

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | APRIL 2018

THE HEROES ISSUE



ILLUSTRATION BY TJ SLOAN

TABLE OF CONTENTS

- | | |
|---|---|
| <p>6 Five Female TV Heroes
The butt-kicking goes much deeper than the surface.</p> <p>8 Campus Heroes
Not all heroes wear capes.</p> <p>10 Infinite Anticipation
We're excited to talk about <i>Avengers: Infinity War</i>.</p> <p>11 Straight Outta Compton
Dr. Jocelyn Pacheco shares her inspiring story of success.</p> <p>12 ADHD. Anxiety. Depression. Not Alone.
The I AM Club shines light on mental health issues to reduce stigma.</p> <p>13 Grossmont's Got Talent
A current student enters world's largest songwriting competition in hopes of winning the grand prize.</p> <p>13 Learning By Doing
Community Service Learning extends education beyond the classroom.</p> | <p>16 Identity Theft
What you need to know.</p> <p>17 A Long Road to the Top
A former Griffin is chasing big dreams in the pro tennis world.</p> <p>18 Repeat Performance
Griffins are preparing for another title run.</p> <p>19 Grossmont Briefing
A new record, health update, Lea's Culture Corner, drone training and a free ride.</p> <p>20 Music Nostalgia
These nine classic songs will take you down the 20th-century's rock era.</p> <p>21 Spring Forward
Get ready for warmer weather and less clothing.</p> <p>19 Reel Talk: You're the Worst.</p> |
|---|---|

SPECIAL THANKS TO THE STUDENTS OF ART-175: DIGITAL IMAGING, TAUGHT BY CARMINA CABALLES, FOR LENDING THEIR CONSIDERABLE ARTISTIC TALENTS TO THIS ISSUE.



The SUMMIT

A publication of Grossmont College's
Media Communications Department.
Vol. 44 | Issue 7 | April 2018
Web Edition

SUMMIT STAFF

Editor-in-Chief: Brianna Tyseling

Deputy Editor: Fowsia Shariff

Senior Writer: Morgan Ray

Staff Writers

Paloma Abarca, Kayla Johnson, Lea Kolb,
Morgan Peyre, Jordan Thibodeaux

Adviser: Jeanette Calo

GROSSMONT-CUYAMACA COMMUNITY COLLEGE DISTRICT

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

Governing Board Members

Elena Adams, Greg Barr, Bill Garrett,
Edwin Hiel, Debbie Justeson

Student Members

Kyrie Macogay, Brandon Vivero

Chancellor : Cindy Miles, Ph.D.

President: Nabil Abu-Ghazaleh, Ed.D.

Contact us at
summit@gcccd.edu



@GrossmontSummit



/thesummit.gc



VISIT US ONLINE
gcs Summit.com

ILLUSTRATION BY TJ SLOAN



GRIFFIN FACES

WHO'S YOUR FAVORITE SUPERHERO?

BY KAYLA JOHNSON
LEAD ILLUSTRATION BY
VERONICA GUERRETTE

"My favorite superhero would have to be **Thor**. He fought for his people, never went against his friends or the people he cared about, and is just incredibly strong."

—Emily Yun



© MARVEL

"I would have to say my favorite superhero is **Batman** because he doesn't need any powers and still fights off bad guys with no problem."

—Alyssa Holmes



© WARNER BROS.

INSTAGRAM



INSTAGRAM



ILLUSTRATION BY
ADRIANA BURRUS



© MARVEL

"My favorite superhero is **Captain America** because his morals and motives come from being an army soldier. Where most hero's have like the reluctant hero paradigm."

—Gilbert Pelayo

"My favorite superhero is **Elastigirl**. I love how she was a strong and powerful woman who didn't care about men even during a time when there weren't a lot of them who didn't care about needing another man or relying on a man for help." —Miranda Dickerson

SUMMIT POWER STAFF PUSH

This month we asked:
Who's your favorite superhero?



PALOMA ABARCA

If I had to label a superhero as my favorite, I'd pick Marvel's **Black Widow**. She serves a plethora of athletic capabilities. With a body and mind enhanced by biotechnology, Black Widow is resistant to aging, diseases and heals at a rate beyond human comprehension. Including all the white blood cells in her body, these traits keep her well balanced and immune to any sickness. She is also a tactician with effective strategies and a field commander. It is said that she has a "gifted intellect."

Black Widow is currently a member of the Avengers and agent of SHIELD.



ILLUSTRATION BY WILLOW GODSHALK-GROSS



BLACK WIDOW ILLUSTRATION BY MEGAN WATKINS



LEA KOLB

I've always loved **Spider-Man** because he is quite different from Marvel's other heroes. When we think of superheroes, we are used to the image of the muscular, attractive and confident superhero, but Spider-Man – aka Peter Parker – doesn't quite fit in this stereotype. When wearing his costume of superhero, Parker is living the dream. However, during his daily life, he is an introverted young man who is bullied at school and work, and rejected by the woman he loves. His struggle to manage his personal life and his duties as Spider-Man makes this character captivating and interesting. Moreover, his selflessness, dignity and heroism in the face of danger make him an inspiration to help people.



MORGAN RAY

Ever since I was little I've loved the original **Spider-Man** movies starring Tobey Maguire. I watched them over and over practically every day, and I loved the character Mary Jane. I think my reasoning for loving him so much then was because he could shoot webs out of his wrist and swing from building to building, and I thought that was cool. I've always been too stubborn to see any of the movies remade with different actors playing Spider-Man, so the Tobey Maguire ones will always specifically be my favorites.

Last issue, I fan-girl'd over Wonder Woman. This time, it's my other childhood heroine, **Hawkgirl**. Like Wonder Woman; she can hold her own in a fight and she's a member of the Justice League, but she's also got an awesome pair of wings and her weapon of choice is a mace. A mace, people. That's how you know she's not playing around!



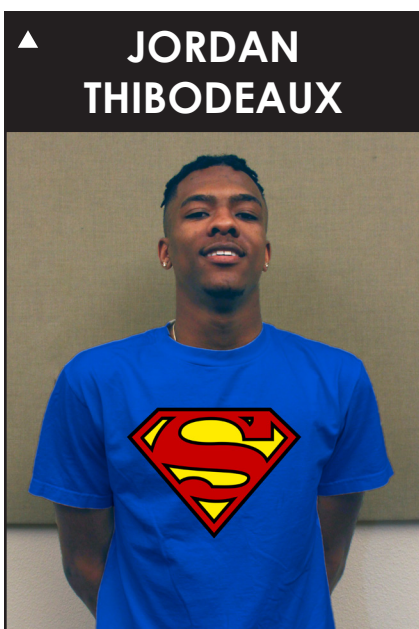
KAYLA JOHNSON



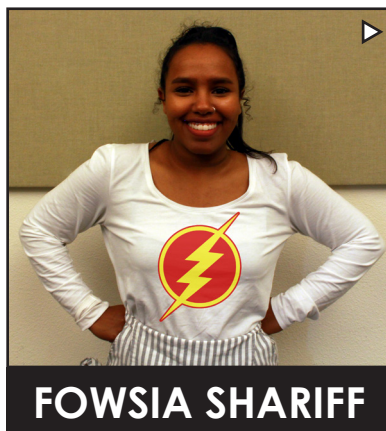
MORGAN PEYRE ▲

My favorite superhero is **Iron Man**. The other superheroes of Marvel are kind of caught in the limits of whatever abilities they have. In Iron Man's case, Tony Stark has no superpowers of his own, but the armor he wears gives him strength. Moreover, his armor was created to keep his damaged heart beating. Iron Man could not survive without it. I have always thought this movie could become reality one day. I believe one day people will wear suits that can fly. For instance, Elon Musk said that he was inspired by the way Downey Jr. plays Tony Stark in the Iron Films. For that reason, the Roadster Tesla was placed in Tony Stark's workshop during *Iron Man 1* before the car even went on sale. I am aware this is just a simple movie, but all the technologies used by Iron Man in this movie could possibly become real in couple years.

My favorite superhero is **Superman**. Aside from the fact that he can do the impossible and is from another planet, he brings hope, which any hero should do— whether super or not. Even when he's not in uniform and he's just Clark Kent, he decides to be somewhere where he can stay on top of news of crime or any other thing that's going on around him, so basically it's like he's always on the job. He has the ability to do anything he wants; a lot of people might use his powers to rob, kill or maybe something worse, but he shows restraint and that's what makes the heroes different from the bad guys in any universe, in any world.



▲ **JORDAN THIBODEAUX**



FOWSIA SHARIFF

My favorite superhero is definitely **The Flash**, a.k.a. Barry Allen from DC Comics. There's something light, funny and authentic about the character, which is different from our regular ever-brooding characters in the DC Universe. Before gaining super speed, he was just a man tracking to crack the mystery of his father's death, which haunted him as a child. His super speed only heightened those innate characteristics about him – his need to help people – which I believe is super-relatable. I had the honor of meeting Grant Gustin, who portrays Barry Allen in the hit DCTV show *The Flash* on The CW, many times.

My all-time favorite "superhero" is **Batman**. Batman is considered by many to be a superhero, but he contains no actual superpowers. Instead, he uses his physical skills, smarts and wealth to become a superhero for the city of Gotham. Since Batman contains no real powers, he is actually a superhero children (and adults) can realistically aspire to be like when they grow up. Batman, aka Bruce Wayne, is a hero. After watching his own parents murdered in front of him, he decides to do everything is his power to make sure that nobody else has to feel the pain that he has felt. Instead of becoming hateful toward the world, he decides to make it a better place, which is truly selfless.



BRIANNA TYSEING

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.

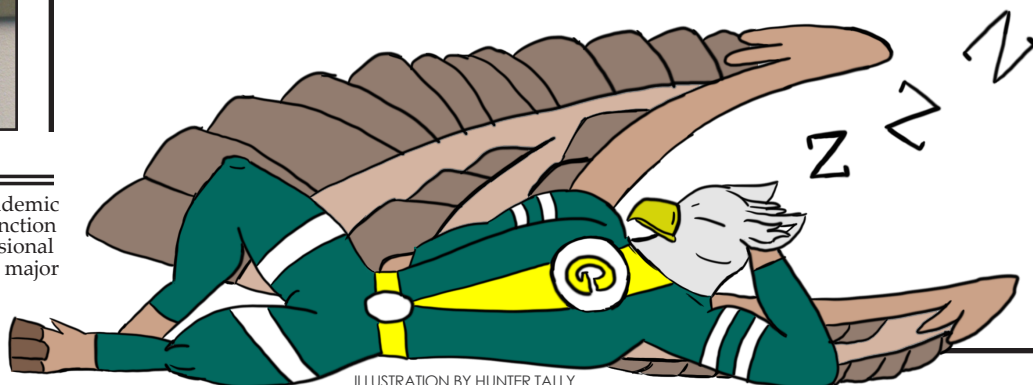


ILLUSTRATION BY HUNTER TALLY



ILLUSTRATION BY TRANG NGUYEN

FIVE FEMALE TV HEROES

The butt-kicking goes much deeper than the surface. **BY FOWSIA SHARIFF**



COURTESY OF MARVEL / ABC

DAISY JOHNSON

First up: Daisy Johnson! From *Marvel's: Agents of S.H.I.E.L.D.*, Daisy hones her superhero alias "Quake," which correlates with her ability to cause seismic earthquakes with her fists. She's also a super-genius hacker and a secret agent in the show's intelligence organization, Strategic Hazard Intervention Espionage Logistics Directorate (S.H.I.E.L.D.).

Johnson is a character that is smart, complex and flawed—in the way that she's selfless a little too much, which sometimes comes as a cost to herself. But she reminds women we don't have to have everything together. Hosted by ABC, Johnson is played by Asian-American actress Chloe Bennet. Similar to Johnson's journey in the show, Bennet embraces her true heritage, all while helping fans discover their own.

You can catch Bennet in action as Johnson on the show, every Friday at 9 p.m. on ABC.

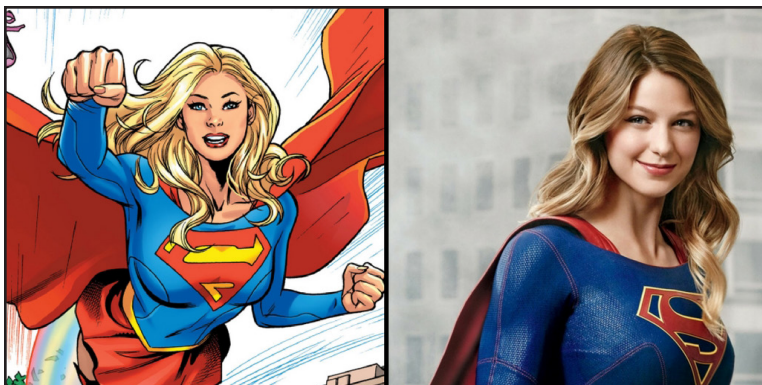
Sara Lance got her initial start on DCTV's *Arrow* on The CW network, which serves as the hub for classic comic book adaptations. On *Arrow*, she was presumed to be dead, until she was saved by a scientist, after spending two years on the fictional island Lian Yu. After joining and leaving the League of Assassins, Lance became a vigilante under the moniker "Canary." However, the character is currently known as "The White Canary," a famous DC Comics character.

After many deaths, trials and tribulations, Lance is now the leader of her own superhero team on the show DC's *Legends of Tomorrow*. The character is also bisexual, which is something you don't often see in female superheroes—serving as representation for those voices who may feel like they have to choose one type of sexuality. You can catch Caity Lotz as Sara Lance, every Monday at 8 p.m. on The CW.



COURTESY OF DC COMICS / WARNER BROS.

SARA LANCE



KARA DANVERS

Everyone knows Clark Kent with his famous alias “Superman,” but enough about him— it’s time to make way for “The Girl of Steel”!

Kara Danvers, also known as “Supergirl,” is not only the cousin of Superman, but she’s also the strongest alien alive. Sent from the fiction planet Krypton to Earth, Danvers had to adjust to a normal life in a adoptive family, all while keeping her true self a secret from the world.

Supergirl fights crime and saves the city from destruction; superpowers aside, Danvers’ day job is as a reporter at CatCo., in which she frequently covers stories about her own double identity. Danvers is a symbol for young women as her alias’ motto is “hope, help and compassion.”

Glee’s Melissa Benoist portrays the one and only light-hearted character sure to charm you with her portrayal. You can catch her in action every Monday at 8 p.m. on The CW.

The newest show to hit The CW is *Black Lightning*, based on the DC Comics character. However, though the live-action is male-led by Black Lightning himself, the stand-out character is his daughter Anissa Pierce, a.k.a. “Thunder.” Trapped in her father’s vision of not following his footsteps, Pierce follows her own journey when she discovers her ability to increase her body’s mass while preserving her volume and creating shock waves.

Black Lightning is the first superhero show that centers around a black family, and Anissa Pierce is the first woman to be a superhero, black and a lesbian. There aren’t many lesbian superheroes, especially in families where it’s accepted, at least on TV— so Nafessa Williams’ portrayal of Anissa Pierce is inspiring to say the least.

You can catch Pierce every Tuesday at 9 p.m. on The CW.



ANISSA PIERCE



IRIS WEST-ALLEN

The Flash on The CW is the network’s highest-rated show, and it may have a ton to do with the lovable characters on it. One of the most notable is Iris West-Allen, wife of speedster Barry Allen (The Flash himself)— but more importantly, an ace-reporter and team leader of the super-powered characters.

Though West-Allen doesn’t have powers, she’s a hero in her own right, with her selflessness to help other people. The audience watched her evolve as a voice of the city as a journalist, to a well-organized and smart team leader. Her mortality is something fans can relate to, especially in a show filled with superheroes.

Her comic-book counterpart is Caucasian, but in the live-action show, the character is portrayed by African-American actress Candice Patton. Because of the choice to race-bend the character, Patton’s portrayal of Iris has touched many women of color around the world. It’s not often you see a black woman at the center of a superhero love story, so it’s important that it’s represented on television. You can catch Patton as Iris West-Allen, every Tuesday at 8 p.m. on The CW.

14 YEARS LATER, THE INCREDIBLES RETURN BY JORDAN THIBODEAUX

On June 15, the 14-year wait will finally be over. The long-awaited sequel to *The Incredibles* comes out, but this time, the roles are going to be reversed for the super family. Instead of Mr. Incredible going out and doing the crime fighting, it’s Mrs. Incredible— or “Elastigirl” as she will most likely be referred to in this movie. And Mr. Incredible? Aside from his physical strength, he’s just hoping he has enough mental strength to be a stay at home dad with an invisible daughter, a super-fast son and a newly-powered infant.

Even though the wait has been long, the movie is right on schedule in a time where women are breaking the social norms in the real world. With Mrs. Incredible taking on the lead role, even a cartoon is helping further signify a huge shift that has been trending in our society— the power of a woman. It teaches young girls they can get things done themselves; yes, it is always helpful to have men around, but she can handle her own and be her own hero. So prepare for a great movie experience nearly 15 years in the making.



CAMPUS HEROES

Not all heroes wear capes. BY KAYLA JOHNSON

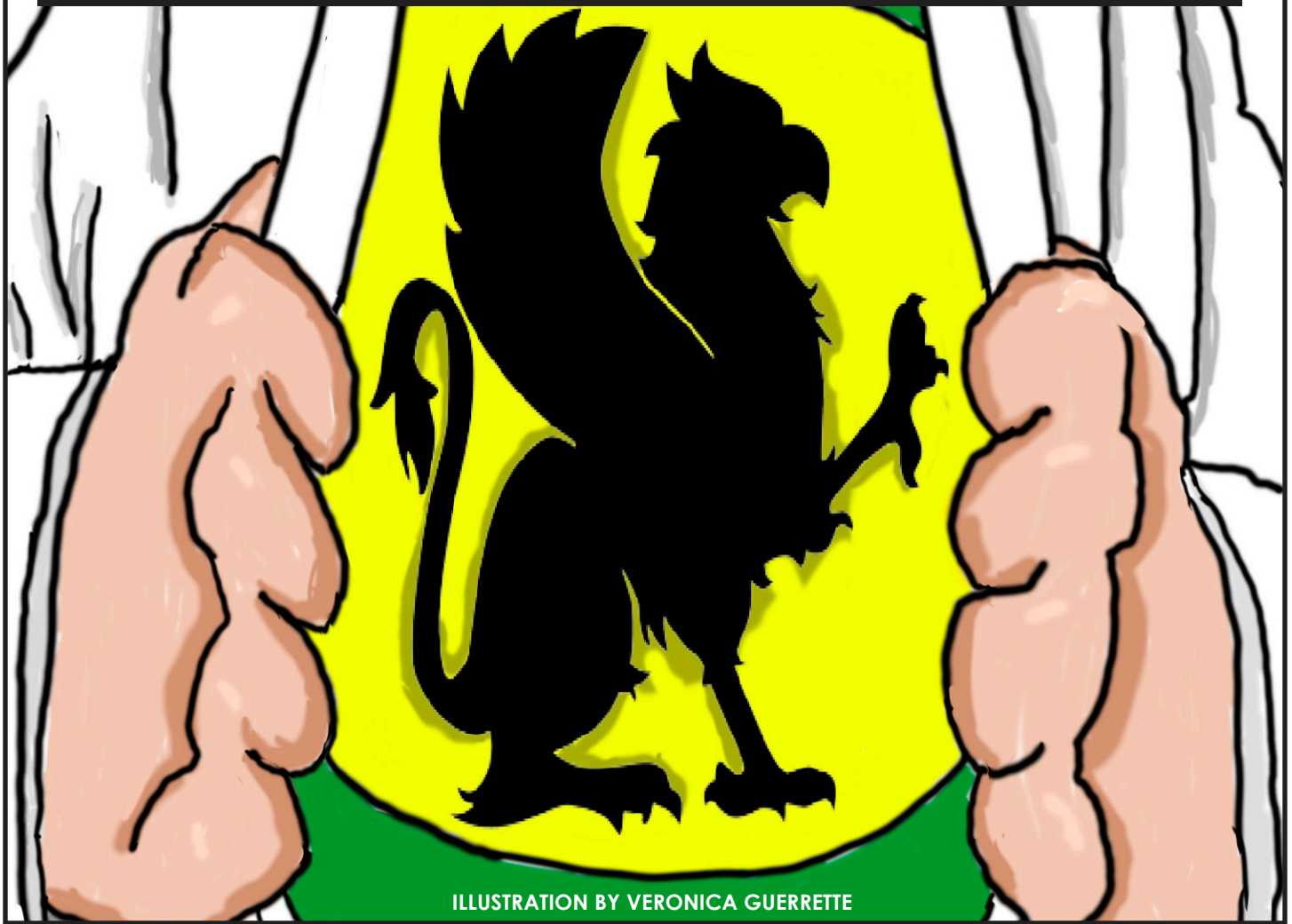


ILLUSTRATION BY VERONICA GUERRETTE

Not everyone can be a superhero, but these two Grossmont faculty members sure do come close. The real heroes on campus work under the radar, not calling attention to their everyday acts of heroism. Their humble days are now over. *The Summit* has taken on the battle of removing their masks and revealing their true identities.

DR. SUSAN GONDA

It was 1996 when an aspiring hero arrived to Grossmont College. Twenty-two years in the making and her identity is finally revealed: Dr. Susan Gonda, a passionate history fanatic and fierce leader for social justice on campus. This hero loves her work and takes on a heavy load, juggling teaching, advising, committees, task forces and the constant meetings. She has the most fun working alongside social justice-oriented clubs, American Association for University Women (AAUW) and Sexual Orientation/ Gender Identity (SOGI).

"All clubs help students connect with the campus in a way that's bigger than themselves," Gonda said.

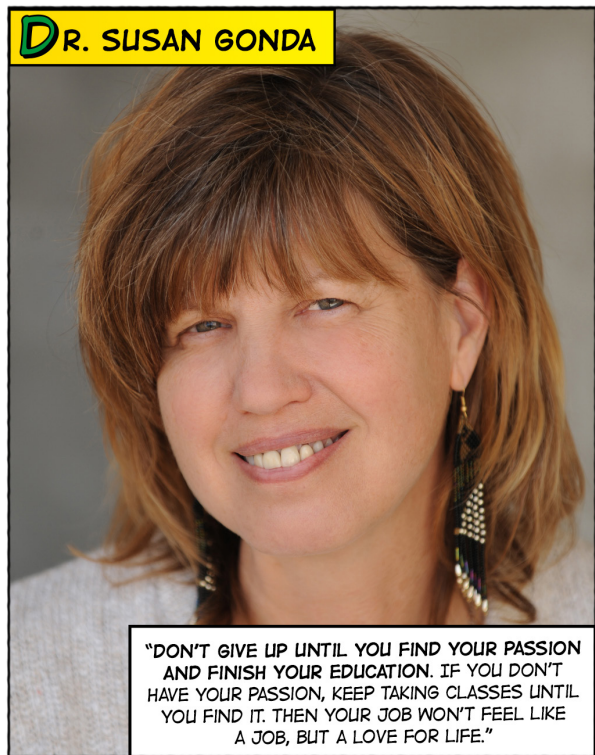
The part that clubs play in the life of a student can cause ripple effects in all areas of life. Being a part of something bigger on campus helps establish motivation to enhance the probability of continuing one's education, a topic Gonda has made a priority of

her own. AAUW and SOGI bring students who share similar "life experiences and interests" together, Gonda explained. They help "negate isolation" and really show those who are often singled out that they can stand together. Gonda said she has looked this campus villain right in the eye and fought back against the discrimination and discouragement thrown in the direction of students.

These clubs are young, but are consistently working to make a difference in the education and lives of the students on campus. "There a safe place for students to be their authentic selves," Gonda said, adding that she wants everyone to feel comfortable, motivated, safe and satisfied with themselves and the goals they are working toward.

Gonda has heroically taken on student discrimination and

DR. SUSAN GONDA



"DON'T GIVE UP UNTIL YOU FIND YOUR PASSION AND FINISH YOUR EDUCATION. IF YOU DON'T HAVE YOUR PASSION, KEEP TAKING CLASSES UNTIL YOU FIND IT. THEN YOUR JOB WON'T FEEL LIKE A JOB, BUT A LOVE FOR LIFE."

discouragement for 22 years. With her heroic acts now out in the open, she proudly takes the label of a "real campus hero," as she will continue to fight for the social justice of every student who bravely strides in the direction of continuing their education.

THOMAS ARMSTRONG

Coming in on the end of his second year as the Associate Dean of Athletics, this unsung campus hero has been keeping students stable - both mentally and physically - and motivated, happy and healthy. In just short of 24

months, this real campus hero has directed students down the right path, both athletically and educationally, helping them find the most beneficial way to balance the two and succeed beyond standards. Thomas Armstrong leads the way for an upbeat and inspiring path at Grossmont. Aside from meeting with vendors, parents, faculty and officials, Armstrong's daily routine focuses primarily on the athletes.

"Last week one of our student athletes had a tough day during competition. She was upset and down, I had the opportunity to pick her up and remind her of the fact that she is truly fortunate and impressive," Armstrong explained. "She is a collegiate student athlete, and she will fail many times in life; this is simply a safe opportunity to fail and to make sure that you pick yourself back up and always keep moving forward."

Reoccurring acts of understanding and kindness like this make Armstrong a reliable, everyday hero. Armstrong said he believes the student should always be put first. He takes it very seriously that the athletics program makes sure they are always thinking and acting in the best way for the students. Having people that believe each student's success and happiness is the top priority is crucially important for the progression of both the student and Grossmont. One way Armstrong insures the importance of the student is kept up is by maintaining an energetic, proficient and accountable athletics program.

"I have a job in which I can truly assist a human being at a young pivotal point in their lives," Armstrong said, explaining the motivation behind his urge to keep students eager to improve themselves and accomplish to the best of their abilities.

One important aspect of Grossmont's athletic program that this hero has widely accepted and encouraged is the diversity and inclusion in each sport. Armstrong said, "I love the diversity, and I mean diversity in everything - people, cultures, stories, backgrounds and even just in the working day."

Armstrong has proved himself to be a real campus hero. Without people providing confidence, support, motivation and acceptance on campus, continuing education would be a harder task to face. Armstrong's effort to enforce a strong supportive system for the athletic program to thrive off of has made a huge difference in the lives of students, whether it be in sports or their education.

THANK A REAL CAMPUS HERO TODAY!

ADVERTISEMENT

THOMAS ARMSTRONG



"TAKE ADVANTAGE OF THE OPPORTUNITIES YOU ARE ALLOTTED, AND DON'T BE AFRAID TO TAKE A RISK, LEAVE YOUR COMFORT ZONE, EVEN MOVE AWAY FROM FRIENDS. I PROMISE YOU WILL MAKE NEW ONES."

HONOR PRIDE SERVICE
Do Something That Matters

NOW HIRING
NURSES, DISPATCHERS
PROFESSIONAL STAFF, DEPUTY SHERIFF'S

JoinSDSheriff.net
William D. Gore, Sheriff



A CONVERSATION WITH MORGAN RAY AND JORDAN THIBODEAUX ILLUSTRATIONS BY DJIBRIL CAMARA

On April 27, the widely-anticipated *Avengers: Infinity War* will hit theaters. It's the culmination of every movie in the Marvel Cinematic Universe (MCU). In the movie, the primary villain, Thanos, has come to Earth to collect the six infinity stones—objects of immense power he wants to use to destroy civilization. It is up to the Avengers to stop him from completing his mission, but it will be even more challenging as they have just had an internal dispute of their own that disbanded the group. *Avengers: Infinity War* is the first of two movies centered around the infinity stones that will be released; the second movie, which has yet to be named, will come out in 2019.

We set up a Q&A about the movie and what we expect. Maybe it will help some of you who aren't as familiar with the MCU to have a better understanding of what is going on. WARNING: SPOILERS AHEAD.

JORDAN: For people who are going to see the movie, but don't necessarily follow Marvel Comics and the movies, what are some things they should know?

MORGAN: The Infinity Stones are a part of the Infinity Gauntlet; when all six stones are in the gauntlet, whoever uses it has infinite power (hmm...). The stones have popped up in various Marvel movies: Loki almost destroyed New York City with one of them (the Tesseract) in *The Avengers*, one was used to create fellow Avenger Vision in *The Avengers*; *Age of Ultron*, another is inside Doctor Strange's amulet and yet another played a key part in *The Guardians of the Galaxy*. In *Infinity War*, Thanos has the gauntlet, but not

all of the stones. The Avengers can't let him get all of the stones because if he does, the universe is more than screwed.

The Avengers have had their fair share of tiffs with each other over the past couple of movies because it ain't always sunshine and rainbows in the MCU. Think about Thor and Loki's sibling rivalry and the occasional butting of heads between Iron Man and Captain America. Meanwhile,



the Guardians of the Galaxy have been off doing their own thing, but now they're jumping into the fray. Part One: Fight!

J: What story line are you most excited about in *Infinity War*?

M: There's been a full decade of buildup to this thing, so I'm hyped for the whole ordeal. If I were to pick one—um, do the one-liners count? In all seriousness, I'd have to say the giant battle in what appears to

be the outskirts of Wakanda. I just hope Wakanda doesn't get destroyed; that would hit me harder than any character's death.

J: There has been a lot of speculation that a good portion of the Avengers will face death in the movie. What are your thoughts on that?

M: This doesn't come as a shock, in fact, I've been bracing myself for a large amount of losses ever since *Age of Ultron*. Killing off Quicksilver in that installment was almost like a warning, like—“Don't get too attached, this won't be the first one.” My best bit of advice is be prepared to get your heart broken and start saying goodbye to your favorites now because all of them could go. Marvel. Has. No. Mercy.

J: Do you want the movie to be based more on the comics or would you like to see the directors do things their own way?

M: In all honesty, I know diddly-squat about the comics—I know, burn me at the stake—but the Russo Brothers did a great job directing *Captain America: Civil War* (which was what the second *Avengers* movie should have been), so they're familiar with the MCU and they know they can take risks. This thing's in really good hands.

J: Who is your favorite character?

M: If we're talking heroes, it's either Black Widow (where is her solo movie?), Iron Man (his other power is throwing shade) or Spider-Man (because awkward, wisecracking nerds, that's why). If it's villains, it's definitely Loki. He's really bitter, constantly shifts alliances and his back-story is downright Shakespearean. As a former theater kid, I live for that.

J: Thanos, the antagonist in this movie, is known as the “Mad Titan.” Does he, as a villain, intrigue you?

M: We’ve only gotten vague glances and a couple of moments with him in it, but the only thing we know about Thanos is that he can and will mess things up. What I’m the most interested about is how far he’s willing to go, and considering the amount of buildup to his arrival, how much dimension is his character going to have? Will he be just another flashy “take over the universe” villain or an actual villain with substance? If you’ve got the word “mad” in your nickname, you better live up to it.

This is only Part 1, how do you feel about the MCU splitting their most anticipated film into two parts? Will you be ready for Part 2?

J: I’m pretty excited about it. I think it will build even more suspense throughout the first movie, and even while we are waiting for the second movie to come out. Also, since some characters will most likely die in this movie, it gives Marvel another chance to introduce even more new characters into the MCU.

M: What part in any of the trailers or teasers made you absolutely lose your mind?

J: I think the most recent trailer got me really excited, especially seeing Thanos trying to crush Captain America. But I think all of the trailers that were released served their purpose. They each have helped build up suspense leading up to the movie and I just know that it is going to be an awesome movie experience.

M: Who do you think will not survive *Infinity War* this round? Is there any Avenger that seems expendable to you?

J: I am not sure! I’m sort of scared to see who it will be. In the last trailer released, we saw Captain America and Doctor Strange both in not-too-promising situations, so for now those two are my choices as for who won’t survive this round.

M: If you could recommend only one Marvel movie to somebody to watch before *Infinity War* as a catch up, which one would it be?

J: I would recommend *The Avengers* just because it was the first big crossover event in the MCU, and I think that it involves characters that even people who aren’t Marvel fanatics would still know. It also has a glimpse of Thanos, who is the main antagonist in *Infinity War*, and overall it is just a really good movie.

STRAIGHT OUTTA COMPTON

Dr. Jocelyn Pacheco shares her inspiring story of success.

BY BRIANNA TYSELING



Dr. Jocelyn Pacheco is a Student Success and Support Program Specialist (SSSP) here at Grossmont College, and she has her doctorate in education. What’s special about that? Our college is filled with highly intelligent professors, counselors and educators with doctorates and other admirable academic awards.

The difference is that Pacheco was born and raised in Compton, California, a city notorious for being dangerous and filled with violence. On top of that, her parents are both Mexican immigrants. Pacheco was born in the United States, but because her parents didn’t speak English, she was only taught Spanish growing up. It wasn’t until she was in the first grade that she learned how to speak fluent English.

Pacheco said she remembers how difficult it was to learn English. She wasn’t introduced to it until she was in preschool. Growing up in apartments, she said everyone around her spoke Spanish and that the language barrier was difficult for her. She recalled spending hours translating her homework word for word from English into Spanish and then back to English.

Compton city has low access to resources to succeed and a low socioeconomic status. Aside from that, most parents in the area didn’t finish high school, and if they did, it was most likely in their home country, not America.

“It was normal for me,” Pacheco said. “You were conscious of your surroundings and you wouldn’t go out at night because it was dangerous.”

From an early age, Pacheco and her brother were taught that school and getting good grades was everything if she wanted to go to college. “You are the face of your city and you want to do better, especially being a product of Compton,” she said.

Throughout high school, Pacheco worked

extremely hard to earn good grades and applied to the Gates Millennium Scholarship, funded by Bill Gates. During her senior year, at the age of 17, she found out she won the scholarship. Winning the scholarship was essentially the path to a better life, covering all costs, including housing, of undergrad up until her doctorate.

Pacheco proceeded to go to UCLA for her undergrad, which she said “was a culture shock leaving Compton,” especially because her surroundings in Compton were mainly Latinos and African Americans. She graduated from UCLA after five years, completed rigorous courses at SDSU for her master’s degree, and even completed a joint program with Claremont Graduate University for her doctorate. In all it took her about nine and a half years.

Pacheco decided to give back to the community by working as an SSSP here. She said she feels passionately about helping high school students who are trying to further their education, and “wants to make students feel like they belong and help students succeed when they come to Grossmont.”

As an advisor, Pacheco said she believes it is her job to “meet students halfway” and that all students have the potential to be great; she wants to change the education system. Pacheco explained how students in low income areas don’t receive the same education as students in wealthier areas, and she wants to “bridge the gap and make sure that college is available for all students, regardless of where you come from.”

“[I] aspire to continue transforming the education system,” she added.



ALL PHOTOS COURTESY OF JOCELYN PACHECO

ADHD. ANXIETY. DEPRESSION. BIPOLAR. NOT ALONE.



THE I AM CLUB GATHERS TOGETHER FOR A GROUP PHOTO AFTER FINISHING THEIR DISCUSSION.

The I AM Club shines light on mental health issues to reduce stigma.

STORY AND PHOTOS BY PALOMA ABARCA

According to the National Alliance on Mental Illness, approximately one in every five adults in the United States experiences a mental illness in a given year. One in every five youth aged 13- to 18-years-old experience a mental illness, and the estimate for children aged 8- to 15-years-old is 13 percent. The current U.S. population is roughly 326,216,890, as reported by the latest U.S. estimates. So, can you imagine how many people in this country are suffering from a mental health illness? Let's not forget the fact that this is only an estimate of the United States and not the entire globe.

Mental health issues may be a challenging subject to bring to the surface, but have you ever taken the time to ask yourself, "Why?" Why is it easy to speak up about our physical pain, but not our emotional or mental problems?

There's a vast majority of reasons why mental health issues are seen as "taboo" or simply not talked about. One of those reasons is the negative perspective society has constructed around this matter, which keeps cultivating its stigma.

"I AM ANXIETY," "I AM BIPOLAR," "I AM ADHD" are all said loud and proud by the members of the I AM Club at Grossmont

College. Founded by Grossmont student Lisa Pearl Kurth, 27 – who prefers to be referred to as "Ms. Pearl" – started the club in Fall 2017 in hopes to stimulate the minds of students and reduce stigma.

Whether you have been diagnosed with a mental illness or not, Ms. Pearl and the I AM Club work together to diminish the stigma circulating the topic by promoting awareness on campus and providing a safe and judgment-free environment during their meetings.

"The I AM Club represents mental health advocacy. It is about spreading the idea that no one is truly alone in their struggle,"



"I AM has given me positive outlets on how to deal with problems... It has given me coping skills."

—Lamont Allen

"I AM has given me positive outlets on how to deal with problems," said Lamont Allen, 23, current student at Grossmont and member of the club.

No matter what your story may be, the club welcomes anyone to come and learn more about mental health. I AM touches base on sensitive topics, and teaches its members and community tools for an overall healthier approach to mental illness.

The club host events to help raise awareness on campus and welcomes anyone searching for a safe zone to their meetings. De-stress events, such as making bracelets and creating stress balls, are held on campus, and every meeting is driven by a topic that is talked about among the group. Topics range from daily coping skills, healthy routines, what to do when you are feeling disconnected to simply talking about your day. I AM is a club built on trust, patience and support for all of those in need.

Concern of stigma is stated by the National Alliance on Mental Illness (NAMI), which concluded that is the number-one reason why students do not ask for help, and suicide is the third leading cause of death on college campuses. There is a high demand for more mental [I AM CONT. ON PAGE 20]



"I AM has helped me grown in such a way where I'm more positive. I'm able to have conversations with people and encourage them."

—Tasha Courtney

Ms. Pearl said. "No one is alone and we're about informing people on the outdated stigmas of mental illness."

At this point, you may be asking yourself "What is stigma?" According to Merriam Webster, stigma is defined as "a mark of shame or discredit." But, if we call it for what it really is, stigma is discriminating. It makes one feel discriminated against and "different" from everyone around them. This leads to individuals suffering in silence or feeling like they have lost their sense of belonging.



"In a very short time, I AM has given me various coping mechanisms to deal with my mental issues... This environment is extremely safe and open, I love it."

—Kenneth Love



GROSSMONT'S GOT TALENT

A current student enters world's largest songwriting competition in hopes of winning the grand prize.

BY PALOMA ABARCA

Everen Graves, 19, is a freshman at Grossmont with a strong interest in Electronic Dance Music (EDM). Under the alias of "Everen Maxwell," he submitted his latest single in the "International Songwriting Competition," which is one of the largest songwriting competitions in the world.

With approximately 16,000 entries, Maxwell was informed that his submission and latest house single "Freerunner (Feat. Jerusha)," made it into the last two percent of finalists in the contest. Final results will be announced via email on April 10, and the winner takes home the overall grand prize; \$25,000, full studio setup and submission of the winner's music to record labels and relevant artist.

Maxwell submitted his track into the competition's EDM category, leaving him and 14 other finalists within that section anticipating the final results. Producing sounds that range from house music to dubstep, Maxwell has been surrounded by music his whole life. He began to create music at the age of 10, and has been producing EDM for roughly five years.

Maxwell stumbled across EDM after discovering the Apple software GarageBand, which gives users the ability to create music and podcasts through a collection of digital instruments and recording features. "I had no idea electronic music was a thing," Maxwell said. "I [used] the digital synthesizers to emulate rock and acoustic music with the digital instruments," unknowingly creating electronic music.

Eventually, he shared his discovery with his father, who then gave him a better understanding of the music he was creating by simply showing him a song. "Wait a minute? Is that electronic music?" Maxwell said. "That is what I want to do!"

Maxwell fell into the world of EDM and is enjoying every moment of it. He is currently working on a new album titled *When Dubs Cry*, which will be released in May.

You can find Everen Maxwell's music on iTunes, Spotify and YouTube.

LEARNING BY DOING

Community Service Learning extends education beyond the classroom.

BY LEA KOLB

From mentoring immigrants and refugee youth to pairing ESL students as conversational partners and serving meals to the hungry, students can immerse themselves in numerous opportunities through the Community Service Learning (CSL) program offered at Grossmont College.

What exactly is CSL? It's a teaching and learning approach that brings in outside experiences such as volunteerism to support and connect meaningful community service with academic instruction through guided reflection.

"The big idea is learning by doing," said Maria Pak, psychology instructor at Grossmont and CSL co-coordinator. "When you do something hands on, you learn it better."

"What makes it community service learning is that you're doing something based on community needs," she added.

A LITTLE BACKGROUND

The program was developed by the college in 1999. Since then, each semester, some teachers incorporate CSL into their missions as fundamental goals for their students. Through assignments or extra-credit, teachers offer students the opportunity to be responsible and participating members of society. Those who do so strongly believe offering service learning components into their courses can empower students to succeed.

The program is currently run by three co-coordinators:

Maria Pak, Rebecca Howat and Cathy Miller. Their mission is to recognize, advocate and support the educational benefits of learning through community service.

To better understand what CSL is, we must look at its several components. First, there is the process of identifying community needs and determining how the proposed learning service fits into the course learning objectives. The co-coordinators highlight the importance of having meaningful topics that students care about in order to increase their motivations.

"Part of our basic philosophy for events and experiences is that there are meaningful things that students are proud to be part of and that are going to make them engage in the community," Howat said.

Students learn some background prior to their engagements in the proposed community service and identifying their responsibilities. After being well-prepared and informed, students engage in service with the community through different volunteering opportunities. Finally, students need to complete the final and crucial component of CSL: the reflection. This component consists of critical thinking and making connections between their engagement with the community and what they learned in the classroom.

IN THE CLASSROOM

Howat, who has helped facilitate the program for three years, explained how the creation of a space

[CONT. ON NEXT PAGE]



THINKING ABOUT A CAREER IN

Information TECHNOLOGY?

Earn your B.A. without leaving Grossmont College

Point Loma Nazarene University has partnered with Grossmont College to offer you a B.A. in Computer Information Technology.

Find out more at our free info event!

Thursday, May 10, 2018

5 – 6:30 p.m.

Cuyamaca College Campus

Student Center, Room I-207

RSVP at pointloma.edu/CIT-event

POINT ¹⁹ LOMA
NAZARENE UNIVERSITY

GROSSMONT
COLLEGE



IDENTITY THEFT IS ON THE RISE

WHAT YOU NEED TO KNOW

STORY BY FOWSIA SHARIFF

Identity theft is a huge problem, especially affecting millennials today. Although you think you are safe, criminals have tons of different ways of stealing your identity and information. Courtesy of Grossmont College, an Identity Theft Seminar was held and now you can read all about a few ways you can keep your identity and money safe.

SOCIAL MEDIA

Any platform can give us a place to share our lives only through a specific lens. Though social media may seem harmless, it's the number one tool that hackers use to steal identities. It's almost like a big, red, shiny light is facing toward your social media profiles, with the words "Pick me!" stamped on them, because it's public and easily accessible.

"It's like a double-edge sword," said Glennis Gould, identity theft specialist and host of the seminar. "You can be anyone you want online," she said, referring MTV's *Catfish* where people are exposed for pretending to be someone else. If you're contacted out of the blue on any social media platform, Gould advises people to not respond or add them as a friend. As for simple tips, Gould advises:

1. Don't send money through social media (as Snapchat, Instagram and Facebook allow that).
2. Make your profiles private.
3. Don't display your real name on any social media platform.
4. "Be very suspicious" if someone contacts you out of the blue.

GAS PUMPS

Your gas light turns on in your car, and you decide you need to get gas as soon as possible. You hate cash, so you always carry a card with you. Instead of going inside the gas station to pay there, you decide to pay at the pump by inserting your card. After

filling your tank, you start your car and leave. A day later, you get an email about recent purchases you made, but there's a catch. You didn't purchase anything!

According to Gould, gas pumps are another "efficient" way for hackers to steal your information—namely your credit card info. During closing hours, the hackers insert little "skimmers" into the card reader, so when a customer pays for gas the pump, they can run your card.

Gould advises anyone to pay with cash, and hand it to the tender in the station rather than paying at the pump. She said she understands how dangerous it is to carry cash, but she suggests "going inside and check(ing) out there." If you only have a card, you can still pay inside the gas station.

EMAILS

Gould recalled a situation from her past that ended in her paying money to someone who faked their identity. At 16, Gould received an email from a man in Africa who shared his story, telling her that he was in desperate need of money.

"That's the kind of thing they will do," Gould said. "They will give you their sob story and ask you for money," she added. Though these kinds of emails are rare, Gould advised to not be tricked into thinking you are doing a good thing, because "these are just scammers."

"If you ever get an email that has a link in it, be suspicious," Gould said. Clicking suspicious links could often lead to viruses on your computer, which would leave you vulnerable to hackers who sent the emails. Luckily, most suspicious emails are directly sent to your spam folder.

If you continue to receive emails from scammers, you can always forward them to me@rescam.org. This bot would essentially "troll" them for you, and you can read the conversation between the bot and

the scammers, "which makes for a good laugh," Gould concluded.

NON-PROFIT ORGANIZATIONS

Believe it or not, sending money to a non-profit organization puts you at risk. Because Gould worked for a non-profit organization for a while, she said, "I feel weird talking about this one." But nonetheless, it needs to be talked out.

When working with her non-profit, Gould said that there was only one bookkeeper handling the money, which is an "automatic red flag." She added that a lot of cases about nonprofits turned into the sheriff's department are when the person in charge of the donated money ends up stealing it for themselves.

"Just be wary sending your money to any nonprofit," Gould said, unless it's an established one. And even then, she said there are "bad eggs in any business."

PROTECTING YOURSELF

In terms of credit cards, there are resources out there that will allow you to put "credit freezes" on your account. This decreases the chances of adding more credit under your name, just in case someone was to get a hold of your credit card. Websites like Equifax and TransUnion are great resources to monitor your credit activity and reports. Gould suggests that people run their credit reports at least three times a year.

"Keep yourself limited," Gould said. This advice especially goes for answering calls about deals and offers. "If you're nice to them, they will put you on the sucker list," she said, which means they will keep calling you.

If you have ever been a victim of scam or fraud, "please contact the ID Theft Resource Center," Gould advised. This center allows you to gather any documents needed to send to your bank or the Sheriff's department needed to prove your innocence. "It's free, so it's really cool," she added.

Shamso Mohamed, a guest at the seminar, mentioned iPhones have the "scam likely" feature on their phones. Now when someone calls you, the caller ID will show up as "scam likely," so you will be wary of answering.

BE SMART

Lastly, here are some summarized tips to practice often on the quest to keep yourself identity protected:

1. Make everything on your social media private.
2. Google yourself.
3. Don't give any information out to anyone if you don't have to.
4. Stop answering the phone when you don't know the person who is calling.
5. Strangers are not your friends.

The biggest takeaway, as Gould repeated throughout the seminar: "You do not need any more friends."

A LONG ROAD TO THE TOP



A former Griffin is chasing big dreams in the pro tennis world. **BY MORGAN PEYRE**

Kaptan Kaster, 27, played for the Men's Grossmont tennis team in 2010, and is a professional tennis player trying to make his way to the top of the professional tennis world. Now ranking as 1687 in double in the ATP (The Association of Tennis Professionals), this former Griffin climbed nearly 1,500 places in the world.

Born in San Diego, Kaster grew up in Rancho San Diego and started playing tennis and basketball at age 4. Kaster played basketball until the ninth grade and decided to finally focus on one single sport.

"When I was in 10th grade, it was when I realized that the life of a student athlete is very challenging, and managing my time between tennis, basketball and school would have been too much pressure for me. So I listened to my heart and picked tennis," Kaster said.

Starting his freshman year as a Griffin in 2010, Kaster was the number-three player in single and double. He said that he never thought about going pro after high school because going to school was his priority. He also said that his parents were very involved and supportive about his education and schooling afterward.

"I was very excited to start my first tennis season in college at Grossmont College," Kaster recalled. "We had a great team and we all became good friends."

Matthieu Mims, 27, another former Grossmont tennis player and Kaster's teammate, said Kaster was hardworking and very determined to achieve his goals.

Kaster said that it was a great experience playing for the Griffins, but during his freshman year, he felt he was putting more effort into his studies than in tennis. Kaster was aware that the only way he could transfer to good a university in San Diego and play his remaining years of college would be to maintain his GPA.

"Toward the end of my first semester at Grossmont, I received a call from the coach of Point Loma Nazarene University saying that they will pay for my last three years of college if I would play for them. I immediately jumped on the opportunity and transferred to Point Loma Nazarene," Kaster said.

Like many former college tennis players, today Kaster is trying to make his path through the professional tennis world. For the last 15 years, a number of American tennis superstars showed that college tennis was a ticket to the professional world. Professional tennis player, John McEnroe attended Stanford University, and Jimmy Connors, a retired professional, in 1971, was the NCAA (The National Collegiate Athletic Association) champion in singles for the University of California Los Angeles.

In 2014, Kaster graduated with a bachelor's degree in biology at Point Loma Nazarene University. His biggest victory on the professional tour remains in single at the University of Southern California against the 337 ranked ATP. Kaster caught his first ATP points in doubles in Belgium over the Frenchman Maxime Hamou, who is currently

ranked 400 in the world single.

"My dream will be to enter the top 100 one day, but it requires a lot of sacrifices and works to make it one day to the top," Kaster said. "I have the privilege to travel around the world and get to learn about different cultures. It makes you think and act differently on and off the tennis court," he added.

Like in every pro sport, many tennis players compete for few lucrative slots. Approximately the best 100 men and 100 women are safe financially and can afford for their own expenses such as transportation, coaching and staff, and equipment. The rest are the struggling players at the bottom of the pyramid hoping to climb their way to the top of the professional tennis world.

The famous, No. 1 current tennis American player, John Isner, said, "Kids playing tennis should go to college and stay there for four years... At 17 and 18 years old, they're not mature and strong enough to compete with these 25-year-old-pros."

For Kaster, college was a great experience and allowed him to be where he is today.

"I could never look back and regret going to college," Kaster said. "Playing four years of tennis college has helped me improve physically, but also to become mentally stronger."

Today Kaster owns a business with his dad and is able to save money for his travels and tournament expenses. Kaster will be traveling to Portugal, Spain and Turkey, hoping to make his way to the professional world.



REPEAT PERFORMANCE

Griffins are preparing for another title run.

STORY BY JORDAN THIBODEAUX
ILLUSTRATION BY ANGELEN PELINA

Any championship team knows that winning takes a lot of hard work, pushing yourself to the limit to be able to call yourself the best of the best. Now, what's even tougher than that? Trying to do it again the next year, which is the position our Grossmont baseball team is in. After coming off a state championship last year, the defending champs have a new look and are looking to finish the season strong.

After two wins against Imperial Valley this past weekend, the Griffins ball club has a record of 17-13 this season, which may come as a surprise to some considering the team's recent changes and how many freshmen are included this year.

"Last year, coming off the State Championship, we were an older club. This year we have 27 freshmen out of 31 guys," said Coach Randy Abshier, when asked

about the team this year. "We've had some key injuries, so we're down some pitching, but the pitchers who maybe didn't get a lot of innings in high school are getting a lot of innings here."

Although the team did lose a lot of experience coming off their run to the title, the team is still a championship program and always expect to compete. When talking about his expectations for the team, Abshier



ERIC DE LA ROSA

added, "We expect them to compete because we're Grossmont College, and we expect them to compete because we believe we're the best."

Abshier also talked about the challenges of transforming high school youth into college athletes and students: "For some of these guys, this won't be the end result, playing here at Grossmont. It's teaching them how to be a student because maybe they weren't challenged in high school." For Abshier, it is not just about baseball, and even though that's important, he wants his players to have the lifestyle of a student and an athlete.

The embodiment of those teachings can be found in Griffin's sophomore outfielder Eric De La Rosa, who is one of three returning players for Coach Abshier this year.

"It was a great experience last year. We had a lot of two-year guys and our team last year was stacked and hit the ball hard, but this year we only have three returners," De La Rosa said. "The way that we would get back [to winning state] this year would be our pitching."

De La Rosa said he has a lot of confidence in his team and believes even if they don't repeat as champions this year, the young freshmen will definitely win it all next year.

De La Rosa is projected to be anywhere from a 5th to a 10th rounder in this year's upcoming MLB draft, which will be held in June. He knows that even though he does have the opportunity, he has to keep his sights on his grades and the rest of this season before he can set his sights elsewhere.

"This season has been going great for me. I worked super hard in the summer, took that into the fall and now I'm here in the spring," De La Rosa said.

"Yes, there is a lot of talk about me going into the 2018 MLB Draft, but education is very important to me and family and right now. I am just focused on being a leader for this team and finishing strong in school," he added.

Abshier, De La Rosa and the rest of the Griffin's baseball team are locked in as they have one more game at Long Beach before beginning conference play and are looking to finish strong before hopefully making a deep run into the playoffs.

RECORD BREAKER

Carli Willis, 19, a freshman out of West High School in Santee, broke the school record in the 200-meter butterfly on March 2 at the first Pacific Coast Athletic Conference (PCAC) at San Diego Mesa College.

Willis, shown on the left of Assistant Coach Ashley Ayers in the picture below, dove first place in the 200-meter butterfly on Friday, and finished the 200 meter butterfly in 2:29.01, beating the school record by more than 10 seconds. Willis will seek to break another school record in the future, except this time it will be her own school record. *The Summit* wishes all the best of luck to our Griffin, and hopefully many more records to come. —**MORGAN PEYRE**



PHOTO COURTESY OF ATHLETICS

THE HEALTH FRONT

The San Diego Blood Bank will be visiting campus to collect donations for those in need. If you are interested in making a donation, come out to the Main Quad on April 24, from 10 a.m. to 3:30 p.m. If you can't make it, don't panic: The blood bank will return to campus the following day, April 25, from 8:30 a.m. to 6:30 p.m. For more info, contact Student Health Services at 619-644-7192.

Interested in Occupational Therapy? The Occupational Therapy Department and OTA Program offer health professionals an opportunity to become Certified Occupational Therapy Assistants. The department will be hosting informational meetings to give a preview of the program. The hour-long meetings will start at 9 a.m. on April 4 and May 2 in 34-250.

RSVP to kristin.stafford@gccd.edu. For more info, call 619-644-7304.

—**PALOMA ABARCA**

LEA'S CULTURE CORNER

ENTRANCES AND EXITS

The Dance Department announced its annual faculty-choreographed and student-performed spring dance concert. "Entrances and Exits" will showcase original choreography created by Grossmont faculty, and will present 11 artistic works in various dance genres such as ballet, tap, modern, contemporary, hip-hop and jazz.

The 60 performers are current Grossmont dance students who were previously selected through an audition process at the beginning of the semester. After selection, students were admitted into a 10-week course called "Performance Ensemble" in which they have been rehearsing choreography they will be performing during three evening shows.

Department Chair Kathy Meyer said the concert gives its dancers the opportunity "to perform on a professional stage with costume and lighting design as well as music editing" and to work on dance as "a performing art."

"They take the skill that they learned in the class and advance up to the level of performing," she added.

Performances will be held at the Joan B. Kroc Theater in San Diego at 7:30 p.m. on April 19, 20 and 21. The "Excellence in Dance" scholarship will be awarded at the evening performances. Tickets for the performance are \$12 during pre-sale (through April 18); they can also be purchased at the door for \$15. For more info, call 619-644-7766.

MASTER CLASSES

In the mood to dance? There are a few remaining master dance classes to take.

On April 28, from 1 to 2:30 p.m., enjoy a Flamenco class with the presence of Lakshmi Basile, also known as "La Chimi," the winner of the two most important national awards for flamenco dance in Spain. Traveling from Seville, Basile will be accompanied by a Flamenco guitarist to immerse you with rhythm and song into the culture of Spain.

On May 5 and 6, a Hip Hop Camp will take place from noon to 6 p.m. with the presence of Mr. Wiggles, a renowned street dancer. He is a member of the famous crews: the Rock Steady Crew and the Electric Boogaloos Crew. This is his second time in San Diego and also his second time teaching at Grossmont. The first day will be a class and the second day will be a class followed by a competition between the dancers.

"He is a legend and we're lucky to have him," said Dance Instructor Melissa Adao.

Preregistration, with dance instructors or in the department office is required. For more info, call 619-644-7766.

—**LEA KOLB**

CLIPPED WINGS

Red Sparrow slightly soars.

A REVIEW BY MORGAN RAY

On March 1, I was invited to a day-before screening of *Red Sparrow* with a virtual Q&A session with actress Jennifer Lawrence and director Francis Lawrence (no relation) afterward. Unfortunately, Jennifer Lawrence was sick so she wasn't able to Skype in, but Francis Lawrence was there for the Q&A (visit gcs Summit.com to hear it). My thoughts on the film are as follows.

When ballerina Dominika Egorova (Jennifer Lawrence) breaks her ankle mid-performance, her intelligence official uncle gives her another chance as a "sparrow," a Russian operative trained to seduce information out of their targets. When she's assigned to Budapest to root out a mole, she finds Nate Nash (Joel Edgerton), a CIA agent looking for the same person. Dominika's feelings for him throw her loyalty into question and she (and everyone else) must decide which side she's really on.

Although it does veer into a few Verhoeven-esque, sexual-shock-value scenes, *Red Sparrow* is no super-steamy spy thriller; perhaps the best way to describe it is "John le Carré with a pulp edge." It's more of an old-fashioned tale of espionage compared to something more balls-to-the-wall like last year's *Atomic Blonde*, but when it does have its moments of violence, they're brutal. All that can be said is prepare to never look at a skin grafter the same way again.

Red Sparrow lets you know real quick how it feels about sexually abusive men; a rapist gets a literal dressing down in one of the film's most memorable scenes and the fact that Dominika's sleazy boss in Budapest looks like Harvey Weinstein is probably not a coincidence (if so, a darkly ironic one). Regardless, this film could have easily gone down the leery and exploitative route with its lead character, as many films of this breed often do, but Egorova's body isn't her only weapon, and it is ultimately her mind and instincts that become her greatest assets.

Director Francis Lawrence stated in the post-film Q&A session that he built this character around Jennifer Lawrence, and it shows. The two have made a great director-actress pairing since *The Hunger Games* franchise, but this gives both Lawrences a chance to step out of their boundaries, and it's an effort that deserves some recognition.

However, despite its strengths, *Red Sparrow* isn't without its prominent flaws. Lawrence's Russian accent is shaky, and although this was an intentional director's choice, it's jarring and fairly distracting. One flubbed accent can throw an entire film's reputation into chaos, no matter how good the rest of it is. There are times where the film starts to show its two-hour-20-minute run time, but that's only slightly excusable because there's a lot of plot here. Mary-Louise Parker's small role as an inebriated American chief of staff is funny, but feels out of place. Ultimately, *Red Sparrow* is a fiercely ambitious tale of espionage that knows its mission, but it can't help but betray itself.



I AM

[CONT. FROM PAGE 12]

health services and support for college students. Communicating with others about mental health is highly critical.

"This is the new normal. It is okay to talk about your stress or any kind of mental disturbance that you're experiencing," said Amy Ramos, the club's advisor. "You don't have to be diagnosed with a mental health disorder to be aware of it or to help raise awareness."

The I AM Club is not only here to share this message with Grossmont students, but with the world. Why stay quiet about an issue that affects more than just the United States? I AM and Grossmont is here to help those with any questions and concerns. Whether it is you, a friend or a family member dealing with a mental illness, get involved and spread the message.

Grossmont provides free mental health counseling, and I AM club meetings are held on Thursdays at 4 p.m. in 60-116. For more information, you may contact Ms. Pearl at [reborn.lisapearl@yahoo.com](mailto:lisapearl@yahoo.com).

CSL

[CONT. FROM PAGE 14]

that no matter how little we have or how until we feel, there is always something we can give to help others," she added.

The ESL program chooses to incorporate the theme of homelessness through community service learning into their courses. Through listening, speaking, reading and writing lessons, students will learn about this same theme. After learning about the issue, students get the opportunity to help housing and food insecure students on campus by collecting food and toiletries to donate to the on-campus food pantry, Gizmo's Kitchen.

"Service learning has an academic component to it which helps the student to really understand the issue and to be truly meaningful," said Kimberley Johnson, ESL instructor.

Some of the service learning assignments consist of managing on-campus food drives and creating toiletry kits. Last semester, the ESL department proudly collected over 700 items for Gizmo's Kitchen.

With this program, Johnson said she hopes to make students more aware of the community needs and help them build relationships. Most ESL students in level one have

only been in the United States for a year and only came to campus to take English courses. As a result, it can be difficult for them to identify themselves as college students. By initiating students into community service learning, it helps them feel like a part of the community.

"We want them to go out of their comfort zone," Johnson said. "We want them to speak English, listen to English, see English while helping."

Johnson said she is proud of the effects that CSL has had on her class. She said her students are really engaged and want to know more about it, and she hopes to have a food drive with her class next semester.

"It's based on the idea of giving back and community-building," she explained. "My students are gaining leadership skills and interpersonal skills with each other."

THE FUTURE OF CSL

Johnson created a 12-minute video promoting the incorporation of CSL into classrooms. Through her video, she highlighted what ESL teachers have done through their classes and what the positive effects were.

"Overall, it's a good experience," she said. "It's great because it changes everything. When it becomes meaningful to them, they do it and it's amazing how they understand and internalize it."

Johnson said she is amazed by the students' engagement toward this project, and truly considers CSL as a way to empower students to become leaders in their community.

Pak explained the different levels of achievement expected by the program. On the student level, she said she hopes they can see the importance of doing community service— not only because it's a good thing to do, but also because it helps them gain a deeper understanding of what it means to be part of a community. The opportunity to work with local community groups help students to gain valuable experience that will seek them to gain better understanding of social or other types of issues.

On the educational level, she said she believes community service will help teachers better understand how their students learn. Finally, on the institutional level, CSL co-coordinators strive to make community service an integral part of a student's education.

"At this point, it is a fairly small endeavor," Pak said. "We want to see that bigger."

GROSSMONT BRIEFING

FREE RIDE WITH WAZE BY FOWSIA SHARRIF

Campus and Parking Services (CAPS) has partnered with Waze Carpool to allow customers to catch a free ride.

Waze Carpool is a new app developed by the creators of Waze that combines riders with drivers traveling along the same route. It's a great tool to catch rides with classmates and neighbors, meeting new people—and it could help you score gas money. Rides will never surpass 54 cents a mile because riders help cover the cost of the drive.

To get a free ride, download the Waze Carpool app available to Android users and on iOS devices. After registering, click profile, click the Payments option and continue, then select the "Redeem Coupon" option. Enter code **class18** and enjoy your free ride!

HYDE ART GALLERY BY MORGAN RAY

The Hyde Art Gallery will be presenting local artist Erin Whiteman's new exhibit "The Unimaginary Line," a collection of landscape paintings that also serves as a commentary on a divided world. The exhibit runs from April 12 to 27, with a reception on April 18 from 4 to 6 p.m.; profits from all artwork sales will go to So-Cal relief organization Water Stations, which provides and maintains water stations in the Imperial Valley Desert, Anza Borrego Park and other nearby areas. Gallery hours are Monday to Thursday, from 10 a.m. to 6 p.m., and Fridays by appointment. For more information, visit hydeartgallery.com.

DRONE TRAINING BY MORGAN PEYRE

Want to know how to fly a drone for free? This program will show you how to assemble a drone and get it off the ground. The training class will be from April 22 to May 13. It will start every Sunday from 9 a.m. to 1 p.m. on campus. This program will cover the basics of drone programming: Basics of Java, Java for Android, Android App Development and Drone App development.

The training is funded by the U.S. Department of Labor America's Promise Grant and is free for qualified participants. To register, go on the following website: <https://tinyurl.com/4day-drone-programing>. Don't forget to reserve your seat; space is limited.

INTERNATIONAL ACE BY LEA KOLB

If you have a friend or relative who is a non-native English speaker who wishes to study English in San Diego this summer, this opportunity is for them: American Collegiate English (ACE) at Grossmont offers an eight-week English program from May 31 to July 26.

ACE is an intensive English program dedicated to academically, socially and culturally prepare international students to attend Grossmont or other colleges. The program focuses on the English language skills necessary for students to pursue their studies in the U.S.

A minimum level of English is required. ACE offers high beginning- to high intermediate- level classes; beginner and advanced courses are not offered. While attending ACE, students also have access to Grossmont's student services, as well as the international club offering on and off-campus activities. Those with a ACE 3.0 GPA are guaranteed admission without a TOEFL Score.

Tuition is \$1,675. For more info, visit Grossmont.edu/ace, call 619-644-7293 or e-mail ace.grossmont@gcccd.edu.



Looking for that old-time cell phone & chatter-free study space?

Visit the Herrick Community Health Care Library
9001 Wakarusa St., La Mesa, CA
619-825-5010



We are a public library featuring:

- Free wifi
- Computers for public use
- Copier/printer
- Access to Gale databases
- Two study rooms

 FOLLOW US!
www.herricklibrary.org



Library Hours:
9:00 a.m. - 8:00 p.m. Tuesday
9:00 a.m. - 5:30 p.m. Wednesday - Friday
8:00 a.m. - 12:00 p.m. Saturday
Closed Sunday and Monday



MONTHLY TRANSIT PASS

Exclusive student discount. Unlimited rides all month long.

\$57.60

On sale at the Activities Window

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

sdmts.com/college



MUSIC NOSTALGIA BY PALOMA ABARCA

These nine classic songs will take you down the 20th-century's rock era.

Emotions are amplified and your mind is stimulated by the sounds of the music. Goosebumps. Euphoria. Butterflies. Nostalgia. Such surreal feelings are brought upon us when we were listening to our favorite song. It somehow has the power to awaken all of these emotions at once.

Or how about the music from an era you weren't born in? The way it's capable of taking you back to a place and time you didn't yet exist.

These next nine songs keep the sounds of rock alive— giving us a taste, or should I say, “sound,” of what the mid-to-late 1900s was listening to.



“You Really Got Me,” by English rock band The Kinks, was released in August 1964 and included in the band’s debut album *Kinks*. Not only was it their third single to be released, it was also ranked as No. 1 in the U.K. singles and No. 7 in the U.S. Bringing the sounds of rock and pop together, The Kinks really got fans with this one!

“Light my Fire” is the sixth track of The Doors’ self-titled debut album, which was released on January 1967. Delivering a psychedelic rock sound, the single spent three weeks at No. 1 on the Billboard Hot 100. Lighting up music charts with nearly one million copies sold, it’s now 53rd on *Rolling Stone* magazine’s list “500 greatest songs of all time.”

“Come Together,” is a single from The Beatles’ 11th album *Abbey Road*, released on September 1969. Influenced by, but not limited to, the sounds of blues and progressive rock, the album was ranked as one of the greatest albums of all time. With successful covers from bands such as Aerosmith, Guns N’ Roses and more, this single has left its mark in the world of rock and roll.



“Dream On,” by American band Aerosmith, received a vigorous amount of recognition when released in June 1973. Bringing you the sounds of hard and blues rock, “Dream On,” is ranked as the 173rd song on *Rolling Stone* magazine’s list “500 greatest songs of all time.”

“Message in a Bottle” by The Police was released on September 1979 and soon became one of the band’s first major hits. The single was used as their lead song on their album *Reggatta de Blanc*, which was ranked as No. 1 in the “UK Album Charts.” Producing sounds from post-punk, pop and reggae rock, The Police made sure the world got their message.

The single, “Love Will Tear Us Apart,” by Joy Division was released in June 1980, soon becoming the band’s first song to hit the charts. Giving you an idea of what a post-punk love song sounds like in the 80s, “Love Will Tear Us Apart,” was also given a place in *Rolling Stone* magazine’s “500 greatest songs of all time,” listed at No. 179.



Known to be one of the most requested songs by Los Angeles radio station KROQ, “Anything, Anything (I’ll give you),” by Dramarama was released in 1985. The band used the single to introduce their debut album *Cinéma Vérité*, and gave listeners a good sense of alternative rock sounds.

“Just Like Heaven,” by the awarded British band The Cure, was released in October 1987. Adding more of a dream-pop sound to its alternative rock music, The Cure’s single made it to No. 40 on the billboard charts in 1988. “Just Like Heaven” became the band’s first American hit.

It’s no surprise that “Smells Like Teen Spirit,” by American rock band Nirvana, is known as a classic 1990s hit. The highly acclaimed single placed sixth on the Billboard Hot 100 not too long after its release. The lead single shined light on the band’s second album *Nevermind*, and was used as the opening track. Fans, critics and listeners continue to admire the band and its successful hit.

SPRING FORWARD

Spring is finally here! Get ready for warmer weather and less clothing. This spring, expect to see a lot of bright colors and soft pastels, especially yellow, pink, white, lavender and green. Floral will also be making its way back to store shelves as it is a springtime pattern favorite.

STORY AND PHOTOS BY BRIANNA TYSELING | MODELED BY JULIA TYSELING

TOP OFF ► YOUR LOOK

Hats are a must this spring! Not only will they protect you from the sun, but they are absolutely adorable.

Pastels are in style this spring as well and will bring a soft touch to your outfits. This pastel green looks great with regular jeans—but looks amazing with these floral jeans. Yes, floral jeans are a thing, and they're actually becoming pretty popular. You can find many different types of floral jeans; they can be completely floral or just have patches of floral on them like the ones pictured. These are best worn with a plain simple t-shirt because the jeans are the statement piece.

This outfit is complemented nicely with beige lace-up sandals.



◀ OPEN UP

The open-front maxi dress is a popular trend this spring. It differs from the traditional floor length maxi dress, but it still gives off the same elegant look.

This particular dress features an open front and a side tie—two very popular upcoming styles to look out for this spring. The open-front maxi dresses are comfortable, but fashionable. This royal blue dress features many popular spring colors, including white, pink and green.

As far as shoes go, white strappy sandals are in style this spring.



BE DARING ►

This yellow dragon print shirt is quite different from the typical "springtime looks," but it's visually pleasing and unique. Dragon print has slowly been making its way to shelves; it's not for everyone, but with the right outfit it can work.

These wide-leg, flowy pants, which contain a bow in the front, are becoming more and more popular. These types of pants are most definitely more comfortable than regular jeans because they aren't skin-tight. Flowy, wide-legged pants have especially become more popular this season, and it's assumed they will be a fashion favorite for 2018.

The simple sandal style pictured is the go-to shoe for any outfit. Although the sandal is simple, it still looks nicer and adds more detail than a flip-flop.



◀ KEEP IT SIMPLE

This short yellow floral dress, paired with open-toed taupe boots, is the perfect outfit for spring.

The simplicity of the dress is what makes it appealing. The tiny, white floral print on this dress is a nice touch and complements the yellow well. It's comfortable, and it looks like you put a ton of effort into your outfit—but really, it's only a dress and shoes, making it the perfect lazy-girl look. Not to mention, yellow is extremely popular and eye-catching.



The open-toed boots were popular during winter, but their popularity is moving into spring as well. The open-toe makes it look like a spring shoe even though it's a boot style. This shoe can be paired with jeans, dresses or skirts, and looks great with all three. It's a simple shoe that can work with practically any style.

REEL TALK

YOU'RE THE WORST

You shouldn't be rooting for them, but you are.
Let's have a toast to the antiheroes.

BY
**MORGAN
 RAY**



THE CHASER

Directed by Na Hongjin. ★★★★★☆

Ex-detective turned pimp Jongho's (Kim Yoonseok) girls have been disappearing, but he assumes they've run off. When he traces them to a sinister client (Ha Jungwoo, at his most despicable), he must revert to his old skills to find them, dead or alive. *The Chaser* makes the ultra-risky choice to reveal the perpetrator in its first half, but rather than cutting things short, it prolongs the events and turns an already interesting investigative thriller into a brutal indictment of police bureaucracy and a peek into the mind of a sick man. This isn't a movie for the emotionally frail; it's a white-knuckled experience that will grind your expectations to dust and leave you begging for mercy by the end, but don't let that put you off. *The Chaser* is an intriguing nail-bitter, a grim character study and a hell of an intro to the world of Korean revenge thrillers.

GOOD TIME

Directed by Josh and Benny Safdie. ★★★★★☆

Connie's (Robert Pattinson) heist should have worked. Instead, his brother (Benny Safdie) is behind bars at Rikers Island, but Connie's got a plan to bring him back, as long as the cops don't get him. *Good Time* is a foot chase on acid, coated with a thick layer of neon grime, moving to the beat of an eerie EDM score. Pattinson plays a scumbag for the ages here, both egotistical and pathetic, effectively turning over a new leaf in his career, and co-director/co-editor Benny Safdie gives a solid and sympathetic performance as his handicapped brother. The aforementioned score by Oneohtrix Point Never often threatens to drown out the film, but it's thick with atmosphere and sounds like the descendant of Vangelis's *Blade Runner* score. *Good Time* is more than good; it's insane. So insane that you'll never look at Sprite the same way again.



HEAVENLY CREATURES

Directed by Peter Jackson. ★★★★★☆

1953: When Pauline Parker (Melanie Lynskey) meets Juliet Hulme (Kate Winslet), the two girls form an intense bordering on obsessive friendship and create a fantasy world together. When their families suspect a romance, they try to separate them, to horrific effect. Based on one of New Zealand's most shocking murders, *Heavenly Creatures* plays like the offspring of Shakespeare and Douglas Sirk, a deadly tragedy meets a 1950s Technicolor melodrama. Lynskey and Winslet's performances are exuberant and intense, over the top in any other case, but fitting for their roles. The whole movie seems like it's told through the delirious emotional filter of the girls' adolescence and the practical effects are cheerfully macabre, but its most impressive feat is that even when our antiheroes commit the unthinkable, it almost feels justified. After all, they're just kids.

HANA-BI

Directed by Takeshi Kitano. ★★★★★★

When Detective Nishi (Takeshi Kitano) is forced to retire after a disastrous assignment, he turns to more desperate means to support his dying wife— but how much time do they both have left? *Hana-bi* (or *Fireworks*) turns juxtaposition into an art; moving from deep sorrow and shocking violence to light humor and moving tranquility. We see one man worn down by desperation and fading hope as well as another man revived through art and its infinite possibilities. Paired with Joe Hisaishi's indescribably beautiful score, *Hana-bi* is an unrivaled cinematic experience. Words truly do not do this film justice.

