

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | MARCH 2016



SPRING THINGS

WHAT DO YOU DO ON EASTER?

ALYSSA BLACKHURST

The convention WonderCon is always held Easter weekend, so that's where I'll be. It's a comic book convention with a layout almost identical to San Diego Comic-Con, except less A-list celebrities attend. I always end up "cosplaying." This time, I'll be Eli from "Metal Gear Solid V," Marvel's Hope Summers and DC Comics' Supergirl.

SEBASTIAN CAPARELLI

For me, Easter is about my sweetest friend, and God. The celebration of a resurrection, and also a renewal of all things for the better. No matter how bad things appear, starting over with a new outlook can be a great solution. So, never give up, only try a new route.

For Easter, my family and I usually just get together and have a big meal. Sometimes, if we're lucky, we'll even get Easter baskets! But for me, Easter isn't about the food or gifts; it's just about taking time out of all of our busy schedules to spend some quality time together. Also I like to get together with my friends and decorate eggs.

OCTAVIUS HUNTER

For Easter Sundays, I usually go to church service and eat some good home cooking. Afterward, you will find me spending time with my friends on my couch, drinking some brews, and watching some NBA since football season is over.

KEITH KING

My Easter is pretty chill every year. I start off with dying Easter eggs with my daughters, then an egg hunt for the kids in the family, and preparing a big soul food dinner for my family. I would prefer to go to church, but since it is normally the only day church is overly crowded, I just stream the service at home.

SHERIDAN MARTINEZ

I'm not religious, so I don't really have any Easter traditions. When I was a kid, my family and I went to church all day long, from sun up to sun down. We kept it pretty traditional and didn't really do the Easter Bunny stuff. But when I have kids of my own, I plan on making it more fun for them with candy and baskets.

RODNEY OUSLEY

Easter, like many other holidays, is an excuse for my family to eat a ton. After Easter mass, we all pile into a house together and have a lot of food, three hookahs set up, and drinks galore. We set up an Easter hunt for the kids, and take tons of pictures. It's also the time I get to catch up with all extended family I don't usually get to see as much.

ASHLEY STOUT

ALL OUR STAFF IN ONE BASKET

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Special thanks to the students of ART-175: Digital Imaging and Art, taught by Carmina Caballes, for lending their considerable talents to this issue. Illustration this page by Kimberly Heard.

Featured on the cover (clockwise from lower left): Jaqueline Valenzuela, Maddy Ringer, Ariel Banu, Brandon Vivero, Alicia Lahti, Kyra Baker, Giovanni Garcia, Gizmo Griffin and Henry Vu.



IT'S A HARD-PUB LIFE

There are a lot of things to do on St. Patrick's Day, from attending parades, running marathons and studying for midterms. But those of us who are 21 years and older can't wait to get out of class and turn it up after hours. Here are the top pubs in East County to celebrate the day without the downtown prices.

KELLY'S PUB

If you are looking for affordable drinks, games and a great time for St. Patrick's Day, look no further than Kelly's Pub. Recently remodeled, its great beer selection will give customers just one reason to party all day long. Other reasons include two pool tables, HDTV big screens, shuffleboard darts and a big jukebox. Kelly's is located on 719 E. Bradley Ave. in El Cajon.

BLARNEY STONE PUB

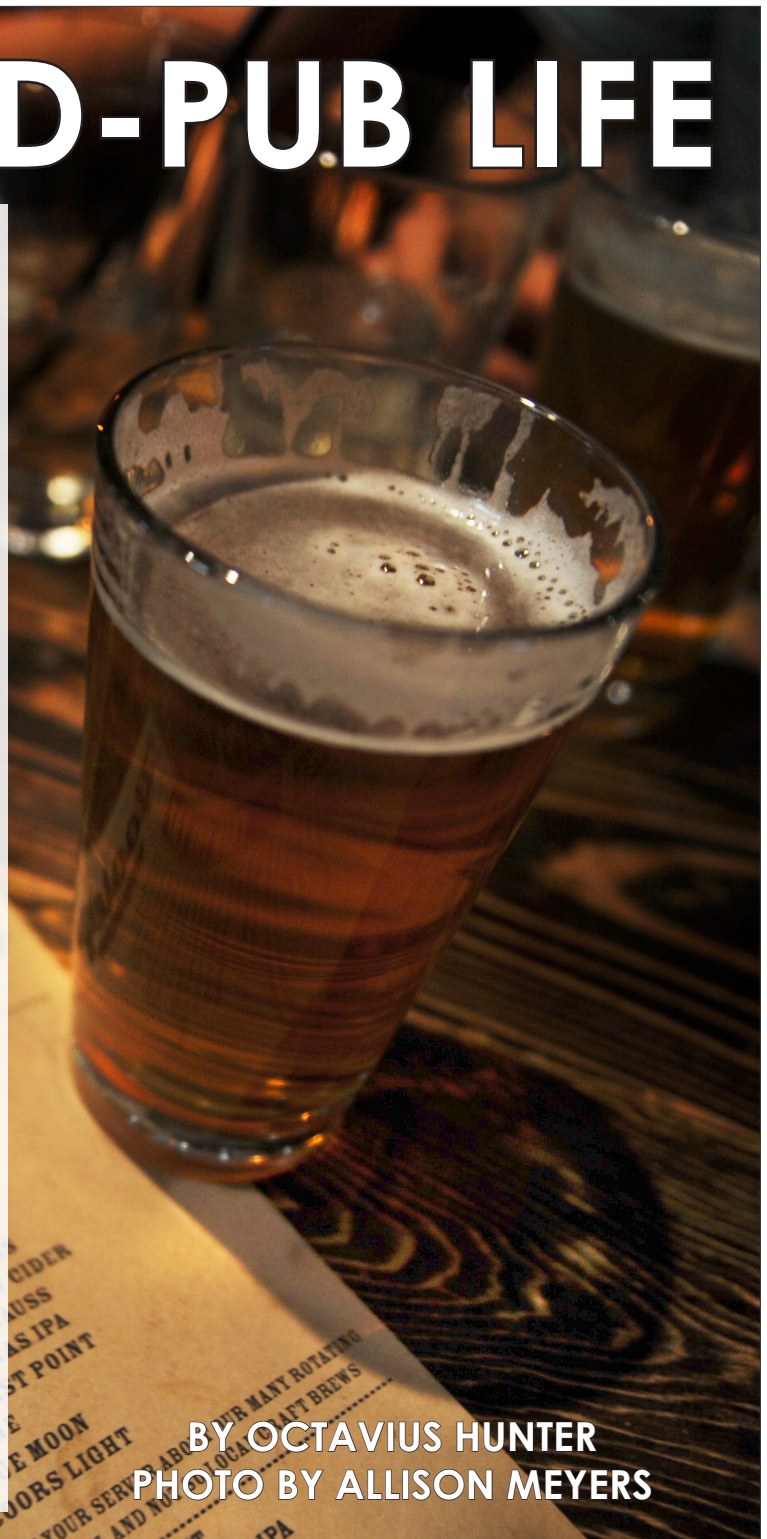
This is a more laid-back, hole-in-the-wall establishment. Hardcore karaoke singers will love it. With good service, great atmosphere, and cheap Guinness, there is no reason not to stop by 388 N. 2nd St. in El Cajon this March 17.

HOOLEYS PUBLIC HOUSE

St. Patrick's Day can get a little crazy at the Hooleys bars in La Mesa and Rancho San Diego. Expect a full Irish week starting Sunday, March 13 and ending Thursday, March 17. There will be live music, specialty drinks, and a whole lot of green beer. Bring your green attire for free prizes and giveaways. La Mesa's location is in Grossmont Center, 5500 Grossmont Center Dr., La Mesa. The Rancho San Diego location is in Rancho San Diego Towne Center, 2955 Jamacha Road, El Cajon. Check out hooleys.com for more info.

EFFIN'S PUB AND GRILL

San Diego's number-one college pub is an Irish-influenced establishment with live music, cheap Irish whiskey and good food. College students with IDs get specials on shots and selected beers on St. Patty's. Effin's is a great place for Grossmont students to meet up and mingle with other local college students. It's located one mile near the SDSU campus on 6164 El Cajon Blvd. Visit effingoodtime.com for more info.



BY OCTAVIUS HUNTER
PHOTO BY ALLISON MEYERS

DESIGNATED DRIVERS

BY RODNEY OUSLEY

Saint Patrick's Day is the notorious day when San Diegans let their inhibitions loose in a bottomless beer extravaganza. As always, California State Highway Patrol will be out in full force, protecting the highways from impaired, potentially dangerous drivers. While it is very easy to get lost in the spirit of the holiday, it is also important to take note of the dangers and consequences of drunk driving, as well as some of the benefits of taking one for the team, and ensuring your friends' and your own safety.

[CONTINUED ON NEXT PAGE]

DD-DO

HAVE A PLAN.

This one is for all of you bar hoppers. While some like to celebrate the day in an intimate gathering in their own homes, others like to head out and experience everything Gaslamp's ShamROCK Block Party has to offer. Since logical reasoning and problem solving skills are not the common side effects of alcohol, set up a contingency plan in advance for you and your friends to travel from place to place. BeMyDD.com offers hourly personal car service for as low as \$14 an hour. Split the bill with a group of your buddies and party guilt-free.

DRINK IN MODERATION.

Everyone has that friend who insists on getting as drunk as possible, as quickly as possible, and who usually ends up face down on the bathroom floor before the waiter comes back with the appetizers. Don't be that guy. It's extremely unlikely that anyone will be whipping out their handy-dandy BAC calculating charts throughout the night, but be sure to pay attention to the signals your body is giving you and recognize when you've had enough and need to slow down. Look out for your friends as well, and be bold enough to cut them off or confiscate car keys.

RECOGNIZE THE SIGNS OF ALCOHOL POISONING.

Irregular breathing, hypothermia (low body temperature), vomiting and repetitive loss of consciousness are telltale signs of alcohol poisoning. Seek medical attention immediately if you notice a friend exhibiting these symptoms. Contrary to popular belief, there is not a "miracle food" that will soak up the alcohol and black coffee will not revive someone from a near-comatose state. "Sleeping it off" is not a valid cure either, as victims can choke on their own vomit in their sleep. Exercise common sense and recognize a potentially dangerous situation when you see it. Don't hesitate to do the right thing, even if you're afraid of getting in trouble or disappointing your parents.

DON'T

ABANDON YOUR RESPONSIBILITIES.

If you commit, stick to it. Your actions can save a life. It's common for some to ditch their responsibilities midway through the night, but keep in mind the incentives for being the responsible one. Download the DDVIP app, an app from the California Office of Traffic Safety, to pinpoint restaurants and bars that offer freebies and incentives to designated drivers. Arguably the best reward is waking up the next morning, light and refreshed with your dignity intact, while your group of friends are heavily hung over and blissfully unaware of the embarrassing shenanigans that took place. Feel free to rub it in their faces; you've earned it.

DRINK AND DRIVE.

Despite the fact that yours and every other driver on the road's lives are at stake, DUIs are no joke in the state of California. First-time offenders can be sentenced to up to six months in jail, 10 months license suspension, mandatory three months of DUI prevention classes that are paid for out of pocket, and fines and penalties over \$1,000. And these fines are on top of court and lawyer fees, as well as the highly inflated car insurance costs you'll be paying. The average college student pays around \$3,000 for making the unfortunate choice of drinking and driving, which also does not included re-paying damages to property or injury liability. DUIs also reflect on your criminal record for 10 years, and can limit your future employment opportunities.

GRIFFIN GREENS

Celebrate St. Patty's on campus.

BY SEBASTIAN CAPARELLI

On March 17, we will be celebrating Saint Patrick's Day. Many will leave their classes to join friends at their favorite pub or house party. However, something fun is brewing right here on campus. Phi Theta Kappa, Grossmont's honor society, is planning an exciting event to unify all the clubs in a day of celebration for students and staff alike.

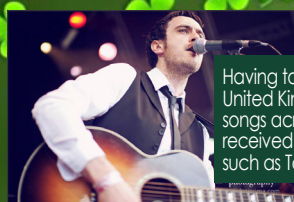
Though Saint Patrick's Day was celebrated more than a thousand years ago, it did not become big until Irish immigrants created vast celebrations to remain connected to their roots and help unify the American immigrants. The parades came next, started by revolutionary soldiers returning in victory from the war.

In this same great spirit, Grossmont College will welcome musicians Keith Mullins and Jasmine Commerce to Griffin Center, creating a rich dynamic of new original songs together with some beloved Irish favorites.

And although it was originally scheduled a few days earlier, the Inter-Club Council's Spring Festival will be joining in the same day, making it the best festival to date, with amazing music inside the Griffin Center and all the campus clubs joining in the celebration. Phi Theta Kappa has also teamed up with the Griffin Kitchen to provide some free stuff for students and staff to enjoy, as well, as a surprise or two for those who come.

Passports will be available at ASGC the day of the event for students to get stamped as they visit different clubs. Once it is completed, it will be their entry for several prizes. The grand prize will be a choice of an XboxOne, PlayStation4 or Amazon gift card.

[Full disclosure: Sebastian Caparelli is a member of Phi Theta Kappa.]



Having toured extensively throughout his native Ireland and the United Kingdom, **Keith Mullins** is bringing his beautifully crafted songs across the Atlantic. He has released two albums that received critical acclaim and has drawn comparisons to musicians such as Townes Van Zandt, Ryan Adams and Conor Oberst.

Jasmine Commerce is an artist in sponsorship with Taylor Guitars here in San Diego. She is the national grand prize winner of the Nine West's Vintage Voices National Songwriting award, and is listed as Acoustic Cafe's "One to Watch."



A BIT O' HISTORY

According to legend, St. Patrick used the three-leaf clover (or **shamrock**) to explain the religious concept of the Trinity.

The practice of **dyeing the river green** was started in Chicago by city officials in the early 1960s.

Corn beef and cabbage is an Irish-American dish. Many immigrants were so poor, it's all they could afford. Later it became a staple for the holiday. Lamb or bacon is still the traditional choice in Ireland.

The **color green** is a tradition derived from the Irish putting shamrocks in their lapels to celebrate Ireland in spring. Later, it was said that wearing green would protect you from being pinched by leprechauns.

KITCHEN WRAP-UP

| BY SEBASTIAN CAPARELLI |

March meals and the celebration of Saint Patrick's Day bring beef and cabbage back to the lineup on many menus. This month, the Griffin kitchen has some great things cooking, and, with St. Patty's in mind, will offer its own twist on the traditional Irish dish.

Historically in Ireland, beef was considered too valuable a farm animal to eat, reserving it for milk rather than a source of meat at the table. Bacon and lamb were the traditional meal served in Irish homes, until immigrants traveled to America in search of the dream.

Once here most lived such meager lives that celebrations like Saint Patrick's Day included only corned beef and cabbage. This meal has remained the tradition as a reminder of the solidarity between not only the Irish, but all blue-collar workers back then. The Irish were the backbone of our Industrial Revolution, and this meal was a reward many looked forward to, gathering with loved ones and friends each year.

Besides the holiday meal, Grossmont's kitchen will be adding three new dishes that taste as amazing as they look. We will be introduced to Caramelized Ginger Chicken with Kale and Jasmine Rice, a recipe by celebrity chef, Mai Pham, the owner and chef of the nationally acclaimed Lemon Grass Restaurant.

If this is not enough to interest your palate, the bacon, asparagus and baby spinach salad might do the trick. This one comes tossed with roasted garlic, red pepper vinaigrette, and is complimented by roasted asparagus, feta cheese, red onion, plum tomatoes, crumbled bacon and toasted pine nuts.

For the wrap enthusiast, there will be a California smoked turkey an aioli wrap on naan. Turkey and cheddar are rolled up with fresh avocado and topped with an aioli garlic spread.

But while Grossmont's kitchen is offering new fare, several students have said O'Brien's Pub in Clairemont has some of the best soup in San Diego. This warranted a trip, although fair warning: do not to attempt this trip at noon on a Wednesday, because the place is packed and parking is bleak.

Undeterred by the two-block walk, patrons will find O'Brien's to be a small-but-comfortable pub with a little patio. The recommendation by staff was the Cream of Potato soup, served with healthy chunks of ham and cheddar cheese that draped from each spoonful. The broth was creamy and delicious, and overall it's a great bowl of soup. Two thumbs up to this Irish pub.

Remember, eating well, studying well and sleeping are the keys to college success, so enjoy.



PAGE NOT FOUND

| BY SEBASTIAN CAPARELLI |

In Grossmont College's Direct Loan Request Packet, a student can find the many steps required in order to borrow the money necessary to survive while attending college. One of the first steps is to click a link to complete the entrance counseling in order for the application to be processed. The result of following this link is the display of "File not Found" on a lonely web page.

This phenomenon happens more often than not, and understanding burdens resting upon our college's staff makes it easy to be sympathetic; however, to that struggling student who hopes to transfer to an Ivy League college — or any other school, for that matter — more sympathy must rest.

In the case of the loan packet, a phone call or email to Kirstyn Wagner or Brenda Gates in financial aid will lead students back on the path of application completion so they can get back to focusing on the atomic structure of an atom.

However, this topic recently reared its ugly head once again in a recent discussion at the student center. The complaint on these students' lips is "broken links" and missing data in online courses, and, more so, instructors unwilling to acknowledge them.

When asked if they could show examples, laptops flipped open with an eagerness that fueled the need for this article to be written. Displayed on the devices were science, English and history classes within moments of making the request. One by one they demonstrated the issues.

One example is an online history class. Several videos assigned could not be viewed because of issues with the library website. The students opened Blackboard and went to course content in the Week Three folder. At the bottom there were two videos that were required for the class.

But when the links were clicked, the browsers opened to a History Channel website with the words "Page Not Found" in large gold letters.

What was most bothersome were replies that the students said they received from instructors unwilling to help or to acknowledge the broken links. For example, one email read: "All of our short

documentaries are working and fully operational. I check them all several times a semester. The issue is between your computer and Blackboard."

The instructor went on to say: "If you 'don't have time to troubleshoot' the issues that are specific to your computer's connection then perhaps online classes are not for you."

Still these videos are not available. Students on several different laptops, tablets and smartphones attempted to open the same links with the same results. To be thorough, six students entered the Tech Lab to try again, and the row of computers displayed the same screens. It is clear the students in some of these classes are facing brick walls with instructors unwilling to consider their concerns to access required material for which their tuitions are paying. But we all know that running an online class can be a lot of work, especially on top of other staff responsibilities, and many professors are eager to improve distance learning.

In a follow up to this story, Carlos Contreras, a history professor at Grossmont, was eager to find and resolve any issues with course content, and assured The Summit that some transitional media has been problematic, but instructors are working with the library to resolve issues quickly.

In a brief interview with Taylor Ruhl, dean of Library and Learning Resources, he said that this kind of information is important to them, and that they are strongly recommending instructor training for online course procedure to combat these issues. There is an orientation process for teachers who want to be involved in distance learning, and some are pushing for a mandatory training process for all distance learning instructors.

Contreras recommended grabbing the title of an article or another kind of unlinked media, and searching for it in the library database or on Google. College is an opportunity for students to practice and perfect their ability to take initiative in situations, and in so doing make strides in the professional careers awaiting them after graduation.

In the end, this article comes with at least one happy ending. All of the videos that were demonstrated at the beginning of the investigation were up and running at the time this article was written.



POP-UP POLITICAL PROPAGANDA

Internet memes offer shorthand to the political process. **BY RODNEY OUSLEY**

In a social media- and instant gratification-obsessed world, even the complex realm of politics can be represented in 140 characters or less.

An Internet meme (pronounced *meem*) is simply a phrase, action or idea that goes viral. The typical meme is humor-based, and describes the quirks of life, relationships or the celebrity world. These Internet images can vary from an inspirational quote from prolific 1800s author and poet Oscar Wilde, to a paparazzi candid of perpetually sour-faced rapper Kanye West, with the word "mood" captioned in the center. Next to digitally animated emoticons, memes are the easiest way for Internet users to express their thoughts and opinions without striking a single key on the keyboard.

For example, at a campaign event in Sioux City, Iowa, Republican presidential candidate frontrunner Donald Trump said, "I could stand in the middle of 5th Avenue and shoot somebody, and I wouldn't lose voters." Perspective voters who were not present at the event, or who somehow managed to dodge the endless flood of headlines in the aftermath of Trump's bold claims, were still treated to dozens of memes created mere minutes after the words were spoken.

"Anyone with the Photoshop app, a smartphone and a Twitter page can start an Internet fire," said former Naval Information Systems Technician Pete Bagley. Political smear campaigns have existed since the early years of yellow journalism, but in the digital age, negative one-sided propaganda



no longer needs to be funded by a politician's adversary to have an impact.

According to a study by the Pew Research Center, an estimated 72 percent of Americans used Facebook on a regular basis in 2015 were inundated with a steady flow of politically-driven ads from fan pages such as "All Things Anti-Hillary 2015" and "Liberal And Proud"

ahead of the 2016 presidential elections. These posts sparked countless debates in the reply sections of each photo. Many users regularly point out the inaccuracies and contrived facts in the heavily biased memes.

"They're funny and entertaining," said Grossmont student Danielle Prario regarding the many viral memes that appear in her social media newsfeeds.

"But they don't really influence me at all, because I want to make my own decisions," Prario continued. "I read them a lot, and I sometimes consider responding, but I don't because those people usually have really strong opinions and you're not going to change their minds because of my one comment."

Despite the heavy Internet traffic dedicated to polarized political humor, the U.S. Census Bureau is predicting low voter turnouts for young adults in the 18 to 24 range in the upcoming presidential election. Millennials are turning away from the traditional broadcast news format, and making social media, blogs and satirical late night talk shows their number-one news source. When news, entertainment and accessibility combine, the thrill of actively participating online rarely translates into the real world.

**PHI THETA KAPPA**
HONOR SOCIETY

I fly my geek flag proudly. Absolutely.



PHI THETA KAPPA

Join us on Fridays in the Student Center, upstairs. Bld. 60, 3p.m.
All Grossmont students and faculty are welcome to visit



BETATHETACHI.INFO@GMAIL.COM



ptk.org





Grossmont gamers discuss the universal appeal of video games.

BY ALYSSA BLACKHURST | ILLUSTRATIONS BY SAM BENTZ AND KIMBERLY HEARD

As technology has advanced, consumers have seen video game protagonists reimagined—from pixels and polygons to a more lifelike take on human beings. Though the characters are more polished, depicted in their character models, it is often debated whether their appearance truly resembles the gamers who endorse their creation or the society from which they are meant to derive.

Since there are plenty of male-driven, or male-centered video games, it becomes more reasonable to doubt just how much progress has been made. In consideration of women's history month, Grossmont students were asked to name their favorite leading ladies, whether or not they even played as female characters, and just how credible video games are when it comes to their universal appeal.

Grossmont student Dylan Miller shared his personal favorite playable video game protagonist: Faith Connors from "Mirror's Edge." Miller explained that while he liked the first "Assassin's Creed" game, the sequels didn't cut it for him. He said he believes Faith's design and mechanics cater better to the idea of assassins, which really interest him.

"In her story, she's delivering key items to those rebelling against a totalitarian government, while simultaneously trying

to save her sister," Miller explained. "It has parkour mechanics, like 'Assassin's Creed,' but it's in first-person view, which has always connected me more to a character.

"Plus, it flows," he continued. "I mean, when you do an action, you increase your speed, so you end up doing the next action more seamlessly, and it just really works—you feel like you're

I don't necessarily play video games for the gender aspect. Video games are so much more than that, and it shouldn't matter."

—Mary Garcia

doing these things. You're really with Faith, as Faith, and that's an incredible feeling."

But when it comes to making non-playable female characters, Miller believes developer "BioWare" is eons ahead of everyone else.

"They have so many good and compelling

ladies," he said, naming Morrigan, Leliana and Sera from "Dragon Age," and Tali and Jack from "Mass Effect." "Their physical features make things more realistic. They often don't look perfect or pretty. They don't look like video game characters."

Student Kelly Maine also found it hard to pick just one, but settled on Alice Liddell from American McGee's "Alice" franchise, especially from the second game, "Alice: Madness Returns."

"I chose her because in the game she isn't sexualized or placed in a role where she's just there to be mean; she's a person all in her own," Maine explained, emphasizing that video games have a bad habit of averting attention to certain aspects of a female's body. "In this game, you don't focus on her cleavage or revealing panty shots, which seems to happen far too often," she said.

Mary Garcia said she admired many female characters, including Lara Croft from "Tomb Raider" and Jade from "Mortal Kombat."

"I like Lara for being so adventurous and Jade for being loyal," Garcia said, adding that she also liked Zelda/Sheik from "The Legend of Zelda: Ocarina of Time."

"She's so mysterious, cool and strong," Garcia explained. "I admire how hard she fights for

the good of Hyrule and its people.”

Ellie from “The Last of Us” has been Garcia’s most influential female protagonist in recent years. “You start the game thinking, ugh, an escort mission,” she said. “Nobody wants an A.I. following them around, especially when they’re so glitchy.”

Garcia explained that the idea is even less appealing in the horror genre, and criticized character Ashley Graham, who you escort and save in “Resident Evil 4.”

“I just initially didn’t want to protect her, but then she ends up being really dependable and selfless,” Garcia said. “It suddenly wasn’t about my survival anymore. It was about hers, and I wanted her to succeed. She pushes you through what I would consider not so fun combat and gameplay.”

Fellow student William Johnson also chimed in with praise for Ellie’s character, trying to decide if he preferred her or Meryl Silverbugh from “Metal Gear Solid.”

“(Ellie) is probably the coolest 14-year-old in the world,” he said. “She’s quirky, determined and self-motivated. She starts off really innocent and naive, and then just completely transforms by the end of the journey.”

“So much happens and it’s done in such a carefully intricate way, that you grow really attached to her,” he continued. “And if you didn’t feel that, if you didn’t feel she was your own, the end of the game would mean nothing. And it’s a great ending.”

When asked if he typically plays as a male or female character, Miller said he preferred male characters, but only to better enhance his gaming experience.

“I think there should always be an option to have both male and female characters, but to give myself a more immersive gaming experience, I pick guys,” he said. “I want them to be as close in physical appearance to myself, so as to better imagine myself in that particular world.”

Maine said she likes to play as female characters, because she believes always playing as males is boring, since their similarities make them rather generic. “I do think more games should have an option of both a playable female and male protagonist, because it will appeal to a wider ranged audience, and also has the potential to make a larger profit. People really like diversity and customization.”

Garcia said she picks both, but leans towards female characters if she can.

“If there’s an option, yeah, I’ll be a girl,” she explained. “I want to look pretty in video games, but I don’t necessarily play video games for the gender aspect. Video games are so much more than

that, and it shouldn’t matter.”

Johnson said he had no preference and praised having characters with set genders: “I mean, having the option is nice, but I think some games do need gender specific protagonists. It would be really weird to me if you could suddenly play as a male Lara Croft (in ‘Tomb Raider’) or a female Master Chief (‘Halo’), for no reason other than diversity’s sake.”

Although the students could clearly determine a strong female lead that resonated with them, the question on whether video games had universal appeal still begged to be asked.

Miller explained that almost every role-playing game has the option for both males and females, and is open to either role: “Your character is just seen as the protagonist, not a gender. You’re just the ‘Inquisitor’ (‘Dragon Age: Inquisition’) or ‘Dovahkiin’ (‘The Elder Scrolls V: Skyrim’) or whatever. Nobody is, like, ‘Oh, the Dovahkiin is a girl? That’s totally lame!’ They’re just all, ‘Wow, you can breathe fire, slow time and kill everything. Who cares what you are, just don’t kill me.’”

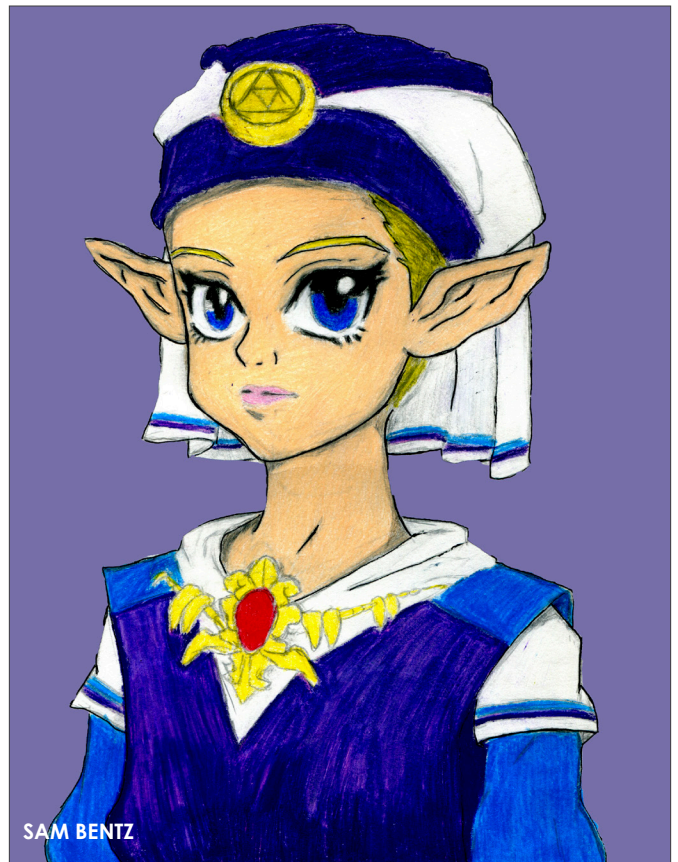
Maine also agreed that video games have a universal appeal, as the majority of the games being put out now have characters that cater to each demographic. “From your average bro, to girl gamers, and even to kids now. There’s so many choices of genres to choose from that connect with a wide audience. Lots of people look up to and feel a bond with certain characters, even with their diverse backgrounds,” she said, citing “Borderlands” and “Bioshock” as two examples.

Garcia channeled both Miller and Maine’s comments: “Video games definitely have universal appeal. There’s just so many out there, so it would be impossible to not like one. And a lot of them have these amazing characters who have a lot of depth, so there’s something out there for everyone.”

“You have to be trying really hard, or be super edgy to hate video games with all of the choices available to you,” she said. “Sure there’s room for improvement, but we’ve made it pretty far.”

Johnson agreed: “I think games appeal to anyone willing to give them a chance. More and more, we see games becoming interactive narratives, which should appeal to the same audience as films or books.”

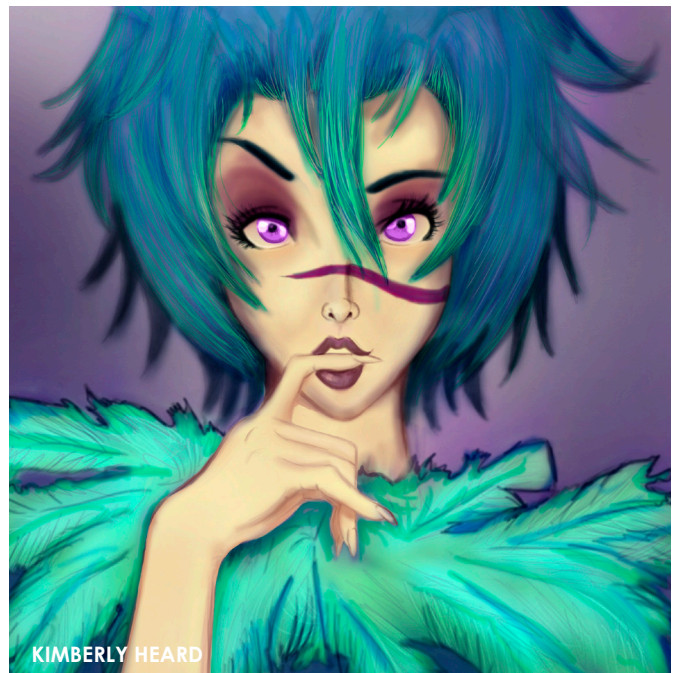
Johnson said he thought all a video game needs to do is simply finish what it set out to do. “I don’t think games should strive to ‘cater’ to any specific group or demographic, but tell the story and provide the experience they had envisioned,” he said.



SAM BENTZ

“I think games appeal to anyone willing to give them a chance. More and more, we see games becoming interactive narratives, which should appeal to the same audience as films or books.”

—William Johnson



KIMBERLY HEARD



TIMELESS IMPACT

This Women's History Month, we showcase the influence of women in the past, present and future.

BY SUMMIT STAFF | ILLUSTRATION BY MOLLY MORANZ

THE PAST

Women's rights activist
Susan B. Anthony
paved the way for
women to vote.

BY SHERIDAN MARTINEZ

Susan B. Anthony kept busy. In her time, she was an abolitionist, teacher, woman's rights campaign holder and a labor activist. She represented women positively from all different standpoints.

Anthony said she didn't think women would ever be taken seriously if they weren't able to vote alongside men. Alongside fellow suffragist Elizabeth Cady Stanton, Anthony founded the American Equal Rights Association, an organization that promoted equality between all races and sexes, and the National Women Suffrage Association, which prompted women to fight for the right to vote. Anthony's crusades made the biggest impact on our nation. She spent her whole life dedicating herself to fighting for women to be equal, have the right to vote, and, most importantly, to be free.

Sadly, Anthony died before any official laws regarding women's suffrage were passed. Her last words to a close friend were: "To think I have had more than 60 years of hard struggle for a little liberty, and then to die without it seems so cruel." Nearly 15 years after her death, Congress passed the 19th amendment, which allowed all adult women to vote.

Anthony was a true activist and will always be remembered for helping to give women the rights we deserve.

BY ALYSSA BLACKHURST

THE PRESENT

Malala Yousafzai is a role model for women of all ages.

At just 18 years old, Malala Yousafzai is a prime example of a human rights activist for women's education and an exceptional present-day hero.

Yousafzai grew up Pakistan, where the Taliban sometimes determine that girls of a certain age were forbidden to attend school. Rather than accepting the Old World ideal of being a homemaker, Yousafzai, at the mere age of 11, began writing a blog for the BBC under a pseudonym. There she was able to freely express her love of school, believing it to be a basic human right. As the Taliban's military hold grew, Yousafzai's name was exposed by a documentary made for The New York Times.

Though she feared her school would be attacked by the Taliban, she refused to stop attending, despite repeated death threats made against her and her father. In 2011, after receiving Pakistan's first National Youth Peace Prize, Taliban leaders made a

push to kill her. While traveling home on the bus the year after, a masked gunman entered, asking for her by name. Yousafzai was shot by a single bullet, which pierced her forehead, went along the curve of her face, then into her shoulder.

Despite being in critical condition, Yousafzai survived and became more determined than ever to expose the unjust and restrictive practices under the Taliban.

Her story soon spread internationally, captivating the hearts of more than two million people, who swiftly signed a right to education petition. The National Assembly ratified Pakistan's first Right of Children to Free and Compulsory Education Bill into law.

Since Yousafzai so strongly influenced the need for change, believing children's growth and continued respect essential to world peace, she garnered the Nobel Peace Prize, and is the youngest person in history to receive it.

THE FUTURE

BY ASHLEY STOUT

No matter who you are, you can pass on the torch.

As we move from the present to the future, will we stay the same, or grow and do more with our world? We have so much power within our grasps. So choose to grow, choose to be more, choose to expand your mind, and speak it without censure.

On this campus, we have amazing women who seek to see that more be done with the world, and with just a little inspiration the women of Grossmont can make the next big change. Will you join?

NAYA HANNA SOPHOMORE

What woman inspires you most?

Nicki Minaj, because she stands up for girls being confident and doesn't care about what people say about her.

What is a topic you think women need to stand up for more?

A topic women should stand up for more is the idea that all girls of all colors are beautiful the way they are. There's no box for beauty. Every nationality has something cute about it.

If you were the next women activist what would your goals be?

If I was the next women activist, I'd work with women of color and women of different body types to promote confidence and acceptance.

SUZY ZAVARO JUNIOR

What woman inspires you most?

Emma Watson.

What is a topic that you think women need to stand up for more?

I believe women need to stand up more for women's salary compared to men's.

If you were the next women activist what would your goals be?

If I were the next woman activist, my goals would be to stand up for gender equality, definitely. In my opinion, that's what any female activist craves. Equality.

SHANNON ROQUE JUNIOR

What woman inspires you most?

Misty Copeland, because she is one of the first African American ballerinas and principal dancers in the American ballet theatre. Oh, and my mom, of course.

What is a topic that you think women need to stand up for more?

Women definitely need to stand up more for gender equality— in jobs mainly, and in income.

If you were the next women activist what would your goals be?

My goals would be to fight for gender equality, mainly, and to change how women are viewed, as in how they're 'supposed' to act, dress, etc.



THE WOMEN'S TENNIS TEAM WORKS ON ITS THREE-PEAT. | PHOTO BY KEITH KING

This semester is moving fast. Spring has sprung, and Grossmont athletics are in full swing. Here is an overview of this season's sports programs.

WOMEN'S TENNIS

Current Record: 1-3 (1-0)

Dominant. That's the word you can use to sum up the Grossmont women's tennis team over recent years. They are the back-to-back Pacific Coast Athletic Conference Champions.

This year things may be a little tougher with a younger group coming in this year. Out of the 10 players, only two are returning after sending five players off to universities from that championship team.

Nevertheless, the team members are "always the favorites to win the conference," according to **Coach Megan Haber**.

The Griffins pulled out a tough 5-4 road win at Mesa College, and are looking to build on that and add to their experience on their quest for a third straight title. March 8 will be their highly anticipated rematch against Mesa. With this time being a home game, it'll be interesting to see how much the teams have grown since their battle earlier in the season.

We'll definitely have to keep our eye on their journey for the three-peat.

MEN'S TENNIS

Current Record: 1-3 (0-1)

After winning the first match against Santa Barbara 8-1, the men's program hit a tough path, losing its next three matches. With more than a half of this season left, there is still plenty of time to turn around misfortunes.

SOFTBALL

Current Record: 10-2-1 (1-0)

The team is on a four-game winning streak.

Rachel Everett is leading the Griffins with 20 hits and ranks third in the state with 15 RBIs. **Sierra Salazar** is ranked seventh with 14 RBIs.

Amanda Izzo is Grossmont's top scorer with 21 runs.

BASEBALL

Current Record: 2-5 (0-0)

Conference play begins Feb. 27 at Palomar. Last year's record was 18-18 (12-12).

Robert Bostedt has 15 hits, five runs, four RBI's and .556 average this season. **Tanner Perry** has 12 hits, six doubles, four RBIs and .429 average this season.

Alan Strong is 1-0, pitching 19 innings with an ERA of 2.37 and 19 strikeouts. **Donavon McCrystal** is also 1-0, pitching 10.1 innings, ERA 2.61 and eight strikeouts.

WOMEN'S SAND VOLLEYBALL

Grossmont finished last season as the Pacific Coast Athletic Conference champions and also finished second overall in state. This year, expectations should be championship or bust.

With the 2015 PCAC Volleyball Coach of the Year, **Jamie Ivers**, and 2015 PCAC Player of the Year **Brooke Callahan** leading the way, Grossmont Women's Sand Volleyball team are heavily favored to bring hardware home.

MEN'S VOLLEYBALL

Current Record: 1-0

The men's volleyball season is starting off on the right note, winning all three sets against San Diego Miramar 25-13, 25-13, 25-18.

Expectations are very high this season after capturing 2015 Pacific Coast Athletic Conference title.

WOMEN'S SWIM AND DIVE

The women's swim and dive team was named 2016 Pacific Coast Athletic Conference champions and California Community College Athletic Association Scholar team.

Every team member has excelled academically with a total GPA of 3.0 or higher. It's a great accomplishment, not only in competition but in the classroom as well.



It's time for March Madness!

BY KEITH KING

ILLUSTRATION BY MAURICE GHOSN

Selection Sunday is March 16, but people are already getting excited for this year's tournament.

For the first time in recent years, we are heading into March Madness with no clear favorite to win the big dance. Kansas, Villanova, Oklahoma and Virginia are the early favorites to be the top-four seeds, but North Carolina and Iowa are also making strong cases.

Early-season favorites Kentucky and Duke have had a somewhat difficult season due to injuries and inexperience, but of late they're gaining steam and are looking to make a lot of noise come tourney time.

Hometown favorites San Diego State University is currently sitting on the bubble to make the tournament at 19-7, but if they can somehow win their conference, look for SDSU to surprise some people as well.

All in all, expect this year's March Madness to have many surprises and be one of the most competitive tournaments we have seen. Expect the unexpected when filling out those brackets.

G-PICKS

Grossmont's basketball team weighs in.

Kaelen Mitchell (Sophomore): Oklahoma
Larry Stokes (Freshman): Kentucky
Le'Andre Powell (Freshman): Texas
Luke Jackson (Sophomore): Arizona
Corwin Ferick (Freshman): Michigan State
Marcos Meza (Sophomore): Michigan State



[Rod's Reel Referrals]

BY RODNEY OUSLEY

RATED

R

RESTRICTED



UNDER 17 REQUIRES ACCOMPANYING
PARENT OR ADULT GUARDIAN

The Motion Picture Association of America (MPAA) has a long-standing tradition of moderating the amount of sex, profanity and gore that makes it into the final cut of American cinema. Films are delegated to letter categories ranging from G (general audiences) to X (no one under 17 permitted) to gauge the age appropriateness of the audience. The R rating, delegated to film that require viewers under 17 to be accompanied by adults, is often the target for films with the most risqué content that the film's creators still want to avoid getting banned from theaters across the country. This month's picks highlight the films that are equally controversial as they are compelling.

THE PASSION OF THE CHRIST

Directed by Mel Gibson. Starring Jim Caviezel, Monica Bellucci and Maia Morgenstern. 2004.

The most prolific persona of the top-selling book of all time takes center stage in this film, which is an unabashed look into the final days of the Son of God. Caviezel stars as Jesus of Nazareth, the central figure of Christianity who exchanges his own life for the pardoning of the sins of mankind. The audience takes witness to the events preceding Jesus' eventual death by crucifixion, by examining his most private moments as he comes to terms with his own destiny, as well as the treacherous act of one of his closest followers that delivers him into the grasp of his enemies.

The gruesome portrayal of Jesus' 12-hour crucifixion is what sent this film over the edge and into dangerous territory with the critics. Jesus is savagely mocked, beaten and violently adorned with a crown made of razor-sharp thorns before being nailed to a wooden cross at the delight of a ravenous crowd. Never before had the sacrifice of Christ been displayed in such meticulous detail in film, prompting naysayers to question if the overall message of the film was somehow lost in the barbarism.

BLUE VALENTINE

Directed by Derek Cianfrance. Starring Ryan Gosling and Michelle Williams. 2010.

Young love is examined in this ghastly authentic dramatic love story. In direct contrast to sweeping romantic epics such as "Titanic" or "The Notebook," this film chronicles the gradual dissolution of marriage between young lovers Dean (Gosling) and Cindy (Williams.) After a chance meeting under unusual circumstances, the couple falls in love and soon after discovers Cindy is pregnant with a baby that may not be Dean's biological child. After a violent encounter with Cindy's ex, the two embark on a life together filled with uncertainty.

As years go by and tensions build due to the individual sacrifices both have made over the years to keep their fledgling marriage afloat, the couple makes a last ditch effort to save their relationship with an impromptu romantic weekend. Their frantic efforts to revive their nearly non-existent sex life during their stay in a seedy motel is presented in excruciating detail, and nearly prompted the censors to label this film with the NC-17 rating.

DJANGO UNCHAINED

Directed by Quentin Tarantino. Starring Jamie Foxx, Christoph Waltz, Kerry Washington and Leonardo DiCaprio. 2012.

This edge-of-your-seat revenge fantasy is inspired by historical events. Django (Foxx) is a black slave, recently branded and sold as punishment for the failed escape attempt of he and his wife Broomhilda (Washington), set two years before the abolishment of slavery in America. After befriending German dentist-turned-bounty-hunter (Waltz), the two men embark on a journey to rescue Broomhilda from the nefarious slave owner Calvin J. Candie (DiCaprio).

Gratuitous violence in a Tarantino film is to be expected, but the unwavering director kicked it up a notch, particularly during the many torture scenes of the long-suffering Broomhilda. If excessive violence towards women wasn't enough, the film's overly liberal usage of the "n-word," a common phrase to categorize African-Americans during the film's time period, shocked 2012 audiences and stirred up conversation as well as controversy.

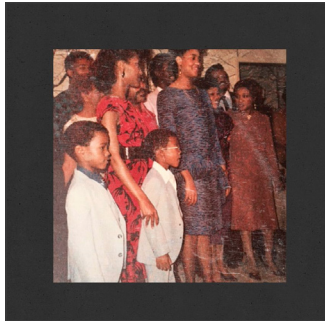
HIP-HOP NEVER STOPS

Check out these new fire hits.

BY OCTAVIUS HUNTER

KANYE WEST *30 Hours*

Kanye's tweet "album finally finished now back to good Friday's" left thousands of fans a hint that his latest album "The Life of Pablo" was releasing soon. With more complex bars and a sample of Arthur Russell's "Answer Me," West's track "30 Hours" is about the then up-and-comer rapper driving from Chicago to Los Angeles to meet a longtime girlfriend.



KANYE WEST *No More Parties in LA* Featuring Kendrick Lamar

West's new single, "No More Parties in LA" takes him back to his original style. Without the assistance of auto-tune or voice-altering devices, many of his supporters are finally satisfied that he is rapping again. With Kendrick Lamar, this track truly has a "West Coast" vibe. With two of the top rappers collaborating for the first time, there's a lot to expect from this track.



MEEK MILL *Pray for Em*

Meek Mill recently dropped a four-song EP "4/4" and in it, he dishes numerous shots against rival rapper Drake. In "Pray for Em," the Philly rapper is defending fellow MMG artist Rick Ross by taking jabs at 50 Cent.



DRAKE *Summer Sixteen*

Drake's new diss track is not all about Meek Mill. In fact, his verses go after Jay Z, Kanye West and even the president of the United States—especially, after President Obama said that Kendrick Lamar is a better rapper. Drake also mentioned that he will dominate the rap game in the summer of 2016.



KENDRICK LAMAR *Untitled 2*

Appearing on "The Tonight Show Starring Jimmy Fallon" in January, Lamar performed his newest track instead of promoting his 11-time Grammy-nominated album "To Pimp a Butterfly." On the track, Lamar analyzes his upsurge in hip-hop with his fellow TDE members.

FUTURE *March Madness* Remix featuring Nas

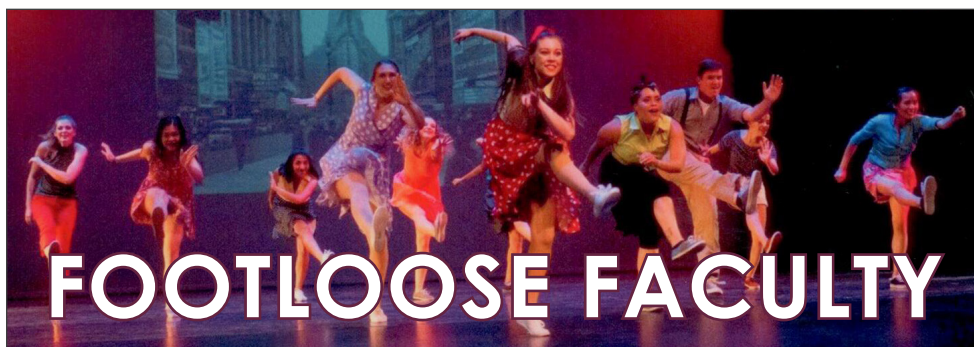
Future's single "March Madness" was such a big hit in 2015, a remix was inevitable. But no one expected Nas to be on the track. With one of the all-time greats, Future's rhymes prove that hip-hop is still alive in today's generation.



YO GOTTI *Down in the DM* featuring Nicki Minaj

The 34-year old rapper made a comeback on the top 100 Billboard's charts at the number-one spot. With his gutsy lyrics about Angela Simmons (Rev. Run's daughter) and Nicki's disses on Miley Cyrus, this single is no shortage on storytelling. Social media is mentioned in this track as a vital part of the world.





A faculty-choreographed show takes the stage in April.

BY SHERIDAN MARTINEZ

Grossmont College's Dance Department will showcase its annual faculty-choreographed spring concert "Entrances and Exits" this April. Many dance genres will be displayed in the show, including modern, jazz, ballet, tap-ballet and hip-hop.

Dance instructors and faculty who will be participating include Kathy Meyer, Melissa Adao, Colleen Shipkowski, Blythe Barton, Debi Toth-Ward, Lesa Green, Marta Jiacoletti, Nancy Boskin-Mullen and the newly-named dance department chair David Mullen.

"The show is valuable," Mullen said. "It continues to prepare students how to perform in front of a live audience."

The show will take place April 21, 22 and 23 at 7:30 p.m. at the Joan Kroc Center in La Mesa. Tickets will be available at the door for \$15 cash. Presale tickets may be purchased through the dance department for \$12. For more information, call 619-644-7766.

WRITERS, TAKE YOUR MARKS

Write-a-thon will raise funds for the literary arts festival.

BY SEBASTIAN CAPARELLI

The Creative Writing Department will be hosting a Write-a-thon in the Tech Lab on March 12 from 8:30 a.m. to 5 p.m. The day-long fundraising event of writing activities will empower Grossmont College's writing community and help to bring critically acclaimed authors to the Literary Arts Festival in April.

Participants and their sponsors pledge amounts based on hours spent at the event, but lump-sum donations are also accepted. Participants will receive a continental breakfast, lunch and special gift for coming, and a variety of prizes will be awarded, including a laptop computer.

Julianna Cardenas, the advisor for Grossmont's Literary Journal The Acorn Review, will be there to answer question about submitting art, poetry and short stories for consideration in the publication. This year will be the first year that submissions will be opened up to all San Diego area writers and artists. Additionally, prizes will be awarded to the editor's choice in each category of the publication.

Both the literary journal and the Write-a-thon are great ways to explore your writing and artistic side with like-minded people.



Grossmont's Speech and Debate Team brought home the awards at a tournament held at SDSU on Feb. 27-28. The team took second place overall, thanks to its pile of individual medals.

Xavier Daniels and James Jovanovich won first place in the Open Division Duo; Daniels also won second in Junior Division Impromptu and third in Open Division Prose, while Jovanovich also placed second in both Open Prose and Open Program Oral Interpretation.

In the Junior Division, Jonah Naoum took first for Impromptu and second for Extemporaneous. First-time competitor Alexis Groves placed third in Impromptu.

Ali Majed took home first in Open Division Impromptu and second in Extemporaneous, while Esau Cortez took the bronze in Open Division Impromptu.

NUTRITION MISSION

We've got tips to keep you in tip-top shape for National Nutrition Month.

BY KEITH KING

What better time to start practicing healthy eating habits than National Nutrition Month? Get started with these tips.

- Studies prove that if you have a salad as an appetizer to your main course, it will make you more full, and decrease the chances of you lusting for that calorie-filled dessert.
- If you're a chicken lover, then this may ease your mind. Chicken can still be a big part of your meal, just prepare it a little different. Instead of chicken wings or thighs, go for skinless chicken breast. Still tasty and fulfilling, yet much healthier.
- Tips for healthy drinking? Yes, there is such a thing. One tip is to try and avoid overly sweet mixers like margarita mix and juice that is high in fructose corn syrup. Instead, try using natural fruit juice with no sugar— or even try water. And Believe it or not, clearer is better. Studies show that vodka, gin, tequila and light beers are much easier on your body, and lower in calories than whiskey, bourbon or even red wine.

Hopefully, this month will springboard us into not just healthy for a lifetime. Enjoy!

HEALTH EVENTS

Health Services

Every Wednesday beginning March 9, health services will be provided from 10 a.m. to 5 p.m. Services include a dietitian and assistance with health care insurance programs.

Sexual Assault Prevention Awareness

On March 17, the Center For Community Solutions will be on campus to speak to students about sexual assault prevention, education and advocacy. There will also be sources for emergency shelter or transitional housing, and legal services.

Suicide Prevention Training

Q.P.R. stands for question, persuade, refer. It's a free training for suicide prevention that will be held March 29 in Griffin Gate (Building 60). There will be three trainings held at 9:30 a.m., 1 p.m. and 5:15 p.m. For more info, contact juliette.harrington@gcccd.edu.



WE NEED YOU

Step up and take charge by running for student government.

BY ASHLEY STOUT

The Associated Student Government of Grossmont College needs new leaders to improve our campus life. The student elections are coming up on April 5 and 6, but what are elections without the students?

ASGC is looking for someone that displays strong leadership skills, wants to make changes around campus, wants to be a known voice on campus, and just wants to make positive differences for Grossmont. If you qualify for one or more slip into the Office of Student Affairs, located in Building 60-204, or the ASGC office, located in 60-110, and grab an election slip.

If you know anyone with such strong qualities that the ASGC is seeking, please push them to run. ASGC is seeking out for diversity within students.

Joining ASGC could be the highlight of your college career if you let it be. You can leave your mark on campus for many years to come. Not only do you help the campus, but you also learn all the inner-workings of the college and district.

If you want in on all you can be getting from joining ASGC, stop on in to the ASGC, Inc. Board Meetings that are held Tuesday and finance meetings held Thursdays during the spring semester, from 8 to 9 a.m. in the ASGC, Inc. Board Room.

Don't forget! Elections are held online April 5, starting at 12:01 a.m., to April 6 at 11:59 p.m. Make a difference for our campus and vote!

Have questions? Contact Student Affairs at 619-644-7600.

GROSSMONT BRIEFING

Active Shooter Training

Grossmont College cares about its students' safety. Considering multiple school shootings throughout the country, the school is taking precautions to prepare for an emergency. The sheriff's deputies and Campus and Parking Services (CAPS) have organized a training video screening, a discussion about what to do in the event of an active shooter, and what to expect from law enforcement personnel upon arrival.

Students, faculty and staff are invited to participate in the training, which will be held March 9 from 3 to 4 p.m. in Griffin Gate (Building 60). The seminar will be held again at Cuyamaca on March 17 from 1:30 to 2:30 p.m. at the Cuyamaca College Student Center. Some light refreshments will be provided at both events. *—Alyssa Blackhurst*

Radio Student Wins National Recognition

Griffin Radio's Student Program Director Eric Lohmeier will receive the third-place award in the Audio Production Category for the Broadcast Education Association, a national competition. The awards ceremony and showcase will take place April 17 in Las Vegas. Following a tradition of awards for Grossmont College's radio winners, Lohmeier will be the only winner from a two year college. *—Sebastian Caparelli*

Hockey Game for Students

AlumniFest is hosting an ice hockey game between the San Diego Gulls and the Bakersfield Condors on March 11 at 7 p.m. at the Valley View Casino Center. The event, which is open to anyone who has attended a San Diego community college class, is sponsored by the Foundation for Grossmont and Cuyamaca Colleges. Its goal is to increase the awareness of community colleges, while developing future donors in a fun and family-friendly way. Tickets for Alumnifest are \$10 for students and include a pre-game tailgate starting at 5 p.m. There will be a special chance to ride a zamboni, so be sure to purchase tickets before they sell out at AlumniFest.org. *—Alyssa Blackhurst*



Monthly Transit Passes on Sale Now!




Unlimited rides all month long!

Current, valid college student picture ID required.
No replacements for lost, voided or stolen stickers.

\$57.60

On sale at the Activities Office, Student Center.

 SDMTS
 @sdmts
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• Trip Planning: sdmts.com or (619) 233-3004



LIT ON A BIT

Don't let a small budget derail an awesome spring break.

STORIES BY KEITH KING | IMAGE BY SIERRA FRANK

We all have been guilty of wanting to party harder than our funds will allow, but let's think about it: We study hard and come to school for countless hours that drag on and on. We deserve some well-needed play time just as much as anyone else. So here's some ideas of how to enjoy your spring break as a student without emptying your pockets.

CARLSBAD LAGOON

Let's be honest, we're winning because we have the luxury of beaches and great weather. Why not enjoy it and go jet skiing for \$70 for a half hour, kayaking for \$15 an hour, canoeing for \$20 an hour, or aqua cycling for \$30 per hour?

LOS ANGELES

Are there any better options than the entertainment capital of the world? It's only a two-hour drive— or even better, ride on the Greyhound or Metrolink. It will cost no more than \$20 and, more importantly, save you some dollars on that gas tank. Once you get there, you have the choice of going down to downtown and seeing places like the Staples Center and LA Live, or heading out to Hollywood on the Metro to visit the Walk of Fame and the many other attractions Hollywood is known for. Or go a little further to Universal CityWalk and stop at the local bars within walking distance of Universal Studios. There's no telling who you're likely to run into.

LAS VEGAS

If you like to really party, what could possibly be better than Sin City? A Greyhound ride to Vegas can cost you less than \$50, and let's not forget the best things about Vegas—the free drinks and the cheap buffets at the casinos. We definitely cannot forget about the delicious buffets in Vegas. Start with Rio's Carnival World & Seafood Buffet, which boasts more than 300 different entrées for only \$25.

Hotels offer reasonable prices as well. You can stay in nice hotels on the strip like the Stratosphere, New York New York, The Mirage and Hard Rock Cafe that range from as little as \$70 to \$100 per night on certain days.

Another favorite of Vegas is the pools. Almost every hotel has free pools, where you can relax, have some drinks and enjoy the scenery. If you're looking to really party in the day time, options are not limited. "Rehab," the most popular day beach club in Vegas, is located inside the Hard Rock Hotel. There's good music, great drinks and tons of people. Or enjoy the luxury at Tao Beach, located on the roof of The Venetian hotel.

Ladies, great news for you—the clubs are practically free. Fellas, not so much, but after a night of partying in Vegas, who really thinks about spending an extra \$20 to get in a club, right?

G-RATED SPRING BREAK

Check out these family-friendly options.

In a perfect world, we would all like to be able to party and lounge around on the beach for spring break, but that just isn't the reality for some of us students who have children or spouses. So for those of you who have family obligations over your spring break, here are some family-friendly ideas.

BELMONT PARK

Rides, restaurants and bars with a nice happy hour—it sounds like a win-win situation for the entire family. Admission is free, and wristbands for unlimited rides and games can range from \$25 to \$49 for children and adults. Stop by some of the family restaurants like Belmonty's, The Sweet Shoppe and Beach Treats, and even Hot Dog On A Stick. For the adults, make sure to check out Cannonball, the rooftop bar. A couple more to try is Wavehouse and Draft.

SAN DIEGO SEAL TOUR

The kids are sure to love this one. Cruise the San Diego Bay, seeing not only seals, but also sightsee the Midway Museum, Lindbergh Field, the naval air station and the naval submarine base.

THE NEW CHILDREN'S MUSEUM

Located downtown, this museum is open daily from 10 a.m. to 4 p.m. For \$10 entry, you can enjoy some nice art, wall climbing, a paint studio, a paper art studio, a bubble lounge, and many more activities that will allow your children to use up all of that extra energy they have. For more information, visit thinkplaycreate.org.

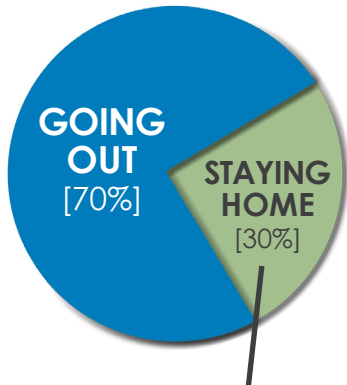
EASTERPALOOZA

Experience egg hunts, a petting zoo with live bunnies, music, arts and crafts, magicians, and portraits with the Easter bunny. Admission is free, and, for a parent is there really anything better than the "F" word? This event will be held at the Handlery Hotel from March 18 to 20.

SPRING PLANS

What are you doing over break?

COMPILED BY SUMMIT STAFF



"When's spring break again? Just kidding, I know when it is, and I'll be staying home. I'm a turtle, an old turtle."



STEPHANIE ACOSTA

RAYE: "Visiting family up north and hitting up Sky Zone."

ANDRADE: "Working... and going to Sky Zone."



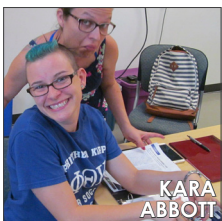
GAIL RAYE AND BRANDY ANDRADE

"I'm going to Big Bear to get some R&R."



JORDAN BUNDLE

"Planning for transfer to Stanford or Cornell, studying and lots of bar trivia."



KARA ABBOTT

SUIT UP

Follow these DOs and DON'Ts of beach life.

Spring break is on the horizon, and you know you want to rock that new bod you've been working on or flex those muscles for all the beach to see. The choices for bathing suits gets trickier each year. What is flattering? What's not? So many choices, so little time.

Don't fret, we've got the bathing suit picks you need in your life. Go for these and you won't be the next victim of shameless teenagers Snapchatting you in an unflattering bathing suit. Rock those sandy buns!

OH NOS!

BY ASHLEY STOUT

OH YEAHs!



@SWIMSUITSFORALL.COM

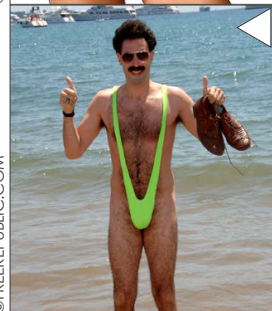
POLKA NOT: In the wonderful world of patterns, there so many choices, and so many mistakes. Polka dots are the most unflattering pattern of all. They make you look wider, especially in various colors.



@CLOSETREFILL.COM

SPRING HAS SPRUNG: Spring has exploded onto women's and men's suits. Floral patterns in many variations and colors flatter all body types, and the vibrant colors of the flowers bring out your tan like never before.

BUTTONS, CHAINS, ZIPPERS, LIFT OFF: Strap in tight, you're going for a swim! Many bathing suit designers have a fascination with accessorizing more than necessary. A bathing suit is supposed to be cute and simple, getting your hair — or your private parts — caught in them is not cute. Save yourself some tears and get a simple suit.

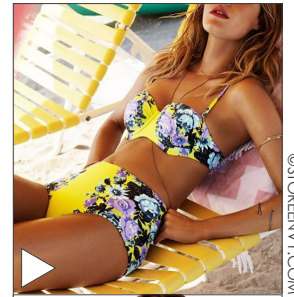


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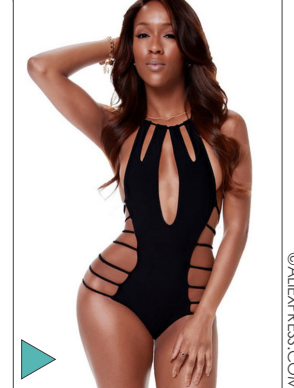
WORK THOSE CURVES: Cutouts in bathing suits are cute and there to work your best angles. Whether it's a deep V-cut, side cutouts or a deep-lunging back cutout, these strategic holes flatter the areas where you want to show just a little bit of extra skin.

TEENY WEENY KINIS: This goes out to all the boys: Less is not always more. We like confidence, and in many cultures this may be comfortable, but in 'Murica, Speedos are not in. Skin-tight, wet and all up in your business—is that really comfortable?

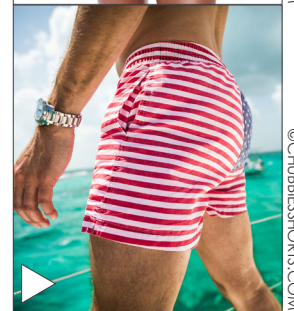
CHUBBIES: This is the length all the boys are sporting. Not as small as a Speedo, but not as long as board shorts, chubbies come in all colors and patterns. With their flattering length, they are the hottest thing on the market.



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LATHER UP

This spring break, don't forget to throw on that sunscreen—or tanning lotion for those trying to get extra bronzed. Any type of sun protection is better than none. According to skincancer.org, "About 90 percent of nonmelanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun." So lather it on, especially if you are in for some long sunny days.

EASTER SCRAMBLE

Get a jump on your Easter baskets with these college-friendly treats.

STORY BY SHERIDAN MARTINEZ AND ASHLEY STOUT

Easter is just a hippity hop away at the end month on Sunday, March 27. Those of you who are planning on making Easter baskets for friends this year may be looking for some good-but-inexpensive things to include. Don't worry, The Summit has come to the rescue! Here are some goodies for a budget-friendly college student Easter basket.

Candy: Of course! Mini sizes come cheap at the grocery store and there are variety bags as well.

Pencils, Gel Pens or Sticky Notes: As college students, we could always use more writing utensils and school supplies.

Starbucks Via Instant Coffee: These packs usually contain three to five packets of pre-made coffee you just mix with water. Your Starbucks-addicted friends will appreciate it.

Snacks: You never can go wrong with treats like popcorn, chips or granola bars.

Gift Cards: When it comes to saving money, nothing goes unappreciated. Whether it's cards for eating out, buying books or seeing movies, the options are many and pockets will thank you.

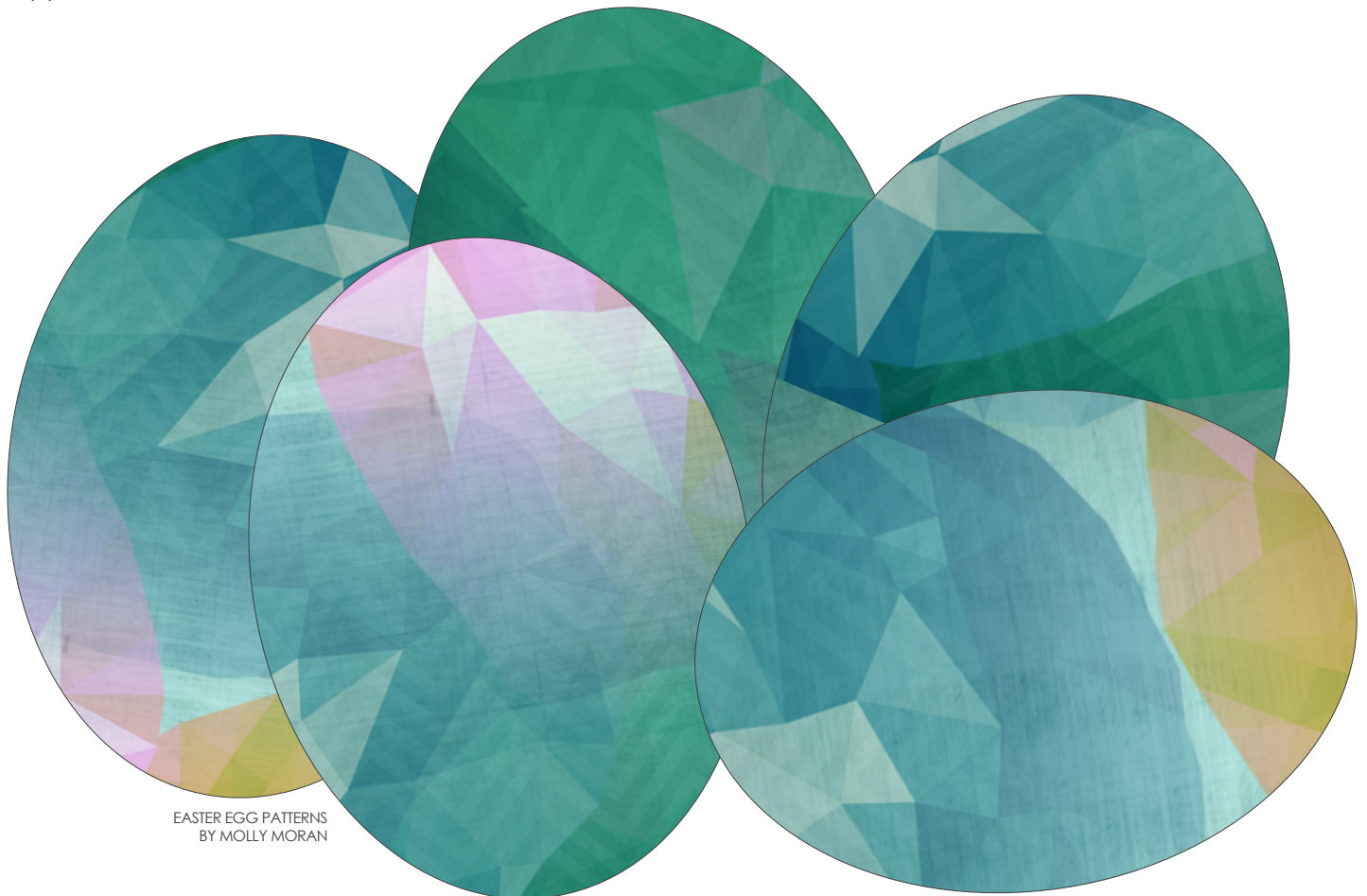
Netflix Membership: Nothing makes a student happier than a excuse to

avoid studying and homework by binge watching shows on Netflix. This will hands down be the best thing you can get for you college student.

Coffee Mugs and Tumblers: For those mornings you know they are gonna need coffee after pulling an all-nighter, either for at home or on the run back to school.

Body Splash: For men and women, throw in something to give them a splash of an amazing scent. Bath & Body Works has many affordable and amazing-smelling options.

So get to stuffing, because Easter is right around the corner, Griffins!



EASTER EGG PATTERNS
BY MOLLY MORAN