are joined by Willie's horror story of a mother, Sunny Soke (Bates), who raises the bar for the gang's ambitions while somehow lowering the standards of criminal behavior.



## OPENING WEEKEND OFFICE CHRISTMAS PARTY

*Starring Jennifer Aniston, Jason Bateman, T.J. Miller and Kate McKinnon. Directed by Josh Gordon and Will Speck. Releases Dec. 9.*

When the CEO (Aniston) tries to close her hard-partying brother's (Miller) branch, he and his chief technical officer (Bateman) must rally their co-workers and host an epic office Christmas party in an effort to impress a potential client and close a sale that will save their jobs.

## COMING SOON WHY HIM?

*Starring Bryan Cranston and James Franco. Directed by John Hamburg. Releases Dec. 23.*

Over the holidays, Ned (Cranston), an overprotective but loving dad, and his family visit his daughter at Stanford, where he meets his biggest nightmare: her well-meaning but socially awkward Silicon Valley billionaire boyfriend, Laird (Franco). The straight-laced Ned thinks Laird, who has absolutely no filter, is a wildly inappropriate match for his daughter. The one-sided rivalry – and Ned's panic level – escalates when he learns that Laird is about to pop the question.



TOP: BAD SANTA 2 STILL, © BROAD GREEN PICTURES  
MIDDLE: OFFICE CHRISTMAS PARTY STILL, © PARAMOUNT PICTURES  
BOTTOM: WHY HIM? STILL, © 20TH CENTURY FOX

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# TALKING TO TRUMP



Grossmont joins California colleges discussing immigration in light of current political climate.

BY ALYSSA BLACKHURST | DESIGN BY SINAI GARCIA

On Nov. 29, the California Community Colleges, University of California and California State University wrote a letter to President-elect Donald Trump. This came after students expressed concerns over the considered ending of Deferred Action for Childhood Arrivals (DACA).

This American immigration policy, penned by the Obama administration in 2012, allows minors who immigrated to the United States before June 2007, to be eligible to receive a two-year (renewable) period that exempts them from deportation and grants a possible working permit. This grace period, which does not guarantee citizenship, could be granted so long as the minors had graduated or were attending school, and had not been convicted of a felony or misdemeanor.

Our three systems of colleges and universities have thousands of DACA students in attendance. Janet Napolitano, president of the University of California, Timothy White, chancellor of California State University, and Eloy Ortiz, chancellor-designate of California Community Colleges, said they are fighting for them. The letter urges the continuation of this program to “allow these young people to continue to pursue a college education and contribute to their communities and the nation.”

In the letter, the authors also reviewed the fundamental purpose of the DACA—that no one be punished for the actions of others.

“In order to be eligible for DACA, an individual must have been brought to this country as a minor, stayed out of trouble, and continued to pursue an education,” the letter said. “These sons and daughters of undocumented

immigrants are as American as any other child across the nation, in all but in the letter of the law. Some never even spoke the language of their native land. They do not represent a public safety threat. In fact, they represent some of the best our nation has to offer,” the letter said.

James Ruf, a San Diego State University student, said how this is “a good thing from a humanistic perspective.

The resolution called implementing a “sanctuary campus” a “concrete action that the college can take to support and protect the people within our community, who are living in extreme fear and uncertainty.”

“In my opinion, everyone deserves an education and to feel safe where they get it,” Ruf said. “I’m generally against deportation, so that probably makes me biased, but education seems like a really big reason people come here in the first place. I doubt anyone would argue that wanting a better education is wrong.”

Grossmont student Bronson Cuellar disagreed: “I’m worried that what they’ll be doing would be federally illegal, resulting in the federal government cutting funding to any schools that aren’t

willing to uphold federal law.

“I wish that instead they prioritized providing education to the thousands of local students who are otherwise pushed out of the systems, and in turn, keep their federal funding,” he said.

In keeping with the stance of the letter, Grossmont’s Academic Senate discussed drafting a resolution to make Grossmont College a “sanctuary space” on Dec. 5. Although in the meeting, Tate Hurvitz, an English professor and the president of the Academic Senate, admitted that “what that means precisely is little bit of a gray area.”

The resolution called implementing a “sanctuary campus” a “concrete action that the college can take to support and protect the people within our community, who are living in extreme fear and uncertainty.”

The draft resolution asked for an “unequivocal, public declaration of our college’s support” for “undocumented students, staff, and their families on our campus.” It further requested that the school guarantee the privacy of students by refusing to release information regarding immigration status, and that the school refuse to comply with immigration authorities regarding any deportations or raids.

Such actions from immigration authorities are currently discouraged, but there is no legal mandate restricting them. With the change in administration, there is “insecurity of future policy,” Hurvitz said.

“Worst-case scenario” consequences for drafting this resolution include pulling federal financial aid and funding that come to the college, which, Hurvitz said, “is no small matter.”

Several Academic Senate members were

[SANCTUARY CONT. ON PAGE 18]

# SCREEN TRANSITIONS

## — IS HOLLYWOOD STILL PLAYING GAMES? —

BY ALYSSA BLACKHURST  
DESIGN BY KENDRA CONSTANT

Since the first video game movie, *Super Mario Bros.*, released in 1985, Hollywood has been trying to adapt critically-acclaimed video game titles into successful blockbusters.

There have been some notably lucrative entries into the industry, such as *Lara Croft: Tomb Raider*, which grossed \$274 million, and *Prince of Persia: The Sands of Time*, which grossed \$336 million worldwide. Both films even managed to attract household names, as Lara Croft was played by Angelina Jolie and Dastan was portrayed by Jake Gyllenhaal.

*World of Warcraft's* film, simply titled *Warcraft*, took it a step further by making history. Released earlier this year, it made \$433 million worldwide, making it the highest-grossing video game movie of all time.

Despite box office success stories, most video game movies aren't commended by critics, rendering much less making it to fruition. Over the years, a whopping dozen titles have been announced as upcoming movies, before entering what Neil Druckmann calls "development hell."

Druckmann, *The Last of Us* game director, was previously hired to be the film's screenwriter, the announcement being made at San Diego Comic-Con International in 2014. It was rumored to star Hugh Jackman (*X-Men*) and Maisie Williams (*Game of Thrones*), with Sam Raimi attached to produce. Just a year and a half later, in an interview with IGN, Druckmann confirmed "there hasn't been any work done on it in over a year and a half."

Regardless of these failed attempts at

transitions, gamers can still look forward to two video game movies that are certainly getting a silver-screen release. *Assassin's Creed* will debut Dec. 21, with *Resident Evil: The Final Chapter* coming Jan. 27. In anticipation of these movies, some Grossmont gamers gave their thoughts on how Hollywood has handled these adaptations, and if they could potentially be a norm in the industry.

Student Elden Hodge explained why video games are difficult to adapt to film: "In order to really translate a video game to film, you have to understand the essence of the video game. All the movies made so far have failed to do this in some degree. This is because a lot of creative people don't view video games as a valid form of art, which leads them to not really try to understand the spirit or feel of a video game.

"There's a stigma surrounding video games," Hodge continued. "When they're not considered art or educational, they're instead labeled as childish or a waste of time. That creative indifference is what I believe leads many game developers to back out of movie deals, or feel that the deal isn't right for their game."

Student Jeff Lucerio said that he has seen good video game films, *Prince of Persia*:

*The Sands of Time* and *Ace Attorney* being his favorites. "They're standalone with a competent plot and likeable characters, while staying true to the thematic underscore of the video game," he said.

Lucerio said video-game movies can be enjoyed if fans go in with an open mind: "Video-game movies tend to do badly because, like with all adaptations, people go into the movie theater expecting to re-experience the entire video game. It's different than a book adapted movie though, because video games are a version of visual media."

When fans are shown something that is also visual media, but not the same as the game, it is reasonable that they would be disappointed. It is generally impossible to make an identical copy of a video game, especially when a game, on average, can take some 20 hours to complete.

In addition, adapted movies aren't interactive in the way that video games are. In a video game, the player is in a hands-on, starring role, planted at the center of all the action. In a view-only experience, they can feel a loss of connection. By giving up on this idea of a perfect replica, fans would be embracing the true nature of an adaptation.

Even from a mere trailer, *Assassin's*

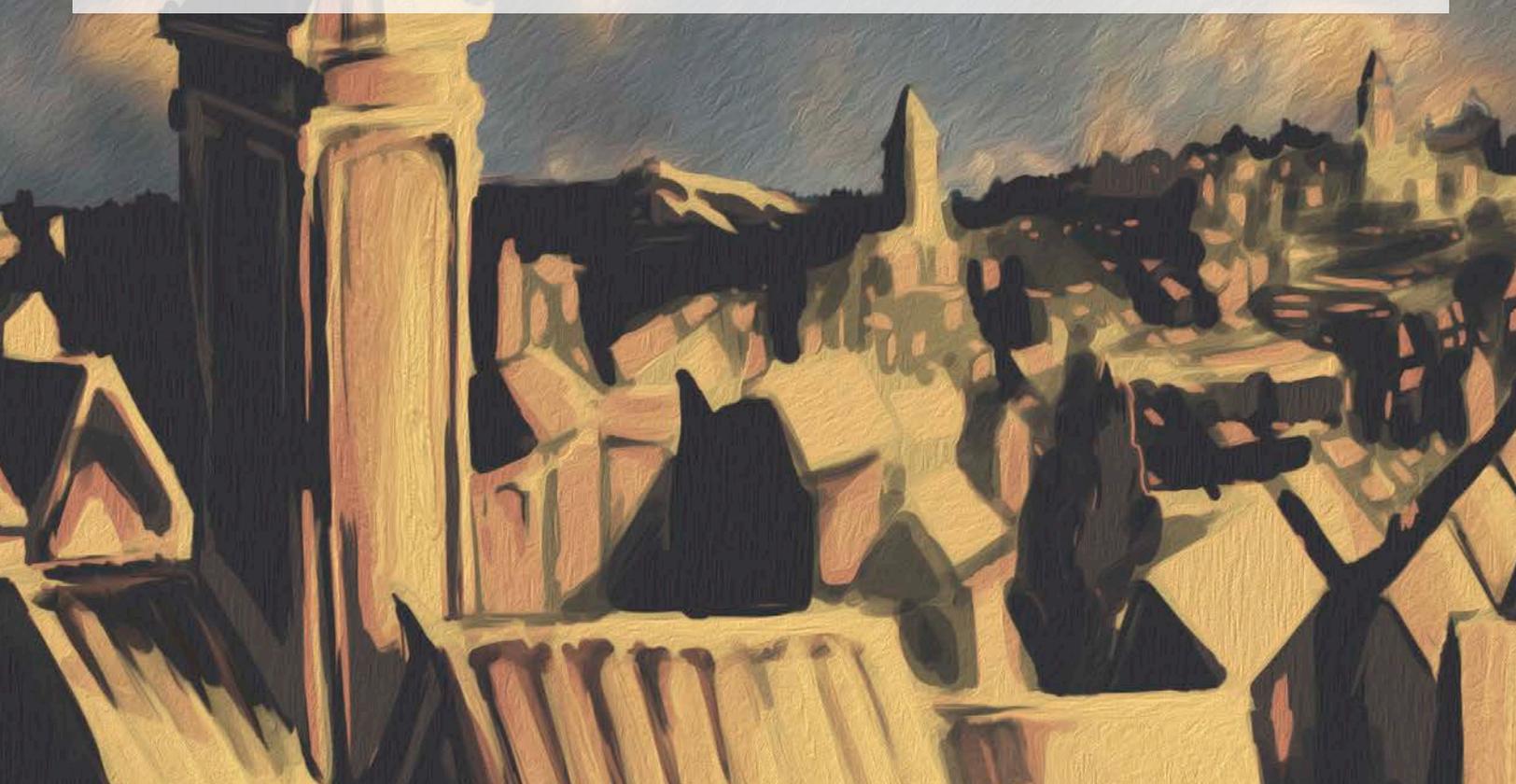
*Creed* seems to fit the description of a loose translation. It incorporates the core idea of the game, while introducing new characters and concepts. Yet by taking the absolute best bits of its digital counterpart, it is still garnering the attention of fans and moviegoers alike.

Hodge said he hopes the film "spurs a video-game movie fad, as strong as comics have become in the industry.

"It could also just be a really silly flop," he admitted. "It definitely has the potential to be either from what I've seen. The trailer looks promising, but I think it's too early to tell how well it will connect with fans of the series."

Lucerio said it's possible that this film could have an effect on the industry, but that it will depend on how successful the movie is opening weekend and worldwide. "*Tomb Raider* didn't change anything, or *Prince of Persia*. Video-game movies happen just like how book movies happen, just less frequently. But I think people are looking to branch out and adapt from more things, so the increase in video game movies should be inevitable, whether or not *Assassin's Creed* does well," he said.

Lucerio joked that video games will sooner become movies [SCREEN CONT. ON PAGE 18]





**N**eed to make up credits or simply get ahead? Before planning your winter break, consider making time for intersession classes. As part of spring enrollment, Grossmont offers a variety of general education courses, such as history, communication, science and math.

In just a short-term – running Jan. 3-28 – students can earn three units for a typically semester-length class. Communications professor Kimberlee Wirig said why this is a great opportunity, because you can “knock out a class in less than a month.” Although most of these classes meet daily, averaging at about four hours of your time, they are an alternatively efficient way to compress your schedule.

While a shorter semester may be beneficial for some students, Wirig said the courses can also be challenging: “You are covering the same amount of material as you would in a regular, semester-length class. Students need to be ready to work hard and not miss any classes.

“Missing just one class can be the equivalent of missing more than a week in a regular semester class,” Wirig said. “These classes move very quickly, so students should expect that late work will not be accepted at all.”

Since you want your break to be relaxing and intersession classes can be strenuous, here are some tips to help you pass the class.

**Get to know Blackboard:** While some professors might not use Blackboard, a lot of intersession classes are offered online. To students who haven’t utilized Blackboard as a learning device, the features on the website may come as a surprise. Many online courses require communication between you and your peers, as well as your professor. Make sure you log in often to keep up with important course announcements and comments on your discussion board posts, as well as follow your posted grades. Be sure to treat your time on your computer differently than personal time, focusing on course work instead of browsing the web.

**Create a Schedule:** As previously mentioned, your course content will be taught at a much more rigorous pace. Daily attendance is often mandatory, and participation is a necessity. Go out and buy a planner, taking careful note of due dates. Deadlines will come up faster than ever, and everything you turn in is important in regards to your final grade.

**Stay Focused and Organized:** Put more attention into harder concepts that you have to learn. If you already understand something, push it aside to save time as a result. Take clear and concise notes that utilize key concepts. If you don’t understand something, talk to your instructor immediately. These classes have more one-on-one time, so you should take all the help you can get.

**Make Your Book Your Best Friend:** They say that if you take effective book notes the first time you read your text, your brain will more readily remember the information later. Pull only the most important info [SESSION CONT. ON PAGE 18]

It's that time of year again. The culmination of everything we've been working toward all semester. The last hurdle. The peak of the mountain. Final exams.

Finals can be pretty intimidating, but don't worry, fellow students. The Summit has got your back. We've compiled a list of tips to help you tackle that final challenge.

#### #5. FIND OUT THE CONTENT OF THE EXAM.

Finals don't always cover the entire semester. Knowing what to expect will not only allow you to be more prepared, but could also save you time. "Find out ASAP whether the final exam is cumulative, covering everything from week one, or just covering material since the last exam," said Professor Philip Blanco. "This week is a good time to look over the syllabus. That should tell you how much the final exam is worth, and also includes the 'Student Learning Outcomes' that the instructor wants you to have, and will test you on."

#### #4. GET AS MUCH HELP AS YOU CAN.

There's no reason you can't spend some free time outside of class to prepare for your finals. Professor Nemie Capacia gave this advice: "Go to review sessions offered by the Math Study Center, go to tutoring, go to your instructor's office hours, form a study group with your peers. Students should not even wait until the final exam to do this. This should be something they should start doing from day one of the semester so they get into the habit of using all the resources on campus."

She also pointed out not to rely solely on one review guide, which will not cover 16 weeks' worth of material, and rarely looks like the final.

#### #3. FOCUS ON DOING YOUR BEST.

"Many students ask, 'What's my grade going into the final?'" Blanco said. "Don't worry about your grade, and focus on giving the best demonstration of what you have learned. The less you think about your grade, the more you think about your course, the better your ultimate grade will be in the class."

Focusing can improve both your studying and your memory. Your mind and body perform better when your thoughts are less scattered. According to some studies, it could also help you develop psychic powers. That should be all the motivation you need.

#### #2. GET PLENTY OF REST AND EAT WELL.

Your body needs fuel to run as efficiently as possible. Making sure you get plenty of rest and eating well beforehand will not only give you plenty of energy, but it'll improve your mood as well. You can go into your final exam feeling good and focused, with decreased stress. "Make sure you get some sleep," Blanco advised. "Staying up all night before an exam, trying to 'pump and dump' a semester's worth of knowledge usually turns out badly."

#### #1. DON'T PROCRASTINATE.

It goes without saying that you shouldn't hold things off until the last minute. Capacia recommended that students start studying two to three weeks before finals, and to be at class earlier than usual. "The last thing you want is to get stressed out just before the exam because you're running late," she said. "You may also need every minute before the exam."

Hopefully this quick guide got you on course and feeling better for the upcoming exams. Now it's time for lift-off.



## Taper the Tension.

BY BRANDON SUMROW

The year isn't over yet. 2016 still has one last trick up her sleeve; the *coup de gras* that is finals. But being mindful of your lifestyle during the last leg of school could ensure that you don't bleed out. So, without further ado, here's how to cauterize.

**Go easy on the caffeine.** The jitter juice is an indispensable assistant to any stressful work time, but too much of the good stuff could raise anxiety levels. Crashing off coffee could also affect your willingness to study, shortening the amount of time you spend hitting the books.

**Eat well.** It will help improve your mood and productivity. Grab a chicken salad or sandwich instead of pizza during your study sessions. Healthy eating helps tryptophan, an amino acid that produces the happy chemical serotonin, do its job. In layman's terms, healthy eating makes you feel good. Make sure to drink plenty of water as well. Staying hydrated helps to energize us, improve alertness and prevent headaches.

**Take 30 minutes a day to exercise.** One of the best things you can do is go for a run and get your heart rate up. Running releases endorphins, improving your mood by obliterating stress. Running can also add years to your life— years that the stress of finals takes off. This way, you're breaking even on your lifespan and gaining a valuable education. Beloved Jefeti, a student at Grossmont said, "Whenever I'm stressed out about finals, I usually go for a bike ride or I go running."

**Take a deep breath.** Deep breathing can relax and focus you. Meditation is one of the best things you can do to minimize

[STRESS CONT. ON PAGE 18]

# THE FINALS COUNTDOWN

## Houston, we have no problem.

BY SYMON GORO

© NASA.GOV



## "TELL YOUR STORY BEFORE THEY DO."

Nate Howard gives Grossmont a lesson on the power of free speech.

BY SYMON GORO

# SPEAK FOR YOURSELF

**T**ell your story before they do. That's the message poet, entrepreneur and professional speaker Nate Howard had to share with Grossmont students at the "Just Words" spoken word event held on campus on Nov. 29.

Mainly growing up in San Diego, and even going to Helix High School as a youth, Howard's said his desire to inspire the people of his hometown brought him to Grossmont. "Most of my work is inspiring others to tell their stories before others tell it for them," Howard said in an interview. "That's what I do. Inspiring others to share their message and empower them."

A big advocate of free speech, Howard said that being a motivational speaker has always been a passion of his. He combines his gift of speaking with his gift of poetry and performance to uplift and inspire people.

"Free speech is important because we need to gather the voices of people who need to be heard," he added. "That's how we get to equality, to equity, for a just society for all of us, where everybody has freedom."

Howard said he hopes that students who attended his speech grow to have a better understanding of who they are. "To get the core," he said. "To say, 'This is my story and I can't let anybody take that away for me.' That they begin to live their life with that conviction. To motivate leaders to get their own movements going. Hopefully, they express themselves in ways they haven't been able to express themselves before... If you don't, you're gonna have to accept somebody else's belief."

Howard also took the time to talk about a platform he launched, called "Movement BE." It's a free app he developed for Android and iOS, that allows users to share their own stories and experiences. He described it as "a platform for inspiring to tell their story and to express who they are. We help leaders build movements for change. It's a community of change-makers for people who want to make a difference."

He encouraged people to give the app a try, or to sign up directly at [movementbe.org](http://movementbe.org). "I really want to push the community on this platform," he said. "We want people to be change-makers. We want people to just really believe that they can make a difference. It's going to be us, the young people, the students who will create change."

# THE POWER OF LANGUAGE

Grossmont student learns the strength of the spoken word.

BY DANIEL ZARAGOZA

**A**li Majed Aldhalimi is a student at Grossmont working to transfer to SDSU's communications program. He grew up in the United States after becoming a citizen in 2008, and he and his family were asylum seekers. When he first moved to the United States, Aldhalimi said his family barely spoke any English.

He shared a memory that is undetachable from his love of poetry: At the age of 8, his teacher asked him and all the students to trace the letter "e." Though Aldhalimi could not understand them, so he panicked and ran home. He was struggling with the language, and in a fit of anger he told his mother, "I don't want to be in this country anymore."

She sat down with him, and helped him traced the letter "e."

"One day you will learn the language, and you will be able to speak to all of them," his mother said.

To this day, Aldhalimi's mother reminds him about when he was so angry he said he wanted to leave the country. "Remember when you came all mad with this language, now you are teaching other people to speak with it," she said.

She referred to him helping Roxanne Tuscany, the director of the Grossmont Speech and Debate team. "I love helping coach," Aldhalimi said. "I can't thank Roxanne Tuscany enough."

He performed in the San Diego poetry slam at Queen Bees Cultural Art Center in October and November. While this year's nationals haven't been hosted, the San Diego slam team ranked second in the nation in last year's competition.

Aldhalimi said he started doing spoken word after working with Roxanne Tuscany. "She gave me the courage to step up to the mic, and not just to interpret literature, but to present my own words," he said.

[WORD CONT. ON PAGE 18]



PHOTO BY DANIEL ZARAGOZA



BY KYLE CASCANTE | DESIGN BY REGINA RUBAIE

The student showcase at the Hyde Gallery is back. For the newer students, or to the students who have not been to one before, it is an art exhibition that puts up work made by students here at Grossmont.

This exhibit has all different kinds of work from painting, sketching and photography, to sculpting and mixed media. Not only is it a good way to see what your fellow students work on, but it's a great way to see the variety of art offered here at Grossmont.

Even with the variety of all the work done, there is a nice balance between everything, such as the mixed media shown on a television screen loping through the gallery near paintings, sculptures and photographs. It just gives you so much to look for a big audience.

If you are worried there may not be art on display that you personally enjoy, the

exhibit will prove you wrong. I personally suggest checking out the "Soy Sauce and Charcoal" drawing by Brittney DeVeau, as well as Renee Conly's aluminum prints.

There are also all sizes of art, such as Neftali Gonzalez's print titled "Morning," which is a very quiet, easy-to-look-at photograph. By using black and white, also known as gray scale, Gonzalez's piece is no distraction of color, making it easier for the viewer to focus on the subject itself.

Then we have works of art with lots of energy, that catch your eye as soon as you look in that direction. An example of this would be Matthew Smallwood's graphite and charcoal drawing, titled "Being Alive is Easy," which won the award for Best in Show.

When asked about how he felt about winning the award for best in show, Smallwood said was "quite surprised."

He then added that there are many pieces of work in the show that he thought would have won instead, but he was extremely happy to have won his award.

Another big award that was given out during the reception was the award from the Grossmont's president, Nabil Abu-Ghazaleh, which was awarded to Frank Goode for his photo titled "The Ladies." Abu-Ghazaleh said as soon as he walked into the exhibit he was "welcomed" by the photo, making it the main piece, as it grabbed his attention the whole show.

Abu-Ghazaleh talked about the importance of taking these art classes, since by trade he is an engineer, and focused on that during his schooling. By focusing on engineering, he said, "I missed out on that part of my life."

The Hyde Art Gallery is very inviting, and holds great work. The showcase runs through Dec. 13.



PHOTOS BY KYLE CASCANTE



# MORE THAN A HOBBY

BY DANIEL ZARAGOZA  
PHOTOS BY SILVIA LUZ

Filmmaking is not for everyone, but it might just be for you.

If you like talking about films and watching those bonus behind-the-scenes or how-it's-made, then your school might be able to cultivate that into a career. Grossmont's media communications courses, with an emphasis in video production, are equipped with the tools necessary to spark a filmmaker's mind.

Mauricio Saldaña, a student at Grossmont for about four years, is in the process of transferring to SDSU's television and film program. Like many students, he was unsure of what he wanted out of college, and he spent two years searching for the right field to study.

Saldaña said his "cinema devotion" started in college. Although he took a film class as a freshman in high school, he said he had no direction until the second year of college, when he started taking courses, meeting people who had the same interests and networking. He also created a short film in class.

Throughout his experience at Grossmont, Saldaña explained some of his experiences with media communications professors. For example, Professor Bob Sly has a really good foundation on learning the

camera. "You will learn to work the camera," Saldaña said of Sly's class.

Saldaña also spoke highly of Professor Robert Lacher: "He is a hoot to listen to, makes you interact and enjoy film in the process of behind-the-scenes work. He's helped me out a lot with networking with other people."

Saldaña said not only do students get the technical knowledge involved in production, but at the same time the professors make it enjoyable and show past examples of their own work.

In MCOM-230A and B, taught by Professor William Snead, Saldaña said he started networking with other students, brainstorming ideas for their projects. He painted the picture of how the class operated: "One person was a director, another was a boom operator, and I was the scriptwriter."

Thanks to Snead, Saldaña has helped in several productions in San Diego – including "The 48 Hour Film Project," in which filmmakers have two days to write, shoot and edit a film about a specific topic – and that has allowed him to network and build his resume. He is currently writing a script for a drama

about growing up and making the right choices, and he has written three other scripts that have yet to be filmed. Saldaña said he can send his scripts out to others he has networked with to perfect it, adding backbone to all the characters and an emotional bond with the audience.

The video production class continually recruits actors who are in the theater department, as they complement each other in a unique way. Students post their audition posters near the acting classroom, and from there, actors for student films are recruited.

Film student Alec Naval said he was surprised to learn about the possibilities of majoring in filmmaking, production and television. He was particularly impressed by Film Analysis and the Television Studio Production classes.

"These are professors that have been in the field a numbers of years," he said. "They are passing down the knowledge to students. (They are) really helpful in an organized way."

If you have a creative mind and are interested in motion picture, take a class, it might just be where your journey begins.



## GROSSMONT BRIEFING

### WHAT'S PERMITTED?

Notice: All vehicles now require a parking permit starting Jan. 1. All vehicles displaying a California disabled placard, including motorcycles, are included. Student semester parking permits are \$40, whereas motorcycle permits are \$20. Please remember that permits are required while on campus at all times. Students can receive parking citations year round, including on holidays. Permits can be purchased in advance, so be sure to get yours before the spring semester kicks off. —ALYSSA BLACKHURST

### NEW TRUSTEE

San Diego Continuing Education teacher, Elena Adams, was elected to the Grossmont-Cuyamaca Community College District Governing Board on Dec. 6. Adams erased an Election Day deficit of 440 votes after all provisional votes were counted, making her the winner by 124 votes.

With more than 35 years of experience working with students, she promises to make sure students have access to classes necessary for transfer, as well the Career Technical Education (CTE) program. This provides students of all ages with academic skills necessary to be successful in future careers. Additionally, Adams said she will maintain fiscal integrity regarding proposed projects, and promised events to develop dialogue opportunities with campus faculty and staff. This seat was previously held by Mary Kay Rosinski, who is now retired. —ALYSSA BLACKHURST

### SWEET SPEECH

The 24th Annual Griffin Invitational Speech & Debate Tournament, held Nov. 18-20, hosted 26 colleges at Grossmont. On Nov. 18, during Palomar College's tournament, Grossmont took home the second-place team award for community colleges. Jonah Naoum also placed third in Open Persuasion and Open Speech to Entertain, while *The Summit's* own Daniel Zaragoza received Top Novice in Extemporaneous Speaking. At the Griffin Invitational, Bridget Riley placed second in Novice Program Oral Interpretation, Zaragoza placed second in Novice Impromptu, and both Xavier Daniels and Bradley McFarland placed third in Open Duo Interpretation.

The Pacific Southwest Collegiate Forensics Association Fall Champs Tournament, held Dec. 3-4 at Orange Coast College, awarded Grossmont a first-place team award. Daniels won first in Open Division Poetry, while Amanda Afentakis placed first for the Novice Parliamentary Debate Speaker Award. Afentakis and Steven Soto both received second for the Silver Award Novice Parliamentary Debate. Daniels placed third for the Open Division Dramatic Interpretation. —ALYSSA BLACKHURST

### EOPS OPEN

EOPS applications are open from Dec. 12-22, from 8 a.m. to 5 p.m. EOPS, or Extended Opportunity Programs and Services, provides quite a few services for members, including personal and academic counseling, priority registration, transportation, and application assistance to UC and CSU schools.

To apply, you must have completed a Grossmont College admissions application for Spring 2017 and be registered as a full-time student, attempting 12 or more units for the semester. You have to have taken a math and English assessment test, completed a FAFSA and BOGW application, and have to have less than 70 degree applicable units completed. For an application, visit Building 60, Room 125; call 619-644-7617 with any questions. —KRISTELLE VILLA

# A FANTASTIC RESOURCE

DSPS offers informative solutions for disabled students and community.

BY MICHELLE DAVIS

You were not probably aware of the vast amount of opportunities provided to disabled students, or the community as a whole. Grossmont College's DSPS program, which stands for Disabled Student Programs & Services, has a plethora of informative solutions to life's tasks, which can easily become overwhelming for students who experience life with disabilities.

They offer many special classes, including Assisted Computer Technology and Liaison with Community Agencies, as well as digital recorder loan, and academic and personal counseling. Other services include taped textbook assistance, voice recognition and screen readers.

More often than not, a disabled individual's life has more hurdles than impossibilities. In a presentation called "Responding to Distressed Students," Ronald Quileste of Xavier University said, "The student may be unaware of the campus resources to combat the problems."

In addition, Quileste said the student "may not understand the content" of the material covered in class, which was easily absorbed by other classmates. This can lead to frustration and depression.

Susan Hampshire, the past president of The Dyslexia Institute, called it a "lonely existence" to have a disability that "no-one can see or understand.

"You exasperate your teachers, you disappoint your parents, and worst of all you know that you are not just stupid," Hampshire said.

[DSPS CONT. ON PAGE 18]



The advertisement features a red background with white and yellow text. At the top left is the MTS logo. To its right, it says "Monthly TRANSIT PASS". Below this, in a white box, is the text "EXCLUSIVE STUDENT DISCOUNT with unlimited rides all month long". Underneath are icons for a bus and a train. To the right of these icons, it says "\$57.60 ON SALE NOW at the ASGC Activities Window". At the bottom, there is a photo of a red and white bus and a red train. Below the photo, it says "Visit [sdmts.com/college](http://sdmts.com/college) for more details." and "Current, valid college student picture ID required. No replacements for lost, voided or stolen stickers." There are also social media icons for Facebook, Twitter, and Instagram.

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**SANCTUARY** [CONT. FROM PAGE 9]

concerned about promising a safe space to students, but ultimately being unable to fulfill the promise. Dr. Gregg Robinson, a sociology instructor, brought up Homeland Security provisions that caution declaring sanctuary campuses within 100 miles of the border.

"We shouldn't be offering them something we can't really follow through on," Robinson said, before adding that Mesa and City Colleges already passed similar resolutions while facing the same concern over Homeland Security.

"We all need to come together as a community that we will not cooperate with this," Robinson said.

Ultimately, the Senate decided to not move the resolution to action, but to address the issue when it returns for its next meeting in late January.

Before the meeting concluded, EOPS counselor Pearl Lopez encouraged urgency: "We have to make a strong stance to make sure that we're listened to."

*Jeanette Calo contributed to this story.*

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**SCREEN** [CONT. FROM PAGE 11]

than movies will adapt video games: "Cinematics in video games are at an all-time high. And not only that, but you have games like the upcoming *Death Stranding*."

The game *Death Stranding* stars actors Norman Reedus (*The Walking Dead*), Mads Mikkelsen (*Rogue One: A Star Wars Story*) and director Guillermo Del Toro. Though there are multiple examples of Hollywood actors portraying characters in video games, it is interesting to consider how each new entry merges the two industries. Whether video games become movies, or movies adapt video games, our generation will remain plugged-in.

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**SESSION** [CONT. FROM PAGE 12]

from what you read. It can be a poor use of your time to reread whole sections of your book that you have read before, so focus on your notes, and make sure they're easy to read for later.

**Review Regularly:** Remember to review 24 hours after first studying, even if it's just for 10 or

15 minutes. If you don't, studies say you may only retain 50-80 percent of what you initially learned. And please, take needed breaks. By cramming in too much material, you may feel too fatigued to work on your next assignment.

**Find a Study Buddy:** Let's say you do miss a class, which puts you about a week behind. You might not have any clue what's going on in the next assignment. This is why it's important to establish a contact during your first week of intercession. You want someone who is dependable and equally self-motivated. Together, you can form study sessions to help one another get the grade you both want. Two minds are better than one.

**Treat Yo'self:** You're not doing yourself any favors if you make a tough schedule, but you're not motivated enough to follow it. Finish an assignment or a lesson and take a break. Reward yourself by doing something you enjoy, by yourself or with friends. You want to have something to look forward to, so you can continue to be willing to put in hard work.

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**STRESS** [CONT. FROM PAGE 13]

stress. Simply sit down in a quiet environment, close your eyes and clear your mind. To help your active mind not think about anything, try listening to and focusing on your breathing. Breathe in through your nose and out through your mouth.

Grossmont student Jenna Northum has her own way of relaxing before finals: "When I'm stressed out, which has pretty much become my constant state of being at this point in the semester, I usually turn to a few different things to help mellow me out. When I feel like I'm drowning in the responsibilities of being a full-time student and working two jobs, I try to find a way to fit in a little me time.

"This usually includes taking the long way home from work to listen to one of my favorite CDs in the car, staying up late to relax and make art, or going somewhere peaceful to have a nice cup of coffee and write in my journal or read a book," Northum continued. "I don't really have time to dedicate a whole day to de-stressing, but even 15 minutes

can help to put me back into the mindset that I will be able to survive until the end of the semester."

Don't delay! The quickest way to bust stress and anxiety is to get started on your work. Netflix can wait. Hold strong for finals then binge over break. Completing your work will give you peace of mind, and make your time watching Netflix that much sweeter.

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**WORD** [CONT. FROM PAGE 14]

Aldhalimi said performing spoken word while being bilingual allows you to bring both of these cultures together. "The forensics program at Grossmont gave me the confidence to perform my poetry," he said. He competed against the majority of the San Diego slam competitors, and placed third this year.

There is no doubt the coaching and experience he gained in the Forensics Program at Grossmont enabled him to be an extraordinary speaker. "The art of speaking is very powerful, and you become a better listener," he said.

Queen Bees, in North Park, has grown to be a very popular venue, being the go-to spot every second Monday of the month. The competition can't be any longer than three minutes, and contestants get points deducted if they go over. "It was a good slam, great competition," Aldhalimi explained. "One of the most human feelings you can feel; it's like skydiving every time, but with words."

Students from all across San Diego attend the poetry slam. If you are a poet at Grossmont, and want to watch and possibly compete, there will be another event hosted on Dec.12 at Queen Bees, 3925 Ohio St. in San Diego.

Aldhalimi said his most beloved poetry "brings tears to my eyes." He has presented in the last couple months at both Grossmont events and countless of other times in class presentations for several professors.

His experience at Grossmont is helping him achieve his goals, which include competing in the national poetry slam. He said he plans to never stop writing and performing, but he also aims to get his poetry published.

Aldhalimi now speaks English more fluent than a river on a warm summer day. Speaking in public is one of the oldest forms of communication, and it has undoubtedly helped propel him closer to his dreams.

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**DSPS** [CONT. FROM PAGE 17]

But disabled students are not alone. According to the website for Disabled World Towards Tomorrow, the world's largest minority group is disabled people. They account for more than 650 million of the world's population. The World Bank estimates that "20 percent of the world's poorest people have some kind of disability, and tend to be regarded in their own communities as the most disadvantaged."

The authors of the website link economic situation to disability: "The two-way link between poverty and disability creates a vicious circle. Poor people are more at risk of acquiring a disability."

The DSPS program at Grossmont combats this cycle, as its mission statement indicates: "We strive to support Grossmont College in the inclusion of students with disabilities as independent, responsible and productive members of the community."

Melissa Benton and Marlene Barr are just two of the staff prepared to explain the program at length, making it one of the campus's warmest receptions. They are truly able to place your mind at ease.

Student and staff member Marissa Villanueva said the following of the program: "DSPS offers students extra support to help achieve their academic goals, and provides them with resources to facilitate their daily learning. Here at DSPS, we know that no two students are identical, so we do our best to accommodate to individual needs. We simply provide the tools needed to succeed; it's the students who do all the heavy duty work."

As a disabled individual, I strongly urge students to use this valuable resource. Even if you have not been diagnosed as disabled, if you have problems concentrating, taking notes, or even using glasses, you may benefit from this program. DSPS has a testing process that can assist in diagnosing and classifying

[DSPS CONT. ON NEXT PAGE]



# THE FLUTE GUY

STORY AND PHOTOS BY KYLE CASCANTE

**Y**ou might recognize Sam Heckley, dressed in a formal fashion in front of the Griffin Center, sitting on a rock playing a flute like instrument called an "ocarina." Yes, it's really called an ocarina.

Heckley spends about nine hours a week playing his ocarina out in front of the Griffin Center, and makes anywhere from a few bucks to almost \$30 depending on how the day goes. He has tried to play at places such as Seaport Village, only to find out he needs a permit in these locations.

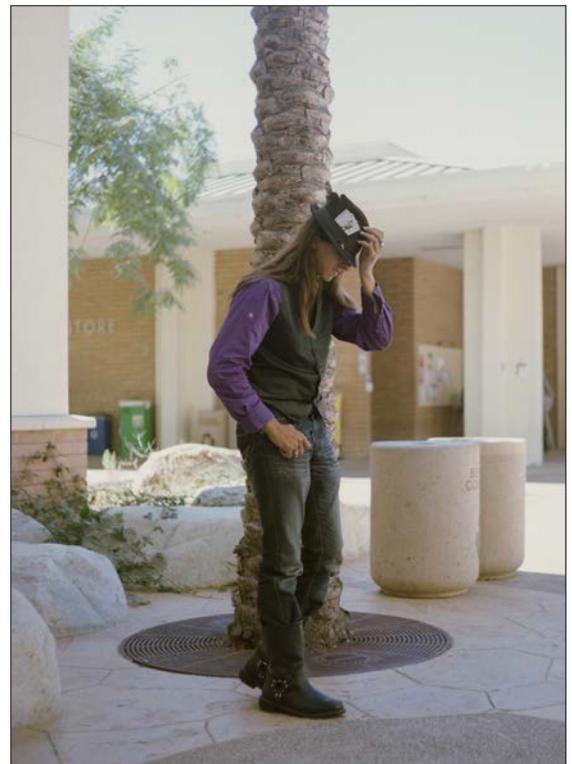
When he is not playing music at Grossmont, he is taking his third German language class. At first he thought he wanted to learn to Swedish, to later move there, but Grossmont did not offer a Swedish class, so German was his close second. After some research on Sweden, Heckley realized it's not the place for him.

Heckley has also been practicing mixed martial arts. With his height of 6 feet 2 inches, he gains some excellent reach. "Yet, I still suck at basketball," he said.

Now what brings Heckley to Grossmont is completing his classes, but more importantly he said he is here to play his ocarina. Heckley is able to play around 20 to 25 different songs on his ocarina, and he will take requests if there is a song that you would like to hear him play. Zoe Valeil, a media communications major here at Grossmont, said he recognizes some of the tunes Heckley plays and that he personally enjoys listening to his performances.

Sam's taste in music is "a little Eastern," as he puts it, which includes genres such as J-pop, video game music and "old-but-gold" songs such as "Smile" by Charlie Chaplin. He said he has only been playing since late February of this year; he found his instrument by playing the *The Legend of Zelda* video games as a child.

Another student, Angel Ayala, said Heckley "creates a peaceful environment."



## DSPS [ CONT. FROM PREVIOUS PAGE]

student for some useful resources.

There is a one-time registration process you need to follow, in which you will need to provide the following forms, which are available on the DSPS website (located under "Student Services" on grossmont.edu):

- Disability Verification
- DSPS Test Proctoring Form

- Student Guidelines for Test Accommodation
- Student Request for Accommodations

For students who may not struggle in this way, it is important to be patient with disabled people in your environment. There are invisible disabilities; don't assume the way someone appears

visually is a representation of what they are experiencing internally. Instead of staring or making rude remarks, ask if the person needs help. When possible, ask questions. You can't begin to comprehend what others are experiencing unless you ask. Kindness and comprehension go a long way to bridge togetherness.

As former politician Sharron Angle said: "There is a plan and a purpose, a value to every life, no matter what its location, age, gender or disability."

For more information on Grossmont's DSPS program, call 619-644-7112 or look for "DSPS" under the Student Services section of grossmont.edu.



# International Holidays

BY KRISTELLE VILLA | DESIGN BY REGINA RUBAIE



Winter break is the time we get to celebrate the holidays and spend time with family, and it is the same for international students. But some of their traditions and celebrations can be very different from those in the United States.

For Rafael Alvarez, an international student at Grossmont, winter break is especially important to him. He is able to go back home to Mexico with his cousins to visit his family, and he stays there the whole winter break.

During Christmas, his whole family gathers together to celebrate. "It's really important to my family," Alvarez said. "Because my family is so big, we don't have enough time in the year to stay together all the time."

At family gatherings they exchange gifts and enjoy traditional Mexican food such as tamales. However, visiting with family is not the only reason why Christmas is so special and important to Alvarez: "Mexican families in general are Catholics, so Christmas is really

important for us. All this time we live with special religious spirit. Trying to share with all the people around that Jesus was born," he said.



Unfortunately, not all international students are able to go home during the break, which is the case for Kenta Kakeya. He ends up staying here in San Diego, and celebrates Christmas with his host parents to save money. He said

his host mother sets up a nativity scene in the kitchen, and at night, the whole scene lights up while they have a big dinner together.

Back home in Japan, Kakeya would celebrate Christmas with his parents and his grandparents. They would eat dinner at his grandmother's house, and his mother would bake a cake for all of them.

Christmas is not the only holiday that Kakeya would celebrate in Japan; they also have a big celebration for New Year's. "On New Year's we gather together at home, and then we have a little bit of sake (drink) for each person," Kakeya said.

After they eat, they would go to the shrine to pray, although Kakeya explained that it's not exactly traditional praying, like in United States, but more like making a wish for the new year.

They make wishes for either themselves or for family. "We pray for anything like, I hope my family will be happy this year," he said.