

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | DECEMBER 2015



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TABLE OF CONTENTS

4 Rod's Reel Referrals

Sometimes Christmas movies need a little edge.

5 Christmas Central

Ugly sweater DIY, the art of gift giving and celebrating around the world— we've got X-mas covered.

9 Post-Paris

Recent terror attacks refresh Arab fears.

10 Advice to Finish Strong

Don't stress out during finals week.

13 Warning: Yawns are Contagious

You'll yawn at least once while reading this story.

14 Spiral of Silence

Use technology don't let it use you.

15 Reading Wonderland

Five books you should read over break.

16 Grossmont Briefing

Spring theater preview, adjunct rally and more.

18 December Trends

Holiday makeup up sets and cozy winter layers.



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Season's Greetings

Christmas is the time when all of my family comes together and bonds while eating some good food. Most of my family lives in The Imperial Valley, so I usually have to travel about an hour and a half to get there, but it's all worth it. My favorite part of Christmas is being able to watch my family members open the gifts that I have given them. The look on their faces when they open their gifts and realize it was something they wanted is just priceless.

-Sheridan Martinez

Every year since I can remember, I have always spent Christmas Eve with my mom's side of the family. We exchange gifts, watch "A Christmas Story" and eat a big dinner. Then for Christmas day, we always spend it with my dad's side and do the same exact thing—except watch football instead! I love that I get to see pretty much my whole family during the holidays, because almost all of us live in San Diego.

-Alexis Arambula

My entire family lives on the East Coast and in the South, so I usually take a solid two weeks off from work to fly home. And the best part is, no one expects me to bring anything because my "gift" for them all is purchasing an expensive plane ticket and flying to the other side of the country to see them.

-Rodney Ousley

Christmas is my favorite time of year. It's the only time of year my entire extended family comes out of town to visit San Diego. Since 1999, we've had Christmas Eve at my grandma's house, complete with games and prizes, food that could feed a million families and a visit from old St. Nick himself. Lastly we open presents because Santa promises us we will wake up more gifts. A sleepover commences, and we open more presents and bond as a family on Christmas.

-Ashley Stout

-Evon Oula

I have never missed celebrating the Christmas holiday with my family. It is the best occasion to raise our prayers and hopes to spread peace all over the world, and to keep this blessed country safe, as it offers safe land for all refugees. But this Christmas will be the first one in which I will drink alcohol just for fun to see how much I will be hung over!

We hope you have a safe and happy holiday.

- The Summit Staff



These days it seems like the Halloween candy stash isn't even halfway eaten before the masses are screaming, "Deck the halls," and Christmas tidings are once again in full swing. With yuletide carols blaring in every store weeks before Thanksgiving is even in sight, the overabundance of premature holiday cheer can awaken the inner Scrooge in almost anyone. So if you're lacking the glaring optimism to don that gay apparel this holiday season, and if the sound of sleigh bells makes you want to dropkick a reindeer, check out this month's movie picks and see that you're not the only one.

Sometimes Christmas needs a little edge.

BY RODNEY OUSLEY | ILLUSTRATION BY SAM BENTZ

CURRENTLY IN THEATERS THE NIGHT BEFORE

Directed by Jonathan Levine. Starring Joseph Gordon-Levitt, Seth and Anthony Mackie. 2015.

"The Night Before Christmas" meets "The Hangover" in this raunchy comedy, where life has proceeded to drive a wedge between three lifelong friends as they hurl, unwillingly, into adulthood. Their yearly tradition of Christmas Eve debauchery must come to an end, and the fellas plan one last holiday hurrah for the road.

Somewhere in New York City, the Nutcracka Ball, an elusive Christmas Eve bash, is going down and this group of friends is determined to find it. Unfortunately, they get hilariously derailed after partaking in a bag of assorted drugs and narcotics. Throw in insane cameo appearances from James Franco and Miley Cyrus alongside narration from "Saturday Night Live" alum Tracy Morgan as Santa Claus, and this film may inspire you to adopt some new holiday traditions.

ON DVD/BLU RAY HOW THE GRINCH STOLE CHRISTMAS

Directed by Ron Howard. Starring Jim Carrey, Taylor Momsen and Christine Baranski. 2000.

Real-life cartoon character Jim Carrey uncovers the mystery behind one of children's books most iconic villains in this live-action Dr. Seuss tale.

The Whos of Whoville are a mind-numbingly jolly breed of puppy-faced elf people, and you don't need to have a heart three sizes too small to want to pull the plug on their constant caterwauling. Enter the Grinch, an unholy cross between Kanye West and Oscar the Grouch on a good day, who has had it up to here with their good tidings and cheer. He devises a nefarious plan to put a stop to it once and for all.

Despite his best efforts, our antihero is befriended by the irresistible sunny Cindy Lou Who (Taylor Momsen) who discovers the truth about the Grinch's troubled childhood in which he was bullied mercilessly for being different from all the other Whoville children. With the help of the Grinch's now adult schoolyard crush Martha May Whovier (Christine Baranski), the two attempt to assimilate the fuzzy green recluse into Whoville society, but not without many hilarious bumps in the road.

STREAMING ON NETFLIX BAD SANTA

Directed by Terry Zwigoff. Starring Billy Bob Thornton, Bernie Mac and Tony Cox. 2003.

You will never look at your shopping mall's Santa the same again after watching this black Christmas comedy classic.

Willie (Billy Bob Thornton) is a crass, degenerate, alcoholic sex addict who miraculously lands a job as Santa during the holiday season. Unbeknownst to the mall shoppers and staff, he uses his status to rob the place blind with the help of his miniature little helper Marcus (Tony Cox.)

But after one too many run-ins with the head of mall security Gin (Bernie Mac), Willie and Marcus set their sights on greener pastures to ransack — namely the home of a naive little boy who desperately wants to believe Santa Claus is real despite the lewd behavior of the costumed drunk to whom he becomes attached. Willie helps make the boy's Christmas wishes come true by offering unorthodox tips for dealing with bullies, while he and his partner help themselves to the home of the boy's recently-incarcerated father.

UGLY SWEATER DIY

WHAT YOU'LL NEED

- ✓ **An ugly sweater (\$5-\$10).** You can get cheap sweaters at places such as Walmart Target or even thrift stores if you don't own any sweaters you'd like to use for this project. Go straight to the clearance rack!
- ✓ **Holiday bows, pom poms, festive decorations (\$3).** You can purchase decorative Christmas items at The Dollar Tree and get plenty of bows and pompoms in one pack, so you don't have to worry about running out if you don't get it right the first time.

BY ALEXIS ARAMBULA | ILLUSTRATION BY JEN FRANKE

Ever thought about throwing away that one raggedy-yet-somewhat-still-wearable sweater you've had in your closet for over a year, but just can't bring yourself to do it? There's an alternative. With Christmas only a few weeks away, it's only logical that you turn your ugly sweater into an "ugly Christmas sweater."

Here are steps to get your sweaters from ugly to uglier:

1. **Create a layout on your sweater.** You want to do this to make sure that your ugly sweater comes out exactly the way you planned it in your head. Figure out where you'll place those embellishments.
2. **Get the glue.** Use a hot glue gun to glue on larger items, such as big bows or sparkly rhinestones. Make sure to let the glue gun heat up for at least 5 minutes, otherwise the glue won't be tacky enough to make your items stick.
3. **The needle comes next.** You can choose to sew on tiny pompoms or jingle bells using a needle and some thread. Be generous; remember, your goal is to make your sweater even uglier.

- ✓ **A hot glue gun (\$5).** A glue gun usually comes with glue sticks if you purchase the bundle pack. This is usually available at Walmart, but you can also find them at a crafts store such as Michael's.

- ✓ **Needle and thread (\$2)** These items are also available at Michaels. Try to get a thread that matches the color of your sweater, unless you want it to look extra ugly.

- ✓ **Christmas spirit (Free!).** It helps to have a lot.

THE GIFT OF GIVING

What should you give while on a college budget?

BY SHERIDAN MARTINEZ

As the holidays begin to creep around the corner the shopping escapades begin to unravel, the Christmas music floods the stores and the checkout lines tend to leave you with an empty wallet. Being a college student trying to afford Christmas for family and friends can be tough but here are some of my own tips and suggestions to save and please everyone on your shopping list this holiday season.

HOW TO SAVE

1. **Try discount stores.** The best things in life...are cheap! Many discount stores like Ross, T.J. Maxx, Nordstrom Rack, Kohl's, Big Lots and Marshall's carry better brands and gifts for a lower price rather than department stores. Some even carry designer brands like Michael Kors, Betsey Johnson and Steve Madden. Stop to one of your local discount stores first before barging into Walmart or Target.
2. **Find holiday sales.** Many stores have lots of sales going on, besides the obvious Black Friday. Including Walmart, Bath and Body Works, Big Lots, Target, Victoria's Secret and any other stores in the malls. Also check online at your favorite stores for any sales.
3. **Plan a budget.** For everyone on your X-mas shopping list, plan a dollar amount budget and try to stick to it. Anywhere from \$10 at the least and \$30 at the most, should do the deed. This way you won't end up overspending and keep to your goals.
4. **Gift cards are always an option.** Gift cards are another great way to save when you're on a budget and they're a kind gesture but make sure to only load them up with \$10-\$15. Starbucks, Jamba Juice, Target, Best Buy, Google Play, iTunes or any food places are always another option if you can't find that perfect gift.


GIFT GUIDE

GIRLS

- **Bath and Body Works Trios.** Any three miniatures (body spray, lotion and shower gels) for just \$12 makes a perfect gift for girls any age.
- **Stocking Stuffers.** Target and Walmart have bins of cute stuff like hot cocoa sets, fuzzy socks, makeup kits and other toiletries.
- **Candles.** A nice-smelling candle can lighten up a room and put a smile on your face. Ross has plenty of candles for \$3 to \$10 in all shapes and sizes.
- **Pajamas.** During this upcoming cold weather, comfy pajamas will always make a great gift for any age group.
- **LUSH bath bombs.** These make taking a bath so much more fun.
- **Starbucks card.** When in doubt Starbucks it out!

GUYS

- **Socks and underwear.** Boys always need 'em, so you can't go wrong there.
- **Cologne.** Walmart has inexpensive cologne sets up for grabs.
- **Memory Foam Slippers.** Great for cold weather and oh so comfy. Target has a gift set for men that comes with a pair of moccasin slippers and a coffee cup for \$18.
- **Fleece sweaters.** Great are another great gift for guys any age.
- **Xbox Live gift cards or Best Buy gift cards.** For your gamer guy.
- **Shaving kits.** For dad, brother, grandpa or uncles.



Gifting can carry a lot of emotion—just make sure it's the one you're looking for.

BY EVON QULA

People have been exchanging presents for a very long time, and it's been considered an elegant way to express a lot of feeling. Even if the present is simple, it can express whatever is in our hearts toward parents, relatives, significant others and friends.

And never is that more true than during the holiday season.

But as much as gifts can express your feelings or words in a wrapped box, they can also hurt someone's feelings, be it the giver's or the receiver's.

People who carefully select presents have more of a chance of getting others the gifts they wanted. If you don't spend enough time or thought in choosing the right presents – or if you're re-gifting others' gifts – the recipients will feel upset because it seems that you didn't care about them very much.

On the other hand, it hurts the giver when the receiver doesn't seem to care about a present or note how much thought went into it.

So how can we know if someone likes a gift or not?

Clara Peter, a student whose major is behavioral science, said you can tell if someone is lying if they don't look you in the eye. "The eyes will reveal true feeling," Peter said.

Peter explained if the receiver takes the gift and overly praises it without looking at your eyes, it means there is something wrong. In the same way, if someone looks at your present and then quickly returns it to its box, it means he or she probably doesn't like it. People who really like their gifts tend to leave them out for others to see.

Grossmont student Richard Roger explained that he thinks gift giving is not necessarily just for the holidays, but it is also an important aspect of social and, in some cases, cultural behavior that is necessary to strengthen relationships and bonds between people.

"The greater value is received by the person giving the gift in the form of self-fulfillment and self-satisfaction, whether the receiver likes it or not," Roger added.

Student Sandra Thomas agreed: "The spiritual meaning for Christmas is more important than choosing an expensive gift."

Similarly, the cost of the item is not what makes a re-gifted present hard to swallow, added Ann Joseph, another Grossmont student.

"Receiving re-gifts is so hard not because it's not expensive, but because it shows a kind of belittling from the giver," Joseph said.

Grossmont Student Jerald Roy said choosing the right gift for the right person is the most difficult part for him because he has to recognize what kind of interests of the recipient. Otherwise, the present will be neglected.

Student Carlos Roberto said it's not about the kind of gift but about how much you respect the other person and how much you can make your message clear.

"The gift reflects our heart's message," Roberto added.

AROUND THE WORLD

Countries get merry in different ways.

BY ALEXIS ARAMBULA

People all around the world celebrate Christmas differently, and many cultures don't celebrate Christmas at all. Some spend the holiday gathered around the fireplace opening presents, while others come together with their family and friends to celebrate the Festival of Lights, better known as Hanukkah.

The French, for example, choose to have a "Joyeux Noël" – or "Merry Christmas" – by "eating their traditional cake for Christmas called *bûche de Noël*," according to Liliana Montesdeoca, secretary of the French Club at Grossmont. Also known as a Yule log, the *bûche de Noël* is usually served during *Le Réveillon*, which is usually a large meal that includes an appetizer popular courses like goose and seafood.

A festive meal is an important part of the festivities for the French. The celebrations don't stop after Dec. 25, but also continue until 12 full days after Christmas.

French children also open presents as early as Dec. 6, and some families celebrate by giving more gifts on Christmas Eve. Christmas in France also includes special lighting on the streets, church for those who are religious and singing.

Spanish and Hispanic cultures differ from the French. For example, in the Mexican culture, gifts are opened at midnight on Dec. 25. Mexican families celebrate with music, food and even bonfires. One particular array of events that happen throughout the holidays in the Mexican culture are *Posadas*, which is Spanish for "lodging." Usually there are nine *Posadas* ranging from Dec. 16 to Christmas Eve. The *Posadas* are celebrations that can be slightly religious due to because of the Christmas story of Joseph and Mary. Children and their families go to different houses (usually their neighbors) each night and celebrate with candies, fruits, paper lanterns, fireworks, piñatas and hot chocolate.

The Russian culture normally celebrates Christmas on Jan. 7, because of the calendar used by the Russian Orthodox Church using a specific calendar. The church also celebrates Advent, which means "coming" in Latin, for four Sundays before Christmas as a reminder of the true meaning of Christmas. Although some choose not to eat any meat or fish during holiday meals, those who do choose to feast get to indulge in foods such as vegetable pies, beetroot soup, salads including mushrooms and tomatoes, and also potato salad. Russian desserts include honey bread cookies, gingerbread, fruit pies, dried fruit, and a variety of nuts.

French, Mexican, and Russian cultures may celebrate differently, but they're all united by the holiday spirit. Christmas is not necessarily about the gifts. Instead, it's a time to let your loved ones know how much they mean to you and to come together as one and appreciate the little things in life.



PHOTO COURTESY OF MAKEUSEOF.COM

FIFTY
TWENTY-FIVE

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.
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HOLIDAY TIME OUT

Enjoy the holiday season with your family, regardless of your views.

BY EVON QULA | ILLUSTRATION BY FERNANDO ALVAREZ

Whether you celebrate Christmas or not, it's often the one time during the year that one's entire family is able to come together during the coldest season to create a little more warmth mixed with the all the different holiday lights along the streets.

Shukran Shawki, whose major is biochemistry said "I'm Muslim, but I celebrate Christmas holiday with my family and friends we used to make cookies, (get a) Christmas tree, go out and enjoy the beautiful scenes and attend the events or the shows."

Even though she doesn't celebrate Christmas, Sophia Ali, whose major is social work, said she enjoys the time off. "I just stay at home and feel

relaxed without going out," Ali said.

Gorgena Galindo, a psychology major and a Muslim from Mexico, agreed: "I don't celebrate Christmas, but because there is no work, no school, so I stay at home with my family and enjoy time with them without going out."

Gabi Alberto said she is not offended by people celebrating Christmas.

"Carry on with our life, no one is forcing us to celebrate," she said. "If someone says 'Merry Christmas,' we just reply with, 'Thank you.'"

Another Grossmont student, Nicolas Taylor, said it doesn't have to be Christmas to celebrate.

"There is always some time for a beer with our friends," Taylor said. "I just go in a place I love and give myself a little present."

Erik Cruz, a nursing student, advised that those who don't celebrate the holidays, "Enjoy the few extra days off work, think of the time as an end of year reflection and a new year on its way.

"I can still enjoy the beauty of some of the displays without regard to religion," Cruz said. "Some displays are really extravagant."

So try to make the best of this holiday season no matter what you do or do not celebrate. Happy holidays, Grossmont Griffins!



POST-PARIS

Recent terror attacks
refresh Arab fears.

BY
EVON
QULA

Lately the City of Lights has a dark cloud over it. After the attacks in November, Paris feels empty and full of horror, with military vehicles deployed in the streets and curfews imposed. And the kindness toward the Syrian refugees seems to have been replaced with anger and fear.

It seems as if the Sept.11-attitude toward Arab people will be repeated in Paris. Middle Eastern refugees have become defendants, whether or not they have been victims of the terrorism themselves. Extremist attacks increase the hatred toward Arab people, and there is a possibility that this hatred could spread to all Western countries.

It is a critical situation for both sides. Westerners fear violence from extremists, while Arab communities fear being stigmatized or sent away from countries where they hoped to find refuge after fleeing their old lives to seek safety and peace.

Jalal Al-Adel, a business major at Grossmont, said that if French authorities become strict with all Middle Eastern refugees, it may create a negative chain reaction in narrow-minded people. However, Al-Adel said he believed that educated Americans can distinguish between Muslims and extremists.

"We are in a critical situation, but I'm sure that here in the United States, people will not think about American Arabs in the same way, because this country is always calling for respecting the human rights and freedom," said Al-Adel, who added that the orators at mosques advise their people to go against extremist ideals.

Grossmont psychology student Doaa Al-Kaaby said she expects Arab immigration to be affected in Western countries like the United States, just like it has in France, because each terroristic

action creates a negative attitude toward Muslims. However, she doesn't expect violence in the United States; however, she said she understands why some Americans may want Arab refugees to leave their country.

Al-Kaaby said she thinks the French authorities didn't take the necessary precautions with the flow of immigrants coming into their country, in the way that a country used to terrorist attacks might. "The European countries were always so far from the suffering of our countries," Al-Kaaby said. "We lost a lot of our youth because of ISIS, and just now they realize our appeals and how ISIS (is) dangerous."

Zena al- Hussain, a business administration student at Grossmont, said, "I don't think that will affect us here because we are living in a country of freedom.

"If the attacks happened elsewhere it doesn't mean we deserved to be blamed," he said.

Student Fareed Faraj Habeeb clarified that what happened in France is something horrible that may lead to other terrible events that will affect refugees staying in these Western countries. He said he thought that Western authorities should be more careful in choosing refugees applying for asylum in their countries.

Biochemistry major Shukran Shawki said: "I don't think that will affect us here because the policy of this country is completely different from others. It calls for the equalization between all people with their various religions."

She added that she thought Americans are aware that refugees suffered a lot in their countries from these kind of attacks. ISIS has killed thousands, and that's why they left their countries—to come here to live in peace with the American people.



IMAGE BY RAFIQ MAQBOOL COURTESY OF HUFFINGTON POST. ABOVE SKETCH BY JEAN JULLIEN.

Don't

STRESS OUT

during



FINALS WEEK

ILLUSTRATION BY SAM BENTZ

Follow this **simple advice** to **minimize** your level of stress and **do your best** during the **final week** of the semester.

BY THE NUMBERS

Tackle those math finals with these tips.

BY RODNEY OUSLEY

You don't have to be a genius to succeed in math classes. In fact, Grossmont professors say organizational skills are the key.

It is widely believed by many students that they simply do not have the aptitude for math if they have yet to master the complexities of numerical computation by the time they reach the high school and college levels. These students tend to constantly compare themselves to the perceived superiority of their peers, but fail to realize that what primarily separates them from the quintessential class "math whiz" is not the level of individual intelligence, but the amount of preparation before and during the big exam.

Grossmont math co-chair Shirley Pereira suggested studying the concepts you know well first.

"Then study the things that are more difficult for you, or things where you need to review more deeply, and end your session by again studying the things you know," she said.



"Oftentimes when you try to correct a problem, you continually overlook the mistake. Starting over on a clean piece of paper will let you **focus on the question**, not on trying to find the error."

—Shirley Pereira

Pereira also recommended that students review information on a chapter-by-chapter basis.

Students should create a list of skills and procedures from each section of the book, then make a checklist to easily differentiate between the areas they are comfortable with and the ones that need more attention.

As with most skills, practice and repetition are vital to the learning process, but this can easily be derailed if students rush into studying for math tests without a structured plan. Reviewing previously graded homework assignments and quizzes from throughout the semester will also optimize studying time since most test questions will come directly from these sources.

Efficiency is beneficial in the classroom while taking the math final as well. "If you know that your answer to a question is incorrect, and you cannot find your mistake, start over on a clean piece of paper," Pereira said.

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"Oftentimes when you try to correct a problem, you continually overlook the mistake. Starting over on a clean piece of paper will let you focus on the question, not on trying to find the error."

Transferring unfinished math problems to a fresh sheet of paper also prevents students from confusing themselves into making repeated mistakes due to pesky pencil markings that have not been erased clearly on the page. Students are also encouraged to show their work in its entirety. They should map out the entire process taken to come to their solutions, writing in complete sentences and logging each step. Many math professors offer partial credit to students who meticulously display their work, even if the final solution is incorrect.

Students in need of tutoring can receive personalized help in the Math Study Center in the Tech Mall, rooms 70-113 and 70-113. These services are free, with general tutoring offered from 8 a.m. to 9 p.m., Monday through Thursday, and from 8 a.m. to 3 p.m. on Fridays. Supplementary tutoring for Math 80, 88 and 90 is available Monday through Thursday, from noon to 6 p.m.



STUDYING IN THE LIBRARY. | PHOTO BY YU HAN

TEXT ANXIETY

Preparation is the pill for success.

BY EVON QULA

Test anxiety is the common phenomenon for all students of all levels, but with different scales. Sometimes it motivates the student to study more, which is a good thing, but when it becomes overbearing, it is an obstacle preventing them from focusing and understanding.

Final exams week is the most stressful time of the semester for students. Paul Vincent, a Spanish professor at Grossmont, gives his students advice that might help them to overcome their concerns:

1. Understand that this is the end of a semester-long process of learning, and all that entails in your life as a student.
2. Being and staying healthy is the first priority; do not get bogged down with the stress of the moment; whatever healthy, stress-relief activities you have, count on using those tools during finals week to stay healthy and focused on the prize.



"Being and staying healthy is the first priority; do not get bogged down with the stress of the moment." —Paul Vincent

3. Focused and intensive blocks of study-time – no more than two-hour blocks of time – are always more effective than cramming. It's all about time-managed chunks of review, and putting the ends together, and showcasing what you have been working for all semester.
4. If there is something you still are not quite sure whether you understand, now is the time to ask. Remember, no question is a "bad" question in an academic environment. Some questions are certainly better than others, but they are always subjective. When you need your question answered, don't be afraid to ask.

Dr. Sheri Strothers, a communications professor, offered similar advice with a unique spin. "Be well-rested before exams," she said. "Eating well and chewing gum during exams is also known to help."

Joel Castellaw, the chair of the Communications Department, agreed: "Get enough sleep, eat healthfully, get some exercise."

WARNING YAWNS ARE CONTAGIOUS



You'll yawn at least once while reading this story.

BY EVON QULA | ILLUSTRATION BY MAURICE GHOSN

Why do we yawn after we see other people yawn?

Contagious yawning is a phenomenon that only occurs in humans and chimpanzees as a response to hearing, seeing or even thinking about yawning. And studies have found that certain individuals are more susceptible to contagious yawning than others.

Peter Brooks, Grossmont professor of preoperative nursing and faculty advisor for the American Assembly for Men In Nursing, explained that yawning is related to empathy, although it's really not been proven either way. When we need oxygen, we take a deeper breath or sigh, and sometimes that comes as a yawn. When other people see us yawn, something instinctual makes us yawn as well.

"It's one of life's great mysteries," Brooks added.

The process of yawning starts when the brain sends a message to the body that it needs more oxygen. So basically, our lungs expand fully with oxygen, helping to remove any buildup of carbon dioxide.

On the other hand, some researchers have said the "chain reaction" effect where other people yawn is due to the close proximity of the yawners. When

you yawn, you are removing more oxygen from them, and this triggers others to yawn.

Stella Jackson, another student at Grossmont, explained that it happens more when we are in the room with limited air movement, or stagnant air, and one person yawns and inhales large quantities of oxygen.

Yawning is an involuntary action that actually occurs while babies are still

has been there. "It happened a lot to me. I thought that is because of being tired, or not sleeping a lot— even now when I'm talking about yawning, I feel that I urge to yawn and can't complete my speech," she said with a yawn.

Cuyamaca student Jacklen Edward said she's not as susceptible to yawning.

"I believe it's simply contagious, or maybe it's a subconscious reaction. Either way, I can control it," she said.

Grossmont Student Olivia David said: "I heard that we may yawn to refresh our energy. Yawning is definitely contagious. I never really thought about it as connecting with other people or a connection with empathy though, and it does make a lot of sense."

Fellow student Layla Ameer agreed.

"Today I was at class, and my (classmate) yawned," Ameer said. "Almost immediately, I yawned as well. She made a joke about it, and I said that it wasn't my fault, because yawning is contagious."

Student Noha Abidallah said, "Every time I see the word: 'Yawn', it causes me to yawn. Over and over.

"When I feel I need a yawn, I'll just bring up this article," she added. "What a release."



STUDENTS YAWNING. | PHOTO BY YU HAN

in the womb, so it is difficult to say what triggers this response while we are still fetuses. Whether contagious or not, yawning has some useful purpose, allowing us to take in more oxygen and expel carbon dioxide, as well as increasing heart rate a bit. Yawning could keep the brain aroused in situations in which sleep is unwanted.

Sylvia Arturo, a student at Grossmont,



SPIRAL OF SILENCE

Use technology, don't let it use you.

AN OPINION PIECE BY EVON QULA

Technology has facilitated our life and jobs. It has become a source of information and a means of communication around the world.

Day after day, the mobile technology and social media devices control a huge part of our lives. Some of them serve important functions, such as offering the opportunity for schools, universities and other educational organizations to reach out and connect with students and prospective students. In addition to its great role in business and marketing field, people can shop online and check ratings on various websites.

So it is like a gift for society. But should we let the social media devices affect our real world, and make us live in a virtual world?

Victoria Curran, a communication professor at Grossmont, explained that social networking has multiple sides. Through social media, it is possible to find and stay in contact with people you might otherwise not be able to. On the same token, however, used it excess, it can isolate us from face-to-face time with others and magnify the differences between us, leading to feelings of isolation and false disconnection.

"Talking to someone via text or social media is a 'virtual approximation' of a 'true' conversation from my perspective," Curran explained. "In fact, there was a stigma associated with meeting people and developing relationships online that has all but disappeared today."

Curran said that for many of her students, although not all, the relationships they develop and maintain virtually, especially in online gaming, is as real as the ones they develop and maintain in a face to face context.

"The good thing in texting is that when we write we can edit what we do not like," she explained. "And the person we talked with via texting will not interrupt us or affect our response. On the other hand, it will not be good if we want to build good relationships."

Muna Hassan, whose major is psychology science explained, people tend to finish their social communications over smartphones with apps like Facebook and Twitter, which made the communication easy, so in this case people can spend their whole day sitting at home and not gathering with each other in the real world. As a result of that, people may become unsocial and less communicative verbally, which is not good for a society.

Student Olivia Carlos agreed: "It's better to be busy and purposeful, than holding a smartphone and living inside that small box full of unnecessary apps, ignoring whatever is going around either in class, home, buses, walking, driving or even hitting people without noticing. These addicts don't want to talk to you, even if you are willing to talk to them."

Grossmont student Noor Taha said, "Whenever I go to a dinner with friends,

as soon as we finish our conversation, we directly look at our phone and began chatting even with each other via Facebook.

Taha added that cellphones can save us from talking to another person to whom we don't want to talk, or can help indicate a lack of interest.

Richard Mendoza, another student at Grossmont, said he thought teenagers would get "depression, lower grades, psychological disorders and future health problems if they are on Facebook too much."

Fellow student George William said: "It's so easy for people to show 'fake empathy' to their Facebook friends and ... socialize from behind the screen. That's why most of them preferred talking via texting."

And it affects people of all ages, Grossmont student Tim Wells added.

"The technology does not only affect adults, but also the children," he said. "For instance, my little brother used to take my iPhone to play games; otherwise he would begin crying and shouting. So it is important for parents to keep creating conversations with their children rather than leaving them to apps (and) games."

Being constantly connected via social media has made it easier to be socially interactive with others, but it is can also stop people from creating personal and sincere interpersonal relationships.

READING WONDERLAND

BY ALEXIS ARAMBULA | ILLUSTRATION BY NICOLE MARROKAL

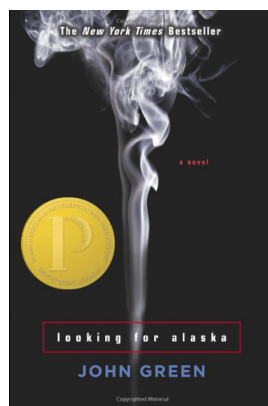
With winter break right around the corner, it's time to snuggle up on the couch and pull out a good book to read. I've got you covered with some of the best reads for this winter, ranging from action to romance. Here are my top five books you should be reading over break.

MOCKINGJAY

By Suzanne Collins

In the last of the *Hunger Games* trilogy (*Hunger Games*, *Catching Fire* and *Mockingjay*), Katniss Everdeen must rebel against the Capitol and defeat President Snow once and for all. She'll do anything to protect her friends and family, but it might not be enough.

Scholastic | 2010

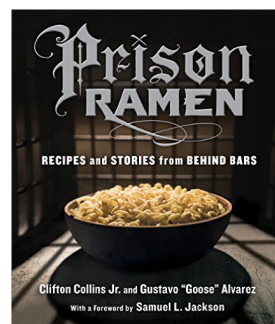


LOOKING FOR ALASKA

By John Green

In this book, readers are able to learn about the meaning of love, hope and the adolescent years of Miles Halter and Alaska Young. Miles gets tired of his boring life and decides to go to a boarding school in search for a "Great Perhaps."

Dutton Juvenile | 2005



PRISON RAMEN

By Gustavo "Goose" Alvarez and Clifton Collins, Jr.

This cookbook has recipes and stories from those behind bars. We even get an inside look as actor Shia Labeouf tells us about his experiences in prison and walks the readers through every time he got arrested. He even throws in some recipes on how to spice up Top Ramen while being locked up.

Workman Publishing Company | 2015

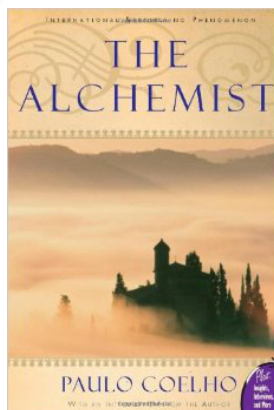
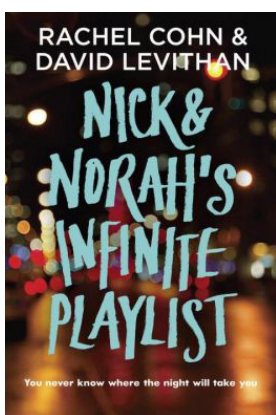
NICK AND NORAH'S INFINITE PLAYLIST

By David Levithan

Nick is having a hard time getting over his ex-girlfriend—that is until he meets Norah and gets his world turned upside down.

The two try to figure out what it is they want from each other while looking for their friends on a wild night.

Alfred F. Knopf Books | 2006



THE ALCHEMIST

By Paulo Coelho

Santiago travels across the desert to meet a famous alchemist. Throughout his journey, Santiago learns about the world and its many wonders.

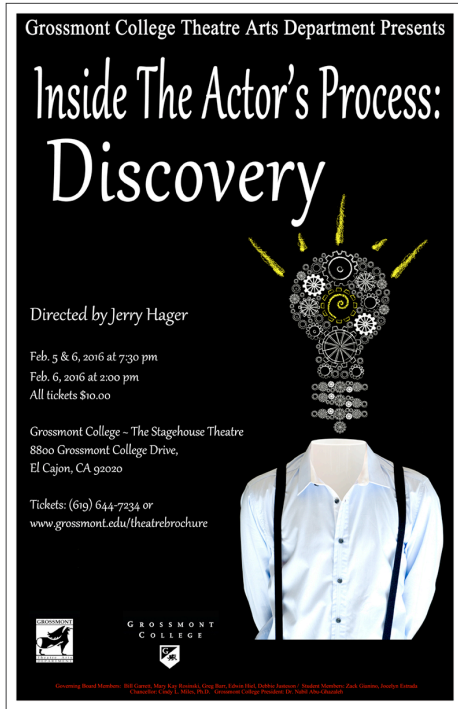
HarperTorch | 1993

SPRING SEASON AT THE THEATER

Check out these Grossmont theatre shows next semester.

COMPILED BY ALEXIS ARAMBULA

Spring semester is on its way, and our Theatre Department will be blooming with fresh plays and musicals. Admission and performance times vary, so visit the Grossmont College website or call the Stagehouse Theatre Box Office at 619-644-7234. So mark your calendars and check out these don't-miss shows!

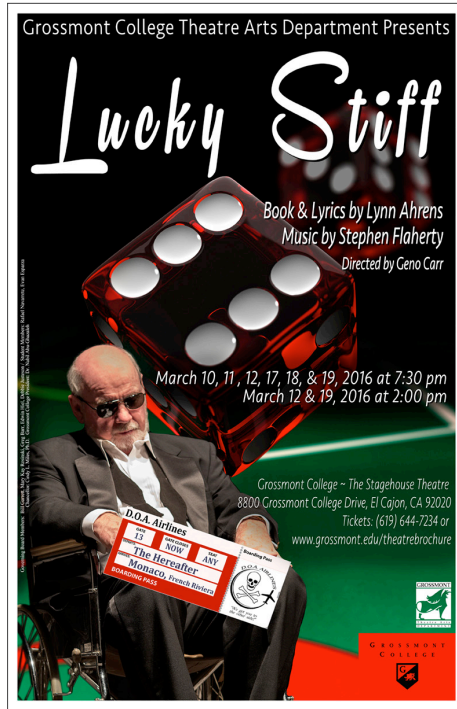


Inside the Actor's Process: Discovery

Directed by Jerry Hager
Performances: Feb. 5 - 6

With each new play, and each new performance, an actor must discover their character by continually looking to the text with a fresh perspective. Each reading and re-reading of the script has the potential to unlock new discoveries and new ways of bringing the story to life for an audience.

This time, the popular high-school touring show will focus on poetic dialogue, soliloquies, and scenes to transport you *Inside the Actor's Process: Discovery*.



Lucky Stiff

Book and lyrics by Lynn Ahrens
Directed by Geno Carr
Performances: March 10-12, 17-19

Unassuming English shoe salesman Harry Witherspoon is forced to take the embalmed body of his recently-murdered uncle on a vacation to Monte Carlo if he hopes to inherit six million dollars. If he is unable to pass off his uncle as alive, all of the money goes to the Universal Dog Home of Brooklyn!

Written by Tony Award-winners, *Lucky Stiff* is a zany, offbeat, hilarious murder-mystery farce with a tuneful score, a well-oiled plot, diamond thieves and budding romance.



The Odd Couple

By Neil Simon
Directed by Jeannette Thomas
Performances: May 5-7, 12-14

What do you get when you put an uptight neat freak in the same apartment with a slovenly slob? A recipe for laughter!

Winner of the Tony Award for Best Play, as well as being a successful movie and television series, the play finds neurotic Felix being thrown out by his wife and moving in with his divorced friend Oscar. Hilarity ensues when Oscar's untidy, yet happy, life of excessive gambling, smoking and drinking collides with Felix's need to obsessively clean and criticize.



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For more information, contact jeanette.calo@gcccd.edu.

GROSSMONT BRIEFING

WINTER PREPAREDNESS SEMINAR

The Grossmont Cuyamaca College District will offer a "Winter Preparedness" Seminar at Grossmont College on **Wednesday, Dec. 9 from 10 to 11:00 in Building 55, Room 526**. The Cuyamaca seminar will be held on the same day from 11:30 a.m. to 12:30 p.m. in Building H, Room 133.

Forecasters predict San Diego County could be in for **higher-than-average rain this fall and winter due to the strong El Niño**, a series of powerful storms that are supposed to hit San Diego this winter.

Senior Emergency Services Coordinator, Tom Amanbile from the County of San Diego Office of Emergency Services will also be attending the seminar to present winter preparedness tips. Attend the seminar to find out how to stay safe this winter. —**Alexis Arambula**

TECH AND CAREER OPEN HOUSE

Grossmont's Career and Technical Education department is inviting students to its open house on **Wednesday, Dec. 9 from 3:30 to 5:30 p.m.**

The career and technical education programs offer rewarding experiences and the potential to earn a lucrative salary while also enjoying a great career. The department will be offering a variety of programs that help you get on the right path for the following careers: Accounting Clerk, Business General, Office Software Specialist, Computer Science & Information Systems, Public Safety Dispatcher, Health Education & Health Science, Marketing, Respiratory Therapy, Culinary Arts, Corrections, Hospitality & Tourism Management, Digital Media Arts and much more.

RSVP by Dec. 7 to reserve your spot. Contact Renee Nasori at 619-644-7704 or renee.nasori@gcccd.edu.

—**Alexis Arambula**

BOLTS BLOOD DRIVE

The San Diego Chargers were live and in full effect for the **37th Annual Charger's Blood Drive** at the Town and Country Hotel in Mission Valley on Nov. 24. Also on hand to lend their support were the Chargers Girls, as well as more than 20 other businesses, charities and media outlets to help support the cause.

The tradition began almost 40 years ago when former San Diego Chargers Hall of Famer Rolf Benirschke collapsed due to complications from ulcerative colitis, an inflammatory bowel disease. Benirschke immediately received two life-saving surgeries that required more than 80 pints of blood. In response, his teammates contacted the San Diego Blood Bank for what would become a yearly event. -

Grossmont's own Griffin Radio was also in attendance during the festivities, promoting the station as well as participating in numerous charity events. The station raffled off two tickets to the premiere of Disney's upcoming sci-fi epic, "Star Wars: The Force Awakens."

—**Rodney Ousley**

ADJUNCT RALLY

Part-time faculty push for campus equity.

BY ASHLEY STOUT

Campus Equity Week, a week of education and activism held all over San Diego County, shone a light on the plight of adjunct professors, part-time faculty who are often underpaid and lack job security. According to the event's blog, sdcampusequity.blogspot.com, higher education has become corrupt because it's corporatized, and **75 percent of higher education faculty are low-paid adjuncts**. Many argue that adjuncts face unreasonable working conditions, and it is jeopardizing student learning.

Recently a rally was held at Grossmont College to unite students and adjuncts in the battle for a better pay and conditions. Guest speaker Debbie Justeson, a Governing Board member, spoke about her past as an adjunct, adding "adjuncts have a special place in my heart." Justeson talked about her ups and downs as an adjunct, as well as the positives and negatives to get where she is today.

"Adjunct pay is not just a district issue but a state issue as well," Justeson said.

Grossmont President **Dr. Nabil Abu-Ghazaleh** said that **"all adjunct faculty is important faculty,"** emphasizing that it's really up to the student body and voters to make a difference and get adjuncts the proper pay they deserve.

"The better my full-time faculty and part-time faculty is doing, the better my students are learning," Abu-Ghazaleh said, adding that **student success is both the administration's and the adjuncts' priority.**



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BEAT-FACE BEAUTY

Check out this holiday's best new makeup sets.

BY SHERIDAN MARTINEZ

With Christmas just around the corner, beauty stops like Sephora and Ulta are really outdoing themselves by offering tons of new unique, limited edition holiday makeup sets. These value sets make an awesome present for fellow makeup-loving friends or an even better present for spoiling yourself. Here's my list of the top 10 of the hottest and best sets to buy this holiday season.

1. **Kat Von D Mi Vida Loca Remix "Studded Kiss" lip set.** Comes equipped with seven mini lipsticks and a full-size limited edition holiday shade— Gold Blooded. The mini shades include Noble, Halo, Bachelorette, Sexer, Wolvesmouth, Coven and NaYeon. **\$42**
2. **Tarte "Light of the Party" collector's makeup case.** An amazing deal with quality products, this set comes with 30 eye shadows, a bronzer, a blush, highlight, a mascara and a dual-sided blending brush— all in a collector's sequin case. **\$59**
3. **Anastasia Beverly Hills "Self Made" eyeshadow palette.** A limited edition palette that comes with 14 beautiful shades of eyeshadow – some matte, some glitter – along a dual makeup brush. **\$35**
4. **BECCA Cosmetics "Champagne Glow" palette.** A must have to highlight the holidays away, this set includes three highlighters: Opal, limited-edition Champagne Pop and Copper. **\$34**
5. **Too Faced "Le Grand Palais" set.** A beautiful storybook-like gift set that includes 18 eye shadows, two blushes, a bronzer, a highlight, a mini "better than sex" mascara, melted lipstick and eyeshadow primer. **\$58**
6. **Too Faced "Beautifully Blushed and Bronzed" set.** Includes two mini bronzers, two mini "Love Flushed" blushes and a limited edition mini kabuki blending brush. **\$25**
7. **The Original Beauty Blender Trio.** Three beauty blenders – original, mini and pro – for the price of two. **\$40**
8. **Sephora's Favorites Superstars.** This huge bundle comes with the best that Sephora has to offer including a beauty blender, two mascaras, two eyeliners (one liquid, one pencil), highlighter, primers, an eyeshadow and a contour makeup brush. All are highly coveted brands like NARS, Urban Decay, Tarte, Benefit and Make Up For Ever. **\$75**
9. **ULTA's "Be Discovered" 67-piece set.** That's right, 67 pieces of makeup! This steal includes 33 eye shadows, six gel liners, six glitter coats, dual-ended eyeliners, bronzers, blush, highlighter, lip glosses, primers, brow powders and several makeup brushes. All this for less than \$20. **\$19 (sale)**
10. **ColourPop Cosmetics "Kitty" matte lip set.** Includes five mini, limited edition new shades in a bundle for only one Andrew Jackson. **\$20**





Cozy Up to San Diego's Winter Weather

Story by Ashley Stout
Design concept by Shayla McCoy

With the temperature dropping to the nice low 60s, San Diego is finally ready to bundle up. But we are known for our hot weather, not for our cold. Don't freak out! Hold on tight, I've got all the essentials you need to look cute and cozy this winter. So stay warm this winter break, Griffins. It's going to be a cold one!

Ladies

Girls, staying warm this winter is not the problem. It's what to pick with so many options! Here's the breakdown for the cutest picks of the winter.

COATS: Cozy up in a sweater cardigan. Not only are they warm, they're also cute and match any outfit. They come in every color and style you can think of, from short to long. You will look cute and feel like you're not shivering to pieces.

LEGS: Get bottom heavy. Don't just layer your tops, layer your bottoms! Leggings underneath a cute pair of

jeans will not only keep you warm, but will also make your butt look bigger.

ACCESSORIES: Keep ears, hands and toes toasty. Classic earmuffs are back. They are warm, cute and stylish, and add a cute touch to the winter look you're rocking. To keep those hands warm, gloves are a necessity, but it may be hard to text. Don't forget to grab a cute and warm pair with texting dots. Want to play up those cute booties and tall boots? Add socks, socks, socks! Pull on ones with patterns, lace or trim—the options are endless and warm.

Gentlemen

It might seem hard to look manly but still warm, but it is possible and super chic.

COATS: Keep it warm, and keep it long. Peacoats are in. They're probably the warmest coat you can wear and come in all colors and designs. The long shape also makes you look taller, which is a plus.

SHIRTS: Layer up. Take on more than one layer this winter season. Pile on flannels, sweaters and long sleeves in different colors and styles to keep you warm and trendy.

ACCESSORIES: Scarves, scarves, scarves. They can be worn wrapped around the neck or just hanging on your shoulders. Whatever way you wear it, it will keep you warm.

Sleighing the Holidays

A SAN DIEGO SURVIVAL GUIDE

BY SHERIDAN MARTINEZ AND ASHLEY STOUT

This winter break for students is Dec. 14 through Jan. 25. With almost a month and a half off from school the possibilities are endless, especially living in San Diego. Here is a breakdown of all the things you can plan for your upcoming winter break.

1. **Spend December Nights.** Located at Balboa Park Dec 4 and 5 from 3 p.m. to 11 p.m. Think of it as an Oktoberfest, but in December and filled with nothing but Christmas stuff. Most of all it's free and fun, carpool with friends and start of December right.
2. **Go ice-skating.** There are several places this winter that offer ice skating and reasonably cheap at that. Check out, Horton Plaza Mall, Coronado, Joan Kroc Center and UTC Mall for ice skating.
3. **Plan a road-trip with friends.** Go rural by going up to Ramona or Julian, explore the city by going to Hollywood to see the stars or Venice Beach or visit Santa Monica for a beautiful view and mini escape.
4. **Dinner date.** Try new and exciting food with your friends at a new restaurant none of you have ever been before. Tip: Thai food is amazing if you've never had it before.
5. **Attend the 44th Annual Parade of Lights.** Check out the Parade of Lights at San Diego Bay Dec. 13 at 5:30 p.m. for a beautiful show of boats decorated in lights and X-mas decor. Don't forget to bring blankets!
6. **Light up the town.** Visit many of San Diego's lit-up streets. Many streets are decorated like it's the North Pole itself, so make some hot cocoa, get in that car and bump that Christmas music while driving through mini winter wonderlands like Garrison Street in Point Loma, Pepper Drive in El Cajon and Starlight Circle in Santee. A full map of all locations will be on sandiegofamily.com.
7. **Visit Holiday Wonderland.** For 12 lucky days in December, our very own Petco Park turns into a mini north pole. For the second year it is back and better than ever, walk around and see all the light displays, ride the polar express, meet Santa, and take pictures in front of the amazing 40-foot tall tree.
8. **Feel a little green.** The Old Globe Theatre holds a festive play every single year in San Diego. "Dr. Seuss' How the Grinch Stole Christmas" brings all ages together. And just outside the theater, it has been transformed into Whoville itself, so don't forget to snap pictures.

We truly are lucky to live in such a beautiful, amazing and festive town. So don't get bored this winter break— cozy up, and get going. San Diego is waiting for you!