

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | APRIL 2015



THE
AWARENESS
ISSUE

A large crowd of diverse people, seen from an aerial perspective, is arranged to form the shape of a question mark. The people are of various ages, ethnicities, and are wearing different colored clothing. They are standing on a plain white surface, and their shadows are cast to the right. The text 'THE AWARENESS ISSUE' is overlaid on the question mark shape.

IT'S TIME TO TAKE A STAND.

IN THIS ISSUE

5 Student Government Update

The ASGC recognizes the ICC Awards and winners of this year's election.

6 Friar Fire

Tensions ran high at the Padres home opener.

7 Opposites Attract

Watch these comedies with your best frenemy.

8 Campus Airwaves

Griffin Radio fields skills, both on and off the air.

10 The Invisible Injury

Trauma can lead to unseen scars.

12 Assault Awareness

Teal ribbons mark the month to stop and take notice of the problem of sexual assault.

15 Let's Talk About Sex

Knowledge is the first step to stopping STDs.

16 Autism Awareness

April 2 marked World Autism Awareness Day.

17 In Case of Emergency

Preparation for crises can save your life.

18 Our Grossmont

Catch up on all things Grossmont.

20 Volleyball Update

Women's sand and men's volleyball dominate.

21 Fit and Full

These quick and easy tips will help you slim down for summer.

22 April Trends

Summer prep, Coachella and a Q&A with Dorion.



Special thanks to the artists in ART-171: The Artist and the Computer, taught by Carmina Caballes, for lending their talent in the design and illustrations of this issue.

CAMPUS YAKS



Making my way to class, walking fast, faces pass and I wish I was home bound...

12

Do the loud people who take all the seats in the griffin center ever have class?

19

they don't even attend Grossmont they just hang out there

1

It amazes me how many people actually receive their driver license at Grossmont...

6

What happened...I was so motivated before spring break

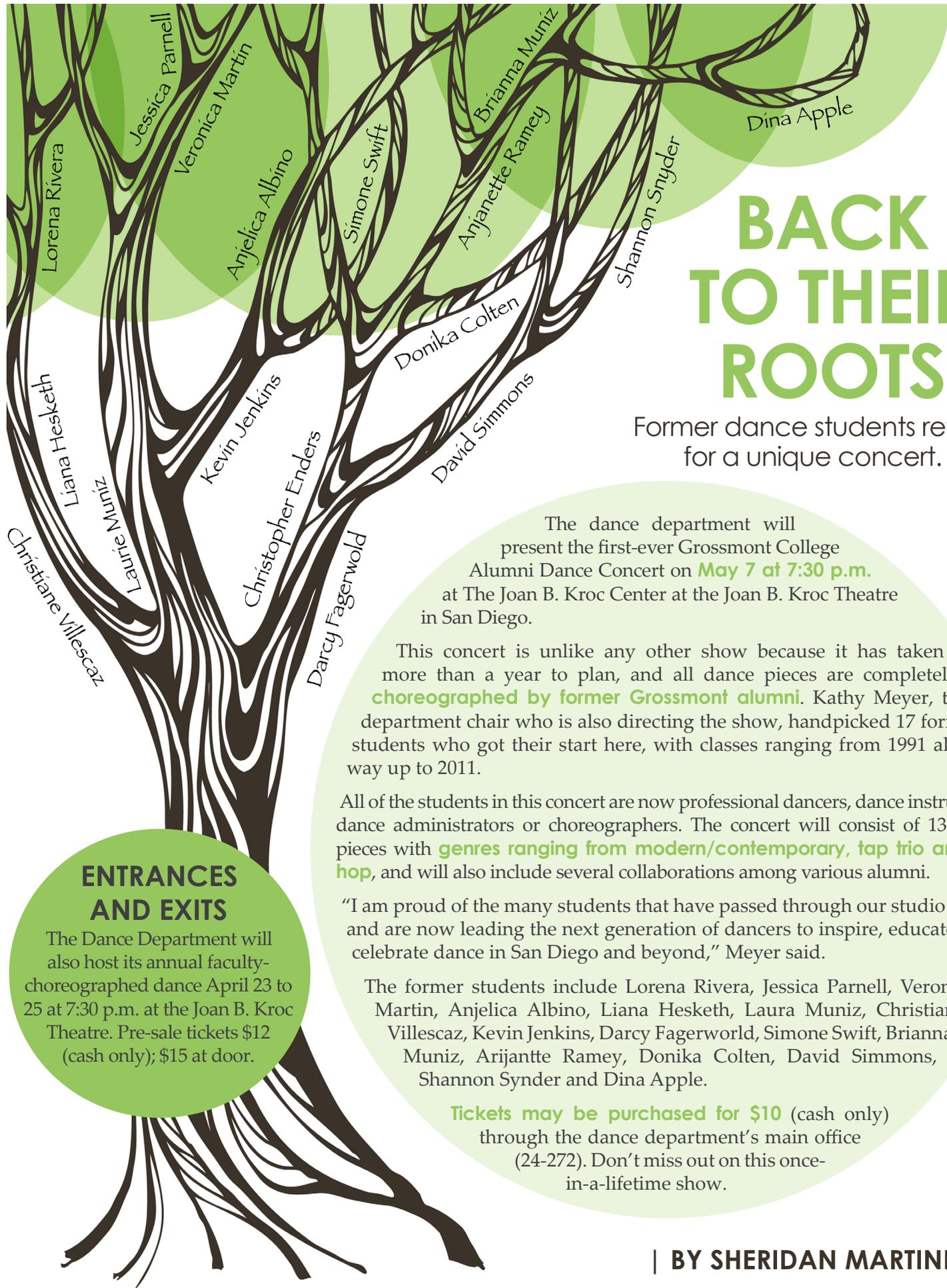
2

Spring break happened 😂

1

Cancelled class emails >>>
Goodmorning texts

26



BACK TO THEIR ROOTS

Former dance students return for a unique concert.

The dance department will present the first-ever Grossmont College Alumni Dance Concert on **May 7 at 7:30 p.m.** at The Joan B. Kroc Center at the Joan B. Kroc Theatre in San Diego.

This concert is unlike any other show because it has taken more than a year to plan, and all dance pieces are completely **choreographed by former Grossmont alumni**. Kathy Meyer, the department chair who is also directing the show, handpicked 17 former students who got their start here, with classes ranging from 1991 all the way up to 2011.

All of the students in this concert are now professional dancers, dance instructors, dance administrators or choreographers. The concert will consist of 13 dance pieces with **genres ranging from modern/contemporary, tap trio and hip hop**, and will also include several collaborations among various alumni.

"I am proud of the many students that have passed through our studio doors and are now leading the next generation of dancers to inspire, educate and celebrate dance in San Diego and beyond," Meyer said.

The former students include Lorena Rivera, Jessica Parnell, Veronica Martin, Anjelica Albino, Liana Hesketh, Laura Muniz, Christiane Villescaz, Kevin Jenkins, Darcy Fagerworld, Simone Swift, Brianna Muniz, Arijanette Ramey, Donika Colten, David Simmons, Shannon Snyder and Dina Apple.

Tickets may be purchased for \$10 (cash only) through the dance department's main office (24-272). Don't miss out on this once-in-a-lifetime show.

ENTRANCES AND EXITS

The Dance Department will also host its annual faculty-choreographed dance April 23 to 25 at 7:30 p.m. at the Joan B. Kroc Theatre. Pre-sale tickets \$12 (cash only); \$15 at door.

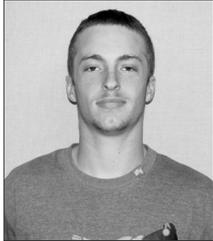
| BY SHERIDAN MARTINEZ |

SUMMIT CONTRIBUTORS

What organization do you think people should be more aware of?

Dorion Billingslea ▶

The Humane Society (humanesociety.org) has been one of my favorite organizations ever since I was a kid because of my love for animals. It's the nation's largest and most effective animal protection organization. The Human Society provide hands-on care and services to more than 100,000 animals each year, and the organization is driving transformational change in America and around the world by combating large-scale cruelties so every animal can be safe.

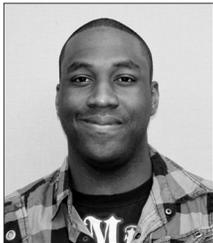


◀ Dylan Haugh

The Tony and Alicia Gwynn Foundation, or **TAG Foundation** (tagwynn2.org), is a charity whose goal is to reach underprivileged children around San Diego. Started by the late baseball Hall of Famer Tony Gwynn and his wife Alicia, the organization focuses on inclusion, mentorship, multicultural appreciation, conflict resolution and relationship building.

Sheridan Martinez ▶

I pick the ASPCA, the **American Society for the Prevention of Cruelty to Animals** (aspc.org), because of my love of animals. Each donation is used to ensure animals get adopted, help keep their disaster response team stocked with rescue supplies and provide vaccinations and spay/neuter surgery. It's important for us to give to the animals that don't have a forever home in hope that maybe one day they will have one.



◀ Rodney Ousley

I've been an avid supporter of **Habitat for Humanity** (habitat.org) since I was in high school. I love the fact that anyone can participate; all you need are practical skills and the ability to work with a team. It's an incredible experience, not just because you help build homes for the misfortunate, but because you also gain invaluable working skills. I've worked with them in the United States and overseas over the course of 10 years, and each time has been very rewarding.

Ashley Stout ▶

I have supported **Susan G. Komen** (komen.org) ever since my aunt was diagnosed with breast cancer in 2011. The way I saw the organization help her and all the people she met through it really helped her beat the disease. Last year, the program gave more than 50,000 families impacted with breast cancer financial and social support. In its fight to end breast cancer forever, the organization has raised more than \$800 million to be sent to 2,500 researchers. Thanks to the help of regular people, there are more than 3 million breast cancer survivors in the United States.



◀ Lara Talib

Writing an article about sexual assault for this issue made me realize it's a huge issue in America. There are so many different rules and regulations, and so many little loopholes in the system that make it easier for abusers to get away. RAINN – the **Rape, Abuse, Incest National Network** (rainn.org) – is an amazing organization that really helps people know and understand abuse and sexual assault. The website provided all the info I needed to better understand the issue as a whole.

Elias Totah ▶

The Ramallah Club of San Diego (arfp.org) benefits Arab Americans from Ramallah, a Palestinian city in the West Bank. The nonprofit encourages second-generation Arabs in the U.S. to carry on their traditional culture, language, traditions and cuisine. People from different countries of the world can join this organization; all donations help needy children in the Middle East. The club has a lot of events and discussions about possible changes in the Middle East, with peace as a main focus.



The SUMMIT

A publication of Grossmont College's
Media Communications Department.
Vol. 41 | Issue 7 | April 2015

SUMMIT STUDENT STAFF

Editor-in-Chief
Sheridan Martinez

Deputy Editor
Ashley Stout

Staff Reporters
Dorion Billingslea, Dylan Haugh,
Martha Mundo, Rodney Ousley,
Lara Talib, Elias Totah

Adviser/ Instructor: Jeanette Calo

GROSSMONT-CUYAMACA
COMMUNITY COLLEGE DISTRICT
8800 Grossmont College Drive
El Cajon, CA 92020
619-644-7454 | grossmont.edu

Governing Board Members
Greg Barr, Bill Garrett, Edwin Hiel,
Debbie Johnson, Mary Kay Rosinski

Student Members
Jocelyn Estrada, Zack Gianino

Chancellor : Dr. Cindy Miles
Interim College President: Tim Flood

Contact us at
summit@gcccd.edu



VISIT US ONLINE
gcs Summit.com

LOOKING BACK

The ASGC recognizes this year's student leaders.

The ASGC held the Inter-Club Council's Fifty-Third Annual Scholarship and Service Awards Ceremony April 14 to recognize outstanding student leaders for their academic achievements and accomplishments this academic year. ICC Awards winners are as follows:

ALLIED HEALTH AND NURSING

Division Honor Award: Janine Hardman, an occupational therapy assistant.

ARTS, LITERATURE AND COMMUNICATION

Theatre Arts: Danielle Dudley

Visual Arts: Shari Welch

World Languages: Xikai Zhang

Division Honor: Danielle Dudley

CAREER TECH ED/WORKFORCE DEVELOPMENT

Administration of Justice: Jennifer Pulverenti

Business Office Technology: Ruth Herlan

Culinary Arts: Marianne Daquino

Division Honor: Marianne Daquino

ENGLISH AND SOCIAL BEHAVIORAL SCIENCES

ESL (English as a Second Language): Dalida Warda

Political Economy/Science: Zack Gianino

Division Honor: Dalida Warda

MATH, NATURAL AND EXERCISE SCIENCES

Astronomy, Physical Science and Physics: Jeremy Nemetz and Tuyet Tran

Chemistry: Ivan Jebrael

Earth Sciences (Geography, Geology and Oceanography): David Shorey

Mathematics: Ghazal Yaghoobimanesh

Division Honor: David Shorey

OTHER AWARDS

Female Athlete of the Year: Jaella Noel Conway

Male Athlete of the Year: Christopher Lachance

International Students of the Year: Bassel Abou Zour and Thi Thi Mong "Vicky" Nguyen

Man of Distinction: Jason Morgun-Le

Woman of Distinction: Jennifer Pulverenti

Student Trustee Award: Zack Gianino

Most Outstanding Club: CVT Class of 2016

Most Outstanding Club Member: Caleb Martinez

LOOKING FORWARD

These election winners will help run the ASGC next year.



Baredu Morka
ASGC President



Sidney Baker
Vice President



Michael Staples
Webmaster
Social Media



Elijah Descoteaux
Comptroller
Accounting



Djonee Holmes
Director of
Publicity



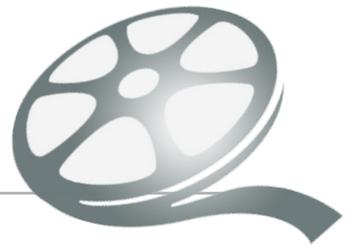
Colton Thom
Director of
Student Activities

Rafael Navarette was chosen as student trustee.

The following students are on the Board of Directors: **Isaac Martiorsian**, **Nyvine Habchi**, **Olga Villota**, Emiliano Cruz, Erika Acosta, Marie Dent, Brandon Toplikar, America Newell, Casey McNellon, Hanna Finstein, David Woerner, Andres Lagang and Glynn Long.

To pick the new ASGC board members and administrative positions, an online voting poll was emailed to students to vote on April 7 and 8. The winners will serve for the 2015-2016 school year.

Rod's Reel Referrals



COURTESY OF @GETHARDMOVIE ON TWITTER



OPPOSITES ATTRACT

| BY RODNEY OUSLEY |

A buddy comedy is the hilarious pairing of two totally mismatched individuals, who by some innate streak of luck (or misfortune in some cases) are tethered together in an incredulous journey of eternal friendship. Think of it as a romantic comedy between two platonic buddies—minus the romance, of course. So grab your best friend (or your worst enemy who could potentially become your best friend after a road trip to White Castle) and check out my top movie picks of the month.

CURRENTLY IN THEATERS **GET HARD**

Directed by Etan Cohen. Starring Will Ferrell and Kevin Hart.

Two of today's powerhouse comedic actors who have separately dominated the box office for years, pool their talents to create what is sure to be one of the top grossing comedies of 2015.

James King (Ferrell), a wealthy but painfully oblivious investment banker facing 10 years of hard time at San Quentin state prison, decides he needs to majorly toughen up to survive life behind bars within the 30 days he has left before lockup. So what does a man in his position do? Enlist the help of the help of Darnell Lewis (Kevin Hart) a car wash employee who he assumes is an ex-con simply because he is black. Lewis himself is husband, father and generally upstanding citizen, but due to money woes agrees to train the unsuspecting King on how to command respect from his future inmates. Little does King know, his would-be-mentor is just as clueless as he is.

STREAMING ON NETFLIX **BAD BOYS 2**

Directed by Michael Bay. Starring Martin Lawrence and Will Smith.

This blockbuster sequel reunited two of the biggest television stars of the 1990s into two hours of fast-paced action and comedy, lead by one of the most prolific action film directors of all time.

Miami narcotics detectives Marcus Burnett (Lawrence) and Mike Lowrey (Smith) return with their good-cop-bad-cop antics in an attempt to bring down a Haitian drug cartel. Among a series of capers that go hilariously wrong, tensions further brew between the duo with the induction of Burnett's younger sister Syd (Gabrielle Union), an undercover DEA agent assigned to the investigation who is also secretly dating the womanizing Lowrey, unbeknownst to his partner. Die-hard fans have been eagerly anticipating a third installment of the series after Lawrence teased the next installment of the film late last year on the late night talk show "Conan." Only time will tell.

ON DVD/BLU-RAY **THE ODD COUPLE**

Directed by Gene Saks. Starring Jack Lemmon and Walter Matthau.

Nearly 30 years before they became "Grumpy Old Men," comedic legends Lemmon and Matthau created the quintessential buddy comedy scenario as the most mismatched pair of roommates in the history of cinema, sparking a series of buddy comedies spanning over three decades.

Classic type-A personality neat freak Felix Unger (Lemmon) separates from his wife and winds up on the doorstep of fellow divorcée Oscar Madison (Matthau), his polar opposite. While living under the same roof, the duo experience a series of humorously unfortunate events, such as a double date with a hot set of twins that turns into an impromptu tear-filled therapy session. With the roomies driving each other crazy with their varying lifestyles and personalities, this film is the template for the modern-day buddy comedy.



COURTESY OF THE PADRES

FRIAR FIRE

Tensions ran high at the Padres home opener. | **BY DYLAN HAUGH** |

It wasn't just the same old story on opening day for the Padres—empty seats, an uncanny lineup, and expectations of a fifth-straight losing season.

Nope, Petco Park was rocking at its home opener. More than 45,000 people showed up April 9 in hopes of catching a glimpse of a team that has San Diegans thinking “World Series,” making it the second largest turnout in the stadium’s history.

The San Francisco Giants, a team that is a model for a winning culture, was in town. Since 2010, the Giants have won three World Series titles, dominating the MLB National League West and Petco Park.

But there were only specs of black and orange in the stands, and the once-echoed “Let’s Go Giants”

chants were faint murmurs in the background, only to be tuned out by an excited Padres fans base that passed its first test in being a stable, consistent fan base.

In the top of the ninth inning, with the game tied at zero, the team turned to their new \$42-million closer Craig Kimbrel to push the game into extra innings. In the meantime Giants centerfielder Angel Pagan went from 0 to 100 quickly tossing bubble gum toward the feet of Padres catcher Derek Norris. Both players did not back down from the moment and both dugouts got a warning.

Pagan would lead off the 9th inning with a triple, but even with runners on first and third and one out, All-Star Kimbrel geared up and induced an inning-ending double play. Kimbrel let out a fiery yell,

and had an old-fashioned Wild-West stare down with Pagan as both players walked back to their respective dugouts.

A rivalry may have been born Thursday afternoon, but for a rivalry to emerge it means the Padres are going to have to justify themselves with winning rather than talking.

While the Padres and Giants wavered back and forth, trading zeroes up until the 12th inning, when the Giants pushed across the only run of the game in the top half— a costly fielding error that proved to be the Achilles heel in the Padres efforts, dropping the Friars record to 1-3.

But let’s not get carried away with the rough start. It’s baseball, and there’s still more than 150 games left to be played.



CAMPUS AIRWAVES

Griffin Radio fields skills, both on and off the air.

BY RODNEY OUSLEY

© SHUTTERSTOCK

Griffin Radio, the award-winning Grossmont-Cuyamaca College District online streaming radio station offers an eclectic and diverse range of music, on-air talent and special interest programming in which listeners can immerse themselves in between classes.

Broadcasting live every day from the top floor of building 20, Griffin Radio (MCOM-119) is a cumulative, hands-on course facilitated by Dr. Evan Wirig, the chair of the media communications department. The course is broken down into four semester segments: A, B, C and D. Students gain higher levels of experience and responsibility as they progress.

Right off the bat, A students are offered the chance to perfect their announcing skills as hourly news anchors, as well as learn to operate

the Pro-Tools audio digital board behind the scenes, and to create pre-recorded PSAs, promos and other creative on-air productions.

“Right now I am at a starting position in my career,” said Mady Daleo, an A student and co-host of “The Sheila and Mady Show” on Griffin Radio. Daleo is also currently employed as a board operator for LMSD, the San Diego Radio Broadcasters Association.

“There are so many higher opportunities in the broadcasting field, and to gain experience faster, I decided to go back to school,” Daleo said. “Grossmont was an awesome choice because as only a first semester student, you are already on the equipment and even getting some on-air experience.”

Registration for Griffin Radio will reopen for the fall semester,

but there will be plenty of future opportunities to meet and greet the current show runners this spring in the variety of on-campus events remaining in the semester.

Until then, take a look at the profiles of this semester’s current roster of DJ’s and learn a little bit more about the personalities behind the voices on the air waves.

And as always, you can tune in live to your favorites Monday through Friday at <http://www.grossmont.edu/campus-life/griffin-radio/> or via the TuneIn mobile app. Be sure to also like the Griffin Radio Facebook page, at GriffinRadio119, to interact with the staff and crew and to receive up to date information on upcoming events.

Full disclosure: Writer Rodney Ousley is also a MCOM-119-A student.

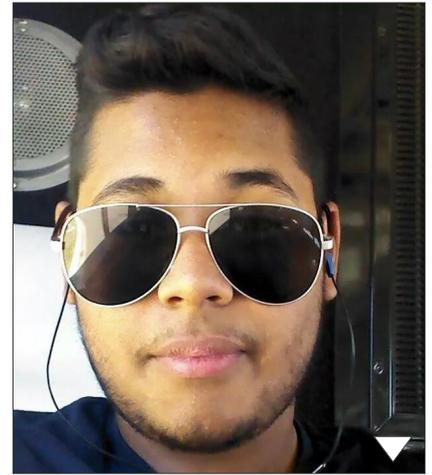
THE TALENT

Meet some of Griffin Radio's on-air DJs.

RE3 - Randall Arthur Elliott

Tuesdays / Thursdays, 2 to 3 p.m.; Fridays, 11:30 a.m. to 12:30 p.m.

They say you should never trust a man in broadcasting with two first names. Randall has three, making him RE3. Randall is the current Griffin Radio news director, as well as host and creator of Griffin Radio's pro wrestling talk show, Moonsault Radio, where he and DJ Blur review WWE and other wrestling shows, as well as discuss various topics related to the professional wrestling business.



DJ BLUR - Luis Jaimes

Tuesdays / Thursdays, 8 to 10 a.m.; Fridays, 11:30 a.m. to 12:30 p.m.

I'm the handsome, funny, energetic co-host of Frog splash Friday with RE3 and I play today's hottest music on Tuesdays and Thursdays. I enjoy playing hip-hop, pop, electro, Latin, smooth jazz, and rock. I also feature co-hosts from time to time and I love to have conversations with my listeners live on the air.



DJ ILL/ILLEST - Shane Smith

Mondays, 8 to 9:30 a.m.; Wednesdays, 8 to 10 a.m.

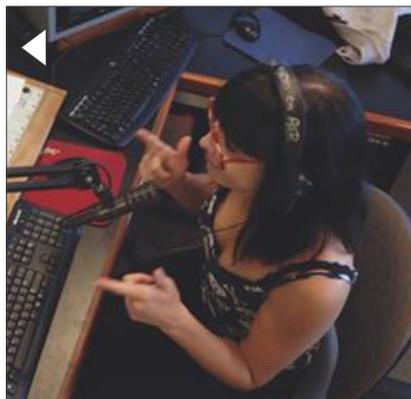
Born in a faraway land known as Portland, or P-town for short, illest left home to fight the inevitability of becoming a hipster in a place that had never progressed since the 90s. So, if you like to listen to alternative, hip-hop and keep up with all the important world issues that don't matter, then don't forget to Tune-In with DJ ill to start your week off right!



DJ DEADBEAT - Eden Latoni

Tuesdays / Thursdays, 10 to 11 a.m., noon to 1 p.m.

DJ Deadbeat decided that broadcast radio would be her career path the first day she was on air as an intern at Star 94.1. With a unique personality and a strange outlook on life, DJ Deadbeat continues to entertain listeners. Whether playing music or chatting it up with co-hosts, something fun and interesting is always bound to happen.



SHEILA - Sheila Romero

Mondays / Wednesdays, 1 to 3 p.m.

Hey y'all, I am Sheila, in my fourth and final semester in the radio broadcasting slice of pie for the Media Communications Program here at Grossmont College. You can listen to me and my cohort in crime Mady Daleo every Monday and Wednesday from 1 to 3 p.m. on Griffin Radio!

THE INVISIBLE INJURY

TRAUMA CAN LEAD TO UNSEEN SCARS.

STORY BY RODNEY OUSLEY

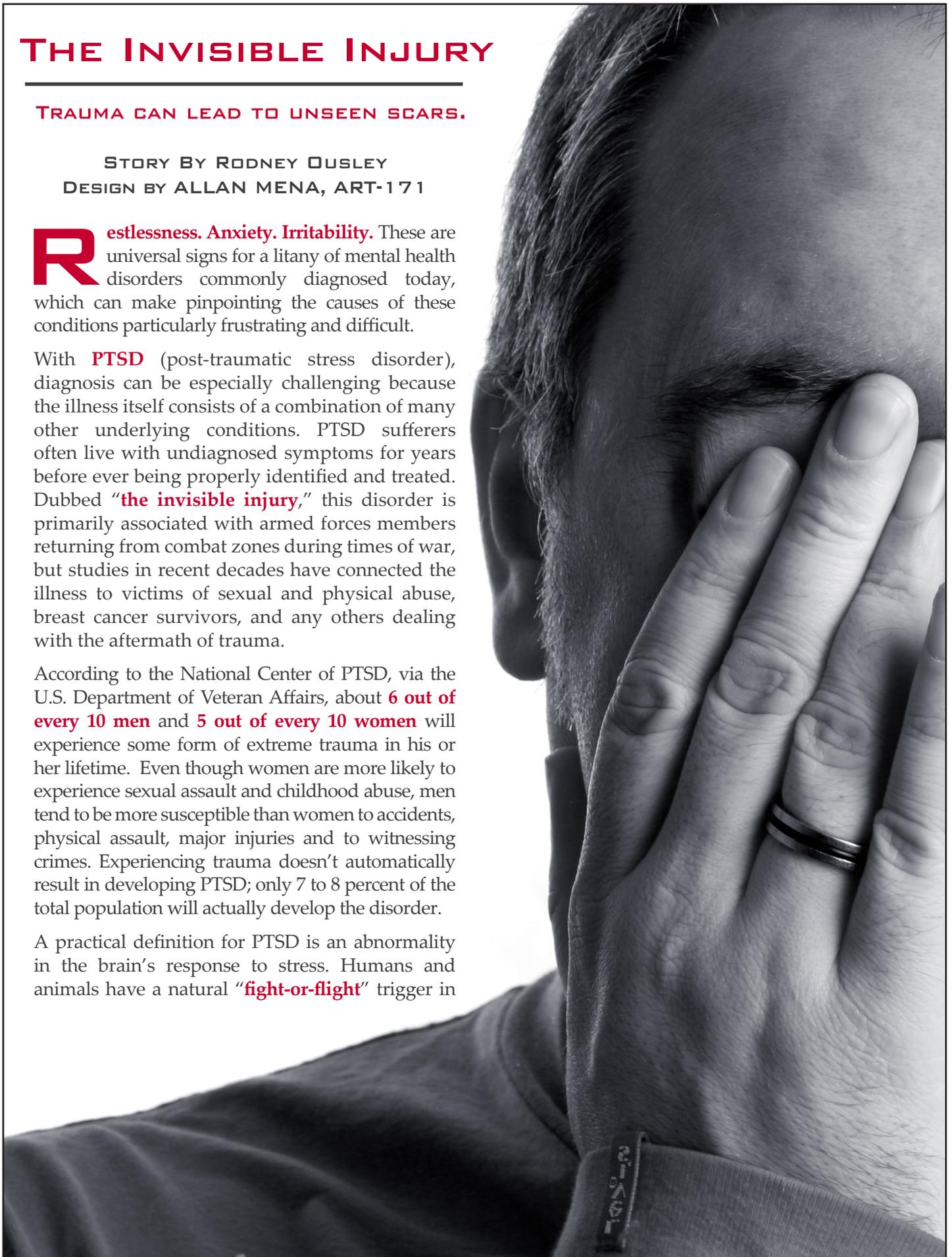
DESIGN BY ALLAN MENA, ART-171

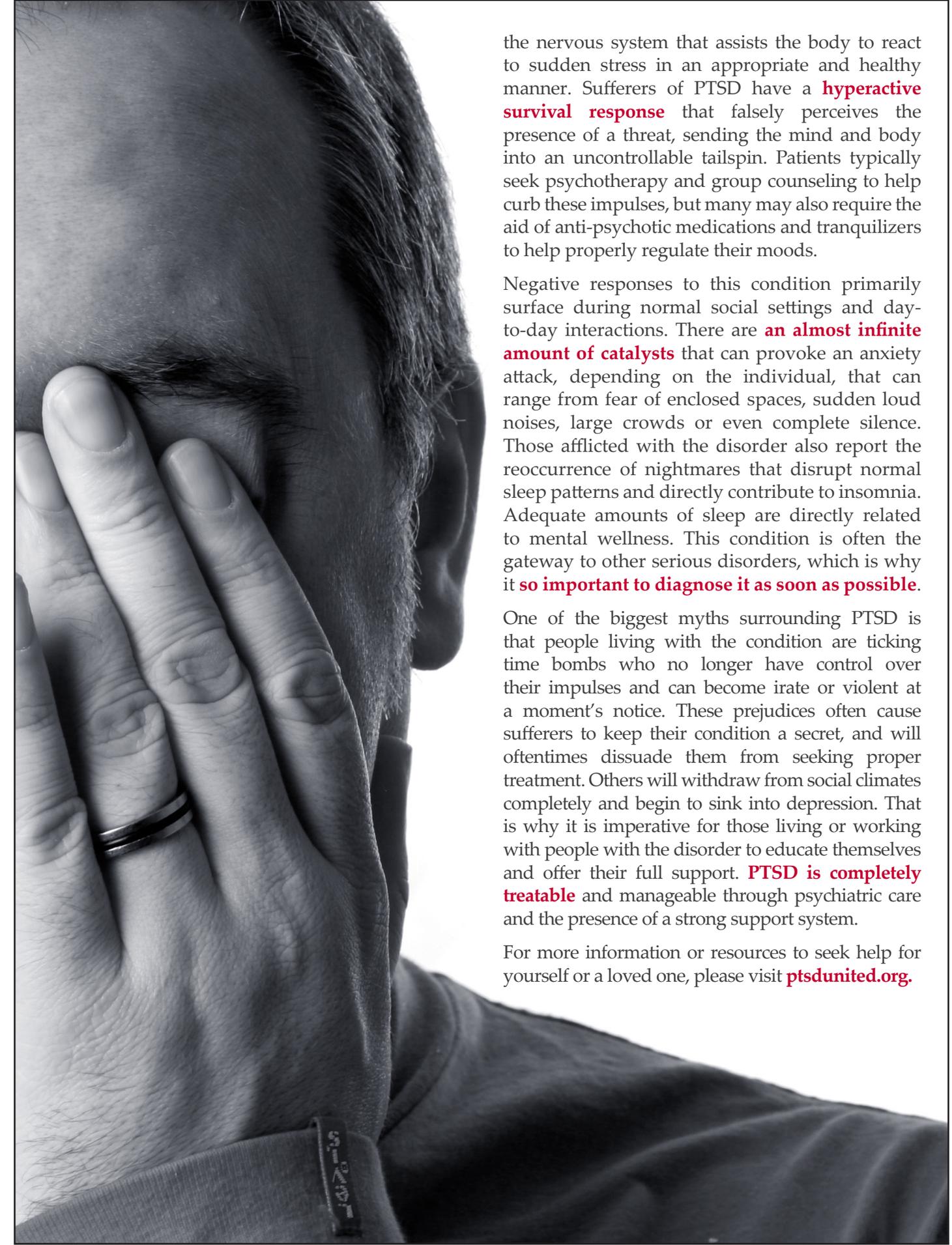
Restlessness. Anxiety. Irritability. These are universal signs for a litany of mental health disorders commonly diagnosed today, which can make pinpointing the causes of these conditions particularly frustrating and difficult.

With **PTSD** (post-traumatic stress disorder), diagnosis can be especially challenging because the illness itself consists of a combination of many other underlying conditions. PTSD sufferers often live with undiagnosed symptoms for years before ever being properly identified and treated. Dubbed “**the invisible injury**,” this disorder is primarily associated with armed forces members returning from combat zones during times of war, but studies in recent decades have connected the illness to victims of sexual and physical abuse, breast cancer survivors, and any others dealing with the aftermath of trauma.

According to the National Center of PTSD, via the U.S. Department of Veteran Affairs, about **6 out of every 10 men** and **5 out of every 10 women** will experience some form of extreme trauma in his or her lifetime. Even though women are more likely to experience sexual assault and childhood abuse, men tend to be more susceptible than women to accidents, physical assault, major injuries and to witnessing crimes. Experiencing trauma doesn't automatically result in developing PTSD; only 7 to 8 percent of the total population will actually develop the disorder.

A practical definition for PTSD is an abnormality in the brain's response to stress. Humans and animals have a natural “**fight-or-flight**” trigger in





the nervous system that assists the body to react to sudden stress in an appropriate and healthy manner. Sufferers of PTSD have a **hyperactive survival response** that falsely perceives the presence of a threat, sending the mind and body into an uncontrollable tailspin. Patients typically seek psychotherapy and group counseling to help curb these impulses, but many may also require the aid of anti-psychotic medications and tranquilizers to help properly regulate their moods.

Negative responses to this condition primarily surface during normal social settings and day-to-day interactions. There are **an almost infinite amount of catalysts** that can provoke an anxiety attack, depending on the individual, that can range from fear of enclosed spaces, sudden loud noises, large crowds or even complete silence. Those afflicted with the disorder also report the reoccurrence of nightmares that disrupt normal sleep patterns and directly contribute to insomnia. Adequate amounts of sleep are directly related to mental wellness. This condition is often the gateway to other serious disorders, which is why it **so important to diagnose it as soon as possible**.

One of the biggest myths surrounding PTSD is that people living with the condition are ticking time bombs who no longer have control over their impulses and can become irate or violent at a moment's notice. These prejudices often cause sufferers to keep their condition a secret, and will oftentimes dissuade them from seeking proper treatment. Others will withdraw from social climates completely and begin to sink into depression. That is why it is imperative for those living or working with people with the disorder to educate themselves and offer their full support. **PTSD is completely treatable** and manageable through psychiatric care and the presence of a strong support system.

For more information or resources to seek help for yourself or a loved one, please visit **ptsdunited.org**.

Assault Awareness

Story by Lara Talib
Design by Kristine Garcia,
ART-171

The fight against sexual abuse is a long one, and to this day, men and women are both taking steps to try to help end it, or at least bring awareness to the epidemic at hand. Although it's been an issue since the beginning of time, it wasn't actually until the 1970s that women mostly started to be more vocal and people started to take notice. Because of their persistence to fight, this cause has entered into the national conversation. On the other hand, just because things are changing, does not mean that this fight is over. On the contrary, it is far from over.

According to nsvrc.org, the history of the fight against sexual assault started in 1970s England, when women decided they would hold marches known as "Take Back the Night" to signify what women have to go through on a nightly basis when they walk the streets alone in the dark. These marches became huge, with both men and women joining in, but it wasn't until eight years later that the United States actually held its own in Manhattan, N.Y.

It wasn't just a women's fight, even though at the time they geared it toward women; it also became a men's fight. Not only did activists focus on the abuse women faced every day, they started focusing on the involvement of men in sexual assault crimes. Even though they sometimes looked at the man as a suspect, women also took into consideration that men are also sometimes victims.

With the fight going strong in the 1990s, a week

in April became "Sexual Awareness Week." Eventually it turned into an entire month of awareness because of the amount of time and effort that was put into the cause. People were celebrating raising awareness all month that it was decided that April would now be known as Sexual

Awareness Month and to make things more official, its logo is a teal ribbon. The United States came in a little late on the cause, because it didn't see it worthy enough to be recognized until 2001, ignoring the fact that

activists all over the world have been trying to fight against sexual assault for decades.

Sexual assault is a huge issue that should never be taken lightly. People should be very careful about where they're going and who they're with because they never know what can happen. With the amount of assaults and rapes going on in college campuses, parks, streets, schools and alleys, it's

April is not a month to celebrate sexual assault, but a month to raise awareness of the problem. Really though, we shouldn't only dedicate one month to this cause; it should be a year-round thing about which we should learn and educate others. Until things change, it won't be going away anytime soon.

CONTINUED ON PAGE 14



always a smart idea to just be smart about your surroundings.

According to The New York State Coalition Against Sexual Assault, "One in four women will be sexually assaulted by the end of their four years of college." If we take a look at a classroom of 40 students that means at the very least 10 of the women in said classroom have the potential to be assaulted. That's scary to think about. Airing on the side of caution could never hurt.

Women aren't the only ones to be assaulted, but more often than not, they're the ones who fall victim to the abuse. If a woman wants to go out and have a good time, she should be able to without fear of something bad happening to her. That's just how it should be.

New technology today has been helpful to fight this cause, from apps that can alert police if you feel unsafe to nail polishes that change colors when it detects that someone has spiked your drink. There are plenty of tips women can follow to stay safe:

1. Know your surroundings.
2. Know and trust the people you'll be going out with.
3. Don't take any drinks from anyone you don't know.
4. Make sure your phone is charged and you have extra cash on you just in case.

Perhaps most importantly, follow your gut, it's almost always right. If something doesn't feel right, or even just a tiny bit off, don't ignore your body telling you to run. Just leave the situation and get into a safe environment.

Besides women taking the necessary steps to be safe, men should also be very aware of what is going on around them. They should be able to notice when a girl is uncomfortable and if they can't, then that is something that should be taught. Society always teaches women not to do certain things because of the reactions of men. Rarely do we ever hear men being taught not to hurt women, or not to make them feel uncomfortable. Quite frankly, there is definitely something wrong with that.

April is not a month to celebrate sexual assault, but a month to raise awareness of the problem. Really though, we shouldn't only dedicate one month to this cause; it should be a year-round thing about which we should learn and educate others. Until things change, it won't be going away anytime soon.

DID YOU KNOW?

For Sexual Assault Awareness Month, the Criminal Justice Club is hosting a fundraiser on April 17 at Buffalo Wild Wings in Mission Valley. The club is donating 10 percent of all proceeds to support victims of sexual assault.



JULIANNE WEAVER, ART-171

CALL FOR BACKUP

Several free phone apps can help students stay safe.

1. OnWatch

Created just for college students, this app will alert the people you trust when you need help. With six different options, it can notify campus police, friends or local first responders— or a combination of all three. This app won the White House's "Apps Against Abuse" technology challenge in 2011.

2. Guardly

Featuring efficient and advanced GPS location accuracy, this app can send instant alerts to police officials within five seconds of being contacted by phone, email or SMS. Guardly can receive the exact location of the student and has enhanced 911 calling.

3. bSafe

This app allows students to have other students "virtually" walk home with them. Also features a "guardian alert" that notifies friends and family when you need help, and has location services to let them know where you are. bSafe can also sound off an optional alarm to scare the attacker away from you.

4. Circle of 6

Also a winner of "Apps Against Abuse," Circle of 6 lets students create a circle of friends to whom you can send a "come and get me" message. In an emergency situation, the app will notify local police or a hotline with just a double tap of your fingers.

5. Hollaback

This app is for victims of sexual assaults to share their stories, reach out to others and let people know their location when the event occurred to raise awareness and help prevent further attacks in that area.

-Sheridan Martinez

Nervous walking to your car at night?

Grossmont's Campus and Parking Services (CAPS) offers escort service 24 hours a day. Call 619-644-7654.

LET'S TALK ABOUT SEX

Knowledge is the first step to stopping the spread of STDs.

| BY LARA TALIB |

April is known for a lot of awareness including STD (Sexually Transmitted Diseases) Awareness Month. The month of April is used to raise awareness of these diseases, and help emphasize the importance of preventing them from happening so often. It also is used to help people understand that talking about sex is a normal thing to do. Green is the support color of STD awareness month.

According to drugs.com, STDs are "infections that are spread from person to person through sexual contact, including oral sex, anal sex and the sharing of sex toys." They can also be passed between contact through the vagina, anus, eyes and mouth.

There are many types of STDs out there so it's important to know the different kinds and what people can do to prevent them from happening. If there seems to be anything wrong with your genitalia, be sure to check it out with a doctor. If people decide they want to have sex then it should be done so safely and comfortably. Make sure that you get tested at least annually for STDs and HIV.

Besides knowing what to do to help prevent getting an STD, it's also important to know what to look for just in case. According to drugs.com, some symptoms include, burning sensations, irregular discharge, abdominal pains and swollen glands.

One in five Americans living with HIV don't know they have it.

According to National-Awareness-Days.com, "One in five Americans living with HIV don't know they have it."

There's no reason not to know what's going on in your body. Make sure if things are uncomfortable that they are getting checked out as soon as possible in order to prevent an

STD from occurring or becoming something more serious.

Although we don't have the opportunities to give out free STD and HIV testing at the Grossmont, it's not something that our nurses are against necessarily.

"The Health Services Office on campus does not currently have licensed staff to test for or treat for STI," Nurse Juliette Harrington explained. "However we are able to refer students to several local clinics that will do these tests for low or no cost."

On the other hand, Harrington tries to hold health fairs at least twice a semester for students to be able to have access to those tests and even more. There are plenty of other places for students to get checked out, but it's an amazing thing that we at least have a way to get checked on campus at least a couple times a semester.

If you would like to get checked out this month but don't have health insurance, Planned Parenthood is the best option; if you do have health insurance, your health care provider would be the way to go.



DID YOU KNOW?

Student Health Services now has evening hours.

It's open Monday through Thursday until 7 p.m. (60-130)



© CDC.GOV

Autism Awareness

Story by Elias Totah
Design by Ivy Crocker, ART-171

World Autism Awareness Day is dedicated to recognizing the challenges faced by people with autism and resolving to do whatever it takes to help them succeed in life. People around the world have been supporting the cause since 2007, when the United Nations set aside April 2 to commemorate the cause.

For those who may not know much about autism, here is a quick overview. Autism is a disability that may make communication and social interactions difficult for those who are diagnosed with the autism spectrum disorder (ASD), a term used to encompass the wide variety of symptoms people may exhibit based on the severity of their condition. While autistic people may be brilliant in the areas of their interests, they may struggle understanding others' personal feelings, such as pain or sorrow.

Autism is a condition that should be best addressed with when an individual is at a young age. Parents are often the first to notice the symptoms—for example, when their child first does not make eye contact, according to the nonprofit organization Autism Speaks. When a parent first catches signs of these symptoms, they are advised to talk with their family pediatrician immediately.

This year, so many different organizations such as

the National Autism Association and Autism Speaks represented the color blue in commemoration of Autism Awareness Day. Even the China Millennium Monument in Beijing was illuminated in blue to mark the event.

For the sixth year in a row, the Empire State Building held a lighting ceremony to commemorate Autism Awareness

Day. The lit-up New York City landmark has become an official symbol of Autism Awareness and is an immediate source for peace, comfort and inspiration for the entire autism awareness community.

Professional basketball player and Brooklyn Nets star Deron Williams and his family were in attendance at the Empire State Building's lighting ceremony. In an effort to raise awareness and funds for future research,

Williams made a pledge to team up with the organization Autism Speaks in a partnership with his own foundation, Point of Hope, which aims to improve the quality of life for families and children. For Williams, it is a personal cause to which he dedicates his time and effort, because his son, D.J. Williams, was diagnosed with autism nearly two years ago.

So many different representatives of autism awareness have stepped up and contributed mightily with raising funds for autism research.

Autism is a condition that should be addressed when an individual is at a young age. Parents are often the first to notice the symptoms—for example, when their child first does not make eye contact, according to the nonprofit organization Autism Speaks. When a parent first catches signs of these symptoms, they are advised to talk with their family pediatrician immediately.

IN CASE OF EMERGENCY

PREPARATION FOR CRISES CAN SAVE YOUR LIFE.

| BY ASHLEY STOUT |

It's time to get prepared! Grossmont Griffins should be ready for any type of emergency, and the more you know, the safer you will be. So let's lay out a plan for action for three emergencies we may have to face together.

FIRES

Since we're out in East County, we are prone to fires, especially now that we're in a drought. It gets hot and dry out here! In 2007, four major fires burned across San Diego County, ruining nearly 300,000 acres of land according to fire.ca.gov, and smaller fires have plagued the area since. So what can we do to be prepared?

1. Make sure you have an emergency number on speed dial at all times, just in case.
2. Use household items such as a nearby ax, rake or shovel to fight small fires.
3. Plant fire resistant plants near your home to help stop fires from spreading.
4. Map two escape routes out of your home or apartment, just in case one is blocked.
5. Designate a meeting place where

your family or roommates can meet if evacuated.

6. Have another person to contact to know you are safe in case local phone lines are not working.
7. Stock up on supplies such as water and food, as well as a flashlight, radio, first aid kit, medicine, cell phone with chargers and money.

Fires can happen at any time and are the most likely emergency we will face. So be prepared!

EARTHQUAKES

Earthquakes are also very likely in California. The biggest and most recent earthquake in San Diego was in 2010; it was centered in Baja California with a magnitude of 7.2, according to kbps.org. So what

should we do for the next big one?

1. Pick a safe place, which can be under furniture or against a wall, away from windows, bookcases or anything that can fall on you.
2. Practice! Practice! Practice! Drop, cover and hold on.
3. Keep a flashlight near your bed in case it strikes late into the night.
4. Make sure items that are prone to fall are bolted or fully secured in your home.
5. Always keep an emergency supplies kit around.

Earthquakes happen frequently, and we don't even know it. We feel smaller ones from time to time, but when the big one hits, you will be ready.

SCHOOL SHOOTING

Sadly, this is the one to be ready for, as school shootings can happen. The Virginia Tech school shooting of 2007, in which a gunman killed 32 people, heightened the importance of having a plan on a college campus. So what should you do if a school shooter comes to Grossmont?

1. Go to a room or stay in a room that can be locked. Turn off all the lights, lock the windows and find a place in the room that can keep you out of sight.
2. Call the police immediately.
3. Do not leave your spot until you know cops have given the clear.
4. What if the shooter is in the same room as you?
5. Call the police and at least have them on the phone, even if you cannot speak to them.
6. If you cannot leave from the room, try to talk down the shooter.
7. Stay calm.
8. Deal with the shooter yourself only as a last resort.

These are all very scary and real possibilities, and the most likely to happen on our campus and in our area. So be prepared and vigilant, and stay safe, Grossmont Griffins.

OUR GROSSMONT: COVERED DEEPLY, WRITTEN BRIEFLY

Governing Board: Brighter Skies

Grossmont has been weathering the ongoing budget crisis that many California community colleges have faced since the economic downturn of 2008. But with the coming of spring comes some changes for the budget, according to **Cindy Miles**, chancellor for the Grossmont-Cuyamaca Community College District.

"The good news is that spring is finally coming to our national and state economies—and our budget is progressively coming back to life," Miles said. "Our financial picture is strong and secure."

She thanked the Governing Board for supporting students and keeping programs running despite the crisis, and commended the board's efforts to maintain a low budget and manage costs and expenditures. In addition, **added revenue sources will boost the school's budget this year by more than \$3 million**, shielding the school from budget gaps, according to Miles.

Grossmont may not be rolling in riches, but the **school has established a solid ground**. As the state budget picture continues to improve, the school district can "anticipate brightening budget skies ahead," Miles said.

—Ashley Stout

DSPS: Here to Help

Many students go about their education without knowing they have a learning disability, or by just ignoring it and hoping it goes away. But the Disabled Student Program and Services center is here for a bit of extra guidance for someone that may be having a little bit more trouble in their classes.

A learning disability is "a processing problem that affects intelligent people, which simply results in underachievement," according to Carl Fielden, DSPS learning disabilities specialist.

"People with learning disabilities may have problems with taking in info, whether that be how they hear or read things incorrectly," Fielden explained. "Someone with a great vocabulary may have trouble with spelling."

To help, DSPS offers counseling services, note-taking assistance, tape recorder loan and assistive technology, as well as academic and special skills tutoring and computer-assisted instruction.

DSPS opens daily at 8 a.m. To reach the office (60-120), call **619-644-7112**.

—Dylan Haugh

Campus Police: Two Parts

Many members of the campus police work behind the scenes to keep our campus safe. At the end of last semester, the campus

police recently split into two departments that work side by side in the same building.

The first part of campus police handles the real, hardcore crimes. **Police services at the Grossmont-Cuyamaca Community College District are actually provided by the San Diego County Sheriff's Department.** A sheriff's sergeant and seven deputies are assigned to both Grossmont and Cuyamaca campuses. If necessary, the District also has access to Sheriff's Department specialized units that investigate crimes such as illegal drug sales, domestic violence, auto theft or gang-related crime.

The other part of the campus police is **Campus and Parking Services, or CAPS, which is available 24/7, just in case something goes wrong on campus.** CAPS provides services such as safety escorts, vehicle battery jumps, lost and found, room unlocks and parking enforcement. In fact, last year CAPS have given 266 safety escorts, jumped 266 car batteries and unlocked 233 cars. And their lost and found is brimming with nearly 400 items and counting.

Recently, there have been some car break-ins and people stealing other students' items. Some students have left their belongings on tables just for a moment, only to have them stolen. Others forget to lock their cars and leave valuables in plain sight.

"Don't leave stuff out in the open and tempt people, even if it's in your car," said Nicole Conklin, CAPS director for the past six months.

On the upside, Conklin said, **there have been no recent sexual assault crimes** on campus, despite the large number of students and increasing incidents on other college campuses.

Contact campus police at **619-644-7654**.

—Dorion Billingslea

Career Center: Speak Softly

Counselor Nancy Davis led a soft skills workshop last month, teaching students the importance of having skills like communication, responsibility and self-management alongside knowledge and technical skill.

Many students joined in the Career Resource Center as Davis handed out Soft Skills Self Assessments, to allow students to access their own strengths and weaknesses, and look for areas that may need improvement. The expectations of employers have risen, and 91 percent say their companies are asking employees to take on more responsibilities and to use a broader set of skills.

"There is no way you can get anywhere in your life right now without soft skills," said David, who went over certain scenarios that

could happen in the workplace.

"Soft skills are vital to you and in the workplace," she said, adding that "business is more customer-driven today," and how you treat a customer reflects yourself and the company.

Davis emphasized that Grossmont is fully equipped with the ability to help students succeed and get on the right path to the right career. She is available to answer questions in the Career Resource Center (60-140).

—Ashley Stout

Academic Senate: Update

Students should be aware of a few points made during the meeting of the Academic Senate March 30. First, Grossmont got a brand new website, meaning that the old school website won't offer any more of the old information after June.

Also, due to the many controversial topics being taught on campus, and students who complain about them, teachers are now being encouraged to add a disclaimer in their syllabi as a warning to students about course material and topics.

Next fall marks the end of the six-year review cycle, so in Spring 2016 the Senate will start reviewing different programs including media communications, cross-cultural studies, library, astronomy, physical science and physics, chemistry and exercise science and wellness and health education.

—Laura Talib

Arabic Club: Cultural Day

The Arabic Club will host Arabic Cultural Day on **April 22, from 10 a.m. to 2 p.m., in the quad**. There will be a DJ and a singer, as well as a belly dancer. Some students will be dressed in Arabic folklore dressed and, of course, there will be cuisine to sample, according to club president Maysaa Toma.

Safe Zone: Ally Workshop

The Safe Zone Ally Program will host a workshop for students, faculty and staff on **April 22, from 5 to 8 p.m. in 41-117**. The goal Safe Zone is to provide a welcoming environment for lesbian, gay, bisexual or transgender people by establishing a network of people who can provide support, information and a safe place for LGBT people in the campus community.

Music Scholarships: Local Winners

Two Grossmont students won awards for their classical guitar auditions at the Music Scholarship Council, which was held in Grossmont March 28. **Sam Chevalier** won first place and a \$2,000 award, while **Ian Lawrence** took second and \$1,000. Both played at The Winners Concert on April 12.

LITERARY ARTS FESTIVAL

The 19th Annual Literary Arts Festival is approaching, so The Summit is here to give you the breakdown of all that is going down in this four-day event. From April 27 to 30, both an afternoon and evening event will be held daily. All events are held in Griffin Gate at the Griffin Center (Building 60), unless otherwise noted.

MONDAY, APRIL 27

The Literary Diversity of the Caped Crusader, 12:30 to 1:45 p.m.
The event kicks off with Branden Boynton, a local poet and Grossmont College alumnus. Boynton loves Batman and explores deeply into the Caped Crusader's core.

Writer and Blogger Roxane Gay, 7 p.m.
Roxane Gay is a novelist and blogger known for her collection of essays "Bad Feminist." She has been recognized by the website Flavorwire as one of 25 "Women Poised to Lead the Culture."

TUESDAY, APRIL 28

Photo Gets Lit, 12:30 to 1:45 p.m.
Tuesday is solely based on the students of Grossmont. Starting off the day, student creative writers who submitted a piece of writing based off five stunning pictures will get feedback on their word. Photographer and educator Aaron Serafino will give his live responses to each student, and five winners will be selected.

New Voices: A Student Reading, 7 p.m.
Tuesday night it is a very important night for a few select students. The Creative Writing Program chooses standout students to share their original works. From short fiction to poetry and drama, the options are exciting.

WEDNESDAY, APRIL 29

Alumni Book Launch, 2 to 3:15 p.m.
Two Grossmont alumni will be present for a book reading and signing. Marianna Johnson will present her new poetry chapter book "Tender Collisions" and poet Lee Ben-Yehuda will read from his set of poems "The Dreaming."

Screenwriter Ken White, 7 p.m. in 26-220
Ken White will be presenting his film adaptation of James Welch's novel "Writer in the Blood." He will discuss the screenwriting process and the production of his beautiful film.

THURSDAY, APRIL 30

Author Tamara Johnson, 12:30 to 1:45 p.m.
The last day of this amazing festival features Tamara Johnson, a local writer who will be on campus for a reading and book signing. Johnson is celebrating the release of her new book from the San Diego City Works Press, "Not Far From Normal," which is a unique combination of poetry, a photo essay and a field guide. It shows the secret history of San Diego that goes beyond the tourism-driven data.

Poet and Memoirist Brian Turner, 7 p.m.
The festival closes out with Iraq War veteran, poet and memoirist Brian Turner reading from "Here, Bullet," which won the 2005 Beatrice Hawley Award and the 2007 Poets Prize, and "My Life as a Foreign Country," which made Powell's Best Nonfiction of 2014. Turner will sign books after. Finally, English 98 contest winners will get to read their pieces and meet Turner.

—Ashley Stout

GRIFFIN PROUD

The speech team earns a national nod.

The Speech/ Debate Team did Grossmont proud, taking home the bronze trophy at the Phi Rho Pi National Tournament, held in Cleveland, Ohio, from April 4 to 11.

The national honor was thanks to individual awards scooped up by the Griffins. Both Hannah Conway and Cameron Martin won gold awards in Prose Interpretation, while Kian Kline and Melissa Lewis earned bronze awards in Program Oral Interpretation and International Public Debate respectively.

This comes on the heels of the team members earning four awards at the California Community College Forensics Association State Competition held in Woodlands, Calif., in March. Martin won two silver awards and Conway and Kline took home a bronze each.



NATIONAL TOURNAMENT COMPETITORS (L TO R): JAMES JOVANOVIICH, HANNAH CONWAY, TEAM DIRECTOR ROXANNE TUSCANY, MELISSA LEWIS, CAMERON MARTIN AND KIAN KLINE.

Grossmont Monthly Pass on Sale Now

A smartphone displaying an advertisement for the Grossmont Monthly Pass. The screen shows the MTS logo, a price of \$57.60, and details about the pass. The text on the screen reads: "Multitask on your way to and from class! Text, tweet, study and snap a selfie — or sit back and enjoy your ride with MTS! 🤖📱". Below this, it says "\$57.60" in a red oval. Further down, it says "\$57.60 for unlimited bus & Trolley rides. (Rural routes require supplement). Monthly Pass on sale now at the Student Affairs Office". At the bottom of the screen, there are images of a red trolley and a white bus.

One pass per student.
Valid ID required.
No refunds if lost or stolen.

SAND QUEENS

Coach Jamie Ivers has led the sand volleyball team to the top.

| BY DYLAN HAUGH |

Since Jamie Ivers took over as head coach of the women's volleyball team in 2006, she has molded the program into one of the premier junior college destinations in the country.

On the hard floor, Ivers led the team to its school record of five consecutive Pacific Coast Athletic Conference championships while garnishing her second Regional Coach of the Year award.

This spring, Ivers introduced a new challenge, transferring her entire team from the court to the sand in its inaugural season of women's sand volleyball. The entire star-studded roster, which finished 29-2, has transitioned quite well, spiking, digging and setting their way to a 14-1, first-place record entering the last week of conference play.

For Ivers the sand is home. After graduating from Cal State Fullerton and earning her bachelor's degree in kinesiology, Ivers jumped into the professional sand volleyball circuit. In 2000, she and her longtime teammate and friend Jody Garry won the prestigious Manhattan Beach Open, a feat the humble Ivers discussed with her teams.

"To be honest, I don't tell them any of that," she said. "They buy into the program. I have an amazing group of young ladies right now that allow me to coach them, and they trust that what I'm saying is what they need to do."

Ivers hasn't let the past define who she is as a coach. There's a certain way she runs her program, and its only translated to success. So when Jim Spillers, Grossmont's athletic director, approached Coach Ivers with the idea of adding sand volleyball to the program, the answer was easy. "In this era right now, if you don't add sand, your program is going to be at a severe disadvantage," Ivers explained. "If a program says to a recruit, 'Hey, we have indoor and we have sand,' the top recruits are going to flock to that destination."

Grossmont controls its own destiny heading into the final weekend of the season. Wins versus Palomar and Mesa would give the Griffins home court advantage throughout regional playoffs.

"It's huge, to be able to maintain first place, stay here and not have to travel would be big for us," Ivers said.

The Griffins have been led by their dynamic number-one pair, Lauren Hayes and team captain Lexi Reddick. They have only lost one match all season, remaining the top-rated duo in the state. "These two are a joy to coach," Ivers said. "The two of them like to compete more than they like playing volleyball."

Unfortunately for Grossmont, the two will both be transferring to four-year schools in the fall to continue their volleyball careers. Hayes is set to transfer to Cal State San Marcos while Lexi has accepted a scholarship to play at Sonoma State University.



PHOTO BY DYLAN HAUGH

Men's volleyball clinches top seed in regional playoffs.

The last time we checked in on Grossmont's men's volleyball team, they were still trying to find the pieces they had and how to configure them in the right way. It was March 13, and the Griffins were coming off a loss to the then-first-place Orange Coast.

"We're having a bit of trouble playing as a group and finding our roles," middle blocker Trevor Deddeh had said.

Oh how the times have changed! Since then, the Griffins haven't lost.

Winning eight in a row to end the season in sole possession of first, and defeating Orange Coast in a rematch on April 8, gave the Griffins the number-one seed heading into regional playoffs.

The sleeping giant was awakened. The last three years have been filled with heartbreak for the Griffins, who finished third twice and second once, failing to clinch the long-awaited state championship. "We just have the best coaching," Deddeh said of his team's second-half performance. "We love coming into practice every day."

The rematch against Orange Coast seemed to spark a fire under the team. "We were hungry for the rematch against Orange Coast because we knew the first-seed was on the line," Deddeh said. "We really just found a rhythm, and we've been taking it one day at a time, trying not to look ahead."

The Griffins will play their first regional playoff game at home on April 17, with the opponent still to be determined. The semifinals and championship will be held on the April 23 and 25 respectively at San Diego City College.

The Griffins will have to dig a little deeper than the previous three seasons, but the hard work and chemistry is there, which leaves the championship for the taking.

—Dylan Haugh



FIT & FULL

These quick recipes and easy tips will help you slim down for summer.

BY DORION BILLINGSLEA
AND SHERIDAN MARTINEZ

Summer may be just around the corner, but it's definitely not too late to try to achieve that summer body. Most people think eating healthy is difficult, pricey and hard to keep up, but those are myths that need to be cracked. Eating healthy is pretty easy if you have the right resources and if you shop at the right stores.

For example, Trader Joe's is a great place to buy groceries. Not only are its products gourmet and delicious, but they are also cheaper than other local grocery stores like Walmart, Albertsons and Ralphs. And, believe it or not, the 99 Cents Only store has amazing prices on fresh produce, like whole bags of fruit or veggies for under a buck.

Now that you know where to shop, try some easy, healthy recipes to help you prep for summer, from quick healthy breakfasts to delicious fresh meals for lunch.

Wash it all down with water. For instant detoxification, simply add a little something to your H₂O. Lemon is one of the best and easiest things you can add to your water, and it adds great health benefits, according to @detoxpage, an Instagram account that posts everyday healthy recipes.

There are many other fruits and berries you can add to your water, along with rosemary for a nice herbal taste. All you have to do for the most part is choose what fruit you want for your water to taste.

If you drink detox water every day – and cut a lot of sugar out of your diet – you should see amazing results. Look out summer!

QUICK BREAKFASTS

Healthy Breakfast Burritos

For this recipe, you need two or three eggs (egg whites are even healthier), half a can of black beans, grated cheese of your choice, an avocado, tortillas and any of your favorite veggies, such as onions, bell pepper, tomatoes. Put all ingredients in a pan and cook for 8 to 10 minutes until the eggs are fully cooked. Add salt and pepper to taste. Load up the tortilla with the mixture and add your favorite salsa. Yum!

Total Time: 15-20 minutes

Fresh Berries and Cottage Cheese

Combine fresh strawberries, blueberries, blackberries and raspberries with and one cup of low-fat cottage cheese. Just mix all ingredients together in a small bowl and grab a spoon. Voila!

Total Time: 3 minutes

Spinach and Feta Omelet

Get two or three eggs, a half cup of feta cheese and a half cup of fresh spinach. Mix all ingredients, cook in a pan on medium for 10 minutes, then flip and cook for an additional 2 to 3 minutes. In no time, you have yourself a quick, fresh omelet.

Total Time: 10-12 minutes

Peanut Butter Banana Smoothie

Into a blender, throw two whole bananas, about three or four large spoonfuls of peanut butter (either crunchy or creamy), a cup of ice, a quarter cup of milk, and, for taste, a half cup of vanilla-flavored soy milk. Blend until creamy and enjoy.

Total Time: 5 minutes

HEALTHY LUNCHES

Healthy Berry Salad

Grab a bag of "spring mix" from the store. Chop up strawberries, blueberries, raspberries, blackberries, pecans or walnuts, feta or blue cheese crumbles. Then douse with some raspberry vinaigrette and toss. It tastes amazing.

Total Time: 10 minutes

Veggies and Hummus

Slice up carrots, celery, broccoli, snow peas, bell peppers or any other veggies of your choice. Then pick up your favorite hummus and start dipping! It's super easy, and it's a delicious snack.

Total Time: 5 minutes

Chicken Wraps

Heat up a tortilla and spread the hummus of your choice on it. Fill in with cooked chicken, spring mix and feta cheese. Drizzle with your favorite salad dressing and you're good to go.

Total Time: 10 minutes

A REFRESHING DRINK

For a drink that will hydrate your skin and blow you away with all its antioxidants, combine these ingredients: A cup of strawberries, two cups of watermelon, two branches of rosemary, a pinch of salt and water. Mash the strawberries and rosemary in the same bowl and add it with cubed watermelon into a pitcher. Fill the rest of the way with water and stir and refrigerate for about four hours to let the water infuse.

APRIL TRENDS

BY DORION BILLINGSLEA

SUMMER PREP

Now's the time to prepare for your beach debut.

It's mid-April and there are only two months left until summer, which means it's time to prepare for that summer look. If you start shopping for what you need now, then you won't have to rush last minute. Plus getting all the necessities ahead of time means that if you're looking for that exclusive item, it won't be sold out.

There's more than just getting into shape to look good on the beach—what you wear to look stylish and chic while having fun in the sun.

MEN'S SWIMWEAR

Men have a few different types of styles of swimwear to wear, including the basic swim trunks. Swim trunks are somewhat loose and normally fall to mid-thigh, which makes them more roomy and comfortable for most people.

Next are boardshorts, which are longer than regular swim trunks, making them easier to wear longer. They are mostly designed for surfers who spend a lot of time on the beach.

If you like to swim a lot at the beach, then swim jammers might just be for you. They hug your skin from the

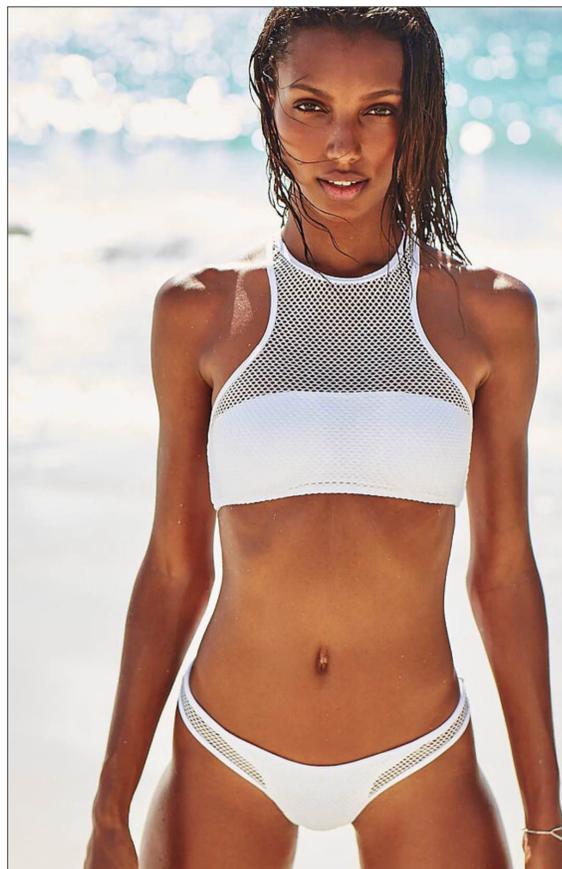
thighs to the knee, making it seem very light—but it's a look for the more competitive type of people.

Swim briefs are similar to jammers and look identically to underwear briefs, just made for swimming. You have to have a lot of confidence and nice legs to wear something this bare, as this is what male Olympic swimmers wear.

WOMEN'S SWIM

Women have access to tons of different styles for the beach to look right for their unique figures. A one-piece is a common swimsuit that may make you feel more comfortable as it's less revealing and more hugging than some two-pieces.

Bikinis, triangle tops and halters come in different shapes and sizes depending on what looks better on your body and what makes you feel more comfortable. A bikini is the most revealing of all swimwear, as it loosely hugs the body in the right way. Triangle tops are very similar to bikinis, but are fixed to have everything stay in place with extra padding. A halter has fabric that goes around the neck, making it work for women with larger breasts.



Lastly a bandeau, a top with no straps at all, is ideal for tanning so you don't get any tan lines. Just take it easy on the sun, of course.

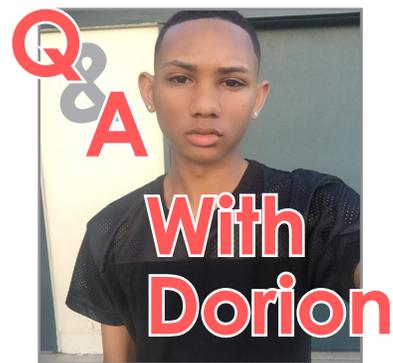
CELEB COACHELLA

Coachella wraps up this weekend with more performances, and not all the celebrities got kicked out like Justin Bieber. That means more celebs flocking around in their festive outfits. If you're planning on going next time, look out for celebrities that might just be dancing right next to you. It just probably won't be Justin.



Left to Right: Kendall Jenner, Kylie Jenner and their group of friends make their way toward some festivities. | Chris Brown heads from one party to another. | Rihanna wears her big fur purple jacket to be prepared for the desert winds. | Katy Perry attends the Moschino Late Night party.

Above: Beyonce arrives at Coachella in her private plane.



Q. Should tall girls still wear heels?

A. If you personally want to wear heels, then don't care about what other people might say. If you still want to wear them but don't want to look as tall then I recommend wearing shorter ones.

Q. Is it better to tuck in your shirt when wearing high-waist jeans?

A. It will make you look neater and more professional if you tuck it in. Leave it out if you wanna go for a more laid-back look.

Q. What are some popular brands of underwear for men?

A. Top brands would be Tommy Hilfiger, Calvin Klein, Hugo Boss and Polo Ralph Lauren, among others. Just get the ones that are right for your body type. They will look better on you.

Q. Can I wear boxers in front of my teenage cousin who's a girl?

A. No, that's pretty disgusting. You should have some respect and put some clothes on.

Email your questions to Dorion at summit@gcccd.edu.

STORE SPOTLIGHT



With summer around the corner, there's a store for women that shines bright: **Victoria's Secret**. Known for their sexy lingerie and fashion shows, it's easily the biggest-selling brand for lingerie and bathing suits for woman.

The store can be pretty pricey when it comes to just wearing something under your clothes or just going to the beach, but the **Victoria's Secret models** have shown us that when putting it on, the money is all worth it.



© VICTORIA'S SECRET

REMEMBERING SHARON NEUMANN

Students and peers recall the Middle College counselor as cheerful and caring.

| BY ASHLEY STOUT |



Sharon Neumann, beloved counselor for Grossmont's Middle College High School, died unexpectedly in her sleep on April 1. She was 64.

Neumann was instrumental in the growth of the Middle College, a career-driven high school program held on Grossmont's campus. In her role as counselor, she built relationships with her students and helped them grow, ensuring that they enjoyed their time at the school and were not stressed out and overwhelmed.

The students she worked with remember her support.

"Ms. Neumann believed in all of her students, even when no one else would," said student Ryan Zentmyer.

Finian Lickona, another student in the program, agreed: "Ms. Neumann's passion about my future is what gave me the belief that I had one."

Colleague J. Vincent Legg, a social sciences instructor for the Middle College, said Neumann encouraged her students to dream big: "I think Sharon's greatest strength was pushing our kids to aim higher than most thought possible. Our students are making us proud at Grossmont College and all over the country."

Born Aug. 12, 1951, Neumann lived on a family farm near Spangle, Wash. She earned her bachelor's degree in psychology from Eastern Washington University, and had a career in advertising and marketing for Safeway Inc. and Pepsi Cola, before changing careers and earning her teaching degree. She taught English and journalism at Granite Hills High School in El Cajon before moving to counseling at Grossmont Middle College High School, a position she held until her death.

Along with teaching and counseling, Neumann loved animals, particularly her dog Ruby and cockatiel Buddy. She is survived by two sisters and three brothers.

The Summit had recently interviewed Neumann for a story, and in that brief time, we realized she glowed with her love for her job, her students and her fellow teachers, and Grossmont College. She will be missed by many, but never forgotten, as student Devon Decker said: "Ms. Neumann dedicated her whole heart to being a beacon of guidance and comfort for everyone at Middle College, and that light will continue to shine and touch others for as long as she is remembered and loved."

A memorial service for Neumann was held April 13 in the quad. In lieu of flowers, Neumann's family suggests making a donation in her memory to the charity of your choice.