

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | NOVEMBER 2016

FEAST YOUR EYES



ILLUSTRATION BY BATOUL RUBAIE

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The SUMMIT

A publication of Grossmont College's
Media Communications Department.
Vol. 43 | Issue 3 | November 2016

SUMMIT STAFF

Editor-in-Chief: Alyssa Blackhurst

Deputy Editor: Ryan Grow

Staff Reporters

Kyle Cascante, Michelle Davis,
Symon Goro, Brandon Sumrow,
Kristelle Villa, Daniel Zaragoza

Senior Editors

Sheridan Martinez, Ashley Stout

Designers

Batoul Rubaie, Regina Rubaie

Adviser: Jeanette Calo

GROSSMONT-CUYAMACA COMMUNITY COLLEGE DISTRICT

8800 Grossmont College Drive
El Cajon, CA 92020
619-644-7454 | grossmont.edu

Governing Board Members

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Contact us at

summit@gcccd.edu



@gcsommit_



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THE ELEPHANT IN THE ROOM

The upset that upset a nation.

BY BRANDON SUMROW



The results of the election came as a great surprise to many across the nation when Donald Trump upset a highly anticipated win for Hillary Clinton. This marked the finale in what was an historic, often chaotic, election.

Clinton represented an insider in politics, while Trump was the ultimate outsider. Due to a widespread distrust of politicians, many Americans saw Clinton as part of the current problem with politics. A cog in a broken machine. Her experience, which she heavily pushed during her campaign, was seen as an unattractive quality to those who favored the outsider.

The vote to be won this election was that of working class whites, the silent majority. On election night, Trump surprised Americans and the observing international community by winning Florida, Ohio and Pennsylvania. Finally, Wisconsin pushed Trump past the 270 electoral votes needed to secure the presidency. Trump's message was heard in the Rust Belt by their silent majority.

Leading up to Election Day, national polls did not reflect Trump's popularity. In fact, Clinton received more of the popular vote than Trump. But due to the Electoral College system and Trump's ability to win key swing votes, he came out the victor.

Trump's message carried through much of America despite his frequent misogynistic and racist comments during the campaign. Caroline Hyatt, a student at Grossmont, said she was "disappointed that Donald Trump was elected president because his campaign perpetuated the degradation of different social groups, including groups that are already marginalized."

To date, he has called Mexican immigrants "rapists," gotten into a verbal battle with the pope, made lewd comments about various women and most notably, proposed a ban on Muslim immigration, just to name a few remarks that would have buried any other candidate. But Trump's ability to walk away from one insulting statement after another unscathed continued up until election day, when he won Iowa after publicly calling Iowan voters stupid earlier in his campaign.

The Republican Party overwhelmingly won the House of Representatives and narrowly won the Senate. Additionally, a Republican presidency also means a conservative Supreme Court justice nominee. This will push the court to the right. Grossmont student Edward Delfert said he "had hoped there would be more balance, and not a total Republican win."

However, with across the board victories, Republicans now firmly hold all three branches of government.

Academic institutions have shown sympathy for the outcome of the election by hosting programs such as decompression activities like coloring, group discussion events, and even canceled classes or postponed assignments.

Yet despite a peaceful transition of power, we have seen protests nationwide, particularly by students. The phrase "Not My President" has been the cry of protest throughout the country. Certainly, this comes from fear of the unknown, for a Trump presidency is unpredictable. In such an unstable world and a divided country, the unknown scares us most of all. But Delfert said he has "enough confidence in our checks and balances that we will make it to the 2020 election without a nuclear fallout like many are worried about."

Whether your candidate won or lost, it has been made especially clear this election that our nation is deeply divided. But we cannot rely on the governing powers to heal for us, for the cracks are cultural and social and must be addressed first at the community level.

Healing is tough; it is an upstream battle.

It takes patience

and understanding. It asks us to challenge our beliefs and seek a higher understanding of cooperation. But we as Americans can do this. We hold within us a collective strength forged by our similarities and made stronger by our differences. The ability to persevere and to love is what truly makes America great.

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Culinary Creativity



Don't let a single bite of Thanksgiving go to waste.

We put a lot of effort in preparing a great Thanksgiving meal, and yet everyone's favorite part is eating the cold leftovers. Now that the stress of the preparation is over and everyone is happy and relaxed, hopefully we saved some leftovers for the next day. Plus you can easily create a new and delicious post-Thanksgiving meal with your leftovers. Take a look at some of these recipes, courtesy of foodnetwork.com, and try them out for yourself.

COMPILED BY RYAN GROW | DESIGN BY BATOUL RUBAIE



Second-Day Turkey and String Bean Pot Pies

INGREDIENTS

4 servings (4 cups) leftover green bean casserole (recommended: Campbell's Soup recipe)
1/2 cup milk
1/2 cup turkey, beef or chicken stock
1 cup roasted turkey meat, chopped
2 standard puff pastry sheets

DIRECTIONS

Preheat oven to 350 degrees Fahrenheit. In a medium bowl, lightly blend leftover green bean casserole with milk, stock and turkey. Using puff pastry, cut out six (4-inch) disks from each sheet. Lightly press disks into bottom and up sides of six (1-cup) muffin tins, leaving about 1/2-inch crust over the edge to secure the top. Press tines of fork into bottom and sides to dock pastry. Fill each cup level to top and cover with another cut circle. Secure edges by pinching together. Cut small hole in top for steam. Bake 30 minutes or until crust is golden brown.



Turkey Tetrazzini

INGREDIENTS

2 tablespoons vegetable oil
1 shallot, chopped
1 garlic clove, minced
1 pound mushrooms, sliced
3 tablespoons chopped parsley
2 tablespoons thyme leaves
2 bay leaves
Salt and pepper, to taste
Grated lemon zest
2 cups chicken broth, low sodium
4 tablespoons butter
1/4 cup flour
1 egg yolk, lightly beaten
1 cup milk
4 pounds cooked turkey breast, chunks or tenders
1 pound egg noodles, cooked
1/2 cup bread crumbs
1/2 cup grated Parmesan
1/2 cup sliced almonds, toasted

DIRECTIONS

Coat skillet with oil and put over medium heat. Add shallot and garlic; cook, stirring, until translucent, about three minutes. Add mushrooms and herbs, and sauté for 3 to 5 minutes until lightly browned. Season with salt and pepper. Transfer mushrooms to glass bowl; grate in zest of lemon, then cover with plastic wrap to infuse flavor. Set aside.

Heat chicken broth in medium saucepan and keep warm over low heat. Melt butter in skillet and stir in flour to make a roux. Cook, stirring constantly, for 3 minutes. Whisk in warm stock and stir vigorously to avoid lumps. Continue for 5 minutes until sauce is thickened and smooth. Add egg, milk, reserved mushrooms and turkey. Cook and stir until heated through; do not let boil. Fold in cooked noodles and mix to combine.

Spoon mixture into buttered 9-by-13-inch baking pan and smooth out with a spoon. Sprinkle with breadcrumbs and Parmesan. Bake in a preheated 350-degree oven until the sauce bubbles and top crust has formed, about 20 to 30 minutes. Garnish with toasted almonds before serving.



Turkey Dumpling Stew

INGREDIENTS

1 leftover roasted turkey carcass, plus 3 to 4 cups shredded turkey meat
1 onion, quartered
2 stalks celery, quartered crosswise (save the leaves for the dumplings)
1 pound carrots (3 quartered crosswise; the rest thinly sliced)
1 bay leaf
3 sprigs parsley
3 sprigs thyme
Dumpling dough
4 tablespoons unsalted butter
4 shallots, minced
1/4 cup all-purpose flour
Kosher salt and freshly ground pepper
1 pound parsnips, peeled and thinly sliced
Juice of 1/2 lemon
1 pound green beans, trimmed and cut into 1-inch pieces
Chopped fresh chives, for topping

DIRECTIONS

Make the stock: Pull the turkey carcass apart into smaller pieces; set the meat aside. Put the bones in a large, [RECIPE CONT. ON PAGE 14]

Thanksgiving Pizza



INGREDIENTS

1 pound pizza dough
All-purpose flour, for dusting
1 teaspoon cornmeal (divided)
1 teaspoon extra-virgin olive oil
1/2 teaspoon sugar
3/4 cup mashed potatoes
1/2 cup shredded cheddar cheese
2 teaspoons whole milk
1 cup prepared stuffing
1 roasted turkey/chicken thigh, with skin
1/4 cup chunky cranberry sauce
1/4 cup gravy

DIRECTIONS

Put a pizza stone or upside-down baking sheet in oven; preheat to 500 degrees Fahrenheit. Stretch pizza dough into 12-inch round on floured surface. Dust a pizza peel or upside-down baking sheet with 1/2 teaspoon cornmeal and put the dough on top. Brush with olive oil and sprinkle with sugar and remaining cornmeal. Slide onto hot pizza stone or baking sheet, and bake until golden on bottom, 5 to 7 minutes.

Meanwhile, mix the mashed potatoes with 1/4 cup cheese and milk in bowl; set aside. Roll tablespoons of stuffing into 1-inch balls to look like meatballs. Shred turkey meat and julienne the skin.

Slide the crust back onto peel. Spread cheddar mashed potatoes over crust, then top with shredded turkey. Spoon cranberry sauce over pizza and drizzle with gravy. Arrange the stuffing balls on top and sprinkle with the remaining 1/4 cup cheese and turkey skin.

Return pizza to oven and bake until golden brown, 8 to 10 more minutes.



Thanksgiving Traditions

BY KRISTELLE VILLA

Thanksgiving is a holiday that is more or less the same from family to family. But as with all holiday celebrations, there does tend to be a unique spin on some traditions, whether it is the way food is prepared, unique dishes or the way the family gets together.

Where families celebrate their Thanksgiving can be just as important as the dinner itself. For Grossmont student Smokie Wister, Thanksgiving is celebrated at her aunt's house, while student Carolyn Buggeln visits her grandparents' house.

Every family has a unique dish or dishes for Thanksgiving, like Buggeln's family and their traditional "turducken." This is a chicken stuffed into a duck, which is then stuffed into a turkey. Buggeln's grandfather started the tradition of getting this unique turkey, and it has been part of their Thanksgiving dinner for as long as she can remember.

For Wister, there are two unique dishes her family makes, one being the three turkeys they make. While one is baked, the other two are deep fried, and one of the deep fried turkeys gets covered in a spicy rub. The other dish is vegetarian for Wister and her aunt.

For this, they get a dish called a "tofurkey" from the store. "It looks like a little roast beef thing, with a rice green mix as a stuffing, and comes with its own vegetarian gravy," Wister said.

As for traditions, Buggeln says there is nothing super unique about her family's Thanksgiving celebration. "We cook all day and just kind of celebrate being with family all day," she said.

But for Wister, there are quite a few activities her family does. One is saved for when the day is almost over, and there are only a handful of family members at her aunt's house. She says her aunt will go around the table and take a whip cream can, spraying it into each family member's mouth. This is something her grandmother hates, but that does not stop her aunt from continuing the tradition. They also wait till the end of the day to make a video call to one of her cousins, who is normally out of town during Thanksgiving, to spend time talking and catching up.

STUFFED FOR CHEAP

Celebrate Thanksgiving on a college budget.

BY SHERIDAN MARTINEZ

Living on your own, or too far away from home? Don't miss out on a home cooked Thanksgiving meal. Being on college budget can be tough but here's some ideas to help out and help prepare for the holiday season.

- 1. Chip in.** If having a potluck with friends, have everyone chip in a few bucks to chip in to buy a turkey. Turkeys can be especially expensive, so with a few bucks from everyone the cost can be much more efficient.
- 2. Swap for chicken.** If your budget is extremely low this season, don't fret. You can always swap out the traditional turkey for the next best choice, a cheap rotisserie chicken.
- 3. Recycle.** With being a college student, I'm sure most of us have plenty of cans around the house. Collect all your cans and recycle them to get some extra cash for the holiday season.
- 4. Splurge.** Find the right stores to splurge at—for example the 99 Cents Only store! Believe it or not the dollar store has fresh vegetables. You can stock up on some Thanksgiving faves like corn, asparagus and brussels sprouts. You can even find stuffing and cranberry dressing there as well.
- 5. Pinterest it up.** Pinterest is an app and website filled with amazing ideas, recipes and plenty of DIY. Get inspired by some cost-efficient recipes.
- 6. Crash a friend's.** If a classmate extends an offer to come over to their house for Thanksgiving dinner, by all means accept it. Don't be afraid to try something new and see traditions from another family's perspective.

Have a great Thanksgiving break, Griffins.

STRANGE BEDFELLOWS

BY RYAN GROW

Recent film releases are stirring up all kinds of controversy.

So many movies, so many controversies. From recent blockbuster films to upcoming ones, it feels like almost all of them provoked some debate. For some people, *Fifty Shades of Grey* ruined kinkiness. The new *Ghostbusters* reboot got major backlash for its all-female cast. Controversy doesn't make a movie good or bad, it just shows that not everyone is going to like what they see on screen, and prompts a good conversation when you want to debate films. Here are some top picks for controversial films that will be hitting theaters in the next few months.

NOVEMBER 4 DOCTOR STRANGE

*Directed by Scott Derrickson.
Starring Benedict Cumberbatch,
Rachel McAdams, Mads Mikkelsen
and Tilda Swinton.*

Dr. Stephen Strange's (Benedict Cumberbatch) life changes after a car accident robs him of the use of his hands. When traditional medicine fails him, he looks for healing and hope in a mysterious enclave. He quickly learns that the enclave is at the front line of a battle against unseen dark forces bent on destroying reality. Before long, Strange is forced to choose between his life of fortune and status. Will he leave it all behind to defend the world as the most powerful sorcerer in existence?

With this film, some fans have been upset by the casting of Tilda Swinton as the "Ancient One." In the comics, the character is portrayed by an older gentleman of Tibetan descent. The film changes that, and the creative team behind the casting choice came after the character was already changed, with the express purpose to avoid racist undertones. As Swinton explained to IndieWire in a recent interview, the *Doctor Strange* team aimed to circumvent the original character by radically changing many of his trademark attributes.



NOVEMBER 23 MOANA

*Directed by John Musker and Ron
Clements. Starring Dwayne Johnson,
Auli'i Cravalho, Nicole Scherzinger
and Alan Tudyk.*

An adventurous teenager sails out on a daring mission to save her people. During her journey, Moana meets the once-mighty demigod Maui, who guides her in her quest to become a master wayfinder. Together they sail across the open ocean on an action-packed voyage, encountering enormous monsters and impossible odds. Along the way, Moana fulfills the ancient quest of her ancestors and discovers the one thing she always sought: her own identity.

This movie hasn't even come out yet and not everyone is happy with the film, specifically with the character of Maui. Some feel like Disney's interpretation of the legendary demigod is offensive and is a stereotypical case of fat-shaming.



FEBRUARY 17 THE GREAT WALL

*Directed by Zhang Yimou.
Starring Matt Damon.*

The Great Wall is an adaptation of a short story by Franz Kafka, and examines the enclosure and protection of Europe by a complex and growing system of walls, fences and systems of exclusion. Many were surprised and also very disappointed to see a white American actor, Matt Damon, starring in it, when the film is set about 1,000 years ago. People were also surprised to see that the film was not about the construction of the wall, but that it was a full-on monster movie.



MARCH 31 GHOST IN THE SHELL

*Directed by Rupert Sanders.
Starring Scarlett Johansson, Mi-
chael Wincott and Michael Pitt.*

Ghost In The Shell is about a cyborg (Scarlett Johansson) who leads an elite task force to battle dangerous criminals and extremists. Many fans are disappointed in Johansson's casting to take on this iconic Asian role, but producer Steven Paul is sure fans will come around as soon as the film hits theaters. Paul defended the controversial casting in an interview with Buzzfeed, saying that it was "the right approach," and insisting that fans will be "very, very happy" with the film.

TOP: DR. STRANGE MOVIE POSTER, © WALT DISNEY STUDIOS MOTION PICTURES.
ABOVE: MOANA STILL, © WALT DISNEY STUDIOS MOTION PICTURES; THE GREAT WALL STILL,
© UNIVERSAL PICTURES; GHOST IN THE SHELL STILL, © PARAMOUNT PICTURES.

VIABLE VIRTUAL REALITY



Has the future of gaming arrived, or do we have a ways to go?

BY ALYSSA BLACKHURST | ILLUSTRATION BY REGINA RUBAIE

Gamers may remember the phrase “the future of gaming” with the release of Nintendo’s Wii, which showcased motion controls. Millions of people worldwide felt the excitement of this supposedly more immersive form of gaming, which could be used to simulate things such as holding and swinging a tennis racket, shown in the exclusive *Wii Sports*.

The Wii console did great in sales, benefiting from clever marketing. There was something extremely appealing about watching a family member flail their arm around in this new, simplistic form of gameplay. However, those who spent more time with the console began to realize its integration was in its infancy, and while it benefited some games, it just wasn’t as precise as conventional controls. When you moved in game, you could only hope that the sensor bar read your motion correctly.

The traditional button pressing had simply been replaced by the hand-waving gesture. It was successful as a good alternative, but it was hard to determine if it became the new standard. Yet traditional controls, no matter how precise, do form a restriction on how much you can actually be immersed in a game. Since gaming has become a platform to create digital worlds, developers will always try to manipulate

these virtual spaces, in hopes to imitate inhabiting them. In that sense, it is logical to think of motion control as the first step. Since then, the latest craze, or the newly dubbed “future of gaming,” has entered the market in the form of virtual reality. This is made popular by the crowdfunding success of the 3D stereoscopic “Oculus Rift,” a virtual reality headset that is self-

“Right now it’s just about a thousand dollars to play in a world that runs like it’s meant for a Nintendo 64. I’m by no means a graphics snob, but when talking immersion, things need more than five polygons on them.”

—Trevor Gillean

labeled as having the feeling of presence. Competitors have been eager to make their own mark on the industry, with Sony, Samsung and HTC developing their own forms of virtual reality headsets.

While tech shows have boasted pictures of first-time users gaping at this new tech in disbelief, it is yet to be determined if virtual reality is truly viable in its introductory state. Though it is noticeably

drawing substantial acclaim, it is a different experience, a sensation that a gamer is not used to. Gamers naturally find this all new and exciting—for now.

Just as the Wii drew in crowds for its motion controls, the Oculus Rift was able to make a sensible case for the benefits of VR. Though claiming the future of gaming is here and now, in the year 2016, can be a harder case to argue. Virtual Reality is in fact here, but how much of it is really viable?

Grossmont gamer Trevor Gillean said he thinks VR is a “gimmick”: “I think VR will be a gimmick until two things happen, the first being hardware gets cheaper, the second being that graphics become comparable to games like the recent *Call of Duty: Infinite Warfare*.

“Right now it’s just about a thousand dollars to play in a world that runs like it’s meant for a Nintendo 64. I’m by no means a graphics snob, but when talking immersion, things need more than five polygons on them,” he said.

Gillean said he felt games like the new *Resident Evil 7: Biohazard* were a “step in the right direction,” because while it was adapted with virtual reality in mind, the game could stand alone without it. “There’s more focus on graphics and gameplay that way,” Gillean said. “But still we are given a house to walk in, not a world. You can’t [VIRTUAL CONT. ON PAGE 14]



A GREAT 8

Grossmont bids farewell to trustee after eight years of service.

BY SYMON GORO

After eight years of serving on the Grossmont-Cuyamaca Community College Governing Board, Mary Kay Rosinski is getting ready to step down as trustee.

Previously serving as the president of the teacher's union in her school district, Rosinski has continued to work full time as a special education teacher for students in kindergarten through sixth grade to this day. She was elected to Seat 4 in the governing board in 2008, beating her opponent with 69 percent of the vote. "I believe my commitment to students, to accountability, to educational quality and to our community helped me win," Rosinski said.

Rosinski said she learned from her experience as a teacher and president how important it is to have quality board members in a district who care about students and staff.

"It has been wonderful to watch the district get better and better every year," she said. "Our students are more successful. They are achieving their dreams. That is why I ran for this position."

Trustees are responsible for governing the colleges on behalf of the public. When describing some of her responsibilities, Rosinski said: "We hire, evaluate and support the chancellor, who leads the district. We adopt the district's budget and monitor our fiscal condition. We govern through board policies and goals to ensure our students get the best education possible. We make sure the employees at our colleges have a fair contract and safe working conditions. Our board makes sure the district is meeting current community needs, and much, much more."

One of Rosinski's favorite parts of serving as trustee has been working alongside the student trustees, who were nominated by the students and participate in board meetings. They cast advisory votes on certain issues, report on student activities and attend many events alongside her and other members of the board. "We are here for the students and they are such an important part of our board," she said. "I would like to encourage all students to consider getting involved with student government."

Rosinski will be retiring as a teacher in July 2017, and moving to Florida with her husband. She said she hopes to continue her services to students and staff at the local colleges there.

We wish her all the best in the future and hope she can continue to help students and staff the way she has for Grossmont.



NEW DIGS

Grossmont will get a new theater to accommodate the arts.

BY DANIEL ZARAGOZA

There is a new project surfacing on campus, and it will change the look and feel of Grossmont's Theatre Department. It is a 350-seat theater with balconies, an orchestra pit, patron service and an art gallery.

Craig Everett, a Theatre Arts instructor, shared insight into the process: "This project will take the collaboration of architects, engineers and many other people to make it happen."

The wheels can already be seen in motion if you walk by the library. The construction is not just a new center for students, but is also for expanding the air conditioning that will cool the theater once it's constructed.

The new proscenium theater, which means arched, is "best to do music, dance and auditory theater," Everett said. "Our current stage house is a terrible space for dance concerts; it doesn't work for musicians."

For these reasons, the dance team and music concerts are held off campus, but the new theater aims to change that. The current theater in use, the Stagehouse Theatre, will continue to be used both during- and post-construction for plays, and as a classroom.

During the winter, a new exit in the current theater will be built, because the plans of the new theater will block the current exit in the back. Due to fire codes, it must be visible to the audience.

It is estimated that the new theater will be completed in two years, which means offices will be torn down as they relocate for the duration of construction. Everett reassured that the process will not hinder students: "We will figure out how our students will get the time they need."

Unfortunately, the construction will also affect the surrounding parking lot, making it even more difficult to find parking.

Everett has the original plans for the theater, dated 1968, which never reached construction. However, the Stagehouse Theatre that is currently in use is part of the original theater that was supposed to be built many years ago. The slope in front is where the seats would have been, had the 1968 plan been built. The new theater might not be as big as the original plans, which were capable of seating 1,500, but will meet the need of the music, theater and dance departments.

Speaking of theater, do not miss the last play of the season, "These Shining Lives," written by Melanie Marnich and directed by Beth Duggan. The play will run Dec. 1-2 and 8-9 at 7:30 p.m., and Dec. 3 and 10 at 2 p.m.

WHAT'S THAT YOU SAY?

BY DANIEL ZARAGOZA

Grossmont's Speech and Debate Team continues a time-honored tradition.

Have you heard of Grossmont's successful Forensics Team? No, it is not a team dealing with stinky corpses or crime scene investigations. It's actually the formal name of the Speech and Debate Team. You might have seen the posters around campus.

Forensics dates back to around 450 B.C. in ancient Greece, where it started as the study of courtroom speaking and public deliberation. The study of forensics began with the sophists, or teachers who taught wealthy citizens to speak in courts of law and other public forums.

Since then, many famous people, including Oprah Winfrey, have competed in speech and debate. In addition to the many debates of his public career, Malcolm X debated teams from Harvard, Yale, and other New England colleges as part of the Norfolk Prison (Massachusetts) debating program. John F. Kennedy's speech writer and executive assistant, Ted Sorenson, not only debated in high school and college, but is rumored to have been able to construct antitheses like the ones that made JFK's speeches so memorable in the middle of his debate rounds.

The speech and debate competition course, "Intercollegiate Forensics," is a three-unit course at Grossmont. You can participate for one semester, as you do for most classes, but "you can also continue to take the class and begin to compete against some of the top speakers in the country," according to Roxanne Tuscany, the director of forensics who has coached all the successful teams in the past 27 years. Tuscany has experience and two degrees in theater and communications.

Another unique aspect about the Forensics team is that it competes with 30 to 40 colleges and universities at each tournament.

Unlike almost any other intercollegiate competition, they compete against private and public four-year colleges, as well as two-year colleges. Competitors have included schools like USC, UCLA, Berkeley, the Air Force Academy and Point Loma.

In 2007, the team traveled internationally to China for the first time, where members debated against 23 teams. Undeclared after

debate, and Naoum said he values the program to the extent that he is currently juggling work and being a full-time student at UCSD, but still competes for Grossmont. He recommends it to "anyone," but say it's "hard work" that "pays off in the end."

Come experience in person what this is all about. Grossmont will be hosting the Griffin Invitational tournament, where more than

20 different two-year and four-year colleges will be competing. The event, held Nov. 19-20, will feature more than 100 students debating and more than 300 competing in 11 different individual events, including platform speaking, oral interpretation and limited prep.

Forensics includes more than debate, according to Tuscany. "Students are apprehensive about debate," she said.

Events range from poetry to after-dinner speaking (ADS), a form of comedic speech; extemporaneous speeches, in which recording star Bruce Springsteen competed; current international and national events; and impromptu speech, in

which speakers are given two minutes to prep a five-minute speech.

Tuscany defined forensics as a laboratory for all communications, as the students work in groups, interpersonal communication and public speaking basics as well as intercultural issues are all worked on and exercised.

"What makes this community so unique is that we are giving the opportunity to really see the world with new set of eyes," explained Xavier Daniels, one of the Forensic Team's leaders. "We discover who we are as a person and dig deep into the soul of ourselves."

Full Disclosure: Daniel Zaragoza is a member of the Speech and Debate Team.



THE FORENSICS TEAM AFTER THE CONCORDIA SPEECH/DEBATE TOURNAMENT ON OCT. 16. FROM LEFT TO RIGHT: DANIEL ZARAGOZA, GARETT GRETLER, JONAH NAOUM, NATHAN REINICKE, BRADLEY MCFARLAND AND XAVIER DANIELS.

six rounds of competition, they finished fifth place in the world. They have since returned to compete three times.

The team has also traveled to England, Louisiana and Colorado for international and national tournaments for two-year colleges, as well as four-year college national tournaments in Arizona and Michigan.

Jonah Naoum, who transferred from Grossmont to UCSD, is currently majoring in international relations. "Forensics has really developed my interpersonal and public speaking communication skills, and debate has developed analysis and critical," he said.

This is his second semester of speech and

POP-UP

AT THE HYDE ART GALLERY

STORY AND PHOTOS BY KYLE CASCANTE | DESIGN BY REGINA RUBAIE

Grossmont's Hyde Art Gallery had a short pop-up exhibit, held Nov. 1-14, called SDMAAG POP UP.

This six-artist exhibit featured work from Dottie Korn Davis, Ellen Dieter, Christine Frinkelson, Leslie Pierce, Jeffrey Comulada and Kevin Inman. Each artist is a member of San Diego Museum of Art Artists Guild, which is known as SDMAAG.

The exhibition consisted of paintings, photography and 3D assembly. All the work was very abstract, and overall really appealing to look at. Each piece of work on the walls was made by local San Diego artists, and varied in different sizes—from 13-by-8 inches to 60-by-58 inches.

With all the different sizes in one exhibit, you were able to look at the work in different ways. For instance, with smaller pieces of art, the work becomes more intimate as you get closer to look at it. Up close, you started to see more and more of the details that went into the work.

As for the bigger pieces, you had to back up and take a little time to observe the work as a whole. Depending on the

work, doing so could be really calming, or almost overwhelming, as it is so much to take in and look at in such a scale. Yet, each piece still came out to me as a wonderful piece work.

Dottie Korn Davis' 60-by-58-inch mixed media on canvas titled *Red Hot Blues 'N Shoes* is a great example of this. Looking at the canvas expresses the natural instinct to step back to fit the whole thing in your line of sight. After doing so, blue lines and patterns guide the eye through a sea of bright red and pink, which covers most of canvas. Although my first thought was, "This thing is massive," when I moved in, I found the finer details to be extremely appealing.

"All the pieces have a unifying element to them," said Brittney DeVeau, a studio art major who will be in the Student Showcase exhibit, starting Nov. 21.

Alex DeCosta, the gallery director, explained his purpose for the exhibition: "My goal with this pop-up exhibition is to afford a new slot in our normal exhibit schedule, and with this open exhibition window, allow faculty,

students or anyone in San Diego County to be able to participate and have their work displayed at the Hyde Art Gallery, without having to commit to a full month-long exhibition.

"In the end, I hope to establish an ongoing project where students can submit an exhibition proposal at the beginning of the semester, and then be able to organize, budget, install and de-install their own two-week mini exhibitions, one occurring each semester," DeCosta continued.

SDMAAG has a goal to help form a bond between museums, public awareness, sponsored exhibits and other opportunities for the artist to showcase their work and get seen.

Grossmont student Brianna Bearce said how the goal of SDMAAG is truly unique: "I love the idea of the show being a small, fast exhibit for local artists to give their art out."

DeCosta encouraged attendance to future pop-up exhibits. For more information about the Hyde Gallery, follow its Instagram account @hydeartgallery.



TRANSFERENCE ▶

Now is the time to apply for transfer to CSU campuses. **BY ALYSSA BLACKHURST**

Applications for CSU campuses are currently being accepted now through Nov. 30. Transferring is acceptable if you will have completed 60 or more semester units, as well as qualifications for General Education and your determined major. While it might be too late to schedule a workshop with the Transfer Center, *The Summit* is here to hold your hand through this critical next-step in your academic career.

TRANSLATE YOUR TRANSFERABLE COURSES.

First and foremost, you need to determine which of your classes are CSU-transferable. This is crucial to your application, as the GPA that is calculated on WebAdvisor isn't your true GPA. It is recommended that you print out your transcript from WebAdvisor to make this process go quicker.

Start by going to assist.org, and selecting the community college where you took your class, found under *Explore Transfer Information*. From there, you'll want to adjust the academic year found below it, to reflect when you personally took the class. Under *College Courses Applicable for Transfer*, click *CSU Transferable Courses*. Select your department, be it English or math, and if it appears on the resulting list, it will transfer to your CSU campus. With your transcript in hand, highlight which classes will be considered when calculating your new GPA. Do not include *P/NP* classes, or classes that you have dropped.

GET. PRECISE. ANSWERS.

Your GPA will be one of the most important aspects of your college application when it comes to your consideration. Providing a miscalculated GPA could yield detrimental results, such as your application being tossed.

Get on the internet and pull up grossmont.edu. Select *Student Services* then *Transfer Center*. In the resulting drop down menu, on the left hand side, click *GPA Calculator*. You'll want to download the Excel spreadsheet that is labeled "Figuring Out Your CSU/UC GPA."

Pull out your highlighted transcript and begin typing in each transferable course under the classes menu. You need only enter in how many semester units each class was worth, as well as the letter grade you received. The GPA calculator will then automatically calculate your grade points. It will then take your total grade point value and divide it by your total semester units attempted, resulting in a complete and true GPA found at the bottom of the spreadsheet.

LOCATE YOUR APPLICATION.

Your CSU application can be started on csumentor.edu. Create an account here and click *Apply*. Since this is a transfer from a community college, you'll want to click on *Undergraduate Admission Applications*. From there, select which CSU campus you want to apply to.

GATHER YOUR GOLDS.

You may have already heard the phrase the "Golden Four" here on campus. This refers to a section of your application that will ask you about which classes you have taken in Oral Communication (A1), Written Communication (A2), Critical Thinking (A3) and Mathematics/Quantitative Reasoning (B4). For a full list of which courses qualify as your "Golden Four," visit the office and pick up your green "General Education Advising Form," if you haven't already. Please remember that these four classes must be passed with a C- grade or higher.

MISCONCEPTIONS AND COMMON QUESTIONS:

For the most part, your application will be pretty straightforward. Besides your GPA and your "Golden Four," you will be asked about your personal information, desired major, as well as your parents' background and financial status. However, there are some questions on the application that may not be answered quite as easily.

- 1. To Degree or Not to Degree:** Under units attempted, you may see a box entitled "Degree." This is different from your degree objective on the first page, which you would mark as *Bachelor's* or *Master's*. For this box, and for the majority of community college students, you will simply select *None*. You may choose to include an associate degree you might have here, but it is not necessary.
- 2. Include, Don't Allude:** When you are adding your high school and college information, you must include all schools you have attended or plan to attend. For example, if one of the classes you wish to take is only at Cuyamaca in the spring, you would include Cuyamaca in your list of colleges, even if you haven't previously been enrolled there. It may seem silly to put "GPA: 0.00," and "Units Attempted: 0," but it is necessary for your application.
- 3. Just Pass the Class:** In the section for your future planned classes, your application will require specifics. Don't fret if you select a class like "Math for General Education" on your app, but end up taking statistics. If the class is the equivalent of the one you need for transfer, it won't make a difference.



CHARGERS BLOOD DRIVE RETURNS | BY RYAN GROW

The San Diego Chargers will once again be teaming up with the San Diego Blood Bank for the 38th Chargers Drive on Nov. 22 at the Town and Country Convention Center in Mission Valley. The event will be from 8 a.m. to 5 p.m., with entertainment, food and beverages, and an opportunity to get autographs from players and the Charger Girls. Donors will be given special VIP wristbands for the autograph line.

Grossmont's very own Griffin Radio will be broadcasting live from the Blood Drive, so stop by their booth to say hi and request a song or two.

Admission to attend the Chargers Drive is \$5; children under 3 are free. Blood donors can request an admission fee refund after they donate or they can donate their admission fee to the San Diego Blood Bank. Parking at the hotel is only free for blood donors; the cost for other attendees is \$4 per hour (\$8 maximum).



ROSSMONT COLLEGE

WHY GROSSMONT?

Grossmont welcomes international students with open arms.

BY KRISTELLE VILLA
DESIGN BY BATOUL RUBAIE

Grossmont College is a very popular school, not just for San Diego residents, but for international students as well. The program has been going on since about 1995, and gets international students from about 30 countries with 80 different nationalities and ethnicities. The school also receives about 150 to 200 international students a semester, most of which come from Asia or the United Arab Emirates.

But why does Grossmont have such a huge international program? Bryan Lam, who is the International Club advisor and student counselor, said it is because Grossmont gives services no other college does.

"Our school has a dedicated admissions staff who works hard to make the process of applying to Grossmont as easy as possible for international students, as well as a group of counselors that are helpful and encouraging," Lam said.

Where Grossmont is located helps bring international students to the school as well. "Our location proximity to SDSU and UCSD... and above all, San Diego is a highly desirable city to live in or visit," said Narges Heidari, who is the International Program's coordinator as well as a counselor.

On top of Grossmont's location, the school's International Club makes international students feel welcome, and helps them become used to attending school as well as living in San Diego. "The school offers fun activities, so it's not just a school they are coming to, but a community that adopts them," Lam said.

This sense of community spreads. "When students feel well received and supported, the word of mouth encourages other ones to come to Grossmont," Heidari said.

International students hear about Grossmont through other students and staff. Representatives from the international program also attend language school fairs for future college and university students.



PHOTO BY KRISTELLE VILLA

MEET AN INTERNATIONAL STUDENT

Rafael Alvarez is an international student from Mexico City, who has been at Grossmont for two semesters now. He is a marketing major because he wants to make some changes to the field and add more diversity to it. Coming to the U.S. for school was his first option, and he chose Grossmont since he has a lot of cousins who are students at Grossmont as well.

Alvarez said that once he is done with school he plans to stay in the U.S. or possibly go to another country. "I like Mexico, but not the society," Alvarez said, explaining his choice for wanting to stay in America.

Despite this, he said he does miss home, since he left a lot of friends and family behind, and misses seeing some of his favorite cities. But he tries to visit as much as he can during breaks and holidays.

"Rafael is such a great person; he's very hardworking in everything he does. He helps in any way he can and is determined to do it the best he can," said Miriam Garcia, who is also a Grossmont student and one of Alvarez's friends.

Alvarez's advice to other international students is to meet new people, especially since the first semester can feel lonely to new students. He also said meeting new people and getting involved with the Grossmont community provides good practice for speaking English.

GROSSMONT BRIEFING

THANKSGIVING FOOD DRIVE

The Associated Students of Grossmont College and Inner-Club Council are conducting an annual food drive through Nov. 17. Their hope is to provide Thanksgiving baskets for students who may not be able to afford it.

For donations, drop baskets off at the Student Affairs Office in 60-204 or let them know. If you'd like to donate a basket, please bring the following items: One box or two packets of mashed potatoes, a jar of gravy or packets of dry gravy mix, a box of stuffing mix, three cans of vegetables, a small package of bread or rolls, a can of cranberry sauce, a can of pie filling and a pie crust.

Donations of gift cards and certificates for turkeys are also appreciated. For more information, contact Djonee, ICC, at 619-644-7604 or Barbara in the Student Affairs Office at 619-644-7600. —**SYMON GORO**

UPCOMING WORKSHOPS

It's important to be prepared when searching for a career in the future. To help students out, the Grossmont College Career Center is offering resume-building and Pre-Allied Academic Health and Nursing workshops for students. The Resume Building Workshop will take place Nov. 22, from noon to 1 p.m. in Bldg. 60-140.

The Pre-Allied Academic Health and Nursing Workshop will have multiple workshops at the following dates and times: Nov. 17 and 21, from noon to 1 p.m.; Nov. 22, from 9 to 10 a.m.; Nov. 28-29, from noon to 1 p.m.; Dec. 6 from 9 to 10 a.m.; and Dec. 9, 13 and 16 from noon to 1 p.m.

A Time Management Workshop will LAO be held in the Career Center (60-140) on Nov. 29 from 10 to 11 a.m.

To sign up for any of these workshops, call 619-644-7280 or visit General Counseling in Building 10. —**SYMON GORO**

GROSSMONT COLLEGE FALL PREVIEW

Nearly 150 guests attended the Grossmont College Fall Preview, from high school students to refugees. Workshops were available for drawing, creative writing, financial aid and college applications. For entertainment, a mock crime scene was set up by Administration of Justice Department, and a planetarium exhibition display was hosted by physics and astronomy. —**BRANDON SUMROW**

SHOW YOUR SUPPORT

Support Griffin basketball by purchasing team swag. The Griffins have made the playoffs twice in the past three years. Currently, six Grossmont alumni play for four-year universities and three play professionally overseas. The team has been hard at work and looks to continue their success. Come out to a game and support the team by wearing Griffin basketball gear! T shirts are \$15, long-sleeve T-shirts are \$20 and hoodies are \$40. —**BRANDON SUMROW**

DEBATE TEAM TAKES TWO GOLDS

The Griffin Speech/Debate Team participated in the Pasadena Community College Tournament Oct. 29-30. Grossmont alum Jonah Naoum won first place in Open Division Persuasive Speaking, and competitor Xavier Daniels tied for first place in Open Division Dramatic Interpretation. Great work, Griffins! —**BRANDON SUMROW**

HOLIDAY CERAMIC SALE

A holiday ceramic sale will be held on the quad on Dec. 1 from 9:30 a.m. to 4 p.m. Pick up some hand-made gifts for the people on your holiday list. —**ALYSSA BLACKHURST**

JUST WORDS

A Spoken Word Event with Guest Performer Nate Howard

A professional speaker, poet and social entrepreneur based in San Diego, Nate Howard is the founder of Movement BE, a non-profit organization that creates curriculum to help young people discover their story. For more info, visit natehowardspeaks.com.

Nov. 29 | 12 - 2 PM | Main Quad

Presented by the Student Engagement Team (SET)



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



RECIPE [CONT. FROM PAGE 4]

deep pot and add cold water to cover, 4 to 5 quarts. Add onion, celery, quartered carrots and bay leaf. Tie the parsley and thyme together with twine and add to the pot, then cover and bring to a simmer over medium heat. Uncover, reduce the heat to medium low and cook 3 to 4 hours. Remove the bones and vegetables with a skimmer and discard, then strain the stock through a fine-mesh strainer. Return the stock to the pot and simmer over medium-high heat until reduced by half, 30 to 40 minutes (you'll have about 8 cups stock).

Make the dumplings: About 45 minutes before serving, prepare the dumplings according to the package recipe. Keep covered with plastic wrap while you make the stew.

Make the stew: Melt the butter in a large, wide pot over medium heat. Add the shallots and cook until soft, about 3 minutes. Add the flour and cook, stirring, 30 seconds. Gradually add the stock, stirring, and bring to a simmer. Season with salt and pepper. Add sliced carrots and parsnips; cover and cook 5 minutes.

Stir in the turkey meat, lemon juice and green beans. Add the dumplings in a single layer (leave as squares or pat into rounds). Cover and simmer until the dumplings are cooked through, about 20 minutes. Ladle into bowls; top with chives.

VIRTUAL [CONT. FROM PAGE 7]

convince me the whole game will run smoothly like the demo with current tech."

Resident Evil 7: Biohazard was announced to be one of PlayStation's first exclusive VR adapted games. Introduced at the Electronic Entertainment Expo this past June, fans could experience a VR demo that revolved around the exploration of a haunted house. The demo was eventually pulled from the trade fair, when it was reported that players found the demo nausea-inducing.

Grossmont gamer Avery Krieger said VR has created this newfound problem: "I've tried a couple of games in PlayStation VR, and there were a couple of times where I felt completely sick. The requirement that Sony has is a mere 60 frames per second, and if the game experiences problems, if it drops below a certain frame rate, you get sick.

"Right now, it's a big show," Krieger continued. "These games are being pushed out because they're in high demand, but I'm hoping that the reception of one good VR game causes developers to take it seriously. I'm interested in VR, and I want more substance to be made on the platform. As of now I think a lot of these are cash grabs trying to take advantage of a fad, instead of pushing the envelope of a genre. We will definitely see more VR in the future, in one shape or form, but it's hard to tell if this is it."

Both Krieger and Gillean could agree they had immersive experiences with each headset, but not without noticeable and illusion-breaking problems. Virtual hands may move quite well with real ones, but they interact clumsily with the objects they pick up. Everything is weightless, and though they didn't necessarily expect photorealism, worlds had less depth when they were presented and advertised as being so immersive.

"I think that once you can get PlayStation VR quality, with improvements, onto an immersive system like the HTC Vive, then VR will take off," Gillean concluded. "Unfortunately right now, your options are sitting really close to your screen, or using your hands to interact with a world made of Play-Doh."

The PlayStation VR (\$400) and Oculus Rift (\$600) have been adapted for players who are willing to have a seated experience in front of their screen, with limited motion. The HTC Vive (\$800) supports room-scale VR, so players can physically move around objects in the virtual space. The sheer expense of each headset, coupled with hardware and graphic problems are likely to be a prohibitive problem. Physical space is also likely to limit developers, in regards to games that have been specifically designed for VR. However, gamers will try and endure anything that promises a more immersive experience.

Though virtual reality in 2016 has trials and limitations, it is safe to say it's here to stay.

SAFETY FIRST

Feeling safe on campus involves looking out for yourself and others.

AN OPINION BY MICHELLE DAVIS

Feeling safe in whatever environment you are in is an essential aspect of surviving the dangerous world in which we live in. We experience anxiety from the prospect of being in a violent confrontation with someone. The climate of violence and the need to preserve one's life and safety is something many individuals think about at least once a day. Living in a terror-stricken world has become normality for many.

As a form of self-preservation, individuals are arming themselves with more valid reasons than ever. Some of the atmosphere seems charged with hypersensitivity to the possibility of encountering danger and not having a weapon to able to defend yourself.

Although Grossmont College has an average safety rating of a B+ per the Annual Safety Report, there is still the need to be prepared instead of being caught off guard without a form of a defense.

Prevalent weapons being used include pepper spray, pocket knives, bats, flashlights and key-chain weapons. However one must be aware that these are a violation of the contractual obligation we have on campus.

Per a representative of the campus police, "These objects are not allowed on campus, we will ask you not to bring it to school." Any additional violations will be forwarded to the sheriff's department.

Having situational awareness in general is important for college students, both on campus and in society in general.

According to a safety article on findcollegesusa.com, "preparing in advance is the best way to prevent, or escape, bad situations.

"Part of this preparation is the self-defense skills that you might need someday," the article continued. "Another part – one that is equally important – is making sure that you're legally able to use whatever tools or training you've acquired. You don't want to get into legal trouble if you're caught carrying something that's forbidden in that area."

Grossmont periodically offers self-defense classes, and they are also available out in the community. So remember, safety first without violating the law.

In addition, a very important subject that needs to be addressed and on the forefront of students' minds is the lack of safety shown in the parking lots. Many people are not paying attention to their environment. As a disabled student, I have encountered at least five near-car accidents with possibly bodily injury happen right in front of me, or individuals literally walking into the hood of a vehicle because they are too consumed with using a tech gadget.

Please do not use the parking lot as a race track. Is being late such a huge deal when you compare it to running someone over or hitting another vehicle? The aftermath of a legal battle to defend yourself and the ramifications from such an act are a lot more severe than receiving a tardy on your attendance. Unfortunately, empathy for others seems to be a fleeting feeling in society.

The parking lot has become a true safety hazard, with a rise in possible injuries. Individuals are speeding, not looking out for cars, much less pedestrians. Remember to be aware of your surroundings, whether it's to protect yourself, or to protect others.

GRIFFIN PROUD



Athletics is ready to show off the athletes Grossmont has to offer.

BY DANIEL ZARAGOZA

Did you know our volleyball team is number one in the state? Well now you know, thanks to Thomas Armstrong, the Dean of Athletics here at Grossmont.

Armstrong comments about a common misconception of our athletics program, saying: "When people ask why they are here, they aren't here to just play sports, they also aren't here just for school. They are here to advance themselves academically and athletically."

A testament to this is the graduation rates average for athletes at Grossmont, which is higher than the non-student athletes. As stated in the student scorecard education website, the overall average is 46.7 percent who obtain a degree or certificate. Only 17 percent transferred to a four-year college, whereas the student athletes almost double the average, at around 34 percent.

Grossmont also has student athletes that may commute over 40-minute distances, or even relocate to attend this college. One such student is Amanda Izzo, who came to California from North Dakota.

She is like many college students who work multiple jobs, and is still trying to figure out how to pay for college while being a full-time student. "Amanda and her family have made a great deal of sacrifices in this past year, so that Amanda could relocate to San Diego and attend Grossmont College," said Armstrong, who commends her for being

"talented" and "hard-working."

"She is a young adult who just needed a college program to take notice," he said.

In one phone call, but after years of trust, Izzo was, in fact, noticed. Bill Triplett, a coach from Minot State University, had been a friend of Armstrong's for many years. After signing a community college conference player for the year, a former Armstrong athlete, Triplett explained his needs to Armstrong for next year. Armstrong was quick to think of Izzo, saying "Grossmont has that player. I saw her play last year and she is exactly what you are looking for."

On Nov. 9, or National Signing Day, Izzo received a scholarship offer and letter of intent to Minot State University.

Armstrong is big on promoting our students' success, so when he was hired he spent a lot of time building a new website that does just that. The website will allow prospective recruits to see positive player outcomes, because they need to see that this all leads to something.

He explained how this is also "good for the scouts," because the website will contain the stats from student athletes' careers, thus making it easier for them to be recruited by a university. You can access this website today at grossmontgriffins.com.

Athletics opens doors for students who don't think it's possible for them to transfer. If you have good grades and a good work ethic, you can in fact obtain scholarships just like Izzo.

GO WEST!

Grossmont's Lauren West is the number-two setter in the state.

BY KYLE CASCANTE

Lauren West is a business marketing major here at Grossmont, but is also on our volleyball team. West grew up in Huntington Beach and attended Patrick Henry High School.

She's been playing volleyball for about eight to nine years now, and two of those years have been spent at Grossmont. "I grew up in a baseball world, but volleyball always had my eye," West said.

Although she is taking 21 units this semester, West has still made time for volleyball, making her the number two setter in the state. She shared her best memory with the sport: when her team beat the LA Pierce, putting her team at number one in the state.

After watching a few of the volleyball games that Grossmont won, it is very easy to see that these girls are very dedicated and love what they do in the sport. This is why it is very important to go out and support our team during playoffs.

Since the playoffs are coming up soon, West said she would really like to see more people out and support the team during the games. "Expect lots of energy from our team," she said.



I YOU A QUESTION

Summit Staff: This Movember, who's your favorite person with facial hair?



ALYSSA BLACKHURST

Due to the recent announcement of the video game *Red Dead Redemption 2*, I'm going to have to say the character John Marston. Though most male protagonists are naturally tall with dark features, Marston differs with his signature scruff. His mustache and beard are noticeably patchy, due to his unique and mysterious facial scars.



KYLE CASCANTE

Matt Black, one of my favorite documentary photographers. I tend to look at his work a lot; what he makes in terms of photographs really appeals to me.



MICHELLE DAVIS

Frida Kahlo, my favorite painter of all time. She has been known as one of the most famous females that rocked her mustache with pride, no hair removal products needed. Also known to dress as a male during 1920s, Kahlo has always been a leader in non-gender restrictions.



SYMON GORO

Mike Haggar, a fictional wrestler that becomes a mayor, and dedicates his life to reducing crime in his city. He was so good at his job that the most powerful gang kidnapped his daughter for ransom, and instead of giving in to their demands, he went out to the streets to beat them up himself.



RYAN GROW

Michael Cudlitz from *The Walking Dead* has a really cool beard. I chose him in honor of his character, Abraham Ford, being killed off recently on the show.



BRANDON SUMROW

Salvador Dali. "Intelligence without ambition is a bird without wings."



KRISTELLE VILLA

Jason Momoa is my favorite person with facial hair. Normally I don't like guys with facial hair, but for Momoa, it just seems wrong for him not to have any.



DANIEL ZARAGOZA

Kurt Russell in *Tombstone*. It looks like my dad's 'stache.