

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | SEPTEMBER 2015



Nearly
15 years
later, 9/11
still weighs
heavily on
our nation,
whether
we think
about it
or not.

ARAB IN AMERICA

SUMMIT STAFF



Alexis Arambula is in her third semester at Grossmont and first semester writing for The Summit. Her current focus is journalism, but Alexis would also like to go into the public relations field. She is a “makeup junkie,” Alexis loves watching makeup tutorials in her spare time and spending time with family and friends. She hopes to someday work for a big magazine or company in New York City.

Octavius Hunter is a Flint, Mich., native and in his first semester at The Summit. He is heavily involved in the hip hop culture and is a member of a local group “Militia” under Royal Empire Records. Octavius is also a combatant U.S. Marine veteran, serving four years in aviation. He loves sports, especially football and basketball, and his favorite team is University of Michigan Football. Go Blue!



Rodney Ousley is The Summit’s deputy editor. He is a Navy vet who loves stand-up comedy, writing and the Knicks. A self-diagnosed Netflix junkie, he speaks almost entirely in movie quotes, and his favorite compliment is, “You have a great taste in movies.” When he’s not on the couch, you can catch Rodney playing basketball or long distance running. He also makes himself laugh...a lot.

Evon Qula is in her third semester at Grossmont College. Her first languages are Arabic and Assyrian, and her major is mass media communication. Evon works as a reporter for Iraqia Tv, a Middle Eastern network, and this is her first experience writing for an English publication in the United States. However, she is passionate about writing and her motto is, “Never say ‘I can’t,’ unless you try,” since we have to face the challenges of life wherever we are.



Ashley Stout is the editor-in-chief of The Summit. Ashley loves writing, making videos for her YouTube channel and going to the beach in her spare time. She is a journalism major who hopes to transfer to SDSU or CSUN and eventually write for a big-time fashion magazine in Los Angeles. Ashley loves writing about fashion and entertainment, but also enjoys writing hard-hitting stories from time to time. She is very excited to see where The Summit takes her in her writing.



COVER IMAGE BY BOUSHRA ALMUTAWAKEL.
THE HIJAB SERIES © 2015

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FROM THE EDITOR'S DESK

Dear Reader,

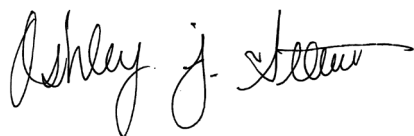
Each and every issue we put out is full of love and hard work. Early mornings to late nights, we work on every article. We may be a small group, but we are mighty!

This semester is going to test what we can do. The Summit is going to make strides it never has before, starting with a new website that will let you read our most recent issue, and all our past issues, on any electronic device. We will also be active in social media to connect with the students of Grossmont and hear what you have to say.

Want to be a part of The Summit but didn't sign up for the class? No worries, we are starting a Journalism Club led by former editor-in-chief Sheridan Martinez. This club will be open to anyone, and can share your writing, photography and designs. Come one, come all!

This issue is centered around heroes, whether it be past, present or future ones. We hope you think about the heroes in your own life and thank you them for all that they do.

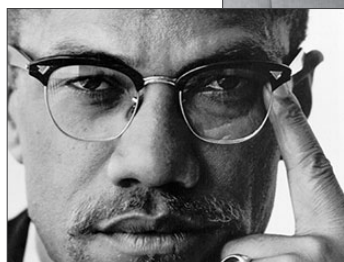
We are very excited for what is to come this semester, and we hope you are too.



▶ **Thomas Edison** is my hero. I chose him because his invention brightens our world and makes the days longer after the sun sets.
— **Evon Qula**



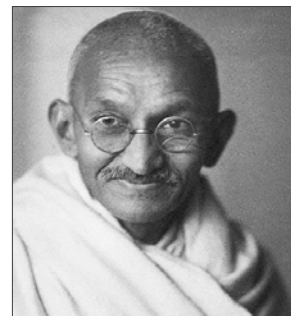
▶ **Malcolm X** was a very passionate leader in the Civil Rights Movement and is influential to many young African-Americans today because of many of his famous speeches.
— **Octavius Hunter**



▶ **Harry Belafonte**, the iconic black singer, actor and political activist, used his celebrity status as a platform to raise awareness of real-world issues. Aside from being a Grammy-, Emmy- and Tony-award winning performer, Belafonte was one of the many famous faces behind the Civil Rights Movement, and was a personal friend and confidant to Dr. Martin Luther King, Jr.
— **Rodney Ousley**



▼ **Martin Luther King** truly changed the world and made such a huge impact. His words live on, even today. He is a true hero.
— **Alexis Arambula**



▲ **Mahatma Gandhi** inspired many to have the same strength and passion for independence. Gandhi reminded everyone to live to the fullest: "Live as if you were to die tomorrow; learn as you were to live forever."
— **Ashley Stout**

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Rod's Reel Referrals

UNCONVENTIONAL COMEDIES

Traditional humor's ugly cousin makes us think ... and cringe.

| BY RODNEY OUSLEY |

TRAINWRECK | STILL BY MARY CYBULSKI

Let's face it: Everyone you've ever met thinks they're funny. And we all are, to an extent. The virtue of comedy is in its diversity. There is literally something for everyone. While shtick flicks geared towards the college student demographic typically fall somewhere between the clumsy, quirky girl who falls in love while trying not to fall down and get-laid-before-the-last-day-of-summer high school bro-mances, this month's picks are dedicated to the comedic films that are a bit more non-traditional, to say the least.

CURRENTLY IN THEATERS

TRAINWRECK

Directed by Judd Apatow. Starring Amy Schumer, Bill Hader and LeBron James. 2015.

This year's breakout comedy star dishes invaluable lessons about life and love in between tequila shots. Comedy Central sketch comedian Amy Schumer ("Inside

Amy Schumer") stars in the semi-autobiographical comedy about modern-day woman, totally opposed to the idea of monogamy, who unexpectedly falls for a



TRAINWRECK | © GETTY IMAGES

successful sports doctor played by Saturday Night Live alum Bill Hader. It may sound like the plot of a 1990s Julia Roberts rom-com, but Schumer is nobody's sweetheart. Throw in some epic one-liners from the scene stealing NBA icon, LeBron James, and you have the number-one comedy of the summer.

STREAMING ON NETFLIX

FRANK

Directed by Lenny Abrahamson. Starring Michael Fassbender, Maggie Gyllenhaal and Domhnall Gleeson. 2014.

This alternative black comedy somehow manages to be thought-provoking and absolutely ridiculous at the same time. See Hollywood heavyweight Michael Fassbender ("X-Men: First Class" and "Prometheus") like you've never seen him before— behind a giant, creepy paper mache mask.

Fassbender plays the titular character, Frank, the enigmatic leader of an experimental electropop band. Oscar nominee Maggie Gyllenhaal ("The Dark Knight") plays Frank's manic depressive girlfriend and bandmate, Clara, who simultaneously seduces and terrorizes the band's new keyboardist, played by Domhnall



FRANK | COURTESY OF VOXMAGAZINE.COM

Gleeson ("Harry Potter and the Deathly Hallows.")

ON DVD/BLU-RAY **DEAR WHITE PEOPLE**

Directed by Justin Simien. Starring Tessa Thompson and Tyler James Williams. 2014.

Social satire meets coming-of-age traditions in a story inspired by the films of Spike Lee.

Set against the backdrop of a predominantly white Ivy League School, black student activist Samantha "Sam" White — played by Tessa Thompson ("Selma") — uses her racially charged student radio show, aptly titled "Dear White People," to openly criticize white students and faculty members.

Tensions come to a head when the college's fraternity decides to throw a blackface-themed party to court reality show producers considering to film a show based on several of the students.

Tyler James Williams ("Everybody Hates Chris") also stars as shy gay student, Lionel, who fights discrimination in both the black and white college communities.



DEAR WHITE PEOPLE | COURTESY OF THEINVISIBILITYPROJECT.COM



STRAIGHT OUTTA COMPTON | COURTESY OF SEVALUATION.COM

STRAIGHT OUTTA HISTORY

Straight Outta Compton offers a lesson in the story of hip-hop.

| **REVIEW BY RODNEY OUSLEY** |

With a \$56-million grossing opening weekend, "Straight Outta Compton," produced and directed by 1990s hip-hop aficionado F. Gary Gray ("Friday," "Set It Off," "The Italian Job"), is the surprise late summer blockbuster hit.

This summer's film explosion contained its usual barrage of high-octane action thrillers and big budget superhero

epics that exhaust the enthusiasm of the occasional movie-goer by mid-July. This was evident in the abysmal box office performance of the rebooted "Fantastic 4" franchise, released in early August. Expected to be the grand finale of the season, this latest effort from the Marvel Universe was trumped one week later by a film that even its producers worried would never

even make it to the big screen.

"Straight Outta Compton" is the story of "the world's most dangerous group," N.W.A (N**** With Attitude), the brazen pioneers of the West Coast hip-hop sound from the late 1980s to the early 1990s. Led by frontrunner Emcee's Eazy E and Ice Cube, and backed by founder and producer Dr. Dre, this group of rebels from Southern California channeled the

anger and frustration of inner city black youth caught in the grips of racial profiling and brutality by the hands of corrupt law enforcement officials. The first half of the film primarily retells the series of events leading to the formation of the group, but as jealousy and dubious business practices create tensions among its members, the climax of the film

N.W.A

[**CONTINUED ON NEXT PAGE**]

changes the scope altogether as the former friends become locked in a lyrical rap war.

This film's strong point, by far, is the acting from a cast consisting predominantly of young up-and-comers. As with most musically-based biopics, the actors were required to act as well as perform, a feat carried out seamlessly by the film's young stars. The story is mostly told through the eyes of Dr. Dre, played by Corey Hawkins. As the film's lead, Hawkins conquers most of the screen time, and deservedly so. His enthusiasm and intensity helps drive the plot and pique interests from beginning to end.

Teen rap virtuoso Ice Cube is played by the rapper's real-life son, O'Shea Jackson Jr. Some initially surmised that Jackson was simply handed the role due to nepotism or the actor's uncanny resemblance to his father. But the actor clearly earned his spot in the film. It's almost as if he took to the portrayal of Ice Cube like a case study, as he managed to capture the many subtle nuances of the gangster rapper, most noticeably during the musical performances. The cast is rounded out by Jason Mitchell, who portrays real-life gangster-turned-rapper, Eric "Eazy E" Wright, and distinguished character actor, Paul Giamatti ("Sideways," "12 Years A Slave"), as N.W.A.'s manager Jerry Heller.

But the film is not without its problems. The plot follows the formulaic, "VH1 Behind the Music" approach to storytelling that guides you to points A, B and C in sequential order with little flair or fanfare. And then the movie ends abruptly, albeit with a very cool end-credit sequence of rarely-seen footage of N.W.A in its early days. Take away the nostalgia, the classic '90s soundtrack and cameos from other iconic hip-hop legends (the audience in the for theater I attended literally gasped at the sight of a young Tupac Shakur played by Marcc Rose in his first ever

role), and you're left with a story that quickly falls flat for the seasoned vets.

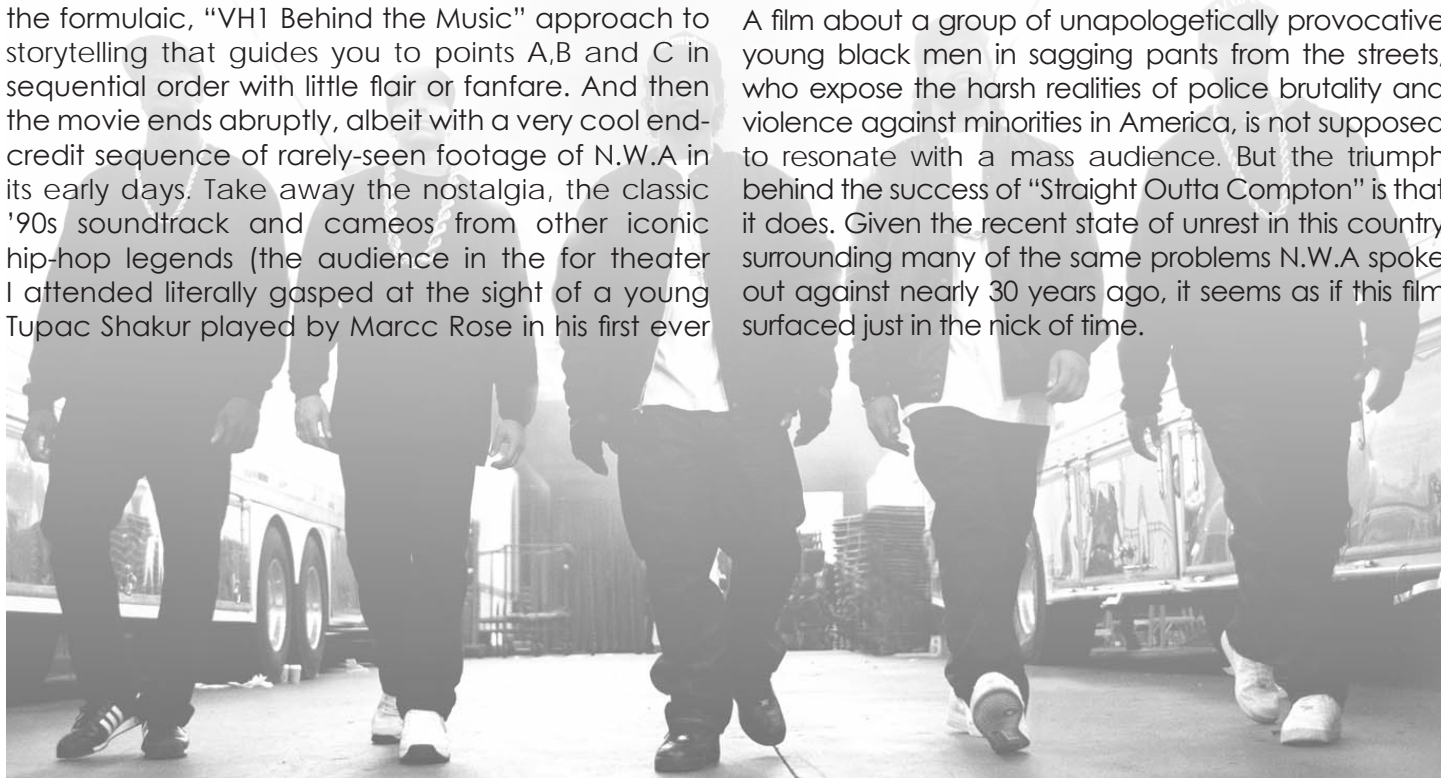
Also, the only main character of the entire film who comes off as fundamentally flawed is the late Eazy E, possibly because he was not around to tell his side of the story. This is especially shocking considering the controversy surrounding many of the group members at the time, particularly Dr. Dre. Rumors of the iconic producer's many alleged physical altercations with women — including his then-girlfriend, R&B singer

Michel'le and journalist Dee Barnes — are well-documented. And yet, the two women are neither seen nor mentioned. With the group's misogynistic and sexually-charged lyrics where women were referred to "b****es and h**s," the mothers, girlfriends, wives and daughters of the group members are scarcely seen and certainly are not given a voice. This is especially disappointing considering the film's director, F. Gary Gray, was present during the early days of N.W.A. He

directed Ice Cube in his first starring role in the movie "Friday" and has remained a close personal friend to the rapper to this day. Surely he could have helped fill in some of the holes in the story and provided a more concrete portrayal of the characters' personal lives.

A film about a group of unapologetically provocative young black men in sagging pants from the streets, who expose the harsh realities of police brutality and violence against minorities in America, is not supposed to resonate with a mass audience. But the triumph behind the success of "Straight Outta Compton" is that it does. Given the recent state of unrest in this country surrounding many of the same problems N.W.A spoke out against nearly 30 years ago, it seems as if this film surfaced just in the nick of time.

Given the recent state of unrest in this country surrounding many of the same problems N.W.A spoke out against nearly 30 years ago, it seems as if this film surfaced just in the nick of time.



CAMPUS SAFETY

A rash of burglaries has the campus on alert.

| BY ALEXIS ARAMBULA |

Several of Grossmont's buildings have been burglarized over the course of this semester and last semester, and there have been thefts of equipment and personal property from professors' offices that were locked at the time. There has been no sign of forced entry, which makes campus police believe that the burglars have keys to the offices.

College president Nabil Abu-Ghazaleh sent out in email on Aug. 21 to the faculty and staff explaining the thefts. "Naturally we are asking for heightened security measures around campus as well as other basic precautions such as frequent door checks," Abu-Ghazaleh said in his email, which mentioned intentions of changing locks and keys. "Added care by all members of the college to secure doors and report suspicious behavior will also be helpful."

Anne Krueger, Grossmont's information director, said campus safety is a priority. "We have deputies controlling our campus," she said. "I think that's a safe method, we have our own sheriffs for our campus. We also have Campus and Parking Services (CAPS), so if students ever feel unsafe, they can have someone from CAPS escort them to their classes."

Krueger cautioned students to be careful with their personal items and also to be aware of their surroundings at all times. "We urge students to call security if they see anything out of the usual," she said.

Campus police can be reached at 619-644-7654.



The venues range from raucous to refined, and the music is live all night, every night in San Diego.

Downtown's **House of Blues San Diego** (houseofblues.com/sandiego) serves up the hottest national acts in a state-of-the-art performance venue, as well as nightly musical entertainment in an upstairs restaurant. Parking in downtown can be rough, so consider taking public transportation. If you insist on driving, get there early to find a good parking spot, or you might be overpaying the parking price.

The **Belly Up's** (bellyup.com) acoustics and atmosphere are legendary for bringing up-and-coming artists and established legends in genres ranging from rock, alternative rock, hip-hop, jazz, reggae and blues to North County's Solana Beach. It's a great spot for college students to relax after midterms and finals.

Located on Shelter Island, **Humphreys Concerts By The Bay** (humphreysconcerts.com) attracts jazz, soul and rock legends to the city's most beautiful outdoor venue overlooking San Diego Bay. The intimacy of the small venue gives all concert-goers the opportunity to see their favorite artists up close and under the stars. It's a wonderful place to spend a beautiful San Diego night.

In downtown's Gaslamp Quarter, **The Shout House** (sd.theshouthouse.com) provides great musical energy

and comedy via its dueling pianos performers, sitting face-to-face at two grand pianos performing classic rock 'n' roll hits from the 1950s to the present. Conveniently located in the Gaslamp District, it is within walking distance of the convention center and all the major hotels downtown. A staff of talented performers keep the joint hopping all night with customer requests and roasts.

Indie rock makes its home at the **Casbah** (casbahmusic.com) in Little Italy. Get up close and personal with new and old acts at this iconic venue in the Midway District, where an outgoing, lively crowd comes to get their drink on and check out a show. Sure, it's small, dark and gritty, but it's relatively cheap, and since "lots of big-name bands have played here before they got big," there's always a chance to see a rising star in its infancy. Advance tickets are recommended.

Sleep Train Amphitheatre (sleepamphitheatrechulavista.com) is always changing. Previously coined Cricket Wireless Amphitheatre, the venue is famous for its awesome lawn section where you can score cheap tickets on the grass. All students have to do is grab some friends and some blankets to experience some of the best seats in the house.



COMING HOME

Grossmont welcomes
a new college
president.

| BY ASHLEY STOUT |

PHOTO BY PEGGI PEATIE | SAN DIEGO UNION TRIBUNE

An international student, an engineer and a leader—these are just a few identities of Dr. Nabil Abu-Ghazaleh, Grossmont College's new president.

A native of Amman, Jordan, Abu-Ghazaleh lived there for nine years before attending school in England. He then decided to transfer to University of California, San Diego, where he majored in Engineering Sciences as a international student. At UCSD, he earned both his bachelor's and master's degrees, and also met his wife of 29 years, Rita Gonzales.

Even with six years of hard work in college and nearly two years dedicated to working for Caltrans, Abu-Ghazaleh decided he did not want to be an engineer because, as he said, "My heart didn't sing to engineering." At this point, his journey toward becoming a college president started.

Abu-Ghazaleh started at Pasadena College, where he spent 10 years as the dean of arts and communication, DSPS and natural sciences and was dubbed "the dancing dean" for the wide range of departments he

covered. He worked at several other colleges, as a dean, vice chancellor and president, before his last home at West LA College, where he was president for four years.

"It's not easy," he said. "You have to try hard for these jobs."

Abu-Ghazaleh was the final candidate chosen after a six-month search to replace former Grossmont president Sunita Cooke, who is now superintendent of the MiraCosta Community College District. He said he was thrilled to be back in San Diego. "For 28 years I have tried to find my way back to San Diego, and now I'm here," he said.

The president has many plans for our school, starting with the Student Equity Service, which helps students meet their max potential no matter the starting point. Set to launch this month, the main goal of the program is to help students who may not get the opportunity for a university-level education. At his last college, Abu-Ghazaleh started a similar Achieving The Dream program.

"You gather the data, the equity gaps, and you help resolve the problems,"

he explained. "There is a necessity to focus, a reason for people to pick themselves up."

The president wants to help everyone at an "affordable rate, and with high standards that Grossmont holds."

As a former international student, Abu-Ghazaleh also holds the international student program close to his heart. Three percent of Grossmont's student population is international — many of the students transferring from eminent programs — and Grossmont has the capacity to add more international students, Abu-Ghazaleh said.

With 26 years of experience, Abu-Ghazaleh said he understands the way a leadership transition works: "Each college has a unique culture, and Grossmont is no different."

Inspired by the support surrounding him, Abu-Ghazaleh said he looks forward to relating more with the community and college as more than an elected position. When asked what he hopes to take away from his tenure at Grossmont, the president said he wanted to continue to learn.

"You never stop learning," he said.



A FRESH FACE

The new ASGC president starts her first term.

| BY EVON QULA |

Filling the gap between the administration and the students is one of the priorities of Bardeu Morka the new president of The Associated Students of Grossmont College.

Morka, 20-year-old born in Ethiopia, came to the United States when she was a 9 years old. She is majoring in math and economics, with a minor psychology, and gearing up to transfer to UCSD next fall. She's spending her last year at Grossmont working in student government.

The ASGC's primary mission is "to support our students through picking education plans ... and advocating for anything they might see as necessary, and to break the gap between the students and the administration," Morka said.

Many students are not aware of that the ASGC does and what services it offers on campus, so they are working the "awareness" to fill that gap between students and administration. For example, "Donuts with the Dean" is a new event scheduled for the middle of the semester in which students can meet academic deans and find the answers for all their questions, Morka said.

"When students need something they come to us first, and then Morka meets them and help them," said Emiliano Cruz, a member of the ASGC Board of Directors.

"She has all the skills to do this," said Cruz, who added that the new president is already making the office better looking and she's very friendly.

Morka also said she wants ASGC to sponsor cultural clubs like Arabic Club, Chinese Club and academic clubs, which give a chance to all these students who are from different cultures to communicate with each other. The upcoming event "Fuse Auditions," which is an ethnic talent showcase of blended American cultures, is an example of this commitment.

Morka offered one piece of advice to her fellow students.

"Get good grades, because good grades mean success," she said. "It's really hard to people to have that characteristic and have that passion and go for it and focus and be productive and a well-developed human being. It's all about personal growth."

Morka's personality is extroverted, but when she is alone she prefers to read, watch documentaries and listen to music. Her goal is to go back to third-world countries and help them to develop economically.

"I love people I have an open policy so anyone is welcomed to come and join us," Morka said. "We also have diversity on the board and we have amazing group and doing a lot advocacy for the students."

"We are the biggest organization in the campus, so if you want to be part of that group it will be the perfect start," she added.



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WE WILL NEVER FORGET

Nearly 15 years later, 9/11
still weighs heavily on our
national consciousness.

| BY EVON QULA |

Nearly 15 years ago, a day of grief and courage unfolded. The tragedy began when a plane rammed into a tower, leaving bellowing dust clouds for blocks. Victims staggered away, while hundreds of firefighters ran toward the flames.

A sea of people exited the upper level of the Queensborough Bridge. Some were covered in ash, some were crying, some were bleeding, and everyone was somber, as if knowing that nothing would ever be the same again.

ARAB IN AMERICA

Sept. 11, 2001 marked a turning point in our nation's history. The first attack on U.S. soil since Pearl Harbor, 9/11 made Americans realize we weren't as safe as we thought. It ushered in an era of fear and an ongoing "War on Terror." The resulting suspicion also marked a turning point for Arabic people living in and outside the United States.

Memories are recounted at that dark day before 14 year ago especially for the Arab people who considered that day as a turning point that bring the change to their countries because the suspicion that followed this event.

"It was a horrible mistake against humanity, and all Arab countries are bearing the mistake of those extremists who committed this crime," said Kawthar Al Ghanim, an Iraqi student at Grossmont, who said the terrorists responsible for the attack do not truly understand the tenets of Islam.

"Religion means love and communication," Al Ghanim said. "We, as an Arab people, are sad for this tragedy."

But that hasn't necessarily stopped racial profiling, however unfair the stereotyping. More than a decade later, many Arabic students still feel this weight.

"One of the most important

cases facing Arab American people is how to react to the 9/11 attacks and how to handle their consequences," said Grossmont student Sultan Al Hajari. Originally from Qatar, Al Hajari was in his home country on Sept. 11, 2001. He recalled that at the beginning, they didn't believe it could be true, and thought that an earthquake had caused the tragedy. Once they realized the situation, they were greatly saddened by the event.

"This tragedy was enough to make the whole world change its opinion about Muslim people at that time."

— Redhab Abid

In the United States, people of Arabic descent were quick to show that they were just as shocked and grieved, and that they should not be lumped in with the religious extremists responsible for the attacks.

"So people responded with outward displays of loyalties, wearing flags, doing things to prove their loyalty to their neighbors, to their co-workers, to society at large," Al Hajari explained. "They showed they are against all these terrorist

acts even through their art such as music, painting and writing books."

Redhab Abid, a Saudi-Arabian student in Grossmont's nursing department said, was in Saudi Arabia at that time of the attacks. When she heard about 9/11 on the news, she and her family felt sorry for the victims because they had already lived through such disasters in their own country.

"We share the same feeling of losing someone we love," Abid said. "It's something bad. [The people] who committed this crime didn't know anything about the Muslim religion, which calls to live in peace with others."

"This tragedy was enough to make the whole world change its opinion about Muslim people at that time," she added.

Ali Mohsen, an Iraqi student at Grossmont, said that the Arab people desire "living in peace with each other in the American community" and not facing condemnation for every tragedy.

"We are working together for the prosperity in this nation," he said, adding that he believes Americans are educated people who don't tend to look at Arab people as extremists, especially after developing personal relationships with Arab people.

Haward John, a music student at Grossmont, reinforces this

[CONTINUED ON NEXT PAGE]

idea. "It's just a politician game, and American people needed to be open-minded to the Muslims and think out of the box to distinguish between the terrorists and innocent people," John said.

Art student Michael Edison agreed. "Most religions talk about love, and because of love, people follow," Edison said, adding that all religions have extremists, and anger should be against sectarians and terrorists, not against innocent people.

"Muslims also are suffering from terrorist operations," Edison said. "That is why most of them left their countries to be refugees in our country. Hatred will never lead to any point."

NEVER FORGET?

On the anniversaries that follow the attacks, friends and families of the victims — and even those who didn't lose someone that day, take a moment to remember the innocent victims and the brave heroes who died attempting to save them. The rallying cry of Sept. 11, 2001, was "We Will Never Forget."

"For me, 9/11 is a day of remembrance and national pride—a day to remember those who lost their lives and those who so bravely rushed to the aid of others, and a

day to give thanks for the freedom to pursue our dreams," said James Spillers, associate dean for athletics.

People who were just children at the time of the attacks are now college-aged, and somewhat removed from the tragedy of the event.

"At that time I was in elementary school from California," recalled Grossmont student Nolan Parker. "I remember I was watching it in the news, and I wasn't really completely sure what was going on."

But youth doesn't shield from the memories or effects of 9/11: "I was waiting for the media to tell us what is going on and felt bad for the families that they had loved ones in the building," Parker continued.

"I was confused by whoever was responsible for this tragic event. I can say it was horrible thing."

Grossmont student Marques Barlow, who was attending a high school in Los Angeles in 2001, concurred. "I remember waking up and seeing it on the TV," he recalled. "I went to school, and the teacher was crying. I think that she knew somebody there."

"It was a sad day in our history," Barlow added. "It was a messed-up day. Everyone was sad, everybody was scared, and after that we went to the war stuff."

It's been nearly 15 years, but no matter how much time has passed, there is little comfort in the tragedy of the loss of loved ones, colleagues and missing people. Lives were shattered because of their untimely deaths.

These people—and we as a country—were victims of hatred and fanaticism. But we continue to inflict pain on others, and so many more lives have been lost since Sept. 11, 2001. That's why it's important not to forget 9/11—because, despite age or nationality, now we're all in this together.

"Hatred will never lead to any point."

— Michael Edison

That's why it's important not to forget 9/11—because, despite age or nationality, now we're all in this together.

VETTED MEMORIES

For many, the events of 9/11 were a catalyst for military service.

| BY RODNEY OUSLEY |

I was a 16-year-old sophomore and part-time grocery store bagger when the planes hit the World Trade Center on that fateful morning of Sept. 11, 2001. Barely an hour into first period AP English, Principal Bill Dennison announced the shocking news over the PA system to the faculty and students of North Hardin High School. Within hours, fear and confusion swept the rural Central Kentucky town of Radliff, as rumors of a follow-up attack on the neighboring Fort Knox Army base — where my father was actively stationed — began to spread. Attendance dwindled down throughout the day as panic-stricken parents pulled their children out of school. Those of us who remained spent the entire day huddled around TV sets, gazing on in silence while watching hours of footage of the devastation and ruin.

The weeks that followed played out in a true to life Kubler-Ross model of the various stages of grief; the end result of "acceptance" culminated in the greatest outpour of patriotism I've ever experienced, even to this day. Almost overnight, American flags were hoisted in every driveway. The Pledge of Allegiance was recited in our classrooms daily—a tradition that had all but died out somewhere around the time I was in second grade. Even our fiercest football rivals at Central Hardin High School joined us in collective



PLANES HIT THE WORLD TRADE CENTER ON SEPT. 11, 2001. | COURTESY OF VETERANTODAY.COM



9/11 MEMORIAL ERECTED AT GROUND ZERO IN NEW YORK CITY. | ©ASSOCIATED PRESS

moments of silence before every game. The biggest change, however, was the influx of military recruiters who had taken post in every school and shopping center in the county, ready to accept any young man or woman eager enough to leave in a moment's notice. By the summer of 2002, **I watched countless classmates, friends and even my own brother depart to join the ranks of the American Soldiers, Sailors, Airmen and Marines.** But at that time, I refused to even accept a military recruitment brochure.

It wasn't that I was apathetic to the plight of our nation. I was stirred up inside in more ways than my teenage mind could even begin to fathom. My father is a 20-year Army veteran. He was mechanic who primarily worked on tanks and other assault vehicles, most notably during Operation Desert Storm. Naturally, my family relocated regularly to accommodate my father's military career. The first act of the movie about my life would be a montage of the family, friends and pets I had to leave behind every few years. I had passport stamps that rivaled the head of a Fortune 500 company before I was old enough to shave. Coupled with the grief of having to watch my father ship out to dangerous combat zones on a regular basis, I felt that my family and I had already sacrificed enough for the country.

Former President George W. Bush urged us to not be deterred, and to continue our normal way of life, and I planned to do just that. I graduated high school in 2003 and for nearly two years, **I was aimlessly set adrift in life like a paper boat without a sail,** made apparent by my resume of random and sometimes contradictory professions ranging from under-aged bartending to a brief stint as a Pentecostal traveling missionary. Despite my impermanence, my parents still somehow managed to rope me into attending Murray State University.

A 9/11 memorial ceremony will be held Sept. 11 from 10:30 to 11:30 a.m. in the main quad. This tribute to commemorate fallen heroes, family and friends is sponsored by State Sen. Joel Anderson.

It was here I ran into one of my old classmates. He was several grades ahead of me and had joined the Marines right after the 9/11 attacks. He deployed to Afghanistan shortly after, and had already completed one tour by the time he came home to visit his younger brother who lived in the same dorm as me. The three of us would stay up late, talking about his experiences and how much he had grown since joining the military. It was around this time, the confession tapes of al-Qaeda founder, Osama bin Laden, dominated the evening news. Once again, my classmates and I gathered around our televisions and reeled over the tragedy that had befallen our country.

It was then that I decided to take action. Since high school ended, I had been lost, and suddenly I **had the unwavering desire to be of service to my country.** My parents were shocked in the sudden change that had come over me, but supported my decision to leave school to join the military wholeheartedly. I left for Navy boot camp in Great Lakes, Ill., shortly after my 20th birthday. I served seven years as an operations specialist, and I am proud to say I participated in Operation Enduring Freedom and the global war on terrorism, as well as several other succeeding operations in Kuwait and the Horn of Africa. I separated honorably from the Navy in 2012 to continue to pursue my academic endeavors, but my military experiences have shaped me into the man I have become.

For many post-9/11 vets, the events of that tragic day were the catalyst for their military paths. **There are few instances in life that people can remember the exact moment their world views and their plans for the future changed, but for thousands, it was the morning of Sept. 11.** While we remember and honor the lives that were lost and the rescuers on scene, let's not forget those who decided to take up arms to preserve freedom as a result of that pivotal turning point in American history.



FOOTBALL CENTRAL

| BY OCTAVIUS HUNTER |

GRIFFINS START STRONG WITH 52-10 WIN

An even slate of five home and five road games— the schedule for this year's Grossmont football team season opens with a 52-10 blowout win on Saturday against Southwestern. With quarterbacks Michael Carrillo and Tommy Pistone throwing for a pair of scores, the offense dominated the entire game. Southwestern was no match for Grossmont's defense as well, only having 181 total offensive yards.

The following two weeks will see the Griffins play road night games at last year's National Northern League bottom-feeders Pasadena (Sept. 12) and former San Diego State University head coach Tom Craft and his Riverside Tigers, who lost last year in the So-Cal semifinals, on Sept. 19.

When the Griffins return to the friendly confines of its home Mashin-Roth Memorial Stadium they will open National South League play against Golden West in another mid-afternoon contest on Sept. 26.

The month of October begins on the third with a road contest at Escondido High against San Diego rival Palomar

College at 6 p.m. Week six of the 2015 schedule is position week where the SCFA takes a page out of the NFL schedule and puts teams compared to their finishing position the previous year. That game for the Griffins is against the reigning California State Champions Mt. San Antonio. Good news for the Griffins is that they will be hosting the Mounties on Oct. 10 at 1 p.m. A week later, the Griffins will head up the Interstate 5 to Mission Viejo and the Snake Pit for a 6 p.m. contest with the Gauchos. The month wraps up with a home matinee against Fullerton College on Oct. 24.

The slate shows only two contests to wrap the season up in November. Santa Ana will visit El Cajon on the Nov. 7 for a 1 p.m. kickoff on Sophomore Day. The regular season finale will take place at Orange Coast College at 6 p.m. against the Pirates.



QUARTERBACK MICHAEL CARRILLO THROWS A SLANT PATTERN PASS FOR GRIFFINS' FIRST DOWN. | ©KALLISPHOTOGRAPHY

GRIFFINS' 2015 SCHEDULE

Sept. 5 - Southwestern, 3 p.m.
 Sept. 12 - At Pasadena, 6 p.m.
 Sept. 19 - At Riverside, 6 p.m.
 Sept. 26 - **Golden West**,* 3 p.m.
 Oct. 3 - At Palomar,* 6 p.m.
 Oct. 10 - **Mt. San Antonio**, 1 p.m.
 Oct. 17 - At Saddleback,* 6 p.m.
 Oct. 24 - **Fullerton**,* 1 p.m.
 Nov. 7 - **Santa Ana**,* 1 p.m.
 Nov. 15 At Orange Coast,* 6 p.m.

BOLD = HOME GAMES | * = NATIONAL SOUTHERN LEAGUE



AT LEAST WE'VE GOT RIVERS...

While San Diego Chargers fans face a lot of uncertainty about the future of the franchise in 2016, only one thing's for sure: Philip Rivers.

Rivers, who has been the team's quarterback since 2004, **agreed to a four-year contract extension with the team earlier this month** and was announced via Twitter. Terms of the deal were not fully disclosed, but ESPN reported it was worth \$84 million, with \$65 million guaranteed. The 33-year-old was heading into his final year of his contract, but he is now signed through the 2019 season.

Rivers has been selected to the Pro Bowl five times and led the Chargers to the playoffs in five of his nine years as a starter. He has thrown for 4,000 yards in six of his last seven seasons, including 4,286 yards and 31 touchdowns last year.



APPLE FALLS CLOSE TO THE TREE

Grossmont alum Ian Seau may follow his uncle's path to the NFL.

After not being highly recruited out of high school, Seau decided to enroll at Grossmont Community College before transferring to University of Nevada in 2013. At Grossmont, Seau was a force on defense totaling in 75 tackles, 25 tackles for loss and 18.5 sacks in 10 games his freshman year.

Last season, as a junior, he had a breakout year with the Wolf Pack, earning second-team All-Mountain West honors after compiling 8.5 sacks (second in the conference), 39 tackles, 10.5 tackles for loss, four pass breakups, two forced fumbles and one interception. Seau ended the season with a solid three tackles and a sack performance against Louisiana in the R+L Carriers New Orleans Bowl.

He had a highlight-reel game against Boise State in 2014, making tackles all over the field. He also intercepted a ball and ran it 32 yards for a touchdown, in one of the most athletic displays of the whole season. In fact, there were several games when he just took over the Wolf Pack's defense.

Coming into the 2015 season, Seau is being tabbed as one of the favorites to win Defensive Player of the Year honors in the conference. He was named to the Bronko Nagurski Trophy Watch List, awarded

annually to the best defensive player in the Nation. He also made several Preseason All-Conference teams including Sporting News and Phil Steele' Athlon Sports.

Although he plays mostly defensive end for Nevada, Seau projects as an outside linebacker or nickel pass rusher at the next level, similar to how the New England Patriots used Rob Ninkovich in some passing situations, blitzing off the edge and dropping back in coverage as well.

Seau has good measures for the position. Standing strong at 6 feet 2 inches, 255-pounds, Seau has the frame to get even bigger, especially in the lower body. He is not explosive, but is very quick off the ball. He moves well laterally, shifting sideways and slanting hard, always pursuing the action and usually taking the proper angles. A good backside defender who hustles consistently, Seau can reach the edge consistently and is a sound tackler who can wrap and twists.

He's is a very sound college player who is also a natural, savvy edge rusher. We should expect to hear his name called in near future in the NFL Draft. Even being considered a mid-round pick is a testament to Seau's dedication to the sport he loves and his desire to get better.

Nevada's DE/OLB Ian Seau is one of the most intriguing and talked-about NFL draft prospects in the Mountain West Conference this year. The nephew of late NFL star linebacker Junior Seau is quietly carving his own legacy in Reno with his hustle and intensity. As it stands right now, the younger Seau has a very good chance of playing on Sundays. That's quite a turnaround from just three years ago.



AZTEC LEADERS

SDSU football votes in new captains.

San Diego State University seniors Dakota Gordon, Jake Fely, Pearce Slater and J.J. Whittaker have been voted in as by their teammates as captains for the 2015 season. Gordon, a fullback from Clovis, Calif., played in all 13 games last year, starting seven times after transferring from

Fresno City College. Originally a walk-on who was awarded a scholarship prior to the spring semester, Gordon rushed 26 times for 110 yards (4.2 average) in 2014 and had seven catches for 58 yards (8.3 average). None of Gordon's 26 carries were for a net loss.

A linebacker from San Diego, Fely is the only player in program history to play in at least one game of the five teams that made bowl games. Fely has 182 career tackles (119 solo), along with 21 tackles for loss, 10.5 sacks, five forced fumbles, four deflections and two fumble recoveries.

Slater, an offensive tackle from Los Angeles, started all 13 games last year in his first season at San Diego State after playing two years at El Camino College. Slater helped the Aztecs rush for 2,809 yards (second most in school history) and 26 touchdowns, ranking 26th in the nation in rushing yards per game (216.1) and ranking ninth

in tackles for loss allowed per game (4.46).

A cornerback from El Cajon, Whittaker becomes the first player to captain a SDSU team in consecutive seasons since Russell Allen in 2007-08. A two-time all-league pick, Whittaker recorded 63 tackles (43 solo) last year, with six deflections, two tackles for loss and two interceptions.

San Diego State is one of 27 schools to play in a bowl game each of the last five seasons and one of just three from the "Group of 5" conferences. The Aztecs finished 2014 with a 7-6 record and a 5-3 mark in Mountain West Conference play, and return eight starters on a defense that ranked 10th in the nation in passing, 13th in scoring, 16th in total and 19th in pass efficiency.

San Diego State, favored to win the West Division of the Mountain West Conference, debuted with a 37-3 win on Saturday over the University of San Diego.

¡HOLA!

New club welcomes all to appreciate Latin culture.

| BY ALEXIS ARAMBULA |

A student organization that shows an appreciation for Latin culture, the **Hispanic Organization for Latino Awareness Club**, or HOLA, is the first Hispanic club at Grossmont College in more than a decade.

"It was something that was missing here at Grossmont for quite some time," said Club President Jack Esquibel. "The club is in its beginning stages and already we have over 75 students who have signed up."

Members believe that the beauty of the Latin culture should be shared and appreciated. **The purpose of the club is to promote cultural awareness while being educational and allowing students to learn about the contributions many Latino cultures have provided.**

"We preserve this objective through enriching and recreational activities that we sponsor," Esquibel explained. "We are a diligent group, dedicated to improving opportunities and services for Latino students as well as the student body as a whole."

"We want to assist fellow members in widening the knowledge and appreciation of the language and culture of Spain, Mexico, Central and South America and the

Caribbean to the Grossmont community," he added.

Students do not have to be a Latino in order to join the club, which encourages diverse membership, regardless of students' ethnic backgrounds. All students will be provided a wide range of opportunities.

Being involved outside the classroom in a club, or many clubs, often helps students succeed inside the classroom, according to US News: "It allows students to become connected to their school, it helps students build a community, it allows students to discover their passions and strengths and also helps build a good resume binder for future employment."

Not only will joining a club help you inside of the classroom, but it will also open doors to many opportunities such as creating lifelong friendships with students just like you.

Plus, **the period from Sept. 15 to Oct. 13 is Latino Heritage Month**, so what better time to join? The club will host a series of events to celebrate the event, such as Mexican Independence Day and Grossmont's very first Latino Film Festival. To join the club, sign up at the ASGC office.



LATINO FILM FESTIVAL

Held Tuesday nights at 6 p.m.
in Room 26-220. Free admission.

Sept. 15: *The Book of Life*

A young man who is torn between fulfilling the expectations of his family and following his heart embarks on an adventure where he must face his greatest fears. (Animated; film length: 1 hour, 35 minutes; rated PG.)

Sept. 22: *Yo, la Peor de Todas (I, Worst of All)*

This story is based on a novel by award-winning poet and writer Octavio Paz. Gentle poet and nun Juana lives in 17th-century Mexico where she is protected by the governor and his wife from a misogynistic archbishop. In a plot twist, the governor may turn out to be Juana's father. (Live-action; film length: 1 hour, 45 minutes; rated R.) *Introduction by Grossmont College History Professor Carlos Contreras, with guided question and answer session following the screening.*

Sept. 29: *Sin Nombre (Nameless)*

A Honduran teenager, Sayra, hungers for a brighter future. Sayra faces her only option when she is reunited with her long-estranged father. Sayra and her relatives cross into Mexico and join others waiting at the tapachula train yards, including Casper, a teenager living in Tapachula, Mexico, Lil' Mago, and Smiley. Casper must navigate the psychological gauntlet of his violent existence. Sayra bravely allies herself with him as the train journeys towards the hope of new lives. Live action; film length: 1 hour, 36 minutes; rated R.)

Oct. 6: *Underwater Dreams*

The boys put their heads together and hilariously came up with a brilliant solution. Twelve hours later, armed with eight super-plus tampons to plug the leak in Stinky's mechanical housing, the robot was lowered into the pool again. Stinky performed admirably. This rag-tag high school team of undocumented Mexican boys did what no one thought possible— they won! The competition, however, was only the beginning. (Documentary; film length: 1 hour; not rated.) *This film will be followed by a question and answer session.*

Oct. 13: *También la Lluvia (Even the Rain)*

Sebastian, Idealistic filmmaker and his cynical producer, Costa, arrive in Bolivia to make a revisionist film about Christopher Columbus' conquest of the Americas. As filming commences, the local citizens begin to riot in protest against a multinational corporation taking control of their water supply. Inspired by the real-life Water Wars in Bolivia in 2000. (Live-action; film length: 1 hour, 41 minutes; not rated.) *Introduction by Grossmont College History Professor Carlos Contreras, with guided question and answer session following the screening.*

Sept. 16: *El Grito de la Independencia*, 11 a.m. to 1 p.m. in the quad. Music by Mariachi Imperial de San Diego.

Sept. 30: Grossmont College Afro-Cuban band, 11 a.m. to 1 p.m. in the quad.

Oct. 15: Aztec dancers, 11 a.m. in the quad.

GROSSMONT BRIEFING

Sept. 17: National Constitution Day

National Constitution Day, also known as Citizenship Day, is the commemoration of the signing of the United States Constitution on Sept. 17, 1787. The Constitution, in conjunction with its 27 amendments, outlines individual freedoms and places restrictions on the government's control over the liberties of the American people.

On Sept. 17, Grossmont College will feature a multitude of events in remembrance of the day to educate and inform, sponsored by the Associated Students of Grossmont College (ASGC), Office of Student Affairs and the Financial Aid Office.

A "Constitution Wall" will be erected on the Griffin Center Patio, Building 60, in celebration of the day. Students are encouraged to post comments, quotes and artwork to describe what the U.S. Constitution means to them. The wall will be available for posts for the entire day. Dr. Joseph Braunwarth, professor of political science at Grossmont, will be giving a lecture, "Black Lives Matter: Civil Rights and the U.S. Constitution," from 11 a.m. to 12:15 p.m. in 51-577.

The San Diego Chapter of the Sons of the American Revolution, an organization dedicated to educating the American public on the customs and traditions on which the country was founded, will be giving a presentation in full costumes from the period. At the Griffin Center Patio, a student government information booth and voter registration drive will take place from 11 a.m. to 1 p.m. Giveaways, including free mini-pocket Constitutions, will be available while supplies last. For further information, contact the Office of Student Affairs at 619-644-7600.

—Rodney Ousley

Update: Campus Construction

A science, math and career tech complex is in the works for Grossmont College in the future. A request was sent in early August for a two-phase project. The first phase consists of schematic planning and design, followed by the actual building of the structure in phase two.

Initial planning documents will outline the architectural, mechanical, electrical and plumbing essentials to complement the add-ons to Buildings 31 and 36. Construction is scheduled to occur to September 2017 through August 2018, including the demolition of Building 36, which will be replaced with a new two-story building.

—Rodney Ousley

Cuyamaca: New President

Sister school Cuyamaca College has a new president at the helm. The former vice president of student services at Mesa College, Julianna Barnes was selected to take the position of president at Cuyamaca College—effective Oct. 5.

Barnes was selected through a nationwide search and asked to participate in public forums at the college. Dr. Cindy Miles, the chancellor of the school district, said Barnes has the qualities the school needs—passion and the leadership skills for her job. At her current role at Mesa, Barnes' focus is student services and making sure students excel to their highest potential. During her time there, she got \$2.7 million federal grant to improve outcomes for Latino students. The district is hoping she brings such successes to Cuyamaca.

—Ashley Stout



PRUDENCE HORNE, THE HYDE GALLERY'S DIRECTOR. | PHOTO BY EVON QULA

Faculty work is on display for Hyde Gallery's first exhibit of the semester.

| BY EVON QULA |

It's a tradition of Grossmont's Hyde Art Gallery to start each year with a faculty exhibition from 23 art professors working in different mediums such as painting, sculpture and photography.

Prudence Horne, the art gallery's director, said faculty members of the Visual Art and Humanities Department are invited to display their pieces.

Stephanie Bedwell, one of the art professors participating in the show, said it makes the students see what their professors are doing, and then helps students decide what they want to learn.

Bedwell is exhibiting a "Portal of Life," a wooden piece that looks like a portal or large gate.

"That piece is about stepping in to your journey," she explained. "We make decisions everyday about our life, and we have the ability to change, or we have to step on to the past, but we have to think twice about it."

Bedwell's advice to students is to work hard, and they will continue to progress. Even if they did something terrible, they have to make more, and continue to refine their ideas, to become successful.

Horne said that Hyde Gallery would offer three shows per semester, including a student show in which students are chosen by the professors to bring a piece of art from each discipline.

The gallery is open Monday through Thursday, from 10 a.m. to 6 p.m.

BATTLE OF THE SEXES?

Is a fight brewing between Mayweather and Rousey? **BY OCTAVIUS HUNTER**

The bad blood between Floyd Mayweather Jr. and Ronda Rousey traces back to July 2014, when Mayweather was asked if he would fight Rousey.

"I don't even know who he is," said the professional boxer, while promoting his September fight with Marcos Maidana. Yes, the "he" Mayweather was referring to was Rousey, the first and current UFC Women's Bantamweight Champion. The dis struck a chord with Rousey, who waited a year to return fire.

After winning the Best Fighter Award at the Excellence in Sports Performance Yearly Awards, or ESPYS, in July, Rousey took a shot at Mayweather's history of domestic violence: "I can't help but really say, 'I wonder how Floyd feels being beat by a woman for once?'" she said. "I'd like to see him pretend not to know who I am now."

The verbal feud between Floyd Mayweather and Ronda Rousey ramped up when Rousey claimed in an interview with TMZ Sports that she earns more per second than Mayweather, who styles himself as Floyd "Money"

Mayweather. Rousey added the zinger: "When he learns to read and write, he can text me."

Mayweather fired back with a statement on ESPN: "Big bank take little bank. Let's play and see how much money you got."



Mayweather also invoked his place at the top of Forbes' list of the World's 100 Highest-Paid Athletes, which includes only two women, neither of whom is Rousey.

"She will never be at my status," he said, adding that Rousey should "keep trying to get publicity."

Mayweather and Rousey are the two biggest stars and draws in their respective sports of boxing and mixed martial arts. They are also both master promoters for their fights, which require fans to pay \$60 and up to watch on pay-per-view. Mayweather's career is nearing its closing stages, as he insists his September bout with Andre Berto will be his final fight. Rousey is only four years into her MMA career and potentially could rule the sport for the next 5 to 6 years.

IMAGE © ORA.TV

FACE FORWARD

Woke up late? Get ready to face the day in a snap.

BY ALEXIS ARAMBULA



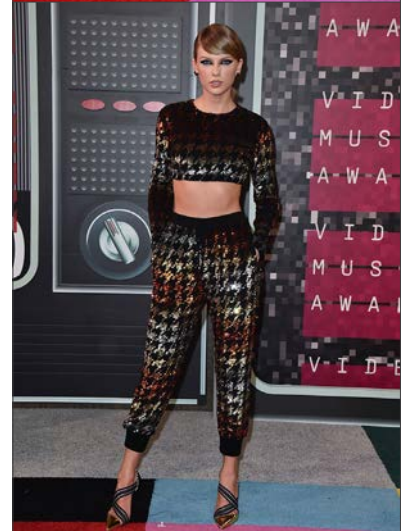
If you've pondered the fastest way to get ready in the morning, we've got your face covered. For those who wake up late and only have 15 minutes to get ready, the key to looking like you tried involves five simple steps:

1. **MOISTURIZER.** Apply a small amount of moisturizer before you go to bed at night or before applying your makeup in the morning. It goes a long way. The moisturizer is going to help your skin look refreshed and glowing. ([Olay Fresh Effects Dew Over Hydrating Gel Moisturizer, \\$13](#))
2. **EYEBROWS.** Filling in your brows is essential because it gives your face some shape and structure. Using a brow pencil, focus on the areas of your brows that aren't as dense. If you overfill and believe your brows may be too dark, use a spoolie and brush out the excess product. ([NYX Eyebrow Cake Powder, \\$6](#))
3. **MASCARA.** Coat your lashes two or three times. It will certainly make a difference and make you appear more awake. Don't forget your bottom lashes! ([L'oreal Carbon Black Mascara, \\$8](#))
4. **FOUNDATION OR BB CREME.** A little goes a long way with this product! Grab your favorite brush and apply the foundation on your face using circular motions. The circular motions will help avoid any streaks of foundation appearing on your face. If you have an extra minute to spare, use the remaining foundation on your brush to lightly apply some to your ears. This will help the color on your face match your ears perfectly. ([L'oreal Paris Infallible Matte Foundation, \\$12](#))
5. **BLUSH.** When applying blush, remember the area you set your brush on first will be the area that will have the most product. Using your blush brush, apply the blush to the apples of your cheeks and brush it outwards toward your ears. ([Milani Luminoso Baked Powder Blush, \\$6](#))



This year's VMA awards were for the history books.

FREE REIN



BY ASHLEY STOUT

When executive producer Garrett English said host **Miley Cyrus** would have “free rein” over this year’s Video Music Awards, he wasn’t kidding. As the Aug. 30 show started, many prepared for the best, but expected the worse. What they got was a combination of both.

Nicki Minaj opened the night with an amazing performance of “The Night is Still Young,” but what audiences didn’t expect was **Taylor Swift** joining her on stage. The two had some Twitter beef a few weeks earlier, but it seemed as if all was resolved on the big stage.

But some beef that wasn’t settled was between Minaj and Cyrus. When accepting the best hip-hop video award, Minaj decided to make some comments towards Cyrus—but the mic got cut before she could make an even bigger scene.

And that wasn’t even the biggest emotional display of the night. With all the bad press **Justin Bieber** has got over the past couple years, no one thought he could make a comeback. But with a performance

of his new song “Where Are Ü Now?” with Jack Ü, a recovery seemed possible. After performing his brand-new song “What Do You Mean?” for the first time on the VMA stage, Bieber had nothing but support around him—and tears running down his face.

Just when you thought you had seen it all, **Kanye West** accepted the Michael Jackson Video Vanguard Award, and followed with one of the most iconic and longest speeches in the award show’s history. What producers thought would be a Kanye medley turned into a rant about his worst moments, his disconnection with award shows and his decision to run for the U.S. president in 2020.

But Cyrus couldn’t leave that stage without being her crazy self. After hosting in a variety of revealing stage looks, she ended the night by singing a song off her new album—which she dropped for free on her website—accompanied by 30 drag queens.

It was definitely a night for the history books and it leaves just one question: What’s next?

FROM TOP TO BOTTOM: MILEY CYRUS PERFORMS AT THE VMAS (USMAGAZINE.COM); | NICKI MINAJ WEARING LABOURJOISE (SUGARSTYLES.COM); | TAYLOR SWIFT ON THE RED CARPET (HOLLYWOODREPORTER.COM); | JUSTIN BIEBER REVEALS HIS NEW HAIR STYLE (THEFASHIONISTO.COM); | KANYE WEST DELIVERS SPEECH AT THE VMAS (USMAGAZINE.COM).

15 STEPS

TO FIGHTING THE

FRESH 15



The “Freshmen 15”— the dreaded weight gain that is common during the first year of college — is infamous. According to the legend, students making the transition from high school to college tend to pack on a few pounds due to poor eating, more drinking and less sleep.

While this tendency to gain weight is significant enough to earn a lasting title, the gain doesn't always ring in at 15 pounds. According to a study in the *Journal of American College Health*, the average weight gain among first-year students is 6 pounds. But, of course, “The Freshman Six” is not a catchy alliteration. To keep your waistline intact during your freshmen year, try following these 15 tips.

#1 Don't skip breakfast. According to Ace Fitness, studies show that weight gain is more common among those who skip breakfast. If you skip that first meal, you're more likely to become famished later, leading to overeating.

#2 Eat on schedule. Running around all day without eating isn't good for your body. It also may increase the likelihood you'll eat what's first available, instead of the food and nutrients your body needs. If you know you have a long day coming, pack some snacks ahead of time so your body has the fuel it needs to keep up with that big, college-educated brain of yours.

#3 Try eating protein for breakfast. Protein in the morning will keep you feeling full longer, which is good if you have a long day of classes and can't eat again until later. Try eggs, peanut or almond butter on wheat toast, turkey bacon, cottage cheese with fruit, Greek yogurt, and cereal with low-fat milk.

#4 Choose steamed, grilled or broiled dishes rather than fried or sautéed. Fried foods are typically much higher in fat and calories than foods that were steamed, grilled or broiled. If you are unsure how the food was cooked, don't be afraid to ask, “How is that prepared?” or “Can I get this without butter?”

#5 Drink plenty of water daily. “Since

water is necessary in order for your body to process calories, the slightest bit of dehydration will slow down your metabolism,” said LA Fitness Specialist Joseph Woods.

#6 Bring snacks from home instead of buying them on campus. Not only does it save money, it also save calories.

#7 Allow yourself to indulge, but in moderation. The Academy of Nutrition and Dietetics discourages you from eliminating any foods from your diet, but to eat them in moderation instead. By decreasing your portion size, you can save yourself a lot of calories and stress.

#8 Avoid late-night snacks. Woods warns: “If you are snacking right before you go to bed, the calories you just consumed are going to sit there. You aren't moving around like you are during the day, so you aren't effectively burning any of the calories.”

#9 Exercise, exercise, exercise. There's gen-ed requirements that can be filled with a gym class. It's a great way to get the most out of your college schedule.

#10 Manage your stress. Stress has proven to have negative effect on your health, both mentally and physically. “Even if you usually eat well and exercise, chronic high stress can prevent you from losing weight—or even add

pounds,” said Dr. Karen Hardesty of the Sharp Grossmont Hospital.

#11 Try the salad bar at the food court. This one is sometimes a little harder to do, especially since many college cafeterias don't really offer much in the way of healthy options. Try to combine foods from different areas of the cafeteria, like adding a grilled chicken breast to a salad, or veggies from the salad bar to a sandwich or a wrap.

#12 Don't drink alcohol beverages. Freshmen aren't supposed to drink! But if you do, remember that alcoholic beverages are full of empty calories, and each beer can average about 150 calories. Drink five or six of those and you're quickly approaching 1,000 calories of a substance that's no good for your health.

#13 Snack on fruits, veggies and nuts instead of chips. Don't do it because mom tells you to do it. Do it for your own good health and well-being.

#14 Refer to campus resources. There's plenty of sources to help you make the right choices when it comes to eating and exercise.

#15 Sleep at least 7 to 8 hours daily. It's easy to get caught up in those late nights, but regulated, good-quality sleep is essential in avoiding weight gain.