

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | MARCH 2018



WOMEN'S



HISTORY



MONTH

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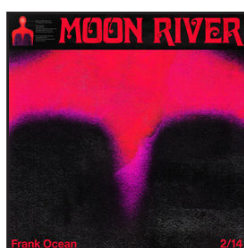
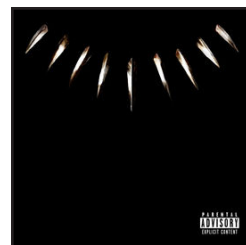
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TRAVELING AT THE SPEED OF MUSIC

Check out this month's music recommendations. **BY PALOMA ABARCA**

Let's begin this ride with "Black Panther: The Album," put together by artist Kendrick Lamar and Top Dawg Entertainment founder, Anthony Tiffith, released on Feb. 9.

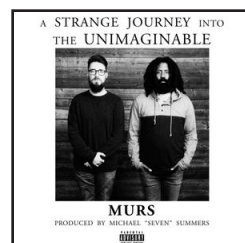
With only two months into the new year, Lamar's album was ranked at number one on the Billboard 200. The album also plays a major role in the million-dollar movie, Black Panther, as it was the soundtrack for the entire film. Featuring artists such as Dom Kennedy, Vince Staples, Schoolboy Q, The Weeknd and more, this is definitely an album you don't want your ears to miss. Whether you are a hip-hop head, always on the search for upcoming music, or you stumbled across this album in the Marvel Studios film, it is safe to say that this was a phenomenal entrance into 2018 for Lamar. You can buy or stream "Black Panther: The Album," on Apple music, Spotify, Google play, Amazon music, or purchase hard-copies at your local Target and Best Buy.



The next stop is the single "Moon River," covered by heart-hitting artist Frank Ocean, which was released on Feb. 14. Coincidence that this track was put out on Valentine's Day? I think not.

Giving his fans something to resonate with on a love-filled day, Ocean's cover to "Moon River," originally by Henry Mancini, left his fans by no surprise, blown-away. It's not the first time he drops a track without a single warning. Could this mean there's a new album on the way? We'll have to continue this ride without a clue, but only hope. You can listen to this track on Apple music or Spotify.

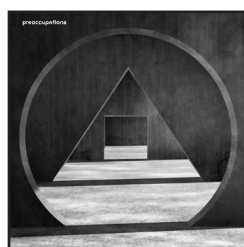
As we continue to travel down hip-hop lane, we come across the upcoming album, "A Strange Journey Into the Unimaginable," by Los Angeles-based artist Murs. The album will be released on March 16 through "Strange Music" records. Featuring artist such as Tech N9ne, Fashawn & Prof and more, what could the underground artist have in store for his fans? A journey beyond the mind seems to be his plan. You can pre-order the album at strangemusic.net and will be available on Apple music.



Now, as we approach the next forthcoming EP, I ask that you broaden your mind and welcome the experimental sounds of DJ Boring to play through your headphones. London-based artist Tristan Hallis is known for his underground sound dedicated to the house music community and is pairing up with House music DJ/Producer, Stanley Schmidt to bring forth a new label called "Vienna," named after the city where the two musicians met. The three-track EP will be releasing on March 2 under the given title "Vienna 001." The EP will be available through Bandcamp and Apple music.

The all-inclusive music ride doesn't stop there. The psychedelic-indie sounds of the five member band, Holy Wave will reveal what they have been producing since their latest album in August on March 30 with the release of "Adult Fear."

If you got an ear for music that was influenced by bands in the 1960s, then this band will cause your mind to tap into that era. "Adult Fear" will be available to fans through Bandcamp and Apple music.



We will be ending our voyage with the post-punk band Preoccupations. It's mind-boggling when an artist can take you through a hallucinatory journey just by listening to their music and "Preoccupations" does just that. Just give their track "Memory," a listen and you'll see what the fuss is all about. The track is from their self-titled album "Preoccupations," which was released in 2016 by the four-member Canadian group. They have been working to bring forward their new project "New Material," which is set to release on March 23. The album will be available through sites such as Apple music, Spotify and Bandcamp.

Thank you for riding with me on this musical journey, Griffins!

SUMMIT STAFF

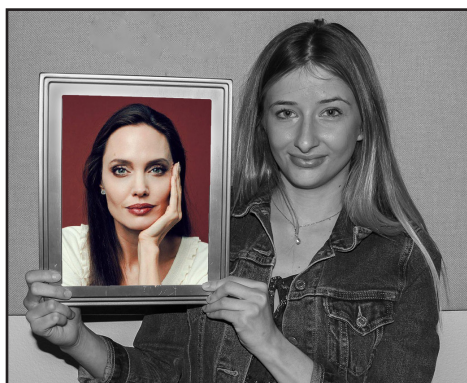
This Women's History Month we asked: Which famous female inspires you?



PALOMA ABARCA

◀ **Frida Kahlo** was an early 20th century Mexican woman artist who was not afraid to reveal herself. The free-spirited artist expressed her sexuality, culture, political views, pain and love through her art in a very unique way. Kahlo took the part of shining light on issues that were considered “taboo,” and did so with no remorse. She created paintings that represented women, nudity, infidelities and political activism. The artist remained true to herself in a conservative society. Some may consider this to be an act of rebellion, but I’d like to call it “being brave.” Despite going through so much affliction in her personal life, and struggling with her health after being diagnosed with polio and experiencing a life-changing accident at the age of 18, Kahlo continued to see the beauty in life.

She is well-known for creating self-portraits and depicting pieces of her life into each of her paintings. “I am my own muse. I am the subject I know best. The subject I want to better,” she said. It seems to me as if Kahlo had no secrets. She let the world know who she truly was and did not let anything get in the way of that. To me, that is admirable, a true motivation to continue to stay true to myself in a world that constantly tells you how you should be.



LEA KOLB

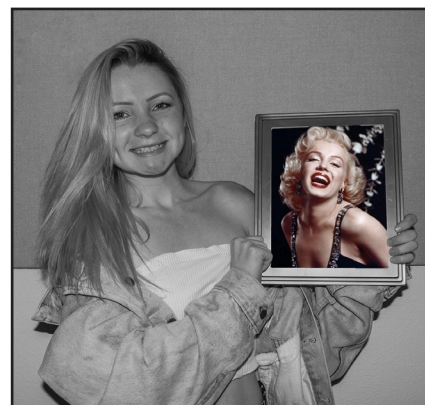
▲ The woman I admire the most is **Angelina Jolie**, an award-winning actress not only known for her significant role in Hollywood but also for her devotion and attention toward humanitarian efforts in conflict-torn areas. I discovered her as an actress in *Lara Croft: Tomb Raider*, my favorite movie when I was a child.

After witnessing the crisis in Cambodia in 2001 while filming *Lara Croft*, Jolie became an active participant in her role as United Nations High Commissioner for Refugees. In the same year, she received the Goodwill Ambassador for the UN Refugee Agency for her advocacy and effort in obtaining aid for refugees in many countries such as Cambodia and Darfur.

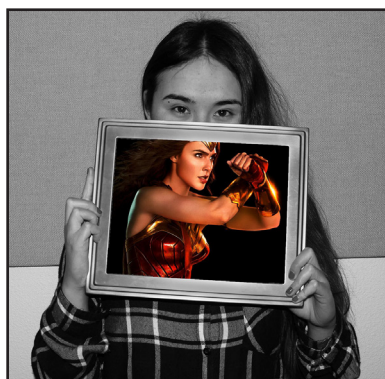
In addition, Jolie has also raised her voice to fight for women’s rights, especially for women in conflict zones. Beside the fact that she is a wonderful actress and director, I have always admired Jolie for using her power to speak up for change around the world and for her huge involvement in international charity projects.

▶ A woman I find admirable is the late **Marilyn Monroe**. During her time, Monroe set up a remarkable foundation for women to embark upon embracing their bodies, personality and sexuality with less pressure of societal standards of what women should be. She pushed the boundaries of body shape and desired structure by confidently flaunting her curves, which I believe sets a good example of self-love and appreciation society can overlook for the desired “model” body so aggressively pushed onto women.

With her grace and acceptance for the female body in its natural form, Monroe helped and continues to help women and girls feel comfortable with being open about identity, body image and sexuality. It is important that women everywhere have role models like this to help break societal views that enforce and promote double standards in the gender roles of society.

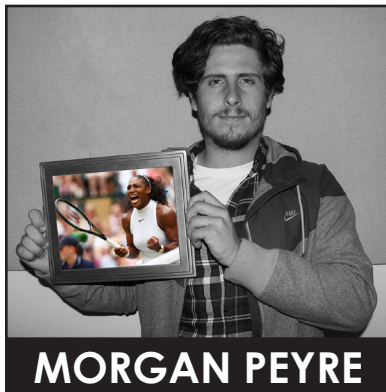


KAYLA JOHNSON



MORGAN RAY

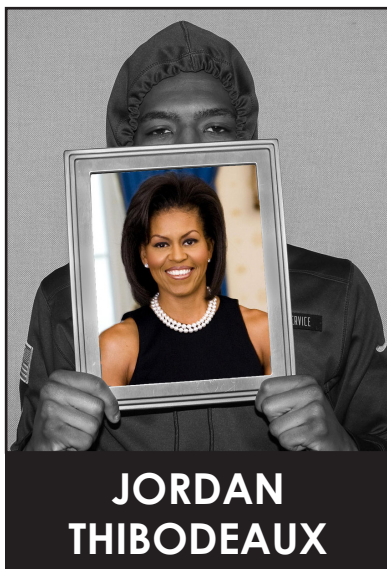
◀ As a kid, I was introduced to a little someone named **Wonder Woman**. Before I pledged my allegiance to Marvel, I used to watch Justice League cartoons with my cousin(s) and sooner or later, my mom introduced me to the 1970s *Wonder Woman* TV show she grew up with. Wonder Woman was one of the many characters from my childhood who taught me that a girl can fight just as well as the boys and stand toe to toe with them, and if none of her partners are around, she can save the world all by herself. When I saw the *Wonder Woman* movie last year, I almost cried, not just because she finally got her own movie, but because her message would reach so many other little girls’ hearts, just like it did with me.



MORGAN PEYRE

◀ **Serena Williams** is the famous woman I admire the most. I have always admired her career as an athlete and what she accomplished. But what impressed me the most is when I look at where she comes from and how much she and her sister Venus Williams accomplished as people. Since she was young, Serena Williams was told by her father that she and her sister would become number one in the world. Serena Williams is the winner of 23 major singles titles, 14 major doubles titles and two major mix-doubles titles. With a total of 39 major titles, she is qualified as a legend in the tennis world. I have so much respect for her determination to accomplish things. She is probably the most athletic person of all time among women's tennis players. I have a lot of admiration for the confidence she has in herself. Since the age of 4, she has been told she will be the best, and she did become the best of the world for years. She is a perfectionist. She thinks she can get better and better every day. Today, she is proving more than just tennis clout; Serena has developed her own clothing brand. I think she is an inspiration for all women.

▼ The woman that I admire is former first lady **Michelle Obama**. Being an African-American woman in America is tough enough as it is, but she showed young black boys and girls across the world how to overcome those challenges with the ultimate spotlight on her. With all the pressures on her and her family, she always handled and still handles herself with grace and class. I believe the most admirable thing about Obama is her perseverance. When people had negative things to say, she didn't stay quiet; she spoke louder, and I think that is something that we can all learn from.



JORDAN THIBODEAUX

▶ **Anne Frank** is one of the most admirable women to have ever lived. She was able to impact the world through her diary, "The Diary of a Young Girl." Although she passed away at age 15, her name will live on forever. I remember reading her diary when I was in middle school and I was amazed at the maturity and writing style of such a young girl. Frank said, "I keep my ideals, because in spite of everything I still believe that people are really good at heart."

The fact that a Jewish child living during the Holocaust could still keep a positive mindset is astounding. We could all learn from Frank; the world needs it now more than ever. As Anne Frank said, "Whoever is happy will make others happy too."



FOWSIA SHARIFF

◀ The famous woman that inspires me the most is **Candice Patton**, *The Flash's* leading lady on the hit CW show. As a black woman who is portraying a traditionally white character, Patton understands her role as someone who is representative of many women of color. She inspires me to be the best I could be, and shows me my worth as a young black woman.



BRIANNA TYSEING

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THE ESL JOURNEY



Learning English as a second language involves more than you might think.

STORY AND PHOTOS BY LEA KOLB

Momoka Nakajima, 23, came to the United States in 2014 to complete her studies. Originally from Japan, Momoka arrived in San Diego with some basic English skills. After completing the Grossmont College application, she had to take the English as a Second Language Assessment, a test that all foreign students have to take in order to determine which level English classes they have to start with.

"I needed these ESL classes," Momoka said. "I've learned English in high school back in Japan, but when I came to the United States, my English level was not good enough to go directly with native speakers."

Placed in ESL 106, Momoka had started the ESL program, making her one of the thousands of students that go through the program each semester at Grossmont.

All are in pursuit of better communication skills, but their goals are diverse. Some are international students like Momoka, planning to pursue a degree; others are residents, seeking better English skills for the workplace.

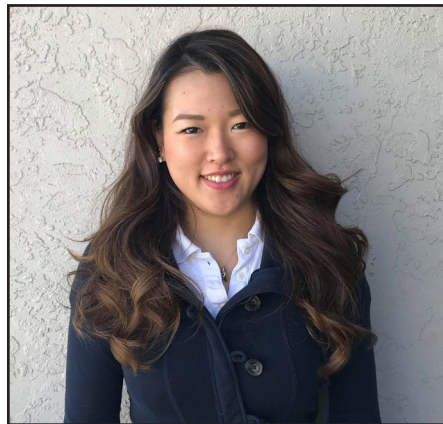
"You have to think about everybody's needs," said Natalia Aylett, who's been an ESL instructor at Grossmont College since 2011.

The Grossmont College ESL program began in 1975 with the development of two ESL sections among the English department. Over the years, as the number of non-native speakers increased among students, the need for a specialized program was more and more felt. Today, Grossmont has its own ESL department and the program consists of seven levels divided into 75 sections.

"We can help any human beings become

literate in English. And that is pretty powerful," said Chuck Passentino, ESL program coordinator and ESL instructor.

The primary goal of the ESL program is to help students improve their English proficiency in the following skill areas: grammar, writing, reading, listening, speaking and pronunciation. They learn



"It has enhanced my skills in English for sure ... But it was also very enriching because I got to meet people from all over the world."

—Momoka Nakajima

skills necessary for communication in various situations.

"The teachers are very helpful and has guided me through the way of getting in the next level step by step," said Ghazwan Malak, an ESL 119 student.

All students have the same ambition:

they all want to improve their English in order to live, study or work successfully in the U.S.

"Learning a new language is one of the hardest things you can do," Aylett said.

As a result, the ESL program is trying its best to make the classes a place where students feel comfortable, reassured and surrounded. In 2014, The ESL department decided to set up an embedded tutor program in order to provide students the special attention they need. Students can benefit from the teacher's and tutor's help in the classroom.

"Having that tutor makes a huge difference," said Helen Liesberg, ESL department chair. Most of the tutors are non-native speaker students who have also gone through the program; as a result, students' tutors can make a connection that "teachers have a harder time making."

Embedded tutors are serving as a communicative bridge between the teacher and the students.

Ammie Phan, embedded tutor in ESL 119, said that as an international student, she can relate to the students' experience of being shy and uncomfortable asking some questions to the teacher. "I want the students to see me as a friend," she said.

In addition, Craig Carroll, ESL tutor co-coordinator, said the department wants to emphasize the ideas of peer-modeling through embedded tutoring. "We hope that when students see a non-native speaker tutor, they see a peer model of student success," Carroll said.

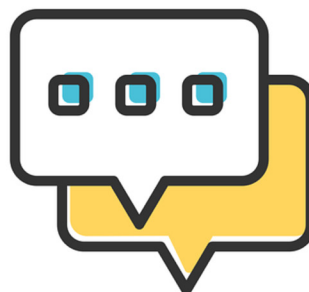
David Rafoka, who was an embedded tutor for two semesters, described the program as "fantastic," even though he said some people believe having an



ESL INSTRUCTOR NATALIA AYLETT DECIDED TO HOLD A WEEKLY DISCUSSION CALLED "YOU TALK" FOR ALL ESL STUDENTS THAT FOCUSES ON THE SUCCESSES AND CHALLENGES STUDENTS MAY ENCOUNTER WHILE THEY ATTEMPT LIFE AND SCHOOL IN THE UNITED STATES: "I WANTED THEM TO HAVE THIS SPACE WHERE THEY CAN TALK ABOUT WHATEVER CHALLENGES THEY ARE GOING THROUGH."



You Talk



CLOCKWISE FROM TOP LEFT: CHUCK PASSENTINO, ESL PROGRAM COORDINATOR; NATALIA AYLETT, ESL INSTRUCTOR; HELEN LIESBERG, ESL DEPARTMENT CHAIR (PROVIDED PHOTO); CRAIG CARROLL, ESL TUTOR CO-COORDINATOR

embedded tutor is unnecessary since they assume having a teacher in the classroom is enough. When he got the job and experienced it, he realized that numerous students that were seeking his help, especially shy students who were not comfortable talking to the teacher.

"My goal was to build a community in our small classes so that students can have that comfort zone where they are not shy, Rafoka said. "I want them to see me as a model classmate, a person that they can approach whenever they need it."

There are currently 32 embedded tutors fulfilling the role of mentors and models for successful academic strategies and habits in around 75 sections of ESL classes.

"We have tried to fill every core writing and grammar class with a tutor unless the teacher is not ready to work with one," Carroll said.

Being an ESL teacher doesn't only consist of teaching language skills. The students in the program represent a variety of ethnicities from all over the world; as a result, coming to the United States can be a significant change for them. For this reason, the ESL classes need to fulfill a very important role to develop an understanding of American culture.

According to Professor Passentino, learning how to acculturate is more important than learning the language. "Language is a tool to acculturate," he said. "Being open to acculturate to the dominant culture is what really makes people proficient."

"The ESL classes are very helpful for people that don't work and don't interact a lot with Americans," said Victor Fadi, ESL 119 student. "It's a good source for them."

Through the lessons provided by the teachers, students are learning about the opportunities, rights and responsibilities of living in the U.S. Due to the diverse ethnicities that are represent in the ESL classes, students will also learn how to understand and respect the cultures of fellow students. **[LANGUAGE CONT. ON PAGE 22]**

TUESDAYS
1:30 PM

Building 60, Room 206

- Meet other students from around the world.
- Talk about your challenges and successes as a student in the U.S.
- Find a place to belong.



Contact Natalia Aylett at natalia.aylett@gccd.edu for more info.

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GMO OMG

One Theme, One Campus looks into genetically modified organisms.

STORY AND PHOTO BY PALOMA ABARCA

We live in a time where labels are looked down upon. A time where no one likes to be put into a category where they feel they don't belong. This is understandable when trying to put markers on actual human beings, but what if these descriptions have to do with the safety of the food you are consuming? Would you plead for a label then?

Pesticides, herbicides, insecticides, fungicides, roundup and GMOs don't sound like safe ingredients, but yet are still likely to be in the food you are ingesting on a day-to-day basis. Do labels sound like a good idea now? I'll let you be the judge of that.

If presented with the proper information, most of us would logically make more cautious choices when it comes to what we put in our bodies for nourishment. The problem is, many major food companies are not providing us with what is needed to make those educated decisions.

Grossmont College and the "Food Project Resource Center" are working to be a part of the solution by bringing forward the "One Theme, One Campus," project, previously known as "One Campus," originating in 2010. This year, the "One Theme, One Campus," project is focused on the convoluted topic of food, while helping students develop critical thinking skills and engage in classroom discussions. Through this project, they hope to enlighten not only students, but also professors.

On Feb. 21, the project organizers successfully raised the questions, "What

are GMOs?" and "What is in our food?" through the screening of Jeremy Seifert's documentary film *GMO OMG*. Held by adjunct professor Brendan Praniewicz, Micah Berger, dietitian Jason Stevens, and health education and wellness instructor Cheryl Kerns-Campbell at the Griffin Gate, the film shed light to the terrifying world of genetically modified organisms.

According to the Non-GMO Project, "[GMOs] create combinations of plant, animal, bacterial and virus genes that do

**As a consumer,
wouldn't you like
to know what your
food contains?**

not occur in nature or through traditional cross-breeding methods."

In simpler terms, most of the foods we often consume and assume to be natural are infused with chemicals through biotechnology engineering and farmers who use genetically modified seeds to grow their food, and then take it a step further by spraying pesticides on to their crops.

This brings us back to the label question.

As a consumer, wouldn't you like to know what your food contains? "Only with consumer pressure, will we make anything change," Kerns-Campbell said. "Labeling helps people get educated."

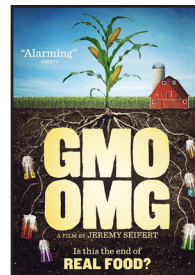
Seifert, the film's director searches for answers in places such as Haiti, Paris, Norway and even the largest agrochemical company, Monsanto, who asked him to leave after he asked questions about their product.

The expository film screening was followed by a discussion. Grossmont student, Alejandra Brambila shared her thoughts on the film. "I thought it was great...I didn't know about GMOs," she said. "Now that I know, I will check each label and see if the food is processed with this chemical."

The film sparked concern in many students who were eager to discuss the issues raised by the film's director. For most in attendance, this was brand-new information, and for others, it was a topic worth revisiting.

"I knew about GMOs, but I learned a little bit more now," Asha Mursla, a Grossmont student said.

Whether you are for or against the usage of GMOs, it is important to understand what your food contains. The "One Theme, One Campus" project and the Speech and Debate team will be hosting a discussion about the pros and cons of GMOs. For those interested in learning more, the event will take place on March 22 at 7 p.m. in Griffin Gate.



**The Pros and Cons of
GMOs: A Debate
March 22 at 7 p.m.
Griffin Gate**

FREE FILM NIGHT, PRESENTING THE FILM *GMO OMG*, WAS LED BY JASON STEVENS, CHERYL KERNS-CAMPBELL, BRENDAN PRANIEWICZ AND MICAH BERGER IN HONOR OF THE "ONE THEME, ONE CAMPUS" PROGRAM AT GROSSMONT COLLEGE.



Rate My Professors is a college student's bible.

BY BRIANNA TYSELING

College on its own is already an immensely stressful environment, but choosing the right professor can help relieve some of that stress. Rate My Professors is the perfect website to use if you are looking to find out more information about a professor. It contains reviews, rates and tips about professors at a variety of schools; many Grossmont professors are also included in this website.

Writing a review is simple: All you need to know is your professor's name and the course code. Furthermore, you rate the professor overall, rate their difficulty, answer if you would take their class again, if the class was taken for credit, if you used the textbook, if attendance is mandatory, and lastly there is an option for rating their hotness. After that you write a short review filled with whatever you'd like future students to know about this class and you can choose up to three tags that describe the professor. For example, you can select the "tough grader" tag or the "lots of homework" tag.

These reviews are assumed to be written by students whom have taken the professor. Anyone can write a review on ratemyprofessors.com, but most college students don't have time to make up reviews about professors they didn't take. For the most part, the website seems to be real students typing up reviews to help out future students.

Most students that review teachers are extremely biased; they either hated or loved the professor. This can be a good or bad thing. On one hand, you get to hear the worst parts about a professor, which could ultimately help you decide to take the class or not. On the other hand, you also get to hear the best parts about a professor. It gives you extreme different perspectives about how a professor's teaching style can be different for different students.

It's easy to spot if a student is making up things about a professor because after you read multiple rates you begin to get the same type of reviews and advice. If a student is trying to troll a professor, it will stand out. Most students who attend Grossmont use, or at least have heard of, Rate my Professors. College students want to know exactly what type of professor they're going to take before even going to the first day of class.

Israa Othman, a second-year Grossmont student, said, "Information off of Rate My Professor has always been accurate with my experience of using it." Othman has been using the website since she started at Grossmont, and said it's been "helpful in picking the right professors that best fit (her) learning style." Othman said she believes students should use this tool before picking classes, adding, "It helps you get an understanding for what's to come in the upcoming semester and how professors teach."

In addition, Professor Virginia Young, a Spanish professor

[PROFESSORS CONT. ON PAGE 22]



INTERNATIONAL ACCLAIM

Grossmont student awarded for his audio documentary hopes to motivate others.

BY PALOMA ABARCA

There is no doubt that Grossmont College is a campus filled with bright minds and flourishing scholars. Alan Perales, 25, student and Griffin Radio's station manager is no exception. He has won the honorable first place award in the Broadcast Education Association's International Competition for his audio documentary.

Perales competed against 87 other contestants from two and four year colleges who run academic media programs from across the world. His documentary, "Their Odyssey," depicts the experience of veterans in rural areas and the struggles that come along with it, including health-care issues.

"My dad is a disabled veteran from Vietnam, so it felt natural for me to cover the topics that I understood— that my dad struggled with," Perales said. "That's what sparked the interest."

This is not the first time his talent has been recognized. With four awards already granted for his work in the media communications field, Perales hopes to be an inspiration.

"At Grossmont College, I want to be able to inspire people to bring their A-game and try," he said. "Be the absolute best that they can absolutely be and I want [students] to be able to give their all, no matter what they do."

Perales will be receiving his award at the Broadcast Education Association's Annual Convention in Las Vegas on April 8.

ABOVE: STATION MANAGER ALAN PERALES SITTING AT THE GRIFFIN RADIO STATION AFTER FINISHING WITH "SCIENCE AND PHILOSOPHY FRIDAYS," FEATURING RYAN YOUNG. **BELOW:** FROM YOUR LATEST NEWS TO LOCAL MUSIC AND SPECIALTY SHOWS, GRIFFIN RADIO STUDENTS PROVIDE THEIR LISTENERS AN EAR-FULL OF ACTIVITIES. BE SURE TO TUNE-IN ON YOUR SMARTPHONE THROUGH THE TUNEIN APP.



FIVE

FIERCE

FEMALES

If you haven't heard the stories of these women, you're missing out. **BY MORGAN RAY**



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◀ THE N'NONMITON

The N'Nonmiton ("Our Mothers" a.k.a. the Dahomey Amazons) were a group of female warriors from the Dahomey Kingdom, present-day Republic of Benin. Only the strongest were selected for this elite sect, who served in the army and as the king's bodyguards. These royal connections would allow them greater freedoms and resources than most women in their society.

For part of their training, they would be sent into the jungle for 10 days armed only with a machete. On the battlefield, they would fight to the death and were known to bring back the heads (and other appendages) of their opponents with them.

When the colonists arrived, the N'Nonmiton continued to resist assimilation and certain members were exclusively assigned to eliminate foreign soldiers, using their underestimation to their advantage. Although they and their kingdom are no more, the N'Nonmiton's legacy lives on and continues to empower and inspire; we certainly wouldn't have the Dora Milaje from *Black Panther* without them.



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◀ QUEEN SEONDEOK OF KOREA (595~610-647)

Queen Seondeok (pronounced *Sun-dough-ck*) was Korea's first female ruler. Her reign (632 to 647) was a golden age for the arts and knowledge; one of the buildings she ordered to be built was the Cheomseongdae (*chum-sung-day*) Observatory, the oldest standing observatory in the Far East.

Seondeok strengthened Korea's ties to China by sending soldiers and scholars to gain knowledge on martial arts and many other subjects. She also helped keep the peace between the various religious groups of Korea and according to records, was herself an ordained Buddhist nun.

▽ SYLVIA RIVERA (1951-2002)



©OUTHISTORY.ORG

Sylvia Rivera was a prominent LGBT+ activist, transgender woman and rumored to be the first brick thrower at the Stonewall Riots, a seminal moment in the Gay Rights movement.

After escaping a rough home life in the Bronx at age 11, Rivera was taken in by a group of drag queens who taught her how to get by on the streets. Not long after Stonewall, Rivera became passionately dedicated to groups such as the Gay Liberation Front (GLF) and its

splinter group, the Gay Activists Alliance (GAA). She fought tooth and nail for the inclusion of trans people in the LGBT+ community, promoted drag culture and gave aid and resources to homeless queer youth insuring that the next generation would have more opportunities to live their lives authentically.



©SLATE.COM

△ EVA TANGUAY (1878 - 1947)

Eva Tanguay (pronounced *Tang-way*) was a vaudeville entertainer and America's proto-popstar. Her 1904 breakout hit, "I Don't Care," catapulted her into stardom and established her identity as a wild and unapologetic show-woman who mostly sang "songs about herself." Long before Gaga and Madonna, Tanguay was selling out venues, cooking up publicity stunts and strutting around in a plethora of costumes (once going through 10 in a 30-minute show).

Although she'd fit right into modern times with her diva persona, she was doing all of this in the early 20th century, when the ideal woman was seen as docile, obedient and certainly not sexually autonomous. By making such an assertive statement, she formed the basis of modern pop music and the modern pop-star image.



©AMAZINGWOMENINHISTORY.COM

▷ HUDA SHA'ARAWI (1879-1947)

Huda Sha'arawi was an Egyptian feminist and philanthropist. She grew up in the harem system, which kept the women of a house isolated and under guard, and was married at 13, but during a seven-year separation from her husband, she became more educated and began her journey into activism.

Sha'arawi was known as the founder of Egypt's first women-run philanthropic society (aimed toward impoverished women and children), an academic school for girls and the Egyptian Feminist Union (still active today). In 1923, after her husband's death, she publicly removed her veil (then mandatory garb), a decision that dropped jaws and encouraged many women to follow suit. She would go on to advocate for peace and disarmament at various women's conferences worldwide and fought for women's rights in the Middle East until her death.



Women endure hardships, double standards and discrepancies worldwide.

BY KAYLA JOHNSON

The American Association of University Women (AAUW) presents “LeadHERship,” for the first time at Grossmont College’s campus. LeadHERship sheds light on awareness, representation and action, aiding the support of women nationwide. AAUW is a nationwide foundation on college campuses to help bring voices to women everywhere.

Women across the world face gender discrimination in the workplace, media, positions of power and among society as a whole. While it is true that women have fought hard to get where they are today, it still is not enough. This month, LeadHERship will help all Grossmont students recognize and educate themselves in the discrepancies of gender roles in society.

From March 1 to March 21, LeadHERship will be working to engage the entire campus on the importance of Women’s History Month. March 1 was all about Title IX and sexual assault on campus. Held in the main quad, several speakers recited spoken words and poetry addressing the topic of sexual assault. They also discussed general information on the American Association of University Women (AAUW), held a free self-defense class. There was also a special presentation by Grossmont student Hannah Shepler entitled “It’s Not The Outfit.”

March 8 focused on a Q&A held by Women in STEM – programs

in science, technology, engineering and mathematics – to discuss the challenges and discrepancies they faced in their lines of profession due to the still existing gender gap.

The upcoming event on March 15 will be dedicated to women of color who hold leadership positions. Female faculty of Grossmont and Cuyamaca will be sharing personal stories of their journeys as women in positions of power. On March 21, they

will be showing the film *Misrepresentations*, which highlight the stereotypes women face.

The AAUW club of Grossmont College has cultivated an inspiring mix of events to promote awareness of current societal issues. Each event will highlight a different issue that women currently face in their day-to-day lives. Title IX and sexual assault are two big topics of LeadHERship.

Victims of sexual assault often neglect to speak out when harassed, due to the normalization of sexual misconduct in today’s world. In fear of being ridiculed, blamed or ignored, most women will remain silent when attacked.

If women and men alike don’t come together now to stop the assimilation of sexual assault, this deafening silence will never end.

Title IX, an education amendment put into action in 1972, is an important law of which most students are unaware. It dictates that, in no education program or activity that is federally-funded, should there to be discrimination based off gender. Another important



CLOCKWISE FROM TOP LEFT: AAUW CLUB MEMBERS DUANA POWELL, LINDA VIRTA, STEPHANIE HILYER AND LEIANA CLARE. | PHOTO BY KAYLA JOHNSON

topic will be the women of STEM. Existing today is a huge gender gap in the STEM majors and careers; as of recent years, the number of women in STEM has grown, but still fails to meet the number of men, creating an inequality in promotions and wages.

A third topic will be about the misrepresentation of women in the media. Social media sites, advertisements, television shows, magazines and media platforms are often pushing harsh stereotypes of women. The longer society conforms and accepts these stereotypes, the longer they will be perceived as true. It won't be until we stop responding to these media types, that the overplayed misrepresentations will come to an end.

The final topic of discussion will be focusing on women of color in professional positions. Not only is there a common lack of women of color in positions of power, but those who do hold these positions are often kept hidden and ignored in history and present day. It is of utmost importance that society shines light to these women and the boundaries they have to overcome to get there.

AAUW member, Stephanie Hilyer said she hopes Grossmont students and faculty "have fun and feel empowered," by LeadHERship. One of the group's biggest desires is for more women to stand up and take pride in themselves while striving for a better future.

President of Grossmont's AAUW club, Duana Powell, said: "I would like to call out to the women on campus.... we need women," to help recognize the inequality women are still facing. Without the help, dedication and endurance of women today, we will not succeed tomorrow.

People of any sex, gender and sexuality are encouraged come together as one to fight for equality on- and off-campus. Visit bit.ly/aauwcampus to join this rising movement.

You can also follow AAUW on Instagram @aaunational, Twitter @AAUW and on Facebook at AAUW.National.

STEP INTO YOUR SHE THORITY

The DCTV ladies come together to create a safe space for women.

BY FOWSIA SHARIFF

Anyone who identifies as a woman would likely attest to the value of connecting with other women, which is why several television actresses launched a new online initiative called SHETHORITY with the goal of connecting women across the globe. As such, it is a perfect campaign to promote in honor of Women's History Month.

DC Comics has capitalized on live adaptations of classic superheroes for years, with the CW Network serving as the hub for these adaptations. Comic book shows are loaded with super-powered characters who fight crime under household name alter-egos. However, these superheroes don't just seek to better the world on screen. The women who portray these characters have turned their fictional crime fighting into real-life inspirational activism.

Launched by DC's *Legends of Tomorrow*'s Caity Lotz and *The Flash*'s Candice Patton, SHETHORITY is a campaign utilizing social media to create a positive space for women to inspire, empower and share the unique experiences they have faced or are subjected to. The initial idea was conceived when Lotz and Patton went hiking together in Vancouver, where the actresses film for their collective shows.

Additional organizers of the SHETHORITY initiative include DCTV actresses Tala Ashe (*Legends of Tomorrow*), Melissa Benoist (*Supergirl*), Katie Cassidy (*Arrow*), Juliana Harkavy (*Arrow*), Chyler Leigh (*Supergirl*), Danielle Panabaker (*The Flash*), Emily Bett Rickards (*Arrow*), and Maisie R-Sellers (*Legends of Tomorrow*).

The actresses behind SHETHORITY employ their status to shed light on current social justice topics of interest, alongside posting daily inspirational quotes on their

Twitter and Instagram pages. Occasionally, the actresses themselves have recorded and shared personal videos narrating their own stories, sometimes in response to requests for advice from fans, particularly on issues related to women.

When asked if there was a specific event that sparked SHETHORITY's launch, Lotz said, "We just wanted the opportunity to connect on a deeper level with the young women that have reached out to us. It's important to see other women empowered and to be empowered."

SHETHORITY is
a place where
anyone and
everyone can
share their
stories and
advice and
no one is
judging you.

—Olivia Edmund

While SHETHORITY is a community to share positive experiences, Lotz mentioned that it is also a place where women [CONT. ON NEXT PAGE]

can share their mistakes, hardships and things they have learned in life.

"There's so many things that we wish we knew when we were younger and [we] wanted to share them and help other women share their experiences as well. We're all in this together and if we have each other as support, we can lift each other up," she said.

Not only does the support and advice come from the DCTV women, but SHETHORITY extends their initiative to people across the globe, sharing the stories and artwork of fans and followers, and even asking for advice on how to better the campaign, effectively enforcing the mission of SHETHORITY as a space for all women.

The campaign also included charitable organizations in the mix, selling SHETHORITY T-shirts and crew-necks with the illustrated images of the actresses' faces on the back, a sort of homage to the comic world they bring to life on TV, along with the words "We got your back." The proceeds from the merchandise benefit Girls, Inc., a non-profit organization with the goal of inspiring young girls and women through mentorships. Some of the proceeds also go toward extending SHETHORITY's platform.

Although SHETHORITY's audience mainly consists of women, the campaign also strives to reach male audiences, as the women believe men can be allies to help support the goal.

After chatting with Grossmont student Liiban Jalfar about the initiative, he said, "I'm going to check out." Though she had not heard of the campaign, Jalfar said he's been a huge advocate for women's rights, and, as a male, he believes he has "the power to initiate change and be a better ally for women."

The campaign has inspired many people across the globe, and as a big thank you for their support, a fan named Olivia Edmund created SHETHORITYPack. The "pack" refers to wolves, which are SHETHORITY's main mascots. The Berkeley City College student and her co-founder help spread awareness of SHETHORITY's mission, publishing videos of personal stories others have sent in and expanding SHETHORITY's goal of connecting women further.

When asked what inspired her to create the account, Edmund said, "I wanted to both thank the women for starting SHETHORITY and wanted to feel like I was doing something to empower the girls and boys who followed their page."



L TO R: EMILY BETT RICKARDS, CANDICE PATTON, CAITY LOTZ, CHYLER LEIGH, MELISSA BENOIST. | SOURCE @SHETHORITY INSTAGRAM

"SHETHORITY is a place where anyone and everyone can share their stories and advice and no one is judging you," she added.

A key component of SHETHORITY is being able to stay open-minded and learning new things. When asked how she accomplishes this, Lotz said "If you're not growing, you're dying! My dad had to pay me a dollar to eat sushi the first time and I almost vomited it in my napkin, and now I love sushi. "You stay open-minded and growing by being curious. Never stop being curious," she added.

Lauren Carter of Ripley, Mississippi—an avid supporter of SHETHORITY—said the campaign is important to her "because it has created such a positive environment for women to come into." Carter said it helps her speak up and stand up for herself and others in the community.

"The DCTV ladies are such empowering and inspiring ladies who I look up to everyday," she said, adding it's "admiring to see the actresses standing up for what is right."

The response to the campaign has been tremendous, and Lotz said the best part of it is hearing how it encourages fans to stand up for themselves, "dream bigger, and develop

their vision and voice so they can use it."

The actresses attend conventions and chat with fans one-on-one to get the ultimate fan experience. However, because space and time is limited at the venues, fans are often ushered off after only getting to chat with their favorites for a few minutes. Because of this, the women of SHETHORITY wanted to be able to have dialogue with their fans for longer periods of time.

"A lot of our fans are young, they're women, they're women of color, and we don't really get to have a dialogue with them in that medium at a convention," Patton told E!News. Patton said she sees the eagerness of fans to want to talk to them about the importance of their characters, which is another reason why SHETHORITY was launched.

As for future projects, a book club is being planned. "We are trying to find the perfect book for all ages," Patton said on an Instagram live. The women realized that SHETHORITY has younger fans as well. For now, Patton recommends the book *Lean In* by Sheryl Sandberg for girls age 17 and older. "It's a really important book everyone can benefit from," she said.

The women are also
[SHETHORITY CONT. ON PAGE 22]



L TO R: CAITY LOTZ, CANDICE PATTON, MAISIE R-SELLERS. PHOTO COURTESY OF @SHETHORITY INSTAGRAM



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**G-HOUSE IS LOOKING
GOOD THIS SPRING**

Grossmont's women's tennis team is on the road to add its fourth consecutive conference win.

BY MORGAN PEYRE

Unbeaten in all conference matches since the beginning of the season, the Grossmont College women's tennis team will seek for its fourth consecutive win away in conference against College of the Desert, Tuesday.

"It is a good start, I am proud to say; we have had many more wins than losses," Head Coach Megan Haber said. "This year team is a great bunch of energetic young ladies."

The Grossmont College women's tennis team made an impressive 9-0 start against Imperial Valley for its first conference match at home. The following week, Haber's team kicked off two wins in a row in conference against San Diego City 5-4 and against Mt. San Jacinto 7-0.

"Last week was a positive week for us. Jilian Kan and I probably played the best doubles match we ever played

very supportive and understands what is like to be a student athlete," said Katrinna Jasso, Swedish number-one single player for Grossmont College women's tennis team.

Jasso said she hopes to continue playing with her friend and doubles partner Madeleine Limljekvis, who is Swedish too. Jasso likes the special bond that they share together and hopes to continue to keep up with their great team spirit.

The team will hunt for a second home victory in conference match on Wednesday against Mesa College.

"Overall, I have had six wins in doubles. I have been playing with Erica Childs and Kan, they are both such strong players so I can't wait to play more amazing matches with both of them," Mesta said.

The Grossmont women's tennis team has 10 more conference



ILLUSTRATION BY DANE KANESHIRO



PHOTO BY MORGAN PEYRE

together," said Isabella Mesta, number-two single women's tennis player at Grossmont College.

Haber is in her 20th season as a head coach for the Grossmont women's tennis team. Haber said that having a pleasant and respectable relationship with her team is key to success.

"I help teach lifelong skills and try my best to mold each player into a well-rounded student. It's always fun when past players touch base and give an update of their life after Grossmont," Haber said.

"I love my team; we are all supportive of each other and get along really well. Coach Megan is a great coach, she is

matches to play before the PCAC Individual and CCCAA Championships start. Team spirit, respect, friendship and enjoyment are the principles of our Grossmont women's tennis team.

"I feel very lucky to be able to work with such dedicated student/athletes' year after year. Each season has different personalities which brings different energy to the courts. One thing is for sure, I am constantly learning and laughing," Haber said.

The Summit wishes the best of luck to G-House for the rest of the season.

LET THE MADNESS BEGIN

The nation's biggest tournament is set to begin March 13.

BY JORDAN THIBODEAUX



ILLUSTRATION BY JACOB MCDERMOTT

It's about that time of the year again. Get your brackets ready, because the madness is back!

March Madness, the annual college basketball tournament, includes 68 college basketball teams from across the nation fighting for the right to be crowned the best team in the country. The tournament will take place in various cities across the country, with the top four teams meeting in San Antonio to decide the country's college basketball national champion.

Here's everything you need to know before the madness officially begins.

Now, before the tournament actually begins there is Selection Sunday, which is the day that the 68 teams that will be competing in the tournament are selected. Selection Sunday falls on March 11 this year and the selection show will be aired live at 3 p.m. As tradition, the tournament begins two days after Selection Sunday, which means on Tuesday, March 13, March Madness kicks off.

Within the tournament there are four regions: West, East, Midwest and South, and within each of these regions are 16 teams each ranked from 1-16. The No. 1-seed team will play the No. 16-seed, the No. 2-seed will play the No. 15-seed, and so on. There are seven rounds within the tournament: First Four (lowest ranked teams playing for the four different 16 seeds), Round of 64 (16 teams in each region), Round of 32 (eight in each region), Sweet Sixteen (four in each region), Elite Eight (two in each region), Final Four and finally the championship game. In the Final Four,

the winners of the East and Midwest regions play each other, while the winners of the West and South regions play each other.

Possibly the most enjoyable part of March Madness beside actually watching the teams play is filling out a March Madness bracket and seeing how it unfolds. Even if you aren't familiar with the sport or the teams, the intensity and the excitement grows each game, especially if you have made the right selections. A perfect bracket is very elusive, but if you're looking for some tips on how to make the best selections here are some tips:

1. Look at brackets from experts on the sport.
2. Get advice from friends who follow the sport.
3. When in doubt, always pick the highest seed.
4. Have fun!

I thought I'd ask some of our basketball experts here on campus what they think about the upcoming tournament and who their favorites are.

I asked Griffin's sophomore guard, Taihir McMurray who he favors in the tournament, he said, "I have Duke winning it all."

Griffin's sophomore forward, Hasani Jarvis weighed in as well. "I like Oklahoma right now, also Kansas or Kentucky," he said.

As for who will win the tournament, that's a tossup as teams haven't yet been selected, but some favorites include Villanova, Duke, Michigan State and Virginia. The tournament begins with the First Four on March 13 in Dayton, Ohio, and concludes with the National Championship Game on April 2 in San Antonio.



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**SELECTION SUNDAY IS MARCH 11 -
FILL OUT A BRACKET AND JOIN IN ON THE FUN!**



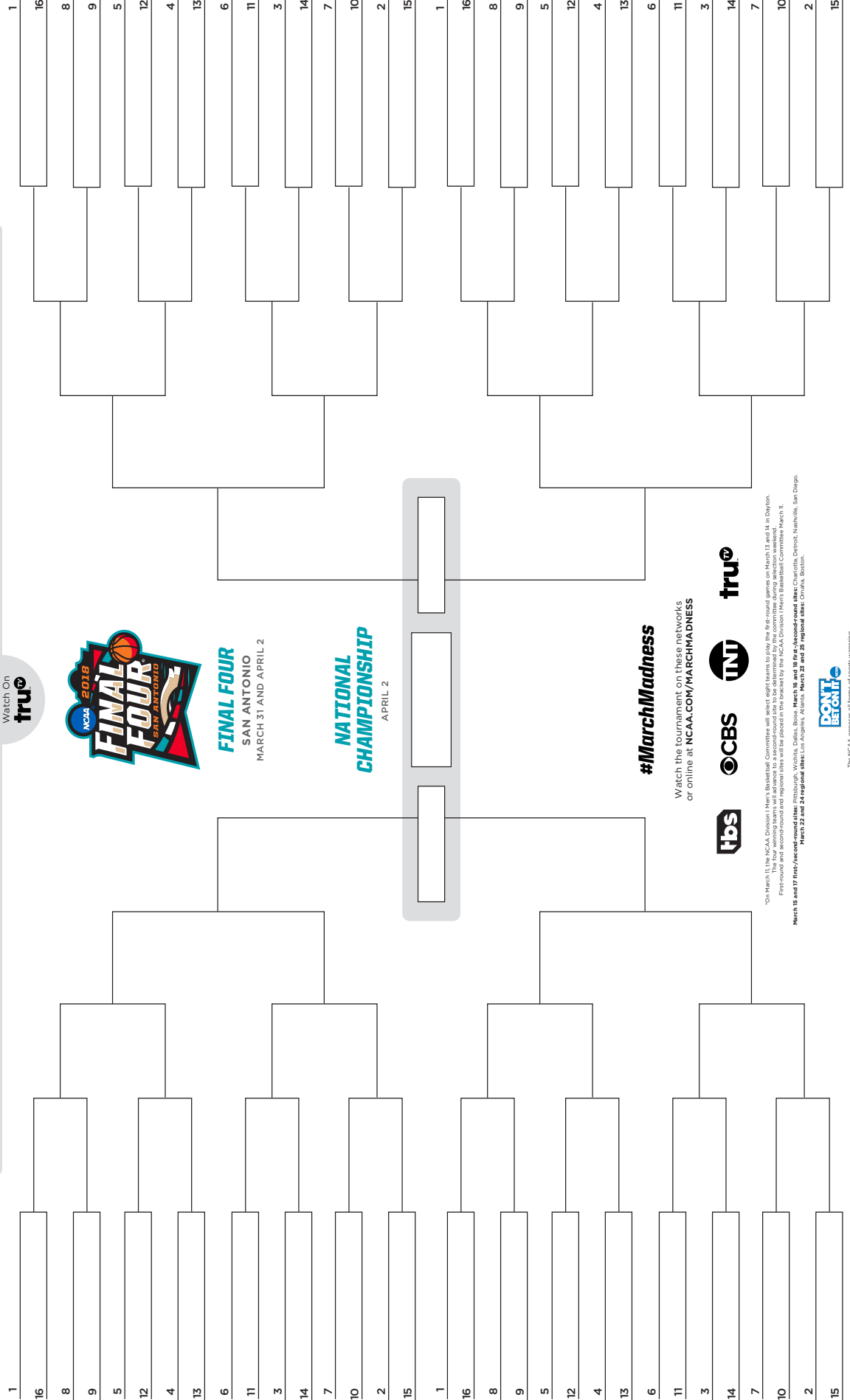
2018 NCAA DIVISION I MEN'S BASKETBALL CHAMPIONSHIP BRACKET

First Round MARCH 15-16	Second Round MARCH 17-18	Regional Semifinals MARCH 22-23	Regional Finals MARCH 24-25	National Semifinals MARCH 31	First Round MARCH 15-16
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FIRST FOUR

DAYTON
MARCH 13-14

Watch On
true



The NCAA opposes all forms of sports wagering.



L TO R: KATLYN CARABAJAL, HANNAH PRITCHETT, CARLOS SIERRA, JEZE FABIANIC | IMAGE COURTESY OF DANCE DEPT.

THE ULTIMATE SHOW

Griffin choreographers debut at a prestigious competition.

BY LEA KOLB

Hannah Pritchett, 22, not only had the honor of being selected for the 8th annual San Diego Young Choreographers Showcase & Prize on March 3 at the Whitebox in Liberty Station, but also the honor of winning the heart of the audience.

Pritchett's Choreography won the "Audience Favorite," one of the three prizes awarded by a panel of judges and the audience at the show. The prizes, ranging from \$500 to \$1,000, also included "Most Original Choreography" and "Most Compelling Performance by a Single Dancer."

This year, 26 choreographers entered but only 10 contestants were selected by Jean Isaacs, the artistic director of the San Diego Dance Theater, to compete in the show.

Pritchett as well as two others Grossmont dance majors, Carlos Sierra and Stephanie Vasquez, were among the 10 finalists selected by the San Diego Dance Theater to compete in this prestigious event.

The selection, made via an audition process, welcomes each year's local choreographers between 18-35 years old to submit video footage of a previous piece of choreography they created, as well as a proposal of what choreography they wish to present at the show.

"It was very stressful," Vasquez said. "We had to know the song we are going to use. We had to have planned out everything."

Of the 10 finalists, Grossmont College was very proud to be the only community college in the competition. Kathy Meyer, the chair of the Dance Department and their teacher in her modern dance and choreography classes, is especially proud of the three dancers.

**"Choreography
is like writing
a song."**

—Kathy Meyer

"They are all really talented," Meyer said. "They are either currently teaching or dancing."

Pritchett started dancing when she was 3-years-old. She went to the San Diego School for Creative and Performing Arts and had opportunities to work with renowned dancers. Last spring, she spent a season dancing for Philadanco 2, a professional dance company based in Philadelphia, as

an apprentice.

Considered the technician of the three of them, according to Meyer, Pritchett loves contemporary and modern dance. She described dance as the best way for her to express herself. "I just feel at home when I dance," she said.

She recently started choreographing, and is now enjoying the creative process of it. "I unlock little pieces of who I am when I choreograph," Pritchett said. "I develop a bond with my dancers, and we push each other to become better versions of ourselves."

Pritchett also described herself as a storytelling choreographer. Her family, friends and human interaction on the day-to-day basis have been her biggest inspirations.

Meyer said this shows in her dancing: "When she creates a piece, Hannah is looking at things that she personally going through and then she exhibits that in her dancing."

It was Pritchett's first time as a choreographer at the Young Choreographers Showcase. "I didn't really expect to get in," she said. "It's a huge honor." She said she was grateful to have been able to show something she created and to establish herself in San Diego's dance community.

"It's not a competition for me," Pritchett

said. "We are all kind of winners just by being in the show."

However, as the showcase approached, so did pre-performance stress. "Sometimes I have to remind myself to take a breath," she said.

To keep herself motivated, Pritchett reminded herself of her goals. "I cannot let one bad day get me down," she added. For this reason, she said she is very grateful to have amazing friends and teachers here at Grossmont to support her.

Pritchett said she hopes to dance for modern repertory or contemporary dance companies in the United States, as well as internationally; she aims to have her own personal choreography show later.

When asked what she was looking for when selecting dancers for choreography, Pritchett emphasized the level of professionalism, willingness, open-

"Dance is the best way I know to express myself. Some people need yoga to de-stress; dance is that for me. It's more than art, it's a sport."

—Carlos Sierra

mindedness and hard work.

Carlos Sierra, 24, is a current double major in dance and math at Grossmont College. He started taking dance classes when he was in high school, and has continued dancing since then for eight years now.

"Dance is the best way I know to express myself," Sierra said. "Some people need yoga to de-stress; dance is that for me. It's more than art, it's a sport."

Passionate about dance, Sierra has studied modern and ballet. He started choreographing two years ago for the Grossmont dance show. Through his years of choreography, he said his partner has been his biggest inspiration. This year for the showcase, it was his mother.

According to his teacher Meyer, Sierra is a storytelling choreographer. "He definitely conveys through his dance what is going through his life," she said. "He exposes those kinds of stories on stage, and he even comes to a point where he has a recognizable style."

Sierra was also choreographing for the first time in Young Choreographers Showcase and Prize. "I'm not really in it for the competition," Sierra said. "I'm gaining the experience of what it is to be with San Diego Theater and to be able to showcase in such a huge space."

A lot of pressure and stress have accompanied Sierra in the preparation of his choreography. Each choreographer has "pretty much one month to prepare for a show that has to be perfect."

When creating choreography, Sierra said he is a constant thinker. "In my head, it's always going on," he said. "I'm constantly thinking about what I'm going to change. It's like if I were going to a final exam, I'm thinking about it every day."

When looking for dancers, Sierra looks for the sense of intention, confidence, and presence in addition to being beautiful movers and dancers. "I want them to be self-motivated to come dance and rehearse," the choreographer said.

He said he hopes to later choreograph and dance for companies and one day choreograph his own show.

Stephanie Vasquez, 23, started dancing at 16 years old under the encouragement of a choreographer when she was in high school. "I tried dance and I just fell in love with it," Vasquez said. She later auditioned at a local studio and got a scholarship there. "I was going five days a week," added Vasquez. "It just became my life."

Vasquez is currently working as the Performing Company Artistic Manager for Expressions Dance and Movement Center in Santee. She also has a credential in teaching acrobatic art.

"Stephanie is a very strong dancer," said Meyer. "Her movements tend to be very dynamic and athletic." Meyer also described her as a very-organized choreographer who likes to have everything planned.

Vasquez is an ardent dancer and choreographer. She loves the connection between the mind and the body that dance can bring as well as the connection that happens with others dancers, which she describes as "interesting."

"It's like you can feed off of each other's energy," said Vasquez, adding that what she prefers is watching her dancers on stage. "I get so much of a thrill watching them doing my choreography," she added.

This was her first year choreographing for the Young Choreographers Showcase, and she said she hoped to gain experience from it and recognition from the community. "I don't think of it as a competition," Vasquez said. "It's just a beautiful experience, and it's a blast to be given the opportunity. Thinking of it as a competition isn't really my focus. The experience is amazing either way."

For this showcase, her piece was called



IMAGE BY LEA KOIB

"We are all kind of winners just by being in the show."

— Hannah Pritchett

"Enigmatic," meaning unknown or unsure. She describes her choreography as being more about "the art and the movement that create shape and design stage."

To keep her motivation, Vasquez remembered how watching her choreography coming to life through her dancers is "so invigorating" to her. "I love the connection between my dancers, the piece and me," she said. "I get very emotional watching them on stage." When looking for dancers, Vasquez wants not only technique, but dancers "who exude energy" and can "create a story through their movement."

She said she hopes to continue creating work and influencing dancers, especially teens and young adults. She described herself as a "teacher and choreographer at heart."

The art of choreography can be very difficult, Meyer said.

"Choreography is like writing a song," she said. "Sometimes it comes very easily, sometimes every little piece you're struggling to put together."



IMAGE BY LEA KOIB

"I love the connection between my dancers, the piece and me."

— Stephanie Vasquez



THE LUNAR NEW YEAR

STORY AND PHOTOS BY PALOMA ABARCA

The 13th day of Chinese New Year, also known as “Lunar New Year” or “Spring Festival” in China, was celebrated by the students and faculty at Grossmont College on Feb. 28.

According to the Chinese lunar system and its zodiac calendar, Feb. 16 officially marked the beginning of the “Year of the Dog.” The Chinese zodiac calendar consists of 12 animals that uniquely represent people depending on the year they were born, running on a 12-year cycle.

For example, each New Year is meant to represent the characteristics of the zodiac animal to which it is assigned. These zodiac animals consist of not only this year’s dog, but also the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster and pig.

According to Chinese astrology, 2018 is an Earth Dog year, due to each sign also representing an element. These elements include: gold, wood, water, fire and earth. The Chinese New Year is traditionally celebrated for about two weeks and is a time for families to reunite. Foods that hold symbolic meanings are shared within families and historical traditions, such as cleaning, special decorations, fireworks and red packets (envelopes with money) are followed in accordance with the Lunar New Year.

Grossmont Professor Claire K. Liu dedicated her time to organize the event and promote, not only the culture, but also the meaning behind Chinese New Year. The event included performances by the White Dragon Martial Arts Group and food from the Chinese culture. With the help of the Worlds Arts and Cultures Committee, the World Languages Department, Media Services, and students and volunteers, the Grossmont community had the opportunity to learn about and celebrate the Chinese New Year.



LANGUAGE

[CONT. FROM PAGE 7]

“It builds tolerance in the students,” Aylett said.

The multiculturalism that defines the ESL classes is one of the main reasons most teachers choose those classes. “We get to know people from all over the world,” Aylett added. “I’ve learned so much through the years.”

Aylett has also experienced being an international student. Born in Uruguay, she came to the United States to pursue her studies.

Aylett explained how living in another country and interacting with another culture changes who you are: “It’s not just the language, it’s adapting to a new life,” she said. “We are in this middle place, sometimes it’s enriching, interesting and fun, but sometimes it’s not and you really feel you don’t belong here.”

As a result, Aylett decided to hold a weekly discussion called “You Talk” for all ESL students that focuses on the successes and challenges students may encounter while they attempt life and school in the United States.

“I wanted them to have this space where they can talk about whatever challenges they are going through,” she added.

Momoka has now passed English 120. She is really thankful of the ESL program. “It has enhanced my skills in English for sure, the professors were always willing to help and give what I asked in terms of knowledge,” she said. “But it was also very enriching because I got to meet people from all over the world.”

PROFESSORS

[CONT. FROM PAGE 9]

at Grossmont, also had some good things to say about rate my professor. She confirmed that most of what students write about her on Rate My Professors is true and that “it’s tricky” when reading reviews left about her because all students take away her teaching style and personality differently. Young has a high overall rate my professor rating at 4.3 and a 3.7 difficulty rating.

“I agree with both ratings,” Young said. “They’re fair. What they say about me on Rate my Professor

is true for the most part.” Young recommended students check the website before picking a class so that they are not caught off guard.

Rate My Professors is an important website for college students when it comes time to picking classes. It is recommended to check the website before picking a professor, just so there are no surprises in your next semester.

SHETHORITY

[CONT. FROM PAGE 14]

developing a website where fans can go to read articles written by them, or those in the community. “We hope to fill it with articles about gender, marriage, single life, work, school, eating disorders, confidence, sex and everything in between. All the information will be from people’s real-life experiences,” Lotz said.

Once the website has launched, SHETHORITY will encourage fans to write and send in articles for them to share.

Patton said she hopes SHETHORITY grows into an impactful nonprofit, as she envisions successful women mentoring young girls who are seeking careers in their preferred professions.

As for what the women hope fans take away from SHETHORITY, Lotz said she wants fans to know that “they are not alone— that someone out there feels the same way and is dealing with the same issues.”

Since the campaign has impacted so many since its launch in October, the actresses hope that the campaign not only brings about change within yourself, but also change in equality.

“We also want to change the idea that women are competitive towards each other and tear each other down,” Lotz declared. “Society has often made it feel that way, but all it does is push us down and hold women back. It’s time for us to all be on the same team so we can achieve equality.”

Feeling empowered is as important as feeling connected, and SHETHORITY may help women do both. March is Women’s History Month, so there is no better time than to join the pack. It’s time to fight the good fight and to seek change within yourself and for the world. It’s time to join the revolution. Step into your SHETHORITY.

Full Disclosure: Fowsia Shariff is a SHETHORITYPack co-founder.

GROSSMONT BRIEFING

SVO BARBECUE BY BRIANNA TYSELING

Come out and support our Grossmont veterans! The Student Veteran Organization (SVO) is hosting a barbecue on Tuesday, March 13, from 11 a.m. to 1 p.m. in the main quad. They will be selling hamburgers, hot dogs, chips and drinks. For \$6 you can get either a hamburger or hot-dog plus chips and a drink. Are you a vegetarian? Perfect! The SVO will also have vegetarian burgers available upon request. All proceeds from the barbecue will go directly to the SVO. Last year the SVO was able to buy Padres tickets for all the veterans that were interested with the money received from the barbecue and other fundraisers. This barbecue is a great way to show your support for our Grossmont veterans and all the sacrifices that they have made for our country.

HYDE ART GALLERY BY MORGAN RAY

Sara Parent-Ramos's sculptural exhibit "Greater Than" will be on display, with a student-artist collaborative workshop on March 8 in the Hyde Art Gallery from 10 a.m. to 2 p.m. Also coming is Sandra Small's "Don't Hold Still," a photographic exhibit co-curated by Suda House and Gwenth Mapes consisting of portraits of women from the 19th century. Both exhibits will run from March 8 to April 3, with a tintype workshop on March 14 from 9:30 a.m. to 2:30 p.m. Gallery hours are Monday to Thursday, from 10 a.m. to 6 p.m., and Fridays by appointment. For more information, visit hydeartgallery.com.

SPEECH & DEBATE BY MORGAN PEYRE

Congratulations to our Grossmont speech/debate team for their rewards at the Pacific Southwest Collegiate Forensics Association (PSCFA) held at CSU Long Beach on Feb. 24-25. Our felicitations to Theo Hayes, who won the first place in Open Dramatic Interpretation and earned the bronze award in Junior Parliamentary Debate. Franziska Collier took the first prize in Novice Division Prose Interpretation. Amanda Afentakis obtained the third place in Jr. Division Parli Debate Speaker award, and the Bronze Award in Junior Parliamentary Debate, just like her other teammate Daniel Zaragoza. Another big applause for our Good Workers Competitors representatives, Regina Forester, Brenden Hawk (first-time competitor), Catherine Teixeira and Jonah Naoum; the Grossmont Speech/Debate team will be attending two more tournaments, state and nationals, in the next months.

RISE & GRIND BY KAYLA JOHNSON

For Grossmont students looking for engagement in activism and stimulating conversation on the world today, Rise and Grind is just what you've been looking for.

Student-of-color coffee talks will be what keeps every student motivated, up-to-date and inspired this semester. Speak, interact or simply absorb the vitalizing commentary being shared at each meeting.

Sessions will take place on the second floor of building 60, room 206 on the following days:

- March 15, 12:30 to 1:30 p.m.
- April 5, 12:30 to 1:30 p.m.
- April 23, 1 to 2 p.m.
- May 17, 12:30 to 1:30 p.m.

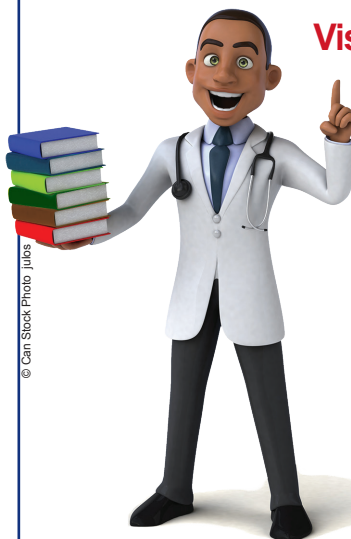
For more information, contact Student Engagement Coordinator, Susan Berry at susan.berry@gcccd.edu.



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REEL TALK

MARCH MUNCHIES

Feast your eyes on these films,
but keep some snacks handy, too.

BY
MORGAN
RAY



TAMPOPO

Directed by Juzo Itami. ★★★★★

Tampopo's (the adorable Nobuko Miyamoto) roadside ramen shop is struggling until two roaming truckers (Tsutomu Yamazaki and a young Ken Watanabe) teach her how to whip up a proper bowl. What follows is not just a delightful quest for ramen perfection, but an oddball ode to the all-important role of food in life, from our first sip of mother's milk to our last meal. While the side stories can diverge a little too far from the main plot and get a bit...out there, *Tampopo* is perhaps the *umami* of food films: sweet, silly, a little sexy and downright savory. Next time you're stuck with Top Ramen for dinner, take a few notes from this film on how to take it up a few notches!

BABETTE'S FEAST

Directed by Gabriel Axel. ★★★★★

When the 100th anniversary of their father's birthday approaches, Martine and Philippa (Birgitte Federspiel and Bodil Kjer) plan to organize a small dinner for their village, but their French cook Babette (Stéphane Audran) has another, more delicious idea— one that'll bring the sisters' past and present together. *Babette's Feast* is one of those movies that manage to capture the life-changing and soul-transforming power of a good meal. Good food has the power to open hearts and minds, much like Babette's main course of *cailles en sarcophages* (stuffed quails in puff pastry). Henning Kristiansen's cinematography makes everything look like a painting, but much of the film's beauty comes from its subtlety: the other dinner guests don't have to constantly back up how wonderful each dish is; you can see it in their faces and actions as they slowly come around to each plate. *Babette's Feast* is one for the eyes and the heart.



CHEF

Directed by Jon Favreau. ★★★★★

When Carl Casper's (Jon Favreau) tirade against a food critic goes viral, he leaves his demanding head chef position and starts up a food truck as he seeks redemption and a relationship with his son (Emjay Anthony) and ex (Sofia Vergara). Both droll and drool-inducing, *Chef* contains some food prep scenes to die for, from a plate of pasta to a toasty *cubano*, and doubles as a how-not-to on social media (case in point, the tirade scene; try not to cringe). The script is a little undercooked in places and the numerous cameos are a bit distracting, but it's a mouthwatering watch nonetheless. Stay for the very end of the credits if you want to learn how to make a perfect grilled cheese sandwich.

BIG NIGHT

Directed by Campbell Scott, Stanley Tucci. ★★★★★

The 1950s: Italian immigrant brothers Primo and Secondo's (Tony Shalhoub and Stanley Tucci) restaurant is struggling. When news arrives that famed singer Louis Prima will be in town, the two prep for a multi-course meal that could save them...or seal their fate. Truly one of the most slept on movies of the 1990s, *Big Night* doesn't just serve up some amazing examples of Italian cuisine (it absolutely must be watched with a plate of spaghetti), but it's an incredibly witty look at a family struggling to maintain the American Dream while retaining a sense of cultural identity both for themselves and their business. Add in a scene chewing Ian Holm and the always luminous Isabella Rossellini, and the results are *bellissima*.

