

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | DECEMBER 2018



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may your days be
MERRY AND BRIGHT

Summit Staff (Clockwise from left):

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Happy Holidays!
 —From the Summit Staff

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Mastering the Gift Swap



Holidays are often advertised as a joyous part of the year, and with mistletoe hung high and Christmas lights flashing, it is easy to become mystified amongst the cheer. Then, inevitably, the reality sinks in: the exchanging of gifts. While most of the time it's great to get free stuff, the pressure to find that perfect gift can become exhausting.

In order to cope with this gift-giving phobia, unique present exchange games have been contrived and even somewhat adapted from historical traditions to help alleviate some pain from the present day's presents. The reigning champs in this gift-giving exchange ring are the notoriously popular and timeless go-to option – “Secret Santa” – versus the emerging jab-heavy contender “White Elephant.” Those who have participated in these games, understand the frustration that can occur.

With these useful tips though, your knowledge of the gift-swapping game will be so bright you'll make even Rudolph jealous.

By Sharisse Cohee

Design by Summer Barrett

White Elephant

In this up and coming gift exchange game it is actually skillful to be somewhat of a thief. Surging in popularity, White Elephant can create best friends as well as enemies among colleagues in the time span of a holiday party.

ORIGIN: A little bit of history can always be useful. While this knowledge may not help deem you a White Elephant champ, it is still interesting nonetheless. According to the White Elephant official rules website, whiteelephantrules.com: “If you wanted to ruin someone in Siam (modern day Thailand) in the old days, you gave them a white elephant. The gift conferred great honor, but was impractical to maintain.” Translated to present-day terminology, you receive an awesome gift that is trendy and funny, like a Snuggie for instance. But, at the end of the day, it might be kind of useless or difficult to keep up with— for example, a Chia Pet.

RULES: You have to know the rules to play the game. One's first White Elephant experience can be traumatizing and slightly demoralizing, especially if you are the unsuspecting newbie prey being ravaged apart by your predatory gift exchange-savvy cohorts. Fear no more; here are the official White Elephant, aka “Black Santa,” rules compiled from whiteelephantrules.com as well as secretsanta.com:



1. **Each participant must bring one wrapped gift to contribute.** Some people go the comedic route, others opt for extravagance, some events even prompt gift themes; either way, the gift choice can turn a dull party into an over the top memorable bash.
1. **Players gather in a circle around the gifts and draw numbers to determine the order they will go in.** In this game, going first is not necessarily a benefit.
2. **The first player chooses a present and unwraps it. The second player can then, either steal the first person's gift or choose a wrapped one to open.** If the first player has their gift stolen by the second player, then the first player once again gets to open a new gift.
3. **The following players take their turns in order. They have the option to select an unopened gift or steal an opened gift from another player.** This is when the magic of White Elephant happens— the illustrious gift jacking. Get ready for the ensuing pain of your friend prying Beats headphones from your Kung Fu-tight grip, while you are left to unwrap a \$15 iTunes gift card. Prepare accordingly as grudges will persist.
4. **The player who has their gift stolen can either steal one from another player (cannot be their previously stolen gift) or open an unwrapped one.** The game continues on until everyone has had a turn at a gift. A “turn” is technically deemed as ending when an unopened gift has been opened.
5. **Three Owner Rule:** When any one gift has had three owners that gift is automatically retired and the third

owner is now the proud bearer as the gift is theirs to keep. This is when strategy comes into play. Keeping track mentally regarding how many times a gift has been stolen can land the perfect present in your hands with the right timing and patience.

6. **The game ends when the last remaining wrapped gift is opened.** This last rule can vary depending on personal preference. Other variations allow for the first player chosen to have the option to put back their gift and steal someone else's when the last gift is opened. This would cycle the same rules until the present put down by the first player is picked up.

White Elephant proves to be a game full of intense excitement as it does ultimately fulfill its intended purpose of bringing people closer together during the holidays. After all, everyone deserves a little taking with their giving. Let's move on to a game just as traditional as jolly old St. Nick himself, the classic Secret Santa.

Secret Santa

Harmless holiday fun with a touch of mystery, Secret Santa has become a gift-swapping staple with small to large groups celebrating the holiday festivities with one another.

PREMISE: Secret Santa is optimal for groups of people who "ball on budgets," aka Grossmont students. After all who doesn't like to save some change? While, in a perfect world, it would be great to be loaded with enough funds to spoil everyone on your Christmas list, the truth persists that stacking gifts can mean breaking your bank. This traditional gift-giving game is the perfect solution to your crunching holiday budget, as it allows everyone involved to receive a gift without having to purchase gifts for everyone, proving to be pretty diplomatic. The gift giver remains anonymous to the recipient until the exchanging of gifts occur, usually during a good old-fashioned holiday party.

RULES: While this game does not involve as many steps as its counterpart White Elephant, it is still beneficial to be prepared, as it is popular among groups ranging from co-workers to classmates and friends. If you are affiliated with a clique, chances are you will be participating in a Secret Santa exchange.

1. **A player draws the name of another player without disclosing whose name they have picked.** This is usually done a couple weeks prior to a holiday party giving people enough time to get a gift. This gives an added twist to the ordinary exchanging of presents as the recipient does not know who their Secret Santa is, making the revealing of the giver even more fun at times then receiving a gift itself, well sometimes... More reason to start being nice now, as you never know who could pull your name.
2. **Hush! No revealing to others before gift-**

swapping time. While this rule is tempting to break, it really does take the spark out of the fun surprise intended for the reveal. This is a good way to practice self-control and truly maintain the secret in Secret Santa.

3. **Get a gift for the person whose name you have drawn.** Some groups designate the amount of cash one should spend on a gift; on the other hand some groups promote a more Y.O.L.O. mantra. Either way the gift should be thoughtful and coincide with the recipient's personality. Random funny gifts are always entertaining as well; for example, it's the perfect opportunity to give the resident feline fan a "grumpy cat calendar" for 2019 (at least it's practical too).
4. **Exchange gifts during holiday gathering, revealing just who drew who for the game.** Players get to give and receive their Secret Santa present. Just when you thought you had it narrowed down and pinned the person who drew your name...think again.

PROS & CONS: The major pro of Secret Santa is that it promotes the giving of thoughtful personal gifts, as you are able to focus on one specific person instead of purchasing various. A con though is that insider trading can occur, meaning if someone spills the beans before gift-swapping time, people can trade names according to who they are buddy-buddy within the group. This defeats the purpose and more importantly takes the joy out of this classic game.

While one can never be truly fully prepared for the holidays season, hopefully these tips have helped to give some insight into the realm of gift-swapping games and tone down the stress, just a notch, during this festive time of year. 🐦





WHAT YOU MIGHT NOT KNOW ABOUT CHRISTMAS CELEBRATIONS ACROSS THE GLOBE ❄️

BY JOCELYN LIMON-VAZQUEZ

Thanksgiving, Christmas, New Year's Eve... the most awaited and celebrated holidays in the United States and around the world.

The last two months of the year are, for many, the best months of the year, especially December. There are Christmas decorations all over the city, Christmas carols, Christmas trees and, most importantly, family gatherings.

The holiday season brings families together. Most people spend this time with their loved ones—traveling, playing, singing. There are many holiday activities people do here in the U.S.; however, have you ever wondered how people from other countries celebrate the holidays?

We all know that people here are crazy about Christmas; we all have that friend that will start listening to Christmas carols months before. Here, most people go all-out with their Christmas decorations, and we are accustomed to seeing this because it is part of our tradition and many of us have been doing this ever since we were children.

However, not all countries have the same Christmas spirit as we do. In fact, in some countries, Christmas is not a big holiday and the very famous Christmas presents are not a big thing either. For example, in South Korea, people don't celebrate Christmas the same way we do. In South Korea, Christmas is considered more of a Christian holiday, and for others it is considered a "romantic holiday."

Taemin Kim, a Grossmont student from South Korea, said that he has always spent Christmas with his friends and significant other and that he has never given or received any Christmas presents.

According to a recent article by *The Spruce Eats*, "Many younger people celebrate and party on Christmas with friends and spend New Year's Day with their families."

During Christmas, most South Koreans normally celebrate by going out to restaurants with their friends and significant others instead of spending time with their families. Couples usually go out for dinner, Christians attend a special Christmas service on Christmas Eve and Christmas day, and the rest see the holiday as a popular shopping day.

In most Asian and Middle Eastern countries, Christmas is only celebrated by Christians, and for most people living there, Christmas is just another holiday.

On the contrary, those living in Central American countries

start their celebrations a week before Christmas. There, everyone celebrates the holiday, from the youngest to the oldest.

Similar to Central American countries, North American countries also have many Christmas traditions that have been passed down from generation to generation. For example, in Mexico, people gather for the annual "kermes," which is similar to a carnival. People prepare food and play games, and all of the small communities around the neighborhood usually come to these and celebrate together.

However, in Mexico and some European countries, people celebrate on Dec. 24 instead of 25. In some parts of Mexico, children open their presents and family members give each other the *Feliz Navidad* ("Merry Christmas") hug, as soon as the clock strikes midnight.

In other parts of Mexico, usually the southern region, children don't open their presents until Jan. 6, which is "Él día de los reyes magos" (Three Kings Day), and this day is also considered the last day of the holiday season.

Most Mexican families will usually stay up until dawn dancing and eating one of Mexico's most traditional dishes, tamales. Almost every Mexican family prepares tamales for the holidays, and it is now part of a Mexican Christmas tradition.

Despite all the amazing Christmas traditions each country has, no country celebrates it the way Europeans do. According to an article from *The Seattle Times*, "In Europe, Christmas lasts much longer than a day. The season stretches well over a month."

Europeans start off their holiday season by celebrating Advent, four Sundays before Christmas Eve; after that, they celebrate the Feast of St. Nicholas, which is celebrated mostly in Catholic countries, on Dec. 6. Europeans also consider Christmas Eve the season's "main event." Christmas Eve is celebrated with a midnight mass, and the celebration continues from Dec. 25 until Jan. 6, which are the "12 days of Christmas."

Every country has its own holiday traditions, and some don't celebrate them at all. However, that is the beauty of culture and traditions around the world. It is important to be well-informed about the way other countries celebrate the holidays, especially if you are planning on spending Christmas in a different country.

Whatever your plans might be for the holidays, spend quality time with your loved ones and enjoy the most wonderful time of the year. ❄️

YOU'RE IN FOR A TREAT

If you don't know what to cook for the holidays and you are in the mood to try something new, here is a recipe from the Food Network that will make your Christmas better and sweeter.

BEEF TAMALES RECIPE

Ingredients

- 2 pounds beef shoulder roast
- Salt and pepper, to taste
- 2 onions, peeled and sliced
- 1 garlic bulb, cloves removed and peeled
- 4 ounces dried New Mexico chilies
- 2 ounces ancho chiles
- 2 ounces pasilla chiles
- 2 tablespoons cumin seed, toasted
- 1 tablespoons salt
- 2 bags dried corn husks (about 3 dozen)
- 4 cups masa mix
- 1 tablespoon baking powder
- 2 teaspoons salt
- 4 cups reserved beef broth, warm
- 1 cup vegetable shortening



Directions

1. Season beef shoulder all over with salt and pepper, then brown in large heavy pot over medium heat. Once browned on all sides, add enough water to cover roast along with one sliced onion and about six cloves of garlic. Cook until meat is fork tender and comes apart with no resistance, about two hours. When done, remove roast to platter to cool; reserve beef broth. Hand shred meat and set aside.
2. To prepare sauce, remove tops of dried chilies and shake out most of the seeds. Place chilies in large stockpot and cover with water. Add cumin, remaining sliced onion and garlic. Boil for 20 minutes until chiles are very soft. Transfer chiles to a blender using tongs and add ladle full of chile water (it is best to do this in batches.) Puree chiles until smooth. Pass pureed chiles through a strainer to remove remaining seeds and skins. Pour chili sauce into large bowl and add salt; stir to incorporate. Taste to check seasonings; add more if necessary. Add shredded beef to bowl of chili sauce and mix thoroughly. Refrigerate until ready to use.
3. Go through dried corn husks, separate them and discard the silk; be careful since husks are fragile when dry. Soak them in a sink filled with warm water for 30 minutes to soften. In deep bowl, combine masa, baking powder and salt. Pour broth into masa a little at a time, working it in with your fingers. In small bowl, beat vegetable shortening until fluffy. Add to masa and beat until dough has spongy texture.
4. Rinse, drain and dry corn husks. Set them out on sheet pan covered by damp towel along with bowls of masa dough and beef in chili sauce. Start with largest husks because they are easier to roll. Lay husk flat on plate or in your hand with the smooth side up and narrow end facing you. Spread thin, even layer of masa over surface of husk with tablespoon dipped in water. Do not use too much! Add tablespoon of meat filling in center of masa. Fold narrow end up to center, then fold both sides together to enclose filling. The sticky masa will form a seal. Pinch wide top closed.
5. Stand tamales up in large steamer or colander with pinched end up. Load steamer into a large pot filled with two-inches of water. The water should not touch tamales. Lay damp cloth over tamales and cover with lid. Keep water at low boil, checking periodically to make sure it doesn't boil away. Steam tamales for two hours.
6. Tamales are done when inside pulls away from husk. The tamale should be soft, firm and not mushy. To serve, unfold husk and spoon tablespoon of remaining beef filling on top.



IS THERE AN HBCU FOR YOU?

The HBCU fair offered students a taste of the energy and vibrancy of what it's like to attend one.

BY ANTONIO CHAMBERLAIN-HOWARD

On Nov. 7, some of the most prestigious and revered Historically Black Colleges and Universities (HBCUs) were on the Grossmont College Campus for a transfer fair hosted in the quad.

Students stopped by booths during the three-hour event and talked with representatives from each school regarding majors, location and housing. Most of the universities allowed students to apply for transfer on the spot. It was interesting to see the diversity among both the representatives and the Grossmont students who attended the fair.

HBCUs were established pre-Civil Rights as some regions of the United States had no structured higher education for black students. In addition, many white institutions barred their doors for African-American students.

Although HBCUs were conceived with the priority of black education in mind, the landscape has changed. As the decades have passed, HBCUs have become more diverse, as 23 percent of students enrolled at HBCUs are of other races according to the National Center of Education Statistics.

"HBCUs should be seen as a viable option for all students no matter the color," said Grossmont College counselor Jason Allen and coordinator for UMOJA, a program to assist African American and other historically underrepresented students.

HBCUs are growing at a rapid pace. Schools like Grambling, Georgia State, Howard, Morehouse, and Southern and Spellman have reached notable popularity, becoming top tier schools with or without the HBCU label attached to them. Other HBCUs continue to expand the majors and degrees offered.

Students here at Grossmont have taken interest.

"I definitely have to take a hard look about attending these [HBCUs]," said Grossmont student Marquis Snowden.

"To go to school in a primarily African-American atmosphere is an opportunity that would be hard to pass on," Snowden added.

Another appeal of HBCUs is that tuition rates on average are 15 percent lower compared to other universities (Pew Research Center).

"Some of these schools have the same majors as big-time universities; add in the fact that their affordable makes [attending] an HBCU a priority for me," said Grossmont student Titus Taylor.

HBCUs have a rich history, and during the fair, many of these schools were able to inform and educate Grossmont students about their benefits. Hopefully, we can help them grow and expand even further. 🐾

Merry Cheapmas



Shopping for gifts can be a struggle. Here are some simple ways to shop wisely.

STORY BY LEVI HERRERA | DESIGN BY JORGE CERVANTES

For many people, the holidays are a wonderful time full of family, love and memories. For others, the holidays can mean spending lots of money on gifts. However, there are ways a person can have a happy holiday without breaking the bank.

Before buying gifts for each person on your list, making a budget will help by establishing a specific amount you would like to spend. In addition, making a budget would help by limiting how much is spent without going over. Having a specific Christmas fund can make it easier to separate holiday spending from day-to-day expenses.

When your list is finished and you've checked it twice, it's time to stop shopping. Know when to say no, and avoid going to the mall or checking online stores to see "new deals." This could cause you to blow your budget.

After setting up a budget, when is the best time for holiday shopping?

According to Grossmont student Jonathan Dominguez, 22, the best time to shop is the week after Halloween. "Many stores I go to have 'early Black Friday' sales weeks before the actual Black Friday," said Dominguez.

"The negative about shopping early is that some stores have standard weekly specials to fit the holiday," Dominguez added.

Black Friday, the day after Thanksgiving, is the biggest shopping day in the year. This shopping extravaganza also means long lines, limited merchandise and waking up early. Fortunately, big online sites like eBay and Amazon host great deals throughout the weekend following Black Friday. Many products are offered for low prices, but you must be aware that many items are on sale for only a few hours or until they run out.

If you enjoy online shopping, then Cyber Monday is for you. There are more options of brands you like with great discounts. Many sites offer discounts off your entire purchases or free shipping. This platform allows you to visit multiple stores at once on your computer. In addition, you can search multiple sites to compare which offers the better price.

You can score big discounts buying televisions, furniture and jewelry just days before Christmas. As Christmas gets close, merchants often discount premium items that have not been touched. Prices continue to drop as the holiday gets closer, but in-turn, so will the selection.

"Televisions sell out quickly on Black Friday, so I

never get the chance to upgrade," said Jared Camacho, a Grossmont student. "I've heard of people shopping for electronics days before Christmas, and I hope the days are worth it."

Buying gifts for the people on your shopping list can be tricky, but many stores have hundreds of items for discounted prices.

When buying gifts for children, the best places to search are websites such as Amazon and eBay. There is a huge variety with marked-down prices. Furthermore, shopping at Walmart and other retail stores may help you save money from shipping charges if you would like to save time.

Bath and Body Works, Ulta and Sephora offer a variety of makeup, lotions, perfumes and other care products for the lucky woman in your life. Stores such as Ulta offer free shipping after spending \$35 or more on online orders, while Sephora takes \$10 off purchases of \$50 or more.

For those buying a gift for a special man, Nike offers discounts on a variety of different sports jerseys, workout apparel and shoes for men. Even better, Adidas has a section online with clothes and colognes with discounts up to 30 percent off.

Holiday shopping doesn't have to be a hassle or expensive. Many stores and websites offer sales as well as discounts to give your wallet a bit of relief. 🛍️

Long list?
Don't stress!



FORMER GROSSMONT STUDENT NOW ANIMATES FOR Disney

Alumnus Jeff Merghart contributed to Disney's *Ralph Breaks the Internet*.

BY JENNA WILSON

Jeff Merghart worked hard as a Grossmont College student. He crammed in units each semester in order to get all of his requirements done in a timely manner. Although a dedicated student, Merghart's major was always a fallback plan. He achieved his goals in school and later in life, finally got his dream job: Attributing to character design for The Walt Disney Co.

Walt Disney Animation Studios contacted Merghart to ask if he would be willing to work for them on the movie *Ralph Breaks the Internet*, and after around two years of hard work from Merghart, the movie released Thanksgiving Day.

Ralph Breaks the Internet is the sequel to *Wreck-It Ralph*, released in 2012.

The film continues the story at Litwak's Arcade when a new arcade game (or so they think) gets installed. This new game is actually the Internet. Wi-Fi is new to Ralph and Vanellope, so naturally they are eager to check it out. In the Internet, they discover a whole new world of games, programs and viruses.

Merghart said the favorite character he worked on for *Ralph Breaks the Internet* was hard for him to choose but he confidently decided on "Spamley," a character who urges browsers to click on

clickbait and delivers some hilarious lines throughout the movie.

When talking to Merghart about working for Disney, he not only described it as exciting but also "inspirational" and "humbling."

Merghart recalled walking down the "hallways where greatness is" when he first visited the studios.

Merghart shared his talent with others by networking online and was able to obtain a job with Disney by reaching out to people on social media platforms.

According to Merghart, Disney had reached out to him a couple times before, but he had to refuse due to the fact that he had a growing family with children. So when he could accept their offer, he was very excited.

When asked how Grossmont helped him prepare for this project Merghart responded, "It didn't. But Grossmont did prepare me for a lot of life things."

Merghart hesitantly told me he will be involved in future Disney films but couldn't talk about it yet.

There are many familiar faces the whole family can recognize and enjoy in *Ralph Breaks the Internet*.

Merghart did a wonderful job on the character designs for the film and it seems there will be more to see from him in the future. 🐦



IT'S TIME TO GIVE BACK

Spend the holiday season helping your community.

BY JOCELYN LIMON-VAZQUEZ

The Christmas season has finally arrived and many of us are already buying Christmas gifts for our family members and friends. We are used to giving gifts to those who are close to us; however, have you thought about those who don't have families and are also waiting for a special gift or even a small plate of food? Did you know that San Diego has the fourth largest homeless population in the country, according to worldatlas.com?

The Christmas season is all about giving. It is a very special time of year for many of us, but it is also a hard season for many people out there, especially those living in the streets. We spend so much time thinking about what we're going to eat over the holidays and about the presents, as well as the activities we will do with our families. But, what if this Christmas, we focus more on those who are less fortunate, and spend part of Christmas break giving back and helping others?

It doesn't matter if you can't give a lot; what matters is that you give back. And, fortunately, we live in a city that cares about people who are without homes, family, or money. If you're interested in giving back this holiday season, here are three places you can volunteer.

SAN DIEGO FOOD BANK

Here, volunteers help at the food bank warehouse and to distribute food. The organization has "volunteer projects," which last about three hours. These projects include packaging fresh produce, cleaning, inspecting and many other smaller tasks.

You may volunteer one time or on a regular basis at either of their locations: San Diego Food Bank, located on 9850 Distribution Ave. in San Diego, or North County Food Bank, located on 680 Rancheros Drive in San Marcos. Visit sandiegofoodbank.org/volunteer to register.



THE SALVATION ARMY

There are currently seven ongoing volunteer opportunities all over San Diego where you can help with the holiday fundraising drive that collects money to pay for people's meals all year long. For more information about these volunteer opportunities, visit volunteer.usawest.org.

FATHER JOE'S VILLAGES

This organization is the largest rehabilitation program for the homeless in San Diego, with more than 10,000 San Diegans volunteering each year. Volunteers have the opportunity to serve meals to homeless people in our city.

Sign up to become one of 10,000 volunteers. For more information, visit my.neighbor.org.



REMEMBER THAT IT IS BETTER TO GIVE THAN TO RECEIVE.

THIS HOLIDAY SEASON, MAKE A DIFFERENCE IN SOMEONE'S LIFE BY GIVING BACK.

the power of meditation

APPROACH FINALS WITH THESE EASY MEDITATION TECHNIQUES.

As the semester ends, students will find themselves stressing to turn in assignments, study for finals or try to get any possible extra credit points. Many will stress about maintaining good grades or how to improve their grades.

Students should practice controlling their stress by using different meditation techniques.

Stress is the body's reaction to any change that requires an adjustment or response. The human body is designed to experience stress and react; stress can be positive, keeping us alert, motivated and ready to avoid danger. On the other hand, stress can be negative when a person faces continuous challenges without relief or relaxation.

Students feel stress throughout the semester when dealing with homework and exams. When a person deals with lots of stress, the body's nervous system begins to be overworked. Dealing with stress can cause anxiety, headaches, panic attacks and sleep disorder.

Grossmont student Samantha Diaz, 19, said: "I do begin to stress when finals are around the corner. I stress to the point where I can't sleep right because I get worried of failing."

Just like Diaz, there are many other students who stress about failing. A study from Mayo Clinic concluded that 87 percent of the negative thoughts in our heads will not come true. The other 13 percent can come true if someone lets their thoughts take control or if a person does not put effort into a situation.

So how can a student take control of their thoughts and stress?

The simple answer would be to practice meditating. Meditation was originally meant to help understand the sacred and mystical forces of life. Meditating was popular in ancient India and China. Today, it is commonly used for relaxation and stress reduction.

The purpose of meditation is to eliminate the stream of jumbled thoughts that may be crowding your mind and causing

stress. This process may result in enhanced physical and emotional well-being.

Grossmont student Collin Henderson, 21, said: "Meditating was hard at the beginning because I was impatient. Now, meditating is easy and I believe other students should try it."

One misconception people have about meditation is that it takes a lot of time. In reality, taking at least 10 to 15 minutes a day can make a significant difference.

The benefits of meditation can include: gaining a new perspective on stressful situations, reducing negative emotions, and increasing imagination, creativity and patience. Adding on, meditation can help with illnesses such as anxiety, asthma, chronic pain and high blood pressure. Meditation isn't a replacement for traditional medical treatment, but it may be a useful addition to other treatment.

There are many types of meditation practices for people with different interests. The most common type of meditation is concentration meditation. Concentration meditation involves focusing on a single point. This could entail following the breath, repeating a single word or listening to your heart beat. Focusing the mind is challenging; a beginner might meditate for only a few minutes and then work up to longer durations.

The second most common technique is guided meditation, which can also be called guided imagery or visualization. In this method of meditation you form mental images of places or situations you find relaxing. Try to use many senses such as sound, smell and sight.

The third technique is called mindfulness meditation, which is similar to guided meditation. Mindfulness meditation encourages a person to observe wandering thoughts as they drift through the mind. The intention is not to get involved with the thoughts or to judge them, but simply to be aware of each mental note.

Last but not least, yoga can be a powerful type of meditation. Performing a series of postures and controlled breathing

exercises can promote a more flexible body and a calm mind. In yoga, you're encouraged to focus less on your busy day and more on the moment.

For each technique, people must know four important elements.

The first one is focusing your attention. This helps free your mind from the many distractions that cause stress and worry.

Second, relax your breathing. This will help take in more oxygen and reduce the use of shoulder, neck and upper chest muscles while breathing so that you breathe more efficiently.

The third element is to find a quiet area where you will not be distracted. Finally, find a comfortable position to feel relaxed.

"I feel like meditating at least 10 minutes a day would help me improve my mental health," Diaz said. "I will try to use meditation technique not only during finals, but in everyday life."

Meditation may not eliminate stress, but it can help someone take control and deal with the stress they feel.

"I still feel stress, and it's normal," Henderson said. "With meditation, I feel like I've learned how to control my thoughts and stress."

Having too much stress can hurt a person's mental health. Meditation is an easy technique that could be used by anyone to reduce stress. Having a clear mind can help with finals and finishing the semester strong. ✨

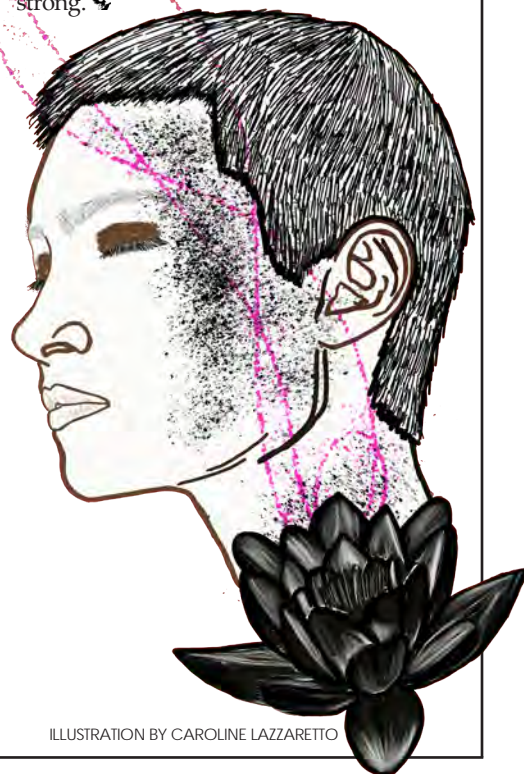


ILLUSTRATION BY CAROLINE LAZZARETTO

2018: A POP CULTURE



JANUARY

Princess Charlotte goes to school. The royal two-year-old begins attendance at Willcocks Nursery School in London.



FEBRUARY

The Kardashians grow by one more when Kylie Jenner gives birth to her first-born daughter, Stormi Webster on Feb. 1.



MARCH

Grammy award-winner Pink goes on tour for her seventh studio album, *Beautiful Trauma*.

APRIL

Queen B, Beyoncé, performs at Coachella, starting the popular hashtag at this year's festival, #Beychella.

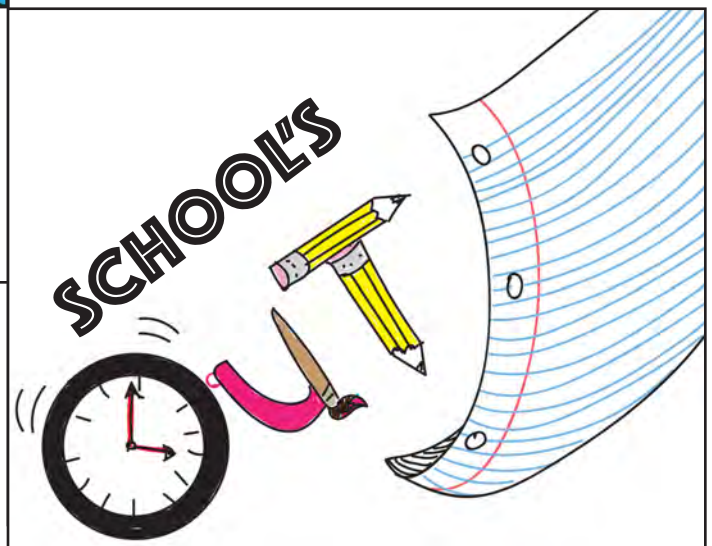
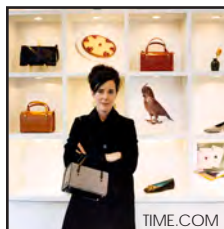


MAY

Prince Harry and Meghan Markle have their royal wedding on May 19 at Windsor Castle in the United Kingdom.

JUNE

American fashion designer Kate Spade, dies by suicide at the age of 56 on June 5.



TIMELINE

The year was full of ups and downs for some of culture's most influential figures.

BY JENNA WILSON

DESIGN AND ILLUSTRATIONS BY LELA BLAYLOCK

JULY

Demi Lovato suffers an overdose on July 24 after celebrating six years of sobriety in March. She was stabilized and is sober again.



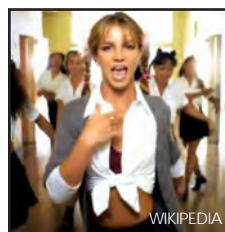
AUGUST

U.S. Senator and war hero John McCain dies at the age of 81 on Aug. 25 in his home in Arizona.



SEPTEMBER

Mac Miller, American rapper, singer and record producer is found dead in his home at the age of 26 on Sept. 7.



OCTOBER

Britney Spears' "...Baby One More Time" celebrates its 20th anniversary on Oct. 23.



NOVEMBER

Jaden Smith and Tyler, the Creator confirm rumors they are a couple.



DECEMBER

Nick Jonas and Priyanka Chopra get married at Umaid Bhawan Palace on Dec. 1.





The migrant caravan: Invasion or attack on innocent women and children?

STORY AND PHOTOS BY AARON BISTRIN

President Donald Trump ran and won his 2016 presidential campaign on the back of immigration reform and his border wall. Now, two years later, there are 5,000 migrant people at our border seeking asylum.

Media coverage on this topic has varied depending on where you get your news. The conservative media is portraying this caravan as a traveling mob of criminals here to invade our borders. The liberal media is portraying the caravan as a group of peaceful mothers and children seeking refuge from their corrupt and violent countries. In reality, it's a mixture of both. Anytime you have 5,000 people in a group, the demographics of that group will vary, and you will have troublemakers mixed in with innocent people.

On Nov. 25, more than 500 people tried to rush the Tijuana, San Ysidro border. The media will break this down through the filters of their controlling interests. For Trump supporters, Sunday's events will perpetuate the "invasion" narrative that our country is under attack. For Trump critics, the events on Sunday will show unarmed women and children being shot at with tear gas by American federal agents. Both sides are guilty of sensationalizing information to entertain their base audiences and drive home their narrative. This leaves it up to the public to decipher objective information from the





THIS PAGE. **Above:** Brown Berets stands in support of their fellow migrants. **Top:** Protesters let their voices be heard at the border in support of the migrant caravan. **OPPOSITE PAGE. Top:** People in support of the caravan and those seeking asylum. **Bottom:** At a protest against the migrant caravan, a man rips apart a Mexican flag in protest of those seeking asylum.

doctored and curated content.

The media coverage of the caravan ramped up considerably when the midterm elections drew closer. If you look at the public interest in the coverage of the caravan, it peaks considerably from Oct. 21 through Election Day on Nov. 6. The media picked the story up right around the time the caravan entered into Mexico on Oct. 20, and The New York Times published a full front-page story on the caravan. Trump interjected with the comment, "This is an invasion of our country," and the public interest spiked again.

This showed the strategic placement of coverage of the caravan from the media as we got closer to the midterms. On the day of the midterms, the public interest and media coverage dropped off the table. The coverage had come to a stand still until the end of November, when a portion of the caravan decided to rush the border.

There doesn't seem to be an active plan to find a solution for helping a large group of people who are fleeing violent and corrupt situations. We are one of the most powerful and resourceful countries in the world, yet we can't get over our political interests to fix a humanitarian crisis.

These people are seeking asylum from countries that will persecute them if they return. The process for these individuals to enter into this country could take months, if not years, to complete; this is not an effective way of dealing with a human crisis. Until the media decides to stop being complicit in the sales of entertainment as news, people will continue to be distracted from the real human issues affecting all of us. 🐦



4% NOT ACROSS THE BOARD?

The Governing Board raises some eyebrows by approving an additional raise for some employees.

BY AARON BISTRIN

On Nov. 20, the Grossmont-Cuyamaca Community College District's Governing Board approved a 4 percent increase to the salaries of most employees for 2019.

The Chancellor's Cabinet – which includes the chancellor, the presidents of Grossmont and Cuyamaca colleges and three vice-chancellors – will receive this 4 percent increase on top of the already approved 4 percent increase effective this past July. As such, the Chancellor's Cabinet will receive the 4 percent increase over the next eight years, in contrast to the single calendar year for all other employees.

The district released the numbers showing the following employees were given a 4 percent increase in the 2019 calendar year: Professional and technical hourly, student hourly, non-academic non-classified employees, assistant coaches, classified staff and confidential staff, as well as the Chancellor's Cabinet and extended cabinet. This raise represents approximately 32.7 percent of the total salaries for the district, and the resulting ongoing fiscal impact of this proposal is more than \$1.1 million.

The American Federations of Teachers, the faculty union for Grossmont and Cuyamaca colleges, was the only group to reject the raise, saying it is not willing to accept a 4 percent increase for only one year. According to contract requirements, the AFT and the district have been in salary negotiations for more than two years and have not received a pay increase since Jan. 1, 2016, according to Jim Mahler, the union president.

The AFT is still waiting on the district to close the books on the 2017-2018 fiscal year, which ended June 30. The district was supposed to submit this information to the state by Oct. 10, yet remains one of two districts in the state that have still not complied with the state mandate.

"As soon as the district shares these actual revenue and expense numbers with us, we are hopeful that we will be able to quickly conclude our negotiations," Mahler said in an email.

On both occasions, the board scheduled the vote following a

long break and released the docket with limited time for review, according to Mahler.

The district chancellor, Dr. Cindy Miles, commented on the delayed closing of the 17-18 fiscal year, in an email:

"We are very proud of our detailed and transparent fiscal year-end process, which took longer than usual due to implementing a new enterprise resource planning (ERP) system called Workday. This is a complex, high-tech system that integrates our Human Resources, Payroll and Finance systems for the first time. It also streamlines operations and enhances payroll processing and payments to students."

According to Mahler, members of the Chancellor's Cabinet have the ability to negotiate their salaries to the highest number at the time of hire – a privilege not afforded to the rest of the district employees. Miles addressed the issue by saying, "Salary and wage increases for all district employee groups, including the Chancellor's Cabinet, must be presented, discussed and approved at a public meeting of the district's Governing Board to avoid any conflicts of interest. This transparent process is the accepted standard in community colleges and other public institutions in the state, and was correctly followed for all district employee groups whose wage increases were approved at the November meeting of the Governing Board. This holds true for salary schedules, which must be publicly approved by the Board."

The most recent vote also coincided with the last board meeting for outgoing members Gregg Barr and Edwin Hiel. December will feature newly-elected board members Linda Cartwright and Brad Monroe, who will be sworn in on Dec. 11. Mahler said the AFT hopes negotiations will change for the better with the newly appointed board members.

When both Mahler and Miles were asked if they saw an end in sight for the ongoing salary negotiations, they said they are hopeful an agreement will be reached in the near future over the contracts. ↘



≡ HOLIDAY HOOPS ≡

The Griffins fall prey to the Cerritos Falcons while hosting the annual Grossmont Invitational, a tournament bringing stiff competition all the way from Los Angeles to Ventura County.

BY SHARISSE COHEE

Traditions are notorious this time of year. This testament reigns true not only in the holiday season but in the sports world as well.

The Grossmont Men's Basketball team hosted the 47th Annual Grossmont College Invitational, which tipped off Nov. 30 and concluded with the championship finals Dec. 2.

Grossmont has won the tournament five times over the last 48 years since the tournament's inception; while hosting the invitational an astonishing 47 times. The only year the event was not hosted by the college was back in 1983. The last time Grossmont won the invitational was in 2015, when the Griffins defeated the San Diego City Knights 74-68. While the Griffins may have been eliminated from this year's bracket, the fact that Grossmont hosts such an event annually is quite a win in it of itself.

Head Coach Doug Weber attested to the stellar reputation the contest holds. "What's nice about this is we've got schools from up in L.A., we've got a couple of San Diego schools," he explained. "It's the 47th annual, so it started way before I got here, and it has a really good reputation around the state; people want to come here and play in it, partly because it's San Diego and partly because I think we do a good job in running it."

The tournament held host to seven teams throughout Southern California inviting various conferences, including the Pacific Coast Athletic Conference (PCAC), the South Coast Conference (SCC) and the Western State Conference (WSC). Some teams reside locally near El Cajon such as the San Diego City College Knights (PCAC - South) and the Palomar Comets (PCAC - North). On the other hand, several teams traveled much further distances such as the LA Southwest Cougars (SCC - South), making the two-hour-plus journey from Los Angeles, and the Moorpark Raiders (WSC - North) traveled more than three hours from Ventura county to participate.

The Griffins opened the invitational playing The Cerritos Falcons (SCC-South), whose last time clinching the tournament was in 2012, defeating South Western College in the championship. The game got off to a fast start with the Falcons striking the first blow on a strong three-point shot nailed by guard Cody Wilkes, and remained hot from there. The Griffins kept it close in the first half as guard/forward Josh Peloquin answered with his own three-pointer with 15 minutes remaining in the first period to play. Grossmont guard Lamon Hudson put up some numbers as well, nailing a three-point shot followed by connecting a graceful layup with his next possession. The Griffins were able to keep the game in-reach at the half, trailing 39-24.

During halftime coach Weber was asked what his team could do to improve in the second period. "We have to take better care of the ball," he responded. "We've had too many turnovers. We've missed some easy shots; they got a



couple of offensive rebounds that turned into baskets. So it's just kind of being more solid on both ends of it."

The Griffins commenced the second period with a defensive stand, grabbing rebounds off of the Falcons' missed shots. Cerritos proved to have the upper hand in this contest though, as guard Jeremiah Galang and company pulled the game out-of-reach, dominating the second period on both sides of the ball as they lead 72-43 with 5:12 remaining in the game. Making aggressive steals and gaining momentum by becoming hot offensively, Cerritos was able to cash in on Grossmont turnovers. A bright spot in the second period for the Griffins was the impressive free throw shooting supplied from standout guard/forward Peloquin and guard Marc Cabrera. While Grossmont was able to keep the contest within reach during the first period, Cerritos proved to be the dominate contender, slaying the Griffins 81-43.

As losses are always tough to swallow, this game definitely highlighted some positive experiences and plays that the Griffins were able to walk away with. After the game, Peloquin commented: "It's hard losing, but then this is one of our better games that we've had, so that was a positive outcome. We just couldn't hit shots. All in all, it was a decent game; they just out-hustled us."

Fellow teammate and guard Marquell Cool optimistically agreed with Peloquin. "We played well in the first half, then the second half just kind of hit us in the face," he said after the loss. "But overall, I think we've been playing a lot better lately, so it's only going up from here."

This positive outlook can only help to improve the 0-10 Griffins this season. With the team progressing each game and building cohesiveness, they hope to pull out a win when they travel up to Rancho Cucamonga to take on the Panthers at Chaffey College in the Southwestern Tournament Dec. 7. 🐾



PHOTO BY SHARISSE COHEE



GOOGLE IMAGES

FORTNITE

WHAT'S THE BIG DEAL?

Fortnite has millions of gamers of all ages wrapped up in its world of epic dance moves and challenges to conquer.

Fortnite is a free-to-play game, developed by Epic Games and released 2017. Since, it has blown up to become one of the most successful games of its time.

According to Forbes contributor Jeff Seiner in August 2018, "Fortnite has already generated more than \$1 billion in revenue, and it has made popular video games globally accessible, regardless of platform."

Fortnite can be played by mobile users (Android and iOS), PlayStation 4, Xbox One, Nintendo Switch, Mac and Windows PC players. There are two different modes in Fortnite: *Fortnite: Save the World* and *Fortnite Battle Royale*. While both are popular, the latter has been deemed a cultural phenomenon.

Something that fuels the large player base of Fortnite is its ability to let gamers cross play with people on different platforms. For example, instead of Xbox One users only being able to play online with other Xbox One users, they are able to play with all Fortnite accessible devices. This is a new concept for a video game of its

kind and could be the start of a new standard of gaming.

The objective of *Fortnite Battle Royale* is to remain the last player alive. It is a "shooter" game that allows for many different methods of survival. In the start of the game, 100 players are flown into one giant map where they are able to land in one of many locations using a glider. Once on land, the players, which are equipped with a pickaxe, try to stay alive. They can build forts to protect themselves and defend and deconstruct the environment using their weapons to scavenge for health items, crafting goods and weapons. Throughout the game there is a storm closing in on the map. When a player gets caught in the storm, they are eliminated. Last player alive wins.

Though *Fortnite Battle Royale* is free to play, there are battle passes and modes available for purchase which have propelled the game into millions of dollars in revenue. What makes these packs so desirable to users are all of the cosmetic items available when purchased. These items include new skins, emotes/dances, pickaxes and more.

According to SuperData Research, *Fortnite*'s revenue in May 2018 was \$318 million, putting them ahead of games like *Pokemon Go* and *Clash of Clans*.

Fortnite has become insanely popular since its release. According to Epic Games, *Fortnite* reached 78.3 million monthly players in August 2018 and the peak number of concurrent players as of November 2018 is 8.3 million.

Many *Fortnite* gamers watch the game played through live streaming on Twitch, an online video streaming platform for gamers. Users can subscribe to streamers and watch them play video games live.

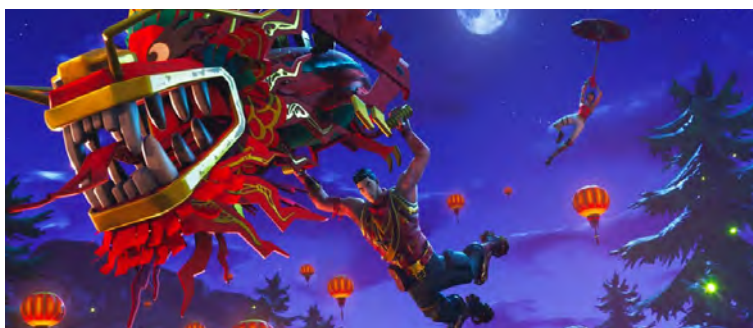
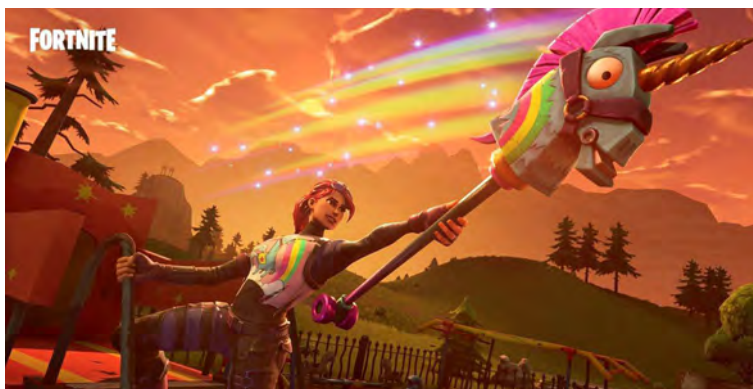
One particular Twitch streamer, Richard Blevins – who is known in the gaming community simply as “Ninja” – has had a significant impact on *Fortnite* and its following. Blevins has over 12 million followers on Twitch, and his primary game is *Fortnite*. He is ranked

No. 2 on the leaderboards for *Fortnite*, according to [fortnitestats.net](#). Blevins is also known for being involved with many fundraiser streaming events where all the money being made during a live stream gets donated to charity.

Unlike many battleground shooting games, *Fortnite* incorporates a lot of bright and cheerful colors into its gaming experience, making it far from a typical war zone. For example, there is a rainbow shooting glider to fall from the sky on, llamas to find, unicorn skins to fight in, and the ability to ride around on a rocket during a live game.

Fortnite gives its gamers endless opportunities to play the game different every time. No matter how many times players die, they can come right back and start again.

Fortnite is paving the path for free cross-play video games, and as the game continues to develop, it remains on the top of the charts at 125 million players as of August 2018, according to CNET news. 🦋



**OBJECTIVE: BE THE LAST PLAYER ALIVE,
AND LOOK GOOD WHILE DOING IT.**

THE FILMININE MYSTIQUE

BY MORGAN RAY

COLD OPEN

FADE IN:

THE VENICE FILM FESTIVAL, 2018 - DAY

The festival line up is filled with stunning films, but only one of them is directed by a woman, JENNIFER KENT. *The Nightingale*, Kent's follow up to her smash debut *The Babadook*, plays, but when her name appears in the end credits, a MALE FILM CRITIC hurls a sexist slur at the screen and shouts, "Shame on you!" at her.

The man's credentials were revoked by the festival and people were outraged by his conduct, but let it be re-emphasized that this happened in the year 2018.

As far as we would like to think we've come, moments like this and movements like #MeToo and #TimesUp have brought a glaring discrepancy to light; that there is a severe lack of women in the director's chair and that old prejudices (among many others) have barred them from doing so. How can Hollywood reverse its gender bias and open the doors?

However, like all tragic origin stories, it wasn't always this way...

TAKE ONE

The concept of a female film director is as old as the art of cinema itself; in fact, one of the very first film directors was a woman. That woman, ALICE GUY-BLACHÉ (ghee-blah-sh), holds the title to a number of firsts in film history: director of the earliest feature film (1896's *The Cabbage Fairy*), one of the first directors to shoot on location, the first woman to own a film studio (Solax) and the first director to use an all African-American cast (1912's *A Fool and His Money*). She was also a frequent experimenter with then-innovative technology such as synchronized sound.

In its infancy, Hollywood was propelled by numerous female figures both in front of and behind the scenes: editing, screen writing (then known as "scenario writing"), producing and, yes, directing.

Some of the most notable female directors in Hollywood:

LOIS WEBER: Her films tackled still-relevant social issues such as poverty, abortion and sexual harassment at work, and established her as one of the earliest American auteur filmmakers, meaning she put her own stamp on her films. (*Suspense*, *Sunshine Molly*, *Where Are My Children?*, *The Blot*)

DOROTHY DAVENPORT (REID): Wife of popular actor Wallace Reid and a famous director in her own right who also sought to bring social issues to the big screen, from drug addiction (in particular due to Reid's death from morphine addiction) to prostitution. (*Human Wreckage*, *The Red Kimona*)

DOROTHY ARZNER: Started as an editor, transitioned to screenwriter and eventually became a director of transgressive films with feminist themes that still managed to pass through the strict studio system. Invented the boom mic to assist with filming for her early talkie *The Wild Party* (1929) and taught at UCLA, one of her students being FRANCIS FORD COPPOLA. (*Merrily We Go to Hell*; *Christopher Strong*; *Dance, Girl, Dance*)

MAYA DEREN: While not a major Hollywood director, her surreal 1943 indie short film *Meshes of the Afternoon* was (and continues to be) a major influence on many notable directors, particularly DAVID LYNCH.

IDA LUPINO: Famous actress known for her roles in noir films (*High Sierra*, *The Big Knife*) who also directed noir/social issue films. She would eventually move into directing for television, becoming the only woman to not only star in a *The Twilight Zone* episode ("The Sixteen-Millimeter Shrine"), but to direct one as well ("The Masks"). CLINT EASTWOOD was inspired by her to get into directing. (*The Hitch-Hiker*, *Outrage*, *The Bigamist*)

CUT!

So why did female directors start to taper off? There's no clear motive or reason, but there could be at least two reasons. According to CARRIE RICKEY's "The Other 43 Percent," "Some say that studios, worried about entrepreneurial female stars such as (CLAIRE) WINDSOR and MARY PICKFORD, bought out independent filmmakers and began vertical integration, achieving control over human assets by keeping them dependent." Or perhaps it was the rising status (or preference) of women as actresses rather than directors that began to take hold in the early 1920s. Nevertheless, this shift of power sent waves through the industry, but women would slowly start to gain a foothold in film making again from the mid-1960s to the early 1980s.

*female film directors are nothing new,
but their voices have largely gone ignored.
it's time for a second take.*

STEPHANIE ROTHMAN, the first woman to score a Director's Guild of America (DGA) fellowship, directed a number of exploitation films, a genre notorious for objectifying women, with a feminist spin (*It's a Bikini World*, *The Velvet Vampire*) and also served as famed exploitation producer ROGER CORMAN's right-hand woman. Directors like ELAINE MAY, MARTHA COOLIDGE and AMY HECKERLING would go on to direct and/or work on the scripts of comedy classics (*The Heartbreak Kid* and *Heaven Can Wait* [MAY], *Valley Girl* and *Real Genius* [COOLIDGE], *Fast Times at Ridgemont High* and *Clueless* [HECKERLING]), and KATHLEEN COLLINS made history in 1980 by becoming the first African-American woman to not only direct a feature film, *The Cruz Brothers and Mrs. Malloy*, but to write and produce one as well.

In 1983, six female members of the DGA brought a lawsuit against Warner Brothers and Columbia Pictures for gender and ethnic discrimination in hiring guild members. It was a major leap forward for representation, until it wasn't. In 1985, the case was dismissed due to the fact that male (often white) directors made up a large amount of the DGA and thus could not speak for women and minorities, as well as a counter-claim from the studios claiming that they didn't control all of the hiring, so they couldn't be accused of discrimination.

The 1980s also saw the rise of target marketing, thereby splitting films into those "for men" and "for women," which increased once the concept of the "chick flick" started to come into play in the 1990s (an otherwise great decade for female directors: *The Piano*, *Daughters of the Dust*, etc.).

reshoots needed

This brings us to the present day, where women only made up 8 percent of the directors of the top 100 highest grossing films (as of 2017). How can we get more women in the director's chair when men still outnumber them? For Grossmont English Professor SYDNEY BROWN, it all starts with the concept of gender.

"If we sort of subscribe to gender and we say, 'A woman is likely to make this type of film' and 'Men are going to make this type of film,' I think that as a culture, we're getting past that a little bit. We're starting to see gender as more fluid; we're definitely seeing it as something that is taught, something that we've made up in many ways. So, I think as that happens, I think that may be helpful too."

Fellow English Professor SARAH MARTIN said she sees the battle for gender equality as the beginning of a new era of female directors.

"I think that a big issue in Hollywood has always been the equity when it comes to being paid, and I think that getting equal pay for acting, as well as directing and producing, is something that a lot of females have fought for and been more vocal about these last few years."

PROFESSOR MARTIN continued:

"I also think that the #MeToo movement has been really big in exposing some of the things that are going on behind the scenes and exposing some of the situations that women have been put in, and some of these situations seem like they might deter women from maybe seeking out opportunities if they felt that they have to kind of put their own safety at risk. Overall, to me, I think that giving women equal opportunities in the film industry is definitely something that's important and it's not something that we've seen historically."

Meanwhile, Media Communications Professor EVAN WIRIG said he believes that politics and film should be separate:

"I think we need to steer away from people who are trying to foist a political agenda at the same time as trying to break through the glass ceiling. If we went for the aspect of entertainment, bringing people into the theater, seeing the aspects of direction, of what women directors can do in the areas of entertainment, without having the civics lesson, there'd be more glass on the floor than on the ceiling."

UNTIL THAT DAY COMES, HERE'S TO THE FALL. ♫

Crushing the Kroc



PHOTO BY STEPHEN HARVEY

The Dance Department dazzled crowds and never missed a beat while performing the student-choreographed concert “Breaking Boundaries” at the Joan B. Kroc Theatre.

REVIEW AND LAYOUT BY SHARISSE COHEE

The art of storytelling can prove to be a complex task for those skilled and courageous enough to master such a talent. While most rely on the use of speech to convey messages, dancers, on the other hand, are a unique and beautiful breed who use captivating body movements in place of words to tell stories.

The hypnotizing art form seduced audiences Nov. 9, 10, and 11 when the Grossmont College Dance Department presented the breathtaking concert “Breaking Boundaries.” The pieces performed in the show were entirely choreographed by students enrolled in dance courses at Grossmont.

The concert, showcased at the Joan B. Kroc Theatre, left viewers with an evening to remember as 12 unique pieces captured vast genres, ranging from tap dance to hip-hop as well as modern-contemporary adding in even a slight kick of burlesque spice.

The opening number “Tchotchkina,” choreographed by Samuel Bledsoe, set the stage for an evening flourishing with diversity. The modern-contemporary piece began by inducing angelic tones embracing graceful movements as performers cleverly used white plates as props to exemplify the somber-yet-elegant attitude that suddenly shifted at the climax of the number. Drum beats and horns transformed the ambiance to a fast-paced, upbeat dance—almost sounding like a tribal chant with a spark of Latin flair. The 10 dancers became free and fluid in their movements, swaying their hips and gliding along the stage while each move remained sharp and in sync.

The change in music mid-dance in “Tchotchkina” perhaps represents embracing change in life or freedom from oppression; regardless, one of the most intriguing characteristics of dance

is its ability to convey various meanings depending on the individual experience, classifying it a true art.

While the symbolism in “Tchotchkina” can be interpreted in a variety of ways, the message in some pieces were more straightforward; demonstrated in the hip-hop piece “Back to the Present.”

Choreographers Brenda Orihuela and Sharina Palmer showed how edgy C-walks of early rap music paved the way to Drake’s “Feelings” moves as audience members could not help but to bob their heads to the addictive beats and marvel at some serious break-dancing skills. Beginning as an old school vs. new age hip hop duel, the piece ended in a collaboration uniting the eras.

To top off the evening, choreographers Maliyah Carter and Aly Baxter showed heels were not only made for walking, but for stomping as the closing piece “staMina” proved that females are a force to be reckoned with. This number was a clear crowd pleaser as the 11 women tossed their ponytails and nailed each move with precision and cohesiveness making a statement; all while sporting black heels, radiating confidence and style. Performances such as “staMina” represent more than just females displaying confidence; the dance embodied the importance of self-esteem and being comfortable in one’s own skin despite societal “standards.”

The captivating concert “Breaking Boundaries” not only exceeded audience expectations by displaying the superb skills of the Grossmont Dance Department, but the performances also allowed audience members to escape their own reality for an evening and interpret the vast languages the art of dance translates. 🦋



Grossmont's Guitar Ensemble gives three concerts each semester. Their passion for performing can be seen through each musical piece.

If you're walking by building 26, you might hear the guitar ensemble practicing. You may see one of the 25 members practicing on their own around campus.

In early November, the guitar ensemble had a concert that featured musical pieces from multiple time periods. The first concert piece was by Johann Sebastian Bach. It was a beautiful piece with all the instruments went well together. Adding on, the violinists got their own parts throughout the piece. The second piece, which was also by Bach, had a slow tempo with delightful harmony.

The guitar ensemble then performed a Bulgarian folk song. The musical piece was lively and the performers played fast. They must have practiced a lot on this piece and in the end, I felt like they mastered it.

The fourth piece, titled "Duo: Obbligato" by Ferdinando Carulli, was performed by two soloists. A classical piece from the 1800s, the song gives you a sense of romance.

This performance was followed by another solo performed by Margarita Martinez, a member of the guitar ensemble. The piece suggested the emotion of sadness. Overall, both pieces had an appealing harmony.

There was a special performance by Eric Dickerson, an alumnus of the Grossmont Ensemble. Dickerson played a Baroque lute, a guitar with two necks and 13 strings. It was a treat for the audience because it's hard to witness a performance with a Baroque lute.

The next piece, titled "Pavane" by Gabriel Faure, was performed by Shari Ressel on the flute and Fred Benedetti on the guitar. The guitar had low notes, while the flute had high notes. The next piece was performed by Andrew Wagner and Fred Benedetti, both of whom played guitars. I believe it was great idea that the instructor, Fred Benedetti, performed with the ensemble.

The second to last piece was a song titled "Here on Out" by Dave Matthews. Jonathan Hanninen performed the guitar and sang. I enjoyed this song because it was calm and soothing. What made this song great was that the voice of the performer was not too high or too low. His voice made the song powerful

and full of emotion. This song stayed out in my head after the concert. If I could, I would watch this song be performed a second time.

The last piece was "The Magic of Andrew Lloyd Webber"; this piece was the longest in the concert, and everyone took a part. The drummer was absent for this concert, but the backup did a great job. There was a combination of different slow and fast tempos. Some parts of the piece sounded like jazz. The piano would get a solo part, then the rest of the ensemble would follow.

Overall, the concert was about an hour and a half long. For a concert in the afternoon, there were a lot of people in the audience. Throughout the show, I felt different emotions from each piece. The emotions of happiness, excitement, sadness are a few that I felt. Unfortunately, there were only three pieces that involved the entire ensemble. There were more solo pieces than what I expected.

At the end of the day, The Grossmont College Guitar Ensemble blew my mind. Their musical talent is extraordinary, and I would recommend anyone to see a concert by the Guitar Ensemble. 🐦



THEATER REVIEW



BY ANTONIO CHAMBERLAIN-HOWARD

The Grossmont College Theatre Arts Department put on a production of Qui Nguyen's stage play "She Kills Monsters." The play was directed by Jason Heil and premiered on Nov. 29 and will continue to run until Dec. 8.

The story follows a young woman, Agnes, grieving as her sister Tilly had passed away. When Agnes discovers one of her sister's secret notebooks, she discovers that Tilly was an avid Dungeons and Dragons fan. In addition, Tilly's notebook contains stories of what her life was like in high school but penned through the lens of Dungeons and Dragons concepts and characters. As Agnes seeks a better understanding, deciphering both the lingo of the notebook and even her own sister, the story unfolds and turns into a heart-warming tale of friendship, loss and acceptance.

Sofia Scafidi is vibrant as Tilly Evans; she

does a great job showing the layers and complexities of the mind of a high school student.

Laurissa Rudgers brings a calmness to the role of Agnes, and her acting range is highlighted throughout the production.

The show-stealers in my opinion are Sarah Ladeby and Symonne Still who play Lily and Kelly (respectively). They bring a change of pace as the play goes on.

The comedic efforts throughout are hit or miss, but the dramatic sequences often hit home the themes of the play.

The set, costume design and choreography look great aesthetically with the tone of lighting they decided to go with in the play.

I found the fight sequence quite entertaining for a production that has limited stage space.

Jason Heil directed a quality play that I'd recommend. 🐦

GROSSMONT COLLEGE THEATRE ARTS DEPARTMENT PRESENTS

SHE KILLS MONSTERS

BY QUI NGUYEN
DIRECTED BY JASON HEIL

NOV 29 - DEC 8

THU & FRI 7:30 PM
SAT 2 PM & 7:30 PM

TICKETS 619.644.7234
OR GROSSMONT.EDU/THEATREBROCHURE

GROSSMONT COLLEGE STAGEHOUSE THEATRE
1800 GROSSMONT COLLEGE DRIVE
EL CAJON, CA 92020

ADULT CONTENT

CATCH THE FINAL SHOWS DEC. 7-8.

EMPOWERING PAINTINGS



BY ABBIE WALLACE



Grossmont College is full of powerful women, and now it has paintings of a few notable women in history. The paintings are of women “who have come to symbolize integrity and sacrifice in pursuit of fair treatment for women,” said Maya Clark, president of Grossmont’s American Association of University Women (AAUW).

The paintings were done by Grossmont’s AAUW in collaboration with art professor Jennifer Bennett. They feature empowering women such as Rosa Parks, Anita Hill and Christine Blasey Ford, and can be found on a few of the construction fences around campus.

The club’s main goal “is to uplift and empower campus women,” said Clark, adding that the AAUW hopes to achieve that through their paintings of strong, empowering women.

Be sure to keep an eye out for the paintings around campus. If you are interested in advocating for, empowering and supporting other women, the AAUW meets every second and fourth Thursday in Building 55, Room 527 at 4 p.m. 🐦

Clockwise from R: Painting of Civil Rights icon Rosa Parks. AAUW club president Maya Clark poses with one of the paintings. Another painting by the AAUW. Clark poses with club secretary Rebecca Quach by a painting of Christine Blasey Ford.

ON EXHIBIT

Hyde Art Gallery will run the 2018 Student Art Show through Dec. 11, and is open to anyone Monday through Thursday from 10 a.m. to 6 p.m. All different mediums are on display as well as this semester’s award winners for exceptional artwork from the term. Winners were announced at the Dec. 4 receptionist, along with food and live music by guitarist Jordan DeHass.

The Hyde Gallery is a great way to introduce yourself or someone you know to the world of art. This is also a great

opportunity to support your fellow students as they pursue their paths in the arts. There are some incredibly talented artists at Grossmont, and with Christmas around the corner, this might just be a great spot to grab that memorable gift for someone special. Come support the creative minds of the college before the semester closes. 🐦



STORY BY AARON BISTRIN



L to R: Isaiah Simpson, Kenia Ramirez, Andrew Jassick, Kimberlee Godfrey, Theo Hayes. | Photo by Roxanne Tuscany.

YOU TALK SO GOOD

BY ABBIE WALLACE

On Nov. 16-18, Grossmont College hosted its 26th annual speech and debate tournament— with the exception of the Friday competitions being hosted by Palomar College, but still on Grossmont’s campus. A total of 19 colleges attended the tournament, which is a combination of eight universities and 11 community colleges from various states such as Illinois, Arizona and California. Grossmont’s communication department had 60 students assist in running the tournament.

Though many schools competed, Grossmont’s speech and debate team achieved great success in individual awards across multiple categories. The awards won by Grossmont’s team are an indication of the versatility of the team and their incredible talent and drive to compete and succeed.

In the Palomar-hosted tournament, team member Theo Hayes, took first place in drama. Hayes also won second place in drama in the Grossmont tournament. Kenia Ramirez won first place in novice drama. Brenden Hawk and Catherine Texeira won silver awards in novice parliamentary debate. Regina Forester won third place in persuasive speaking and Andrew Jassick won third place in drama. Franziska Collier was a finalist in poetry and Isaiah Simpson was a finalist in communication analysis. First time competitor, Kimberley Godfrey, was also a finalist in novice prose.

Going up against many other colleges is impressive in itself, but to have achieved the success Grossmont’s speech and debate team did in this year’s tournament is a true testament of their impressive talent and hard work. 🐦

SELFIES FOR COLLEGE CASH

BY SHARISSE COHEE

Snap your way through school. A sweepstakes sponsored by iHeartMedia is offering community college students who reside in California an opportunity to win a \$5,000 scholarship for submitting a stellar selfie.

To participate in the contest, visit icanaffordcollege.com and follow the banner that says “Snaps for College Cash.” Then get your selfie game on. Snap a photo of yourself and upload the image with the photo frame provided.

After that, it’s as easy as hash-tagging and sharing. Share your image though Twitter and Instagram using hashtags #snapforcollegecash, #icanaffordcollege and #sweepstakes. Make sure your profiles are set to “public” so the judges from iHeartMedia can check out your glam shot before the contest ends on Dec. 30 at 11:59 p.m. 🐦



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Novel Novels

YOUR WINTER READING LIST IS HERE.

Our much anticipated winter break is just around the corner, and there is no better way to spend it than cuddled up with – not a pet or significant other – but a book. However, cuddling with a furry friend can only better the experience of reading a great book.

With over a month of time away from school, there are bound to be moments when you may need something to do. Although it is the holiday season and life can get crazy, you can still find time for leisure and relaxation and enjoy the books on this special gift of a winter break reading list.

The first book is holiday and winter themed, light-hearted and a perfect read to get into the holiday spirit. *Let It Snow: Three Holiday Stories* is a novel written by John Green, Lauren Myracle and Maureen Johnson. The novel is composed of three stories, one written by each author, that are all connected. Each story is filled with romance, comedy and the unique writing style of each author. While Green is known to have rather deep themes and questionable character deaths, there is no need to worry because his contribution to the novel is light and humorous. As for Myracle and Johnson, their stories are just as comedic and although each author is different, all the stories beautifully connect and make for a great read.

My second suggestion is not a single novel, but a series. Yes, sometimes a book series can be full of disappointment, leaving a reader with frustration, especially if the series is made into a movie... but now is not the time for that discussion. The main point is that a series can often become predictable or drawn out.

However, James Dashner's *The Maze Runner series* is one of the better dystopian science fiction novels to have gained popularity over the years. Consisting of three main books, *The Maze Runner*, *The Scorch Trials* and *The Death Cure*, Dashner takes readers on an intense, action-packed curve-ball journey that follows a group of teenagers trying to navigate a corrupt and disaster-stricken world. While the series surely isn't holiday-themed, it still has humorous moments and small pockets of romance, for those who are interested, and enough content to keep you entertained during break. The best part is there are


three books in the series, so when you finish one you can jump right into the next, and then watch the movies after.

The third book is a unique but wonderful read. Written by Annie Barrows and Mary Ann Schaffer, *The Guernsey Literary and Potato Peel Pie Society* is a historical novel which takes place in 1946 in London and the island of Guernsey during the German occupation. What is unique about this novel is that it is written in forms of letters sent back and forth from a woman, Juliet Ashton, who is a writer in London and a man who lives on the island of Guernsey, which has been occupied by German soldiers. Through the letters from the man in Guernsey, Ashton learns much about the man, his friends, the island Guernsey itself and how the war has impacted their lives, as summarized on goodreads.com. While there is a touch of sadness throughout the story, it still contains humor, education and entertainment. Because it is written in the form of letters, the reading is fast and easy enough to get through during winter break and once the reading is over, you can watch the movie on Netflix.

From silly, light-hearted romance, to a dystopian world and a historical narrative, each book on this list is vastly different from the others. However, the differences don't make one better than the other. In the end, it all boils down to preference and what kind of book fits you best. Hopefully, this small-yet-rich variety of novels sparks some interest in you readers— and possibly non-readers. Just remember, any book has the potential to be amazing if it isn't a textbook.


Whether you read one book or all three, you will (hopefully) not be disappointed. If these novels are out of your comfort zone, then that is all the more reason to give them a try. Each book has something for everyone in them and if at first it is difficult to get into them, take a break and go back to it later.

So, get cozy, with someone or your pet, and jump into the literary worlds of one, or all, of these novels and find some time to relax during winter break. If these novels don't turn out to be your cup of tea, don't fret, there are many more genres and story lines out there— but at least try to give these three a second chance before putting them down for good. 🦉



JUST REMEMBER,
any book has the potential to be amazing
if it isn't a textbook.

STORY BY ABBIE WALLACE
DESIGN AND LAYOUT
BY SARA SHAH



REEL TALK

PUT 'EM ON ICE

Colder weather means more time indoors, and more time to binge watch.

BY MORGAN RAY



THE ICE STORM

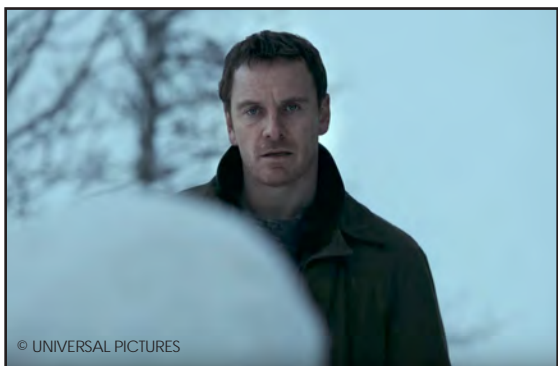
1997 | Directed by Ang Lee. ★★★★★☆

1973: The times are a-changin' and the Hood family (Kevin Kline, Joan Allen, Christina Ricci, Tobey Maguire) is just trying to hold on. But when a horrible ice storm rolls in, it'll leave more than icicles in its wake. *The Ice Storm* is a brilliant chronicle of the rapid cultural changes of the 1970s colliding head-on into traditional suburbia, somehow managing to capture the mind frame and essence of the decade's early years, from the shaky social climate down to Carol Oditz's tacky, period-accurate costumes. The entire cast is filled with heavy hitters, from acting veterans (Kline and Allen) to then-upcoming talent (Ricci and a pre-*LOTR* Elijah Wood), and almost everyone's performances fits intricately into the puzzle that is the Hoods' suburban tragedy. Simply put, *The Ice Storm* is what happens when a nuclear family goes into a meltdown.

HOLD THE DARK

2018 | Directed by Jeremy Saulnier. ★★☆☆☆

Russell Core (Jeffrey Wright) is called out to the Alaskan wilderness to find a missing child, but it soon becomes clear that the real beasts aren't out in the wild. *Hold the Dark* is a chilling and bleak exploration of isolation...or the effects of war...or a supernatural tale. Therein lies the film's problem; it desperately wants to be a dark film with a message. The script tries so hard to sound ambiguous, but it just comes across as overly vague, like it's trying to hide the fact that not even it really knew what it was about. A series of solid performances help ground the film (particularly Alexander Skarsgård at his eeriest) and Magnus Nordenhof Jønck's cinematography is absolutely precise, but an equally solid script and theme could have brought this Netflix film in from the cold.



THE SNOWMAN

2017 | Directed by Tomas Alfredson. ★☆☆☆☆

A killer stalks Norway, leaving nothing but carnage and a cryptic snowman at every scene. Inspector Harry Hole (Michael Fassbender) could be the one to catch them... if they don't turn on him first. Considering the brilliant cast and the people behind the scenes (executive producer Martin Scorsese and his frequent editor Thelma Schoonmaker), *The Snowman* could have been the dark Nordic crime thriller of the decade, but the real crime is that it isn't. Its choppy editing absolutely kills the atmosphere (which is a shame considering how skilled Schoonmaker is) and the film offers no explanations or clues to anything, alienating its audience and resulting in many cases of unintentional hilarity. *The Snowman* had so much going for it and it's easy to mourn what could have been, but it's hard to shed tears for a dead-on-arrival rush job.

HIMALAYA

1999 | Directed by Éric Valli. ★★★★★

When Chief Tintle's (Thilen Lhondup) son dies, his village is divided between him and an outspoken villager (Gurgen Kyap) as the annual supply excursion approaches. Will they have to battle more than just the elements? An absolutely slept-on gem, *Himalaya* is a beautiful portrait of Tibetan life, as well as a poetic-yet-gripping treatise on the inevitable clash between the traditions of the elders and the ideas of the incoming generation. Éric Guichard and Jean-Paul Meurisse's awe-inspiring, almost documentary-esque cinematography intertwines brilliantly with Bruno Coulais's entrancing score, and Lhondup's stubborn-yet-sympathetic portrayal of Tintle is the final stroke in this underrated masterpiece.

