



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | NOVEMBER 2015

A moment
of silence.

SUMMIT STAFF

What are you thankful for?



I'm extremely grateful for my family and all the support I receive from them. I can't imagine what I would ever do without them and I know I can always count on them no matter what. I'm also grateful for life in general and grateful for my health and well being. Many times, it's easy to take life for granted, but I really am grateful for the life I have. I couldn't ask for more!

—Alexis Arambula



I'm grateful for my health, my family, my best friends, my newspaper staff and all the people that have supported me and got me to the place I am today. I'm also grateful and very blessed to be in college pursuing something I love.

—Sheridan Martinez



I'm grateful to live in a country where I have access to clean running water that can be made hot or cold to my preference. I know this sounds crazy because it is a privilege most of us take for granted, but I've traveled to places where clean water is a rare commodity. The bottles of water we take two sips of and discard are treated like gold in impoverished countries, and I try to stay mindful of that and how truly fortunate we are.

—Rodney Ousley



As a foreign student, I'm full of gratefulness to all my professors and classmates for their support and making me feel that I'm one of them. They give the power and confidence to continue studying what I like, and to never give up.

—Evon Qula



I'm grateful for my family. They have got me through the highest and lowest parts of my life. I'm also grateful for my faith and all the opportunities God has blessed me with. And I'm especially grateful for the opportunity to go to college and get an education to better my future.

—Ashley Stout

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This issue means something more to us. Sadly in the year 2015 many deaths have rose due to school shootings. These school shootings have been all over the U.S. We want to let the students know that this is a time to be aware, not scared.

We have dedicated this issue to all that has been lost. We tried to cover every point of the topic on pages 10-13. It’s a controversial subject, but in no way do we mean to offend anyone.

Many of us are familiar with George Santayana’s quote: “Those who do not know history’s mistakes are doomed to repeat them.” Rehashing painful or controversial events can seem futile in the short term, but to properly learn from these circumstances, and to hopefully pass on the knowledge to others, a constant stream of consciousness must remain open through conversation. And our goal for this month’s issue was just that—to continue the conversation.





BLACK OUT

Are retailers **MAKING**

or **LO\$ING** MONEY on
BLACK FRIDAY?

**BY EVON
QULA**

ILLUSTRATION BY JEN FRANKE

The bell is ringing, and the stores begin to prepare for the big selling day. It is time for the people to start writing their lists of stuff they need or want to buy. It's time for another Black Friday.

Black Friday annually reflects the status of the economic indicator, and it is widely believed that strong sales in this specific day is a bellwether of consumer confidence and show how strong holiday sales will be.

Stores and companies each year make great promotions for their discounts

to encourage a large number of shoppers, who think that stores have their lowest price on Black Friday.

So the question here is, are the stores and the companies really losing money, or are they making it?

Thomas George, former manager at a Target store explained that the low price of televisions, for instance, is just a lure to get people on the hook to get public attention. There are only few doorbusters, so it's not that significant. It is just like a game of big numbers.

"Imagine you buy a product for your store for \$50 each," George said. "Now regular price is let's say, \$100 and on average you sell 50 of it every day—\$5,000 per day net and \$2,500 profit. Now you have Black Friday, and your product is on sale for one day for \$70 and you sell 200 (\$14,000 net and \$4,000 profit.). So you made an extra \$1,500 in one day, and you made a good impression on public."

"I think today's consumers are more inclined to hold off until they see deals that seem so genuinely



awesome they cannot be skipped,” said Sultan Al Hajari, a business major.

Sami Kafor, Grossmont graduate and manager at Walmart explained that the biggest mistake that people make on Black Friday is that they assume that the most popular day of the year to shop is the best day of the year to buy anything. If they walk into a store at 5 a.m. Thursday morning, you’re probably expecting floor-kissing prices in every corner. But store-wide discounts aren’t in the best interest of the store. It’s more common that a few tantalizing items will be sold at a loss to lure shoppers through the door while smart floor design guides them toward more profitable, even full-priced items.

The stores know people will buy a lot of stuff, because history has shown that sleepy customers have no impulse control.

“Their higher functions don’t work when multiplied by the excitement of the moment, which leads them to empty their pocketbook and buy a whole heap of different items which will be thrown away by the end of January,” Kafor said.

John Anderson, a Grossmont student and former Target cashier clarified: “Obviously they put items on sale to get people to come to their stores. This works for someone who will buy an item for a discount, then buy a bunch of accessories with it, turning a tidy profit.

“Black Friday is the corporate garage sale,” Anderson continued. The majority of the items are old models which were occupying space in the shelves. Some may be even at a regular price or even be more. The main thing is that the sellers do not want you to think and compare the prices and fight tooth and nail for an early disclosure of their offering on that day.”

Juliet Albert, a student in the Career and Technical Department, explained: “Even if there is a simple loss in money, the stores compensate that through making people pay a little extra for each product throughout the year in order to provide those low cost products to the few.”

Although people know that stores are taking advantage of customers on such holidays, they still enjoy the excitement of Black Friday, and being a part of a cultural event. It is not always about the deals.

SURVIVING THE SHOPOCALYPSE

BY ASHLEY STOUT

Black Friday is approaching and it's time to put on that safety gear, because it's going to be a rough one. Every year, reports flood in on the big shopping day about people getting deeply hurt, stabbed and dying during the rush of people running through the stores. Clearly this madness has gotten out of hand, so here are a few tips get you through this year's shopocalypse.

1. **Opt for an alternative.** Give yourself options. If that flat screen you want is similar to a different brand with the same price, then boom, you have two options. You've given yourself more room to breathe and less time to fight for that first spot in line where you can get trampled.
2. **Shop online.** Skip the day entirely and wait for Cyber Monday.
3. **Carry less, bring more:** Bring more friends so you can split up what you want to get and you will end up carrying less. No one will get hurt carrying a ton of those deals around, and you won't have to lug around a shopping cart.
4. **Keep your keys close, pepper spray closer.** Theft is huge around the holidays. People steal more often than none. Don't be victim to this. Be aware of your surroundings, and take precautions by having your keys out ahead of time and pepper spray ready to aim at anyone trying to attack.
5. **Don't flash the cash.** When purchasing your finds, do not flash how much money you have or you will be the target of a thief. Also don't take your credit or debit card out until the last minute to pay, and be careful as you swipe and enter your pin. This time of year is when people steal credit card information.



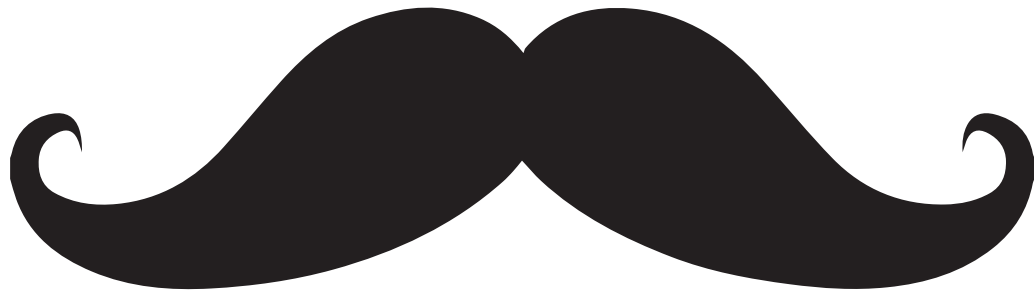
CLICK IT AND SHIP IT

BY ALEXIS ARAMBULA

Instead of going through the hassle of having to get out of bed at 2 a.m. and stand in line for hours, keep those pajamas on and snuggle up in bed by shopping online on Cyber Monday. Thousands of online stores have a chance to have their very own sale, and the deals are endless. No lines, no fear of being trampled by the mom with her three kids sleeping in strollers, and no sitting on the ground while sipping on lukewarm coffee. It's just you, your computer and your nice warm bed. So get those credit cards ready and bookmark your favorite websites on your computer, because Cyber Monday is coming, with deals that can't be beat.

ILLUSTRATION BY SAITH BRAVO

MOVEMBER MADNESS



THE “FACE” OF MEN’S HEALTH
AWARENESS IS COVERED IN HAIR.

BY PETER BROOKS | INTRO BY RODNEY OUSLEY

ILLUSTRATION BY WILLIAM HUTH

In 2004, two mustachioed friends from Austria came up with an idea to raise funds for prostate cancer inspired by the mustache’s proclivity for attracting attention and becoming a conversation starter. Over 10 years later, the trend has gone viral, as men from all over the world take on the challenge to spread men’s health awareness. The ‘mo takes center stage during this month, as men transform their faces into walking billboards for the cause.

To help spark the conversation, Peter Brooks — Grossmont professor of perioperative nursing and faculty advisor for the American Assembly for Men In Nursing — offered his perspective on the key points young adult men should focus on to lead a healthier lifestyle and to help prevent serious illnesses in the future. For more information and to discover Movember events in your area, please visit us.movember.com.

EARLY DETECTION AND PREVENTION

Probably the biggest problem with this age group is the feeling of invincibility. You're young, you're strong, you're in the prime of your life! You don't see how the things you do today can affect you tomorrow. Get active. Eat right, take care of yourself.

And don't be afraid of the doctor. That is a big problem with men, especially. We don't always go for the checkups that we should. We let little things go until they become big things because we don't want to show signs of weakness or admit that we might need help. Consequently, many diseases and cancers in men are not diagnosed until they are at a late stage, which does not have a good prognosis.

EXERCISE AND DIETING

A great majority of us could stand to lose some weight. That is one of the biggest things we can do to prevent future health problems. So many diseases and most cancers that I teach about tie back to diet, smoking and alcohol consumption.

The interventions for most things include eating a low-fat, high-fiber diet, cutting back on meat, cutting out processed foods and fast foods, and quitting smoking and drinking alcohol. Cutting out soda is a good place to start eating healthier too.

COMMON HEALTH ISSUES OF YOUNG ADULT MEN

Testicular cancer is a concern for that age group. Doing monthly self-exams is important. Testicular cancer is the number-one diagnosed cancer for men aged 15 to 35, according to testicularcancer.org.

Depression is common in this group too. As far as mental health, I think the stigmas that used to exist surrounding depression have lessened. People should not be afraid to get help. The brain is just like any other organ, and it can "get sick" too. It's nobody's fault, and you can't just say "snap out of it." Sometimes people need help and need meds to get better. If you're struggling with depression, don't be afraid to get help.

THE GOOD, THE BAD AND THE HAIRY

BY ALEXIS ARAMBULA

The month we've all been waiting for is just around the corner. That's right, it's Movember time! For those of you who aren't familiar with "Movember" or "No-Shave November," it's the time that the manliest of men attempt to go a whole month without shaving, for fun and for a good cause. Meanwhile, ladies and men can feast their eyes on the wondrous and serious beard game going on.

No-Shave November is an organization created by the family of Matthew Hill. He was the father of eight children who sadly passed away from colon cancer in November 2007. The Hill family decided to raise money for charity in a very unique way by creating No-Shave November in 2009. Participants are encouraged to use the money that they would be spending on monthly hair maintenance and donate that money to cancer awareness, which could potentially save a person's life.

Not only can men participate in No-Shave November, but women can participate as well. If you're not too crazy about being hairy, you can always support the participants, donate directly to the cause and show them support.

TO REGISTER OR DONATE, VISIT NO-SHAVE.ORG.



ILLUSTRATION BY MATT POHLSON

AWESOMELY BAD MOVIES

There are awesome movies, and there are bad movies. But when the two combine, a cult classic is created that somehow manages to stand the test of time, right alongside *Casablanca*. Whether it is shoddy production, horrible writing or all-around bad acting, the films featured in this month's picks make pointing out their flaws fun because they don't take themselves too seriously. **BY RODNEY OUSLEY**

CURRENTLY IN THEATERS KNOCK KNOCK

Directed by Eli Roth. Starring Keanu Reeves, Lorenza Izzo and Ana de Armas. 2015.

Unwanted house guests, a sex tape and a dog named Monkey plague this cinematic stinker, Keanu Reeves (*The Matrix* Trilogy) stars as Evan, an unbelievably perfect husband and father who makes the classic horror movie mistake of letting strangers into the house while he is home alone for the weekend. In his defense, Evan finds the gorgeous duo Genesis and Bel (Lorenza Izzo and Ana De Armas) at his doorstep soaking wet from the rain, so not letting them come in to dry off was never really an option.

As the evening proceeds, the young vixens lure the happily married man into a group tryst. To his surprise, his unexpected guest are still there the next morning and they refuse to leave, but instead reveal their plan to blackmail Evan for no particular reason other than boredom. I dare you to watch this grown man get slapped around by a couple of 110-pound Victoria Secret models and keep a straight face.

STREAMING ON NETFLIX SHARKNADO 2: THE SECOND ONE

Directed by Anthony C. Ferrante. Starring Ian Ziering, Tara Reid and Vivica Fox. 2014.

The only thing more unbelievable than the plot line of this unnatural disaster flick, is the fact that someone actually green-lit a sequel. In case you didn't catch the subtle hint from the title, this is a film about a series of freak cyclones that funnel sharks out of the ocean like a silly straw and catapults them to land as living man-hungry missiles, for the second time.

Rapidly-aging 90s heartthrob Ian Ziering (*Beverly Hills 90210*) and Lindsay Lohan's Hollywood train-wreck predecessor Tara Reid (*American Pie*) star as the couple who survived the previous sharknado attack, who attempt to simultaneously save the world as well as what is left of their careers. Former A-listers turned shark bait Vivica A. Fox (*Independence Day*, *Kill Bill Vol. 1*) rounds out the where-are-they-now cast. The fourth installment of this made-for-TV cult classic premieres in 2016.

ON DVD/BLU RAY GLITTER

Directed by Vondie Curtis Hall. Starring Mariah Carey, Max Beesley and Terrence Howard. 2001.

In between bouts of "exhaustion," the highest-selling female artist of all time set a new record with this box office bomb. This highly anticipated film was designed to catapult pop superstar Mariah Carey into movie stardom, but ended up being the biggest blunder of her career.

Carey stars as Billie Frank, an aspiring singer with two first names, a killer voice and no sense of danger whatsoever. Billie meets a dirt-bag music producer named Dice (Max Beesley) and his equally sketchy business partner played by Terrence Howard (*Empire*), an actor who has played a villain in practically everything he's ever done. Instead of dousing them with mace and running, screaming, in the other direction, the quintessential good girl falls for the bad guy and sets up a film that is basically an hour and a half cliché about the perils of the music industry.



BEASTS OF NO NATION

REVIEW BY RODNEY OUSLEY

The harsh realities of war are brought to life, firsthand, through the eyes of a child in *Beasts of No Nation*. Based on the novel of the same name, a young African boy by the name of Agu (Abraham Attah) is forced from his idyllic life surrounded by friends and family and initiated into the ranks of ruthless mercenary soldiers. A nefarious taskmaster known only by his military title of Commandant, Idris Elba (*Mandela: Long Walk to Freedom*, *Thor*), callously leads a group of young men and boys who live in the shadows and prey on the weak.

Attah's performance is remarkable to say the least. The talented Ghanaian had absolutely no acting experience, little education, and was working as street vendor when he was cast by director, Cary Fukunaga (*True Detective*). He is ever-present in practically every moment of the film, which is a daunting task for a seasoned actor, let alone an inexperienced preteen. Without the pretenses of formal training, Attah's visceral performance sets the tone perfectly for this honestly brutal film that pulls no punches.

This film is confusing, mainly in the sense that we are kept in the dark about extenuating circumstances involving the plot. For instance, we are not given any real clues to when this story takes place—whether it is in the past or present day. Like most third-world countries, the characters go without modern amenities like indoor plumbing, so there aren't exactly any laptops or cellphones lying around to provide context. The region of Africa where the story's events take place is never disclosed either.

As Agu and his new adoptive family of refugees move from camp-to-camp, violence ensues and we never truly understand why. But then again, neither does Agu. We share in his feelings of dread and confusion as he and his mates are forced to pillage and burn entire villages at the behest of the Commandant. The audience lives through the young protagonist, as he commits unspeakable acts of violence and cruelty in order to survive. His only motivation in life is to become a soldier who follows orders explicitly, even at the expense of his own humanity.

The movie has some of the most gritty true-to-life war experiences reenacted on film, in the vein of *Full Metal Jacket* and *Schindler's List*. The violent scenes in this film are graphic, yet poignant. Surprisingly the blood and gore is not the most harrowing aspect here. It's the fact that these travesties are performed by brainwashed children. Watching a child hold another child in the sights of a semi-automatic assault rifle, anxiously awaiting to pull the trigger, is a very chilling experience.

Admittedly, it's a hard film to watch. It is blunt and honest in a way that few films are nowadays. But it is an important film to watch because it projects a harsh reality of which many in the Western world are not aware. This is not the fantasy world of *The Hunger Games*, where glittering young heroes romanticize the pain and suffering of battle. At this very moment, young people in Africa are caught in the grips of genocide and war, mirroring the events of this film. This film is a must-see, because it offers a true to life perspective of an oft-forgotten people.



HEY GROSSMONT GRIFFINS

GET TO CLASS IN STYLE

SHUTTLE
MON-THURS
TO CAMPUS

A PLACE TO PLAY | A PLACE TO STAY
LIVE AT FIFTY TWENTY-FIVE STUDENT
APARTMENTS AND RIDE TO CLASS IN
OUR RESIDENT SHUTTLE.
WE KNOW YOU'LL LOVE LIVING HERE.



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UP IN ARMS



THE RECENT OUTBREAK OF CAMPUS
SHOOTINGS PLAGUING THE HEADLINES
HAS LEFT THE POPULATION GRIEVING,
SCARED AND WONDERING...

WHAT NOW?

BY THE SUMMIT STAFF

ILLUSTRATION BY
SHAYLA MCCOY



CANDLELIGHT VIGIL AT VIRGINIA TECH IN 2007. | WIKIMEDIA COMMONS

While the gun is used to protect people's lives, it also been used to end lives. It's a complex and emotional issue that has left Grossmont students and professors reflecting on the current state of school shootings in America.

Sociology instructor Julio Soto said the general claim that violent acts—such as the most recent school shooting in Umpqua Community College in Oregon—are being committed by people living with mental illness is simply “incorrect.” In fact, the mentally ill are more likely to be the victims of violent crime, rather than the perpetrators. In their research, Dr. Jonathan Metzl and Kenneth T. MacLeish from Vanderbilt University stated in the *American Journal of Public Health* that less than 6 percent of the 120,000 gun-related killings between 2001 and 2010 were carried out by people diagnosed with mental illness.

“Our research finds that across the board, the mentally ill are 60 to 120 percent more likely than the average person to be the victims of violent crime rather than the perpetrators,” they reported. “There are 32,000 gun deaths in the United States on average every year, and people are far more likely to be shot by relatives, friends or acquaintances than they are by lone violent psychopaths.”

On the other hand, Robert Lacher, a media communications instructor, said, “In my opinion, anyone that shoots people outside of combat or self-defense is mentally ill.”

HOW DID WE GET HERE?

BY EVON QULA

Lacher also clarified that anyone who enjoys or thinks it would make them feel good to shoot someone is also mentally ill, whether it is legal or clinical insanity—legal insanity meaning the shooter didn't know right from wrong, and clinical insanity being diagnosable, chemical reasons the brain doesn't work properly.

“Different factors leads to have so many of these crimes,” Lacher continued. “Lives are very stressful; people don't have the same loving family bonds that we used to, (with) two parents working and not having the time or energy to be there for their children.”

Violence and the macho attitude in media and our leaders also aggravate the problem, as does the ready availability of guns, Lacher added.

Sociology instructor Richard Unis said we need to understand these types of violent crimes as symptomatic of a number of issues in society—for example, almost all of mass killings and nearly all violent crime in general is committed by men. As far as mental illness is concerned, the vast majority of people with mental illnesses are not committing violent crimes, especially

women who may have mental illnesses.

“There is not one single answer to the issue,” Unis said. “It is a multitude of different factors. However, we need to reflect on how violent behavior and vengeance is related to or understood as dominance and power for boys and men.”

Student Chris Ramsey agreed: “This is crazy and needs to stop. We need to get more safety in these campuses, because students should be in safe they came to their campus and pay money to get their education.

**“IN MY OPINION,
ANYONE THAT SHOOTS
PEOPLE OUTSIDE OF
COMBAT OR SELF-DEFENSE
IS MENTALLY ILL.”**

—ROBERT LACHER

“I know there are thousands of students in campuses (and) they can't keep eye on everyone, but they should get control on all over the campus. And I think who did such crimes is mentally sick.”

Student Jacob Huerta offered a similar suggestion: “Just to keep the school safe, have at least supervisors around to keep the school safer. The students had paid

[CONTINUED ON NEXT PAGE]

money to come here so they need a safe environment to enjoy their classes and people around them.”

Student Tomy Treong said police should more “strongly enforce in campuses,” Treong said. For instance, Grossmont is monitored by sheriff’s department, which seems more powerful.

“Counseling is offered in our campus for all kind of problems, whether academically or socially too—as in communication classes such as public speaking,” Treong added. “It teaches you how to speak to other people how to read other people who are from different cultures.”

Jaqueline Findeisen, another Grossmont student, agreed that security needs to be stronger.

“I can’t honestly say that I know a lot about the reason why it happened, but know it shouldn’t have happened, the security should have been more careful,” Findeisen said. “We shouldn’t necessarily have more gun control, but we should make it harder for people to get guns.”

Findeisen added that it’s “pretty hard” to recognize potential shooters.

“It’s now more in the teacher’s hand, whether they locked the doors of their classes, because the police are around the campus, so they can get in very quickly,” she said.

Gabrielle Mirchan said it’s a matter of recognizing the signs. For example, she has heard things on Twitter “warning people,” but many didn’t take it seriously, because a lot of people are saying things they do not really mean.

“I think nowadays we should think deeply and take their speech seriously and learn to listen— and gun control should be restricted, because you are giving the means to these people to do things like school shooting, Mirchan said. “So it’s all about recognizing psychological problems as well as keeping them away from the means to do what they want to do.”



THE RIGHT TO BEAR ARMS?

BY ASHLEY STOUT

Death. It’s a sad thing. So many innocent lives are taken for reasons known and unknown, by guns— weapons we have a right to own. Right?

The right to bear arms is the focus of the Second Amendment of the United States Constitution: “A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.”

As Americans, we all have this right, but when will it stop delivering unnecessary deaths? Recent campus shootings bring the issue of gun control to the forefront, as both sides debate what more we need to do to make the death count lower.

The overwhelming numbers of gun-related deaths are not caused by mass shootings, but include suicides, accidental misfiring and homicides, including domestic violence. According to gun-control.procon.org, five women a day are killed by guns in America, and “a woman’s risk of being murdered increases 500 percent if a gun is present during a domestic dispute.”

So where do we draw the line? How can we tell right from wrong? And who should get these rights? With all the recent shootings, many are now talking about the problem and proposing solutions.

Michael Schwartz, the director of a Gun Owners PAC in San Diego, told KPBS that “there are two groups of people committing the majority of gun crimes — repeat offenders and mentally unstable,” Schwartz said.

Mass shootings from 2007 to 2012 –including Virginia Tech, Tucson and Aurora—are due to someone going on rampage because of mental illness. **But the line between wanting to protect others and to not offend those with mental illnesses is clearly fine, especially because the majority of people with mental illnesses do not join in such violence against others.** In fact, more mentally ill patients harm themselves, according to the Coalition to Stop Gun Violence.

“Psychiatric disorders such as depression are strongly implicated in suicide, which accounts for more than half of gun fatalities annually,” the organization reports on its website, csgv.org.

We want to protect our rights, but to do this gun control laws must also be passed. Coming into an election year, candidates are questioning if we’re too late or just in time. Propositions have been made by Sen. Hillary Clinton to make gun control a “voting issue” to compete with the National Rifle Association to preserve gun rights. Clinton is promising to cut down gun violence and push the measures for more background checks that make it harder or a gun to land in the wrong hands. Clinton’s argument is persuading for those who just want the violence to end, while others in the election steer clear of the topic due to the touchiness and controversy.

Today, the right to bear arms, gun control and death go hand-in-hand. But there can be change if we speak up. Talk to your local representatives about ending the violence.

THE MEDIA: HOW FAR IS TOO FAR?

BY RODNEY OUSLEY

Violent crimes, death and scandals dominate the headlines every day, but in the wake of tragedy, should the media be held accountable for the consequences after the dust settles?

Diplomacy has always been a complicated subject matter within the world of journalism as news outlets, scrambling to compete for the same audience, conspire to distribute information in a timely matter that stands out from the masses. With social media making anonymity a thing of the past, the most intimate details surrounding crimes, criminal, and victims are made readily available to the public—whether they asked for it or not.

“I DON’T THINK THEY SHOULD BE GLAMORIZED AT ALL, PERIOD. I THINK IT WALKS A FINE LINE. I THINK IT CHEAPENS JOURNALISM.” —RUTH EGGETT

As countless would-be-celebrities turn their cameras and mobile devices inward in search of their own 15 minutes of fame, news outlets seemed to have taken a similar approach to reporting persons of interest in criminal matters. In 2014, convicted felon Jeremy Meeks became an Internet sensation when his brooding-pout mug shot went viral, dubbing him the “Hot Felon.” Meeks now claims he is currently fielding multiple modeling contract offers from behind bars. Similarly, when 19-year-old student Jahar Tsarnaev was arrested for the bombing of the Boston Marathon in 2013, he became an overnight sensation of sorts, culminating with him being immortalized on the Cover of Rolling Stone magazine in August that same year.

“That is disturbing to me,” said Ruth Eggett an adjunct media communications professor at Grossmont. Eggett has also worked in both broadcast and print journalism independently and with affiliates of CBS and Clear Channel. “I don’t think they should be glamorized at all, period. I think it walks a fine line. I think it cheapens journalism.”

Not only are the faces of violent assailants broadcasted to the masses, but their innermost thoughts and justifications for their actions as well. Recently, the harrowing pre-attack manifesto of Christopher Harper-Mercer, the 26-year-old gunman who executed nine people at Umpqua Community College in Oregon, was released chronicling his frustrations and fears of dying “friendless and a virgin.” Although his violent actions were reprehensible, his insecurities, which are common among

his age group, can inspire sympathy for his crimes and cause others in his predicament to follow suit.

“There are a lot of people that are walking wounded,” Eggett said. “We’ve got to understand that we’ve got mental illness in our midst. I think there’s a danger in too much [media consumption]. I think the danger of getting too much media is if you are so connected you lose all sense of reality.”

Painting a complete picture is a necessity for news reporting. The inconvenient truths of an imperfect world cannot be pushed aside and ignored. But if the media has come to a place where shock value takes precedence over ethics, there will be no limits, and time has proven that those consequences can be dire.

BE PREPARED

BY ALEXIS ARAMBULA

College students come to campus with the mentality of learning while assuming safety and freedom from harm. Although our campus is completely safe and we have some of the best campus safety services around, **we need to prepare for the worst case scenario.** Campus shootings have been happening all over the nation lately and being prepared to face a shooting is something students today need to know.

Grossmont President Nabil Abu-Ghazaleh sent out an email regarding what students can do in case of an emergency: “The best response is to **stay calm and listen for-and- follow- instructions** as they are communicated. Unlike natural disasters, in these situations instructions will vary considerably by location on campus as events unfold.”

Abu-Ghazaleh reminded students of the order of preference in facing an immediate threat: **“Flee, hide, fight.”**

“In this case, ‘hide’ can include barricading yourself in a classroom or office if you do not believe you have a safe path to safety,” he advised.

In addition, our district-wide council has dozens of people throughout Grossmont and Cuyamaca who are involved in planning emergency procedures, and both colleges have committees who are dedicated to emergency planning.

And in case you’re ever in trouble or caught in a dangerous situation outside of the classroom, **Grossmont has various call boxes throughout each parking lot** which can be used to make emergency calls. If you’re in a classroom or office and there’s an intruder or violent incident, call 911 and make note of your location.

When making an emergency call, **follow these five tips:**

1. Get to the safest place possible.
2. Give your name and telephone number.
3. Give your specific location.
4. Describe your problem.
5. Don’t hang up! Stay on the line.

My Body, My Rules!

FEMINISM TODAY:

A look at slut-shaming and the Los Angeles



An opinion piece by Ashley Stout

Illustration by Kayle Soumountha

SLUT. A word that has exploded into national attention. A word that shouldn't even be used, yet is still being applied to women for all the wrong reasons. In 2011, a Toronto police officer passed out safety tips to college students— one of which was for women to not dress like “sluts.” What is a slut you may ask? Well, according to dictionary.com, it is “an immoral or dissolute woman” or a “prostitute.”

This police officer's actions ignited a cry of outrage from women everywhere. When will victim blaming become a thing of the past?

Celebrities commented on the issues regarding the matter. And one took it one step further. Amber Rose, a model and hip-hop artist, organized the Amber Rose Slut Walk, held in Los Angeles on Oct. 3.

“This event will have a zero tolerance policy on all hateful language, racism, sexism, ableism, fat-shaming, transphobia or any other kind of bigotry,” Rose said of the peaceful event. Rose was one of the guest speakers who spoke about being slut shamed, how it made her feel and how women have to stand against it. Her speech empowered the many women

attending the event.

According to Urban Dictionary, slut shaming is “an unfortunate phenomenon in which people degrade or mock a woman because she enjoys having sex, has sex a lot, or may even just be rumored to participate in sexual activity.”

Slut shaming isn't just happening in Toronto, but all over, including our own college. It occurs every day at Grossmont, where women walking through campus are subject to wandering eyes and loud mouths on a daily basis.

Many female students on campus have noticed a certain group of men who they refer to as “The Wolf Pack.” These guys sit outside of The Griffin Center and comment on female students as they walk by. I, personally, have been victim to this, being called “voluptuous” and told “you've got a lot of junk in your trunk for a white girl.” These comments make me and others uncomfortable.

Grossmont sophomore Nicole Drasko said, “I can't even walk by them because I am so uncomfortable with what they will say. I take any other way around just to avoid them.”

Avoiding men on campus because of what they will say that is not how women should feel on campus. We should feel safe to wear what we want to wear and be who we are around everyone.

I tried to talk to “The Wolf Pack” about why they do what they do, but they declined to comment.

As women, we get a choice to stand up for ourselves and speak up about how we should be treated. Feminism is the advocacy of women's rights on the grounds of political, social and economic equality to men.

But in public opinion, the negative connotations associated with feminism outweigh the positives that modern feminists are trying to achieve. Many people characterize feminists as unattractive and stereotype that they can't cook or clean, be stay-at-home moms or take their husband's last name.

But the modern feminist only wants people to be aware of the rights of women, and not be defined by what society wants the normal female to be. And she wants to be able to walk across campus without drawing catcalls.

DONUTS WITH THE DEANS

Questions and answers meet through tasty treats.

| BY EVON QULA |

Filling the gap between the students and the Administration took its first step when the Associated Students of Grossmont College invited students to Donuts with the Student Service Deans last month.

The Oct. 21 meeting between was fruitful for students who were confused about to whom they should address their concerns pertaining to transfer affairs, majors and many other inquiries.

Bardeu Morka, the president of the ASGC, explained that it's the first annual event they have in the college to present all the facilities to the students.

"We are here to take those donuts together, help students and make sure that all their needs are served," she said. "So we have the dean of counseling administration and record, and the dean of financial aid, and all these people are ready to answer students' questions."

Emiliano Cruz, a member of the ASGC Board of Directors said she noted the students were "very engaged in conversation.

"Hopefully this will give a good chance for the students to get the answers for all their questions," Cruz added.

Lorena Ruggero, Grossmont's director of college and community relations, said it's very useful for the students to meet student services professionals because these people can help them with specific questions and issues they have.

"It's good for students to learn that they have a student government to help them and hear their voice," Ruggero said.

Shakera Cartear, a supervisor in the counseling area agreed it's a good step from the students' leaders to make them understand who are the faces of different areas and how to connect with these people to provide the support they need to graduate.

Renee Nasori, the counseling department navigator said this step helps to make the students involved with their campus, meet their deans and know what is going on around the campus, as well as provide a great place to network.

Student Sharon Vaooe called the meeting "definitely useful," especially regarding transferring to another school.

"I asked about transferring and how many years I have left before I transfer, and I got the answers I need," she said.

Victoria Miller, associate dean of student affairs said, "Our students need to get connected with the deans or students services. A lot of students don't know what they do to ask the deans or faculty or staff.

"We want to help our students succeed, and this is a good opportunity for individual connections outside the classroom," she continued.

Sara Glasgow agreed that it was helpful for students to sit comfortably and interact with the different deans and heads of departments and students services.

"This meeting is just the start for the upcoming ones," she said.



IMAGE © EMPIRE DONUTS (EMPIREDONUTS.CA)



PROFESSIONAL ADVICE

A respected photographer offers advice gleaned from the field.

| STORY AND PHOTO BY EVON QULA |

Craig Carlson—a photographer who has taught at San Diego State University's School of Art, Design and Art History for more than 20 years—is exhibiting 90 pictures from his project, which is about the facade of Sunset Boulevard, at Hyde Gallery from Oct. 5 to Nov. 9. The exhibit focuses primarily on black and white, documentary-style images of small communities throughout the United States.

Carlson's exhibit was a good chance for Grossmont students, especially aspiring photographers, to gain from his experience, as well as a lecture he gave on Oct. 13 in which he spoke in detail about each one of his exhibition photos.

Carlson began exhibiting his photographs in 1970, and his work is included in numerous corporate and private collections. One of Carlson's images from his "Sunset Boulevard" project was recently published in the photo book "Both Sides of Sunset: Photographing Los Angeles."

Carlson said he enjoys looking at the world through a limited perspective, focusing primarily on brightness, as well as looking at the facts in the picture as opposed to what the color might tell him. He worked on the Sunset Boulevard for about a year.

"The project is not about the people, it is about what they leave behind," he said. "You have to choose the thing that you want to photograph and then look at it—that means you have to stare at people and learn what you can about them."

Carlson taught at Victor Valley College

in 1977 and at San Diego State University in 1985. He has been exhibiting at Grossmont as faculty since 1970, but, as he clarified, he hasn't "had this much stuff in one place like this time."

Carlson has been mainstay in San Diego's photography community for years. His current exhibit displays his work of the last 15 years put together.

"The photographer should have his camera in hand all the time and always **expect the unexpected**, because you will never know when or how you are going to find the good shot."

—Craig Carlson

Louise Russell, a former Grossmont adjunct photography instructor, described the exhibits as "brilliant."

"The prints are exclusive. His talks are informative and humorous," Russell said. It just feels good to see his work has been respected, and his talks address a lot of aspects about how and why the photograph had to keep interest, maintain your vision, and see that the prints will be superb for the student.

Photography professor Paul Turounet, who helped to organize the exhibit, said he thinks the work is fantastic because "it reflects 50 years of somebody who has been committed and dedicated to the seen and using photography as a

creative form of expression of how is he sees the world."

Suda House, retired photography professor, said the exhibit was an excellent opportunity for students to see "a large body of work" by very impassioned photographer or educator. "His work is consistently the same in that it is always well done," she explained. "When you look at a large body of work over significant amount of time, you find the threads that are the most solid and poignant and important to the photographer... When we look to his vision we can see patterns and shapes."

Photography student Pardis Tavasoli said the exhibit was inspiring.

"All his photos are amazing," Tavasoli said. "[They] reflect a lot of meaning. Some of them reflect the places and memories, and others carry some hints referring to people or emotions."

Student Jarmey Wilkins agreed: "His talk opened our eyes to simple detail in our life we may not care about, but in fact it needs to be captured because it means a lot in black and white photos."

Carlson's advice to the students was to be interested, show up on time, do some extra work and enjoy photography, because it's a class, but it shouldn't be boring.

"Expect the unexpected," he said. "The photographer should have his camera in hand all the time and always expect the unexpected, because you will never know when or how you are going to find the good shot."



Jarel Lewis shows what dancing at Grossmont is all about.

| STORY AND PHOTO BY EVON QULA |

When he shows you a dance, he's showing how the steps are related and coherent to create a dance portrait. At a moment, he makes the audience feel the changes in his energy and the dynamics of a sequence, in order to create contrasts motion, hard or easy, active or passive, pressing or delaying, beginning or ending. He is intelligent enough to keep you interested in his performance. He's Jarel Lewis.

The 23-year-old was born and raised in San Diego. His majors are dance and musical theatre, and while he said he enjoys all genres of dance, his favorite is modern and his favorite dancer is currently Clifton Brown. When Lewis first arrived at Grossmont College, he thought that he wanted to join the medical field, but after dancing and performing for the past two years, he changed his mind: "I realized that all I want to do is continue with dance," he said.

When Lewis initially changed his major, he could see "the worry on my family's face." How would he support himself? What if it does not work out? These are questions that everyone had. "Although my family is worried, they know that I have a plan," he added.

Lewis took his first dance class with Kathy Meyer, an instructor and chair of Dance Department, who has inspired him with her teaching style. She made her moves relatable to life, and thus made it easier to comprehend, opening Lewis' eyes to a completely new world. "She did not give up on me and did not let me give up on myself; no matter how bad I danced when I first started but she worked with me," Lewis said.

Meyer said that when Lewis came to Grossmont, his knowledge of dance was limited, but he improved himself through his strong work ethic. Lewis has broad expertise in a variety of dance genres, and strong leadership skills that he shows among his fellow dance students.

"It's a pleasure for me to see him grow as a dancer both choreographically as well as a strong technician in modern, hip hop and ballet," Meyer said of Lewis, who was the recipient of the Excellence In Dance scholarship last spring 2015. "I look forward to seeing where his journey takes him in the dance community upon his graduation from Grossmont College."

Lewis will be a choreographer for the fall dance concert "Breaking Boundaries," which will take place from Nov. 19 to 21, at 7 p.m. at the Joan B. Kroc Center. He will also be dancing in Common Ground Theatre's production of "The Wiz," from Dec. 4 to 19 at the Educational Cultural Complex at San Diego Continuing Education.

In addition to school and dance rehearsals, Lewis is also working part time at San Diego Post-Acute, a skilled nursing facility in El Cajon, although not as a nurse. Instead, he participates in activities where he gets to entertain the residents. "My job does not interfere with my school and rehearsal schedule, and my boss understands my performance life, so he accommodates to my schedule," Lewis said.

Lewis explained that a dancer needs to utilize his or her whole body, and using facial expressions can elevate a dance. There are powerful moments in a dance by the use one's face. "You can be the greatest mover, but if there

is no life in your face, the dance is pointless in my opinion," he added.

Lewis has many ambitious plans for the future. For now he is working hard to gain more flexible body. Because he started training in dance late, he tries to keep up with the dancers who have been training for more than a decade. He intends to transfer to CSU Fullerton to get his bachelor's degree in dance. Once he has had his share of performing, he said he also hopes to get his master's in dance so he can teach.

Lewis is not only a dancer, but he's an actor and singer. "If I cannot be a professional dancer, I hope to be an actor on Broadway," he said.

Watching movies and the latest TV show dramas are some of Lewis' hobbies, but because he spends so much time at work, school and rehearsal, he doesn't have much time to enjoy them and relax. "Whenever I get a chance to relax, I try to take it, or go out and see more live art, like dance, and theater shows," he explained.

Lewis offered this advice: "Be yourself, show the audience your personality, do not ever try to be like everyone else, and create your own individual style that makes you unique."

"I just want everyone to know that it is okay not to know exactly what you want to be when you get to college," he added. "Have fun and be happy doing whatever you are passionate about."

BUTTERBALLIN' ON A BUDGET

| BY SHERIDAN MARTINEZ AND ASHLEY STOUT |

Thanksgiving is the time you want to be home with family, but some do not have that option. So for you college students that are staying local for the holidays, here are some Thanksgiving tips to get you through this time. If you don't have mom making pies or dad cooking the turkey, you still have options. Here are some cheaper alternatives to make your holiday dinner feel right at home.

1. **Have a potluck with friends.** The easiest and cheapest way is for everyone to chip in while also trying each other's dishes. This is a great way to learn new recipes and experiment!
2. **Find the best deals.** For cheap veggies to make a Thanksgiving meal, the 99 Cents Only store (believe it or not) and the Walmart Neighborhood Market both have great deals on fresh produce, along with dishes, utensils and plastic containers for leftovers.
3. **Go out for a close-to-home Thanksgiving meal.** Restaurants like Coco's, Denny's, Hometown Buffet and the Seasons Fresh Buffet at Barona Resort & Casino offer meals with all the fixings. Don't forget to tip your servers and thank them for their service on the holiday.
4. **Get inspired!** Look on Pinterest for some cheap, easy recipe ideas. Websites like foodnetwork.com have some easy recipes as well.
5. **Substitute the traditional with the untraditional.** Buy a rotisserie chicken or pre-cooked ham from a grocery store, some premade mashed potatoes and macaroni, and an apple pie from the bakery. Done and done! Some grocery stores also have premade Thanksgiving dinner package deals up for grabs.
6. **Accept an invitation.** If you have a new college friend that lives nearby whose family is okay with you joining their family dinner, then join. It can be like being home with family.
7. **Share in a community meal.** Local churches and community organizations hold Thanksgiving meals. They're a good opportunity to get to know your community while enjoying a free meal.

IMAGE © DEAN & DELUCA (DEANDELUCA.COM)

HOLIDAY HEALTH

| BY SHERIDAN MARTINEZ |

With the holiday season right around the corner, it's not hard to stuff yourself like a turkey. Between Thanksgiving and New Year's, the average person can put on 10 or more pounds, according to The New York Times.

A normal diet usually consists of about 2,000 calories a day, but a Thanksgiving dinner and all the fixings can double that and quickly. "The average American may consume more than 4,500 calories and a whopping 229 grams of fat during a typical holiday gathering," according to caloriecontrol.com.

Although this may be the best time of the year, it is important for us to keep our composure and to not go overboard. Here are a few simple tips to help you stay fit this holiday season:

1. **Don't fill up on appetizers.** In order to save room for the big dinner, try not to snack so much so you can save your consumption for the best things.
2. **Take small portions.** The food isn't going to get up and walk away; you can always go back for more. At first, just take a tasting sample of each; if you fill your plate up completely, you're more likely to try to finish to whole thing and make yourself sick. Plus, leftovers are the best part.
3. **Cut down your alcohol consumption.** It's not good to mix sugary drinks and high calorie beers on top of all the extraneous eating that you will be doing. If you do end up drinking, just make sure it's something light, so you don't end up feeling even more full and groggy. Try a cranberry juice or tonic and vodka.
4. **Grab the fam and go for a walk.** Before and after! This will help your body burn off a few of those calories you just consumed instead of laying on the couch and passing out watching football.
5. **Make your plate colorful.** The more color the better. This means to fill your plate with fresh veggies and lighter sides. Take it easy on the potatoes, casseroles or any other starches.
6. **Cut desserts in half.** Literally. If you're going to splurge and have some pie, you can easily cut a larger slice in half. Make sure you also limit yourself to few desserts.



GROSSMONT BRIEFING

Thanksgiving Meal Drive

The Inter-Club Council is collecting donations for its 5th annual Thanksgiving Meal Drive, now through Nov. 19. The goal is to provide Thanksgiving meal boxes for students on campus who may otherwise not be able to afford it. Donations of instant mashed potatoes, gravy, stuffing, canned vegetables, cranberry sauce, pie filling and crust, and rolls can be brought to the Student Affairs Office (60-204).

Need help applying for health insurance?

Grossmont College Student Health Services is offering assistance in applying for health insurance under Covered California. Specialists are available at workshops held in the Griffin Center every Tuesday, from 10 to 11 a.m. and every Wednesday from 2 to 5 p.m.

New Campus Theater

A new Arts and Communication Complex, which will include a new performance theater, recently passed through the design development phase. In this phase, mechanical, electrical, plumbing, structural and architectural details were specified.

The project will now move into the construction document phase. During this phase, the architect will produce drawings in greater detail that will be used for the formal bidding process. Construction for the complex is scheduled begin in February 2017.

Speech and Debate Team

Grossmont's very own Speech and Debate Team, led by Professor Roxanne Tuscany, brought home more awards for this semester.

The team competed at Concordia University on Oct. 18. James Jovanovich received third place award in Open Division of Dramatic Interpretation. Melissa Lewis was a Finalist in Open Division Extemporaneous Speaking, and Alicia Leos was a Finalist in Novice Impromptu Speaking.

Another tournament was held in Pasadena Community College on Oct. 24-25. Xavier Daniels was a finalist for Novice Impromptu Speaking. He took first place in his three preliminary rounds and also took a finalist award. Congratulations to James Jovanovich, Melissa Lewis, Alicia Leos and Xavier Daniels.

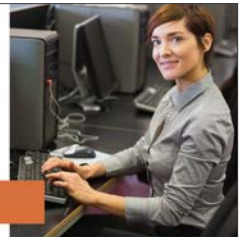


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