

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | FEBRUARY 2018



**VALENTINE'S DAY
AROUND THE
WORLD**

**+ BLACK PANTHER,
THE OLYMPICS**

TABLE OF CONTENTS

- 4 Love Around The World**
Valentine's Day isn't the same all across the globe.
- 6 Making Friends 101**
Meeting new people doesn't have to be scary.
- 7 Simply Social**
Stay up-to-date on all things Grossmont.
- 7 Black History Month**
The month of February is jam-packed with events.
- 8 Equal Escape**
The Marvel Cinematic Universe welcomes a main character of color.
- 10 My Brother, the Olympian**
A Griffin's sibling vies for the gold at the Winter Olympics.
- 12 Health is Wealth**
Find yours in the food options on campus.
- 13 On Stage at Grossmont**
Spend an evening of culture at Grossmont's Stagehouse Theatre.
- 14 February Fashion**
Long skirts and shirts are in style for the shortest month.
- 15 Grossmont Briefing**
Career Center, Hyde Art Gallery and Grossmont's music schedule.
- 16 Reel Talk: A Love Like The Movies**



The SUMMIT

A publication of Grossmont College's
Media Communications Department.
Vol. 44 | Issue 5 | February 2018
Web Edition

SUMMIT STAFF

Co-Managing Editors:
Viny Lavalisiti, Brianna Tyseling
Senior Writer: Morgan Ray

Staff Writers
Paloma Abarca, Kayla Johnson, Lea Kolb,
Morgan Peyre, Fowsia Shariff,
Jordan Thibodeaux

Adviser: Jeanette Calo

GROSSMONT-CUYAMACA COMMUNITY COLLEGE DISTRICT

8800 Grossmont College Drive
El Cajon, CA 92020
619-644-7454 | grossmont.edu

Governing Board Members
Elena Adams, Greg Barr, Bill Garrett,
Edwin Hiel, Debbie Justeson

Student Members
Kyrie Macogay, Brandon Vivero

Chancellor : Cindy Miles, Ph.D.
President: Nabil Abu-Ghazaleh, Ed.D.

Contact us at
summit@gcccd.edu



@gcs Summit_



/thesummit.gc



VISIT US ONLINE
gcs Summit.com

X's AND ©'s FROM THE SUMMIT STAFF



PALOMA ABARCA

is a Media Comm major with an emphasis on radio and plans to transfer to SFSU in the Fall. She is currently in her fourth semester at Grossmont, writing for *The Summit* and

getting a taste of her dream job by working with the Griffin Radio on campus. She aspires to be a music director and host a show that informs others not only about good music, but also nutrition. Paloma loves discovering new artists, so if you see her, don't be shy and share your music!



KAYLA JOHNSON

is a journalism major with a focus on social media marketing and public relations. She is in her fourth and final semester at Grossmont, and is currently working with a marketing

firm based out of London as an apprentice for international marketing, with hopes of being hired full-time after the spring semester. She will be obtaining her associate in journalism this spring, and will continue to pursue her future career in social media marketing and public relations.



LEA KOLB

is a journalism major in her fifth semester at Grossmont and plans to transfer to San Diego State University next fall. Originally from France, Lea moved to San Diego three years ago in order to

pursue her studies. She will earn her associate degree in journalism this spring. Lea loves traveling and discovering new places. She currently speaks fluent French and English, but seeks to become trilingual. Lea aims to write about fashion and work for Elle or Vogue one day.



VINNY LAVALITI

is a journalism major in his fourth semester at Grossmont. Vinny is a die-hard Oakland Athletics fan, and enjoys spending his time on Sundays watching

the Oakland Raiders. He owes his inspiration to become a TV sports personality from ESPN's Mike Greenberg and the late great Stuart Scott. He will be transferring to either UCLA or Berkeley next semester.



MORGAN PEYRE

is a journalism major in his fifth semester at Grossmont, and he hopes to transfer to San Diego State University by next fall. Morgan grew up in France and

moved to San Diego three years ago. He is a huge fan of tennis and big supporter of Roger Federer. He hopes to someday work for the ATP (Association for Tennis Professionals) World Tour.



MORGAN RAY

is a journalism major in her fourth semester at Grossmont, *The Summit's* resident film geek and the founder of Reel Talk. When she's not watching films, she's probably talking about them—that or reading or listening

to podcasts. She aspires to travel the world and write about films online, hopefully for nerdist.com. Morgan aims to have the fashion sense of Jean Seberg and the writing skills of Karina Longworth.



FOWSIA SHARIFF

a journalism major in her fourth semester at Grossmont. Shariff plans to transfer to CSU Northridge in the fall. As a television connoisseur, she knew she was made to be an entertainment

journalist, discussing all things TV. She dreams of working with entertainment companies such as E! News or Entertainment Tonight.



JORDAN THIBODEAUX

is a journalism major in his fourth semester at Grossmont. Jordan hopes to transfer to either San Diego State University or San Jose State University this upcoming fall

to finish his bachelor's degree in journalism. He aspires to work with a major sports news company such as ESPN or Fox Sports.



BRIANNA TYSEING

is in her fourth year at Grossmont College. She plans on transferring to San Diego State in the fall and graduating with a degree in journalism. In her free time, Brianna enjoys hiking, playing

tennis and hanging out with her dog, Rusty (follow him on Instagram @rusty_roo_who). She hopes to someday work for Vogue.



The staff of *The Summit* is enrolled in an academic media news production course. A main function of *The Summit* is to provide a professional learning experience for students of any major classification who express an interest in journalism. To serve this function, *The Summit* is entirely student-run. Student editors are responsible for all editorial decisions, content and editing. The instructor/ adviser is available for training, guidance and advice, but has no control over the content or editing of the newspaper. Prior review is not exercised. These guidelines have been established to protect the First Amendment freedoms guaranteed to the student press, as well as a guarantee of valuable learning experience in all aspects of newspaper management for the students. Please direct all inquiries, comments and letters to the editor to summit@gccd.edu.



Love Around The World

Valentine's Day isn't the same all across the globe.

BY LEA KOLB

As Feb. 14 approaches, everything seems to turn red and pink. The stores are festooned with featured heart banners, heart-shaped balloons and cute teddy bears. While couples begin to plan their dates for this special day, children are preparing their greeting cards for their classmates.

Love is in the air, and Valentine's Day is around the corner. Similar to the major American holidays, the day of love is extremely popular and widely celebrated all over the United States. However, not every country celebrates the heart-shaped holiday the same way.

In the United States, many start learning Valentine's Day traditions in elementary school. The spirit of giving and receiving love is emphasized through the exchange of sweet Valentine's cards between classmates.

Chanel Varela, a 19-year-old Grossmont student who was born and raised in San Diego, has celebrated Valentine's Day since she was 6-years-old. She can still remember her first Valentine's Day when she asked her mom to buy a pack of cards to write little notes to her classmates. "Since then, I always send greetings card to my friends," Varela said.

The day of love in the U.S. is not only dedicated to couples. It's also a day to celebrate the friendships in our lives and to celebrate love in general.

"We see this day as the perfect opportunity to be thankful for our loved ones," Varela added.

Sending a Valentine to friends and family is a common thing to do on this day. However, on the other side of the ocean, in France, one would be surprised to receive such a card from someone other than his or her partner. Why? The French only devote this holidays to their lovers. In America, people celebrate the love not only between couples but also between friends, coworkers and

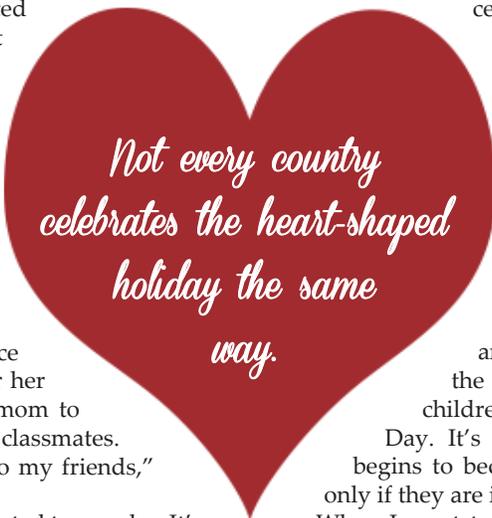
family. On the other hand, in France Valentine's Day is just for people in love.

With a reputation as one of the most romantic destinations in the world, you might wonder: What is the typical date night for Valentine's Day? Sadly, the French don't see this day as an important holiday, and don't make it as a big deal, because they think love doesn't need a specific day to be celebrated. A study conducted by the survey institute Odoxa reveals that 92 percent of French consider Valentine's Day as a "Hallmark holiday." However, some couples, especially young couples, will still go on "rendez-vous", the French way to say "date," and celebrate the holiday around a nice dinner.

In addition to only devoting the day to couples, the French only celebrate this special day when they are teenagers or adults. The holiday is almost considered as an exclusive adults' celebration of love. Unlike the United States, teachers rarely encourage children to engage in activities related to Valentine's Day. It's only in high school that Valentine's Day begins to become important in their lives— but, again, only if they are in a relationship.

When I went to a high school in France, the school had a tradition of selling roses for Valentine's Day so boys who desired to offer a rose to their loved one could order some; the roses would be delivered in class to the person of their choice. So if you were in a relationship, you were lucky. But if you were single, you had little chance to hear your name called when they distribute flowers.

Roses, jewelry, a romantic dinner or even underwear are on the menu for French Valentine's Day gifts. Teddy bears, heart-shaped candy boxes or heart-shaped balloons are not common, simply because you won't find those Valentine's Day dedicated items in abundance in grocery stores. Unlike in the U.S. – where



on Feb. 1 you understand it's going to be the month of love because stores dedicate an entire department – France doesn't commercialize the holiday as much.

Since the French only celebrate this special day between couples, it has become the fear of single people. If you're single, you might spend your night with a chocolate box watching romantic movies and dreaming of the perfect relationship.

Italy is very similar to France in its Valentine's Day traditions.

Ambra Baron, a 20-year-old Grossmont College student and native Italian, was surprised to see how Valentine's Day is already a big event for children. "In my country, you start celebrating Valentine's Day when you are 16-year-old," Baron explained. "And it's only celebrated among couples.

"People that are single often said 'don't remind me that it's Valentine's Day,'" she added.

Interestingly, on the other side of the ocean in Japan, traditions are a bit different too. Similar to the United States, Valentine's Day is a big event.

"We celebrate it since we're children," said Momoka Nakajima, a 22-year-old international student from Japan. "We celebrated it between couples, girl's friends or even coworkers."

However, they celebrated in a very unique style. On Feb. 14, only women will offer gifts to men. A strong tradition for Valentine's Day consists of women giving chocolate to men. Women will make or buy the chocolates and give them to their loved one. This tradition is also popular among children and teenagers.

"When I was in high school, I used to make 60 chocolates for my friends," Momoka said.

In addition to Valentine's Day, Japan has a "White Day" which takes place on March 14, exactly a month later. On White Day, it's time for men to offer gifts to women who gifted them chocolates on Valentine's Day. The gifts traditionally consist of candy, but nowadays, "We received others kinds of small gifts such as bath bomb," Momoka said.

Even though every culture celebrates Valentine's Day in a slightly different way, the main message stays the same: Celebrate and confess your love.

Happy Valentine's Day! *Joyeuse Saint-Valentin!* *Buon San Valentino!* ハッピーバレンタイン!

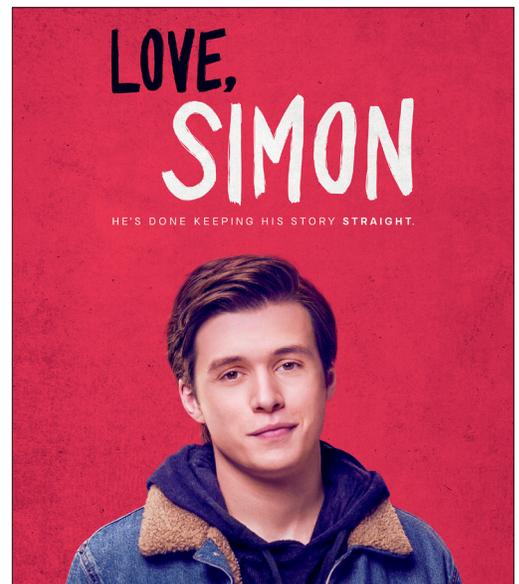


FEBRUARY HEARTS

Join the healthy heart movement! On Valentine's Day (Feb. 14) there will be free blood pressure screenings at Grossmont. The Student Health Services will have tables set up around campus and Grossmont College nursing students will be checking blood pressure. For more information on this event please visit livewell.sd.org or call 211.

—BRIANNA TYSELING

Catch a free, early screening of *Love, Simon* on Feb. 13 at 7 p.m. at Grossmont Center Mall Reading Cinemas 15. Directed by Greg Berlanti, it is a coming-of-age story about the thrilling ride of finding yourself and falling in love. For complimentary passes, visit this link: <http://www.gofobo.com/LSSDGENWOM>



Everyone deserves a great love story. But for 17-year-old Simon Spier, it's a little more complicated: he's yet to tell his family or friends he's gay, and he doesn't actually know the identity of the anonymous classmate he's fallen for online. Resolving both issues proves hilarious, terrifying and life-changing.

HELP SAVE LIVES!

The San Diego Blood Bank will be on campus on Feb. 21 and 22. They will be in the 500 quad on the Feb. 21 from 8:30 a.m. to 6:30 p.m.; on Feb. 22, they will be in the main quad from 10 a.m. to 3:30 p.m. If you plan on donating blood, please bring photo identification; tell them that your sponsor is "GROS" and schedule an appointment online. Walk-ins are welcome, but not preferred. For more information, please visit mysddb.org.

—BRIANNA TYSELING

MAKING FRIENDS 101



Meeting new people doesn't have to be scary.

BY BRIANNA TYSELING

Is it your first semester at Grossmont? Are you shy? Do you want to make new friends?

If you answered "Yes!" to any of these questions, continue reading. Making new friends can be difficult for some people, especially for those of us who are shy and are somewhat introverted. It may seem daunting to put yourself out there and try and meet new people, but fret not. Here is a how-to guide on how to make friends with people at Grossmont:

#1 TALK TO A STRANGER.

When you walk into class find someone who looks approachable and start up a conversation. See where the conversation takes you. You never know. You might have more in common with a stranger than you do with some of your current friends.

#2 ASK THEIR NAME AND PHONE NUMBER.

Ask the stranger what their name is. After you've found out their name, exchange phone numbers (for homework purposes). Make sure to make it clear that you only want their number in case you miss class or need help with homework. You don't want to come on too strong and scare your new friend off.

#3 GET SOME WORK DONE.

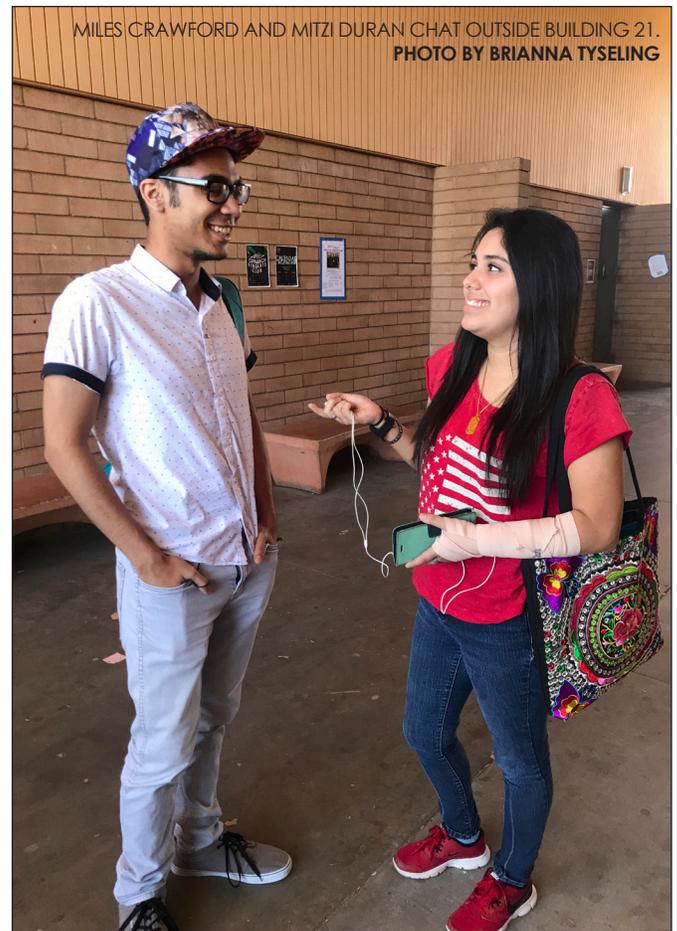
Ask your new friend if they want to work on homework together. This is a great way to get to know someone better while also getting work done for your class.

#4 TRY SOMETHING ELSE.

If you like your new study buddy, ask them if they want to hangout.

#5 STICK TO IT.

Repeat step number 5... and *voilà!*, you have yourself a new friend.



MILES CRAWFORD AND MITZI DURAN CHAT OUTSIDE BUILDING 21.
PHOTO BY BRIANNA TYSELING



IMAGE COURTESY OF KANATE AT FREEDIGITALPHOTOS.NET

SIMPLY SOCIAL

Stay up-to-date on all things Grossmont.

BY KAYLA JOHNSON

Every day you wake up, pick up your phone, and begin going through posts you missed while sleeping. You scroll through Facebook, Twitter and Instagram, watch your favorite YouTube star's latest video, and view Snapchat stories.

Social media is at its height in today's world. From 1997 to 2018, social media platforms have been completely taking over the online world and society's day-to-day life. It is used every day, companies and organizations are quickly adapting to this virtual service as a way to spread news and connect with the masses.

Grossmont College's own paper is jumping on the bandwagon for this one. You can now connect with *The Summit* on your favorite social media platforms, Facebook and Twitter. Between the monthly issues of *The Summit*, the paper is now available at your daily convenience. The palm of your hand now holds all the news you'll need about campus activities.

Grossmont College student, Gilbert Pelayo, said a social media presence by colleges is important because "it gives students information about their campus and the programs that the school has that they might of otherwise never known about."

Bryce Moreland, second year Grossmont student, says that this new attempt at bringing social media into the college world is more convenient for students since "We are on social media a majority of the time already."

Connect with *The Summit* on Facebook and Twitter to get the inside scoop on events, clubs, and the happenings of Grossmont College.

FOLLOW US!



/thesummit.gc



@gcs Summit_

BLACK HISTORY MONTH

The month of February is jam-packed with events.

BY KAYLA JOHNSON

Local college campuses are representing Black History Month this February through active involvement of black boys and men in connection to the Black Lives Matter movement, as well as engaging seminars and celebrations to express and educate participants in black history and Black Lives Matter.

Grossmont kicked off Black History Month on Feb. 1 with a celebration featuring African drums, dance performances and food. Then on Feb. 7, San Diego State University joined in with a presentation by Professor J. Luke Wood on "Black Minds Matter: The Findings."

Upcoming events include a Region X Poetry Slam Festival Competition, featuring students from many local community colleges on Feb. 15 at 5:30 p.m. in 26-220. SDSU Black Sororities and Fraternities will have a showcase in the main quad on Feb. 20 at noon, and there will be a "Historically Black Colleges and Universities" Workshop on Feb. 26 at 11 a.m. in Griffin Gate.

The events will wrap up with a lecture by Dr. Stacey Patton on Feb. 22 at 12:30 p.m. in Griffin Gate. Patton's lecture will focus on topics such as: combating racial disparities in child abuse cases, criminal prosecutions for child abuse, foster care placements, the over-prescribing of psychotropic medications to children of color in foster care, the school- and foster care-to-prison pipelines, corporal punishment in public schools, diversion, and restorative justice programs.

Throughout the month of February, Griffin Grill is hosting a "Jazz Kitchen with Soul Food Specials" on Tuesdays and Wednesdays. Singers and musicians from Grossmont's Jazz Vocal Ensemble and Jazz Studies Department will perform on Tuesdays during the Jazz Kitchen, which runs from 11 a.m. to 1 p.m.

Black History Month is in full swing in San Diego and the various events are welcoming students, staff and the public to come and participate in the weekly educational opportunities. Make sure to check Grossmont's website for the month-long itinerary and updates about events.

HONOR PRIDE SERVICE
Do Something That Matters

NOW HIRING
NURSES, DISPATCHERS
PROFESSIONAL STAFF, DEPUTY SHERIFF'S

JoinSDSheriff.net
William D. Gore, Sheriff



EQUALESCAPE

The Marvel Cinematic Universe welcomes a main character of color.

BY FOWSIA SHARIFF | IMAGES © MARVEL STUDIOS

Representation is important, especially for people of color. If there's anything that showcases that more, it's the release of the highly anticipated *Black Panther* film during Black History Month.

Comic books have been a pastime for superhero fans for generations. However, fans no longer have to wait until a new issue is released to get their fix. With the popular craze of adapting classic superhero stories for the screen, the Marvel Universe has capitalized on bringing the magic to theaters near you.

Black Panther will be making its way in theaters on Feb. 16, and people can hardly wait. If you're wondering what makes *Black Panther* different from any other Marvel film, I have two words for you: Representation matters.

Created by comic book writer Stan Lee, the titular character T'Challa (Black Panther) becomes the King of Wakanda, a fictional country located in Northern Africa, after his father dies—becoming the first mainstream comic book with a black main character. It also disputes stereotypes that are typically

associated with the African continent.

Portrayed by Chadwick Boseman in the 2018 film, the majority of the cast in *Black Panther* is black, accurately depicting their comic book

It's important that stories provide escapism for everyone, and not just a few.

counterparts instead of whitewashing them. Because of this, the film is drawing in much anticipation and excitement.

Marginalized groups, specifically black

men and women, are drawn to the depictions *Black Panther* showcases. This is because it discontinues the notions that black people are attributed to in real life. The film is a celebration of African art, culture and experiences from a black perspective, which is something that is often ignored in mainstream entertainment.

When asked if she was excited about the film's premiere, Marijah Alexander, a Grossmont College student said, "Yeah for sure. I think it's definitely important." The 22-year-old student said she believes it's refreshing to see a black superhero in a major film. "Normally in movies you don't see a lot of black superheroes. We're always the token black person," she added.

On Jan. 10, pre-sale tickets for *Black Panther* sold more in one day than any other Marvel film, Fandango reported. It is also voted the second most anticipated movie of 2018 on Fandango's website behind Marvel's "Avengers: Infinity War." When *Black Panther* hits theaters in the United States, it is expected to gross \$120 million in the box office, and could even top the

opening weekend of Marvel's *Deadpool*, which reached \$152 million, according to Variety. What does this prove exactly? Diversity sells and people want to see it on screen.

Black Panther held a premiere in Los Angeles on Jan. 28, leaving many fans and celebrities satisfied. Dorian Parks, creator of "Geeks Of Color," a website that aims to create an inclusive environment within popular geek culture, had the pleasure of seeing the film at the premiere through his CBS television internship.

"*Black Panther* was incredible. The movie surpassed my expectations," he said, adding that the representation in the film resonated with him more than anything.

"Never had I felt more represented than I did seeing this movie. I can't imagine the impact this will have on kids," Parks said.

"Representation is truly important so I know this is going to have an impact on many, many people," he added.

The diversity in *Black Panther* is not only prevalent in the cast, but also behind the screens. African-American Ryan Coogler directed the film with Joe Robert Cole, another African American, serving as the film's producer. This highlights how important black voices are needed behind the screen to showcase accurate storytelling on screen.

Black voices need to be heard, especially when black characters are at the forefront of a major film. In order to accurately demonstrate the importance of black perspectives, black men and women need to be involved. *Black Panther* is a prime example of highlighting diversity in the correct way.

"Because of *Black Panther*, I feel like I can be something more," Grossmont student Shamsu Mohammed said. Although the protagonist of the movie is male, as a woman, Mohammed said she resonates with T'Challa as a character, adding that "he's a reminder that we can break away from the negative stereotypes black people are subjected to."

Not only does diversity sell (showcased by the film's advance tickets grossing), it gives people who are not represented in mainstream media a chance to have their voices highlighted— both their physical voices and their cultural ones. Since African culture is held in the highest standard narratively in the film, a chance can also be given to those who are unaware of its ideals.

Representation is important. People not only want to see their stories accurately portrayed, they want to themselves given that spotlight to begin with— especially for marginalized groups. Fiction has always been a form of escapism for many people, but a person cannot always relate to characters who are not like them. It is difficult to make comparison between a life that is yours to a life that is completely different.

Diversity is not something people of color strive for just because it's important to see themselves represented on screen. While that's a huge component in the fight for diversity, it is also important because our media should reflect our real world— whether that be in race, gender or sexuality. It's important that stories provide escapism for everyone, and not just a few.

You can catch *Black Panther* in theaters on Feb. 16.



REPRESENTATION

MATTERS



UMOJA Film Viewing

—FOWSIA SHARIFF

The Grossmont UMOJA Program, dedicated to the academic and personal growth of African-American students, received a donation that allows the school to take 30 students to see the premiere of Marvel's *Black Panther* on Friday, Feb. 16 at 7 p.m. at Grossmont Center Mall Reading Cinemas 15. Students can reserve seats for \$10 at readingcinemasus.com/grossmont/film/black-panther. Multiple seats are still available, and students are asked to arrive 30 minutes early to the location for a group picture. For more information, email UMOJA Coordinator Jason Allen at jason.allen@gcccd.edu.



MY BROTHER, THE OLYMPIAN

A Griffin's sibling vies for the gold at the Winter Olympics.

BY MORGAN PEYRE

© AGENCE ZOOM

As we welcome the beginning of 2018, the eyes of the world will certainly be turned on what promises to be the main event of the year— the Pyeongchang 2018 Olympic Winter Games in Korea, held from Feb. 9 to 25.

This is the first time South Korea will host the Winter Olympics; the last one it hosted was the 1988 Summer Games. This year, 102 medals will be awarded in 15 disciplines.

Vying for one of those medals is Terence Tchiknavorian, 26, who will make his first-time appearance in Ski Cross for the upcoming Olympics. Tchiknavorian is more than an athlete to myself; he is my older stepbrother.

Originally from Avignon, a little town in the south of France, Tchiknavorian said he owes his passion for skiing to his dad, who is a retired professional world extreme skiing champion. In three weeks, France will be counting on him to boost their overall medal records.

"It is such big honor for me to represent my country at the Olympics. It is honestly a dream come true," Tchiknavorian said.

Tchiknavorian grew up in the ski town of Albertville in the French Alps. Since the age of 10, he has been part of the French skiing national team, and spent most his childhood sleeping in dorms in the mountains where the French Ski Federation is located. He

says it was hard for him being away from home, but it was part of the sacrifices he had to make to get where he is today.

Tchiknavorian made an impressive start this year with a total of three podiums in a row in the World Cup. "Terence showed a lot of determination throughout the last couple months. I have always believed

"Once the year started, I had the pressure of being selected for the Olympics Games, but now I have the pressure of winning it."

in him. This is the reason why the French Skiing Federation will count on Terence in Pyeongchang," said Michel Lucatelli, Tchiknavorian's coach.

Tchiknavorian admitted there's a bit of pressure: "Once the year started, I had the pressure of being selected for the Olympics Games, but now I have the pressure of winning it," he said.

Lucatelli said athletes deserve the most knowledgeable and efficient training

programs before the competition starts. For example, the French ski cross national team flew to South Korea eight days before the ceremony began.

"It takes about an hour per day for the athletes to recover from the jet lag," he explained. "Because it is an eight hour difference with France, the whole team has to go eight days earlier to completely recover from the jet lag."

Once recovering from the jet lag, Tchiknavorian and his team will fly to Japan for another week of intense training. "This is the biggest event in my career. I am aware that the preparation program is crucial to higher the chances of winning a gold medal," Tchiknavorian said.

For France, the 2014 Winter Olympics ski cross edition was at its peak when the three French athletes swept the podium, collecting the gold, silver and bronze medals.

"What happened four years ago was not luck," Lucatelli said. "I believe in my team this year and I am positive we can accomplish that again."

The eyes of France – and definitely some eyes of Grossmont – will be turned on Tchiknavorian. He hopes to win the gold medal and become the youngest skier to win a gold medal in that discipline— even though it may take away a chance from a U.S. athlete to earn a medal.



THINKING ABOUT A CAREER IN

INFORMATION TECHNOLOGY?

Earn your B.A. without leaving Grossmont College

Point Loma Nazarene University has partnered with Grossmont College to offer you a B.A. in Computer Information Technology.

Find out more at our free info event!

Wednesday, April 4, 2018
5 – 6:30 p.m.
Grossmont College Campus
Griffin Gate

RSVP at pointloma.edu/CIT-event

POINT ¹⁹  ⁰² LOMA
NAZARENE UNIVERSITY

GROSSMONT
COLLEGE





Find yours in the food options on campus. **BY PALOMA ABARCA**

If you feed your body the right foods at the right time, you gain the perfect amount of energy to get you through the day. But if you are lacking in food, chances are, you are also lacking in energy.

Have you ever heard the expression “You are what you eat?” Or did you know that your brain and gastrointestinal system are extremely linked? Both your mind and body are ruled by the foods you consume. They don’t say, “Breakfast is the most important meal of the day,” for no reason. “There’s always time for breakfast. If you don’t think you have the time, you may just have to plan ahead or think outside the box to fit breakfast into your routine. By not eating a healthy breakfast, you cheat yourself all day. Several detrimental consequences affect your work performance and ability to focus,” said Vicki Pritchett, author of “Consequences of Not Eating a Healthy Breakfast.”

We must remember to keep both our mind and body nourished, especially when we are following a busy schedule. It is always difficult for students to jump back into the school routine after a long break. You must re-teach both your mind and body to be up at an earlier time, get all your school supplies ready, and be sure to provide your body the proper fuel— not only to keep yourself awake, but also focused.

Where do we get this fuel from? That is right, you guessed it: Food! Thankfully, food is one thing we can all agree we love. But it gets difficult to juggle your school, work, health and personal lives all at the same time that we also tend to forget to pack a nutritious meal for later.

Do you ever start feeling tired in class, to the point that you feel yourself falling asleep? That is due to the lack of food you are providing your body. Now, to succeed in school we must be fully aware, but how can you pay attention when the only thing running through your mind is the fact that

you are hungry and the only thing you can hear is your stomach growling, not what the teacher is saying?

Most of us are always in such a rush to arrive at our destination that we do not have time to make food at home or simply forget to grab a snack before heading out the door. Most of the time, we arrive at campus and become even more busy, rushing from one class to another, or going back and forth between school and work.

But have no fear, Griffins. That’s when the dining options at Grossmont come into focus. The college offers its students a variety of food selections throughout the campus. The main Griffin Dining Food

Court is located at the Student Griffin Center and runs from 7:30 a.m. to 7:30 p.m., Monday through Thursday, and 8 a.m. to 2 p.m., on Fridays. Yes, this means that they serve breakfast as well. Isn’t that music to your ears for those of you who are always rushing out the door in the morning without having one bite of food?

Now you do not have to worry about starving through your first class or missing lunch in the middle of the day. Brought to you by Sodexo, the Griffin Food Court serves dishes such as pizza, pasta and salads, which may be prepared to satisfy your dietary needs, sandwiches and more.

“We offer...vegetarian, vegan, organic,



CURRENT GROSSMONT STUDENTS SHARE THEIR FAVORITE FOODS TO EAT ON CAMPUS: **JOSE ZAVALA** ENJOYS THE PHILLY CHEESE STEAK, **EDWIN HERNANDEZ** GETS BREAKFAST BURRITOS IN THE MORNING AND **MARIO BOJORQUEZ** PURCHASES THE CHICKEN QUESADILLA. **RICHARD HERNANDEZ**'S FAVORITE FOOD TO EAT ON CAMPUS IS THE MAC AND CHEESE. **CARLOS SANCHEZ** RECOMMENDS THE CHICKEN HAMBURGERS AND SAYS THE PIZZA IS A “GUILTY PLEASURE.” LAST, BUT NOT LEAST, **YALITZA CORTES** ENJOYS GROSSMONT’S FRIES. GO GRIFFINS! | **PHOTO BY PALOMA ABARCA**

gluten-free— we have it all,” said Susan Place, the general manager. “Everything that is made, is made fresh everyday... nothing is ever held over.”

According to Place, the Griffin Grill serves the best “*bahn mi* sandwiches”—originally, Vietnamese sandwiches containing coriander, cucumber, pickled carrots and daikon on a French baguette. As Place said, “It’s bomb! It’s so good.”

Griffin Grill even has an international food truck located inside, and it provides different cultural dishes every week.

But that is not the only area where you can satisfy your hunger needs. Grossmont College also has the Java Market, which may be found inside the Griffin Student Center and serves Peet’s Coffee; Cafe 200, which is located by Building 27 and serves assorted snacks, sandwiches and coffee; and last, but not least, Oasis, which is located across Building 50 and serves not only Starbucks coffee, but also smoothies, bagels and different items that may be served hot or cold.

Kelly Brown, a current employee at Oasis, made it clear that the V8 Splash smoothies and caramel macchiatos are the best-selling items on the menu, along with their pastries and ready-to-eat bagels. Unfortunately, Oasis has little-to-no vegan options. Its hours of operation are 8:30 a.m. to 3:30 p.m., Monday through Thursday. It’s closed on Fridays, but thankfully, Oasis is not the only place that sells the infamous caramel macchiato.

Betty Vasquez, who is a current employee at the Java Market, said this sweet latte is also their best-selling drink, and the shop does provide milk alternatives for those who are lactose intolerant or do not consume dairy.

“We offer soy milk and almond milk,” she said. “We [also] have teas, decaffeinated teas, chamomile masala chai, jasmine fancy, green dragon and hot cocoa.”

The Java Market runs from 7:30 a.m. to 7:30 p.m., Monday through Thursday, and 8 a.m. to 2 p.m. on Fridays.

So, if you are looking for a delicious caffeinated drink, a simple tea or a fresh V8 smoothie, Oasis and the Java Market are two places you should keep in mind. The previous places that have been mentioned are not the only ones who provide students with ready-to-go snacks. Grossmont’s student bookstore sells snacks such as packaged nuts, protein bars, granola bars, chips, fruit, and so much more. They even provide those who follow a plant-based diet a limited amount of options, such as Lara bars, Kind bars and Len & Larry’s Vegan protein cookies.

Griffins, there is no reason for you to feel “hangry” or tired. Go out and explore the different foods Grossmont College has to offer.

ON STAGE AT GROSSMONT

Spend an evening of culture at Grossmont’s Stagehouse Theatre.

BY LEA KOLB

Grossmont College’s Theatre Arts Department starts its Spring 2018 semester with a play, soon to be performed at the Stagehouse Theatre, called “The Heir Apparent.”

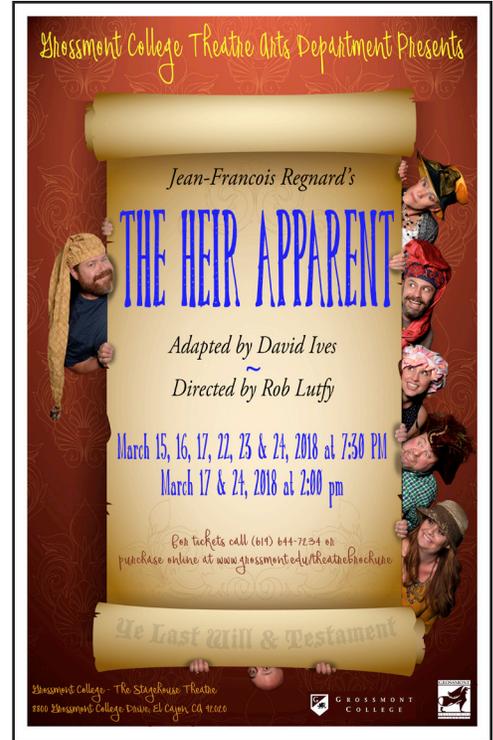
“The Heir Apparent” by David Ives, adapted from “Le Legataire” by Jean-Francois Regnard and directed by Rob Lutfy, will be performed on March 15, 16, 22 and 23 at 7:30 p.m. Matinée performances will be held March 17 and 24 at 2 p.m.

In “The Heir Apparent,” Eraste, a broke man, is in love with the beautiful Isabelle and wants to marry her. However, Isabelle’s money-minded mother, Madame Argante, won’t consent unless Eraste inherits the estate of his avaricious, wealthy and ailing Uncle Geronte. Unluckily for Eraste, the old man has also fallen in love with Isabelle, and decides he should marry her himself. He even plans to bequeath his entire fortune unto her — an act that will destroy the love between the two forever.

In order to have Geronte die before his will is made, Eraste’s wily servant Crispin impersonates two newly, impulsive and disinherited relatives. He then impersonates the old man and dictates a will favorable to Eraste, but both men later find out that Geronte is alive after all.

Tickets for the public performance are \$15 for general admission; \$12 for faculty, staff, military and seniors, and \$10 for students.

Tickets can be pre-purchased at the Stagehouse Theatre Box Office, located at the back of parking lot one, from Monday to Thursday, 10 a.m. to 2 p.m. You can also call 619-644-7234 or visit the theater’s page on grossmont.edu. Tickets will be available at the door one hour prior to the show.



DINNER AND A PLAY BY MORGAN PEYRE

Enjoy a six-course dinner before viewing a play at Grossmont.

Dinner and Theatre packages will be available on March 22, prior to “The Heir Apparent,” and on May 10 and 17, prior to “Sherlock Holmes: The Final Adventure.” Dinner and theatre combo tickets are available for \$37 per guest; they must be prepaid.

Just want the food? Dinner tickets are available for eight evenings: Feb. 22; March 1 and 8; April 19 and 26; and May 3, 10 and 17. Cost per guest is \$25. Vegetarian meals are

available, but must be preordered a week in advance.

Dinners are held at 5:15 p.m. in 60-171. On the three nights Dinner and Theatre packages are available, plays will begin at 7:30 p.m. in the Stagehouse Theatre (21-247).

Tickets can be purchased by calling 619-644-7267 or stopping by the Theatre Box Office at the back of the parking lot number one. All payments will be accepted in cash, checks or all major credit cards. A free parking pass will be available with every purchase.

FEBRUARY FASHION

Long skirts and shirts are in style for the shortest month.

BY BRIANNA TYSELING

VALENTINE'S DAY

Dresses are always a safe bet when going out to dinner, especially for Valentine's Day. They're cute and comfortable. Long dresses are in style right now, as well as dresses with sleeves. Both of these dresses were found in the Target clearance section for under \$15 each. For an everyday look, over-the-shoulder tops are popular, along with ripped jeans. Floral prints are also making their way back on the shelves.



EVERYDAY If you're aiming for a simple, but stylish look, pair a long shirt with leggings. The focus point of the outfit will be the shirt, but you will still get the comfort of wearing leggings. Tip: Buy a pair of plain black leggings. They'll go with almost every outfit. We live in San Diego, which means wedges, heels and sandals are already back in season. Shoes can make or break an outfit. If you're deciding whether you want to wear heels or wedges, the answer is always wedges. They're comfortable, and they're in style. If you're opposed to wedges, the next best thing would be a chunky heel that also has a platform. As far as sandals go, a very popular sandal style right now is Birkenstocks, which can cost up to \$100. This seems a little insane, but you can find a very similar shoe at Target for only \$22.99.

GROSSMONT BRIEFING

CAREER CENTER BY JORDAN THIBODEAUX

The Career Resource Center – located on campus in Building 60, Room 140 – will be holding various workshops throughout the semester that relate to student success and workplace success, among other topics. Almost everyone of these workshops will be held for an hour each Friday, from March 2 to May 29. A good majority of the workshops will be held more than once, so there will be more opportunities to get certain information if unable to attend the first time.

The Career Resource Center will also be holding certain workshops that are available by appointment only. These deal with internships, interviews and resumes. These workshops are available throughout the semester. For more information, you can reach the Resource Center by calling 619-644-7614, visiting grossmont.edu/careercenter or following them on Facebook at facebook.com/GrossmontCareerCenter.

HYDE ART GALLERY BY MORGAN RAY



The Hyde Art Gallery's new mixed media exhibit, Len Davis' A Network of Familiarity, is now open and will be running until the Feb. 23. Davis himself will hold a lecture on Feb. 20 from 2 to 3 p.m. in Building 26, Room 220, and will finish off with a closing reception in the gallery from 4 to 5 p.m. On the following day, Davis will also hold an artist's workshop in Building 24, Room 274. Those interested can RSVP to alex.decosta@gcccd.edu. For more information, go to hydeartgallery.com.

LET'S GET MUSICAL BY PALOMA ABARCA

Come out and enjoy the beautiful sounds of Instrumental Chamber Music that Grossmont's Music Department has to offer! SCHUBERTIAD II, will be taking place on Friday, Feb. 23, at 7:30 p.m. at the First Presbyterian Church of El Cajon, located at 500 Farragut Circle in El Cajon.

Can't make it? Do not be alarmed: SCHUBERTIAD II, will also be held at the St. Gregory the Great Catholic Church on Sunday, Feb. 28, at 2 p.m. Tickets will be available at the door for both events; general admission is \$15, \$10 for seniors and \$5 for students. The church is located at 11451 Blue Cypress Drive in San Diego.

Grossmont's Music Department also presents "Combined Guitar Ensembles of Grossmont College and West Hills High School" with free admission. The show is taking place at West Hills Performing Arts, which is located at 8756 Mast Blvd. in Santee.

For more information, contact the music department at 619-644-7254 or grossmont.edu/music.



Looking for that old-time cell phone & chatter-free study space?

Visit the Herrick Community Health Care Library
9001 Wakarusa St., La Mesa, CA
619-825-5010



We are a public library featuring:

- Free wifi
- Computers for public use
- Copier/printer
- Access to Gale databases
- Two study rooms

  FOLLOW US!
www.herricklibrary.org



Library Hours:
9:00 a.m. - 8:00 p.m. Tuesday
9:00 a.m. - 5:30 p.m. Wednesday - Friday
8:00 a.m. - 12:00 p.m. Saturday
Closed Sunday and Monday



SPRING 2018 SEMESTER TRANSIT PASS

Exclusive student discount. Unlimited rides all semester.

\$186 On sale until February 28 at the Activities Window
Cash only. Current, valid college student picture ID required.
No replacements for lost, voided or stolen stickers.

sdmts.com/college



REEL TALK

A LOVE LIKE THE MOVIES

Because love means *never* having to say,
“I don’t know what to watch.”

BY
MORGAN
RAY



THE BIG SICK

Directed by Michael Showalter. ★★★★★☆

Kumail (Kumail Nanjiani as himself) and Emily (Zoe Kazan) are a happy couple, until they split. When Emily falls into a coma and her fate becomes uncertain, Kumail finds himself dealing with her parents, the aftermath of their relationship and his own traditional Pakistani family. Based on the true story of Kumail and his now-wife, *The Big Sick* does suffer from the common rom-com issue of running 15-20 minutes overtime, but despite its flaws, it’s a much needed and diverse update on a worn-out formula. Its humor feels funny, not forced, and it allows itself to have its moments of pathos without wallowing in its own despair. *The Big Sick* has set a new standard for the genre; let’s hope Hollywood follows suit.

LOVESONG

Directed by So Yong Kim. ★★★★★☆

During a rough patch in Sarah’s (Riley Keough) marriage, she and her best friend Mindy (Jena Malone) fall in love, but Sarah rejects her feelings. Three years later, Sarah seeks to rekindle their bond... at Mindy’s wedding. The beauty of *Lovesong* really lies in the small moments and details rather than grand gestures; it’s proof that love doesn’t always have to be explosive sexuality or constant flirting— it can all lie in a stolen kiss or just a look. As for the chemistry between Keough and Malone, it’s incredibly believable, and even though they’re portraying a same-sex relationship, it’s treated just like any other relationship. It’s a simple and bittersweet love story, but that simplicity is what makes *Lovesong* such a tender exploration of love lost and found.



PHANTOM THREAD

Directed by Paul Thomas Anderson. ★★★★★

London, 1950s: Renowned fashion designer Reynolds Woodcock (Daniel Day Lewis) discovers his new muse, Alma (Vicky Krieps), and they fall in something like love. When Reynolds’ quirks start to wear her down, Alma must find a way to salvage their relationship, at any cost. If Mark Bridges’ stunning period costumes don’t drop your jaw, Day Lewis and Krieps’ performances will snap it right off. He’s absolutely intriguing and irritating as Reynolds, and she perfectly captures Alma’s transition from innocent waitress to not-so-innocent partner. Not much more can be said about *Phantom Thread* without spoiling it, but it’s a true work of cinematic art that, much like Reynolds’ gowns, weaves in even the smallest of details. When it delivers the *coup de grâce*, it’s the final stitch in a frighteningly beautiful design.

PRICELESS

Directed by Pierre Salvadori. ★★★★★☆

Jean (Gad Elmaleh) is just another employee at a fancy coastal hotel, until he’s mistaken to be a millionaire by Irène (Audrey Tautou), a gold digger. After a couple of tipsy flings, a still smitten Jean blows all of his money to see her again, and becomes a gold digger himself. Now equals, Irène teaches him the tricks of the trade, but finds herself falling for him in the process. While *Priceless* does fall into standard rom-com territory at times, its saving grace is its classic Hollywood-esque charm. With its flirty and wry sense of humor, it’s a natural successor to films like *Breakfast at Tiffany’s*. Gad Elmaleh and Audrey Tautou make a legitimately cute couple, and considering the Hollywood influences at play, it also makes for a good intro to foreign cinema.

