

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | MAY 2017



READY, SET, SUN!

ILLUSTRATION BY NOAH CHAVEZ

SUMMIT STAFF

WE GET BY WITH A LITTLE HELP FROM OUR FRIENDS

LIKE TO WRITE?
JOIN US NEXT
SEMESTER!
SIGN UP FOR MCOM-
132: MEDIA NEWS
PRACTICUM.

PAGE DESIGN BY
JACOB MCDERMOTT, ART-171



MARSELLA ALVAREZ



My boyfriend has a cat named Kitty. Since we spend most of every day together, he decided Kitty was my cat too. Kitty's a great help when I'm worried about school because he will come share my pillow and nap with me when I'm stressed out. It's a huge comfort.



**ALYSSA
BLACKHURST**



Ibought an English Bull Terrier, named Indy, during my sophomore year of college. I had a lot of anxiety about school, so having an animal that relaxed or slept next to me really helped my mood. This breed of dog is also considered the "class clown," and her goofy antics always make me laugh.



My German Shepard Makai keeps my stress level down when it comes to thinking about building a family later in life. Just knowing that I have the option of keeping the numbers in my house down to a dog and I and still being able to be happy takes away a lot of pressure from me.



**KYLE
CASCANTE**



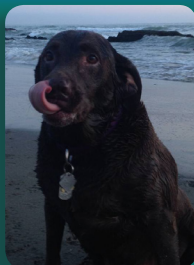
My family decided to call our dog Marshmallow since he's so soft and fluffy. I like him because he listens to my rants about why your favorite band sucks. Everybody else is usually running away in the distance when I turn around.



SYMON GORO



**VINNY
LAVALSITI**



I'm a proud owner of two Labrador retrievers, one yellow and the other chocolate. In times of distress, they never fail to ease my nerves by putting a smile on my face with their goofy personalities.



**KRISTELLE
VILLA**

I have five dogs and a bearded dragon, but my dog Reggie helps me the most with stress. He is super-cuddly and loves to stay by my side, and burrow under the covers with me when I am taking a nap or just relaxing on the couch and watching a show.



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The staff of *The Summit* is enrolled in an academic media news production course. A main function of *The Summit* is to provide a professional learning experience for students of any major classification who express an interest in journalism. To serve this function, *The Summit* is entirely student-run. Student editors are responsible for all editorial decisions, content and editing. The instructor/ adviser is available for training, guidance and advice, but has no control over the content or editing of the newspaper. Prior review is not exercised. These guidelines have been established to protect the First Amendment freedoms guaranteed to the student press, as well as a guarantee of valuable learning experience in all aspects of newspaper management for the students. Please direct all inquiries, comments and letters to the editor to summit@gcccd.edu.

CAFFEINE: How Much is



This time of year, think before you sip.

By Alyssa Blackhurst
Design By Margaret Calhoun

It's that time again, Griffins—the yearly college event where students trade in Zzz's in hopes of an A! Most students know that the specified sleep requirement of college students is between 8 to 10 hours, though most can miss the mark when it comes to a finals crunch. Rather than having you lose pep in your step, *The Summit* is here to provide some buzz about coffee and energy drinks.



Too Much of a Good Thing

It is rare for death to occur due to caffeine or energy drink intake. However, caffeine overdose is a real thing, so it's important to know the toxicity level, and to trust our bodies when our minds are otherwise occupied.

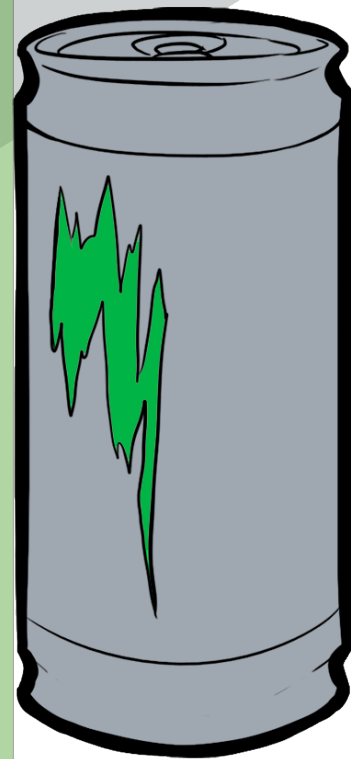
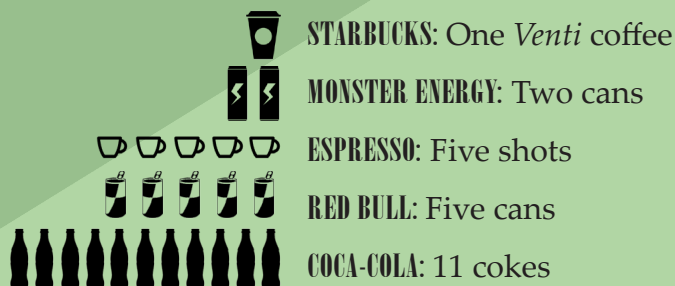
Health.com reports that warning signs come in the form of "jitters and nervousness." Should you feel an increased heartbeat, sense of nausea or vomiting, anxiety, sweating or dizziness, cut the caffeine and consider consulting a doctor.



©RETROSPPOFS (7AZZLE)

Don't snooze through your studies.

If you have no known medical issues, the FDA reports that a total of 300 to 400 mg of caffeine can be consumed daily without any adverse side effects. So what's that the equivalent of? Here are society's top contenders, with just how much is safe to consume on the daily.



Caffeine Controversy

Most are aware that caffeine has addictive qualities, and should be treated as a drug. However, caffeine is a psychoactive stimulant and contains antioxidants, two key features that can be attributed to good health.

Research done by the National Institute of Health reported there are pros that potentially outweigh the cons: "Protective compounds lower our risk... may help prevent diseases such as certain cancers, lower risk of Parkinson's and dementia...and potentially boost concentration and memory."

Senior Success Stories

Grossmont student and senior Laurel Dalton said she "always hated" the taste of coffee as a child: "I always focused on trying to get more sleep to do well in my studies. Every time my family had given me coffee, I found the taste bitter and unappealing.

"But after a particularly rough bout of studying, I was wiped for my final," Dalton continued. "I remember waking up after four hours of sleep and not being able to retain anything. My mom made me coffee and something just clicked."

Fellow student and senior Joel Jepsen called coffee an "essential," as working two jobs and being a full-time student "withers at any energy.

"I'm awake more often than not," Jepsen said. "Getting a full night's rest just isn't possible for me, considering my work and school schedule. If I don't grab a coffee or energy drink, it's simple—I don't make it through the day."

Should you catch some Zzzz's?

What are the scientific benefits of napping?

By Vinny Lavalenti

Design By Khuong Nguyen, ART-171

Instead of drinking endless cans of Red Bull or stopping by Starbucks on your way home to keep you energized for finals studying, your best friend and cozier alternative may be a little nap on your couch before you crack open the books.

If you have trouble getting through the day without a catnap, you're not alone. According to the Sleep Foundation, 85 percent of people are polyphasic sleepers, "meaning that they sleep for short periods throughout the day." Not solely at night.

But what type of napper are you? Is your sleep schedule habitual, or do you have sudden waves of tiredness that you succumb to and need to lay down to "catch a few Zzzz's"?

Whatever your napping routine, be sure to know how long you should be asleep, as certain durations can adversely or positively affect your memorization, behavior or studying habits. Renown clinical nutritionist Dr. Josh Axe, who has appeared on the popular daytime television show *Dr. Oz*, advises on his website that 10 minutes is the most effective nap time because it eliminates the feeling of sluggishness and has displayed "immediate improvements in vigor and cognitive performance." It's perfect for mustering up excitement for the difficult task of studying for multiple tests and a couple essays.

Any amount of sleeping time between 30 to 60 minutes

can leave you with a groggy feeling and lead to a period of impaired alertness. However, studies have shown that napping for 60 or more minutes can improve your ability to remember names, faces and facts.

"Whenever I decide to take a nap, I usually sleep for about 30 minutes and then continue to do my homework or if I'm not in the mood for studying, go out with my friends," said Justin Wiltz, a 19-year-old student at Grossmont.

According to Axe, a nap of 90 minutes is best for a freelance writer, because this duration can cause you to think more creatively. These naps can also help you remember the steps of certain procedures, like learning to play the guitar or riding a bike.

But these certain durations don't work for everyone. Keliyah Williams, a communications major at Grossmont College has an abnormal sleeping pattern that requires a very long nap here and there to assuage her body from sleep deprivation: "When I take a nap it's usually for five to six hours. I think I nap so long because I usually never get a good night's sleep. My long naps are a sign that my body is very exhausted, just trying to catch up on time I don't spend sleeping."

Cognitive performance is the method by which we acquire and retain the knowledge we receive. Research shows that a post-lunch power nap can boost your mental or

physical capacities in short-term memory and alertness. This will come in handy when you need to memorize some mathematical algorithms, unit conversions or the date that Christopher Columbus sailed the ocean blue. Hint: It's 1492.

Napping allows for the brain to "reboot itself" and leaves it refreshed and ready to dive back into the textbooks.

Kirsten Weir of the American Psychological Association wrote in her article, *The Science of Napping*, that people who get eight or more hours of sleep a night could benefit from a nap because it can "improve performance in areas such as reaction time, logical reasoning and symbol recognition."

Maybe the naps aren't doing the trick for your studying habits because you're too busy pulling your hair out cramming the formula for balancing chemical equations into your brain at 2 a.m. Lucky for you, napping offers a couple other valuable assets to your college life, including reducing stress and improving memorization ability.

According to Axe, sleep deprivation increases stress hormones— the kind that come around at the end of the semester.

Whatever you do, don't reach for an energy drink. In an experiment conducted by the University of California, Riverside, napping outperforms caffeine in that "nappers"

performed better on a verbal word-recall task an hour after waking compared with people who took caffeine. While caffeine enhances alertness and attention, naps do that and more in boosting memory consolidation.

By staying up late into the wee hours of the night studying, you are actually doing yourself a disservice. "Pulling an all-nighter" decreases your memory retention drastically, so manage your sleep time wisely through naps. By getting a good night's sleep, you install the new information you just read from your textbooks into your brain securely.

You may need to take the occasional nap even after finals week passes after looking at your grade and quietly weeping to yourself. The tub of cookie dough ice cream in the freezer section may seem to cease your depression from your lousy "D," but curling up in a ball and crying yourself to sleep could do you just as good. Tiredness has been known to cause food cravings, but in reality, all you really need is a nap to save you from gaining a few extra pounds.

It's easy to go into hibernation when you're wrapped up snug in your most comfortable blanket, so make sure to set an alarm for 10 to 30 minutes (preferably) before sitting down at the desk and grinding toward an A.

How Long to Nap

10 - 20 Minutes

Power nap ideal for a boost in alertness and energy. Limits you to the lighter stages of non-rapid eye movement (NREM) sleep. Easier to hit the ground running after waking up.

60 Minutes

Best for improvement in remembering facts, faces and names. Includes slow-wave sleep, the deepest type. Downside: Some grogginess upon waking up.

30 Minutes

Sleeping this long may cause inertia, a hangover-like groggy feeling that lasts for up to 30 minutes after waking up before the nap's restorative benefits become apparent.

90 Minutes

Full sleep cycle that leads to improved emotional and procedural memory (i.e. riding a bike, playing the piano) and creativity. Avoids sleep inertia, so it's easier to wake up.

SOURCE: THE WALL STREET JOURNAL

Sleep deprivation increases stress hormones— the kind that come around at the end of the semester.



LIGHTS! CAMERA! RELAX...

BY KRISTELLE VILLA | DESIGN BY SENDALIF PADILLA, ART-171

With finals around the corner, many students will feel the stress and pressure to do well in their exams and put in as much study time as they can. But during finals it's also important to de-stress. Take a moment to step back from studying to give your mind a break.

One way this can be achieved is through movies. Depending on the genre, some movies can be relaxing or a nice momentary distraction from studies and tests. Genres such as comedies, family movies, and independent or foreign-animated movies fit the bill.

According to a Chicago Tribune article "Movies may cause special effects on the body" by Danielle Braff, comedies have been proven to help with stress. "When you laugh at the movies, you're actually lowering your blood pressure to the same extent that you'd lower it when you do physical exercise," Dr. Michael Miller, director of the University of Maryland's Center for Preventive Cardiology, said in the article.


For Grossmont student Mariel Pillado, fantasy movies with animation are the type she finds to be the most relaxing. "I find those relaxing," Pillado said. "Another kind of movie that really relaxes me is certain Miyazaki movies." Her favorites include *Princess Mononoke*, *Spirited Away* and *Castle in the Sky*.

Miyazaki is a Japanese film director, screenwriter and animator who produced most of his films through Studio Ghibli. A lot of his films are about

independent teenage girls who experience a life-changing adventure.

In *Princess Mononoke*, the young heroine lives with nature spirits and is fighting off humans who wish to take over and destroy the magical forest in order to make more settlements and provide fuel for new machines. *Castle in the Sky* is about two orphans, Sheeta and Pazu, who go on a quest to discover an ancient floating castle, while at the same time being pursued by pirates who seek the rumored treasure hidden within the magical castle. *Spirited Away* is about a 10-year-old girl named Chihiro who finds an abandoned amusement park with her parents. After her parents are turned into pigs, Chihiro finds out the amusement park is actually a bathhouse for supernatural beings. To free her parents and herself she must work at the bathhouse and interact with all sorts of creatures.

TRY THESE FLICKS: PHANTOM



Pillado said she enjoys these movies because she feels as though they use a lot of soothing colors, such as blues and soft greens, and also because she likes the look of independent animated films.

Tiffany Le, another Grossmont student, said she also likes to

watch movies to de-stress. Her favorite movie to watch is *Stardust*, a comedy and fantasy movie about a young man who enters into a magical land to find a fallen star for his true love. He is not the only one who wants the star though, and on his journey back home he must face witches, pirates and royalty.

Le says she likes comedy, “but not like the really inappropriate comedy, but clean comedy, feel good comedy.” Le also said she enjoys Disney movies and similar family movies.

It is also important to make sure to use your time wisely and watch movies as a reward for studying for a certain length of time or as a way to wind down after a stressful test. Pillado makes sure to put her studies first before putting some time into watching a movie, and uses movies for a break.

“Normally I leave movies, games all that stuff until after the test is done,”

she said, “Before the test, like two days before, I want to dedicate that free time that I do have to studying and then maybe after I have studied for about an hour or so I will probably just do something to unwind.”

Le said she will usually watch movies after the tests are finished and not before: “If I’m not cramming, which I usually am, then it’s both, but usually since I am cramming it’s usually after. But in an ideal world, it’s both.”

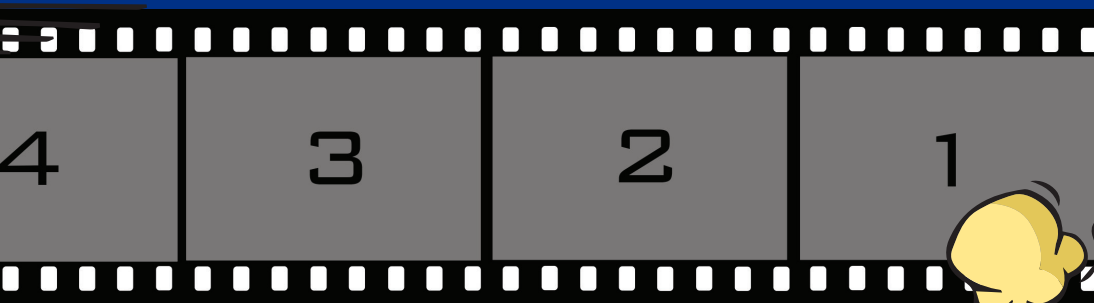
Personally, I find *Phantom of the Opera* to be relaxing since most of the music is slow, and the background tends to have dark colors. *Lion King* brings me back to my childhood, and the movie gives me a nice, short break from studying and projects. *Beauty and the Beast* is another movie in which the music and scenery help me de-stress and forget about finals and school for a few hours, and the new live action remake has rekindled my love for the story.

No matter what one’s preferences for movies are, it’s important to make sure to not over-stress about a test or studying. A movie could be one of the many ways a person can sit back and relax for an hour to two.

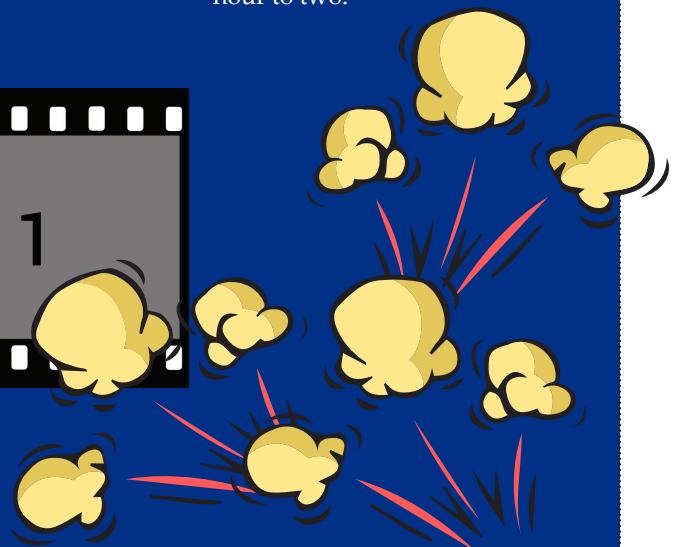


DIM THE LIGHTS & TAKE A BREAK

WATCHING A FILM CAN BE A RELAXING REWARD.



PHANTOM OF THE OPERA, LION KING, BEAUTY AND THE BEAST



THE NEW ATHLETE?

VIDEO GAMES AS A COMPETITIVE SPORT

Ask any college student who has been pushed to write an argumentative paper—the debate on whether or not competitive video games should be considered a sport is relevant, and all too real.

When you consider the physicalities in the world of college sports, such as football, basketball or soccer, it can be easy to laugh at players who work using a mouse and keyboard.

Typically multi-player competitions, “eSports” are hosted between professional players. The two genres that are usually associated with eSports are MOBA, or multi-player online battle arena, and FPS, or first-person shooters. While it’s true that organized competitions, both online and offline, have always been a staple of gaming culture, the viewership surrounding competitions today is enough to support a more substantial amount of professional teams.

This proliferation in popularity has caused many video game developers to work features into their games which enable such

a competition. Forbes reported that, between 2014 and 2016, the global audience surrounding eSports grew from 204 million people to 292 million people, with the potential of having an audience of one billion. This is a jump in revenue from \$194 million to \$463 million, with projections of being a billion-dollar industry by 2019.

With this growth comes a unique opportunity, for manufacturers and brands alike, to exploit the space of eSports while it is still currently undervalued. American cable network TBS is one of the first to do this, with the establishment of “ELEAGUE,” the very first U.S. virtual sports league to hit television on a regular schedule, which streams every Friday night for three months. Although the network addition is recent, as it started up in

2016, ELEAGUE’s airing of matches of the game *Counter-Strike: Global Offensive* boasts a strong 3.6 million viewers.

Grossmont student Brian Crosby said he’d rather play than watch, but found it’s “just as viable as any other sport”: “You have skilled players competing with equally skilled rivals, and whether it’s virtual or physical, it’s not that different.

“For me, I’d rather play any sport than watch it. I generally find watching sports boring if I can play them, and I can play any video game as it’s more mind- and skill-based, than being dependent on physical skill or physique. Otherwise, I’d





BY ALYSSA BLACKHURST
DESIGN BY SCOTT HAWLEY, ART-171

definitely consider gaming just as viable as say, football for having a pro league. It's sure as hell more interesting to me than golf, chess or darts," Crosby said.

Grossmont gamer Tony Balila said he watches eSports competitions for games like *League of Legends*: "I don't see it as any different from watching a sports game. I do a lot of fantasy league teams too, which is just like fantasy football. I'd like to go see it in person, but I never have.

"I think it's fun to watch people who are good at a video game coordinate themselves, to play at a level that I wish I could. Or to watch people who are good at a video game

make mistakes that I wouldn't make. When I understand the fundamentals of a game, but lack the actual skill to pull off the big things I know are possible, I get a sense of gratification from seeing people do the things I know are theoretically possible.

"I feel smart for having deeper knowledge of the game," Balila continued. "Even though I can't do it myself. And it's good to learn new things from watching pros too. In a way, that's better than watching an actual sport. Because games like *League of Legends* are accessible to anyone, but a game like football isn't, unless you're part of an intramural team at work or something."

College students are already being incorporated into this newfound endeavor, as there are currently over

100 schools across the country that support eSports. The Big Ten Network, operated by Fox Sports, recently hosted a "Big Ten" tournament for the most PC played video game *League of Legends*. There were college clubs from Illinois, Indiana, Iowa, Maryland, Michigan, Michigan State, Minnesota, Northwestern, Ohio State, Purdue, Rutgers and Wisconsin.

The pilot program, which kicked off Jan. 30, featured a season-long inaugural competition, before holding a championship back in March. It was streamed live and pitted the University of Maryland and the University of Illinois against one another. UMD was declared champion, and will go on to compete against eight of the best college teams for the "*League of Legends* College Championship."

BYE-BYE BLACKBOARD...

Back in May 2016, Academic Senates from both Grossmont and Cuyamaca colleges made a push to move from Blackboard to Canvas. The following summer and fall semesters will run Canvas parallel with Blackboard, but by Spring 2018, all classes taught will be strictly Canvas-only.

For students who aren't in the know, Canvas is a newer course management system with many similarities to Blackboard. It will manage a student's grades, course documents

and assignment submissions.

This spring semester, a small amount of courses were taught with the new system. Grossmont chemistry professor Cary Willard was one of the first. She took a four-week class on how to use Canvas, and explained how the program will roll-out in the future: "This is something anyone who will be working in this college will have to do, especially if they're teaching online. There are online instructions that you can read, and there will be lots more staff development time given to faculty to help them learn Canvas, to use it as effectively as possible."

Although my first introduction to Canvas was with an intersession course at Palomar College, a few features stood out to me. For example, students can opt-in for notifications outside of emailing, as the program will link to Facebook, Twitter or even your phone, so you can receive updates through text messaging. There was even a Canvas phone app, for both iOS and Android, which personally upped the ease of access to my coursework.

Grossmont students Kristen Rosier and Madison Browne, who are enrolled in a Canvas trial class, agreed that they preferred the program over Blackboard, because there's simply "more to it."

"You can see all your grades easy, and you can even test your grade. Like, if I get this I can get an A in the class, and if I don't then I'll get a B," Browne said. "You can even do that with future assignments, like your final." She also commended easier communication, between both students and classmates, through the discussion board and new chat features.

Both Rosier and Browne said they haven't



...HELLO CANVAS!

checked Blackboard at all this semester, as the majority of their professors don't post grades: "Blackboard was weird, how it would show your grade, but then additionally your weighted grade or weighted average. Some scores would be a low B, then you'd have a middle A, and you wouldn't know which was actually right.

"And when you'd try to calculate your grade yourself, it wouldn't add up any of the scores on there. But Canvas is already weighted in the program," Browne said.

Student Joe Lucas also preferred Canvas over Blackboard, and said the layout was a lot simpler. "Having a calendar set up, with each assignment on the day they're due is better. There's also submission buttons that make it a lot easier to submit assignments. Blackboard you have to find a lot of the features, which can be a pain."

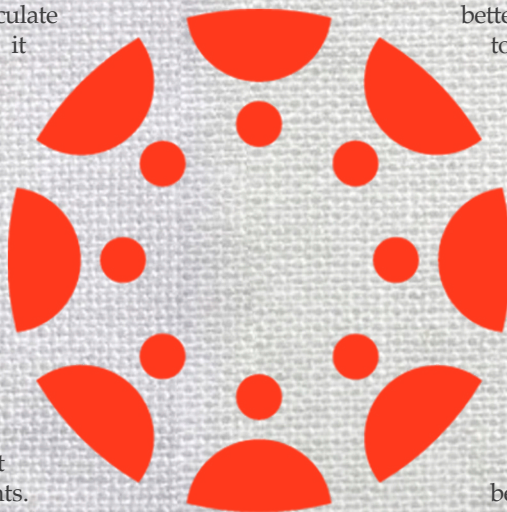
In unison with Browne, Lucas pointed out the ability to "simulate" your grade: "Your grades are much clearer, since it shows each individual assignment, and you can actually simulate your future grade. Say if you got 100

on your test, you could see what your grade would change to. Then there's no guessing on well if I do this good, this is my grade. You can actually physically see it changed."

Willard elaborated that the way Canvas is presented is more clear for students, but that the newer platform has its "pluses and minuses": "The grade-book is better, since students can check to see what they'd potentially get, but I find that I have less control than I have in Blackboard.

"I've been somewhat frustrated by the fact that some of the tools aren't as sophisticated," Willard continued. "I've had to work through some of the kinks of the third-party software, which is challenging. It will become better in the future, but there will need to be some adjustments that need to be made."

For students more curious about Canvas, Grossmont provides an overview, as well as an instructional video on its website. Simply click the Canvas logo that appears next to Blackboard in the upper-right corner.



Grossmont is starting fresh with a new course management system.

STORY BY ALYSSA BLACKHURST | DESIGN BY DALLAS BARKER, ART-171

DAY ONE

2 p.m. *Viva Literatura*
student panel

7 p.m. Denise Benavides,
Xicana poet and
performance artist

DAY TWO

11 a.m. "Building Bridges:
The Work of Luis
Alberto Urrea" student
panel. *Presented in
collaboration with Latino
Alliance.*

7 p.m. New Voices
student reading

DAY THREE

11 a.m. "And Social
Justice for All" poetry
slam competition.

7 p.m. Gill Sotu,
performance poet and
musician.

DAY FOUR

7 p.m. Writing project
winners, and Luis
Alberto Urrea, author.

BY SYMON
GORO

DESIGN BY
LONDIS
KUES,
ART-171

ART THROUGH ADVERSITY

Grossmont celebrates its
21st Annual Literary Arts Festival.



This year was Grossmont College's 21st Annual Literary Arts Festival. From April 24 to 27, students and their friends and family packed into Griffin Gate for a variety of events.

There were student panels and readings, speeches and performances by published authors and performers such as Denise Benavides, Gill Sotu and Luis Alberto Urrea, as well as a poetry slam. While *The Summit* was unable to attend each event, we would still like to acknowledge all students and guests for their participation, and the staff and faculty for making such an inspiring event possible.

NEW VOICES

This is a tradition nearly as old as Grossmont itself. A semesterly student reading, New Voices is a celebration of Grossmont's student writers. The Creative Writing Program faculty select students from their courses at the end of each semester who have created stand-out original works, and invite them to participate in an evening of readings.

The reading's popularity is evident, as well over 100 attendees showed up at Griffin Gate to listen to the student's readings. Thirteen students read a total of 15 pieces throughout the event, ranging from creative nonfiction, poetry, short and flash fiction, poetry and novel excerpts.

The topics of the pieces were even more varied, covering subjects



like immigration, femininity, romance, loss, responses to today's society and more. To some students, New Voices was an opportunity for them to express themselves. For others, it was an opportunity to educate.

One such example was the night's first reader Lucia Sanchez in her creative nonfiction piece "Golden Cage," a story about an embarrassing moment in her life when she immigrated to the United States.

In her piece she wrote: "In Mexico, I was one of the top five students in my grade... Here, in America, I had to learn from zero. Start over... I had to learn as if I had never been good at anything before. As if I were an old computer being replaced with a new hard drive they had cleaned out and restarted, as if the mythical theory of reincarnation existed and I was reborn in a new life, except I was still me."

Sanchez said in a statement that the title was inspired by a Mexican song about the United States being a golden cage for many immigrants, "full of opportunities and dreams, however, still a cage."

The event was also a goodbye to novel writing instructor and the event's host Tammy Greenwood. New Voices has been one of her favorite events, and this semester was her last time being a part of it, as she's retiring from teaching this semester to devote more time to her career as a critically-acclaimed novelist.

She took the time to express gratitude to all her students over the years: "It's always such a wonderful thing to see the ecliptic talent of this school," she said. "I'm so blown away by the talent I see from our students."

COME ON AND SLAM

The following day, a poetry slam competition was hosted by performance poet and musician Gill Sotu, who went on to deliver his own performance later that day.

A total of 12 competitors took the stage to deliver their own poems. Five Grossmont students were picked from the audience to be the slam judges during the competition,



"I had to learn as if I had never been good at anything before. As if I were an old computer being replaced with a new hard drive they had cleaned out and restarted, as if the mythical theory of reincarnation existed and I was reborn in a new life, except I was still me."

—Lucia Sanchez

which took place over two rounds. Of the 12 competitors, seven made it to the final rounds.

The poems read ranged from topics such as transgender identity, motherhood and raising daughters, cultural identity and acceptance of Native American and Middle Eastern heritages, mourning the loss of grandparents, social media and self worth, and more.

The 12 participants received certificates of recognition and the top

three winners received gift card prizes. The first-place winner also received a custom-made trophy.

The Summit would like to congratulate Katie Wallace for winning third place, Ali Majed Al-Dhalimi for second, and Sarah Farouq for taking first in the competition, as well as all the competitors for their passion and recognition.

BUILDING BRIDGES

The final night of the festival was the announcement of The Writing Project winners as well as a speech by Luis Alberto Urrea. To say Griffin Gate was packed is an understatement. So many people turned up that many of us had to watch from a monitor in the Griffin Center.

Each year, the Literary Arts Festival holds a writing contest in response to a prompt designed by composition and creative writing instructors. The goal this year was to write a response to an excerpt of Urrea's that was thematic with the festival. The theme this year was borders— not just physical borders but emotional ones too.

The winners were Michael Franko in third place, Hunter Johnson in second and Jasmine Muerta in first place. After receiving her award, Muerta read her story to the audience.

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In it she spoke of her family crossing the border, discovering her bisexuality, the challenges she faced with her family as a result, and how she overcame it. She shared a message with her listeners before stepping away from the podium: "If you have any inclination to write, then do it," she said. "Find some way to save others."

Shortly after, Urrea stood up to deliver his speech. A 2005 Pulitzer Prize finalist for nonfiction and a member of the Latino Literature Hall of Fame, Urrea is a critically-acclaimed and best-selling author of 16 books. Born to a Mexican father and American mother, Urrea is most recognized as a border writer.

He told humorous stories about his childhood, such as playing with tops that didn't work on the dirt streets of Tijuana or the little fake European castle at the end of his street that was made of blocks and painted yellow with bear tied to it in a humorous story about his childhood.

Urrea went back and forth between Tijuana and San Diego a lot in his childhood. When they moved to Clairemont, he described his household as a culture war since his mother couldn't speak Spanish. His mother read him stories from writers like Mark Twain, and his father saw him becoming more American as a result.



**"If you have any inclination to write,
then do it.
Find some way to save others.."
—Jasmine Muerta**



His father tried to find a way to stop it and knew he liked to read, so he would go to Mexico to find him books in Spanish. One case involving his dad telling him to go find a book in the glove compartment of the car, and Urrea found "101 Graphic Sexual Positions" instead of the book his dad was talking about. "Well I was happy about that," Urrea recalled with a chuckle.

His dad also had a habit of telling him Mexicans invented everything. "Do you like those laundry machines, *hijo*?" Urrea said. "Mexicans invented that. The Grand Canyon? Guess who dug that up?"

It was around that period in his life when he said he experienced a moment of culture shock in fifth grade when he was called a "greaser wetback." Later that day, Urrea was met by his dad, who would often wait for him to see how his day went before leaving to work overnight.

Urrea's dad told him a story about how in the western expansion across the country, Americans did it in covered wagons. He described the wagons as being made of leaves that would catch fire by the time they made it to Texas.

"Only Mexicans with the sophisticated axles made it," he told Urrea. "If they call you a greaser wetback, hold your head up high in pride of



PHOTO COURTESY OF DANIELA SOW

what you are." His father had used his stories to uplift him.

Urrea started writing shortly after. His mom even got him a typewriter and asked him to learn to type when she saw his interest in it. "My mom took my stack of stories and books and sewed them together," he said. "I was the best-selling author in the kitchen."

Then, in his senior year in college, his father passed away. Urrea continued writing, but said it became very difficult as he now had to work in the dumps. "Life will try to make you forget who you are," he said. "Because you have to survive."

Urrea was, however, lucky enough to be one the first people in his family to go to college, where he met his writing professor. When his professor went to Harvard, Urrea wrote to him asking if he could get him a job as custodian. His professor responded saying he could get him a job.

Urrea then traveled to Harvard after receiving a one-time bonus on his paycheck to become a teacher's aide, and the rest is history. He later told the audience, after being asked a question, that "I've tried to rely on grace. On those blessings that come down."

After his talk, Urrea was presented a gift that had been handmade for him by Grossmont students. One of those students was Adeline Delgado, who had also attended nearly every event.

When asked about the Literary Arts Festival, Delgado said: "It was an eye opening experience. I learned a lot about myself. The guests did a really great job connecting to the audience. All demographics were connecting even though our president is trying to separate us. It made us understand it's about us not them... Even if you're not an English major, I think you can take something away from this."

A message that resonates with one of Urrea's own sayings— "I am more interested in bridges, not borders."



PHOTO COURTESY OF DANIELA SOW

M.E.Ch.A

GROSSMONT'S CHAPTER OF THIS NATIONAL CLUB IS HERE TO STAY.



BY MARSELLA ALVAREZ | ILLUSTRATION BY MARK WOLFE, ART-175

With the recent political and social upheaval that has rapidly emerged this post-election year, we are in need of more people from all backgrounds working to bridge the gap the election has created. And the newly established M.E.Ch.A. (*Movimiento Estudiantil Chicano de Aztlán*) club on campus is trying to do exactly that.

M.E.Ch.A. is a national organization that is focused on *Chicano* (the gender-neutral reincarnation of the term *Chicano*) students, their struggles and their empowerment through political awareness and involvement. The group was formed by California colleges during the volatile 1960s, where issues like the Civil Rights Movement and the Chicano Movement gained traction and support in the turbulent political climate.

The organization has since grown to include over 400 affiliated chapters all over the country. Individual club activities and agendas vary, but most chapters participate in things like community outreach events, educational or social activities, tutoring and mentorship. Despite the unique goals of each club, the organization upholds a few founding documents like the "National M.E.Ch.A. Constitution" and "*El Plan Espiritual de Aztlán*" ("*The Spiritual Plan of Aztlán*"). These documents are centered around educational contributions, cultural strength and unity, and political involvement for *Chicano* students.

These objectives and what they represent are what first attracted club vice-president Graciela Lopez to the organization.

"[I think] it started last year, when Graciela asked me, 'Why isn't there a M.E.Ch.A. club on campus?' To which I said, 'Wow, you're right, students need to start one,' said club advisor, Professor Monica Hernandez.

Inspired by the results of the 2016 election and encouraged by Hernandez, Lopez approached club president Clarissa Hernandez about starting a M.E.Ch.A. club on campus, and the two went through the enrollment process together at the start of this year. According to the M.E.Ch.A. members, it all came together rather quickly, seeing as they were already unified under their shared anger at the country's newly elected chief executive and the platform his campaign had employed.

"The seed was already there prior to the election," Hernandez explained, "But the results were definitely one of the catalysts to starting this club."

The M.E.Ch.A. organization as a whole sees the ballot results as a huge step backward in the collective social advancement of the nation. In an official statement released on the group's website, M.E.Ch.A. leadership wrote what nearly every Mexican, *Chicano* and those with *Chicano* or Mexican friends and family living in the U.S. were thinking when the results of the election were announced: "We, the National MEChA Coordinating Council of the *Movimiento Estudiantil Chicano de Aztlán*, are deeply disturbed and saddened by the outcome of the 2016 Presidential election. [We] have witnessed a grave injustice occur against the nation we find ourselves in."

The organization urged their members to "gather their courage and stand strong together" in order to "look ahead to the fight we now face."

The questionable opinions President Trump and his supporters held about Mexican citizens and immigrants prior to his inauguration were, according to the Grossmont's M.E.Ch.A. members, not likely to go away after the election. Because of this, they set out to provide a safe environment for those affected by these prejudiced opinions. "We are just trying to create a safe space for Chicano students and allies alike," Lopez clarified.

Despite living in a border town, few people realize the beliefs that some San Diego residents still hold. Even here on the Grossmont campus. Hernandez described a clear and concrete example of these types of opinions: "I had a sign outside of my office that said, 'Undocumented Students Welcome,' and it was tagged at some point. The words were crossed out and underneath it someone had written 'No, they are not!'"

Actions like these, and the ignorance or denial some still hold about these events, is exactly what M.E.Ch.A. is fighting hard to eliminate from Grossmont through the use of social events and activities open to all students. "We've been involved in a few community events, but are trying to first establish ourselves on campus," Hernandez explained.

Grossmont students can help M.E.Ch.A. in its efforts to make this campus an accepting and safe environment for all individuals, be they *Chicano*, Mexican, American or somewhere in-between.

And to the person who wrote on Hernandez's sign, I extend to you a personal invitation to join in on the fun. You might learn something yet.

WHAT'S LOVE GOT

Grossmont's theatre department will be putting on a classic comedy by William Shakespeare known as "Taming of the Shrew."

"The Taming of the Shrew" was originally published in 1594, and yet the play still has many people discussing it. Our director for the play, Brian Rickel, said he personally believes that as old as the play is, it still has plenty we as a society can learn from. This helped with his choice to end the semester, and end on a lighter note.

This is Rickel's first full-time year at Grossmont, but he has been with the college for six years now. He started his life in theatre by fifth grade, thanks to a teacher who liked putting children in Shakespeare plays. He later got his master's degree at Cal State Fullerton and found a group of teachers that believed in him.

With Rickel's direction of the play, the clothing is a "modern, hipster-y Italian." However, the actors will be speaking in Shakespeare's original dialogue. Rickel is also cutting the well-known Christopher Sly intro of the play, and replacing it with a modern scene taking place in a brewery, which brings a sense of togetherness since "females in this show can feel really obsessed," according to Jillian Jones who plays Katherine, or "the shrew" in the play.



ACTORS ON THE SET OF "TAMING OF THE SHREW"
PHOTO COURTESY OF BRIAN RICKEL

TO DO WITH IT?

Jones, who has been a part of the theatre department since 2014, went into auditioning wanting the role of Katherine. "Even though there were moments of anger, I stand taller," she said.

Jones said she is also very happy to be working with Rickel, even though it was her first play working with him. "The director's choices to bring this into a certain direction was amberal," Jones said. Part of that direction is to hold a mirror up to society's face.

Talking about the actions that take place in the play, stage manager Alex Newberry said, "Kate is god-damn tortured" and "that kind of abuse is punishable by law."

Newberry said he has in general really enjoyed

Shakespeare's work, which is he why he approached Rickel about being the stage manager for this play. However even with the clear problems, abuse and other frowned-upon actions that takes place in the script, "it is a play full of lovable idiots," according to Rickel.

The play will be showing performances from May 11 through the 20. Tickets are accessible online, and the performances will be at the Stagehouse here on campus.

TAMING OF

BY KYLE CASCANTE - LAYOUT AND ILLUSTRATION BY DAYANARA PAULA RUGA, ART-171

PETRUCHIO: COME, COME, YOU WASP,
I'FAITH YOU ARE TOO ANGRY.

KATHERINE: IF I BE WASPISH, BEST BEWARE
MY STING.

PETRUCHIO: MY REMEDY IS THEN TO
PLUCK IT OUT.

KATHERINE: THEN GOD BE BLESSED, IT IS THE
BLESSED SUN,

BUT SUN IT IS NOT WHEN YOU SAY IT IS NOT,
AND THE MOON CHANGES EVEN AS YOUR
MIND.

WHAT YOU WILL HAVE IT NAMED, EVEN THAT IT IS.

PERFORMANCES

7:30 p.m.: May 12, 13, 18-20

2 p.m.: May 13 and 20

General admission is \$15; \$12 for faculty, seniors and military; \$10 for GCCCD students with an ID.

For tickets, call the box office at 619-644-7234 or visit 22A/200 A-1.



THE SHREW

GROSSMONT TACKLES SHAKESPEARE'S CONTENTIOUS TALE.

PETRUCHIO: FOR BY THIS LIGHT, WHEREBY I
SEE THY BEAUTY—
THY BEAUTY THAT DOTTH MAKE ME LIKE THEE
WELL—
THOU MUST BE MARRIED TO NO MAN BUT ME,
FOR I AM HE AM BORN TO TAME YOU, KATE.

KATE: SUCH DUTY AS THE SUBJECT OWES THE
PRINCE
EVEN SUCH A WOMAN OWETH TO HER HUSBAND;
AND WHEN SHE IS FROWARD, PEEVISH, SULLEN, SOUR,
AND NOT OBEDIENT TO HIS HONEST WILL,
WHAT IS SHE BUT A FOUL CONTENDING REBEL.



DANCE, DANCE, DANCE

Faculty-choreographed dance showcases Grossmont talent.

BY KYLE CASCANTE | PHOTOS BY STEPHEN HARVEY | DESIGN BY REGINA RUBAIE

From April 20 to 22, Grossmont held its “Entrances and Exits” dance concert, choreographed by the college’s dance faculty, at the Joan B Kroc Theatre.

With all the different choreographers, the concert had a great variety of dance styles and themes for each performance. Not only did they keep the audience well-entertained, but they also showed the dancers’ talent and ability to switch from a very calm and graceful performance such as “Ode to Lilia” to a very lively performance called “Freedom” that

seemed to excite everyone watching.

One of the performers, Michael Lozanl, started dancing six years ago by picking up a ballet class his freshman year of college to fill a PE requirement. He then had a desire for more. Out of all the choices for an intro dance class, he said he went with ballet because of what the style evokes.

“It comes off as very regal,” he said.

Being in four performances during the show, Lozanl said he personally enjoyed

“Manipulated Living”—not just because of how physically demanding it was and the athleticism the performance involved, but also the topic the dance covered about social media and people believing things blindly with little information.

Another performer, Davanna Ross, a radiology major who has been dancing since she was in middle school, entered into the dance program here at Grossmont five or six semesters ago. Ross was in three performances at the



show and personally enjoyed performing the opening dance of the whole show.

"It had a lot of artistry in it with a lot of connections between each movement," Ross said, adding that she also enjoyed how much skill the piece demanded with count-changing movements in the middle of the performance.

The dance program here at Grossmont is full of talent and good people. Taking the time to go to a performance is not just a support of the school but also a support to these fellow talented students. Both Ross and Lozanl agree that dance becomes who you are and how you move, and do not see it as something limiting.

Faculty that choreographed the show included: Melissa Adao, Blythe Barton, Nancy Boskin-Mullen, Lesa Green, Kathy Meyer, David Mullen, Angela Moran, Colleen Shipkowski, and Debi Toth-Ward, as well as San Diego artist and guest choreographer Kyle Sorensen.





THE T

WE EXPECT A LOT FROM G-HOUSE »

WOMEN'S BEACH VOLLEYBALL LOOKS BACK—AND FORWARD.

One thing that has stood the test of time at Grossmont College has been the success of its Women's Beach Volleyball program.

Fresh off a state championship title from 2016, Head Coach Jamie Ivers has had her team on pace for another run at the "big one." They concluded the regular season by sweeping opponents San Diego Mesa and Rio Hondo College in a home tournament on April 21.

Over the past few years, Ivers has led either her indoor or beach volleyball teams to third place or better in the State Championship tournament.

According to Ivers, a big reason behind her success since her tenure at Grossmont began in 2006 is "the culture we've built here.

"Having a strong culture and having kids buy into that culture is important to me," she said.

The Grossmont Women's Beach Volleyball team won the Pacific Coast Athletic Conference Championship title for back-to-back seasons in 2015 and 2016. Outside of conference play, the beach volleyball team has held its own and taken down a couple of four-year universities quite handedly. Most notably, the "G-House"

volleyball team, a nickname coined by members of the athletic department, defeated Point Loma Nazarene University, as well as the San Diego State University Club team.

Ivers' indoor team has dominated its conference competition on the hardwood as well, taking the PCAC Championship for eight years in a row and counting.

Finishing the season with a 22-5-1 record, Ivers was very pleased with her team's performance this season, "I think we've done really well. Last year we went undefeated, 24-0 and won the state championship so I think there's this expectation from everyone that we're going to do the same thing, but I think we're going to peak at the right time."

Losing is also fundamental to a team's growth. To taste the riches of success but also feel the excruciating pain of losing creates a heightened ambition to succeed. Ivers mentioned that all three of the losses her squad suffered this year have benefited the team, which will seek to ameliorate its mistakes during the regular season in the playoffs against those such teams.

[G-HOUSE CONT. ON PAGE 26]

EST OF TIME



BY VINNY LAVALSITI
DESIGNED BY KEVIN BLACKWOOD
PHOTOS COURTESY OF THE ATHLETIC DEPARTMENT

SAY WHAAAAT?

STORY BY MARSELLA ALVAREZ
PHOTOS BY CODY WILSON
DESIGN BY BATOUL RUBAIE

Did you know Grossmont has a **women's badminton team** and, spoiler alert, they're good?

When most people are asked about racket sports, they think tennis, they think squash, but they usually don't think badminton. This is also the case here on campus, because not only does Grossmont have a women's badminton team, it has a good women's badminton team. So good in fact, that they were undefeated this entire season, though they did recently lose their chance to compete at the CCCAA Women's Badminton State Team Championship post-season by one point. They dominated both in their overall team scores and in all singles and doubles matches. They also managed to score more than triple the opposing teams' points for every game, an impressive feat.

It's even more surprising to learn that this season's team, though definitely talented, is made up of only six students: Heylim Kim, Rebekah Leslie, Zhaomei Li, Yukari Naono, Nicole Ortin, and Tram Pham. Their head coach is Bill Gillespie, with Eric Tran, Ayumi Hazel, and Kai Sheng Chuang acting as assistant coaches. All the players come from diverse backgrounds, and each has a different story behind how they got to be on the team.

I first caught up with player Yukari Naono, after one of her doubles matches in their last game of the season. Naono is from Ehime, Japan, a small island in the southwestern part of the country. She moved to San Diego last summer and is now in her third year of college. She is currently studying exercise science and plans on becoming a badminton trainer after graduating. She's been playing for seven or eight years and has practiced

her sport throughout elementary school, middle school, and high school. She confessed that she had enjoyed elementary school the best for playing badminton, saying it had definitely been more fun to play during those years. Naono elaborated, revealing that middle school and high school badminton was taken a

school, she hasn't had much time to explore outside of San Diego. But she has visited a few places and enjoyed her trips. "I've been to Vegas and L.A., and I liked them both." She hopes to stay in San Diego for the coming year, but might end up going back to Japan at the end of the semester.

I also talked a bit with her teammate, Rebekah Leslie, after her last match of the season. Unlike Naono, Leslie is from San Diego. "Born and raised," she clarified. She's nineteen and is in her second year at Grossmont, studying art history. She hopes to transfer to SDSU for her major. I asked her opinion on why only a few students on campus seemed to know about their team, despite them being undefeated the entire season. "Most people think that badminton isn't even a real sport, despite it being in the Olympics," she acknowledged. "And if they don't consider it an actual sport, it'll be hard to get excited for any of our matches."

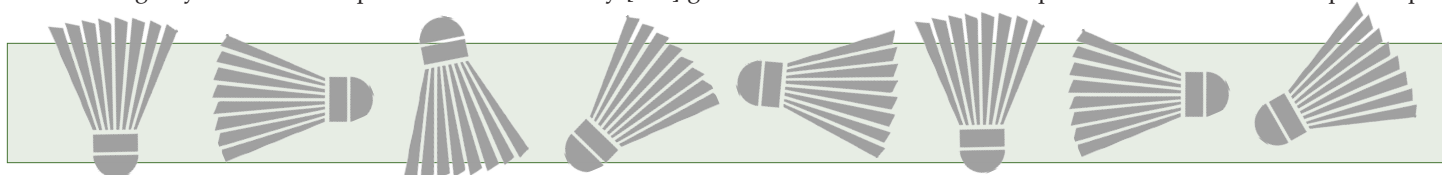
Like Naono, Leslie also practiced badminton during high school. She told me that the only major difference between high school and college badminton is that there are a lot more people that knew how to play badminton in high school. "It was a struggle to find six girls for the [Grossmont] team," she explained. When asked which team she had enjoyed more, high school or college, her answer was immediate: "College, definitely."

Ignorance of their team is no longer an excuse for Grossmont students, so come cheer them on at a match next semester. With your support, they could bring home the prize at the next state championship!



lot more seriously during those years than in other countries. "It's a more competitive environment in Japan," she explained.

This is Naono's first season playing for the Grossmont team, but she has enjoyed her classes on campus for almost a year now. When asked what she liked best about Grossmont, she said, "I like how small it is, [plus] I have good professors, a good host family [and] good friends." Because of





BADMINTON BASICS

The aim of badminton is to hit the shuttle (birdie) with your racket so that it passes over the net and lands inside your opponent's half of the court. Whenever you do this, you have won a rally; win enough rallies, and you win the match.

Your opponent has the same goal. She will try to reach the shuttle and send it back into your half of the court. You can also win rallies from your opponent's mistakes: if she hits the shuttle into or under the net, or out of court, then you win the rally.

If you think your opponent's shot is going to land out, then you should let it fall to the floor. If you hit the shuttle instead, then the rally continues.

Once the shuttle touches the ground, the rally is over. In this respect, badminton is not like tennis or squash, where the ball can bounce.

You must hit the shuttle once only before it goes over the net (even in doubles). In this respect, badminton is not like volleyball, where multiple players can touch the ball before sending it back over the net.

Some of you may be familiar with playing badminton on a beach, or in the garden. This is fine when you're playing it as a casual game, but it doesn't work when you start to get competitive.

The shuttle is blown off course by even the slightest breath of wind. That's why competitive badminton is always played indoors.

—Excerpt From *The Badminton Bible*

PCAC CHAMPS!

Must be something in the spring air for Grossmont College Athletics. Now two teams, women's tennis and baseball, have won the Pacific Coast Athletic Conference Championship for their respective sports. And an honorable mention for the beach volleyball team which finished second in the PCAC. **BY VINNY LAVALSITI**

WOMEN'S TENNIS

Grossmont College Women's Tennis continues to prove why it's one of the premier programs in Southern California. The team clinched the 2017 Pacific Coast Athletic Conference Championship Title for the fourth year in a row after defeating Cuyamaca 9-0 in April.

Head Coach Megan Haber and her group of girls dominated the PCAC competition once again this year with a record of 12-2. Haber has had a stranglehold on the PCAC since she took over the women's tennis program in 1999.

She has also taken home the hardware of "Coach of the Year" multiple times, and for good reason. Haber has led her

team to four California Community College Tennis Team Championships, including a magnificent run of three titles in a row from 2002 to 2004. She was also recognized in 2009 as the "Female Coach of the Year" by the San Diego District Association.

The team sent six players to state. Brazilian Marcela Massaglia lead the Griffins as a 2017 PCAC All-Conference member. The other five were Kaela Benintende, Erica Childs, Amanda DiGiovanni, Brianna Tyseling and Oksanna West.

Despite their terrific season, the women's tennis squad came up just short in Ojai at playoffs this year.



MEN'S BASEBALL

Coach Randy Abshier's baseball program has won back-to-back Pacific Coast Conference Championships after a stellar 22-2 conference record. Their 22 season wins, and counting, are also the most by any PCAC team in conference history.

The Grossmont Griffins will look to improve from their 2016 season, in which they came up just short by ending their season deep into the playoffs. They head into the 2017 playoffs as the two seed.

The Griffins destroyed the ball at the plate this year, sporting a team batting average of .328 with 31 home runs and averaging about nine runs a game.

Six of the those home runs came off the bat of outfielder David Maldonado, helping his team tremendously with his power and .376 batting average. Maldonado has also been a threat on the base paths for opposing pitchers and catchers, leading his team with 16 steals.

The Griffins' defense is a big reason why they won the PCAC and why their pitchers are so stress-free on the mound. A defensive cornerstone for Abshier has been third baseman Justen Burkey. Burkey has committed only three errors this season. Behind the dish is some

more of the same. Sure-handed catcher Trevor Beard lets his pitchers know they can trust him as a backstop, able to block some of the nastiest 0-2 curveballs or McCrystal heaters in the dirt.

That confidence really showed in the sophomore ace, flamethrower Donavon McCrystal, the newly named 2017 Male Athlete of the Year for the Grossmont College Athletic Department. McCrystal led his staff in innings pitched this season. Coming right after McCrystal in the rotation is no picnic either. McCrystal and Tim Holdagrafer serve as one of the meanest one-two punches in [PCAC CONT. ON PAGE 26]



AROUND CAMPUS



JESSI BARAN AND LESLIE HENRIKSEN PAINT.
PHOTO BY KRISTELLE VILLA

On April 11, for its Month of Service, Grossmont held a community art project in the main quad. The event was open to all students regardless of artist background. Some of the projects they had were coloring the old newspaper boxes and helping to create murals to be displayed on campus. —KRISTELLE VILLA



DANCING AT THE FESTIVAL. PHOTO BY KRISTELLE VILLA

On April 20, the Arabic Club hosted a festival in the main quad. Booths provided information about different countries and cultures in the Middle East. The festival also presented traditional dancing and shared food such as hummus, baklava, kabobs and shawarma. Danny Nissan, the Arabic club's vice president said, "We wanted to share Arabic culture with students and staff." —KRISTELLE VILLA



PHOTO COURTESY OF ROXANNE TUSCANY

The Speech and Debate Team finished strong with three awards at the Pacific Southwest Collegiate Forensics Association Tournament on April 30. Congratulations to the winners: Arlynda Filmore for first in Poetry Interpretation, Candace Berry for second in Informative Speaking and Emma Compton for third in Extemporaneous Speaking.

The Griffins also brought home the awards from the national tournament in Washington, D.C. Xavier Daniels won three bronzes, Jonah Naoum won two bronzes, and Amanda Afentakis and Andrew Leone brought home a bronze a piece. —SYMON GORO

[G-HOUSE CONT. FROM PAGE 22]

Two of those losses in their schedule came against PCAC foe, Mira Costa College, in which they fell in a couple of nail-biters, 3-2 and 4-1. Mira Costa took the conference championship away from the Griffins this year with a perfect record of 10-0.

Taking account of everybody's significance to the team's success, Ivers stresses the importance of having a positive attitude when going out to compete: "You have to have crazy positive energy and confidence. Positive things happen when you are positive. When we lack confidence or positive energy, we see a downturn in our play."

You certainly don't win your program's first state championship with being a little bit confident. That confidence among her players is close and dear to the heart of Ivers. In this day and age, it's paramount to her that women are living liberated lives.

"When they are just so excited for themselves, they know that they've worked their tail off and seeing them reap the rewards of that means everything to me. Whether it's a win or a loss, seeing them as a confident women is the biggest thing right now in today's world and for me," asserted Ivers.

A part of Ivers' winning culture is to not overvalue or undervalue any certain player. One athlete does not complete or make a team according to Ivers.

"Honestly, one of our biggest things is that nobody is no more valuable than the other person," she said. "I'm not really into the 'superheroes'. As soon as you pinpoint 'You're the reason why we do things or the reason why we win,' it fractures your culture. Everybody should feel as if they are equally valuable."

In the playoffs this year, the beach volleyball team clinched a spot in the final four of the state championships by knocking off both Antelope Valley and Golden West 3-0. However, the Griffins ran into trouble in the final four in their match against Long Beach College, losing

3-2. Ivers and company also lost a tough match against conference opponent, Mira Costa, suffering a 3-2 loss. Mira Costa, the team that finished two games ahead of Grossmont in the PCAC standings went on to capture the state title.

Victory has become an institution for the volleyball program, and having any sort of inclination toward a certain player will impede the growth of your team as a whole, according to Ivers.

Despite Ivers' success with her feet in the sand, she hasn't been able to get the proverbial "monkey off her back" inside the gymnasium, winning an indoor women's volleyball state championship. The 27-2 indoor team came up just short of winning it all last year, losing in the semifinals of the state playoffs. Ivers is determined and looking forward to next fall to overcome the challenge of bringing an indoor state title back to the home of the Griffins.

There's no question that there has been a winning tradition established by Ivers that's created an opulence of success for the beach volleyball program here at Grossmont. The Grossmont College fans expect and are accustomed to each game concluding with a G-House Volleyball "W."

[PCAC CONT. FROM PAGE 25]

Southern California. This year, Holdagrafer threw for 72 innings while averaging eight strikeouts per game.

The bullpen this year was a key contributor to the Griffins' success as well. You definitely didn't want to see Hayden Shenefield trotting to the mound in the late innings if you were an opposing batter. Shenefield was the anchor of the bullpen with his 1.85 ERA and 54 strikeouts in just 43 innings of work.

It came as no surprise to the PCAC competition that Abshier's Griffins were back on top in 2017. Winning has been and will continue to be an institution for many years to come with the Grossmont College baseball program.



ATHLETES OF THE YEAR

In late April, the Grossmont College Athletic Department announced its selections for the Male and Female Athletes of the Year— softball and baseball players Rachel Everett and Donavon McCrystal.

Everett, a sophomore pitcher for the Griffins' softball team, helped her team to an 11-5 conference record with her veteran leadership acquired from her 2016 MVP season.

"Her leadership on the field is unmistakable," said Doug Hartung, the softball team's head coach. "The team energy flows where Rachel goes, and it's always in a positive direction. Yet, she remains a humble supporter of all her teammates. It is really uplifting to hear her cheer for her teammates especially when things might not be going well."

In 2016, Everett's 117 innings and 3.76 ERA led her to a first team all-conference and all-state selection.

Everett relayed her 2016 success into this season, throwing 64 more innings than last year and lowering her ERA to 2.31 in the process. Everett finished the regular season with a record of 18-10.

On a larger diamond with base paths of 90 feet, Griffin Baseball's Donavon McCrystal was a shoe in for the Male Athlete of the Year award. In McCrystal's dominant freshman year, he had a near-flawless record of 11-1, and finished in the top 10 in the state in numerous pitching categories.

McCrystal signed a scholarship to attend the University of Nevada Las Vegas this spring after another triumphant 2017 campaign. This regular season, McCrystal posted a minuscule 2.04 ERA over 84 innings with 46 strikeouts. McCrystal's ace status played a big part in Head Coach Randy Abshier's team winning back-to-back Pacific Coast Conference Championships.

His success doesn't stop on the field, however. In the classroom, McCrystal boasted a 4.0 GPA from the Fall 2015 to Spring 2016 semesters and currently has a 3.89 GPA, on pace to graduate by the end of this Spring.

Make sure to tune into the MLB draft this June. With McCrystal's outstanding career at Grossmont, there's a possibility that he joins the heralded few who have been drafted into the "big" as a Griffin. —VINNY LAVALSITI



Media Communications major Alan Perales took home an Excellence Award from the Broadcast Education Association for his Griffin Radio News AirCheck. Perales went up against 43 different audio entries from two-year and four-year colleges from across the country and Canada. This is the 24th award Griffin Radio has earned from the BEA. —SYMON GORO

THE ART OF RESILIENCE: OVERCOMING THE DREAM

Tuesday, May 23rd, 2017
Grossmont College
Griffin Gate (Bldg. 60)
8800 Grossmont College Drive
El Cajon, CA 92020
5:30 PM - 8:30 PM
Open to the community
Free Parking with code 883

Come and demonstrate your support by joining us for a night that expresses the life and experiences of undocumented/DACA/AB540 students. Our aim is to create a safe space that permits our students to use their own voice and share their authentic stories.

- Silent Art Auction
- Spoken word
- Music & Dance
- Food and more!
- Benefit & Fundraiser
- Undocumented students Scholarship Funds

Contact:
noel.puga@gcccd.edu

PEER DREAMERS MOVEMENT CLUB



Student Animation Festival

MAY 18 4:30-6PM
Hyde Art Gallery

Ride together.

Monthly TRANSIT PASS

Exclusive student discount.
Unlimited rides all month long.

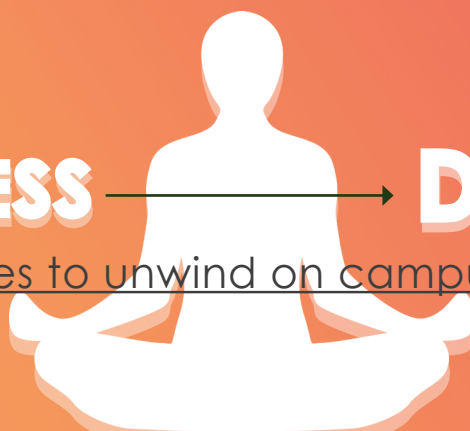
\$57.60 | On sale at the Activities Window *(Cash Only)*

sdmts.com/college

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

DON'T DISTRESS → DE-STRESS

Take some opportunities to unwind on campus before finals week.



BY SYMON GORO

ILLUSTRATION BY MARK WOLFE, ART-175

Stress can be a real killer. It can leave you unfocused, unmotivated and just feeling straight up bad. So why not take the time before finals week to de-stress right here at Grossmont?

De-Stress Fest is a week-long event on campus focused on encouraging students to relax and join fun stress-free activities. The event was organized by Interim Director of Student Activities Barbara Gallego and is sponsored by the Inter Club Council.

"I think it's important our students know to balance school life and personal obligations, and these activities provide opportunities to alleviate some stress and have fun before finals," Gallego explained. "We also hope that some of these activities function as educational opportunities where they can learn or remind themselves of how to relieve stress with simple methods such as coloring or taking a walk."

De-Stress Fest will be taking place from May 22 to 25. If you're on campus or happen to have some time between classes, feel free to check out any of the activities listed below.

MONDAY, MAY 22

8:30 to 9:30 a.m. Kick start your day with free pancakes and coffee or tea outside the Griffin Center. Breakfast is the most important meal of the day and can provide you with the energy you need to get through the day.

10 a.m. to 1 p.m. Therapy puppies! Who doesn't love puppies? Therapy dogs have been active in schools and college campuses for years now. According to the Alliance of Therapy Dogs, in its article "The Benefits of Therapy Dogs in Classrooms and on College Campuses," therapy dogs can provide a variety of benefits like physical stimulation, improved self-esteem and focused interaction with fellow students, as well as stimulate memory and problem-solving skills, provide emotional support and even help children with autism. You can find these little guys on the lawn between the main quad and the Griffin Center.

1 to 2 p.m. Attend a Meditation Session in room 70-066 in the bottom floor of the library. Much like the therapy dogs, meditation can provide a variety of benefits. It's been shown to reduce stress, increase self-awareness and improve your mood and concentration.

2 to 3:30 p.m. There's an adult coloring activity outside of the ASGC room inside the Griffin Center. Kind of like the coloring activities you're probably thinking of, but instead of coloring in Mickey Mouse or a dinosaur that scientists haven't ruined, you'll be coloring in much more elaborate, intricate drawings, the results of which can be pretty striking.

TUESDAY, MAY 23

10 to 11:30 a.m. Tackle the Puzzle Balls and Pick-Up Power Snacks Station outside the Griffin Center. Test your memory and problem-solving skills with one of these nifty, little puzzles. Healthy snacks like granola bars, trail mix and fruit will be provided as well.

1:30 to 2:30 p.m. Take a relaxing walk with President Nabil Abu-Ghazaleh. The walk will begin in the main quad in front of the cashier's office. It's an opportunity to mingle with the college president and others while stretching your legs.

WEDNESDAY, MAY 24

8:30 to 9:30 a.m. Free pancake breakfast outside the Griffin Center. The campus will be providing an opportunity to fuel up for the day with another free breakfast.

11 a.m. to 1 p.m. If you couldn't make the first one, there will be a second session of adult coloring outside the ASGC room in the Griffin Center.

2 to 3:30 p.m. Take another crack at the puzzle balls outside Griffin center. Healthy snacks will once again be provided.

THURSDAY, MAY 25

10:30 a.m. to 12:30 p.m. Indulge in massage therapy outside of the Griffin Center with Joel Onan. Massage is a well-known treatment for stress and pain. Why not stop by and unwind a little right here on campus?

12:30 to 1:30 p.m. Wind down with a water balloon tossing contest in the main quad. Pair up with another student and toss water balloons back and forth for a chance to win a prize. The distance between the two of you will gradually grow and require bigger throws. The contest will be hosted A&R Supervisor Wayne Branker.

3 to 4 p.m. The third and final day to take the puzzle balls challenge. Just like the previous sessions, this will take place outside the Griffin Center and will have snacks.

Tranquil Study Rooms: In addition to everything listed above, the ASGC board room will be open for students to find a quiet place to study in on the second floor of the Griffin Center throughout the week. Snacks may also be provided during these sessions. The ASGC board room will be open on the following days: May 25, from 8:30 to 11 a.m.; May 23, from 10 a.m. to 2 p.m.; May 24, from 9 a.m. to noon and 3 to 6 p.m.; and May 25, from 11 a.m. to 1 p.m. and 2 to 5 p.m.