

THE

SERVING THE GROSSMONT COLLEGE COMMUNITY

SUMMIT

Catch us online at:
GCSummit.wordpress.com

Join the school-wide UT photo
--See page 10

September 30, 2010

Volume 33, No. 1

Tying the TD Record!

Woods tosses
6 of 'em against
Southwestern

Story on page 8

September 30, 2010 Volume 33, No. 1

Inside

2. -Meet The Summit's staff
- 3.-Who is Sunita Cooke?
4. -Diane Mayne-Stafford dies
 - Grossmont donors provide 23.5 percent daily blood needed in county
 - Sodexo sets weekday specials
5. -Stunning new building to explore
6. -Somo new ASGC director
 - Grossmont has clubs that do WHAT?
7. -Grossmont through the elms of Stephen Harvey
 - Our smoke-free campus
 - Grossmont's got talent
- 8-9. -Cover story on Quarterback Ryan Woods
10. -Fences, construction equipment. Where did everyone go?
 - First responders honored on 9/11
 - UT Poll says Grossmont is top college in county
 - President Cooke invites all to school photo
11. -Cockstalk a local Woodstock
 - Black's Beach nudist tells do's and don't's
12. -Griffin Calendar Sept. 30 - Oct. 15
13. -Campus celebrates Mexican Independence Bicentennial
14. -Where can a vegetarian eat on campus
 - 52 Grossmont students receive scholarships at campus breakfast
15. -Commentary: Keeping Grossmont clean
16. -Legacy of Howard Hawver in view for women's soccer
 - Schramm uses her head in women's 1-0 soccer victory

SUMMIT STAFF

Student Staff

William Dudley	Lan Nguyen
Masada Ellis	Felipe Oliveira
Leon Goodrum	Nathan Reinicke
Xavier Green	Robert Sanchez
Kamri Jackson	Traci Tripes
Alexis Jacquett	Brennan Wasan
Russell Lindquist	

Professional Staff

Donald H. Harrison, instructor	Stephen Harvey
Bill Crotty, design editor	Andy Wilhelm
Elena Peletier, advertising	

Special Contributors

Donald H. Harrison, instructor	Stephen Harvey
Bill Crotty, design editor	Andy Wilhelm
Elena Peletier, advertising	

Grossmont-Cuyamaca Community College District, 8800 Grossmont College Drive, El Cajon, CA 92020-1799 (619) 644-7010 www.gcccd.edu
Governing Board Members: Rick Alexander, Greg Barr, Bill Garrett, Mary Kay Rosinski, Deanna Weeks
Student Members: Christopher Enders, Charles Taylor III
Chancellor: Cindy L. Miles, Ph.D.
Grossmont College President: Sunita V. Cooke, Ph.D.
Cuyamaca College Interim President: Ronald D. Manzoni

Meet the staff of the remodeled Grossmont newspaper

By Nathan Reinicke



GROSSMONT COLLEGE -- The Grossmont Summit is redesigned this semester. The Summit has shifted its format

from the old tabloid style layout to a sixteen-page news magazine and also has launched an online extension.

"The new format of The Summit will have a lot more content," said Bill Crotty, design editor of The Summit. "The new look of the paper should be much more appealing to students with a wider range of news and features."

Also new this semester is the GC Summit online. Hosted through WordPress, it comprises many of the articles found in this issue and more. It can be found at: <http://gcsommit.wordpress.com>.

When asked about the Summit's jump to cyberspace, instructor Donald Harrison said: "We plan to use our internet publication, the GC Summit, as a platform for stories in text, video and audio. This will enable us to teach our students to cover the news in a variety of formats. Not only will this provide an array of material for readers, but, with the field of journalism changing on an almost daily basis, we believe this versatility also will benefit our career-minded students."

That versatility is shared with the semester's new staff, an enthusiastic troupe of ten men and three women from a wide variety of backgrounds and interests. They include:

William Dudley is also a writer for the website, examiner.com. He focuses on activities at Balboa Park. Since his birth at the old Naval Medical Center building, he has returned to Balboa Park countless times in various roles, including tourist, sidewalk violinist, guide to visiting relatives, and parent of three children. He believes Balboa

Park remains an undiscovered gem for many of his San Diego neighbors. Bill has also written and edited reference books on topics ranging from the American Revolution to unicorns.

Leon Goodrum is 24 years old and writer of a music blog. He is also a local musician, with the group "Brother Nature," where he performs under the alias Bam Circa 86. He holds a degree in audio engineering from Pinnacle Z010. His blog can be found at: www.appleJbreak.blogspot.com.

Xavier Green has a background in media communications which makes him want to cover any news that can be conveyed through video. He has been working in this field for about five years. His portfolio includes short films, documentaries and music videos. He is a single father with a two year old son named Elijah.

Kamri Jackson describes herself as a student infinitely in search of knowledge. She presumes that is where her love for journalism derives from. Her interests include politics, the arts, community and cultural events, and anything that exudes creative or progressive thinking. She believes news media is critical, and hopes to offer Grossmont credible and reliable reporting.

Alexis Jacquett is a full-time student receiving veterans' benefits. Her future goal is to be a radiology technician. She is a nudist, an old-school roller skater, and lover of music.

Russ Lindquist is a Utah-born English major who intends to be an attorney and a journalist. For recreation, he enjoys spending time with his children. Before the Fall 2010 semester, Lindquist was a stay-at-home parent of his 6-year-old daughter and 4-year-old son. Additionally, Lindquist enjoys music, particularly drums and guitar, and writing political poetry. Tattooed on his neck are the letters 'SFTU' for, "Seek, first, to understand."

Lan Nguyen is a hybrid SDSU/Grossmont College student studying in television, film & media production. A former club coordinator/promoter in San Diego, he is currently a freelance videographer for short film and music videos as well as an online radio personality for JellyRadio.com.

As for myself, **Nathan Reinicke**. Well, I'm a no-good, tea-sipping, backwards-walking, beard-growing, dog-faced son of a gun. I walk the streets at night and swim in stormy weather. I currently perform with ROAR Theatre. When not in school, I travel long distances to seek my fortune. I will probably major in either psychology or comparative literature. I am absent-minded and a heavy procrastinator and working to correct both.

Robert A Sanchez is a photographer. His journalism background is slim, some in high school at Monte Vista his senior year. He is twenty two and a photography major. His desired career path is fashion photography.

Brennan Wasan is a communications major. He has taken journalism classes at both SDSU and Grossmont. He is interested in covering stories about music sports, particularly soccer, football, and basketball. He is 22 years old and runs his own clothing line called AudioFonic, which is based around art and music.

Others in the class are **Traci Tripes**, a motorcross enthusiast; Ruff Ryder motorcyclist **Masada Ellis**, and Brazilian videographer **Felipe Oliveira**.

In addition to staff-written articles, the Summit will be publishing contributions from students, faculty and staff on a variety of topics.

If you would like to submit a piece for publication, send it the Summit's instructor at donald.harrison@gcccd.edu

Just who is Sunita Cooke?

By Xavier Green



Xavier Green

GROSSMONT COLLEGE -- She was born in Lucknow, India, and her family moved to the United States when she was five years old. At that time, the Indian government had a policy that allowed people leaving the country to take only \$8 per person. So her family of five landed in New York City with \$40 to their name.

Verghese family members came with one suitcase each and over the years due to the opportunity afforded to them, all three children in the family were able to fully participate in education and become productive, American citizens. truly living the American dream!

In recalling her life story, Dr. Sunita Cooke, president of Grossmont College, continued:

“My formative years were spent in rural Pennsylvania. I spent 7th through 12th grades in a community that had not been exposed to those from other countries or backgrounds. Growing up in that environment helped me appreciate the ‘aleness’ that exists when you feel like you are ‘different’ or don’t belong. That drove me to excel in school and in other ways to overcome that feeling of being an outsider. It was a great motivator.”

As a result of that exposure, Dr. Cooke said she developed a greater appreciation and understanding of diversity, different perspectives and backgrounds.

“I fundamentally think that diverse backgrounds and perspectives add a richness and depth to our discussions and decision-making,” she said. “Exposure to different belief systems broadens us as individuals, as organizations and as a culture.”



Sunita Cooke

She added “I am also very proud of the fact that during these difficult budget times, our college continues to invest in cultural and artistic programming from around the world to broaden the experience of our students as we help them develop into enlightened leaders and global citizens. This is a very important part of the college’s mission.”

Cooke said that wrestling college budget problems has been her greatest challenge in the three years she has been at Grossmont.

“We have to make the best choices we can with our limited resources and ensure the most impact for our students and our community,” she said.

“We do that by developing good plans, ensuring inclusive and collaborative dialogue about decision making and then implementing and assessing our plans to see where we can do even better.”

Asked in an email interview what she considered to be her major accomplishments, she responded:

“Everything we have accomplished as a college, we have done together and the credit goes to many, many people who work tirelessly behind the scenes to make it happen and make it look fabulous!”

Of Grossmont, she enthused: “It is an awesome college known for its exceptional faculty and staff and its focus on academic rigor and excellence.

“Every day I am told by someone in our community about what a difference this college made in his/her life. You can’t beat that. When I’m out in the community singing the praises of our college, someone often tells a better, more personal story than I can and that’s priceless!”

On a more personal note, the college president confided that she loves “to spend time with my family and dog outdoors. We like to hike, run, swim, bike, ski, travel, etcetera. I love to cook for other people, read and I do a bit of knitting.”

Green is a student in Media Comm132



Skip parking. Forget traffic. Buy an MTS Semester Pass!

Unlimited Bus and Trolley rides all semester long.

\$177

Purchase: Student Activities Window August 16 - September 30, 2010

Valid August 16 - December 31, 2010

MTS Moves Me!

Limit one pass per student. Student ID required for purchase. Cash only accepted. Minimum 7 units required. No refunds, no exceptions, void if removed. Connect with MTS Twitter: @sdmts Facebook: www.facebook.com/sdmts



Faculty member Diane Mayne-Stafford dies



Russell Lindquist

By **Russell Lindquist**

GROSSMONT COLLEGE – Faculty member Diane Mayne-Stafford died on Tuesday, Sept. 14, from complications stemming from an auto-immune disease for which she had been hospitalized since mid-July, Grossmont College colleagues have reported.

Mayne-Stafford's husband, Bob Stafford, said her ashes will be spread in Alaska and in England, two locales particularly dear to her. There will be a ceremony celebrating her life within two to four months, and a scholarship fund in her name for students in computer science and information systems is contemplated.

Mayne-Stafford taught Principles of Information Technology and Intro to Unix in Grossmont College's Department of Computer Science & Information Systems (CSIS). The department head, Janet Gelb, described her as "a great friend and colleague...passionate, hardworking, and dedicated."

For a number of years, Mayne-Stafford was the Distance Education Coordinator for Grossmont college. According to Academic Senate President Dr. Chris Hill, she was "instrumental in implementing and coordinating the College Distance Learning Plan."

The College Distance Learning Plan is what brings Grossmont College students our online-classes and hybrid-classes. Before Mayne-Stafford's help, these

forms of classes were nearly non-existent at Grossmont College – she helped develop the program; she helped train the faculty.

A lover of nature, Mayne-Stafford's personal website reflected the following: "I am off campus during the summer and winter breaks. During the breaks I will answer email, but replies may be delayed if I am fishing in the mountains or Alaska."

On ratemyprofessors.com, Mayne-Stafford was rated highly on clarity, and helpfulness...and rated low on easiness.

Originally from Winchcombe, England, she was graduated from the Cheltenham Spa high school, and later the University of Manchester, which in computer circles



Diane Mayne-Stafford

was famed for possessing the first stored-program computer and was the home of computer pioneer Alan Turing. After working as a programmer and computer analyst in England and in California, where she acquired an MBA from the University of Redlands, Mayne-Stafford became a community college instructor.

Lindquist is a student in the Media Comm 132 class

Grossmont donors provide 23.5 percent of daily blood need in county



Inside the blood-mobile (Photo from another site provided by SD Blood Bank)

By **Alexis Jacquett**



Alexis Jacquett

GROSSMONT COLLEGE –The demand for blood at hospitals throughout San Diego County is approximately 400 pints per day. Last week Grossmont College students successfully donated 94 pints, somewhat more than 23.5 percent of the county's daily need. A specially equipped Blood-Mobile was set up on the Main Quad for the purpose on Monday, Sept. 13, and Tuesday, Sept. 14.

Leslie Eagan, marketing manager for San Diego Blood Bank, said donors gave a pint of blood each, and that of the total, 30 were first-time donors. The total would have been even higher except for the fact that 20 persons were turned away because a quick blood test found that they had low iron, or the form they filled out revealed that they had recently traveled to areas of the world plagued by malaria.

Each pint of blood drawn has the po-

tential of saving an average of two lives, Eagan said, because blood is divided into such component parts as platelets, plasma and red cells. One patient may receive a transfusion of one part of the blood, and another patient may receive a different part from the same sample.

Suzie Lopez, an LVN who is a blood collection specialist, said only 6 percent of the general population gives blood. Compared to the demand for blood in San Diego County, this percentage is "severely low." Therefore donating blood is a "community service," she said.

Kat Stetler, a Grossmont student in the cardiovascular technician program, said she donates blood "to save lives." Another student, Alexis Wainwright, said she gives blood frequently "because it is a good thing."

"There is no substitute for human blood," said Eagan, who noted that the Blood-Mobile will return to campus in November.

Jacquett is a student in Media Comm 132

Sodexo sets weekday specials on campus

GROSSMONT COLLEGE (Press Release)–Looking for food bargains on campus?

Sodexo reports that it will have a "best value" lunch each weekday throughout the fall semester.

The food items, their prices, and the days of the week they are offered are:

Mondays: Beef Tacos, 2 for \$.99

Tuesdays: Chicken Sliders, \$2.99

Wednesdays: Potato Skins, 2 for \$.99

Thursdays: Boneless Wings, 4 for \$2.99

Fridays: Mini Buffalo Burgers, 2 for \$1.99

Commentary: Stunning new building ready to explore



By Kamri Jackson

GROSSMONT COLLEGE -- The Ribbon has been cut. The futurist building is complete; it is official.

On Friday, Sept. 17, Grossmont faculty, students, and esteemed guests celebrated the opening of the brand new, “state of the art” Health and Sciences Complex.. Grossmont College President, Dr. Sunita Cooke described the building as “futuristic, functional, and stunning,” during the opening ceremony. In addition, Cooke stated that the building functions as “a beautiful space to study, explore, and socialize.”

The \$35 million futuristic building would not have become reality, if it were not for Proposition R, which was passed in 2002 by East County voters. It took two years from the date of the first groundbreaking, up to the grand opening to complete. Citizen’s Bond Oversight Committee chair, Ron Asbury, stated that the change order of construction was 1.5%, which is well below industry standards.” He credited “efficient planning” and “great people.”

Although this building was built in top speed, some may object that it had still been a long time coming. The Health and Sciences department prior to this development was not much more than a simple class room, and a bit of imagination.

There has been a total transformation of the students and Instructor’s learning environment. There is “learning by doing,” through simulation labs with high tech mannequins for nurses in training. Additionally there is a casting room, for orthopedics and a



GROSSMONT COLLEGE (Press Release) – Deanna Weeks, vice chairman of the Grossmont-Cuyamaca Cuyamaca Community College District, cut the ribbon Friday, Sept. 17 at the new health sciences complex on the Grossmont campus. The ribbon cutting lineup, from left included: Cuyamaca College Student Trustee Charles Taylor; Governing Board Trustee Greg Barr; Chancellor Cindy L. Miles; Ron Asbury (in dark eye-glasses) who is serving as chair of the Prop. “R” Citizens Bond Oversight Committee; Vice Chairman Weeks; Grossmont College President Dr. Sunny Cooke, Governing Board Trustee Rick Alexander; Grossmont College Student Trustee Christopher Enders (wearing hat); Governing Board Trustee Mary Kay Rosinski; Dale Switzer, District Senior Director of Facilities Planning, Development and Maintenance; and Sue Rearic, Vice Chancellor, Business Services.

Photo by Stephen Harvey, Grossmont-Cuyamaca Community College District

blood splatter room for students to analyze blood drops. Rooftop deck for astronomer students and star gazers-- this complex is out of sight.

There is even a functional apartment with all working kitchen and bathroom amenities. The Wii Nintendo works fine as well. Many students tried out the apartment and all of its splendors during the grand opening including games which can aid in patients recovery. The apartment also has cameras which the instructor is able to utilize in order to monitor and guide the students, while not interfering with their hands on training.

The students and faculty seem to be well pleased with the new facilities. I briefly chatted with students Charlene Tolentino and Molly Civinska as they played with a sit swing to practice rehabilitation for balance, and proximal stability, while throwing spongy balls into a tire like tube. They agreed that the hands-on experience is a great opportunity and preparation for the work force.

Don Ridgeway (CVT instructor) ,emphasized how the majority of graduates who are in the local work force come from Grossmont College’s program. Imagine what the new facility coupled with the training of Grossmont staff, will

turn out in the coming years for the San Diego community. This is not only a benefit for health science students, but for the overall college, and extending to the eastern suburbs of San Diego.

Nursing student, Elizabeth Austel stated it well in her speech during the ribbon cutting ceremony “because at some point, we all become patients, or loved ones of someone receiving care from someone like me, blessed to have studied in an environment that allowed me to become confident caring and safe.. may our careers beyond this building always reflect its quality.”

Jackson is a student in Media Comm 132

Somo elected new ASGC Director of Campus Activities



William Dudley

By William Dudley

GROSSMONT COLLEGE -- Sandy Somo was elected on Tuesday, Sept. 14, as director of campus affairs by the Board of the Associated Students of Grossmont College.

As the student director, Somo will be responsible for devising, implementing, and coordinating all campus-wide events, such as Constitution Week now in progress. The executive job involves working with students, clubs, Grossmont administration, and outside businesses.

In addition to Somo, four other student board members had been nominated for the position: Sicarra Devers, Damien Smith, Molly Ayala, and Danielle Ramirez. All nominees were given a group “job interview” in which they answered questions from the board and touted their ideas for campus events and why they should be selected.

Voting was then done by show of hands. The first round of voting eliminated Smith, Ayala, and Ramirez. Somo then outpolled Devers with a clear majority of eleven votes in the second round (with two abstentions).

Somo, a second-year English/Sociology student from West Hills High School (Santee), called herself a “consensus

type person” who would actively seek help from ASGC board members and other students in both soliciting ideas and managing events.

In a post-election interview, Somo stated that her main goal was to improve the college experience for students and to “find ways to get students connected to school.”

Somo comes to the position with some experience. In a post-election interview, she said that she had basically “shadowed” outgoing Director of Campus Activities Meray Ajami the previous school year, and had helped out with many activities. Ajami, now ASGC Director of Publicity, was one of several individuals who told the assembled nominees that the position was a heavy commitment, saying that she herself lost sleep every time she oversaw a campus event.

ASGC president Christopher Enders said that, in addition to being bright, Somo brings two important qualities to her new job: friendliness and accountability. “I am really excited to work with her.”

All Grossmont students, especially those who have ideas or are interested in becoming involved in campus activities, are welcome to visit Somo in her ASGC office in Building 36.

Dudley is a student in Media Comm 132

Grossmont has clubs that do WHAT?



Masada Ellis

By Masada Ellis

GROSSMONT COLLEGE, Sept. 15– On campus with extra time on your hands, new to campus, don’t know anyone?

Solution: look into the student clubs on campus. As of last year there were over 30 of them, ranging in interests from Orthopedic Technology to Fencing and beyond. Each club has its own distinct unique, quality, and feel.

New clubs are formed every year as student interests and population change. Recently, the various clubs set up information booths on the Main Quad, and there was much to be learned. For example, how many people are aware that the Orthopedic Technology club has been ranked number one in the nation in training and employment? The club offers a one-year program beginning in August of each year teaching such skills as how to apply casts, splints, braces and so on. It is taught by working orthopedists who provide firsthand input on working in the field.

Another club is the Fencing Club, which also styles itself the “Society for Creative Anachronism.” Members like to re-create the fun parts of the Middle Ages by wearing fancy costumes, engaging in archery contests, fighting with swords and shields, dancing, flirting, singing, cooking, and more.

The group is part of a world-wide non-profit movement that re-creates life in Europe and Asia before 1600. Beverly Patrick, president of the Fencing Club for three semesters, says the club has no pre-requisites to join. It’s slogan is “because real friends stab you in the front.”

Another campus group, the International Club, extends its membership to everyone—not just to foreign students. Aydan Mahshid, the club’s vice president, said that the club with more than 100 members is one of the largest on campus and has numerous students of all races, ethnicities, and creeds.

The club makes a variety of field trips from the campus. Destinations range from water parks, the zoo and Wild Animal Park to hiking, sports, snorkeling, BBQ’s and more. The club offers discounted admissions for all its members.

Another of the intriguing campus clubs is Future Broadcasters of America.

The club runs in conjunction with Griffin Radio. The club is comprised of MCom 119 students. Being in Future Broadcasters of America clubs has its certain perks, among them hanging around the Griffin radio station.

Joshua Jensma, the station’s manager, said “if you have any general interest in radio, this is the club to be in.” The club and radio station run hand in hand, offering music non-stop in all genres and without commercials. It has a top 30 play list that is never repeated. Because the station can be heard on the web, the shows may be heard all over the world.

To establish a club on campus, an organization must have at least 10 members. If you feel passionate about something—perhaps you and your friends are fans of scary movies—you can contact The ASGC, and start your own club.

Ellis is a student in Media Comm 132

Grossmont through the lens of Stephen Harvey

GROSSMONT COLLEGE

– Professional photographer Stephen Harvey on a daily basis photographs events and people at Grossmont College. His work winds up on college brochures, on posters, attached to news releases, in annual reports and in a variety of publications. And now, Harvey has agreed to share his work with the GC Summit. From time to time, we will present a collection of his photographs which, in the aggregate, paint a campus portrait.

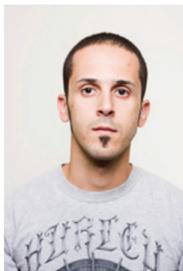
We start with a faculty convocation that was held in the gym on August 16, one week before the start of classes. Everyone was asked to wear soft-sole shoes in order not to scratch the floor.



A week later, on August 23, the crowds on campus for the first day of classes were unbelievably large, as Harvey's photo attests. News crews came out to campus to interview President Cooke about the fact that budget cuts had forced the cancellation of numerous classes, even though overall enrollment had increased.



Special video report: *Our smoke-free campus*



Felipe Oliveira

By Felipe Oliveira

GROSSMONT COLLEGE — It took several years for Grossmont College to ban smoking, according to Dean of Student

affairs Agustin Albarran. In 2004 and 2005, a student named Rick Walker headed a campaign calling for it; and in 2006 student Sarah Moore helped bring the policy into reality.

fficacy of the policy. In interviews non-smokers Chuck Reid said he's glad that as a result of the policy he doesn't "have to smell foul disgusting cigarette smoke," and Melissa Milstead said she's pleased she doesn't "have to breathe others' nastiness."

Smoker Joshua Jensma, on the other hand, said the policy was unnecessary. He said that two reasons are often cited for it: to protect people against second-hand smoke and to guard against littering.

However, he added, littering is already against the law and subject to a fine. Second-hand smoke, he added, could be avoided simply by bypassing areas on campus that were designated as smoking areas.

Oliveira is a student in Media Comm 132 His video can be found at: http://www.youtube.com/watch?v=Y_MQ21UFQVE

In the first year of an experiment authorized by the Grossmont-Cuyamaca Community College District, Grossmont College restricted smoking to certain areas of the campus. Thereafter, a full ban went into effect, requiring students who wanted to smoke to go off campus.

Predictably, there is a division of opinion today among smokers and non-smokers over the ef-



Grossmont's got talent

GROSSMONT COLLEGE — The Associated Students of Grossmont College is issuing a casting call for students who want to showcase their talents on campus.

They are looking for bands, instrumentalists, vocalists, DJs, poetry readers, performance art practitioners, and other performers of all sorts for "Thirsty Thursdays." These will be outdoor happenings sponsored by the ASGC.

The ASGC Board is still working out "Thirsty Thursday" details such

as exact times, places, frequency, and food/drink possibilities. Interested performers need to drop off a demo disc, computer file, or internet equivalent to the ASGC office in Building 36 by September 30.

In other news from its meeting on Tuesday, Sept. 21, the ASGC is planning to organize special campus events for each day of Spirit Week, which this year will be October 18-23.

--William Dudley

QB Ryan Woods #7 credits his dad...

By William Dudley



GROSSMONT COLLEGE – “Quarterback is a question mark.”

That was local football guru Bill Dickens’ conclusion in his preseason scouting of local community college teams. Grossmont had a good front seven on defense and a “decent set of running backs and receivers,” but the departure of quarterbacks Brandon Fricke and Matt Jarvis left a void in that important position.

Four games into the season, that question mark has been erased and then some with the emergence of Ryan Woods. The 6’2, 190-pound sophomore from Sacramento was buried deep in the QB depth chart last season, and his on-field play was limited to holding the ball for field goals and extra points. But Woods has gotten off to a torrid start this season in leading the Griffins to wins in three of their first four games.

Woods has completed 102 of 157 passes (a 65 percent success rate) for 1423 yards and 12 touchdowns.} This includes his September 18 game against Southwestern, in which he tied a Grossmont record by throwing for six touchdowns. Woods did not know he had tied the record until he read about it the next day.

Woods has tried hard not to let things go to his head, and is quick to credit his teammates with his success thus far. “I actually threw some non-great balls” he said to KBC Sports after the Southwestern game, “but my receivers were making acrobatic catches left and right.”

Teammates have responded likewise. “Hell of a game by our quarterback,” said right guard Joshua Spence to The GC Summit. “Made us look good.”

“Ryan is very smart and mature,” said Grossmont head football coach Michael Jordan in an e-mail to The Summit. “He keeps cool and collected and can throw accurately downfield even with pressure. He is only going to get better as the season progresses.” And about that record? “The 6 TDs probably won’t be the last record he breaks.”

The Grossmont Summit (well, me), got a chance to chat with Woods on the Grossmont football field, and even catch a few spirals.

Q: How and when did you start playing football? What drew you to the sport?

A: I have been playing Football since 4th grade and have always been a quarterback. I grew up loving the sport. My Dad (who is a high school football coach and played receiver for Fresno State in college) had me doing quarterback drills in the front yard

my whole childhood.

Q: Was he your coach at school?

A: No, well, he was a coach, not the head coach. Actually, he coached me from Pop Warner all the way up. On the varsity team he was the receivers’ coach. He’s a coach for Sacramento High now.

Q: Some people get sports drilled into them and don’t like it, but it sounds to me like...you’ve always liked to do football.

A: Oh yeah. I took it and ran with it. In the evening I’d ask him to go out to the front yard and play catch. So yeah, I enjoyed it. It was definitely not a forced thing at all. He’s definitely my best friend. [The family] fly down from Sacramento whenever they can; he’s made it for about three fourths of the games. He was here last weekend [the Southwestern game].

Q: Do you have a football hero? A non-football hero?

A: My Dad is my hero. He has been fully supportive of my long college career and has made many sacrifices



Photo spread by Andy Wilhelm



and teammates¹

to help me get to where I am today.

Q: Sacrifices, trips from Sacramento?

A: That, and you know a lot of parents are not exactly thrilled if their kid is in college for six years or something like that, but he's very supportive, saying "Go play as long as you can"

I had some setbacks, but he never told me to move on. He told me to "milk it for all it's worth." It's very nice to keep on going knowing your parents are behind you.

Q: So, do you still have hopes for keeping on milking it after this season is over?

A: It's really hard not to think about it, especially when other people are talking about it. If the right situation presents itself, then I'll consider it. But I don't want to move far from the state, so options are kind of slim.

Q: How did there come to be a four-year gap between football quarterback starts? Was there any low point in which you thought it would never happen?

A: In the 2006-07 season I gray-shirted for Fresno State. [This means he had signed a letter of intent for the Division 1 school, but was never placed on the official roster]. The 2007-08 season I took a season off trying to find a new school. 2008-09 I was playing for Saddleback Junior College when I caught mono and was forced to miss the season. 2009-10, I was at Grossmont far down on the depth chart and dealing with elbow and hamstring injuries.

definitely was giving up hope and had decided that if anything went wrong this year I would call it quits. But so far, so good. It is a very humbling process and I believe I am a better football player and mature person having taken the long road.

Q: What is the key difference between a great quarterback and a mediocre one?

-The thing that sets great quarterbacks apart from mediocre ones is the ability to grasp the game of football mentally. Quarterbacks with high football IQs and who have the ability to read coverages significantly add to your chances of success. Game film, board work, walk-throughs etcetera are pivotal in cutting down mistakes and executing effectively. I love being a student of the game and watching film and dissecting defensive coverages due mostly to my outstanding coaching at Granite Bay High School.

Q: How do you like Grossmont and San Diego?

A: I love living in San Diego. I love its beauty and diversity. It offers something for everybody and the weather can't be beat during football season. I would find it difficult to leave, which is why I would heavily consider going to SDSU after this year.

Dudley is a student in Media Comm 132.

The "Six-Touchdown Passes In a Single Game" Club

Greg Gleason (1969)
Joe Roth (1974)
Terry Morris (1984)
Blake Sutton (2007)
Ryan Woods (2010)



In Review: The First Four Games

September 4: Grossmont 36, San Diego Mesa College 7

In sweltering 100 degree heat, the Griffins score on their first drive and never looked back. Twenty-three defenders recorded at least one solo tackle. Woods completed 22 of 33 passes for 238 yards, two touchdowns, and one interception. Nine receivers had at least one reception; Alex McLeland led the team with eight.

September 11: Grossmont 14, El Camino 21

Grossmont took an early lead, fell behind 21-7 after three big plays by El Camino, then marched down the field, scored a touchdown and recovered the following onside kick. Then the refs disallowed the recovery, and the comeback fell short. Woods completed 28 of 48 passes for 357 yards. He was sacked three times and had two interceptions.

September 18: Grossmont 45, Southwestern 31

Grossmont scored three touchdowns early in the first quarter and cruised to a win. Woods threw his six touchdown passes. He completed 31 of 41 passes for 452 yards. Receiver Jedon Mathews caught five passes for 113 yards and three touchdowns.

September 25: Grossmont 42, Orange Coast 35

A back-and-forth game ended with Grossmont on top. Woods completed 21 of 35 passes for 376 yards and three touchdowns. Traivonne Brown scored on a 37-yard touchdown run. Damien Smith sealed the game with a 45-yard interception return.

October 2: Grossmont vs. College of the Canyons.

You'll have the opportunity to read all about the next game at: gcsunmit.wordpress.com

Fences! Construction Equipment! Where'd everyone go?

By Brennan Wasan



GROSSMONT COLLEGE— What are those buildings surrounded by green fences and construction equipment? What is the ‘modular village’ all about? Why are visitors to campus having trouble finding their way around? Where did everybody go?

According to Tim Flood, vice president of administrative services and director of facilities and maintenance, Grossmont College is undergoing renovation and repair to fit the “modern needs of the campus for over 20,000 students.” Behind the fences are the old administration center and the student center.

He said that the student center, once renovated, will be a “one-stop” facility for students. It will include a multi-food venue cafeteria, as well as offices for Associated Students (ASGC), student affairs and career and job services. And to keep everything close, the culinary arts department will be in the same general area. Not only will this upgraded facility have a lounge and gaming area, it will also have a quiet place for studying and reading.



“The modular village”

Union-Tribune poll rates Grossmont best college in county

SAN DIEGO — The San Diego Union-Tribune, based on a poll of its readers, rated Grossmont Community College the best college in San Diego, followed by UCSD and San Diego State University.

Other finalists, according to the newspaper, included California College San Diego, Cal State San Marcos, ITT Technical Institute of San Diego, Pt. Loma Nazarene

University and the University of San Diego.

“Congratulations Grossmont College, we did it again,” Grossmont College President Sunita V. Cooke messaged in a campus-wide email.

“Through your hard work, determination and unparalleled service to our students and community, we are San Diego’s Best Local Col-

lege/ University for 2010!”:

The college president added: “If you look at the challenges we faced last year and look into the future—there is absolutely nothing we cannot overcome. Keep up the GREAT WORK!”

Preceding based on releases from the Union-Tribune and an email from Grossmont President Sunita V. Cooke

First Responders honored on 9/11

GROSSMONT COLLEGE (Press Release) – At its home football game on Patriots Day, Saturday, Sept. 11, Grossmont College honored local First Responders.

El Cajon Police Chief Pat Sprecco flipped the coin that determined the kick-off and receiving team. Sprecco graduated from Grossmont College in 1976, and was a 2009 inductee into the Grossmont College Foundation Walk of Fame.

His career with the El Cajon Police Department spans 38 years. Grossmont won the coin toss but lost the game, 21-14, to El Camino. Next home game for the Griffins is 1 p.m. on Saturday, Sept. 25 verses Orange Coast. (photo by Hal Summers)

Preceding provided by Grossmont College public information office

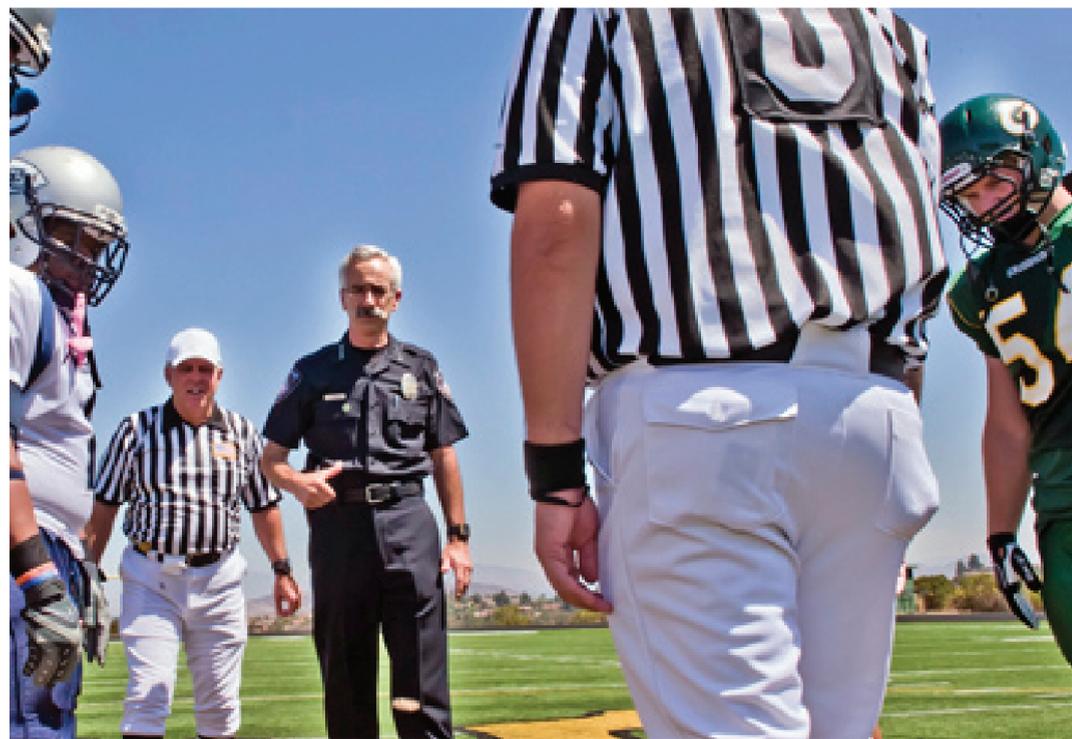
President Cooke invites all for a school-wide photo

GROSSMONT COLLEGE — Grossmont College President Sunny Cooke says that “the entire campus is invited to appear in a group photograph to be taken in the Main Quad near the LTRC for the plaque presentation by The San Diego Union-Tribune to celebrate our selection as ‘San Diego’s Best Local College or University for 2010.’

on Thursday, Sept. 30. The entire photo shoot is expected to take no longer than 10 minutes. All Grossmont College faculty, staff, administrators and students made it possible for us to receive this prestigious award, so we encourage everyone to participate in this group photo. Please make plans to join us.”

“This photograph will be taken at 3 p.m.

Preceding provided by President Cooke’s office



Grant moderates Catfish forum

SAN DIEGO -- Grossmont media communications instructor Michael Grant moderated a Catfish Club panel discussion on the media Sept. 17 at the Hall of Champions. Participants, left to right, were; Grant, at

the lectern; former County Supervisor Leon Williams; Jeff Light, editor of the *San Diego Union-Tribune*; J.W. August, managing editor for KGTV; and Andrew Donohue, editor of *Voice of San Diego.org*

--By William Dudley



Cockstalk a local Woodstock

By Nathan Reinicke



Nathan Reinicke

ALPINE -- Between the miles of industrial sprawl and lifted trucks, East County is not normally thought of as a haven for local music. A confederation of local bands is looking to break this perception, though. The firststand of this crusade started with Cockstalk, held Sept. 18.

The free music festival drew well over a hundred people to the two rural acres in the hills of Alpine where it was held. Asked about the mix of attendees, Grossmont student Kelsey Berger proclaimed, "It brought people from all reaches - the ones who only like obscure bands, the kids who probably rarely leave the house, and a whole slew of rad individuals who just really dig music."

The line-up consisted of Meseta, Jesse Shannon, Stoop Kid, Weathervanes, Good Grief, Suburban Boredom, The City Freeze, Slut Machine, Thanks Jack, and James Clelland Of Shining Through.

"It was better than selling out Madison Square Garden could ever be. We met some amazing people and got to play songs from our upcoming release and received a warm friendly reception, but most of all it proved the San Diego local scene had some incredibly talented bands and incredibly respectful and caring people" Said George Camacho, a Grossmont College student and vocalist of the hardcore grunge-punk band Good Grief.

Ska-punk trio Thanks Jack, whose drummer Sean Johnson is a Grossmont-Cuyamaca student, was a crowd



favorite, playing an intense, energy-driven set which included a seemingly impromptu cover of "Lose Yourself" by Eminem brought on by the jeers of a heckler. Camacho pitched in on a few of the rapping sections.

Due to neighborhood complaints the show was unfortunately forced to wrap early, cutting the sets of Slut Machine and Meseta entirely. The festival ended in good spirits despite this,

with groups splintering off into the night to celebrate and continue festivities.

Camacho is optimistic about plans for a sequel, "As long as kids still care, there should be no reason not to do this again. We're looking at Halloween."

Cockstalk on, you crazy diamond.

Reinicke is a student in Media Comm 132

Black's Beach nudist tells do's and don'ts

By Alexis Jacquett

GROSSMONT COLLEGE – As a nudist, I have been asked many questions about Black's Beach by fellow students at Grossmont College that I would like to address from my perspective. I would also like to give a list of the Do's and Don'ts if you should visit that unofficial nude beach in the La Jolla/ Torrey Pines area.

One of the most common questions I have heard is, "Can you still be nude at the beach?" There



Black's Beach Surfers

Photo by Alexis Jacquett

is a designated side of Black's Beach that is still nude. If it offends someone and is reported you will need to put on a swim suit or cover up. I have been a Black's Beach Bum, if you will, for five years and have never had a problem or been told to put on my swim suit.

Another question commonly asked is; "Is it true that there's just a bunch of old, ugly, fat guys?" Well we live in a free country, and Black's Beach does not discriminate against any gender, age, ethnicity or sexual orientation, so you are bound to see a wide variety of people down there.

There is also the misconception that the people who frequent the beach want sexual attention. That couldn't be farther from the truth! I find it offensive that people venture down to Black's to watch

people because they think we are there for their viewing pleasure. I believe that the media has played a major role in this misconception. Another contributing factor is that San Diego is a bit conservative, and there is not a whole lot of nudity here. Which still does not excuse bad behavior.

Now I want to talk about the Do's and Don'ts of Blacks Beach, in case I have presented an interesting place to visit. Do's: Be kind, courteous, and respectful to everyone on the Beach. If there is someone already on the Beach close to where you would like to sit, give proper space and/or ask the person if he or she is comfortable with the distance so that you don't offend or invade another person's personal space.

Please bring necessary items such as; proper shoes/flip flops (with

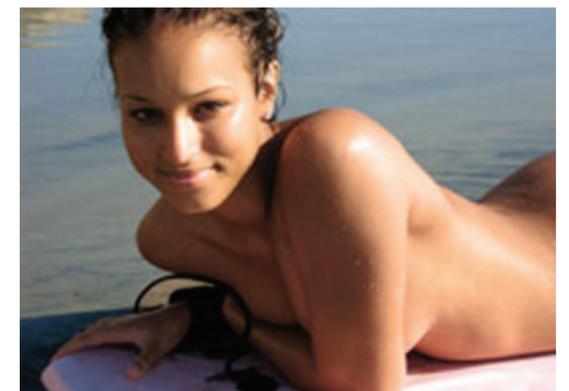


Photo by Alexis Jacquett

traction on the bottom) for the hike, a swim suit, a towel, sun screen, food/water.

Don'ts: Please don't stare! Don't leave your things unattended. Don't trash the beach; clean up after yourself because the Beach will not clean itself! This is a great place to be free, soak up the sun, and enjoy yourself. I would like to keep the privilege of being nude on the beach, so please respect the beach and be civilized!

Jacquett is a student in Media Comm 132.

Griffin Calendar Sept. 30 - Oct. 15

Thursday, September 30

WOMEN'S WATER POLO—Grossmont hosts Palomar College at the Joan Kroc Center, 6848 University Avenue, San Diego, at 1 p.m.

MEN'S WATER POLO—Grossmont hosts Palomar College at the Joan Kroc Center, 6848 University Avenue, San Diego, at 2:30 p.m.

FIVE-COURSE DINNER — Grossmont Culinary Arts students demonstrate their skills every Thursday evening by serving a five-course dinner outside Bungalow 58G in parking lot 5, from 5:30 p.m. to 6:30 p.m. Tonight's menu includes salad; an intermezzo; entree of herb crusted chicken with a lemon butter cream sauce, roasted onion and bell pepper mash potatoes and springtime vegetable medley; dessert and coffee. Fee: \$20 per person. Reserve tickets via 644-7550 or email michele.martens@gccd.edu

Friday, October 1

DROP DEADLINE — Today is the last day to drop classes for students in the 8 week session, Aug. 23-Oct. 15.

WOMEN'S SOCCER—Grossmont College plays at Imperial Valley College in Imperial, at 3 p.m.

WOMEN'S VOLLEYBALL—Grossmont College hosts Imperial Valley College, at 5 p.m.

Saturday, October 2

AIR SHOW TRIP — International Club students will attend the air show at Miramar Marine Corps Air Station, from 12 to 4 p.m. Contact: barbara.clark@gccd.edu

FOOTBALL — The Griffins play an away game, at 7 p.m., at College of the Canyons in Santa Clarita, California. The game may be heard and seen in real time over KBCSports.

Monday, October 4

FACULTY ART EXHIBIT —Members of the Grossmont College Art faculty exhibit in a variety of media at the Hyde Art Gallery through October 28. Contact: Ben Aubert, 644-7299

ACADEMIC SENATE — Grossmont College's faculty policy body meets from 11 a.m. to 12:20 p.m. in the relocated Griffin Gate in Building 65. Contact: Chris Hill, 644-7342.

Tuesday, October 5

FACULTY ART EXHIBIT—A reception from 7 to 9 p.m. tonight will honor faculty members whose art works are currently on display at the

Hyde Art Gallery. Contact: Ben Aubert, 644-7299

Wednesday, October 6

COLLEGE TRANSFER DAY—Staff members of the Career Center coordinate a workshop on transferring from Grossmont to 4-year colleges and universities, from 10 a.m. to 1 p.m. on the quad.

WOMEN'S WATER POLO—Grossmont plays at San Diego Mesa College, at 2 p.m.

MEN'S WATER POLO—Grossmont plays at San Diego Mesa College, at 3:15 p.m.

WOMEN'S VOLLEYBALL — Grossmont hosts San Diego City College, at 5 p.m.

Thursday, October 7

THEATRE—Henry J. Jordan directs Moliere's comedy *The Miser* in which a father wreaks havoc by deciding to marry his son's girlfriend, at 7:30 p.m. at Grossmont College's Stagehouse Theatre. Box office: 644-7234.

Friday, October 8

BIG ROCK PARK TRIP — The International Club heads for Big Rock Park for an afternoon of volleyball and basketball from 1 to 4 p.m. Contact: barbara.clark@gccd.edu

MEN'S WATER POLO—Grossmont participates in a two day tournament at Citrus College, with game times to be announced, today and tomorrow.

WOMEN'S SOCCER—Grossmont hosts Miramar College of San Diego, at 3:15 p.m.

WOMEN'S VOLLEYBALL—Grossmont plays at San Diego Mesa College, at 5 p.m.

THEATRE—Henry J. Jordan directs Moliere's comedy *The Miser* in which a father wreaks havoc by deciding to marry his son's girlfriend, at 7:30 p.m. at Grossmont College's Stagehouse Theatre. Box office: 644-7234.

CONCERT — GSO Musica Latinoamericana performs at St. John of the Cross Catholic Church, 8175 Lemon Grove Way, Lemon Grove at 7:30 p.m. Admission: Free will offering.

Saturday, October 9

MEN'S WATER POLO—Grossmont participates in the second day of a two-day tournament at Citrus College, with game times to be announced.

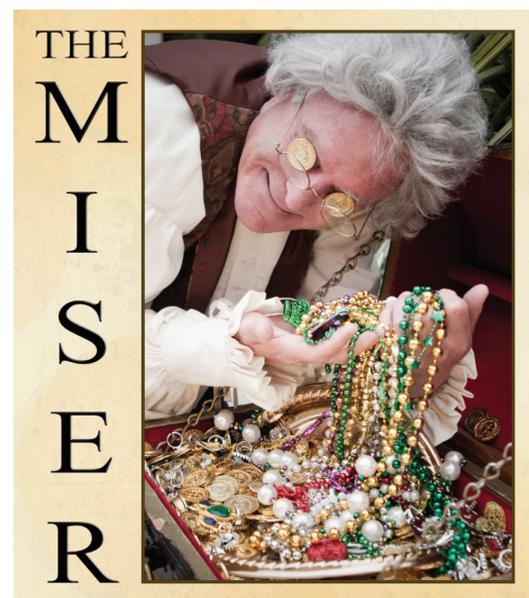
WOMEN'S CROSS COUNTRY—Grossmont participates in the So Cal Preview at noon at Mission Bay.

THEATRE—Henry J. Jordan directs Moliere's comedy *The Miser* in which a father wreaks havoc by deciding to marry his son's girlfriend, at 2 p.m. and 7:30 p.m. at Grossmont College's Stagehouse Theatre. Box office: 644-7234.

Monday, October 11

CAREER WEEK WORKSHOPS — The staff of the Career Center conduct a workshop from 11 a.m. to 12:15 p.m. covering the following topics: "How to Navigate the Job Fair," "Dress for Success," and "Resume and Cover Letter" in Room 346 of Building 36. To register, phone 644-7614.

CONCERT — The Grossmont Master Chorale performs "Liturgical Music for Organ and Chorus, at 7:30 p.m. at All Saints Episcopal Church of San Diego, 625 Pennsylvania Avenue.



THEATRE — Henry J. Jordan directs Moliere's comedy *The Miser* in which a father wreaks havoc by deciding to marry his son's girlfriend, at 7:30 p.m. at Grossmont College's Stagehouse Theatre. Box office: 644-7234.

Tuesday, October 12

CAREER WEEK WORKSHOP— The staff of the Career Center conduct a workshop from 11 a.m. to 12:15 p.m. covering the following: "Career and Technical Education Panel" and "Finding Employment" in Room 346 of Building 36. To register, phone 644-7614.

WOMEN'S SOCCER—Grossmont plays at Southwestern College in Chula Vista, at 3:15 p.m.

Wednesday, October 13

CAREER EXPO—Booths with representatives of companies looking for employees for now or in the future will be staffed from 10 a.m. to 1 p.m. on the campus quad. The annual campus event is sponsored by the Career Center.

WOMEN'S WATER POLO—Grossmont hosts Southwestern College at 1 p.m. at the Joan Kroc Center, 6848 University Avenue, San Diego.

MEN'S WATER POLO — Grossmont hosts Southwestern College at 2:30 p.m. at the Joan Kroc Center, 6848 University Avenue, San Diego.

WOMEN'S VOLLEYBALL— Grossmont hosts Cuyamaca College, at 5 p.m.

THEATRE—Henry J. Jordan directs Moliere's comedy *The Miser* in which a father wreaks havoc by deciding to marry his son's girlfriend, at 7:30 p.m. at Grossmont College's Stagehouse Theatre. Box office: 644-7234.

CONCERT — GSO Musica Latinoamericana performs in the Ruth Chapman Performing Arts Center at Eastlake High School, 1120 Eastlake Parkway, Chula Vista, at 7:30 p.m. Admission: \$10 general, \$5 student.

Thursday, October 14

CAREER WEEK WORKSHOP—The Career Center conducts a CSL panel from 11 a.m. to 12:15 p.m. in Room 346 of Building 36. To register, phone 644-7614.

THEATRE—Henry J. Jordan directs Moliere's comedy *The Miser* in which a father wreaks havoc by deciding to marry his son's girlfriend, at 7:30 p.m. at Grossmont College's Stagehouse Theatre. Box office: 644-7234.

Friday, October 15

APPLICATIONS — Today is the last day to apply for graduation or a certificate of completion.

8-WEEK SESSION ENDS—Today marks the end of the first eight-week session at Grossmont and Cuyamaca Colleges.

MISSION TRAILS TRIP — The International Club visits Mission Trails Regional Park, site of the first dam project built on the West Coast of the United States. Contact: barbara.clark@gccd.edu

WOMEN'S CROSS COUNTRY— Grossmont competes against Mt. San Antonio College in Walnut, California, at 10 a.m.

WOMEN'S WATER POLO—Grossmont participates in an all-day tournament at Miramar College today and tomorrow.

MEN'S WATER POLO — Grossmont plays at Golden West, time to be announced.

WOMEN'S SOCCER—Grossmont hosts Cuyamaca College at 3 p.m.

Campus celebrates Mexican independence bicentennial

By Lan Nguyen



GROSSMONT COLLEGE -- The Main Quad was transformed on Thursday, Sept 16, into a *plaza de educacion* as students enjoyed the sights, sounds and flavors of Mexico.

The day marked the 200th anniversary of Mexican independence. History Prof. Carlos Alberto Contreras said the intent of the on-campus celebration was to acquaint students with Mexico's many unique cultural contributions. For example, he said mariachi music was originated in the Mexican state of Jalisco, which, he added, also was the birthplace of tequila.

On the quad Mexican baked goods were distributed for free, and carne asada was the special food sale item at the Sodexo Cafeteria.

Juan Carlos Navarrete, a student, said "it's pretty awesome today. We're celebrating 200 years of independence. This is for all Mexicans around the world. Its for all of us to get together and have fun and have a good weekend, you know?"

Spanish professor Yolanda Guerrero concurred: "We're here celebrating the bicentennial of Mexican Independence Day. This event was put on by the Worlds Art and Culture committee. We have mariachis, we have free Mexican bread called Dorejas. We are having a very successful event as you can see. There have been thousands of people that have came by."

Contreras pointed out that the World's Arts and Culture Committee celebrates cultures the many cultures that are represented here at Grossmont. "We have from

Latino students, Mexican American students, Japanese students, Asian students, students from all over the world," he said.

"This is a wonderful opportunity for students to visit the world

without having to leave San Diego or leave Grossmont and it is a great representation of the diversity on the Grossmont campus."

Nguyen is a student in Media Comm132



A guitar sits by the construction fence, ready for the next mariachi set (Photos: Robert Sanchez)



Want to see more than the delicious pastries? Check out our video by Felipe Oliveria: <http://www.youtube.com/watch?v=HLIzjXFmXE>



Mariachi Ahutlense's Ramon Arviso and Miguel Rosales

Where can a vegetarian eat on campus?

By Kamri Jackson



GROSSMONT COLLEGE — Many students might attest to the fact that it has become rather difficult to find nourishment on campus. Besides the fact that the Cafeteria has been disintegrated for remodeling, it is another hunt altogether to attain food!

Grossmont is quite barren of food between the maltodextrin, monosodium maltrate, hydrogenated oils, and artificial flavors. These are clearly unnatural ingredients, yet they are distributed in bulk and sold to the campus majority.

As a vegetarian myself, I recently went on a campus-wide hunt to see what foods might be available to sustain myself and other vegetarian/health foodies alike. I headed toward the 51 and 55 building to see if any food was available in the temporary Cafeteria. After looking through their menu I found one option: a “vegetarian patty burger” (fresh avocado may be added for a fee).

Grossmont students Ariel Pemberton,

Josiah Pemberton, and Brianna Lambert said during a group discussion that there is a lack of good food at reasonable prices in the Cafeteria. As a result, they either bring food from home with them, or to wait to go off campus in order to purchase something more affordable. None of them had in fact purchased anything from the Cafeteria.

My search continued as I looked adjacent to the Cafeteria, inside the small market. There I spotted pre-packaged smoothies (no preservatives), fresh mixed fruit cups, and purified water. Between the Market and Cafeteria there was only a handful of non-dairy and preservative free options. I was unable to speak with the cooks or workers, because of the busy rush throughout the day.

As you can imagine, I was also unsuccessful when searching through various food or beverage vending machines spread about campus.

Not until I walked inside of Grossmont’s bookstore, did I come across a variety of vegetarian, gluten free, and vegan options. Real food, at last!

Book seller Debra Rider is a vegetarian herself, and is eager to serve the diverse Grossmont Community by implementing various healthy options at the bookstore. Her effort is evident in the “healthy choices, a better alternative” section which has a growing selection of natural/vegetarian items. Items include fruit and nut bars, vegetarian jerky, organic peanut butter packs, and vegan/gluten free cookies.

Furthermore, right across from the small natural section, you can find raw nuts such as almonds and cashews. The book store is also the only place on campus that sells 1-liter bottles of water, in order to carry enough water to remain hydrated during class. Rider also stated that the “healthy items brings in a lot of business.”

I spotted one happy customer right outside. Veronica Johnson, a vegan and nursing major, shared that “This campus had the biggest selection for vegans/vegetarians.” By the same token, she also stated that she wished “they had a larger selection of fresh veggies and fruits.”

Although the bookstore is currently

owned by Barnes and Nobles, Rider and store supervisor Janet Althaus are eager to get the student body involved in the affairs of the bookstore which includes the options we have for food.

Acclaimed UC Berkeley journalist, Michael Pollen states it simply: there are “food like substances.” Apparently, many of the items that we ingest are not comprised of much nutrition at all. The Webster’s dictionary defines food as “something that nourishes, sustains, and supplies.” In other words, the food we eat should keep us vital and energetic. Natural, alkaline foods possess that. We are natural beings who need natural foods in order to sustain ourselves. This is the “The Omnivore’s Dilemma,” as Michael Pollen would say.

The hunting and gathering of nutritious, edible food on campus is not the easiest task, but it is indeed possible. As a student body, we have the ability to bring more healthy alternatives by supporting what is available as well as suggesting more options for the future.

Jackson is a student in Media Comm 132

52 Grossmont students receive scholarships at campus breakfast

By Russell Lindquist

GROSSMONT COLLEGE—Fifty-two students were awardees at the Fall 2010 Scholarship Awards Breakfast on Saturday, Sept. 11, an annual event presented by the Grossmont College Foundation and the Grossmont College Scholarship Department.

In addition to scholarship recipients and their families, many Grossmont faculty and staff attended, including the Grossmont College President, Sunita Cooke; and Michael Copenhaver, the Director of Financial Aid for Grossmont College.

Ernest Ewin, executive director of the Grossmont College Foundation and Grossmont alumnus, class of ’69 started off the event, speaking of California State’s budget-woes in order to explain that philanthropic scholarship awards are more important now than perhaps ever before.

Ewin’s comments were seconded by Copenhaver, who then pointed-out that the scholarship-awards being presented were in no way ‘charity’, but that each award is a testament to its recipient’s academic perseverance (and, in many cases, community involvement).

Rick Griffin, from Grossmont’s Office of College and Community Relations, said that the scholarships awarded the 52 students aggregated to be in excess of \$37,400. Scholarship recipients included 18 students who received \$1,000 grants from the Bernard Osher Foundation of San Francisco to help defray the cost of textbooks, equipment, lab fees and other items beyond registration fees.

Griffin added that the Grossmont College Foundation is participating in a fund-raising challenge for Osher scholarships. For every \$1 donated until June 30, the Osher Foundation will provide 50 cents to be held in the California

Community Colleges Scholarship Endowment. He added that 100 percent of every dollar donated will go directly to funding the \$1,000 student scholarships every year in perpetuity.

A gift of \$13,334, matched by \$6,667 from the Osher Foundation, results in a total gift of \$20,000 held in the Endowment to fund, at 5 percent annual interest, one \$1,000 scholarship every year, forever.

The Award Recipients:
Ryan Schaub—\$1,500 Griffin Award of Excellence, sponsored by the Grossmont College Foundation, presented to a continuing full-time student who has a

Continue reading on Page 15

Commentary: What Grossmont students can do to keep the campus clean

By Russell Lindquist

GROSSMONT COLLEGE - I came across some broken glass last Wednesday.

Before I did anything, I kept watch for about 5 minutes, noting both students and faculty alike simply evading the mess while continuing on their way.

I called Grossmont's operations department (619.644.7593) and told the operator that there was a mess, and that I was between the Music building and the Theater building. Within two minutes, affable groundskeeper Jim Gillan was there. He promptly cleaned the glass and the liquid, and then was on his way.

There are about 20,000 students and 1,000 faculty and staff, on Grossmont's campus. All it takes is for one of those 21,000 people to drop a bottle and wander off, and suddenly there is quite a mess.

Nevertheless, all it takes to fix such a mess is one helpful person taking a moment to call maintenance.

Perhaps nothing in the world is easier than avoiding responsibility for a mess in a public place. Still, if you come across a mess here on campus, then you do have the responsibility: response-ability. So please take a moment to respond: clean that mess or call it in to maintenance.

Lindquist is a student in Media Com 132.



Groundskeeper Jim Gillan from Grossmont's maintenance department.

Photo by Russell Lindquist

Scholarship breakfast...

Continued from Page 14

cumulative GPA of 3.5 or higher.

Chantal Fry – \$1,500 Ivan Nolan Memorial Scholarship, awarded by the children of Ivan Nolan, in memory of their father, given to a student majoring in engineering. Recipient must be a full-time student who has completed at least 12 units with a GPA of 3.0 or higher.

Karla Carmona-Salgado – \$1,000 KBN Sorority Scholarship, awarded to a student pursuing a career in the field of human-services (i.e. teaching, nursing, and social-services, or medical). Recipient is involved – or has been involved in – community service and has a GPA of 3.5 or higher.

Tharanga Dissanayake, Asma Eweida, Ginger Rogers, Narissa Kim Tong – \$1,000 American Association of University Women La Mesa Scholarship

Lindsey Jordan – \$750 Todd Longstreth Scholarship in Photographic Arts, awarded in memory of a former Grossmont College photographic arts student, given to a student pursuing a career in art. Recipients must be enrolled in a photography class and have a GPA of 3.0 or higher.

Debra Barrett, Christina Schwartz – \$750 San Diego Foundation Dietschman Fund, awarded to a student pursuing a career in Health-Care, sponsored by a one-time gift in the name of the Dietschman Fund through the San Diego Foundation.

Kristine Ogden – \$500 The Ruane Family Trust Scholarship in Criminal Justice, sponsored by former student Thomas Ruane, for a student majoring in criminal justice, has completed 12 units with a GPA of 3.0 or higher, and has financial need.

Ryuichiro Watanabe – \$500 Ross Bookstore Schol-

arship, awarded to a Grossmont College student majoring in business with a GPA of 3.0 or higher, enrolled full-time, has completed at least 24 units.

Jonathan Corbett – \$500 Jack Walton Scholarship in Biology, awarded in memory of a former Grossmont College instructor in the Biology Department. Recipient has completed a minimum 10 units in Biology, with a GPA of 3.0 or higher.

Connie Mackin – \$500 Dayna Ivy Peoples Memorial Scholarship, awarded in memory of former Grossmont College reentry student Dayna Peoples. Recipient is a reentry student who demonstrates financial need.

Christopher Berizko – \$500 Craig and Par McCollum Scholarship in Computer Science, awarded in memory of a former Grossmont College student, given to a student pursuing a degree in computer science who has a GPA of 3.0 or higher.

Mary Clipper – \$500 Christy Seiler Davis Memorial Scholarship, given to a reentry student who is at least 35 years old, in the memory of former Grossmont College reentry student Christy Seiler Davis.

Edwin Cruz, Justin Diel, Eunsun Kim, Devoney Kodad, Kristina Marson, Duc Nguyen, Luan Troung – \$500 Barnes and Noble Textbook Award, provides for textbook and supply purchases. Seven awards total: three awards to students majoring in General Business; two awards to entering freshmen; two awards to students who are Intercollegiate Team members. All students must be enrolled full-time, with a GPA of 2.5 or higher.

Beronica Odney – \$500 Albert and Jen Van Zanten Memorial Scholarship, awarded in memory of a former Grossmont Trustee of the Grossmont-Cuyamaca Community College District and former Mayor of El Cajon, given to assist students who are former foster youth, to

help with tuition, books and other living-expenses. Recipients have financial need and a GPA of 2.5 or higher.

Cleatus Peake – \$300 Lewis Smith Memorial Scholarship, recipient has completed a minimum of 12 units and is currently enrolled in 12 units or more and has a record or service to the school or community.

Yukari Koyano – \$250 Grossmont College International Student Scholarship, awarded to an international student who pursues an associate degree or plans to transfer to a four-year institution, and maintains a GPA of 3.0 or higher.

Courtney Bolton – \$250 Financial Aid Department Incoming Freshman Scholarship, sponsored by the Grossmont College Financial Aid Department, awarded to an incoming freshman with a high-school GPA of 3.0 or higher.

Hao Huynh – \$250 Fleet Reserve Auxiliary Scholarship. The Fleet Reserves units sponsor and assist local communities with their memorial ceremonies and patriotic events. Each year, they award a scholarship to a Grossmont College second-year student in nursing or health-services.

Jorge Ramirez – \$200 Z. Dean Parks Scholarship, awarded in memory of a former Trustee Professor Emeritus for Grossmont-Cuyamaca Community College District Coordinator. Recipient is full-time, pursues a career in education, has completed a minimum 24 units and has a GPA of 3.0 or higher.

Wais Seddiqi – \$200 Ruth Coover Foreign Language Scholarship, awarded in the memory of a former Grossmont College instructor, to a student who has completed one French or German with a GPA of 4.0, or two semesters of French or German with a GPA of 3.5 or higher.

Beatriz Williamson – \$200 ASGC Lyman Menor Scholarship, given in memory of former Grossmont College student who was active in Student Government. Recipient has completed a minimum 9 units, is

enrolled in a minimum 9 units, participates in a recognized organization or athletics on campus and has financial need.

Karozh Ahmed – \$200 Grossmont College DSPTS Scholarship – sponsored by Disabled Student Programs and Services – given to students with disabilities who have met the challenges and succeeded in attending college and maintaining a GPA of 2.5 or higher.

Ivana Djukic – \$200 English as a Second Language scholarship, awarded to a full-time student who has completed a minimum of 12 units of ESL classes, and is currently enrolled in an ESL core curriculum class with a GPA of 3.0 or higher.

Peggy Marcus – \$200 Henry Vanden Broek Nursing Scholarship, given to a second-year nursing-student with financial need.

Phuc-Hai Huynh – \$150 Susie Haywood Service Award, recognizing a full-time student who has demonstrated service to the college or the community with a GPA of 3.0 or higher.

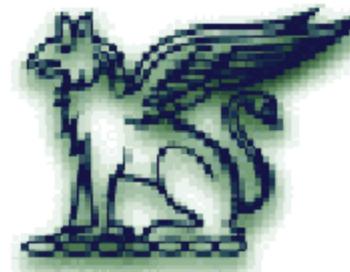
In addition, the following students were named recipients of the \$1,000 Osher Scholarships: Debra Barrett, Andrew Bidwell, Mary Clipper, Edwin Cruz, Tharanga Dissanayake, Asma Eweida, Chantal Fry, Richard German, Carynne Hansen, Roxanne Jones, Diedrea Lewis, Amber Mickelson, Narrisa Tong, Kristine Ogden, Antonika Pittman, Ryan Schaub, Christina Schwartz, and Saniya Shugayeva.

The Grossmont College Scholarship Advisory Committee includes Selam Gebrekristos, chair; Janice Bellinghiere, English professor; Nadra Farina-Hess, librarian; Linda Snider, business office technology instructor; Lynn Gardner, counselor; Michele Perchez, biology instructor; Tina Perez, communications speech instructor; Anita Martinez, career and technical education/workforce; Michael Copenhagen, director, financial aid.

Lindquist is a student in Media Communication 132



GRIFFIN SPORTS



Legacy of Howard Hawver in view for women's soccer

By Brennan Wasan

GROSSMONT COLLEGE — The former coach of the Grossmont Women's Soccer team has been honored as the 2010 PCAC women's coach of the year.

Howard Hawver coached the Griffins Women's soccer team for 15 years up until he was diagnosed with Lou Gehrig's Disease in 2008, forcing a leave of absence for this season. The PCAC Coach of the year award is annually awarded to one women's coach and one men's coach.

Coach Hawver's Plaque
During his years of coaching, he's led the Griffins to 12 different playoffs



and of those has won 5 conference championships.

On Tuesday, Sept. 21, the Griffins came out very strong in the opening minutes of the match providing their fans with the excitement of multiple shots on goal. After a cross came from the right side of the field, it was connected with a header to only find the right post. Moments later, the ball didn't neglect the left post as it hit that side as well.

After three shots on goal and on target, freshman Janeth Bahena, #17, finally

found the back of the net in the 8th minute of the half. Thereafter, the goals began to pour in.

In the 15th minute Ashley Schramm took the ball down the left touch line and crossed it in on the ground across the goal for Annie Roberts, #12, to easily tap it in. The third goal was scored in the 35th minute when Tifani Sperling, #20, powerfully struck the ball from inside of the 18 yard box and buried it in the back of the net. In

the final 10 minutes of the half, Grossmont received a free kick at the top of the 18 yard box allowing Bahena hit the upper corner of the goal and record her second score of the game.

In the first half alone, the Griffins completely dominated the Mira Costa Spartans with 11 shots on goal, 7 of which were on target. Mira Costa didn't get its only shot on goal until the 35th minute. The Griffins held possession of the ball on their opponents side of the field for 75 percent of the time—a nearly unbelievable statistic.

In the second half, the Griffins added 2 more goals from Elisa Maganuco and Ashley Schramm. While Grossmont's defense and goal keeper, Angel Wasecko, was able to keep a clean shut out recording 4 saves.

With a 6-0 victory, the Griffins are now 3-0 in conference play and 3-2-2 overall. Their next game is at 6 p.m. Friday as they travel across town to San Diego Mesa College.

Schramm uses her head in women's 1-0 soccer victory

SAN DIEGO MESA COLLEGE —After both teams were held scoreless in the first half, Grossmont College's Ashley Schramm headed the ball into the San Diego Mesa goal 5 minutes into the second half, accounting for the only score in Grossmont's 1-0 vic-

tory on Friday, Sept. 24.

Photographer Andy Wilhelm, a student at Grossmont College, caught some of the other action during the close contest:

