

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | NOVEMBER 2018

GET

OUT

'TIS THE SEASON
TO TRANSFER

TABLE OF CONTENTS

- 4 **Dude, Don't You Wanna G.T.F.O.?**
Here's what you need to know to transfer to a four-year university.
- 6 **Who's in Charge Now?**
After Election Day, there's some new faces, and some old ones.
- 8 **Black Excellence? Almost.**
The academic performance of black students is showing incremental improvement on campus.
- 9 **Himpathy**
Patriarchy has no gender.
- 10 **Hiding Behind the Mask**
Social media is affecting us mentally and emotionally and we don't even realize it.
- 11 **Meeting Needs**
Gizmo's Kitchen provides students with access to basic needs.
- 12 **Speech and Debate**
What's in a name? For the Speech and Debate team, a lot more than meets the eye.
- 14 **Coach Potato**
Fantasy football has become more than just a hobby.
- 15 **Playing Overtime**
Student athletes have to juggle more than most.
- 16 **Do You Even Read, Bro?**
Some see books as an escape; for others, reading is a pain.
- 18 **Holly-woke?**
The what, where and why behind Hollywood's most overtly-used stereotypes and how we can fight them.
- 19 **Queen Reinvented**
Grossmont musicians offer a remarkable reconstruction of Queen classics.
- 20 **Preventing Tomorrow's Disasters**
San Diego may not see lots of damage from the San Andreas Fault, but a local fault may cause worries
- 24 **Grossmont Briefing**
- 26 **It's Not a Trend, It's a Lifestyle**
Try buying and selling second-hand clothes.
- 28 **Reel Talk: And We're Live!**
Out with the old, in with the news!



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

The SUMMIT

A publication of Grossmont College's
Media Communications Department.

Vol. 45 | Issue 3 | November 2018
Web Edition

SUMMIT STAFF

Co-Editors-in-Chief

Sharisse Cohee, Jenna Wilson

Contributors

Aaron Bistrin, Antonio
Chamberlain-Howard, Levi Herrera
Jocelyn Limon-Vazquez, Morgan Ray,
Abbie Wallace

Designer: Shannon "SGM" Prendergast

Adviser: Jeanette Calo

**GROSSMONT-CUYAMACA COMMUNITY
COLLEGE DISTRICT**

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

Governing Board Members

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

Student Members

Edwin Hernandez Armenta, Kyrie Macogay

Chancellor : Cindy Miles, Ph.D.

President: Nabil Abu-Ghazaleh, Ed.D.

Contact us at
summit@gcccd.edu



VISIT US ONLINE
gcsommit.com

Follow
Us!



/THESUMMIT.GC



@GROSSMONTSUMMIT



Summit Staff



Aaron Bistrin

When my brothers and I were all coming from across the country on Thanksgiving day, my mom ordered Thai food. To this day it was one of the best Thanksgivings I can remember.



Antonio Chamberlain-Howard

Turducken. It's literally the worst thing on the planet. My uncle cooked it in a smoker to make it seem as if it was some fancy dish.



Sharisse Cohee

Cow tongue. My mom's side of the family is from Peru, so my grandmother figured a side of cow tongue would compliment the turkey perfectly. Nothing like tasting taste buds to top off Thanksgiving.



Levi Herrera

Yams. I don't like the taste and texture of how they feel in my mouth. I don't know why yams are the color orange because it definitely does not help make them attractive or taste any better.

What's the weirdest food someone has ever brought to your Thanksgiving meal?



Jocelyn Limon-Vazquez

Powerade-marinated turkey. Looking at it will definitely make you gag, and let's not talk about the flavor. Don't ever try it, you'll regret it for the rest of your life.



Morgan Ray

One of my aunts was a vegetarian, so one year she brought a Tofurkey (tofu turkey). From what I remember, it stunk up the kitchen and it looked like a shriveled football. Nobody ate it (not even her) and we ended up throwing it out, but we got a good story out of it!



Abbie Wallace

Turducken: a combination of chicken, duck and turkey. My cousin made it one year and it continues to make sporadic appearances at my family's Thanksgiving meals. I have yet to try it because there's something about three birds in one meal that throws me off.



Jenna Wilson

I can feel the dry, disintegrating bread give me cottonmouth as I think... healthy dinner rolls. Yuck. They had the consistency of cardboard and there were only three dreaded flavors: whole grain, ancient grains and flaxseed. Sorry Aunt Paula, rolls just aren't meant to be a superfood.



DUDE, DON'T YOU WANNA G.T.F.O.?

Here's what you need to know to transfer to a four-year university.

BY ANTONIO CHAMBERLAIN-HOWARD

For many of us, as soon as we step foot on this campus, the goal is to "G.T.F.O."

You know, "Go Io a Four-year Obviously"? Well, that goal is within reach as UC and CSU campuses across the state have opened up applications for junior college students seeking to further their educations at the university levels.

The deadline for final applications is Nov. 30, so here are a few steps to make sure your portfolio is ready on time and looking sharp for some of the most prestigious schools here in the state.



UC SCHOOLS

Universities of California Berkeley, Davis, Irvine, Los Angeles, Merced, Riverside, San Diego, Santa Barbara and Santa Cruz are the nine universities that make up the UC chain. The basic requirements for all UC applicants are:

- Meet the campuses' IGETC/GE requirements.
- Complete at least 60 semester (90 quarter) units of UC-transferable credit.
- Earn at least a 2.4 GPA in UC-transferable courses and a cumulative 2.0 GPA
- Complete the required/ recommended courses for your intended major (assist.org).

Each one of these campuses have some of their own requirements in addition to the minimum UC requirements. For example, Berkeley, Irvine, Los Angeles and San Diego actually require a cumulative 3.0 GPA to even be considered for admission, in addition to answering Personal Insight Questions in a 350-word essay format. UC Davis and Merced have GPA and course requirements for specific majors. However, UC Riverside, Santa Barbara and Santa Cruz have no extracurricular requirements and follow the basic requirements listed above.

To boost or enhance your chances of getting admitted to these colleges, ask some of your favorite professors if they can pen a letter of recommendation for you. These will help you show the administration at these campuses understand that there is more to you than just numbers and letter grades. Take this same approach with the Personal Insight Questions as well. Make sure get these started as soon as possible and go to Grossmont's Writing Center for assistance.

CSU SCHOOLS

There are 23 California State Universities in California. To meet the admission requirements for upper-division transfer students, you must:

- Have completed a minimum of 60 semester or 90 quarter units of transferable coursework.
- Have an overall college GPA of at least 2.0. Your GPA is calculated using all your transfer units attempted; in high-demand majors and campuses, a GPA of 2.0 may not be sufficient to be admitted.
- Be in good standing at the last college or university attended. In simple terms, "good standing" means you are eligible to re-enroll at your last college or university.

- Have completed 10 general education courses (30 semester units or 45 quarter units) of basic skills courses, with a grade of C- or better

There is a wrinkle with CSU schools called “impacted majors.” A major is deemed impacted if the number of qualified applicants exceeds the number of available spaces. Therefore, these CSU schools tend to favor junior college transfer applicants who are

in their local cities or counties, and the GPA requirements are higher for students outside of those local areas. These requirements can be found at each school’s website.

A LITTLE MORE ADVICE

To help boost your chances of acceptance to these colleges, you can send SAT scores to both of these campuses in order to enhance your resume in such a competitive climate.

Also, finish your FAFSA for 2019-20! Attending four-years can be expensive, the sooner you finish your FAFSA the earlier you get to budget out your future.

If you want more information regarding transferring, visit assist.org or talk to your counselor. The sooner you do it, the sooner you can “G.T.F.O.” 🐟

NEW SCHOOL, NEW STATE



Preparing to transfer from Grossmont to a university is not only an exciting milestone in a student’s educational path, but can also serve as a life-changing event, especially if transferring to an out-of-state institution.

..... BY SHARISSE COHEE

The idea of change can be a terrifying reality to grasp since it’s so convenient to snuggle into a comfort zone. However, that same sense of fear can act as the motivation a student needs to transform from average to outstanding. The same rationality is involved while procrastinating on an essay or studying for a midterm; at times that extra stress is necessary to get a job done— just ask any student who has perfected the art of cramming.

While transferring to SDSU is by all means a superb accomplishment, some students, especially those who have lived in California for the majority of their lives, aspire to travel beyond the Golden State.

“To try something new, meet new people, experience another state and environment that the student is interested in, try out a new place to live before committing long-term, some may want a new experience or fresh start,” explained Sarah Moore, Grossmont College’s Transfer Center Coordinator/Counselor, listing the benefits of transferring out of state.

With so many colleges across the nation, the overabundance of information regarding transferring can easily become overwhelming and stress out a student. The Transfer Center, located in Student Resources and Administration (Building 10), provides information and counseling, among many other useful tools to aid students and offer guidance, along with the Center’s website located on the grossmont.edu directory under “Transfer Center.”

Marco Manzano, a student employee at the center, offered advice for students transferring out of state, suggesting for the student to “do as much research as possible on their own, then come to the Transfer Center with questions and they can try to work out a plan with a counselor through a one-on-one appointment.”

Manzano is correct as there is no “one-size-

fits-all” guide when transferring out of state. So where should a student start when researching?

A natural first step would be determining what major or field of study the student is interested in pursuing. This can help in narrowing which universities are highly regarded for providing degrees in that field. Links for various out-of-state universities are listed on Grossmont’s website under “Transfer Center.”

When a student begins to narrow down schools, they should go on a research binge, searching for information like which Grossmont classes will transfer to that particular university and if an articulation agreement exists between the prospective university and Grossmont. When asked about the general steps a student should take when seeking to transfer out of state, Moore said: “Meet with a counselor. Counseling is offered in the Transfer Center, General Counseling, EOPS or ARC. It is important that the student ask whether an articulation agreement exists. I would also recommend that the student reach out to the Admissions Office at the campus(es) he or she is considering to establish a connection, build rapport and ask questions.”

Counselors can drastically help interpret the language universities speak regarding admittance— for instance, the articulation agreements to which Moore referred. A plethora of information exists regarding articulation in the “Transfer Center” section of grossmont.edu, including this: “Successful completion of an articulated course assures the student and the faculty that the student has taken the appropriate course, received the necessary instruction and preparation and is ready to progress to the next level.”

This (technically) is different compared to classes that “transfer” from junior college to a university. While researching articulation is high on the priority list for any student seeking

to transfer from Grossmont, out-of-state students must also take into consideration “out-of-state fees” that exist when a student attends a school without being a resident of that state. This cost can get pretty pricey depending on the state to which one is hoping to transfer.

According to statistics provided on bigfuture.collegeboard.org, in-state students who attend a public four-year college pay roughly \$9,400 on average yearly for tuition and fees. On the other hand, out-of-state students attending the same college cough-up roughly \$24,000 yearly— quite the staggering difference.

Despite the hefty numbers, these “sticker prices” should not discourage a student from attempting to transfer out of state, as programs such as financial aid and Western Undergraduate Exchange (WUE) offer assistance in lowering fees. Counselor Moore explained WUE more in depth: “[WUE] affords eligible students the opportunity to pay a discounted out-of-state tuition at participating

[TRANSFER CONT. ON PAGE 21]



The Transfer Center is located in 10-173. It’s hours are:

- M-T: 8 a.m. to 6 p.m.
- W-Th: 8 a.m. to 5 p.m.
- F: 8 a.m. to 1 p.m.



WHO'S IN CHARGE NOW?

After Election Day, there's some new faces, and some old ones.

COMPILED BY LEVI HERRERA | DESIGN BY NYAMACH CHUOL

After a long day of voting on Nov. 4, there were a lot of surprise wins. At the same time, there were areas where people obviously knew who would win. Duncan Hunter was supposed to win, but no one expected opponent Ammar Campa-Najjar to keep up in the percentage. Similarly, Gavin Newsom was an obvious winner to win governor of California, but give credit to opponent John Cox for making it to the midterms, since many believed he would not make it out of the primaries. Overall, the 2018 midterm elections had many young voters, and numbers of voters were above what people had expected.

CALIFORNIA SENATE



Dianne
Feinstein



Kamala
Harris

Feinstein's seat was the only one up this election. The Democrat defeated state Sen. Kevin de Leon (also a Democrat) to retain the seat she's held since 1992.

HOUSE OF REPRESENTATIVES AROUND SAN DIEGO

DISTRICT 50 Duncan Hunter (R)

DISTRICT 51 Juan C. Vargas (D)

DISTRICT 52 Scott Peters (D)

DISTRICT 53 Susan A. Davis (D)

According to the *Associated Press*, Hunter became "one of the few candidates in U.S. history to be re-elected while indicted." He faces multiple federal corruption charges for using campaign money for personal expenses.

STATE EXECUTIVE OFFICES

STATE GOVERNOR

Gavin Newsom (D)

LIEUTENANT GOVERNOR

Eleni Kounalakis (D)

SECRETARY OF STATE

Alex Padilla (D)

CONTROLLER

Betty Y. Lee (D)

TREASURER

Fiona Ma (D)

ATTORNEY GENERAL

Xavier Becerra (D)

INSURANCE COMMISSIONER

Ricardo Lara (D)

SUPERINTENDENT OF PUBLIC INSTRUCTION

Marshall Tuck

NOTE: Election results were still being finalized by time of print.

PROPOSITIONS

👍 PROP. 1

Housing Assistance Bonds
Authorized bonds to fund specified housing assistance programs.

👍 PROP. 2

Mental Illness Housing Bonds
Authorizes bonds to fund existing housing program for individuals with mental illness.

👎 PROP. 3

Water, Environmental Bonds
Authorized bonds to fund projects for water supply and quality, watershed, fish, wildlife, water conveyance, and groundwater sustainability and storage.

👍 PROP. 4

Children's Hospital Bonds
Authorized bonds funding construction at hospitals providing children's health care.

👎 PROP. 5

Property Tax Base Transfers
Changed requirements for certain property owners to transfer their property tax base to replacement property.

👎 PROP. 6

Repeal State Gas Tax
Eliminated certain road repair and

transportation funding. Requires certain fuel taxes and vehicle fees be approved by the electorate.

👍 PROP. 7

Allow Daylight Saving Change
Conforms California Daylight Saving Time to federal law. Allows legislature to change daylight saving time period.

👎 PROP. 8

Regulate Dialysis Charges
Regulated amounts outpatient kidney dialysis clinics charge for dialysis treatment.

👎 PROP. 10

Remove Rent Control Limits
Expanded local governments' authority to enact rent control on residential property.

👍 PROP. 11

Expand EMT On-Call Time
Required private-sector emergency ambulance employees to remain on-call during work breaks.

👍 PROP. 12

Farm Animal Space Minimum
Establishes new standards for confinement of specified farm animals; bans sale of noncomplying products.

SOURCE: ABC7.COM

CALIFORNIA SUPREME COURT ELECTION

Both Carol A. Corrigan and Leondra R. Kruger were confirmed as associate justices for San Diego in the state supreme court elections.

SAN DIEGO COURT OF APPEALS ELECTION

There were 18 justices on the ballot for the Fourth Appellate District! In the only contested race, Matt Brower, a Marine Corps Reserve judge advocate, ousted Superior Court Judge Gary Kreep.

SOURCE: SAN DIEGO UNION TRIBUNE

GROSSMONT COLLEGE GOVERNING BOARD

Grossmont-Cuyamaca Community College District Board of Trustees



DISTRICT 1

Linda Cartwright



DISTRICT 2

Debbie Justeson



DISTRICT 3

Bill Garrett



DISTRICT 4

Elena Adams



DISTRICT 5

Brad Monroe

This election, trustee seats were up for Districts 1, 2 and 5. Linda Cartwright, a public school teacher, was elected to District 1, where she replaced Edwin Hiel, who lost in the primary elections. Incumbent Debbie Justeson kept her seat in District 2. Cuyamaca College instructor Brad Monroe will replace Greg Barr, who did not seek re-election, in District 5.

BLACK EXCELLENCE?

ALMOST

The academic performance of
black students is showing incremental
improvement on campus.

EDITORIAL BY
ANTONIO CHAMBERLAIN-HOWARD
DESIGN BY DJIBRIL CAMARA

Walking through campus most days, I notice there aren't a lot of African-American students. It isn't abnormal in any sense, as other community colleges in San Diego have roughly the same percent of black students Grossmont does.

Being black, it was seemingly inevitable that I made close bonds and many relationships with other students of the same complexion as mine. The more we talk, the more I've noticed that we all have one goal in mind: success. It may be by different means or methods, but it's definitely a commonality. A term we often use is "black excellence." It's used to describe achievements and successes that people of our color have made.

The term "Black Excellence" arose due to the fact that it is much more difficult to succeed as a person of color. This is due to racial bias being so institutionalized in the workforce, politics and even education. If someone with a dark complexion and melanin in their skin does something noteworthy, we deem it as black excellence. Jay-Z, Barack Obama, Jesse Williams, LeBron James, P. Diddy and so many more. Name any black mogul, they embody the term.

This expression, however, is definitely not limited to black

moguls of celebrity stature. I use it interchangeably to describe the accomplishments of my fellow peers every day. I truly believe that African-American students are achieving excellence every day we step on campus, secure a job or essentially beat the odds. Hearing, using and even seeing the term on campus piqued my interest and so out of curiosity, I decided to reinforce my idea that us black students at Grossmont College are truly achieving black excellence.

Attempting to prove black excellence on campus, I found numerous statistics on the school's website with the average GPA, retention and transfer rates of black students. Unfortunately, the numbers didn't backup my perspective that we are achieving excellence. In fact, it made me question it.

According to Grossmont district's Key Planning Indicator, African-American students as a whole have the lowest cumulative GPA over the past five years among all ethnicities represented at Grossmont College at a 2.15. In addition, 13.4 percent of African-American students complete transfer-level math courses in their first year and 18.8 percent in their second year, both averaging the lowest among all qualifying

ethnicities. In addition, 65 percent of African-American students end up completing 30 units, second-lowest among all qualifying races. And 41.5 percent of African-American students complete a degree, certificate or transfer-related outcome, third lowest among all ethnicities.

Although the numbers appear to be bad on the surface, we've actually improved incrementally in all of those categories above, year by year. In addition, 39.3 percent of black students have north of a 3.0 grade point average. But compared to other ethnicities on campus, African-Americans should strive to improve.

I understand improvements take time. We aren't going to be able to dramatically raise these numbers in a year or two, not even a decade or two. But perhaps this generation of African-American students can change the mindset and ideologies of the future students who will be attending Grossmont.

School isn't for everyone. Some of the models for black excellence previously listed didn't even attend college, but we all aren't rappers, actors or once-in-a-generation athletes. School may be the only way for some us to achieve black excellence, and we have to change the narrative. 🐦

HIMPATHY

PATRIARCHY HAS NO GENDER. | EDITORIAL BY AARON BISTRIN

Himpathy is excessive sympathy shown to male perpetrators of sexual violence in the attempt to preserve their reputation, power or status. Accused men – especially white, privileged men – are broadly treated with deference by the media and the public, and if brought to a court, they are given lenient sentences.

We witnessed a prime example of “himpathy” on a national level at the highest court in the land. Brett Kavanaugh, a white man of extreme privilege, was the direct beneficiary of himpathy. Christine Blasey Ford accused Kavanaugh of sexual assault and the full force of the patriarchal structure was waged against her. The prevailing narrative was that this was a smear campaign against Kavanaugh and that Ford’s claims were unsubstantiated. The patriarchal structure was used to silence the victim and create sympathy and victim-hood around the accused.

The patriarchal structure has wages of masculinity. Young boys begin investing in this structure around the ages of 8 to 12 years old, with emphasis on physical strength, aggression and sexuality. This behavior becomes a cognitive mapping for young men and their ideas around masculinity. According to *The Journal of AIDS & Clinical Research*, “There are three consistent variables in hyper-masculinity: callous sexual attitudes toward women; the belief that violence is manly; the experience that danger is exciting.”

It benefits a young man to buy into these social contracts of masculinity for survival, they determine your place within the patriarchal structure. Armed with the knowledge that if you are a part of this system, you too will have the protection of the patriarchal structure afforded to white men and especially those of privilege. Let’s be very clear that this same protection is not afforded to men of color.

For survival, one must prescribe to a tribe or group for protection; it is the natural way. When your tribe happens to structure itself based on a misogynistic and hyper-masculine set of rules, admission is the sacrifice of empathy and compassion. The phrase “boys will be boys” has excused us men from taking responsibility in engaging in misogynistic activities like calling women by derogatory terms, excessive displays of unsolicited attention and unwarranted sexual advances. Men know that not only are they protected by the patriarchal structure, they are actually rewarded for paying into the system.

In an interview with *Yes!* magazine, Kate Manne, assistant professor at the Sage School of Philosophy at Cornell University, elaborated on “himpathy,” a term she coined in her book *Down Girl*.

The article reads: “For Manne, misogyny is not simply ‘men who hate women.’ That’s far too simplistic, she says. Rather, it’s a far-reaching, punitive social system that keeps women in their place by rewarding compliance and punishing resistance to the gendered social order. This disciplining role of misogyny has escaped attention for a variety of reasons, chiefly, the social shield of himpathy.”

Shifting the narrative of victim-hood to the accused and vilifying the accuser is the template of patriarchal structure. In many cases, it highlights the rewards structure set up within our society for acts of misogyny perpetrated by white males and the silence or non-

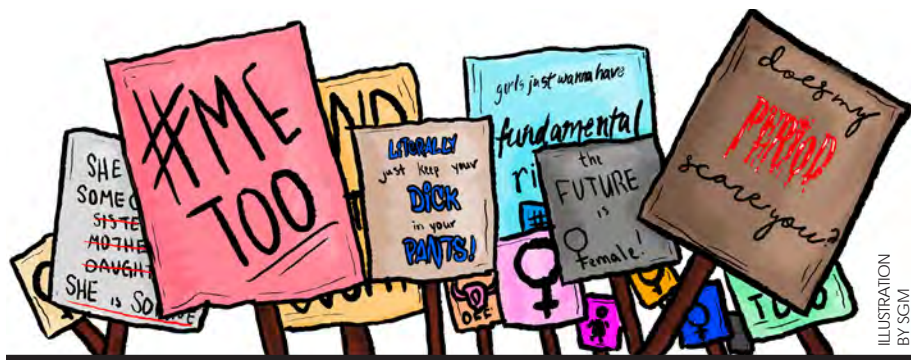
action by the victims who are predominantly females.

Julio Soto, a sociology professor at Grossmont said, “College-aged women who bring out their story have to deal with the discomfort of having to decide to address it with family and friends, weighing between the benefits and consequences of coming forward—many defaulting to accept the narrative of the innocence of him and the questioning of her.”

The programming of young men into the social structure like the patriarchal system needs to be sourced to the root of assigned gender roles within our society. As stated on the *Daily Kos* internet forum: “Patriarchy is generally not an explicit ongoing effort by men to dominate women. It is a long standing system that we are born into and participate in, mostly unconsciously.”

The framework that continues to perpetuate the patriarchal system consists of actions like saying “Boys will be boys,” celebrating the “macho” or “alpha,” or saying, “It’s a women issue.” These terms have given license to men to act unconsciously in their being silent instead of challenging other men on patriarchal and sexist ideas or actions.

As a man, I know I am guilty of these frameworks and have had to



“PATRIARCHY IS GENERALLY NOT AN EXPLICIT ONGOING EFFORT BY MEN TO DOMINATE WOMEN. IT IS A LONG STANDING SYSTEM THAT WE ARE BORN INTO AND PARTICIPATE IN, MOSTLY UNCONSCIOUSLY.”

—DAILY KOS

take a serious and deep inventory of how I have participated in non-action and unconscious hyper masculinity. I know that when I am around friends and derogatory terms are being used in reference to women, I should say something. Do I? I do not. Have I been guilty of making sexual innuendos toward women in the past? I have. Do I still have patriarchal structure ingrained in my being? Absolutely.

To first understand the unconsciousness of my actions, I have to educate myself on what the patriarchal structure is. I have to hold myself accountable for my language and actions around other men. I also have to support a wide-ranging spectrum of ideas of what it means to be a “real man,” like compassion and vulnerability, and take responsibility for altering myself as well other men around me. I need to remove the idea of the traditional family structure and the gender-assigned roles within the household, and accept and appreciate all types of family structure. Lastly, I need to listen to women – actually listen and hear what they are saying – and let women lead the way. Maybe it’s time for us men step away and let the future be female. ♀

Social media
is affecting us
mentally and
emotionally and
we don't even
realize it.

hiding behind the mask

ILLUSTRATION BY SGM

BY JOCELYN LIMON-VAZQUEZ

We scroll through our Instagram feed every day, for minutes, or even hours. We see hundreds of pictures on social media of people who seem to have a “perfect life.” Pictures of men and women with “perfect bodies,” according to our society and its so-called beauty standards. Social media has become a part of our everyday lives, and without realizing, it’s slowly affecting us mentally and emotionally.

According to recent research conducted by Adweek, “The average person will spend more than five years of their lives on social media.” We spend around 135 minutes on social media on a daily basis. That may not sound like a lot of time; however, we spend most of this time looking at fake posts, fake pictures and fake people, and this is affecting our lives.

Most of us only post the good things in our lives on our social media platforms. We post things that we know will give us hundreds of “likes.” We post only the fun things we do, the places we visit; we post things others enjoy seeing. That’s the whole point of social media, right? To show others what a “perfect life” looks like. However, social media is a mask and most of us are hiding behind it.

We rarely ever see people posting sad things on social media. We see the good things people post and this affects us mentally because we believe that people have perfect lives, and we wonder, “Why can’t my life be this perfect?” We start to buy all these lies and stereotypes created over time. This can eventually lead us to sadness and depression.

We see a pretty face or a nice body, and the first thing we say is, “I wish I looked like her or him.” Then we start to change our appearance because social media tells us that we should look a certain way in order to be seen as “beautiful.” Social media messes with our minds, our emotions and even our self-esteem. It affects our mental health; it’s all a mind game.

One of the main factors that lead to depression is isolation. Sometimes we spend hours on social media and this doesn’t allow us to go out and socialize. We get so caught up in social media, sometimes we spend more time on social media than with our friends or families. Before we even know it, our friends are gone because we are always “too busy.” Social media can lead to isolation, which can affect us mentally and emotionally.

In fact, it has been proven that spending a lot of hours on social media can lead to isolation and depression. A study conducted by the Child Mind Institute shows that young adults who spend the most time on Instagram, Facebook and other social media platforms have a higher rate of reported depression.

When we only share the good things on social media, the good moments, we start creating a “fake” us, and we start to put on a mask. But, what about the sad moments in our lives? Why aren’t we showing that to people? That is because we don’t want others to see the real us. We want to leave people with a good impression by putting our “happy face” mask on. We don’t want to show vulnerability, we think that social media and vulnerability can’t go together.

An article from the Child Mind Institute stated that young adults who have committed suicide because of depression, “projected a perfect image on social media their feeds packed with inspirational quotes and filtered images showing attractive, happy kids ... But behind the digital curtain, they were struggling emotionally.”

The very famous phrase we’ve been hearing throughout the years, “Don’t believe everything you see on the internet,” has never been truer, especially with the content we see on social media.

It is important that we share both the good and the bad on social media. If we only share the good, we will make others believe the lie of “My life is perfect.” Let’s not post to make others envious of us, or the things we have; this could affect them mentally and emotionally. If we think about it more in-depth, our posts may have the power to lead others to depression or even suicide.

Next time we post something on social media let’s think of the people who will see our posts and how we can affect their lives in a positive way. Our posts have the power to encourage others as well. Next time you see a “perfect” picture on social media, don’t let it deceive you. Remember, it’s all an illusion— it’s just a mask.

Sometimes we try to convince ourselves that our lives are perfect by making our social media profiles look “perfect.” We play with our own minds; this starts to affect us mentally, and we don’t even realize it. Truth is, there is no such thing as a perfect life, a perfect face, a perfect body, a perfect relationship, a perfect friendship, the list goes on. These are all things society and social media have invented. In fact, there is no such thing as “perfect.” Perfect is just an illusion.

Social media, mental health, depression, self-esteem and suicide are all linked together. Don’t let social media affect your life mentally or emotionally; don’t let social media change the way you look or tell you how you should look. Most importantly, don’t let social media steal your happiness and self-confidence. Don’t strive toward a “perfect life,” because in reality you will be striving toward something that doesn’t even exist. Strive toward happiness and being your best self instead of hiding behind the “social media” mask. 🐦

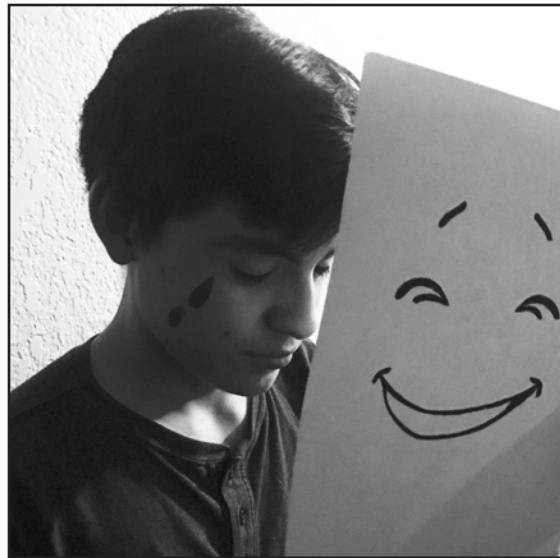


PHOTO ILLUSTRATION BY LIMON-VAZQUEZ

STEP AWAY

BY JOCELYN LIMON-VAZQUEZ

We spend most of our day on our phones using social media, sharing posts, liking posts, wishing we had what others have and complaining about the things we don't have. Sometimes, we just need a break from social media and we need to start enjoying life. Here are five steps you can take to help you stay away from social media for a while.

1 Spend time with your loved ones

Go out with your friends and family members, and spend quality time with them. Get to know them even more. Spending time with the ones you love will bring happiness into your life. Grab lunch or coffee together and talk about life. Talk about the things you have been doing, and share your plans and dreams. Discuss what will encourage and excite all of you.

2 Go on an adventure

Going on an adventure is always helpful in taking your mind off social media and your everyday life. Going on adventures doesn't necessarily mean you have to travel across the world. It could mean going on a mini road trip, visiting a park, trying a new coffee shop, exploring a lake or beach, or going hiking or skydiving. Going on an adventure just means doing something you've never done before. Go with your friends, family or alone, but don't just read people's posts about their adventures; go experience one!

3 Focus on the things you have

Focusing on the things we have is something we should be doing on a daily basis. Using social media often makes us wish we had things others have and we never pay attention to the things we already have that we constantly take for granted — a house, a car, pets, friends, even food. Some people don't have any of these things. So stop worrying and thinking about the things you wish you had, and be content with what you already have, no matter how small or big it is. This will bring you a sense of gratitude and it will make you focus more on what you have and less on the things you see on social media.

4 Do what you are passionate about

Do what you love, what makes you happy and what motivates you. Does helping others make you happy? Go out and do it! If you're passionate about traveling, go hop on a plane or a train as soon as possible. If you enjoy writing, start writing an article or letters. We're all passionate about different things, but doing what we're passionate about will give us a sense of hope. It can be hard to find the time to do the things we love because of school and work, so instead of spending your time on social media, use your time wisely and take the time to do all of the things you love.

5 Exercise

Exercising might not be the most exciting activity for many; however, exercising reduces your stress. Instead of spending more than an hour on social media, spend that time doing something that will be beneficial to your health. In fact, there are many fitness places here in our city. However, if you don't want to pay for a gym membership, you can go out and play sports, swim, go for a walk to the beach, go hiking, cycling and even dancing. Exercising can be fun and if you do it often maybe it could even become one of your most favorite activities. Give it a try!



MEETING NEEDS

Gizmo's Kitchen provides students with access to basic needs.

BY ABBIE WALLACE

The holiday season has begun and it's the perfect time for those who are able to give back and those in need to receive. A majority of community college students face financial hardships, and sometimes those hardships include limited access to food. In fact, according to the college website, 67 percent of community college students experience food insecurity.

For students who may be experiencing such hardships, Gizmo's Kitchen here at Grossmont is available ready to help. "Gizmo's Kitchen is Grossmont College's student food pantry, which is design to serve students who are facing and/ or struggling with food insecurity," said Susan Berry, the Student Engagement Coordinator at Grossmont.

Located in Building 60, Room 130, Gizmo's Kitchen is available to Grossmont students with a valid student ID card. Students can access it with ease once a week, Monday through Thursday from 10 a.m. to 2 p.m. during fall and spring semesters.

Berry said Gizmo's Kitchen has been open for a year now and is now going on its second. "We have given out over 4,000 meals since we have opened," said Berry, adding that "30 percent of users of the food pantry have identified as being homeless."

The food and basic necessities provided are non-perishable and able to be prepared on campus or taken as a grab-and-go item.

"As of now we give out pre-made bags of food that students can pick up in student health," said Berry. In addition to food, Berry said students can also pick up hygiene bags that are provided.

While Gizmo's Kitchen can be accessed in fall and spring, the holiday season is the perfect time to donate if you are able to, as the holiday season can place more stress on students who [PANTRY CONT. ON PAGE 17]



BY ABBIE WALLACE
ILLUSTRATIONS BY JOSE GUILLEN

SPEECH AND DEBATE

What's in a name? For the Speech and Debate team, a lot more than meets the eye.

There's no debating the fact that when most of us hear "speech and debate," we tend to ignore the "speech" portion and we may be confused by what a Speech and Debate team does.

It's time for the misconceptions of what Grossmont College's speech and debate program consists of to be explained so the team is recognized as the talented and dedicated group of students it is.

Currently, Grossmont's speech and debate team consists of 21 members and is advised by Professor Roxanne Tuscany. The team meets every Tuesday from 5:15 to 7 p.m., in Building 24, Room 269.

When it comes to a speech and debate team, "most people think only of debates and of the political debates they've seen on TV," said Tuscany. However, that debate style is not what Grossmont's debaters specialize in. Instead, the team participates in parliamentary debate.

"They have to be prepared to present either side of the argument and only have 20 minutes to hear what the resolution is and then present their arguments," said Tuscany of a feat much more complex than future leaders of America squabbling back and forth on national television.

Often times, the majority understanding of speech and debate is that it is primarily debate. When discussing the team, Tuscany said, "The speech part is a major focus of our team." Speech can be divided into different categories of performance. One

form is oral interpretation "which includes poetry, drama, prose and even duo, which looks very similar to acting," according to Tuscany.

In addition, they also perform "formal written speeches, impromptu speaking and an event called 'Speech to Entertain,' which looks very similar to a stand-up comedy routine," Tuscany said.

The purpose of speech and debate is to "allow students or competitors to express themselves through literature, film, politics and controversial topics," said team member Theo Hayes. According to Hayes, what makes Grossmont's team interesting is "we have open dialogue about political views, orientation. It's a place where you can express yourself in many forms."

Hayes has been successful in his time on Grossmont's Speech and Debate team. Last year, he was selected to compete at the state and national tournament. In state, Hayes won gold in prose interpretation, and in national he won gold in dramatic interpretation— an impressive achievement for someone who had no plans to be in speech and debate before attending Grossmont. Hayes joined the team after he took Tuscany's public speaking class where she mentioned the team. It was then where Hayes said he asked her, "Do you think I'll be good at it?" Looking at him now, the answer is, "Yes."

While Hayes had never done public speaking or any kind of acting, Tuscany



"He is a great example of what you can do without any prior experience. If you work hard you can achieve your goal."

Adviser Roxanne Tuscany said the above about Theo Hayes, a member of the Grossmont Speech and Debate team. Although he had no experience in speech and debate until last year, Hayes took home the gold in Dramatic Interpretation at the Phi Rho Pi National Tournament held in Daytona Beach last spring.

said, "He was a good listener and watched what the other students were doing during his first semester in the class."

So Hayes went with it and said, "Once I got out there, I fell in love with it."

Naturally, it takes some time before achieving such successes but Tuscany said, "Theo put in a lot of hours of practice and it paid off." The awards won by Hayes are perfect examples of how hard Grossmont's speech and debate works. Hayes said he was not expecting to accomplish all he has so far and that "you don't have instant success." Hayes went on to say that performances are ranked from one to five, and sometimes you'll get a one while other times you'll get a five.

Hayes' accomplishments are impressive and perfect examples of what can be achieved when you are passionate and determined to succeed. When discussing his achievements, Hayes said, "I have a great coach who teaches you everything you need to know."

Tuscany's great coaching and dedication has inspired and motivated the members of Grossmont's speech and debate team and helped them grow as performers and competitors.

This semester, Hayes "has taken on the role of team leader and has become a great coach for the new students," said Tuscany, who added: "He is a great example of what you can do without any prior experience. If you work hard you can achieve your goal."

Tuscany also said she believes Hayes will earn more gold awards this year.

As for the future, Hayes said speech and debate is "definitely" part of his. "You can make this a future," Hayes said, adding that eventually he wants to teach communication.

Grossmont's Speech and Debate program will be hosting its 26th Annual Griffin speech and debate tournament on Nov. 17 and 18. Speech and debate tournaments are also sometimes misconceived by most people. The major misconception about tournaments is that it takes place in one room, Tuscany said. Instead, the tournament typically requires about "50 rooms across a campus to include all the different rounds during each hour of competition," according to Tuscany.

For Grossmont's tournament, about 40 classrooms across campus will be used for the competitions, and Griffin Gate will be the heart of the tournament, where you will be able to locate all the events.

In addition, the typical two-day tournaments run for eight hours each day, and Grossmont also competes with other community colleges as well as universities, according to Tuscany. Be sure to check it out and support Grossmont's hard working team.

While the idea of long practices and longer tournament days seems tedious, Hayes said speech and debate is "actually fun," adding on: "We have a really good time. You get to travel and meet people." It's a program and team that loves what they do and have a good time doing it.

As Hayes illustrates, you don't have to be a professional to join Speech and Debate.

can take something they are passionate about and make speeches or debate about it through various forms. "This is the best place because no matter what you present in speech and debate, everyone has to listen," Hayes said.

While topics do have to be approved by Tuscany, Hayes said they can be about almost anything. "If you're passionate

"We have open dialogue about political views, orientation. It's a place where you can express yourself in many forms." -Theo Hayes

The team is "open to newcomers," and provides the "opportunity to improve speaking skills," Hayes said.

Much like the rest of Grossmont, the Speech and Debate team welcomes all students and beliefs or passions, as those are what make for great speeches.

Grossmont's Speech and Debate team is so much more than simple debates and speeches; it is a program where students

about Legos, you can do a speech about how it has helped you and others," Hayes said. "That's just a small example."

Grossmont's Speech and Debate is a place where no experience can grow into multiple awards; it is a place for improvement in speaking skills, and it is a place for ideas and passions to be shared with teammates, tournaments and all of Grossmont. ✎



COACH POTATO

BY
SHARISSE
COHEE

The art of playing fantasy football has become more than just a hobby. The phenomena has transcended to a forte, but casual spectators who have yet to participate in a league still wonder: Just what this “fantasy craze” all about?

Athletes who are talented enough to start in the NFL certainly have more than just heavy safety pads to carry on their shoulders. They perform in peak physical form while playing a full contact sport, at times in exhausting weather conditions. All this while being viewed and criticized by the millions of spectators watching from the stands as well as across the country and, for games like the Super Bowl, the world. Talk about pressure.

But what about the pressure the anxiously watching fans have to suffer through? Not referring to the general spectator who casually watches, but the fantasy football junkie who clings to the edge of their Lazy Boy on game day, needing just one more yard to win by a fraction of a point.

For hardcore players of fantasy football, watching Sunday games has become more than a pastime; it has turned into a ritual. Hence why a fantasy guru is able to bear through a “barn-burner” matchup, like the Giants and Cardinals. To a fantasy “coach” who is starting Saquon Barkley or David Johnson, this game is a crucial must-watch, and in the long run can even help to boost ratings.

Grossmont College student and fantasy football buff Jotham Patten said playing fantasy broadens his football horizons. “It brings interest in other teams for me,” he said. “Of course I’ll watch my favorite team play, but then, I’ll watch games I normally wouldn’t care about to see if my fantasy players go off.”

The television show *The League* (2009-2015), produced by the FX Network, helped to introduce the intense and comedic world of fantasy football to the mainstream public, as it followed a group of friends playing in a fantasy league and the hilarious antics that ensued as they managed their teams and fought for the coveted Shiva Trophy. While the show did have a strong following, many still wonder what the fascination with fantasy football is, and why do people get so amped over it?

While Grossmont student Amaya Ardilla does not play fantasy football herself, she still provided a decently accurate depiction of the game: “My dad plays it. You choose players to put on your team and they get points from playing the real game.”

Ardilla offered a good “main gist” on fantasy: The objective of fantasy football is certainly for your team to score the most points, but also, and at times even more important than winning cash is claiming the illustrious bragging rights that come with a “W.” Fluency in trash-talking is highly recommended.

“Definitely the bragging rights,” Grossmont student and fantasy sports aficionado Jason Freund confirmed. “Especially when you are playing against family members and close friends, the smack talking can get brutal, but that makes it even more fun playing.”

In order to achieve these bragging rights, though, one must build a solid and consistent team as points are earned through players gaining yards and scoring touchdowns. Conversely, interceptions and negative yards kill a players score, especially if your QB throws a dreaded pick six. Team owners choose players to start in a weekly lineup as fantasy teams face off week-to-week. Generally, after 16 weeks, the four players with the best records move on to compete in the playoffs, while the remaining teams have to mourn until next season. Cash rewards from initial buy-in fees are given to third place and up, with first place receiving the most money and ownership of bragging rights until they’re dethroned.

Leagues vary as to what positions are included, but most consist of a quarterback, tight end, kicker, wide receivers, running backs, a defense/special team, and lastly a flex position. The “flex” can make or break your team as different offensive positions can occupy it; in essence, it’s a great opportunity to start that sleeper running back your gut has been telling you to play.

Owners add players on draft day just before the start of the regular season in late August. Draft Day brings adrenaline and sweaty palms to a new level as league members anxiously await their turn in a live draft. Usually 14 to 16 rounds, league members are put on a two-minute timer to decide the next player to add to their team. NFL players are chosen based on past performance and any off-season buzz, as well as hyped rookie athletes fresh out of college. The dreaded “auto-draft” – the bane of most fantasy addicts – comes into play when a person exceeds the two-minute limit or cannot participate in the

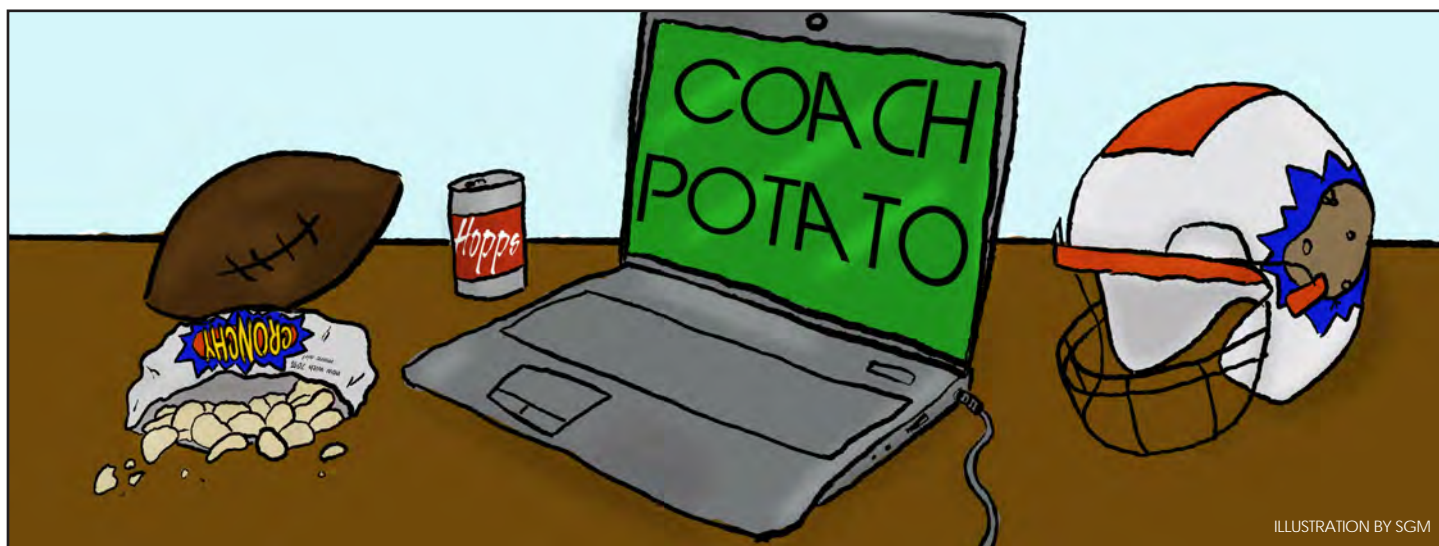


ILLUSTRATION BY SGM

live draft. Drafting intelligently and having some luck will build a solid foundation for a fantasy team, especially if you get first pick and snag, say, Todd Gurley, running back for the Los Angeles Rams.

However, a solid draft is just the beginning. To be a contender, one must pay attention to the ongoing buzz and happenings around the NFL such as trades, benchings and injuries. The waiver wire and free agency are used to pick up undrafted players throughout the season. Last, and very important, tinkering too much with a lineup and over-thinking can cause regrets. Fantasy gives owners the exciting opportunity to trust their gut in friendly and, admittedly, heated competition.

Leagues function through apps such as Yahoo and ESPN Fantasy Football, which are free to the users. Members can adjust their lineups, view player status and updates as well as trade players among other league members— all while trash talking through absurd memes and emojis through the app's chatroom. How convenient.

According to the Fantasy Sports Trade Association website, the estimated number of people playing fantasy sports in the U.S. and Canada exploded to 59.3 million in 2017, 71 percent being male and the remaining 29 percent female.

If this rising number is any indication to the direction that fantasy football is headed, then it is safe to say this game will continue to grow and reach out, even to those who are casual fans, and possibly turn them into fanatics. While at the end of the day, fantasy football is just a game, it holds the uncanny ability to connect people to one another and allow die-hard fans of football to feel even closer to their beloved pastime as well as each other. 🐾

FANTASY BOOMS AND BUSTS: 2018

With the NFL season slightly more than mid-way through, the last nine weeks have provided fantasy owners with certain players who are considered “booming,” going above and beyond expectations. However, with the good comes the bad as other players of the 2018 season have slumped hard and haven't come close to performing up to their hyped projection, branding them fantasy “busts.”

BOOMS

Patrick Mahomes, QB, Kansas City Chiefs

In his first year starting, this QB has completed eight straight 300-yard passing games and is on pace to break several Chiefs records, including most touchdowns and yards thrown in one season. With an arsenal of weapons on his offense, Mahomes is a fantasy god performing miracles each game for owners.

Adam Thielen, Wide Receiver, Minnesota Vikings

When people think “No. 1 wide receiver,” they immediately name drop Antonio Brown and Julio Jones.... that's so last season. Thielen has scored at least one touchdown in the last six games and has caught for at least 100 yards in eight games straight. Even with Stefon Diggs pulling in catches, Thielen seems to be the go-to target for QB Kurt Cousins in Minnesota. Now that is consistency for you.

BUSTS

Le'Veon Bell, Running Back, Pittsburgh Steelers

Who said wide receivers were the divas of the NFL? Le'Veon Bell has sincerely disappointed fantasy owners with his ongoing contract disputes and holdout to play. Bell was chosen in the top five picks in most, if not all fantasy drafts. While this hold out was originally slated to last only two games, it's now nearing week 10, and Bell is not looking any closer to suiting up for the Steelers, hand-cuffing fantasy owners. At least one positive note to come from the Bell situation is that it's unleashed running back James Conner's power, as his explosiveness makes the glands of any fantasy owner salivate.

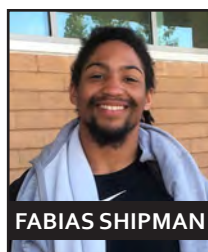
Rob “Gronk” Gronkowski, Tight End, New England Patriots

While it is an inherent fact that all Gronk owners should have a backup plan, as the tight end is prone to injury and missing games, the points he does score when he plays healthy more than make up for having to constantly check his injury status. This season, though, has been a complete flop for the No. 1 tight end as he has only pulled in one touchdown thus far and has already missed two games. Adding to the difficulty, Patriots head coach Bill Belichick's coyness in disclosing injuries often designates Gronk as a game-time decision to play, leaving fantasy owners no time for a substitute if the tight end sits out. Fingers crossed that Gronk is able to recover to full health and bounce back for the second half of the season.



Student athletes have to juggle more than most. | BY SHARISSE COHEE

It is difficult for the average student to juggle the intense coursework that academics demand, especially with the struggles and business that life brings every day. While this management remains difficult for the average individual to withstand, imagine how difficult it is for a student athlete. Mixing in practice and games with school work and everyday life is no easy challenge, yet student athletes who play a sport for Grossmont are overcoming the obstacles and are not only giving it their all on the field, but in the classroom as well. With final exams just around the corner, athletes must prepare accordingly. *The Summit* spoke with two student athletes to get a firsthand account of how they balance student life and their beloved sport.



Sophomore running back Fabias Shipman details how he is able to juggle taking five classes at Grossmont while playing football for the college. As he takes classes on campus Tuesdays and Thursdays, he also practices football five days out of the week as well, including playing one game per week. When asked just how he is able to manage such a grueling schedule, he responded, “Normally I do my homework right after practice since the library is open until 9 p.m. ... It starts to get simple when you stick to a good routine.”

Shipman demonstrates that the student athlete must prioritize his or her time accordingly, even if it means late-night studying at the library stacks. When Shipman was asked what the most difficult aspect of being a student athlete is, he replied, “The hardest part is all the school work outside of class. Since I live far from the school it gets tiring sometimes.”

Shipman's determination and work ethic will pay off as his final goal is to ultimately transfer to a university. With two games left in the football season, this athlete will be making strides.

Maze Masoe – who plays multiple positions for the Grossmont football team, including defensive tackle, fullback and tight end – is a freshman getting his first taste of attending college while being a student athlete. While Masoe is in his first semester, he is wise beyond his academic years as he admitted juggling the tasks of academics and sports “gets hella hard.”



He noted that his teammates help him on and off the field: “I try to balance my recreational activities with school. I try to study with a lot of friends and teammates so we can help out each other. With the teammates we can study and talk about different things at the same time and keep our grades up as much as we can.” This demonstrates that teamwork along with sportsmanship translates off the field, as team members are able to help each other stay focused.

Masoe offered advice to any student athlete: “Be wise with your time. Put school first because in all reality you can only play football for so long, but you have your brain forever.”

Wise words that translate to not only student athletes, but anyone pushing forward to overcome adversity obstacles. 🐾

Do You Even Read, Bro?

BY ABBIE WALLACE

Now more than ever, students need an

escape

from the stress of school, politics, and current events. Some turn to books, but for others, reading is more of a

pain.

Some people lift a few, some lift many and others none at all. Pages, that is, not pounds. While it may be beneficial to lift weights and exercise your body, lifting pages – or reading to be more practical – proves to be a good stimulant for the mind and a great form of entertainment. Whether or not people today have the time or desire to read is the big question.

Could it be that reading novels is becoming a hobby of the past? In today's world, anything seems plausible. While the possibility of reading novels becoming an extinct hobby is quite extreme and unlikely, there seems to be a common theme of disinterest in reading among students at Grossmont College. Of course, there is nothing wrong with being uninterested in reading, but it doesn't hurt to broaden one's horizon.

Many people do read every day, but it is usually a sign, a text, a tweet or a textbook, and not a novel or another book for entertainment. There is also no denying that being required to read a novel makes the experience unpleasant. While it is interesting, the question is not do you enjoy reading when it is required, it is do you enjoy reading for your personal entertainment? Though extremely disheartening to this writer, it is clear many students tend to cast reading for pleasure aside, and who could blame them when instant access to movies, shows and music can be reached in just a few taps?

It is understandable for busy schedules and little leisure time to interfere with reading for pleasure, but after speaking with some students, time appears to not be an issue. If time isn't a reason, then what is? Many students simply have no interest in reading novels for pleasure. It's time to find out why.

When asked if she reads for pleasure, Grossmont student Angelica Strausbaugh said, "I prefer not to read because it is not entertaining to me." A tough truth for reading lovers to swallow, but no judgment here – maybe just concern?

Student Georgina Vega, dislikes reading as well. Of course, not everyone's dislike of reading for pleasure is based on same reason. When answering why, Vega said, "Because I'm thinking a lot, I get distracted."

Similarly, student Kaylea Tattoli dislikes reading for pleasure. When elaborating on why, Tattoli said, "I get distracted easily. Reading is not a good medium for me."

More students were asked about this topic, but if they were all quoted, this

would just be no written over and over again. It is a bit of a letdown to hear insightful college students say they do not like to read for pleasure, and it seems to reinforce the notion that the number of people reading for pleasure is dwindling.

On a more positive note, reading gives anyone the power and entertainment to not only escape into the world about which they are reading, but also to expand their knowledge of various subjects as well. In fact, avid reader and student Kacee Fay said she loves reading for the entertainment. "I guess because I love all the different stories there are out there," Fay said. "Like there's never-ending possibilities, and also how you can imagine all of it for yourself is cool."

Though it is a major part of reading, entertainment is not the only benefit to gain from reading. According to lifehack.org, benefits from reading range from stress reduction, memory improvement, knowledge and mental stimulation to better writing and stronger analytical skills.

If reading for pleasure brings such benefits then why not do it more? Even those who don't read for pleasure acknowledge the health benefits. Does being aware of the health benefits change the mind of someone who doesn't read for pleasure? Not necessarily.

When asked if she thinks reading for pleasure is beneficial, Strausbaugh said, "It could be because it helps some people de-stress," adding on that she would not consider reading for pleasure more because "there are other hobbies I prefer to do."

Somewhat in the same boat, Tattoli said reading for pleasure is "definitely" beneficial because "information from any medium is important." When asked if she would consider reading for pleasure knowing the great benefits it has, Tattoli said, "It might be beneficial in general, but for me, it wouldn't really alter the way my brain works."

Vega also agreed on reading for pleasure being beneficial. It is important and beneficial "because you can learn from other perspectives and cultures," Vega said. When answering if she would read for pleasure being aware of the benefits, Vega said, "Yeah, if I'm taking that into part," adding on: "I do like to read, but not as much as other people."

The feelings toward reading for pleasure from some of Grossmont's students are clear, valid and fair. While the input from students is great, it is also important to hear from instructors. Communication professor Jennifer Gueniot said she reads for pleasure mostly for the information. Gueniot also said reading for pleasure is important for students "because it is how you learn outside your realm of interest and what you already know."

Reading for pleasure has the ability to entertain and educate anyone who puts in the effort to do so. It is easy to say that reading may not matter but those who are clearly not interested in it are aware of the numerous benefits it has. It could be determined that for every person who dislikes reading for pleasure there is someone who does; the dislikes just seem easier to find.

Yes, reading is wonderful, captivating and enlightening, but it could also be tedious and difficult. However, like most things, it deserves to be given a chance before being tossed aside. If you don't read for pleasure, you may have not found the right book or novel for yourself yet. There are stories in the world for everyone; it just takes time and patience to find them. 🐦

There are
stories in
the world for
everyone; it
just takes time
and patience
to find them.

PANTRY

[CONT. FROM PAGE 11]

may not have access to basic needs.

According to the pantry's webpage, there are two ways to donate. The first is to make a donation to the Foundation for Grossmont and Cuyamaca Colleges under "Grossmont Food Pantry." The second way is to drop off approved shopping list products. The full shopping and donation list can be found on the student services section of Grossmont's website under "Basic Needs."

Berry said donations may be dropped off in the Common Ground (Cross Cultural Student Engagement Space) located in Building 60, Room 206. If you wish to donate, you can take your items there anytime, Monday through Thursday from 10 a.m. to 4 p.m.

If you are unable to donate, Gizmo's Kitchen also accepts "volunteers who are wanting to do community service," Berry said. "We always need help putting bags together and helping organize the cabinets."

Not only does Gizmo's Kitchen provide access to food and hygiene products, they also host programs on campus for students. "We do classroom presentations as well as educational programming focusing on food insecurity and community service," said Berry, adding that they also conduct CalFresh workshops to help students see if they are eligible for food stamps.

For the upcoming Thanksgiving holiday, Berry said: "We are teaming up with CalWORKS to make baskets for Thanksgiving, which we will pass out to students. Students must sign up with CalWORKS to receive a basket."

Whether you are donating or in need of access to basic needs, Gizmo's Kitchen is available to both. With the season of giving just beginning, it is nice to think of others and to know others are thinking of you on campus. 🐦

GIZMO'S PANTRY SHOPPING LIST



PROTEIN

- ☐ Tuna (packets or pop-top cans)
- ☐ Chicken (packets or pop-top cans)
- ☐ Soup (microwavable with easy open tops)
- ☐ Beef, turkey, pork jerky
- ☐ Peanut butter (individual/ snack-size cups)
- ☐ Sun butter (snack-size cups)

FRUIT (INDIVIDUAL CUPS)

- ☐ Fruit cups
- ☐ Dried fruits
- ☐ Apple sauce
- ☐ Trail mix

STARCHES

(MICROWAVABLE PACKETS)

- ☐ Rice
- ☐ Pasta, ravioli, SpaghettiOs
- ☐ Macaroni and cheese

BREAKFAST

- ☐ Instant oatmeal (individual packets)
- ☐ Cereal bars
- ☐ Toaster pastries (e.g., Pop-Tarts)

ON-THE-GO/ SNACKS

- ☐ Chips (individual snack size)
- ☐ Snack-size cookies
- ☐ Granola bars
- ☐ Microwave popcorn

BASIC NECESSITIES

- ☐ Soap (travel-size), soap containers
- ☐ Soap containers
- ☐ Shampoo, conditioner (travel-size)
- ☐ Toothpaste (travel-size)
- ☐ Toothbrush, toothbrush cap
- ☐ Deodorant (men and women)
- ☐ Feminine hygiene products
- ☐ Laundry detergent (pods)

DRINKS

- ☐ Cases of bottled water
- ☐ Hot chocolate packets
- ☐ Tea packets
- ☐ Instant coffee
- ☐ Vitamin C effervescent packets (e.g. Emergen-C)
- ☐ Gatorade drink enhancer packets

OTHER ITEMS

- ☐ Gallon-size plastic bags
- ☐ Travel-size bags for toiletries
- ☐ Plastic silverware
- ☐ Grocery store gift cards

HOLLY-WOKE?

The what, where and why behind Hollywood's most overtly-used stereotypes and how we can fight them. | BY MORGAN RAY

Try as we might to label them as cringe-worthy relics of the past, or to simply pretend that they don't exist altogether, cultural stereotypes are still rampant in Hollywood. This fact has become even more apparent as the film industry begins to heed the call for diversity. Here's a brief encapsulation of just a handful of the problematic tropes that exist today.

#1 - BLACK MEN

Early films such as *The Birth of a Nation* (1915) portrayed black men (played by white men in blackface) as violent and incompetent thugs, but as the times changed, these stereotypes were accompanied or replaced by more patronizing alternatives. Take for example, the "magical" character who solely exists to assist white characters (often at the black character's own expense) with some kind of power (*The Green Mile*) or the sassy black friend who serves as a caretaker to a white character and nothing else (*Get Hard*).

#2 - LAT/NOS

While Latino/a/x stereotypes also date back to the early days of cinema, they've become much more prominent in recent times. Hispanic men are often pigeonholed as cartel cronies (*Get the Gringo*, etc.) while Latina women are either the help (*Maid in Manhattan*, etc.) or the fiery vixen (*Blood and Sand*, etc.), as current events have lumped both into the common category of the heavily-accented immigrant. While exploring the stories of immigrants helps to break some of these stereotypes, actors are often cast in immigrant roles that are usually shallow and stereotypical.

#3 - MIDDLE EASTERNERS

There have been two main stereotypes that Hollywood has used against Middle Eastern culture; the fetishized "exotic" and the brutal "barbarian." The "exotic" image (*The Thief of Bagdad*, *The Golden Voyage of Sinbad*, etc.) comes from "Orientalism," a byproduct of colonization that "others" the East in an attempt to justify "rescue" from the West. Current world events have morphed the "barbarian" into the "terrorist" (i.e. *True Lies* and numerous other action films) via association and assumption, but the mal-intention remains nonetheless.

#4 GAY CULTURE

Gay and lesbian people have been targets of both derision (*The Wedding Ringer*, *I Now Pronounce You Chuck and Larry*, etc.) and vilification (often as demented killers in *Basic Instinct* and *Cruising*) in film because of their sexual orientation. If their personal preferences aren't being mocked, then their supposed personalities are. Most notable are the sassy Gay Best Friend (*Mannequin*), the man-hating lesbian (*Manhattan*) and the gay/lesbian who the main character(s) think they can turn straight (*Chasing Amy*).

#5 - TRANS IDENTITIES

Trans people have often been made into cruel jokes (*Ace Ventura: Pet Detective*, *Soapdish*, etc.), sex workers (that often end up as murder victims on shows like *CSI*) or – much like gay and lesbian people – grotesque serial killers (*The Silence of the Lambs*). If their stories are told, it's often a cisgender (non-trans) actor who plays the trans character, rather than an actual trans actor, to gain name recognition or funding (*The Danish Girl*, *Anything*, etc.).

So if Hollywood is trying to become Holly-woke, how come these stereotypes still exist? We could just chalk it up to plain ignorance or bigotry, and that is often the case at times, but perhaps there's an equally simple factor at work.

"We use stereotypes in the movies to get the audience to understand what's going on quickly without having to explain each individual person on camera," said Jim Papageorge, a Media Communications professor at Grossmont. "The stereotype allows us to move the plot forward without telling you who that person is; the problem is (that) they can be very insensitive."

MAKE IT STOP!

Luckily, where there's a problem, there are many (simple) solutions.

#1 - SHARE YOUR STORIES.

Representation in front of or behind the camera allows for peoples' stories and experiences to be told accurately and in a non-exploitative manner. For example, in the world of television, a series of shows centered around immigration and the struggles of undocumented immigrants (a.k.a. "DACA-dramas") have been green-lighted and are being executive-produced by actresses such as Gina Rodriguez and Diane Guerrero, who lost her parents to deportation as a child.

#2 - SPEAK OUT.

If you see something, say something! A notable example of this is the late Jack Shaheen, who started documenting and writing about Arab and Muslim stereotypes after his children saw a "bad Arab" while watching cartoons. He convinced Disney to make major changes to *Aladdin*, became a film consultant and started a media scholarship program for Arab American students.

#3 - SHOW UP.

It is a universally known fact that if Hollywood senses a trend, they'll follow it. If you let your money do the talking and support films that challenge preconceived notions about race and identity, perhaps similar films will follow suit. 🌴





BY JENNA WILSON

ILLUSTRATIONS
BY KHUONG
NGUYEN

Grossmont musicians offer a remarkable reconstruction of Queen classics.

On Friday, Nov. 2, families and friends filled Foothills United Methodist Church to attend the Queen symphony performed by Grossmont's Symphony Orchestra and Music Chorale.

To a full house, Grossmont musicians performed Tolga Kashif's Queen Symphony, featuring six movements with melodies from Queen's hits such as "Bohemian Rhapsody" and "We Will Rock You."

Randall Tweed, Grossmont's music director, decided on Kashif's Queen Symphony because of its "substance." He said he felt it was a piece that would be attractive to a wide range of people from old to young. When he happened upon Kashif's piece, he said he thought, "Now here's a work that has gravitas to it, that maybe, just maybe I might be able to get the majority of the orchestra and the chorus on board with respect to feeling as though they weren't wasting their time on a bunch of fluff."

The symphony sounded far from fluff. Movements featured dramatic changes in rhythm and quickly would change from soft and melodic sounding to chaotic and loud. To hear popular melodies reconstructed in such a remarkable way was a thrilling experience and added an exciting twist on the classics.

Kashif "would take this melody and he would break it down so that you would hear the melody but you wouldn't hear it in its entirety," Tweed explained. "He developed what we call motives and one of the neat things that he did—a cyclical treatment that is you would hear something in the first movement, he would bring it back in the third and then would bring it back in the fifth and sixth movement so that there was a sense of

cohesiveness throughout the movement."

Accompanying above the orchestra and music chorale was a slideshow of pictures and information on lead singer Freddie Mercury's life. Topics such as Mercury's sexuality, his teeth, his relationship with Mary Austin and the origin of the band's name were shared with the audience.

"About five years ago we started doing multimedia performances," Tweed said.



"Living in the American society that we live in and recognizing that the younger generation is definitely a multitasking generation, I realized that having the concept of pictures before them while music is played seemed to be a natural thing."

During the third movement there was a special performance by the chorus and five soloists taking the stage to collectively sing "Someone to Love" by Mercury. The crowd roared with cheers and applause after the performance. The soloists made a noticeable impact as they belted out the lyrics that

Mercury had written in 1976.

Both old and young showed up to the performance. Some could be overheard reminiscing about when Queen's music first came out, and while walking up to the venue, a teenage girl yelled, "Queen lives on!"

It wasn't a coincidence either that the symphony was scheduled to go on the same night as the release of the film *Bohemian Rhapsody* in theaters. Tweed mentioned this at the opening of the symphony and got a chuckle from the crowd.

After the performance, the boundary between performers and audience broke, and everyone swarmed together to congratulate the students and faculty on their performance.

"It felt amazing," percussionist Joseph Richard responded when asked how it felt to finally be done. "At first the piece was a little rough. Traditionally we're a very symphonic orchestra, so we play a lot of very classical pieces. So this was something a little different, a little new, a little more like rock/pop feel. But it felt great to finally be able to pull it off."

Clarinet player and English Professor Christina Galeano said: "It's amazing because the things you mess up on during rehearsal you never mess up on during the performance and the things that you never mess up on when you're practicing are the things that we always mess up on. So, you know, I think it came together really well. The hard parts that we were really working on and working on and thought we'd never get them together, it came together."

It was clear the standard the piece held everyone to was high, but they pulled it off. With a full house and an overjoyed crowd filled with loved ones and admirers, the symphony was a success. ♪

PREVENTING THE DISASTERS OF TOMORROW

SAN DIEGO MAY NOT SEE LOTS OF DAMAGE FROM THE SAN ANDREAS FAULT, BUT A LOCAL FAULT MAY CAUSE WORRIES.

BY LEVI HERRERA

The recent observance of the annual Great ShakeOut Earthquake Drill has left many San Diegans wondering about the “big one” – the massive earthquake that is expected to hit California – and how it will affect San Diego.

You might have watched the movie *San Andreas* and wondered if all that destruction could happen in real life. The San Andreas Fault – the boundary area between two massive tectonic plates – splits California in two. Cities such as Los Angeles, San Diego and Big Sur are on the Pacific plate. San Francisco, Sacramento and the Sierra Nevada are on the North plate.

The Pacific plate moves about three inches every year, while the North plate moves only one inch per year. This movement creates more than 10,000 earthquakes every year in California. These earthquakes are too small to be felt.

The faults do not go through the city of San Francisco as depicted in many movies and books. If there were to be a big earthquake, small cities like San Bernardino and the Hot Springs would be a great danger because they are exactly on top of the faults.

In the 2015 movie *San Andreas*, there is a scene where a big tsunami swells over the city of San Francisco. In reality, the San Andreas Fault lines are far inland with land on both sides.

According to geology professor Gary Jacobson, when the big earthquake in the San Andreas Fault occurs, the great shaking will be reduced in San Diego than in cities closer to the faults. “We are 90 miles away from the faults,” Jacobson said. “If one [earthquake] is on bad ground, e.g. unconsolidated sediments like in Mission Valley or Coronado, shaking may cause significant damage.”

Unconsolidated sediments are loose materials that could weaken when motion occurs. Earthquakes can liquefy unconsolidated sediments areas.

San Diego not only has to take the San Andreas Fault with caution, but there is another fault that worries geologists. The Rose Canyon Fault can be considered the biggest threat against San Diego County. Although there has not been any dangerous movement since the European settlement era, the Rose Canyon Fault is still active.

In downtown San Diego, there is a park called “Fault Line Park” where the fault of Rose Canyon begins.

“The Rose Canyon Fault connects with the Oceanside and Newport-Inglewood fault systems,” Jacobson said. “If all moved in one event, the corresponding earthquake could be as much as seven on the moment magnitude scale.”

Adding on, the Elsinore and San Jacinto Faults are between the San Andreas and Rose Canyon faults and could produce larger magnitude quakes. The damages in San Diego would be reduced because it is further away.

“Earthquakes can be frightening, especially when talking about the big one,” said Grossmont student Paulo Martins.

“Knowing that San Diego will not be as significantly impacted gives San Diegans a bit of relief.”

Unfortunately, seismologists cannot predict earthquakes that will happen in the future, although, according to Jacobson, seismologists can give the probability of an earthquake on a fault over very long time periods. According to the California Integrated Seismic Network, earthquake early warning can warn people a few seconds or minutes before the worst shaking happens. The further a person is from the epicenter, the more warning time they’ll have to get to a safe area.

How does an earthquake early warning work? The first energy to radiate from an earthquake is the P-wave energy, which doesn’t cause damages. Using P-wave information, seismologists first estimate the location and the magnitude of the earthquake. Second, the estimate could be used to predict ground shaking across the regions that can be affected. This method can provide warning before the S-waves. The S-waves typically are dangerous and cause damage.

“P-waves would arrive about 16 seconds before the surface waves,” Jacobson said. “That’s enough time to get out of a one-story building, or at least find suitable cover in a multi-story building, stop a car or train.”

There is no public broadcast for earthquake early warnings alerts because there are not enough seismic stations to quickly recognize an earthquake and send out warnings. Most alerts will come from emails, applets, radio and television.

When a big earthquake does hit, people should know basic techniques to stay safe. “In elementary (school), we were always taught to duck and cover,” Martins said. “I don’t think it’s the best technique to use if a big earthquake happens.”

Taking cover under a desk is one technique to use when someone’s inside during an earthquake. Staying close to a doorway that is strongly supported is another technique, but many seismologists do not recommend it. People who are outdoors should stay away from buildings, streetlights and utility wires. While in a moving vehicle, people should stop as quickly as possible and try to avoid being under trees, bridges or ramps.

Objects with a lot of weight (inertia) that are not fastened firmly to the ground or a home tend to be the objects that cause damages. Water heaters should be firmly strapped to a wall for precaution. The same applies for cabinets and bookshelves.

Although many scenes from *San Andreas* were exaggerated, the underlying message is real; a big earthquake can be violent and can’t be predicted. Taking the time to be informed about what to do during an earthquake can save many lives. Creating an emergency plan with family or roommates can help every person in the household know what to do. Taking small action today can help for future earthquakes. ✎

IMAGES COURTESY OF US ARCHIVES

GROSSMONT BRIEFING

GIVE BLOOD

There will be a San Diego Blood Drive Bloodmobile on campus from 9 a.m. to 12:30 p.m. on Thursday, Nov. 15, in the Main Quad. Students are welcome to come donate blood within those hours. For more information contact Barbara Gallego by email at barbara.gallego@gcccd.edu.

—JENNA WILSON

BRIAN JENNINGS POLY-ECON WEEK

Grossmont's Political Economy Week, renamed in honor of the late Professor Brian Jennings, who died in a biking accident earlier this year, took place from Oct. 29 to Nov. 2, spanning a variety of topics related to current events. Lectures included an overview of U.S.-Mexico trade relations, the recent presidential election in Brazil (and its outcome), the cost of attending four-year colleges and the economic history of modern China, among many others.

—MORGAN RAY

FREE TUITION PROMISE

The Grossmont Cuyamaca College Promise is a chance for first-year students to attend Grossmont or Cuyamaca for the first year free of tuition. The Promise helps students become college- and career-ready, and guides them through a successful education and career with seamless financial support. To qualify for the opportunity, you must be a first-time student, sign the promise pledge, complete a college onboarding process (application, orientation, assessment and education plan) and attend as a full-time, 12-unit minimum student at Grossmont or Cuyamaca Colleges, maintaining a 2.0 grade point average while there.

First-time students can apply for this opportunity by going to MyCollegePromise.net, where there are resources like FAQ, application deadline and eligibility.

—AARON BISTRIN

TRANSFER

[CONT. FROM PAGE 5]

colleges/universities in participating programs.

"Actual costs will depend on college/university and program," she continued, adding to visit the exchange's website at wiche.edu/wue.

Accounting for tuition and fees is exhausting enough, so students transferring out of state must also research and plan accordingly when it comes to residence. While this part of the research process can be exciting, it can also become overwhelming as no reality check is harder than attempting to rent an apartment in an unknown land. Dorms can also remain an option as well, especially for the transferring student longing for that traditional college experience.

Lastly, Moore offered her advice not only to students transferring out-of-state, but also students transferring within California: "Meet with a counselor and connect with Admissions Representation from that college/university early and often. Plan ahead! Do your homework—ask questions regarding the transfer process and requirements in order to get the information needed. Read the university's website carefully for transfer info and if/when possible, visit the campus to make sure it is a good fit!"

Similar to many challenges in life, transferring can be a tedious process, but with persistence, determination and some assistance, any student will be able to proudly pursue their dreams. 🐦



I CHOOSE TRANSIT.

How I get there defines me.

BUS & TROLLEY PASS

Special student discount.

Unlimited rides all semester.

\$57.60

On sale at the Activities Window

Cash only. Current, valid college student picture ID required.

sdmts.com/college





IT'S NOT A TREND, IT'S A LIFESTYLE

Buying second-hand clothes can help improve your closet, the environment and your wallet. | STORY AND PHOTOS BY LEVI HERRERA

Vintage styles have become a lifestyle more than just a trend. This lifestyle has helped many individuals find ways to express themselves with the way they wear an outfit.

In pop culture, any clothing item that is at least 20 years old and represents the era in which it was produced can be considered a vintage item. In other words, an item must reflect styles or trends from a specific era.

It is important to know that all vintage items will become antique. Anything that is 100 years old can be considered as antique or in other words, classical. There is a difference between classical and vintage styles. Classical style does not reflect a specific era and remains stylish throughout time. According to LiveAbout, little black dresses, trench coats, button-up white shirts, pumps and blazers are examples of classical clothing.

According to Environmental Health

Perspectives, vintage clothing or reused clothing started in the beginning of World War II when the majority of clothing was repaired or tailored for other family members to use. Adding on, many families would use clothes to make into quilts, rags or curtains.

During the 1960s and 1970s, Vietnam War protesters and feminist groups advocated the political use of re-used clothing to buck the government system. In the late



style of my shirts," Yousef said. "I think wearing vintage clothes has helped me stand out from the crowd."

Uniqueness is a big reason why many individuals turn to vintage styles. When picking out an outfit, individuals want to make their outfit different from everyone else. Vintage clothing can make a difference in an outfit because there are different patterns, colors and designs that are offered in vintage clothing.

Quality is another reason that makes vintage clothing beneficial. The majority of all vintage clothes is hand-stitched or made with traditional sewing machines, making clothing to last longer. For example, jeans that feel rough or hard to flex signified that the pair of pants were made out of good material and carefully-made. Present-day jean companies use big machines to make as many pair of jeans as they can. Adding on, many companies



20th century, Lacoste, Juicy Couture, Abercrombie & Fitch, Tommy Hilfiger and Guess were coming up with different clothing styles. There were so many brands coming up that there was an increase in demand for name-brand clothing.

Today, many people, including Grossmont student Fadi Yousef, 20, believe that vintage clothes can help a person express themselves. "Vintage clothes has helped me express myself by the unique



have stopped making jeans with a rough texture and make jeans much simpler.

Vintage does not mean expensive. Any piece of clothing can be vintage as long as it reflects an era. Vintage clothes do not have to be name-brand. If clothing follows a specific era and looks pretty old, it can be considered as vintage.

People can buy vintage clothes from almost anywhere. Typically, online shopping sites like eBay or Etsy are generally more expensive. Second-hand stores such as Amvets, Goodwill or Salvation Army will have vintage items, but people will have to search carefully. A third option would be to search at yard sales. Going to more than one yard sale will increase a person's chances in finding vintage clothing.

According to Grossmont student Jazmin Ramos, 20, many people should consider buying from second-hand stores because it can help save money. "Thrift stores are great because you can find unique clothing at low prices," Ramos said. "At thrift stores, workers make sure that the quality of the clothing is good enough to put on a rack for sale."

Second-hand stores usually have different discounts every day for different colored price tags. Goodwill offers 20 percent discounts for college students with a valid ID every Tuesdays.

Not only does buying second-hand (vintage) help you save money, but it also helps the environment. According to the Council for Textile Recycling, more than 16 million tons of textile waste is generated each year in the United States. Textile waste can include clothes and materials from clothing production. The average American throws away 80 pounds of clothing. The majority of clothes end up in landfills where it takes almost one hundred years to decompose.

To reduce the amount of wasted clothing, people are encouraged to donate their used clothes to textile recycling centers. Another option is to donate to local charities.

"I donate my clothes or shoes when they don't fit anymore," Yousef said. "I would rather donate my clothes and have someone else benefit from them."

The Council for Textile Recycling also states that thrift charities hire more than 100,000 workers in the U.S. This helps people find jobs and the economy.

Clothing has the power to help someone express themselves and look different. At the same time, donating clothes can help create jobs and reduce space in landfills. Donate your unwanted clothes today, and your clothes may be the vintage style of the future. 🐦

IMAGES OPPOSITE PAGE:

BOTTOM LEFT: A SHIRT REPRESENTING A PATTERN SCHEME COMMON IN THE 1990S. WHILE NOT A NAME-BRAND SHIRT, IT IS CONSIDERED VINTAGE.

CENTER: AN EARLY 90S NIKE WINDBREAKER.

RIGHT: A REGULAR SHIRT WITH FADED MARKS CAN GIVE ANY PIECE OF CLOTHING A VINTAGE LOOK.

PIC, POST, POSH

This app offers an easy way to sell clothes for extra cash.

BY JENNA WILSON

A lot has changed in the used clothes selling game. From a time when selling clothing on the internet was only for those with ample time and equipment to today, where smartphones are able to be all resources in one, selling old possessions for extra cash is easier than ever.

Poshmark is a free app, both for iOS and Android systems, that allows people to buy and sell clothes in an active way.

Selling clothing and accessories on Poshmark is quick and efficient because it allows users – or "Poshers" – to photograph, post and share pieces of clothing all in the same app, using with an in-app camera and filters to photograph items. Sellers set a price and then post their listing on Poshmark in hopes of reaching potential buyers. Shoppers on Poshmark can bid on items or choose to buy it at the set price.

"[I] Haven't made a ton of money and you have to be patient, but I put all my stuff in vacuum seal bags so I can tuck them away in my closet until they're sold. Way better than Buffalo Exchange since they're so picky and give you like 10 cents per item," Grossmont student and posher Shauna Harless said when asked about her experience.

Local resale stores such as Buffalo Exchange have the freedom to be reserved in picking items from people's used clothes to buy for their store. They normally have a specific style or season of clothes they are looking for, and that leaves a lot to "pass" on.

Sellers can also share their "closet" to Facebook, Instagram, Snapchat, Twitter, Tumblr and Pinterest in order to get more people to see the items for sale. Like Instagram, poshers can follow each other, like and share each other's listings.

What separates Poshmark from similar apps is that every piece of clothing has

a fighting chance. It doesn't matter if it's brand-new with tags or has lots of wear and tear; it can all be listed.

When something sells on the app, the seller is expected to package the item, send it through mail with a prepaid shipping label (paid for by the buyer) and then wait for the recipient to approve the item via Poshmark. When the buyer confirms the item has been received and is in the expected condition, the money is released to the seller electronically. If five days pass and the buyer still does

not take action on the app, the money is automatically released to the seller.

Comparakeet.com, an independent product review service, gives Poshmark a 9.2/10. It lists pros like "designer brands for less" and cons such as "social network kind of marketplace" and "dealing with people."

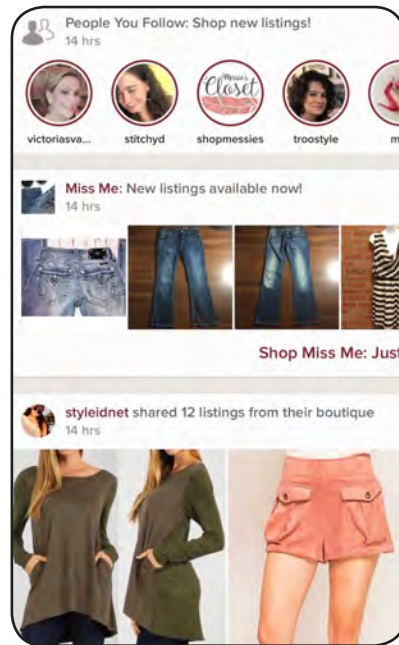
Dealing with both consumers and merchandisers and sellers on Poshmark can be good and bad. Many Poshers feel a sense of community on the app, so the feeling

can be welcoming. But along with that personal feel, many people will try to negotiate with sellers despite an already extremely low price.

The brands sold on Poshmark range from Target's Xhilaration to Louis Vuitton. Fashions ranging from intimates, outerwear, accessories and more can be found through the "shop" section of the app.

Poshmark's feed is where all listings are shared and posted. The "sell" button is how to get to the in-app camera in order to upload items for sale directly to the app. "News" is where followers' likes and price changes are shown. If the seller wants to adjust an item's price they can do a "price drop" to discount the item.

While selling clothes on Poshmark still does take effort, it is a comparatively easy way to give one's neglected items a chance to turn into extra money. 🐦



REEL TALK

AND WE'RE LIVE!

Out with the old, in with the news! | BY MORGAN RAY



TO DIE FOR

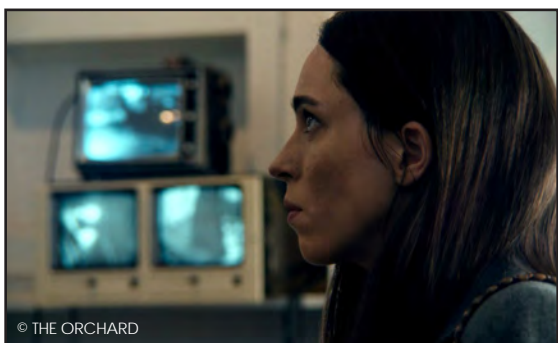
1995 | Directed by Gus Van Sant ★★★★★☆

Suzanne Stone (Nicole Kidman) wants to be the next big news anchor, and she's not adverse to a little self-promotion...even if it means killing her husband (Matt Dillon). *To Die For* is almost like the cinematic equivalent of a Warhead candy: a seemingly bright and tart affair, until it turns acidic. Buck Henry's (of *The Graduate*) screenplay gets off to a bit of a rocky start, but once it gets on its feet, it dances the line between witty and sinister without a hitch. Kidman absolutely floors it as Stone, a caricature of a woman whose ambition is as great as her disregard for others, and Joaquin Phoenix has a great early turn as the dopey student caught in her cross-hairs (although Matt Dillon does get a bit overshadowed). Ruthless and definitely worth a rerun, *To Die For* is a near-perfect case in breaking others to become breaking news.

NIGHTCRAWLER

2014 | Directed by Dan Gilroy. ★★★★★★

Crime journalist Lou Bloom (Jake Gyllenhaal) will do anything for a story, but when he starts to climb the ranks, there's no telling how many will bleed for his next lead. While not of the horror variety, *Nightcrawler* is by far one of the most frightening films about journalism, like the unholy spawn of *Network* armed with a portable camera. Dan Gilroy's scathing debut probes the dark side of the craft and finds it to be a desperate, bloodthirsty beast with a fierce hunger for ratings. Gyllenhaal's Lou is a lanky, try-hard loner, but combine that with a sociopathic drive to constantly deliver compelling stories and footage (no matter the circumstances), and you've got a modern monster in the making...or a hell of a businessman. *Nightcrawler* is both a skilled exploration and damnation of those that exploit a field meant to inform—so skilled that it even made this writer think twice about her occupation.



CHRISTINE

2016 | Directed by Antonio Campos. ★★★★★☆

News anchor Christine Chubbuck (Rebecca Hall) is determined to cover the local news her way, but an increasing pressure to chase sensational stories leads her down a tragic path...to an unthinkable act. Based on true events, *Christine* is a simple-yet-devastating biographical work—and it's almost criminal that Hall's performance wasn't nominated for an Oscar—but the film somehow feels a little empty. Is Christine's story being told to critique the "if it bleeds, it leads" philosophy or to document a mental struggle? It's well done (no doubt about that), but while we could never know what exactly was going through Chubbuck's head, *Christine's* message/purpose seems a little aimless, and the last thing an audience wants is dead air.

GOOD NIGHT, AND GOOD LUCK

2005 | Directed by George Clooney. ★★★★★☆

1953: renowned journalist Edward R. Murrow (David Strathairn) has decided to challenge Sen. Joe McCarthy at the height of the Red Scare. Will it be the death of his career, or the birth of a new era of journalism? *Good Night, and Good Luck* is a fairly beat for beat, "speaking truth to power" journalistic biopic, but it's got its fair share of aces up its sleeve. Strathairn's performance is a dead ringer for Murrow, the supporting cast is impressive (Robert Downey Jr.! Alex Borstein! Director George Clooney!) and Robert Elswit's smooth black-and-white cinematography does wonders for the film's mid-century ambiance. Perhaps *GNGL* may be old news, but at least it's vintage.

