

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | SEPTEMBER 2018



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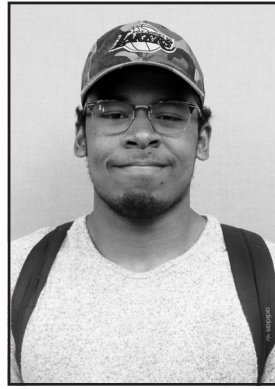


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EXTREME MAKEOVER

GROSSMONT FIELD EDITION

STORY AND PHOTOS BY SHARISSE COHEE

AFTER NEARLY TWO DECADES OF BEING STAMPEDED BY THE JAGGED CLEATS OF STUDENT ATHLETES, GROSSMONT COLLEGE'S FOOTBALL AND SOCCER FIELD WILL BE RECEIVING A MUCH-DESERVED REMODEL, PROVIDING BETTER SAFETY CONDITIONS FOR PLAYERS WHILE FEATURING UPGRADED, STATE-OF-THE-ART TECHNOLOGY.

A lonesome rusted pole, resembling what was once a football goal post, sits nestled in front of a decaying scoreboard on the suffering, outdated turf of Grossmont's field. The goal post – which lacked an upright bar, rendering it half a goal post – affected scoring, which, coincidentally, could be excused, as the scoreboard itself has been non-functional for a number of years.

Unfortunately, these inadequate facilities had become the epitome of Grossmont Athletics; not living up to the standard of quality and safety that student athletes deserve. Jay Williams, the current offensive lineman for Grossmont, described the current field condition as “worn-down and outdated,” referring to it as “colored rubber.”

The school can now begin to shed that reputation.

After 20 years with no significant upgrades, a complete remodel, including demolition of the football/ soccer field and track, is finally taking place at the college.

The school's Associate Dean of Athletics, Thomas Armstrong, projects “Demolition on the football/soccer

field and track will begin in November and completion is slated for the start of spring 2019, while installation of the scoreboards may begin as early as October.”

The Griffins' football team will be forced to play away games for the 2018 season at local high schools while construction is in progress. The effort will be well worth it, as the highly improved amenities will consist of not only high-tech technology, but also provide a fresh look and feel.

A major feature of this construction will be the installation of turf that is “player-friendly” for the athletes, which is essential for safety and injury prevention. The new turf will be equipped with a cooling agent to regulate the temperature in order to prevent the field from overheating. This feature will not only be a positive addition to the school's athletic teams, but will also provide a spacious area for Exercise Science classes, such as yoga, to take place.

Other safety issues being addressed with the remodel include removal of a cement curb located in between the football field and track along the perimeter. While initially, 20

years ago, this “safety curb” was designed to irrigate water from the field, instead it caused flooding of the track. While becoming regarded as a safety hazard, it was easily tripped over by players and made conditions difficult for medical attention to gain access on the field in the event of player injury.

The addition of a tech-savvy scoreboard is destined to attract millennial audiences as it will be equipped with digital and wireless technology. These features will enable videos and photos to be posted and featured on the screen, bringing Griffin school spirit to a whole new level.

This field of dreams was able to become a reality two years ago when Armstrong took the position of Associate Dean of Athletics for Grossmont College. By prioritizing and spending district money more responsibly, Armstrong, as well as other members of the Athletic Department, was able to transform and drastically improve many of the school’s athletic facilities, using outlets such as fundraising and being intelligently frugal.

“In just two years we have eliminated the process I referred to as spending three district dollars to earn one dollar in individual fundraising,” Armstrong noted.

Armstrong’s notion of fiscal responsibility has transpired into the much-needed remodel of the football field, along with numerous athletic facilities around the Grossmont campus. This dedication has paid off, as – in less than one year – the school will have accomplished a feat that has not been achieved in over two decades.



Grossmont Offensive Lineman Bob McDonough said “new turf” is what he is most looking forward to with the coming remodel, as the current patchy field “hurts while practicing” on it.

Finally, the grass – well, technically turf – will soon be greener for Griffins. With a field goal post that will stand tall with two bright upright bars, players will at long last be proud to play for the newly improved Grossmont College. 🦅



IMPRESS YOUR FRIENDS WITH THESE FOOTBALL FACTS.

1. The San Francisco 49ers have five Super Bowl wins, just behind the Pittsburgh Steelers who have six.
2. A cow has only a one in 17,420,000 chance of becoming an NFL football that is used in the Super Bowl.
3. Just two years after finishing their careers, approximately 78 percent of NFL players go bankrupt.
4. Ronnie Lott had his left pinky amputated after the 1985 season. It had been crushed during a tackle on running back Timmy Newsome.
5. While a member of the 49ers, Montana started in four Super Bowl games and won all of them.
6. The last scoreless NFL game was in 1943 when the Detroit Lions and New York Giants battled it out for a 0-0 tie.
7. Joe Montana and Jerry Rice are both ranked as the best players in the NFL.
8. Steve Young was named the Most Valuable Player of the NFL in 1992 and 1994, and the MVP of Super Bowl XXIX.
9. The most watched television event in the United States is the Super Bowl.
10. Only two players have caught, rushed, and thrown a touchdown against the same team in the same game: Walter Payton in 1979 and David Patton in 2001.

PIGSKIN TRIVIA



COMPILED BY
MADDIE SHELTON-SWANN



WRITING CENTER CUTS BEG THE QUESTION, WHO BENEFITS FROM THIS?

BY AARON BISTRIN

LAST SEMESTER, THE HOURS OF SEVERAL WRITING TUTORS WERE CUT UNEXPECTEDLY, GIVING THEM LESS THAN TWO DAYS TO MAKE CHANGES TO THEIR SCHEDULES AND FIND NEW WORK. BUT WAS THAT THE WORST PART OF IT?

Last spring break, a series of events took place that led to an abrupt cut to all English Writing Center Non-Academic Non-Classified Employees. In simpler terms, the tutoring staff of the English Writing Center lost majority of its weekly work hours.

On Dec. 18, the English Writing Center was told in a meeting that there was not going to be augmentation for funding the EWC tutoring staff. Based on weekly tutoring hours, a 30 percent reduction in labor was needed to stay within the allotted budget for the coming year.

With that information, Cathy Davis and the faculty at the EWC put together a plan that they said would have cut the tutoring labor by 30 percent and kept the EWC within the allotted budget requested by administration. The plan was rejected when presented to the then-dean of the Learning Center, Fabienne Chauderlot, who assured them a new plan for the 30 percent reduction would be put in place by March 1.

According to writing center staff, by March 1, no plan on the proposed cut to the tutors working at the Writing Center had been presented. Instead, during spring break, the administration put together a plan—nearly a month after their initial March 1 deadline.

On April 2, all the English Writing Center tutors received an email regarding cuts to their hours. Some tutors went from 15 hours a week down to eight, an almost 50 percent cut in their weekly income. The tutors had to digest this information with all only having 48 hours to make changes to their schedules and find new jobs. The hourly cuts were to go in effect on April 4, leaving no time to rearrange their lives and income impacted by the abrupt cuts to their weekly salary.

When the information was received by the tutors and the staff of the writing center, they were told there would be two meetings

with administration to air any grievances and concerns. The first meeting took place with multiple tutors and faculty present, and concerned at the new schedule and its effects on the tutors and students of the writing center. According to multiple sources present at the first meeting, Chauderlot's administrative assistant left a recording device—a pen that records audio—in the room with the tutors and faculty without their consent. Chauderlot was not present for the first meeting, but later said they record all meetings and the intent was not malicious.

After the first meeting an expert tutor, Andrew Williams, wrote a letter to administration outlining his concerns regarding the cuts and the toll it would take on the students who utilize the writing center. Once the letter circulated and got back to Chauderlot, she requested a meeting with Williams. According to Williams, the former dean was extremely dismissive, to the point of nearly harassing Williams. According to Williams and Ryan Fitzgerald, a fellow expert tutor, Chauderlot went to the extent of name calling and bullying, saying, "You all might be a bunch of jackasses."

After the meeting, Williams said he sent a letter to the Chauderlot expressing his gratitude for the meeting and laid out his concerns again in an email. According to Williams, the dean's response was short and dismissive, saying they could



The English Writing Center is located on the second floor of the Tech Mall (Building 70).

not get caught up in the "he said, she said of the matter."

The tutors most affected by these cuts were the expert tutors. These tutors had bachelor's or master's degrees, and some were old professors. Williams wrote a letter and was leading the

PHOTO BY AARON BISTRIN

argument that it would take two peer tutors to accomplish the same amount of help that one expert tutor could provide. Williams also provided statistics from the University Act survey that concluded the main two keys to retention are requiring remedial courses when necessary and making tutoring readily available.

Expert tutors make an hourly wage of \$15 to \$19 an hour, with an average of 18 to 22 paid hours per week. Administrators, wanting more cost-effective labor, moved to cut the expert tutors, shifting the tutoring staff to predominately less-experienced peer tutors, who make \$12 to \$13 an hour.

Administration argued that having more campus tutoring jobs

open to students would improve the school's low retention rate. On the contrary, faculty and tutors argued that getting rid of expert tutors removes a vital piece of the student service chain and turns more students away due to long wait times and inexperienced tutors.

It is a double-edged sword when administration needs to cut the budget so that school-wide services can be provided to all students. In this case, the initial reasoning for the cuts were valid; Grossmont was under financial pressure and had to act accordingly. However, according to multiple accounts, the way in which the tutors were let go and the unwillingness to take responsibility by administrators resulted in many being let down. 🐦



LOOKING INTO CUTS REVEALS CRACKS IN THE COLLEGE'S DECISION-MAKING PROCESS.

AN OPINION PIECE BY AARON BISTRIN

Budget cuts are never easy, but they are a necessary in making sure all aspects of a college can work in synergy. When going to a public community college, you may take for granted the work it takes to provide the necessary services the student body needs to achieve their ambitions. It takes a cohesive and symbiotic relationship between administration, faculty, staff and students to ensure success.

At Grossmont College, there is a policy of shared governance, which means students, administration and faculty should all play a part in the decision-making on campus.

When there were abrupt budget cuts in spring of this year, serious questions were being asked by faculty and students alike trying to understand the process in which administration made certain decisions. These questions only uncovered more questions into how decisions are made within a school— and who makes those decisions?

When meeting with some members of the administration regarding reported cuts in the writing center, I felt cornered. I was unaware that there would be seven members from administration waiting for me with piles of statistics. This staged meeting felt like an attempt to quash any dissent against certain actions taken by members of administration.

They unequivocally denied all allegations of verbal abuse and a recording device present without the consent of the tutors and faculty. They tried to paint themselves in good light by promoting the tutoring services for students that would be available soon. On the way out they even went as far as saying I need to make sure I give them “good promo.”

After looking at the statistics and reasoning behind the cuts, I understand certain decisions have to be made to ensure the whole school can function in balance. However, questions need to be answered pertaining to how certain administrative members acted unprofessionally – and possibly illegally – when they told the tutors they were cutting hours and were accused of verbal abuse and invasion of privacy.

A cohesive relationship centered around shared governance is the

only way a public school can operate at its highest level. Students are the body of the school, hence the term “student body.” The administration acts as the head and cognitive map for the college, and the faculty and classified, non-academic employees are the arms and legs. If any facet fails to work with the others to improve and progress, the education of every paying member of Grossmont, it would be a mishandling of its elected responsibility.

The disconnect between administration and the moving parts of Grossmont, which I personally witnessed, seems to have a direct link to the school being under extreme financial pressures due to budgetary constraints and the fact that Grossmont has one of the lowest retention rates in California according to Open Education Database (OEDB.org). When financial strain is placed, the decision-making process suffers and actions that are either deemed necessary or convenient are made. This a direct product of lack of communication and the neglect for the shared governance policy the college has in place. And while there is fighting over decisions in the administration, the most vulnerable students are being left without the resources they need to further their education – be it the expert writing tutors or other necessary resources.

To solve these issues, the first task is to get students to register for school. The next step is keeping them here. A student's desire to learn is the first factor in getting a student to register, and continuing to keep that desire alive is a never-ending battle for retention, especially in community colleges. If the resources are provided and sufficiently marketed to the students – like any other major product would be – awareness increases and the availability of services is no longer foreign to most students.

If students were more involved in the process in which decisions were made across campus, there would be a better understanding of what is actually needed to keep students here. If the majority acts as a collective consciousness and can more often than not find a resolution to the issues facing them, then why, as administration, would you not invite the opinions of the very people you need to keep Grossmont open to all? 🐦

TAKE IT TO THE HEAD

THE DANGERS OF FOOTBALL LEAVE LASTING EFFECTS.
BUT SOME FOOTBALL PLAYERS ARE LOOKING TO WEED
TO HEAL THEIR BODIES FROM THE NATION'S MOST
BRUTAL GAME.

BY ANTONIO CHAMBERLAIN-HOWARD
IMAGES BY AARON BISTRIN

It's taken years, but the dangers of football are now in the consciousness of its fans and players now more than ever. CTE – a progressive degenerative disease that affects people with a history of head trauma – has been brought to light since the suicides of high-profile athletes like Junior Seau and Aaron Hernandez. Pile that on top of physical punishment the body takes because of football, including a plethora of sprains and broken bones, in the eyes of many, football has become a regulated bloodsport, no different than its combat sports counterparts of past and present.

Given the toll the sport brings, how can players manage the pain? While traditional pain medications have been the norm, many athletes – including the ones here at Grossmont College – have turned to marijuana.

Former Grossmont quarterback Joaquin McKinney said he has suffered traumatic head injuries since he first started playing football at the age of 7. He said he's lost consciousness multiple times in games during high school and started leaning on marijuana to manage the effects of the game. His use then transferred to the collegiate level, and even though he had less playing time, the shots to the head from an early age still impacted him during last season. His dependence on marijuana was so great, we said he would carry his wax pen – a THC atomizer – with him during games, even leaving it in his hand-warmer during one game.

McKinney is not alone. More and more millennials are smoking, and marijuana has become a staple of the "culture" due to its presence in mass media. And with the legalization of recreational marijuana in California, it's become the norm, particularly among football players.

"It's just like that out here in [California], everyone smokes," said freshman offensive guard Tyler Williams.

"We grew up around it; it ain't nothing foreign to us," said freshman safety Greg-Tilo Johnson.

Weed consumption isn't perceived in the public eye as bad or as dangerous as it used to be. It's well known that it's legalized in a handful of states, including here in California. The California

Community College Athletic Association (CCCCA) doesn't drug test its athletes. Combine that with our socialized norm of marijuana, and players have no risk in using weed to help ail their injuries.

"It's for the pain, bro. Everybody uses it because it takes away the pain," said freshman cornerback Mike Collins.

The National Academies of Science did a study years ago that showed "strong evidence" that marijuana is effective in dealing with chronic

pain. In addition, CBD – the medicinal part of cannabis – has been studied and has shown that it can be effective in treating anxiety and even a neuroprotectant according to "NFL abuse of painkillers and other drugs described in court filings," and article that ran in *The Washington Post* in March 2017.

The dangers of painkillers and opiates have been brought to light by mass media, and according to a 2017 piece penned by Nate Jackson of the *Los Angeles Times*, football players are four times more likely to abuse opiates than the average person.

The rampant prescribing of opiates as the standard in professional sports pain management has been regarded as the status quo for the last 35 years. Even after

you leave the field, the long-term effects of painkiller and opiate use as the main recovery method have been known to have lasting side effects, including addiction, insomnia, appetite loss and decreased respiratory rate. In contrast, cannabis helps with insomnia, increases appetite and respiratory rate, as well as relieves stress and anxiety.

"After games and practice, I'm in pain," said freshman cornerback Greg Hayward. "I'll spark one up, and it'll help – help me sleep, help me get rid of the pain for a little bit... It's better than getting hooked on painkillers."

Marijuana has outgrown its stigma, and it's now a staple among communities, including our football one at Grossmont College. As research about the drug evolves, its use as a substitute for painkillers will grow. Then again, there are a few on the team who use marijuana the same way the viewer drinks a beer with the game on.

"I just like lighting [it] up one time," Collins said.

Aaron Bistrin contributed to this article.

AFTER GAMES AND PRACTICE.
I'M IN PAIN. I'LL SPARK ONE
UP AND IT'LL HELP – HELP ME
SLEEP. HELP ME GET RID OF THE
PAIN FOR A LITTLE BIT.

– GREG HAYWARD



THE GIFT OF A SHADOW

Legacy coach Michael Jordan forges his own path.

BY ANTONIO CHAMBERLAIN-HOWARD
IMAGES BY AARON BISTRIN

Michael Jordan lies back in his reclining chair and takes a deep breath. Tired, but his passion for the game keeps him focused on the task at hand. On his left, shelves are stacked with gold hardware. The trophies and medals cause a slight glare, almost making them impossible to ignore. These accomplishments show a legacy that might go forever unmatched, and Jordan is calm, content and, more importantly, happy with that idea.

But, when one hears the name Jordan, they think of the brand, the logo with a man gliding effortlessly through the air, the flashy gear, and most importantly the shoes. Throw a “Michael” in front of the last name Jordan you think of the one of the greatest to ever to step foot on a basketball court, “M.J.” A sports icon. An unstoppable force with a borderline maniacal work ethic.

Grossmont College has its own M.J.: Football coach Michael “Mike” Jordan. But the weight and legacy that hovers over Coach Jordan isn’t the one blazed by the hardwood legend who donned the famous number 23. It’s a legacy that was forged by Jordan’s father, David Jordan, over three decades ago.

“He was here all the time,” Mike Jordan recalled. “He would get here at six in the morning and wouldn’t leave until seven at night.”

David Jordan was one of the greatest junior college coaches Southern California has ever produced. During his tenure at Grossmont, spanned over two decades, he built the football program into a perennial powerhouse. He helped morph the likes of Akili Smith, Brian Sipe and Todd Watkins into NFL-caliber players, and led Grossmont College to its one and only National Championship in 2005. His son Mike got to witness all of it.

“I’m the only one of the five kids that knew him [well] at the time; I started coming to work with him and ended up being the ball boy,” Mike Jordan said. “My other brothers and sisters didn’t really know him.”

To build a college football program it takes a commitment to excellence. Recruiting trips to find the next great Griffin, checking up on players’ academics and finding ways to aid

them in their courses— and 12-hour days is what it took for David Jordan to win just one national championship. His son saw firsthand the sacrifices needed to succeed as the shot-caller for the football program, but he decided to take his own approach.

“I didn’t want to live that life where I’m sacrificing everything for what? There’s no fame or no fortune, there’s none of that,” Mike Jordan said.

Football is a sport that rarely gives back what one puts into it. The physical and mental punishment of the game doesn’t reflect on their paycheck, perhaps even the win column. But, Mike Jordan’s motivation as to why he coaches is bigger than what takes place between the lines of scrimmage.

“Can I get these guys the opportunity to succeed with their education, take their leadership and communication skills with them into the [workforce]?” he said. “That’s my goal; that’s the endgame here. At the end of the day, I’ll be satisfied with that output.”

The elder Jordan may be considered the greatest coach ever at Grossmont College, but the younger one isn’t stuck in his shadow. He’s just decided to make his own.

“It’s intrinsic motivation that nobody knows or sees,” he said. “It can’t be studied.”

NOTE: Grossmont’s former football coach, Dave Jordan, has lately been on the college’s collective mind. He and his wife Jean Jordan were found dead in their home on Sept. 4, in what was ruled a murder-suicide by the San Diego County Medical Examiner’s Office— a story that reached national headlines due to Dave Jordan’s sports legacy.

In a prepared statement, Dr. Nabil Abu-Ghazaleh, the college’s president, said: “We mourn the loss of Dave Jordan, who had a deep passion for helping students, both on the football field and in life. He helped build Grossmont College’s football program into a nationally ranked team and transformed the lives of many young men.”

The previous conversation with Mike Jordan occurred before the incident.



NEW SEMESTER, NEW WI-FI

Grossmont is stepping up its wireless game. | BY LEVI HERRERA

Grossmont College is home to thousands of students. For many years, students have complained about the speed of the Wi-Fi. This semester, school officials have improved the Wi-Fi in many buildings around the campus.

Grossmont student Ruby Castillo, 19, has struggled with Wi-Fi problems since last semester. "My laptop was an older version, so I believed that was the problem," Castillo said. "This semester I got a new Dell laptop, but I notice that the Wi-Fi has improved in many classrooms."

Students once believed the speed of Wi-Fi would vary from different parts of the campus. Many would complain that buildings further away would have a harder time to connect to the school's Wi-Fi.

"Last semester, it would be hard to connect to the Wi-Fi around building 34," Castillo said. "Now, I find it less of a hassle."

Like Castillo, many students have found it easy to connect to the Wi-Fi with little to no problems. What students may not know is

that the Grossmont-Cuyamaca Community District College website offers a Wireless Update Status page.

The Wireless Update Status page can be seen in the "Information Technology" section. This page can inform students which buildings have been updated with better Wi-Fi. This page includes information about buildings that have not been updated as well.

The majority of buildings around campus have been improved for the Fall semester. In the meantime, buildings 21-27, 31, 43 and 62 have not been updated due to construction around the campus. There are no specific dates when these buildings may receive a wireless update.

While network specialists are working to improve the wireless network in certain areas, an alternative is to visit the Tech Mall. Students can go to the Tech Mall to use one of many computers.

"The Tech Mall does get busy as the semester progresses," said Crisa Montes, a Tech Mall assistant. "During midterms and

finals, we try to limit the use of computers to studying purposes."

When the Tech Mall is full, there are computers available upstairs in the library as well. Students are able to use computers without time limits. In addition, both the Tech Mall and the library are quiet places, making them a peaceful area to work. Both also offer printing stations.

With all the benefits the Tech Mall and the library offer, why aren't students taking advantage of these resources?

"I believe students want to work in different areas with their laptops," Montes said. "Wi-Fi gives students the ability to work when they're having lunch or even outside."

As the semester progresses, students will be able to use the school's Wi-Fi throughout the campus with little to no problems. Network specialists have been working hard to improve the quality of Wi-Fi from last semester.

Students who still have problems with Wi-Fi should take the time to check out the Tech Mall. 🐦



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The Foundation for
Grossmont & Cuyamaca Colleges

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Grossmont offers health services for mind and body.

Five days a week, tired, energized, stressed or relaxed, students walk through Griffin Center, enveloped in their thoughts surrounding life, school, work and other influencing events. As they near the back of the building, many pass the office unaware of the staff behind that door ready to provide convenient and student-friendly minor and mental health services.

Located in Building 60, Room 130, Student Health Services at Grossmont College aims to support and provide low cost services for mental health, health screening and minor first aid assessments. While there are no doctors to give prescriptions, the health office manages to provide students with impressive care when it comes to mental health. Of course, not every student will need Student Health Services, but it is comforting to know that they are available to help anyone who asks.

School is not the primary contributor to stress felt by college students. The incorporation of work, family, relationships and additional events are all factors that can impact anyone's mental health, said Counselor Matthew Ring.

In fact, financial struggle is a stress factor largely unrelated to school. According to University Business Magazine, only 7 percent of four-year students experience struggle with loans and working more hours to support themselves or family while these financial stresses are normal for a majority of two-year college students.

Grossmont is able to provide various types of support ranging from one-on-one mental health counseling, core management services, crisis management and groups held each semester. A common concern with any health service is the cost and, as college students are notoriously known for having financial struggles, Student Health Services has kept

that in mind. Ring assures students that the services are of "no cost to our students," further elaborating that the programs are funded through student health fees paid at registration.

Student Health Services has the needs of the students in mind when it comes to finances. Grossmont student Alexcia Dore said that if she were ever in need of mental health services she would use what the school provided "because it's free."

But when it comes to other health services like vaccines or minor first aid, some cost is required. Diane Woodson, supervisor of Student Health Services, said prices may vary but they try to keep them at low cost, again supporting their mission to ensure students are on the receiving end of the services.

The importance of having health services on campus is supported by staff and students, each with their individual reasoning. "Health Services is a safe zone that students can come to speak confidentially with staff regarding personal health problems or other interventions," Woodson said, adding on that a main goal of Student Health Services is to keep students healthy so they can "reach their educational goals and attend classes."

Sharing a similar idea, Grossmont student Kacey Fay said it's important "because you're here a lot, it's like a safe place." It is clear the view of Student Health Services as a secure place on campus is common among some staff and students.

Though Student Health Services is provided at school for students, the services and programs are not primarily focused on school-related stress. The various programs are offered to let students know they have a place at school to turn to when life gets rough. As mental health counselor Ring said, "Good self-care is important through life, regardless of school." 🐦

All You Need Is Love

Chi Alpha provides a loving community for students. **BY JOCELYN LIMON-VAZQUEZ**

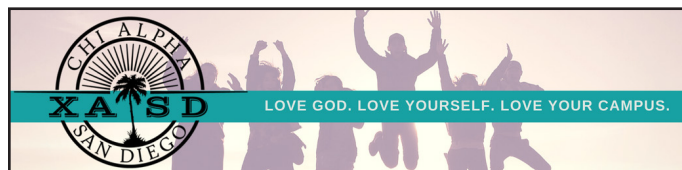
Chi Alpha is a worldwide Christian organization with more than 28,000 student members and is currently on more than 300 university campuses all over the world. Fortunately, Grossmont College happens to be one of them.

You have probably encountered or talked with someone from this group already, but if you haven't you are probably wondering, "What exactly is Chi Alpha?" Chi Alpha is not a fraternity or sorority; it is a Christian organization, a community and, to some students, Chi Alpha is considered their home.

Johnathan Quang, a student from Grossmont, said he was able to find love and a community in Chi Alpha: "I found a family, love and a community. Chi Alpha showed me that I am not alone."

Chi Alpha offers students a safe environment in which they can feel welcomed, loved and encouraged. An environment where students find healing, peace, joy and where students can be vulnerable without fearing being judged by others.

"Chi Alpha gave me a sense of belonging; it gave me courage to pursue my passion and now I am able to pursue the career I always dreamed of, and I also found the love of my life, my boyfriend Michael," said Franchesca Bondoc, a Grossmont student.



Each semester, the group welcomes new students. Many of these new students come from different religious backgrounds, with different problems, addictions and anxieties. Chi Alpha may be a Christian organization, but that does not mean that everyone who wants to join Chi Alpha is or has to be perfect. You can come just as you are.

Chi Alpha members, staff and leaders are constantly reaching out to people, especially those who are hurting, those who are looking for a community, and those who simply need someone to listen or encourage them.

In addition to making friends, participants also make memories that will last a lifetime. Students in Chi Alpha have the opportunity to go on mission trips and visit places such as Mexico, Costa Rica and the Philippines. They also go camping and hiking, and even go to conferences every year. Each of these events makes an impact on the students' lives.

The mission in Chi Alpha is: "Love God. Love Yourself. Love Your Campus." The group's main goal is to love others and show Grossmont students what true love looks like.

"Chi Alpha taught me patience and gave me new friends and a loving community," said Abraham Fitzwilson, a student from a Muslim family who has found a home in Chi Alpha.

It doesn't matter what your religious background is or who you are. If you are looking for a community, love, hope, happiness or someone to talk to, Chi Alpha may be the group for you.

For more information, visit xasdsu.org/grossmont. 🐦

Full Disclosure: Jocelyn Limon-Vazquez is an active participant in Chi Alpha.

GROSSMONT BRIEFING

DANCE DEPARTMENT SHOWS OFF

The National Conference for Dance Education invited Grossmont's Dance Department to join its informational workshop held at the Hyatt Regency La Jolla Oct. 5-7.

Being one out of only three community colleges to be invited to the conference, the Dance Department as well as Department Chair Kathy Meyer are excited to highlight the excellence of Grossmont's Dance Department by providing information about curriculum offered, degrees provided for performance opportunities, as well as by serving as a model for other community college dance programs.

A pre-conference as well as a bus tour for educators is scheduled for Oct. 4. In this tour, educators will visit the Grossmont campus to get a first-hand observation of facilities, programs and classes the Dance Department offers. The workshop will welcome over 850 educators from across the United States, allowing the Grossmont Dance Department to showcase the tremendous opportunities the art of dancing can bring. —BY SHARISSE COHEE

WASTED! FREE FILM SCREENING

The One Theme/One Campus Project will be presenting a free screening of *Wasted!: The Story of Food Waste* at Griffin Gate on Sept. 19 at 7 p.m.

Executive produced by the late Anthony Bourdain, this documentary is essential viewing for anyone concerned with food waste and for those curious about finding alternatives for using entire food sources.

Closed captioning will be provided. For more information, contact Brendan.Praniewicz@gcccd.edu or cheryl.campbell@gcccd.edu. —BY MORGAN RAY

SWING OVER TO SWING UNDER THE STARS

The Music Department will be holding a Swing Under the Stars event on Thursday, Oct. 11 at 6:30 p.m. in the quad. Featuring a night of swing dancing, Swing Under the Stars is a fundraiser that helps bring proceeds for the music department. According to Derek Cannon, department chair and director of Jazz & Afro-Cuban Studies, "Music majors are required to take private, which can be costly."

The proceeds raised during the event will be given directly to students in the music department to help pay for tutors. Come on over to Swing Under the Stars to see your classmates and faculty staff perform their different talents. The event will offer free swing dance lessons for anyone who is interested. Lessons will only be available from 6:30 to 7:30 p.m. The event will also include live music from The JazzKatz Orchestra starting at 7:30 p.m. General admission tickets start at \$20 and \$10 for students.

Come to Swing Under the Stars to have a great time while helping raise money for a good cause. —BY LEVI HERRERA

WARNING FOLLOWS CAMPUS INCIDENT

On Thursday, Aug. 28, the college district sent out a non-emergency warning regarding an incident that occurred near Building 10.

The incident involved a suspect who was supposedly carrying a firearm and demanded money from the victim. There was no danger reported and no more information given.

If you are the victim or witness of any crime on campus call 911, and if you have witnessed a crime please call the Sheriff's Non-Emergency Line at 858-565-5200. For more info about campus security, visit gcccd.edu/public-safety/.

—BY JOCELYN LIMON-VAZQUEZ



FREE RIDE DAY

Yep, totally free.

CHOOSE TRANSIT

Tuesday, October 2

sdmts.com



Threads S A M P L E S Thought

By Jenna Wilson
Images by Aaron Bistrin

Something stretchy and rose red slides over faded denim, causing a stark comparison of color and comfort.

Clothing is a part of everyday life on and off of campus. Whether at school, work, the gym or out to eat, there is always an outfit to go with it and how it feels at these places. Clothing changes the way a student feels, both on the inside and the outside.

Karen J. Pine, a professor at the University of Hertfordshire in the U.K., writes in her book *Mind What You Hear: The Psychology of Fashion*: "When we put on a piece of clothing we cannot help but adopt some of the characteristics associated with it, even if we are unaware of it."

It's suggested that articles of clothing can not only change the way one looks, but also provide a look into who they are on the inside as well.

Style can also be useful in helping people embody certain characteristics when needed.

For example, a August 2015 paper in Social Psychological and Personality Science reported a study that asked subjects to change into either formal or casual clothing before performing cognitive tests. The studies showed that those who wore formal attire had increased abstract thinking—an important aspect of creativity and long-term strategizing. The results indicate that those who wore the formal attire had increased feelings of power.

Grossmont student Jay King passionately expressed his connection to fashion on campus when he said, "I study the cultures and I take that within, and I skill that with

my everyday surroundings and being and traveling around the world and studying more in the future which is going to help me incorporate my style, and that is the beautiful aspect of it."

Some wear their heart on their sleeve while others clothe themselves according to how they want to be seen.

"I'm not really athletic, it's just a fashion thing," Grossmont student Lino Gomez admitted when asked whether the soccer jersey he wore represented his athleticism or if it was more for style.

On another hand, the clothes one wears can also have negative effects on a person.

In a study reported in the December 2016 issue of the Journal of Experimental Psychology: General, male participants were sent into a negotiation, some wearing upper-class business attire and others wearing lower-class attire such as sweatpants. The results were that the men wearing sweatpants were not able to make as good of deals as the men wearing business clothes; in addition, the men with formal attire had higher testosterone levels than the men wearing sweatpants. Not only did the attire affect the subject's physical work, but also their body chemistry.

Clothing may impact a person's life more than they know. A professional outfit can earn someone a higher-paying job position, whereas a big hoodie can make one feel safe and comfortable. Students should consider how an outfit can represent themselves when deciding what to wear. It could result in a heightened experience and an opportunity to express oneself. 🐦

"When we put on a piece of clothing we cannot help but adopt some of the characteristics associated with it, even if we are unaware of it."

– Karen J. Pine



L to R: Jay King said he periodically designates certain things to be integrated into everyday outfits. Last I had heard in late August, he is working to incorporate the color blue and denim. | Best friends Olivia (R) and Lauren (L) come from La Jolla every morning, so they have to deal with the weather changes when coming inland. Olivia said her style depends on the weather, whereas Lauren considers her style “super beach-oriented.” | Lino Gomez was spotted repping a Mexico soccer jersey, but when asked if it is due to him being athletic, he admitted it was more of a fashion statement. | Mariana Garcia has stellar style, but said she downplays it a lot for school, going “all out” outside campus instead.

Batiste is a drug store staple. This dry shampoo works wonders, and it's at a cost that won't break the bank. This mini bottle is perfect because I can throw it in my backpack, an overnight bag or my purse when I'm on the go. (\$3.99; ulta.com)

Kat Von D Saint perfume is the perfect fragrance to transition from summer to fall. It is feminine and floral and comes in a beautiful bottle. Sephora describes the scent as “soft, alluring, and dreamy.” (\$65 for 1.7 ounces; sephora.com)

The **Peter Thomas Roth Rose Stem Cell mask** is a bio-repair gel mask that regenerates, firms, and brightens. All Peter Thomas Roth products work wonders, but this one by far smells the best. (\$52 for full size; sephora.com)

Repair all the work summer has done on your skin and hair with **Leonor Greyl's Secret de Beauté**—an organic hair and body oil that includes UV protection. I spritz mine on my knees and rub it in for sexy, glowing legs, or rub it into the ends of my hair for added sleekness and sun protection. (\$66; leonorgreyl-usa.com)

FALL BEAUTY Must Haves



Neutrogena's Radiance Boost face mask comes in two pieces, one for the top half of your face and one for the bottom half. Though the process of getting it on your face is a bit tedious, the results are worth the occasional awkward sliding around. The mask contains vitamin B3, which helps moisturize your skin. Moisturizing is especially important during fall because of how dry it is. (\$4 each; target.com)

If you're looking to splurge on a luxurious lip product, **Dior Addict Lipstick- Hydra-gel Shine** is the way to go. It glides on smoothly, keeping lips looking healthy and gorgeous for hours, and comes in 37 different shades, so there is something for everyone. (\$37; dior.com)

Pixi Glow Tonic gives the gift of a healthy glow throughout the long school days. I have been using this product for about a year now, and I will absolutely be replenishing my supply when it runs out. From the moment it touches your skin you can feel the toner refresh your pores and wipe away any buildup for a luminous glow. (\$15 for mini size; target.com)

The third mask on the list (because you can never have too many!) is the **Boscia Luminizing Pink peel-off mask**. It should be applied very thick so it can peel off nicely. While I find enjoyment purely out of having a pink face for 15 to 20 minutes, the best part comes when you peel off the mask and find your pores looking as small and flawless as ever. It's made with activated black charcoal, which works well for oily skin types. (\$22; sephora.com)

REEL TALK THE SEPTEMBER ISSUE

The question isn't who you're wearing; it's what you're watching.



PRÊT-À-PORTER

BY MORGAN RAY

1994 | Directed by Robert Altman. ★★★★★☆

The Fall/Winter season is hectic enough in the world of haute couture, but throw in a suspicious death plus plenty of backstage drama and you've got a hell of a show! *Prêt-à-Porter* (a.k.a. *Ready to Wear*) is another one of Altman's signature ensemble cast pieces, packed to the gills with a stunning cast (Sophia Loren, Marcello Mastroianni, Julia Roberts and Forest Whitaker, to name a few) but with all the stops pulled out. The film is spliced with actual footage from the Fall/Winter '94 runways as well as a bevy of cameos from iconic designers (Gaultier, Mugler, Lacroix) and fashion icons (Cher and Björk). While it plays at times like a retread of Altman's previous *Nashville* (right down to the nosy reporter) and some story lines feel a little neglected, *Prêt-à-Porter* is a sparkling satire of one of the most polished industries at its most unpolished.

MARIE ANTOINETTE

2006 | Directed by Sofia Coppola. ★★★★★☆

When young Marie Antoinette (Kirstin Dunst) arrives at Versailles, she must play by the rigid rules of the palace... and risk becoming one of France's most notorious women. Filmed on location at Versailles and adorned with Milena Canonero's deliciously period-accurate costumes, *Marie Antoinette* is like a *Vogue* spread come to life, although there are times when these aesthetics tend to overwhelm the film. Strip it all back, and you'll find a sensitive portrait of the much-maligned/lauded monarch who, as portrayed by Dunst, was really just a young woman trying to play a role. An extravagant approach to an extravagant woman, *Marie Antoinette* takes the cake and eats it too.



THE NEON DEMON

2016 | Directed by Nicolas Winding Refn. ★★★★★☆

Newbie model Jesse (Elle Fanning) is making a name for herself, and her jealous model colleagues will do anything to be like her. *Anything*. From an aesthetic standpoint, *The Neon Demon* is stunning. Natasha Braier's cinematography is sharp as a knife, Erin Benach's ultra-modern costumes are enviable and Cliff Martinez's score is stream-worthy. However, there's this air of pretension that hangs about the film, like it's bought into its own supposed originality. With occasional dialogue that feels like forced camp ("Are you food or sex?") and a stereotypical "predatory lesbian" character, it clearly thinks it's the next trippy, shock-value showbiz film à la *Beyond the Valley of the Dolls*. Ultimately, *The Neon Demon* is much like its model characters—desperate to a fault.

YVES SAINT LAURENT

2014 | Directed by Jalil Lespert. ★★★★★☆

After his firing from Dior, fashion prodigy Yves Saint Laurent (Pierre Niney) builds a fashion empire alongside his partner Pierre Bergé (Guillaume Gallienne), but his inner demons threaten to topple him from his throne. *Yves Saint Laurent* may be just another fashion biopic that occasionally glosses over a few concerning aspects, but what truly saves this film is its particular approach to the late designer's life. While it does chronicle his career and accomplishments, it plays as a bittersweet, posthumous love letter from Bergé to Saint Laurent and an homage to their volatile-yet-enduring bond. Niney, a dead ringer for Saint Laurent, gives a truly transformative performance as he effortlessly transitions from shy wunderkind to coked-out hedonist. Beautifully shot by Thomas Hardmeier and tied in with Ibrahim Maalouf's gorgeous score, *Yves Saint Laurent* is the perfect intersection between haute couture and *amour fou*.

