

The

# SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | APRIL 2017

# MUST BE EARTH ON THE BRAIN



ILLUSTRATION BY  
DENISE CERVANTES

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## The SUMMIT

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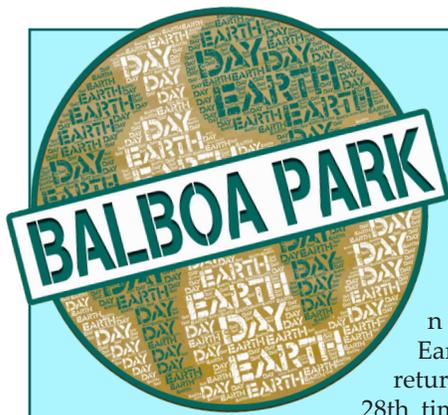


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# The city goes green at its annual EarthFair.

----- BY MARSELLA ALVAREZ

In April 23, the San Diego EarthWorks' EarthFair will return to Balboa Park for the 28th time. Since its first year, the fair has grown from having about 200 exhibitors with 48,000 visitors, to an event that anticipates up to 70,000 visitors, boasts more than 350 volunteers, and has more than 300 exhibitors and booths.

The fair also now includes a Food Pavilion with dishes from all over the world, with both vegetarian and vegan options available, as well as a Children's Activity Center near the House of Pacific Relations, a Children's Earth Parade, themed areas, four entertainment venues, tons of arts and craft tables, and dozens of entertainers of all varieties.

Some of the exhibitors this year include the San Diego Metropolitan Transit System, the Birch Aquarium at Scripps, Essential Addictions (a company that sells hand-made, eco-friendly bath products), the National Weather Service Forecast Office for San Diego County, Poster Heaven (a photographer and musician that sells cool posters), Records and Stuff (a couple that forms bowls, decorations, and clocks out of records and covers), the University of California at San Diego, and Goodwill Industries of San Diego County.

Chris Klein – who participated in the original planning group and is now in charge of event planning, logistics and volunteer training – said they had all anticipated only about a few dozen exhibitors and maybe a couple thousand visitors that first year. They were stunned but delighted to see that the actual public turn-out was huge compared to what they had expected.

"It was the largest event that had ever been held in Balboa Park up to that point," he explained. Its continued popularity demonstrates just its impact on the San Diego community.

The EarthFair is also dedicated to being a "zero waste" event, meaning that all garbage produced by the event is placed into one of three types of waste containers. Color-coded black, green and blue, the containers guarantee that 100 percent of all trash is recycled, reused or composted. After the fair ends, most of the volunteers assist in picking up the park and properly disposing of all waste.

Volunteers are the foundation and backbone of the fair. There are quite a few paid employees and organizers, but most of the work is done by people who donate their time and effort before, during and after the event.

Cody Wilson, a third-year Grossmont student, volunteered at last year's EarthFair, helping out at the entrance's Information Booth, providing information and maps for visitors.

"They have an orientation a couple of weeks beforehand for all the volunteers where they put you into your teams," Wilson explained. "There are several teams and each one serves a different function, like the 'Setup' team or the 'Zero Waste' team."

Wilson said he enjoyed the experience.

"Plus, I got a cool volunteer t-shirt made out of organic cotton that had that year's EarthFair logo," he added. "I still wear it sometimes."

The EarthFair will run from 10 a.m. to 5 p.m. on Sunday, April 23. For more information, visit [earthdayweb.org](http://earthdayweb.org).



BACKGROUND ILLUSTRATION BY MARKE WOLFE.  
BALBOA PARK ILLUSTRATION BY HAYDEN JACKSON.

# GLOBAL WARMING, LOCAL CHANGES

The planet is getting warmer, but small changes can add up.

BY ALYSSA BLACKHURST

**G**lobal warming is a hot topic right now, but if you happen to be in the dark, it refers to the rising average temperatures here on Earth. NASA has provided scientific data that climate change is real, and the consensus is that the fault lies with human activity.

The use of fossil fuels releases carbon dioxide into the air, and the gas traps heat within the atmosphere. According to NASA, this has caused the earth's average temperature to rise 1.4 degrees Fahrenheit over the past century, with an expected rise of 11.5 degrees over the next. The global sea level was also reported to have risen about eight inches in the last century.

Polar bears have since become the symbol of climate change, after they were listed as an endangered species back in 2008—the first animal to be listed due to the aftermath of global warming. The cause of their decline in population is a loss of their sea-ice habitat out in the Arctic.

Reports from NASA's "Gravity Recovery and Climate Experiment" show data about shrinking ice caps, noting that Antarctica lost 36 cubic miles of ice between 2002 and 2005, while Greenland lost 60 cubic miles. By 2007, a new record was reached when it was determined that summer ice melts had increased by as much as 30 percent. In an update for 2016, NASA published data to its website noting that, with each daily report, sea ice had reached its lowest level, according to satellite records.

Polar bears need this sea ice to hunt its primary source of food, seals, as well as to migrate across large distances for foraging habitat. Since the melting ice will continually remove hunting grounds, the U.S. Geological Survey projects that a whole two-thirds of polar bears will be gone by the year 2050.

Though the fall of certain ecosystems seems eminent, some still believe that there isn't enough data to prove a correlation between human influence and climate change. Still, it should be noted that most economists agree an effort to reduce fossil fuel emissions now is beneficial to our planet, no matter the intention for doing so. Luckily, some Grossmont Griffins have taken it upon themselves to share what they do to protect the planet.

Grossmont student Liz Bonilla explained how she's energy-efficient: "If something in my apartment isn't in use, then I make sure it's not plugged into the wall. I also always try to separate my trash into recyclables.

"I know this is a simple effort, but it pays off, and literally too," Bonilla added. "I can get anywhere from \$10 to \$20 for bringing my trash to a recycling plant. And that only takes about 30 minutes of my day, on one Saturday a month."

Student Tina Guerin explained how her family maintains a garden to combat global warming. By planting in her yard, carbon dioxide in the air can be absorbed in photosynthesis. "I know we all live in California, so it's generally frowned upon to maintain

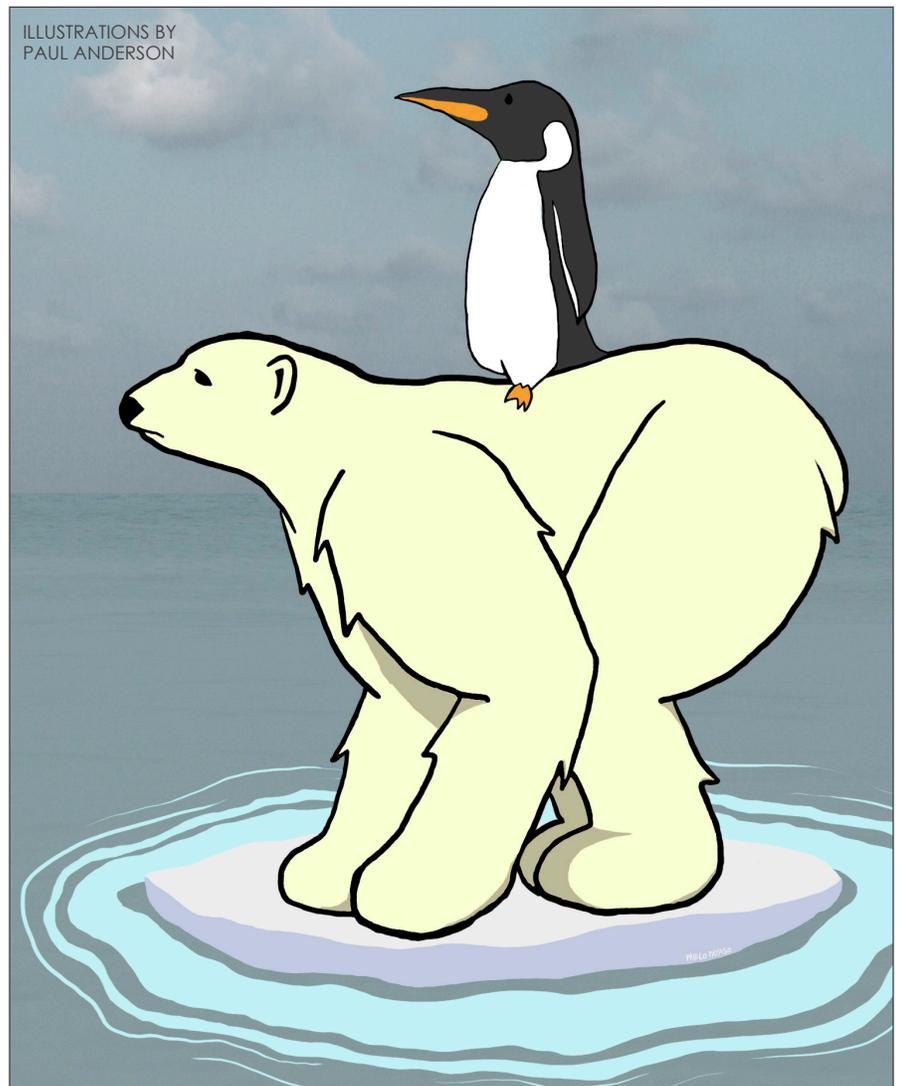
a nice, green lawn," Guerin said. "But I make sure to conserve and reuse my water, so I have enough to give to my plants. I just love seeing my garden bloom; it makes me feel like Mother Nature is smiling back at me."

Similarly, student Louis Favella said he works hard to conserve water, knowing that "warming affects our water quality and supply.

"Conserving water is a lot easier than people think," Favella said. "For example, I try not to let the tap run when I'm washing my hands or brushing my teeth. I monitor my shower time, and even put a bucket in my shower to catch the suds. I can use it afterwards to clean my car, rather than wasting energy with a hose."

Time seems to be the scarcest resource we have in the battle to save the earth. Though some effects of climate change may be irreversible, especially if we don't act on a massive scale, it's good to see an effort being made here in the community.

ILLUSTRATIONS BY  
PAUL ANDERSON

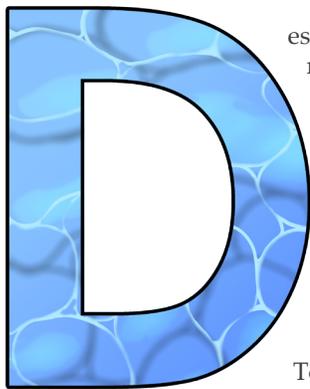




# FREE LOVE

To help save the oceans, it's time to release your inner hippie.

BY MARSELLA ALVAREZ



Despite living in a seaside town, many San Diego residents tend to forget just how prevalent the issue of ocean pollution really is. We live in a community where driving west can only take you so far before you hit the water. Thus, we are all bound, as sleepy-beach-town residents, to take good care of our coasts.

According to the National Oceanic and Atmospheric Administration, over a billion pounds of waste enters the ocean per year. To put this into perspective, the average person generates about four pounds of trash a day. That's a little over 1,000 pounds of junk per year. For a large country like the United States, this means about 300 million pounds of garbage annually – half of which ends up in the sea – and yet, that massive figure seems like a drop in the ocean compared to the actual amount of debris floating around in our waters.

Earth Day returns April 22, and it's been 47 years since the very first one was held back in 1970. In honor of such an important date, take these next couple weeks to really reflect on some of the habits you can adopt to help contribute to the cause.

Most ocean pollution originates on land, so keeping track of your own waste is a given. Practice keeping small trash bags in your car to stash any garbage if you are busy running errands or stuck in traffic. Make a point of

properly disposing of any trash you might have at the end of the day so it doesn't end up in the ocean. If you are spending the day at the beach, bring a couple of larger trash bags, especially if in a large group. Spend 15 to 20 minutes after arriving and before leaving to clean up your general vicinity, regardless of it being your trash or not.

One other large component of ocean pollution is runoff from sewage and water contaminated with harmful chemicals. Though the effects of these pollutants are less visually impactful than other types of oceanic litter, they are just as if not more harmful than physical debris.

Because these hazardous fluids are mostly invisible once in the water, it's hard for citizens to see the full extent of the damage they cause to local marine life. A large part of the world, especially in underdeveloped countries, depends on fish and other sea-life as a primary source of food, a source that is threatened by the toxic fluids that accumulate in their habitats.

Do your part and incorporate eco-friendly cleaning products from companies like Honest and Method. Try to use natural compost fertilizers instead of synthetic, store-bought ones. Soak up oil spills and stains on your driveway with cheap cat litter before they wash away. Pick up after your pets and their waste. Dispose of used household products responsibly.

Also, use less plastic products. Most of the

**RESIST** buying plastic.  
**REUSE** whatever you can.  
**RECYCLE** responsibly.

trash in the Pacific Garbage Patch, a floating island of waste in the Pacific Ocean, is made up of plastic items and products. Professor Virginia Dudley, who teaches for Grossmont's biology department and is especially aware of the damage plastic can cause to the ocean environment, emphasized the three R's: *Resist* buying plastic products, *reuse* whatever you can, and *recycle* responsibly.

This is an easy way to encourage others to think about the importance of cutting down on plastic consumption, an effort each of us is individually obligated to both remember and contribute to. Especially since, as Dudley explained, "All these plastics were in a human hand at some point."

The city of San Diego has already taken some steps toward reducing the use of plastic by imposing a plastic bag tax in all commercial stores. So, buy a few fold-up, recyclable bags and keep them in your car for grocery and other shopping. This way you save both money and the environment.

Most importantly, be sure to help teach others how crucial it is for us to take care of our planet and the oceans that cover most of it. At the very least, as a Grossmont student, you are responsible for helping keep our school looking beautiful, and that includes reminding others of their own respective parts in that responsibility. Let's keep Grossmont College green and clean.

**"All these plastics were  
in a human hand at  
some point."**

– Professor Virginia Dudley



ILLUSTRATION BY SCOTT HOLCOMB



# SUSTAINABLY OURS

**A new club is working toward a more environmentally-friendly campus.**

**BY KRISTELLE VILLA**

**W**ith more awareness of the damage humans are doing to the environment – such as using transportation or technology that adds to pollution, and the waste we produce and throw away without a second thought – sustainability is one of the most important topics today.

A new club at Grossmont, the Sustainable Earth Alliance, is hoping to educate and motivate students and staff to make the necessary changes for a more sustainable campus.

The club's president, Andrew Cable, is a sustainability major who became

interested in sustainability when he got out of the military: "I have been really interested in it ever since I got out of the military back in 2015, because I saw all the things the military was doing and how much it pollutes the ocean, and ever since then I have had a really big interest in sustainability."

To Cable, sustainability has more of an environmental meaning: "When it comes to my personal definition, it has more of an environmental tendency to it, it's just trying to save what little resources we have and trying to make our future generations to be able to live as good as

we live now, or to set up a better future for future generations than what we have."

To live a sustainable lifestyle, Cable tries to limit his driving since he has a long commute to school and home, and tries to minimize the driving he does throughout the week when he is not going to school. He also tries to reduce the amount of meat that he consumes and uses, considering raising livestock for consumption takes up a lot of water and has impact on the environment. Plastic is also harmful to the environment, since it uses a lot of oils while it's being made, and many plastics are not recyclable and end up in a landfill.



ILLUSTRATION BY PHUONG NGUYEN

Cable also mentioned the “three pillars,” which is a Venn-diagram that addresses the major issues needed to maintain sustainability. The three pillars are sociological, economical and ecological. The sociological pillar means that you have to make the change for a sustainable community by appealing to your audience. The economical one means you have to be able to still make a profit, or be able to afford a change to a sustainable lifestyle. And the ecological pillar means that individuals and companies must be willing to make changes to protect and sustain the environment. Finding balance between these three pillars is what sustainability is about. Cable and the other officers have a lot of ideas and plans for how the club can promote sustainability. They plan to take on projects like changing recycling bins so that they are not so vague on what recyclable material is allowed to be put in them. They also want to start a community garden that takes waste from the cafeteria and turns it into compost. Toward the end of the semester, club members would like to teach students how to properly recycle

or re-purpose the papers they have collected over their classes instead of sending them to a landfill. Another idea is to set up drives to promote recycling, “so people can bring odd things in that don't necessarily get recycled normally like clothes, shoes, electronics, that stuff that would harm our landfills, but if we set up on campus we can help alleviate those issues from the landfills,” Cable said. Aaron McHugh, the club’s treasurer, also talked about an interesting way to promote the club: “I would like to see outreach like we have, to get the information out, and for the sustainability club we can't exactly hand out papers and flyers, for us to do something like that it would have to be recyclable paper.” McHugh continued to explain that the club would like to have activities held during campus events to promote the sustainability club and raise awareness about the topic. Cable said the most important part of the club is “trying to educate the majority of people in order for them to understand what actions they are doing every day, and the consequences that become of it.”



The club meets the first and third Monday of every month from 1 to 2:30 p.m. in Building 31-373. **Full Disclosure:** Jeanette Calo, the adviser for The Summit, is also a faculty co-adviser for the Sustainable Earth Alliance.

# THE GREENER SIDE

## PROFESSIONAL SPORTS TEAMS ARE EMBRACING ECO-FRIENDLY OPTIONS.

BY VINNY LAVALSITI

**W**hen plodding through the turnstiles, you may notice that fans now pull out their tickets by reaching into their pockets— and with two swipes and couple taps on their smartphones, they have their paperless tickets scanned. From that point, foam-finger-toting fanatics will walk past and watch the latest big play on the energy-conserving LED lights of a giant screen, while making their way to the tofu burger stand.

From conserving water and increasing recycling, to using solar and wind as a primary energy source, major professional sports organizations have made a concerted effort in the past years to become more eco-friendly.

“A single individual has a minimal impact on the Earth system. However, the collective actions of over 7 billion people over time can result in creating changes to those ‘natural’ recycling processes that then have negative impacts upon our lives and our environment,” said Mark Goodman, chairman of the Earth Sciences Department at Grossmont College. “Much is taking place today in the realm of alternative energy sources, due to not only the concerns over fossil fuels and things like carbon dioxide, but also because fossil fuels are a finite resource.”

One of those alternative energy sources is in the form of wind energy. “The technology is such that wind-generated power is more cost effective than solar energy,” Goodman said. “This perhaps explains the explosion of wind farms throughout the part of the U.S. for which I am most familiar and travel through.” As for solar energy, Goodman stated that applying solar energy to large bases can yield great benefits for the environment.

In another aspect of the environment, Goodman said he wants to keep water preserved and used in the most efficient

manner: “Water is critical to life. We live in a semi-desert. There is not enough water locally to support the millions of people who live in our area. Much more should be done in our area to conserve water.”

Goodman went on to say how pleased he is to see Grossmont replacing grass with native vegetation. This act alone has resulted in substantial savings on water bills and water itself.

The major incentive for the sports industry to consider an environmental means of running its organization is the effective cost-saving measures. “Reducing your energy costs, reducing your water costs, reducing your waste costs is a money saver as it is an environmental winner,” said Allen Hershkowitz, senior scientist at the nonprofit Natural Resources Defense Council.

Hershkowitz, ranked as one of the top 50 most influential people in sports by SportsBusiness, added that sports have been a way to connect with people and their passions. In his article “Greening The Playing Fields” for NRDC.org, Hershkowitz wrote, “Only 13 percent of people follow science, but 71 percent of people follow sports.” This gives all sports fans a newfound sentiment and broadened awareness of environmental issues.

Judd Curran, co-chair of the Earth Sciences Department and geography professor at Grossmont, said, “Reducing our reliance on dirty sources of energy and moving towards more solar, wind, and geothermal sources will have a significant impact on the amount of greenhouse gas emissions coming from energy production.”

Curran, also a member of the Environmental Caucus of San Diego, encouraged the use of energy-efficient products: “LED light bulbs are much more energy efficient than traditional filament-based incandescent bulbs because they consume a fraction of

the energy. Energy efficient products offer an opportunity to consume less energy, which is always a good thing.”

### FOOTBALL

A major force behind the endeavors of sports programs to become environmentally aware is a nonprofit, Pacific Northwest-based group called the Green Sports Alliance, which works in coordination of the NRDC. The Washington-state sports teams are credited with being the first to win the GSA. “The Green Sports Alliance leverages the cultural and market influence of sports to promote healthy, sustainable communities where we live and play,” according to its website, [GreenSportsAlliance.org](http://GreenSportsAlliance.org).

The NRDC boasts, “Within two years of its founding, the GSA grew to include more than 100 teams in 13 leagues; today it boasts a membership of more than 300 teams and venues.” The alliance is responsible for the removal of hundreds of millions of pounds of carbon-emission reductions, millions of saved gallons of water and millions of happy smiles on tree-huggers’ faces.

The National Football League in particular has been the guinea pig of the GSA, and has taken some drastic steps in growing its green thumb. CenturyLink Field, the brainchild of the GSA and home to the Seattle Seahawks and Major League Soccer team the Seattle Sounders, has 3,750 solar panels installed on its retractable roof.

A NFC West foe of the Seahawks, the San Francisco 49ers, has lent a hand as well with a new field in Santa Clara, Levi’s Stadium, which accommodates a “living roof.” The roof is a canopy of green and flowering plants encompassing its eight-story tower of luxury suites to provide insulation. On the field itself, the turf at Levi’s Stadium requires 50 percent less water than most other NFL fields.

The Philadelphia Eagles are one of the “greenest” teams in the NFL and no, I’m not talking about their uniforms. Amanda MacMillan of NRDC wrote about the Lincoln Financial Field’s plans, “The team’s owners asked NRDC to help them figure out how to reduce the stadium’s carbon footprint, both during and after its initial build, and this changed the game for good.”

In his article “Go Green! Sports stadiums save energy,” Gary Mihoces of USA Today Sports said that since January 2014, 11,000 solar panels and 14 wind turbines have been generating power at Lincoln Financial Field.

“The team’s 10-year-old ‘Go Green’ campaign also includes reduced water and electrical use, recycled paper products for all tissues, conversion of cooking oil into biodiesel fuel, a digital version of the cheerleaders calendar to spare trees and compostable packaging for the hot dogs and Philly cheese steaks,” he wrote. Along with that, upon entering Lincoln Financial Stadium there are signs that plead, “Recycle your beer here and your plastics outside.”



WIND TURBINES AT PHILADELPHIA EAGLES' STADIUM.  
PHOTO BY BRIAN GARFINKEL.

## BASEBALL

Major League Baseball stadiums could be seen as giant metal and concrete structures consisting of jumbotrons that squander electricity, lavish troughs that dilapidate millions of gallons of water and food stands that exhaust gas in the sake of Chicago Dogs and garlic fries. However, the MLB has made giant steps in decreasing its ecological footprint as well.

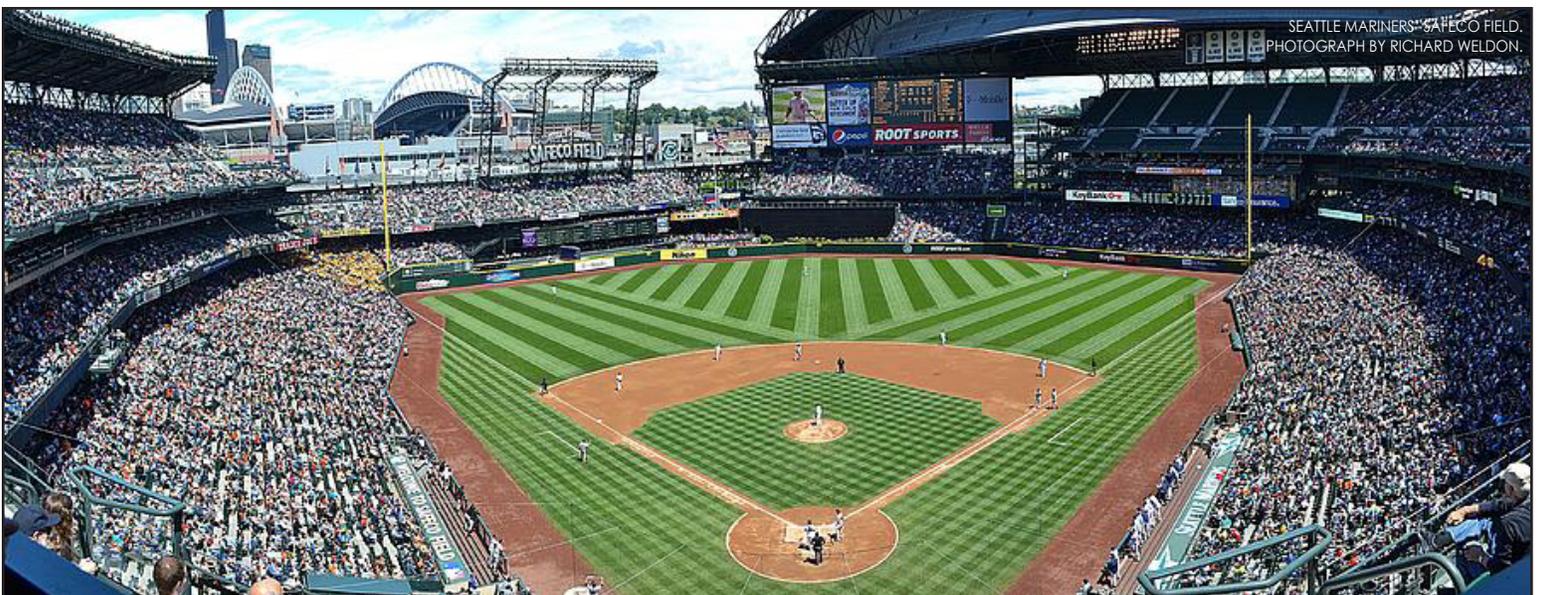
In one of the most ecological cities in America is the baseball team the Seattle Mariners, a founding member of the Green Sports Alliance. “Since 2006, the team has reduced the use of natural gas by 40 percent, electricity by 25 percent and water use by 25 percent. (The savings amount to more than \$1.75 million in electricity, natural gas, water and sewer charges),” Michael Casey of CBS News wrote in “Nine Ways Professional Sports are Going Green.”

After a Tuesday home game last year against the Houston Astros, the Mariners organized a promotion in which the first 5,000 fans exiting the Safeco Field gates would receive a bag of soil. Safeco Field was also the first MLB park to feature LED lighting to illuminate its field, which is 80 percent more efficient than traditional lighting.

The famous Green Monster in left field is not the only concept that’s green about the Boston Red Sox. The Sox used solar energy to power Fenway Park, the oldest stadium in the MLB. “Started in 2008, the Fenway [GREENER CONT. ON PAGE 18]



“LIVING ROOF” AT SAN FRANCISCO 49ERS' LEVI'S STADIUM.  
PHOTO COURTESY OF GREENROOFS.COM.



SEATTLE MARINERS' SAFECO FIELD.  
PHOTOGRAPH BY RICHARD WELDON.



# IN THE FACE OF ADVERSITY

## Is there resilience in diversity?

BY ALYSSA BLACKHURST

**M**arvel comics has made a push to include more female and racially-diverse characters in its books. With classic heroes passing the torch, fans can now read about a female “Star-Lord” (Kitty Pryde, formally in the “X-Men”), or a female “Thor” (Jane Foster, formally a supporting character of “Thor”). There’s also new iterations of characters such as “Ms. Marvel” (Kamala Khan, a Muslim teenage girl), a new “Iron Man” (Riri Williams, a black teen girl), a new “Nova” (Sam Alexander, a Hispanic teenage boy) and a new “Spider-Man” (Miles Morales, a biracial teen boy).

In an interview with ICv2, Marvel’s vice president of sales, David Gabriel, blamed a decline of sales on this very push for inclusion: “What we heard was that people didn’t want any more diversity. They didn’t want female characters out there...I don’t know that that’s really true, but that’s what we saw in sales.

“We saw the sales of any character that was diverse, any character that was new, our female characters, anything that was not a core Marvel character, people

were turning their nose up against,” Gabriel continued. “That was difficult for us because we had a lot of fresh, new, exciting ideas that we were trying to get out and nothing new really worked.”

Many fans said they felt Gabriel had misinterpreted the cause for the decline in sales, including Grossmont student Bryan Lint: “They’re pumping out legacy heroes, changing their gender or race, and then writing them atrociously. Many of these pushes are rush jobs, and the heroes aren’t allowed to gain speed in pre-existing books. On top of that, like the writer for Kamala Khan said, they’re trashing the old heroes on the way out, which leaves a bad taste in everyone’s mouth.”

Lint is referring to a personal blog post that G. Willow Wilson, writer for “Ms. Marvel,” wrote in regards to Gabriel’s comments. Wilson criticized “launching a legacy character by killing off or humiliating the original character,” which she claimed “sets the legacy character up for failure.”

Grossmont Student Curtis Rabel

“absolutely disagreed,” saying that “diversity and female characters aren’t the problem.

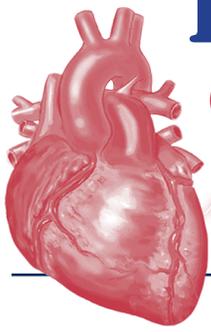
“The problem is bad writing and story lines recently,” Rabel explained. “Bringing in all these different universes then slamming them together into one, with only some aspects of every universe to form one continuity was a dumb move. Sure, they can bring characters like the new Spider-Man, Miles Morales, from the ‘Ultimate Universe,’ but give me a good reason as to why they can’t return to their own alternate universe.

“Flat out killing off, or replacing classic heroes isn’t good writing either. It’s not being creative, it’s being lazy. Kill off Bruce Banner and make Amadeus Cho the new ‘Hulk’? Why? What purpose does killing off the original Hulk do? It’s just a cheap way to give another already established character new powers and the spotlight. I am a strong believer in the rule of ‘If it isn’t broken, don’t fix it,’ and Marvel recently has been breaking that rule a lot,” Rabel added.

Since the back- [MARVEL CONT. ON PAGE 18]



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# THE HEART OF CARE

## GROSSMONT'S NURSING DEPARTMENT

*Celebrates 50 Years.*

STORY BY SYMON GORO | PHOTOS BY KRISTELLE VILLA | LAYOUT BY REGINA RUBAIE

The year was 1967, when Grossmont started its nursing program with a class of 16 students. Fifty years later, about 120 students now graduate from the program each year.

Students, staff, faculty, alumni and their family members gathered on March 18 to celebrate the program's 50th anniversary. It wasn't all just socializing and cake, however. Throughout the reception area were photos and displays of students from the program over the years, along with little descriptions explaining the subjects studied therein.

Among one of the more interesting aspects of the event were the simulation labs open to guests. Inside, a monitor played footage of a simulation while students gave small tours and demonstrations. Taylor Jennings, a student in her second semester of the program, was one of them.

As the name suggests, students perform real medical procedures on one of the class' practice dummies. The dummies may have odd-looking faces, but are startlingly lifelike in their functionality. Their chests respire, you can feel their pulse, they can emit a variety of sounds in different parts of their body, as well as produce fluids, cry or look tired, and their eyes can detect and react to light. They can even be administered an electric shock if necessary.

There are also a variety of dummies to simulate different scenarios like intensive care units, labor and infant care. Each dummy can cost up to \$80,000, when you combine their individual cost along with the equipment needed to operate them.

How it works is instructors monitor the students from their room. There, they control the scenario by using special software that allows them to adjust the patient's condition. Some examples Jennings gave were weakening the pulse in different parts of the body or creating a crackling sound in the lungs

to signify fluid had leaked into them.

Instructors also take on the role of the patient and speak to students through the dummies. The goal is to make the simulation as lifelike as possible to prepare students for the real deal, going so far as to give the dummies names and back-stories, and even simulating a scenario where the patient dies.

"It's stressful," Jennings said. "Sometimes more stressful than with a real patient, because you know the instructor is watching you."

Despite the challenge, Jennings said she still enjoys the program: "The teachers don't just throw stuff at you and watch you suffer. They know it's hard coming in here. They're very passionate and have a lot of experience, so they definitely know what we're going through. They want us to learn and make sure we grasp it."

When asked why she chose to join the program Jennings said: "I'm a family person. I want to be able to help my family and other people in certain situations."

### STRENGTH, LOVE, WISDOM

Partway through the celebration, we all gathered into a lobby near the courtyard for the speech in honor of all the students, staff and faculty who have participated in the program.

Dr. Cindy Miles, the district chancellor, was one of the first speakers. She said when she asks nurses where they graduated, more than half the time they answer "Grossmont."

"It's important to think about the impact they've had on our community," Miles said. "...It's a difficult program. A challenging career. Let's thank all who have made this possible."

Miles then gave the podium to Dr. Nabil Abu-Ghazaleh, Grossmont's president, to speak about community and the challenges set forth by the program.

"We have to remember, with great humility, that they go out into the

working force, and year after year, I hear how they continue to grow and learn and to support our community," Abu-Ghazaleh said. "It is about quality of life that you are attempting to provide. It is about providing support to people. To know that life is earned and that it can be lost. Helping people in their most vulnerable times. Our alumni have been carrying that heavy burden.

"It is necessary to challenge people to become the best they can be, because we are trusting them with our lives. Maybe some day mine," he continued. "I don't want to make light of it. It is



quite literally life and death... Nothing less is acceptable. It is a deep, deep trust. Some would say a sacred trust."

Abu-Ghazaleh spoke briefly about one of Grossmont's old mottos. It translated to strength, love and wisdom. "I see it at this college still," he said. "In our students. In our faculty."

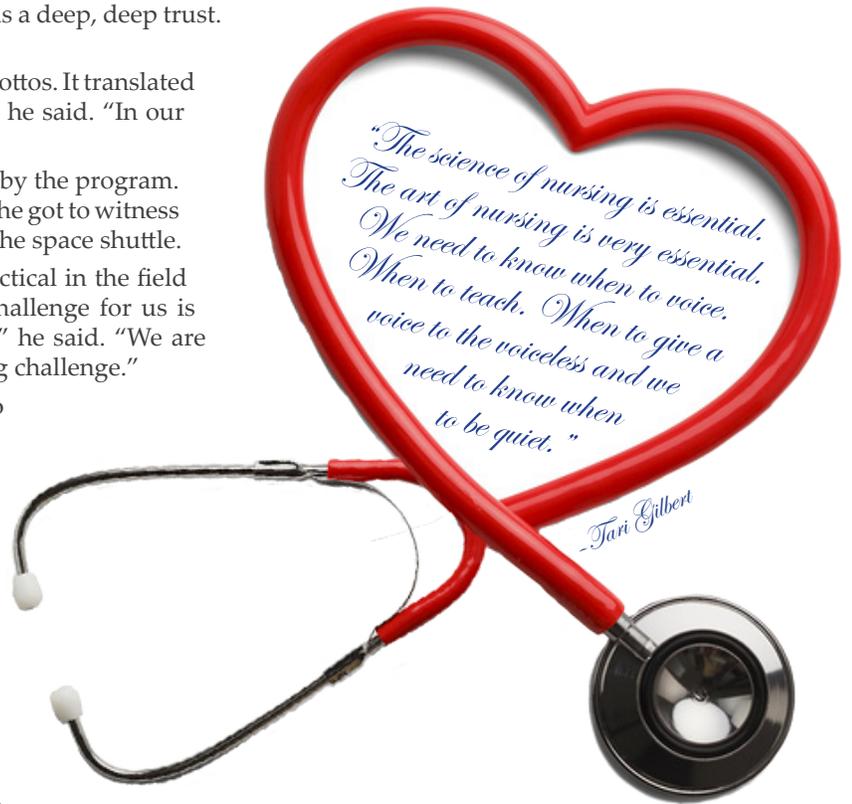
He went on to speak about some of the challenges set forth by the program. He told a short story about his grandmother. In her lifetime she got to witness technology go from the horse and buggy all the way up to the space shuttle. Today, the technological cycle is much shorter. What's practical in the field now might not be so in the next five or 10 years. "The challenge for us is to consider how we can train people to continue to grow," he said. "We are training people in critical thinking skills first. It's a daunting challenge."

Abu-Ghazaleh congratulated everyone for their service to the community before giving the podium to the two final speakers: Diane Greenwood, who graduated from the program in Spring 2015, and Tari Gilbert, who graduated several decades ago.

Greenwood found work shortly after graduating and is still working in the same hospital today. "I felt completely prepared not just in the academic world but in the working world," she said. "I'm able to support my family. My family has changed, my abilities have changed."

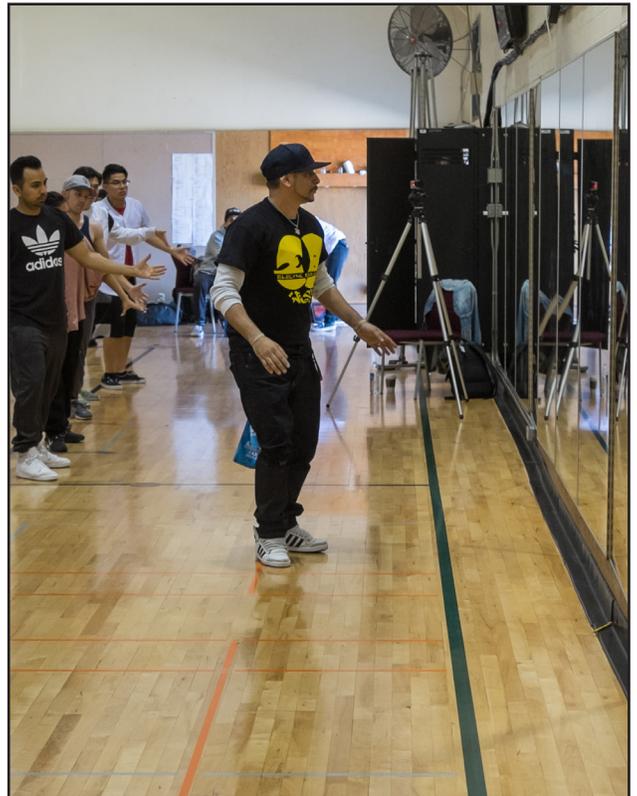
She commented on how supported she felt after when asked about faculty: "They don't just provide academic support. They provide sincere support to help you connect to opportunities in the community."

Gilbert, meanwhile, has been working at one of the largest and [ **NURSING CONT. ON PAGE 18** ]





**MR. WIGGLES**



## A world-renowned hip-hop instructor visits Grossmont.

STORY AND PHOTOS BY KYLE CASCANTE

A well-known dance pioneer recently held a hip hop class for the first time in San Diego at Grossmont. Steffan Clemente, also known by his stage name “Mr. Wiggles,” taught the class on April 8 and 9, from noon to 6 p.m. The two-day intensive hip-hop camp was a part of Clemente’s USA Tour.

Clemente – a dancer with The Rock Steady Crew, The Electric Boogaloos, Tribal Click and Zulu Nation – instructs, acts and produces music, and is a choreographer and graffiti artist as well.

Having someone so skilled come to instruct at Grossmont is a great tool for students and other local dancers. A mix of both really seemed to enjoy learning from Clemente, who Melissa Adao, Grossmont’s lead hip-hop instructor since 2003, called “one of the OG pioneers from New York.”

Grossmont dance student Jovann Quilop, who has been dancing for four years now, said having Mr. Wiggles guest-teach was “truly a blessing.” Even though Quilop had said “the first day was really intense,” he was clearly enjoying his time at the camp tour.



**ENTRANCES  
AND  
EXITS**

### ENTRANCES AND EXITS

**Who:** Grossmont Dance Department  
**What:** Faculty-Choreographed Dance Concert

**When:** April 20-22 (shows at 7:30 p.m.)

**Where:** Joan B. Kroc Theatre,  
6611 University Ave, San Diego

**Tickets:** \$12 pre-sale; \$15 at door (cash only)

**More Info:** 619.644.7766



PHOTO ILLUSTRATION BY GREG WILLIAMS

## The Hyde Gallery's current exhibit is heavy with meaning. **BY KYLE CASCANTE**

Joseph Castle's "Things We Carry" is the current exhibit in Grossmont's Hyde Art Gallery, on display through April 25. The works in the gallery are large, incredible-looking bronzed sculptures that deal with religion to explore themes of life, death and transcendence. Inspired by the passing of his father, Castle used animal remains and other shapes with bronze-casting technique to create what looks like scene from a tar pit.

Castle chose the bronzing process since he worked in a foundry for six years, starting right out of college, and has taken roughly 10 to 12 years to work on the project.

"I just love bronze," said Castle, who added that he was thankful to Grossmont for holding the show and to gallery director Alex DeCosta for all his help.

At the reception that held on March 21, the amazement of students and attendees alike was unsurprising. The works of art were well-presented, and just moving them was a part of the wonder of the show, considering that the sculptures have moved all around the country for different shows.

Students had different things to say about the many pieces in the exhibit. Student Musa Y., who declined to give his full name, liked one of the bronzed flowers hanging toward the back of the gallery because of its detail. Aurelio Rivas, on the other hand, preferred one of the centerpieces, due to its "simple, clear message."

Be sure to come and see upcoming exhibits in the gallery, including the Student Showcase in May. For more information, follow the gallery's Instagram, @hydeartgallery.



JOSEPH CASTLE EXPLAINS HIS WORK.



PHOTOS BY KYLE CASCANTE



PHOTO BY KYLE CASCANTE



**H**ead Coach Randy Abshier has his boys playing well, working toward the goal of reaching the state championship.

The Griffins are 17-1 in conference play, and a large part of that is due to their success at the plate. The team has a .317 batting average and has averaged about nine runs over 30 games. A big reason behind the team's high-slugging percentage is outfielder David Maldonado, who leads the ball club with six home runs. It also helps when six batters in your lineup are batting over .300. Third baseman Justen Burkey is proving why he earned his scholarship to Clark University, with 44 hits and a near-flawless fielding percentage.

This run support is plenty enough for the Grossmont pitching staff, which has been on a run themselves. The rotation is led by the sophomore workhorse, Donovan McCrystal, the UNLV commit, who is sporting a 7-1 record with a 2.10 ERA. Doing his job out of the bullpen, and recently, in the starting rotation is Hayden Shenefield. In his last outing, Shenefield threw a gem, complete-game shutout with an outstanding 16 strikeouts to lower his ERA to a minuscule 1.55.

Another honorable mention from the Grossmont pitching repertoire is starting pitcher Tim Holdagrafer who has gone deep into games and proved himself as a reliable arm for Abshier with his 1.07 WHIP.

Currently in first place of the Pacific Coast Conference with a remarkable record of 23-6-1, the Griffins are in full stride after a nine-game winning streak earlier in the season and as of recent have won eight games in a row with their eyes set on their next opponent: Palomar College.

Watch the Griffins keep working toward another consecutive conference title at their next home game on Tuesday, April 18, at 2 p.m.

[ GREENER CONT. FROM PAGE 11 ]

Greening program has included the installation of enough solar panels to provide 37 percent of their energy," Casey said.

Toward the end of the Red Sox 2016 campaign, Mark Newman of MLB.com wrote, "A pregame ceremony featured many leaders and partners who are part of the city's effort to reduce Boston's greenhouse gas emissions 25 percent by 2020."

Coming off one of the best, if not the best seasons in franchise history, is the Cleveland Indians. But their success isn't happening solely on the playing field. Progressive Field, home of the Indians, is the first of it's kind to install an actual wind turbine. This is part of the "Our Tribe is Green" program ran by the Indians Organization.

One would assume that the state nicknamed the "Land of a Thousand Lakes" would receive quite a bit of rainfall. Target Field, the home of the Minnesota Twins, uses that abundance of rainfall to wash down the stadium's seats.

The Colorado Rockies started feeling green as well last year with their Bike to the Game program to assist in eliminating carbon emissions.

The hometown Padres did their part with last year's annual All-Star Game as well, lighting up the American League and National League all-stars with LED lighting that is estimated to save over 250,000 kWh per year. The equivalent of driving more than 410,000 miles or approximately 16.5 trips around the world.

**BEYOND**

Perhaps more than any other sport, hockey is connected to the natural environment. Hockey requires cold climates and freshwater to preserve and develop its rinks. The National Hockey League is the first professional sports league to issue an environmental sustainability report that's goal is to "address recent efforts and the challenges faced from an environmental perspective," according to NHL Commissioner Gary Bettman.

The NHL is partaking in the movement as well with its NHL Green program. "Among the goals of NHL Green: to reduce

the use of natural resources in business operations, to track and measure the environmental impact of the sport and to inspire fans and partners to commit to environmental stewardship," according to NHL.com.

"At the NHL, we recognize that we have great responsibility for the way we conduct our business, and we are uniquely positioned to promote the environmental message," Bettman said.

Also in partnership with the NRDC is the NBA Green program which "generates awareness and funds for protecting the environment," according to NBA.com. The NBA has 18 teams that are part of the GSA as well. Many teams who are part of the program donate prepared but unsold food to charities which eliminates landfilling valuable food that would release harmful greenhouse gases into the atmosphere.

Among the steps inside the arena to eliminate surpluses of energy include team kitchens that use solely Energy Star equipment, which produces 20 to 40 percent less energy than standard products.

"The NBA's commitment to reduce its ecological impact and to help educate basketball fans worldwide about the importance of environmental protection confirms why this league is regarded as one of the world's most responsible sports organizations," Hershkowitz said.

To be part of the change, Goodman offered this advice to Grossmont students: "Plan one's navigation across space using an automobile more efficiently... This means trying to use your car so you reduce the number of miles you put on it during a day while still getting everything you need to get done, done."

Curran suggested that students should look at bus routes that may accommodate them, or if they live local, possibly bike to Grossmont.

For other tips on making a positive difference in the environment, visit NRDC.org.

[ MARVEL CONT. FROM PAGE 12 ]

lash from the March interview, Gabriel has clarified his statements: "We heard that some were not happy with the false abandonment of the

core Marvel heroes and, contrary to what some said about characters 'not working,' the sticking factor and popularity for a majority of these new titles... continue to prove that our fans and retailers are excited about these new heroes.

"And let me be clear, our new heroes are not going anywhere," he continued. "We are proud and excited to keep introducing unique characters that reflect new voices and new experiences into the Marvel Universe, and pair them with our iconic heroes."

[ NURSING CONT. FROM 13 ]

oldest HIV clinics in the country. "I would say that my preparation here, my association here, helped me do my heavy lifting. My foundation is very much here," she said.

"The science of nursing is essential," Gilbert added. "The art of nursing is very essential. We need to know when to voice. When to teach. When to give a voice to the voiceless and we need to know when to be quiet."

The speech ended paying memory to John Matthew Hajosy. Hajosy was a nursing student who lost his life in a car crash on Feb. 23, 2014, the same year he was set to graduate. A tree was planted outside the Health and Sciences building and a scholarship fund was set up in his Hajosy's name in honor of him.

The John Matthew Hajosy Memorial Fund goes toward helping students who are in need and having difficulty attending college. The fund raised \$6,000 within a few months of its creation and is continuing to support students today.

Community was a major theme during the event. For 50 years, Grossmont's nursing program has been making an impact on the world around us. All thanks to the students, staff and faculty over those past 50 years. As Abu-Ghazaleh said, "Without you, the program wouldn't be here today."



**M**any new faces will be joining our student government. These students will be responsible for representing Grossmont students in board meetings and campus- and district-wide committees.

Elected candidates will be sworn in during the final ASGC meeting of

the semester, and will start their tenure at the beginning of the fall semester. Here are Grossmont's 2017-2018 elect student government representatives:

- **President:** Skyler Delacruz
- **Vice President:** Jennifer Gross
- **Comptroller:** Amy Bianchi
- **Executive Secretary of Student Legislation:** Daniel Pacheco
- **Webmaster:** Daniel Pacheco
- **Director of Publicity:** Taylor Peeples Black
- **Director of Campus Activities:** Danica Hutchins
- **Board of Directors:** Almarely Reyes, Amy Bianchi, Angelica Terrones, Brandon Viveros, Duana Powell, Frank Mercado, Jeffrey Jovellano, Margen Dishmon, Mía Harris, Nyvine Habchi, Samantha Muñoz-Ayala, Taylor Peeples Black, Wael Butros. \*Tied: Adam Ellestad, Demaree Barragan, Jonathan Shelby
- **Student Trustee:** Brandon Vivero

### MEN'S VOLLEYBALL LEAGUE CHAMPS —VINNY LAVALSITI

The one thing that stood between the Pacific Coast Conference League Championship and the Grossmont Men's Volleyball team was #9 state-ranked Miramar College.

Grossmont put its 3-1 conference record to the test against Miramar's perfect 5-0 regular season. The Miramar Jets were able to clinch their spot in the championship game with their 3-1 victory over Palomar College on their Sophomore Night.

The first time these two teams faced off was on March 28 in which the Griffins fell to Miramar 3-2 while forcing five sets.

On championship night however, Head Coach Travis Lee and the Griffins had the upper hand. Grossmont defeated Miramar 3-1 to be crowned PCAC Men's Volleyball Champions.

### SPEECH BRINGS HOME THE METAL —SYMON GORO

Congratulations to the Griffin's Speech and Debate team for its success at the California Community College Forensics Association Tournament. Between the 24 colleges competing in the tournament, the Griffins were able to win awards in three categories.

The medal winners were Xavier Daniels, who won the gold award in Dramatic Interpretation, which had a total of 41 entries; Daniel Zaragoza, who won silver award in International Public Debate Association, which had 67 entries; and Jonah Naoum, who won the bronze in Extemporaneous Speaking, which had 60 entries.

### INTERNATIONAL CLUB SCHEDULE —KRISTELLE VILLA

- **April 15:** Masquerade Prom (5 to 9 p.m., Griffin Gate)
- **April 19 and May 24:** Coffee Breaks (2 to 5 p.m., 21-235)
- **April 29:** Julian Bus Trip (8 a.m. to 9 p.m.)
- **May 5:** Movie Night (5 to 8:30 p.m., 26-220)
- **May 13:** Beach Clean Up (9 to 11 a.m., Ocean Beach Pier)
- **May 19:** Graduation Party (3 to 9 p.m., South Mission Beach)

## LITERARY ARTS FESTIVAL

The English department's Creative Writing Program will be presenting its 21st Annual Literary Arts festival this month. It will feature award-winning authors and showcase work from the campus and community as well. All events will be in Griffin Gate.

—SYMON GORO

### MONDAY, APRIL 24

**Viva Literatura Student Panel (2 to 3:15 p.m.).** Featuring students celebrating and presenting personal accounts about their relationship to literature.

**Reading and Book Signing Denise Benavides (7 to 8:30 p.m.).** Queer, Xicana poet and performance artist, and Grossmont alumna Benavides shares her work using the stage/page to confront themes of xenophobia, religion, relocation, sexuality and love.

### TUESDAY, APRIL 25

**Building Bridges: The Work of Luis Alberto Urrea Student Panel (11 a.m. to 12:15 p.m.).** Discussion on themes of community, identity, transformation and equity in the work of Urrea, including excerpts from his poetry, fiction, creative nonfiction and comics.

**New Voices Student Reading (7 to 8:30 p.m.).** Featuring original work from the Creative Writing Program's "stand-out" new voices from the Spring 2017 course.

### WEDNESDAY, APRIL 26

**"And Social Justice for All" Slam Poetry**

### Competition

(11 a.m. to 1 p.m.).

Students will compete for the title of Grossmont College Grand Slam Champion with works addressing issues of social justice. This event will be open to all Grossmont students and will be hosted by performance poet Gill Sotu.

**Reading Featuring Performance Poet and Musician Gill Sotu (7 to 8:30 p.m.).** Ventura County's 2006 Grand Slam Poetry Champion will perform poetry addressing social justice, racial empowerment and masculinity.

### THURSDAY, APRIL 27

**Luis Alberto Urrea Reading and Book Signing/Writing Contest Winners (7 to 8:30 p.m.).** Reading and book signing by Urrea, as well as the winners of the Writing Project, a creative works project in response to one of Urrea's works. The finalists' essays will be collected into a publication; they will also read their work and be recognized by Urrea.



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She is not outside of you.  
Mother Earth is not just your  
environment.”**

**–Nhat Hanh**