

The

# SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | MARCH 2019

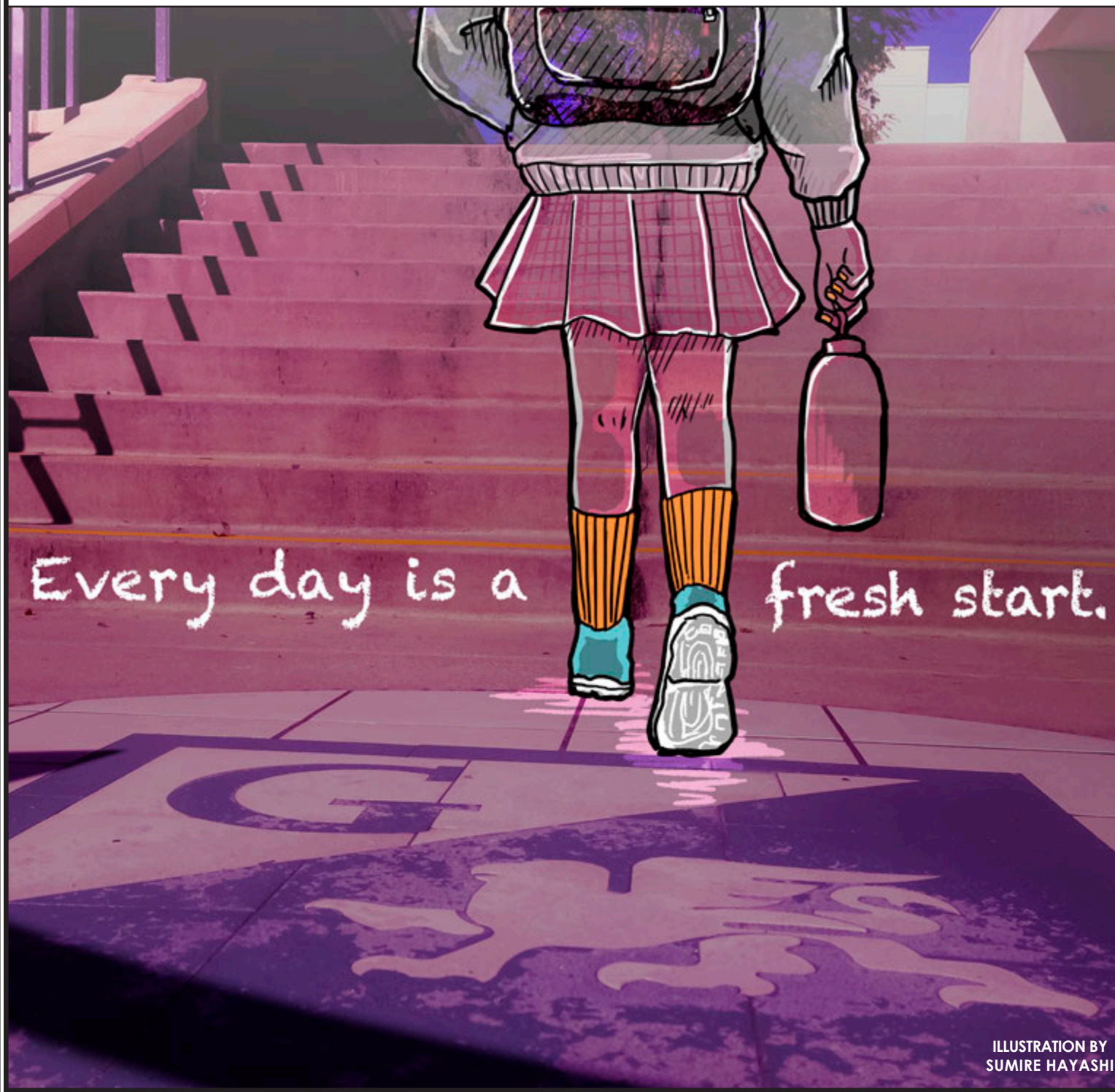


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# The SUMMIT

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# Summit Staff

*If you caught a leprechaun, what would your wish be?*



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# Reasons for the shamrock season

Take a glimpse into the green history of the Irish day of celebration.

BY SARA ROTT

**T**op of the mornin' to ya! It's March, and as spring begins, we are getting closer to St. Patrick's Day. Most people associate the day with wearing green, drinking booze, sporting shamrocks and societies all over the world celebrating the "luck of the Irish."

## however, why do we celebrate st. patrick's day?

Saint Patrick wasn't actually Irish. He was born in Britain and raised in the Catholic church. At 16, he was taken by raiders to Ireland, where he spent a whopping six years as an enslaved shepherd. Along the way, he claimed to hear God say, "Run away," and so he stole a boat to travel back to Britain. Patrick returned to Ireland later in life and devoted the rest of it to establishing the Catholic church. According to culturetrip.com, "Since his death – believed to be in 461 AD – the significance and stories of St. Patrick became ingrained in Irish culture, and celebrations have evolved throughout the centuries."

In Ireland, people are entitled to take the day off and spend time with their families. They are to eat, drink and be merry. Another fun fact is that St. Patrick linked the three leaf clover to the holy trinity.

Over the years, the holiday has shifted away from its religious roots and became a revival of Irish pride. When the Irish immigrated over to the United States, the first recorded celebration took place in Boston.

At one time, the holiday was only originally celebrated in Irish-localized districts. According to time.com, "Through the use of symbols and speeches, Irish-Americans celebrated their Catholicism, the patron saint and praised the spirit of Irish nationalism in the old country, but they also stressed their patriotic belief in their new home."

The tradition of St. Patrick's Day spread like wildfire from there, and by the 20th century it became a marketing tycoon. Anything green was sold in drugstores and a variety of shops, while any restaurant served corned beef and cabbage that which (ironically enough) isn't served much in Ireland. Fast food franchises have jumped on the bandwagon to serve green milkshakes and other foods.

So this St. Patrick's Day, revel in Irish pride and celebrate. Watch out for rainbows and leprechauns, drink some Guinness if you are of age and make sure you wear green or you just might get pinched. 🍀





# st. patty's day diy

**Personalize your St. Patty's Day party with these two projects.**

**BY OLIVIA LINSTAD**

If you're throwing a St. Patty's Day party, two important elements are probably on your mind: drinks and decorations. Some of the best aspects of throwing a festive party is getting creative with your personal touches. You don't need to be Martha Stewart to perfect a St. Patty's Day DIY project and recipe.

St. Patty's Day isn't complete without a cold drink in your hand. However, this doesn't necessarily have to be an alcoholic beverage.

The shamrock shake is a St. Patrick's Day-inspired mint shake. The drink is festive, tasty and won't leave you with an unlucky hangover.

This foolproof recipe from [dinnerthendessert.com](http://dinnerthendessert.com) is quick to make and will leave you feeling like you found a four-leaf clover.

Once you have your shake, it's time for a decorative touch.

This second project is what every leprechaun and college student is searching for: a pot of gold. For this craft, you'll need mini terracotta pots (pictured below), acrylic paints, a Sharpie, and Rolo candies or chocolate gold coins.

Creative liberty is wholly given to the artist on the execution of this DIY project. Adding green designs, glitter or puns will personalize the pot which holds the gold candies. This project is especially fun with a group of friends for a shamrock shake and paint night. 🍀



## shamrock shake\*

### INGREDIENTS

*One serving; increase quantities as needed.*

**3 cups vanilla ice cream**

**1 cup whole milk**

**1/4 teaspoon mint extract  
(not peppermint)**

**9 drops green food coloring**

**Whipped cream**

**Green sprinkles OR sanding sugar**

**Maraschino cherry**

### TWO SIMPLE STEPS

Mix the ice cream, milk, extract and food coloring on high in your blender. Top with whipped cream, sanding sugar or sprinkles and a cherry.

\*RECIPE AND IMAGE FROM DINNER, THEN DESSERT







# BREAK RESPONSIBLY



Combine Spring Break with adulting for a refreshing change.

BY JENNA WILSON

ARTWORK BY SHANNON MCKINNEY

**S**pring break... spring break... Spring break fo'ever," as said by Alien, actor James Franco, in the 2013 film *Spring Breakers*.

Though spring break for us Griffins lasts only a week and not "fo'ever," it's still the perfect time to take a breather and let loose from all the stress of the semester so far.

What doesn't relieve stress though is spending all your money and waking up the next day wondering what happened to your bank account, as well as your dignity. That's why this spring break we should practice having fun responsibly.

Responsibility during spring break means not breaking the bank, not getting arrested and most of all: Keeping yourself safe.

Responsibility is not just for the boring anymore. Responsibility can make you more successful in life and it makes others jealous to see how you really can have it all.

In order to budget this spring break, try using apps such as Airbnb, which allows people to rent homes and rooms from homeowners instead of having to purchase an expensive hotel room.

Another suggestion is if you are going to go out to eat and drink often, try limiting the amount of mixed drinks you purchase while out, and instead buy drinks at the grocery store or stay in to save money.

Being flexible with dates and times will help save money too. Try to plan as far ahead as possible in order to get the best deals.

Luckily for us, we live in a spring break destination of choice. Our beach getaway dreams are only a car drive away. But if San Diego beaches are too pricey, there is always another paradise right across the border in Mexico.

Mexico cities Rosarito and Ensenada

offer beaches and hotels similar to ours in San Diego. Mexico is a popular choice for Southern California college students due to the close proximity, low prices and the legal drinking age being 18.

But no matter where you are for spring break, safety is extremely important.

According to the Wallin and Klarich Law Corporation: "Many crimes committed during spring break involve alcohol use among college students who are still too young to legally possess or use alcohol...it is a misdemeanor for a person under the age of 21 to have an alcoholic beverage in their possession...If you are convicted, you face a \$250 fine, and will likely have to serve between 24 and 32 hours of community service...[and] will result in a one-year suspension of your driver's license."

Similar to the above quote, drug use and driving under the influence (DUI) are also common crimes committed during spring break.

A DUI will ruin not only your spring break, but could ruin your life for a long time. DUIs are extremely expensive and result in the loss of your license. Driving under the influence is not only dangerous to yourself but everyone around you. There is never an excuse to drink and drive.

"Drivers are legally alcohol-impaired when their blood alcohol concentrations (BACs) are .08 grams per deciliter (g/dL) or higher in all 50 states and the District of Columbia,"

according to the law.

According to BACtrack.com, "Your BAC [blood alcohol content] level will remain within safe limits if you consume only one standard drink per hour." As defined by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), a standard drink is considered half an ounce of alcohol.

We all know that conventional wisdom can be wrong, though, and sometimes wildly so. "Intoxication begins with the very first drink...You can be impaired and arrested even if your BAC is under 0.08 percent," according to BACtrack.com.

Obviously, the way to be safest would be to remain sober and celebrate spring break without being under the influence. But for those of you who are 21 and want to drink during the spring break, there are other options.

In order to get around and still enjoy some drinks, consider using apps such as Uber or Lyft. They are great options for those who want to bar hop or go out on the town for a night and still get home safely. There are promotions and coupon codes circulating all the time for a good deal on rides.

If you are relying on your friend to be the designated driver (DD), come up with a plan B just in case. Many times DDs end up drinking due to peer pressure or sneak drinks without their friends knowing. Make sure your DD is reliable and sober if you decide to take this route.

If there is a bar or restaurant close to where you are staying, you can consider walking. But remember that being drunk in public is also a crime and being too intoxicated anywhere can be dangerous.

So, in order to stay safe and in possession of your values (monetary and moral), don't get too intoxicated, remain alert and take advantage of deals and resources. Don't let your spring break cause consequences that will last into the rest of your semester. 🦋





# When Life Gives You Lemons, Make Scones

BY OLIVIA LINSTAD

What's the worst way to enter a party? Empty-handed.

Lucky for you, I have the perfect recipe to prevent this disaster. Any gathering on your calendar this spring will be memorable thanks to your homemade lemon blueberry scones.

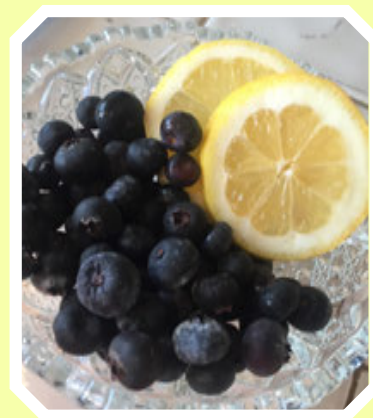
If the word "homemade" scares you, don't be intimidated or let the fancy title discourage you. The recipe can be made in about 30 minutes and will be yummier than anything you could buy at the grocery store.

The beauty of spring baking is the fresh, seasonal fruit available. Lemons and blueberries will spruce up a basic British scone and make it perfect for breakfast, lunch, dinner, dessert and all the in-between snacking.

Put on your apron and meet me in the kitchen.

## YOU WILL NEED:

- 2 cups flour**
- 1 tablespoon baking powder**
- 2 tablespoons sugar**
- ½ teaspoon salt**
- 6 tablespoons butter**
- ½ cup milk**
- 1 egg**
- 1 cup blueberries (fresh or frozen)**
- 3 tablespoons lemon zest**



## NOW WHAT?

Combine flour, baking powder, sugar and salt in a large bowl.

Add room temperature butter into the dry ingredients until the mixture is very crumbly. Gradually add the milk until all ingredients are thoroughly mixed. The last step is to mix in the blueberries and lemon zest.

Once combined, put the dough on a flat surface such as a cutting board. To prevent the dough from sticking, coat the surface and your hands with flour.

Shape the dough into a disk about 6-inches wide and 1.5-inches thick. Cut the scones into pizza wedges and place onto a greased cookie sheet.

Lightly brush a beaten egg on the tops and sides of each scone to make them golden and crispy. Set the oven to 400 degrees and bake for 15-20 minutes.

Your final result should leave you with fresh and fluffy scones. They can be served by themselves or with jam and whipped cream.



**LET'S REVIEW YOUR ACCOMPLISHMENTS: YOU HAVE SUCCESSFULLY BAKED AN ENGLISH DELICACY, SHARPENED YOUR DOMESTIC SKILLS, ZESTED A LEMON AND EARNED BRAGGING RIGHTS. CONGRATULATIONS!** 🐦



**M**ake way for Marvel—Captain Marvel, that is. The superhero has flown into theaters just in time for Women’s History Month. It’s probably no coincidence the movie debuted this month with the lead being one of the most powerful characters in the Marvel Cinematic Universe. Captain Marvel, portrayed by Brie Larson, has abilities out-of-this-world (literally), and her movie is a great addition not only to the storyline of the Marvel Cinematic Universe, but also to women’s history.

For some, the arrival of *Captain Marvel* is just another addition to the large collection of Marvel Studios’ movies, but this addition holds greater significance. As of now, the Marvel Cinematic Universe has 23 films, two of which are to be released later this year. *Captain Marvel* is only the second movie out of the 23 to have a female lead in the title, with *Ant-Man and the Wasp* being the first. However, Captain Marvel is the first female superhero to get a solo film in the Marvel Cinematic Universe.

After the immense success of DC’s *Wonder Woman* in 2017, there’s no doubt Marvel Studios would want to experience the same, and Captain Marvel may be just as successful and possibly more. With the success of female-led superhero films, it’s easy to wonder why they didn’t come sooner. However, the release of “Captain Marvel” now is “fitting for this era,” according to Maya Clark, president of Grossmont College’s American Association of University Women.

“We’re having the #MeToo movement and women’s rights are on the forefront,” Clark explained.

As our society moves to push gender equality and support women’s rights, the release of *Captain Marvel* can be considered as a stepping stone on the path to gender equality in the entertainment business. Regarding the timing of the film release, Grossmont student, Alexcia Dore said, “With everything that is going on in the country right now, I think it is important.”

Although, it certainly wouldn’t have hurt to have a superhero movie with a powerful female lead prior to now, but as Clark said, “It’s better to happen now than to never happen.”

Timeliness aside, *Captain Marvel* is a staple regarding the portrayal of women in superhero films and comics. A common trend among female characters is the sexualization of their bodies and their limited roles. Captain Marvel veers from the common perception and we see her in an incredibly practical outfit, and the only emphasis placed on her is in regards to her impressive superpowers, she is one of the most powerful superheroes after all.

“She’s not there to show off her body; she’s there to save the world,” said Clark, in response to the practicality of Captain Marvel’s superhero outfit. “It says a lot about pop culture changing for the better,” Clark continued. “They don’t have to portray women that way to sell.”

Perhaps our society has reached a point where women don’t have to be exploited in order for a product to be sold. While it is unfortunate, the exploitation and sexualization of women may not disappear anytime soon. The arrival of Captain Marvel supports the notion of gender equality and women being seen as more than just objects.

*Captain Marvel* is considered a milestone movie for the Marvel Cinematic Universe, primarily due to its female lead. It does bring up the discussion of whether one of the Marvel Cinematic Universe’s first female-led movies should be celebrated or normalized by audiences.

“I feel like it could go both ways because it does need to have more attention, but I also feel like it should be normalized,” Dore said.

Whether the movie should be celebrated or normalized can be determined by where society is regarding gender equality. “We should applaud them for doing what’s progressive and fitting for the times,” Clark said, “but not commemorating would send the best message.”

Although there are other prominent female superheroes in the Marvel Cinematic Universe, Captain Marvel is one of the first to have a solo movie, and possibly just what we need for more female-led films to be made and balance the scales. While Captain Marvel is a powerful superhero and great role model for women, it’s important to remember you don’t have to be a superhero to be a powerful woman. ♡



# THE FIGHT FOR GENDER EQUALITY

For the spring semester, Cuyamaca Community College holds several Diversity Dialogues workshops. These workshops are offered for students to learn and focus on a variety of topics. The workshop from Feb. 21 was based gender and discrimination.

The workshop was facilitated by Mayumi Douglass, mental health clinical supervisor and Erika Meza, a counseling candidate. Douglas began the workshop with a history of gender discrimination in ancient times.

Aristotle once said. "The woman is a failed man." During this time, natural remedies were created to see if a woman could be changed. In the Renaissance, witch hunts were created because society believed women would bring demons and bad luck.

Today, one out of five women on U.S. college campuses have experienced a form of sexual assault in the past year. Adding on, around 830 women died from preventable pregnancies around the world.

In addition, one out of three women experience violence. The violence can range from physically getting hurt to mental abuse. In the United States, women have a fear of speaking out about the abuse they have experienced.

Reporting acts of violence is not an easy process, unfortunately. The process may take months before authorities take action. In addition, many women fear speaking out because the consequences may get worse.

Undocumented women are the least likely to report abuse. According to *The New York Times*, in 2017 an El Paso woman was arrested by Immigration and Custom Enforcement (ICE) minutes after she received a protective order against a man that had abused her. This event brought lots of fear and influenced many illegal women to stay quiet instead of reporting an act of abuse.

The same Times articles states only 25 percent of illegal women report a case to the authorities. Many women fear being deported or losing custody of their children.

According to Douglass, the gap for gender equality will be closed in the year 2086. She mentioned "the gender gap can close earlier than 2086 by speaking up, having a voice and identifying, but it is hard to know when."

Comparing ancient times to modern day, progress has been made. In 1873, small groups of women gathered to

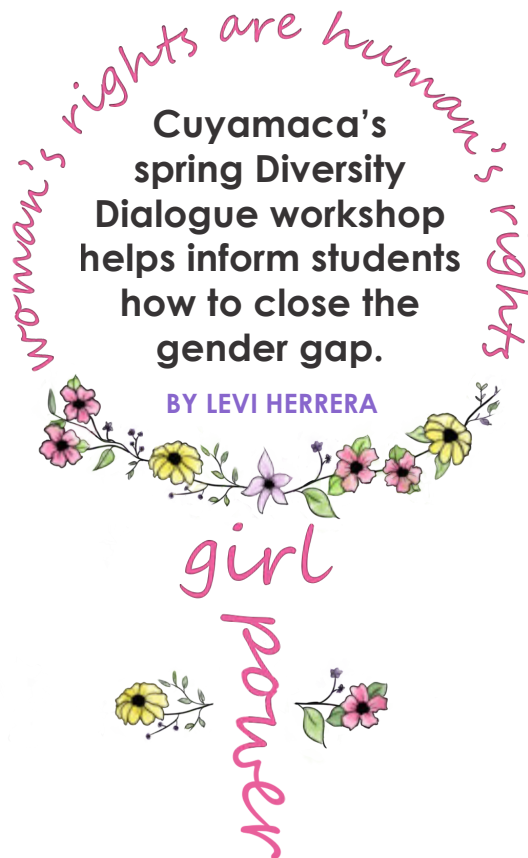


ILLUSTRATION BY AMY MIKITA

advocate for equality. Eventually, women were granted the right to vote in 1920, when Congress passed the 19th amendment. In 1993, the Declaration of Elimination of violence was passed as an international law to protect women.

March 8, is known as International Women's Day. In 1911, Women's Day was created in the countries of Austria, Denmark and Germany. Today, countries celebrate this day with parades and movements advocating the importance of equality.

There is still a lot of progress needed to close the gender gap although there have been many significant changes.

According to Douglass, "Choice is important."

She continued, "Women can be wives and mothers if they so choose, but they can go to college and have a career as well."

During the workshop, the audience members were broken into two small groups. In one of the small groups, Douglass explained how women were expected to have children and stay at home instead of going to college and pursuing careers. Unfortunately, women who did have an education often would not be seen as the right candidate for a job position.

There are now more women graduating college and getting jobs, but many companies do not pay all genders equally. According to the Global Citizen, women working full-time only get paid 77 percent of a male worker in the same job position.

Furthermore, when women go on maternity leave, there is an unfair risk of losing a job. Many companies allow maternity leave, ranging nine to 12 weeks.

On the other hand, business giants like Netflix have given employees one year for maternity or paternity leaves. This is one way Netflix is standing up against discrimination.

So why can't more people stand up for equality?

According to Janine Pina, a Cuyamaca College student, people may stay quiet for fear of being judged.

"An individual may be scared of the process when it comes to speaking up for gender rights," said Pina. "It is not easy because a person can feel embarrassed and afraid of being judged."

During the workshop, the second speaker, Erika Meza elaborated the increasing number of men attending equal rights marches and rallies over recent years.

When the term "feminism" was used in the 1900s, every gender could be considered feminist, not just women. Today, there are more men joining gender equality movements, but criticism toward these men has also increased.

Cuyamaca student Johana Ibarra said: "Men standing up for feminism is not weak. It makes them stronger. They do something [participate in feminist rallies] that is looked as wrong for other men in earlier times."

After the workshop, Douglass explained that some men may be scared of change, but improving the rights of women would balance the distribution of power.

Moving forward, there is a lot of work to be done for men and women to have equal power.

The Discrimination Based on Gender workshop was interesting and educational for many people in the audience.

"The workshop was interesting because it explained how men and women are separated in many forms to this day," Pina said.

There was a small audience this time around, but students like Ibarra hope other students come to future Diversity Dialogue workshops.

"I do believe more people should come to these workshops because it can make a difference," Ibarra said. "People can have a better understanding of different topics." 🐦



# *A Whole New World... Beyond College*

## What would YOU wish for?

BY JONATHAN MADDOCK

Imagine you're walking down an empty hallway on campus, when something shimmery catches your eye. You look to see what it is and find a genie's lamp standing out in the sunlight upon a desk. At first you think to yourself, "That's cute."

But something strange then happens. Instead of turning away and continuing down the hallway, it's as though some invisible force pulls you toward the lamp, and you move closer and closer. As you now stand next to it, you look to see if anyone else is there, and it's quiet. So you shrug and say, "Whatever."

And you give into the temptation to rub the lamp. At first, everything stays the same, and you think, "Shocker, nothing happened."

But then, much to your surprise, lightning, thunder and fog begin to fill the room as a magical genie suddenly emerges from the lamp and stands right in front of you.

He greets you by saying, "I am the college genie of the lamp! I have the power to grant you three wishes."

He goes on to add: "The major rule with college genies, however, besides not being able to wish for more wishes, is that you are only allowed to make wishes involving college and life after it."

After standing there in shock for a few minutes, because the sight of a real genie is too much to comprehend, you begin to contemplate about what your three wishes should be.

The genie then offers a friendly warning: "Be careful what you wish for, because these wishes have the potential to affect the rest of your life."

Right now, as you're reading this story, you might be thinking, "This is a weird fantasy piece to be in the middle of *The Summit*." And to a degree, you're correct.

But, what if I were to tell you that this isn't a fantasy, but a

reality? OK, besides the genie aspect, because as we all know genies are not real, as awesome as that honestly would be, hoping and wishing for great things to come from a college education is something a lot of students can relate to. And this reporter has traveled through the streets of Agrabah and has found someone who can attest to the fact that a college education does have the ability to make your wildest wishes a reality.

Zach Bencal, professional musical theater actor, has journeyed a far way from his college education at The Hartt School in Connecticut, to now starring as "Babkak" in Disney's touring production of *Aladdin*, which played at the San Diego Civic Theatre from Feb. 20 to March 3.

Referring back to the college genie story that you just read, what would you, as the student, wish for? Perhaps your first wish would be, "I wish to work in the field that I'm currently studying."

Well, Bencal, might have made the same wish, as he shared in an interview.

"I've always been a musical theatre performer and knew that's what I wanted to do," Bencal shared. "People around me kept on saying that it's a difficult industry to get into. But if it's something that you truly want to do, and can't picture yourself doing anything else, you have to continue to go for it."

No matter what industry you are studying for, whether musical theatre or not, in order to make this wish a reality you have to fight for what you want. In life, there are going to be many doors that are opened and closed to you, and it's your job to break through the ones you want.

"Your wish is granted," the genie says. "And what is your second wish?"

After giving it some thought, your second wish might be: "I wish for the strength to keep moving forward with my





education, especially on the days when I feel like giving up.”

Let’s face it, college is challenging. You have papers to write, books to read and exams to take, and sometimes you have to manage it while also still trying to juggle a job and other life responsibilities. This all can become overwhelming to the point that you don’t know if you can keep going.

Bencal shared in the interview just what he did in order to remain focused while he was in school.

“While in school, I was surrounded by a great support system” he recalled. “It was also what I loved and what I had a passion for. It brought me joy.”

Maybe the trick to making this wish a reality of getting through the difficult times is being willing to open up to those around you, and find a way to support one another, especially if what you’re learning makes you happy.

Now your experience with the college genie is coming to an end as he asks, “What will your third and final wish be?”

You take a long minute to truly think about what you want from your last wish. You now know how to work in the field you want and how to persevere through the difficult times, but

you want your final wish to be just as powerful if not more.

After thinking it over you finally have it: “I wish to have the knowledge of knowing if what I’m doing is right for me.”

Bencal answered this exact question.

“If what you’re doing scares you, then that’s how you know you’re doing the right thing,” he said.

Life is too short to live comfortably, and if what you’re doing scares you, but still sparks a fire in you, then that’s how you know you’re headed down the right path.

After the genie finishes granting your final wish, he instantly disappears along with his magic lamp, and you are now back in the hallway, able to move forward with your new found knowledge.

Bencal never imagined he would have his first breakout role in Disney’s *Aladdin*.

“I’ve always loved *Aladdin*, and it’s my favorite Disney movie,” he said.

“But if you told me that it would be my first major role when I started, I wouldn’t have believed you.”

The college experience was able to provide Bencal the knowledge and support he needed in order to make his dream a reality. And if it can work for him, it can also work for you. ✨



ZACH BENCAL (IN YELLOW) PLAYS “BABKAK” IN ALADDIN.  
COURTESY OF BROADWAY/SAN DIEGO-NEDERLANDER.



## What’s the big deal about measles?



BY SANDI WESTRAND

The media has focused on recurring outbreaks of measles in several U.S. states. Mini-epidemics of the highly contagious virus have alarmed the Centers for Disease Control and Prevention and other public health officials to contain and quash the disease.

Measles and other highly contagious diseases were declared eradicated from the United States in 2000. The advent of the measles, mumps and rubella (MMR) vaccine in 1963 and the efforts of public health intervention and monitoring contributed to its demise.

Grandparents of current students likely contracted some of these diseases and developed immunity. Stricter federal and state laws have enforced immunization standards in conjunction with public schooling especially in California.

Once considered a routine childhood disease in North America, measles caused death, permanent neurological disorders, pneumonia, deafness and disfigurement to fetuses, infants and young children. Millions were afflicted with lifelong disorders.

Unfortunately, contagious diseases have continued to flourish in epidemic proportions in other parts of the globe. The World Health Organization (WHO) recently reported a measles epidemic in Madagascar that resulted in 900 deaths— primarily infants and young children.

### WHY THE FUSS ABOUT MEASLES?

It is highly contagious and rapidly transmitted by human contact. A sneeze or cough can propel droplets into the air that remain virulent for hours. One person can infect up to 12 to 18 others from the contaminated secretions. Crowded conditions and substandard sanitation as well as poor hygiene enable the spread of the virus.

### HOW HAS THIS DISEASE REGAINED A FOOTHOLD IN CERTAIN REGIONS OF THE US?

The influx of international travel, foreign travelers and immigrants, religious and other cultural reasons, unvaccinated or under-vaccinated populations, lax state as well as school regulations and anti-immunization purports in social media have contributed to the return of measles and other contagious illnesses to spread among vulnerable populations.

According to Elaine Adlam, registered nurse in Grossmont’s Student Health Services, the college has implemented an “Ebola” protocol to ensure any infectious disease is contained and reported immediately to the Public Health Department. Information and referrals for communicable and other diseases are available at Student Health Services, your primary doctor and the San Diego County Public Health Department. ✨

Remember, the spread of infection can be significantly reduced with good hygiene and frequent hand cleansing with soap and water and anti-bacterial gel.

# You Got Denied, What's Next?

Follow these steps if you have been denied admission to your school of choice. **BY ABBIE WALLACE**

**I**t's the most wonderful, yet terrifying, time of the year for transfer students. After months of waiting, the time has come for universities to send out admission decisions. Whether you have applied to multiple schools or just one, have already received admission news or are still waiting, there is still the chance your school of choice does not accept you.

Being denied admission is not easy to think about, but universities are becoming more competitive year after year, and while it is great so many people are furthering their education, those who apply have to be competitive while knowing there is a chance they may not be admitted.

The associate degree transfer pathways are designed to provide priority or guaranteed admission to qualifying universities. While the transfer pathways do give some assurance, there is always the less-preferable possibility that your school of choice denies your admission.

If you have been denied admission, don't fret. There are multiple options for you to explore and you can find them here at Grossmont College. While Grossmont does not have a specific program for students who have been denied admission, there are counselors, workshops and other events to ensure you get all the guidance and information you need.

Some reasons for denial include not meeting the GPA requirement, not completing all general education requirements or not completing the supplemental application, to name a few, according to Grossmont counselor, Sarah Moore.

If you get denied, the first step would be to contact the admissions office of the university. "As soon as the student hears that they have been

denied admission, it would be important for the student to reach out to the university to ask about the specific reason he/she was denied," Moore said in an email.

From there, "it is very important that each student in this situation meet with a counselor to develop a next steps strategy," Moore said.

Grossmont counselor Anne Nelson said meeting with a counselor is recommended because it is a "case-by-case basis on what we would advise" for a student who has been denied admission. Students can make appointments at the Transfer Center to get "individual advising on why they weren't admitted and what their options would be."

Moore said one step to take is "appealing the admission decision if the student has extenuating circumstances and has met minimum admission requirements." However, the appeals process is particular, and some universities only accept complex and serious appeals, so a simple application mistake may not be feasible.

If the appeal process is not a fit for you, reapplying for the next year is another option. For a lot of students, being denied means "reapplying in the next application cycle," Nelson said.

Reapplying for the next year will give you time to complete any extra or required courses, if there are any, and improve your GPA if necessary. You can also "consider applying for spring admission to schools that are open for spring admission," Moore said.

If you do plan to reapply, Nelson said, "It is very important to come to the application workshops we have in the fall." She added they are there to guide students through the application process and fix common mistakes.

Moore agreed. "We also offer 'I Got Denied... Now What?' workshops in the Transfer Center," she said. Attending a workshop will give you insight and the opportunity to converse with other students in the same situation.

You can also "attend the spring Transfer Fair on April 10 from 10 a.m. to 1 p.m. in the main quad to talk with university reps from schools that will be accepting applications for fall/spring," Moore said via email. Talking to a university rep may give you more insight on what the university looks for in an applicant and how you can make yours more competitive. In addition, attending the fair may help you find other schools you had not previously considered.

Nelson said it is also important students "do not delay coming to see us if they have been denied admission because it might eliminate alternatives they might have had." Of course, there are a few other options, like applying for a mid-year transfer to universities that offer it, as well as looking in to private schools; however, the availability of those options differs for everyone, which is all the more reason to go speak with a counselor, Nelson advised.

The route to take if denied admission "depends on (a) student's needs, major and academic history," Nelson said. So, what you do if you are denied admission depends entirely on you as a student and your academic needs. Grossmont has a great counseling team prepared to help the individual needs of any student who seeks guidance.

Just remember, being denied admission from a university is not a reflection of your full potential, and Grossmont has counselors, workshops and events to guide you to your second chance. 🐦

**If you find difficulty overcoming those negative emotions and they are dragging you down, mental health counseling services are available free of charge at the Student Health Center, located in Building 60.**

## Why Not Me? HOW TO FACE REJECTION | BY SANDI WESTRAND

**T**he transfer response arrived. You opened the letter, and stared at it with disbelief. You weren't accepted to your preferred university. Rejection leads the myriad of emotions that run through your mind.

Rejection and disappointment are difficult to manage when you are already overwhelmed with class assignments, work, relationships and everyday student life. Now, you are forced to make alternate preparations amidst the other activities that demand your attention. How does one handle a major disappointment after exclusively setting their aspirations and goals only to be denied their choice?

Allow yourself brief episodes of self-pity and to sort out other emotions—e.g. disappointment, shame, sorrow and anger that are competing for attention. It is natural to experience these feelings accompanied by the desire to temporarily withdraw from others. But students can't stay down in the dumps for too long as dwelling on negative and conflicting emotions can be destructive to self-esteem and affect daily routines.

- **Take time to chill and indulge in an activity that brings you joy and uplifts your mood.** Literally, stop. Smell the flowers. And enjoy the simplicity of nature's beauty. Open that book or start your favorite movie to elicit good feelings and laughter. Elevate your mood with music or social media. Lastly, physical activity is always beneficial.
- **Remain calm and carry on because help is available.** Head over to the Counseling Center for assistance to figure out your next steps. Collaborate with peers for support and assistance. Faculty members may provide additional suggestions and information. Remain receptive to alternate options and allow yourself some time to sort out the information before making a decision.
- **Continue to focus on your accomplishments and how you have worked hard to obtain the opportunity to transfer to a higher institution.** Give yourself a pat on the back because you deserve one. Look at what you have achieved.

Meanwhile, you still need to prepare for midterms and complete projects to finish out the rest of the semester. Your efforts will be rewarded. Go for it! 🐦





ILLUSTRATION BY  
KARINA KILBER

# MIDTERMS ARE COMING

**We need to be prepared.**

**BY JOCELYN LIMON-VAZQUEZ**

**M**idterms are just around the corner which means we're almost halfway done with the spring semester and we all know what comes after midterms...yes, spring break! However, many students are putting their social lives and spring break plans aside for now, in order to focus on this semester's midterm season.

Exam weeks are always the worst; they feel like hell, literally. Study sessions and reviewing all the chapters professors have covered throughout the first eight weeks seem never-ending. And let's not talk about the endless cups of coffee we need to drink for our all-nighters.

When it comes to exams, midterms, finals or any other tests professors give throughout the semester, it's always good to prepare ahead of time, not the night before like many of us do. It's important we invest some of our time studying and preparing for our exams because at the end of the semester our final grades will depend on our exams' scores.

All of us have different ways of studying. Some students review their notes and the material, and others try to work in study groups or go to tutoring.

Grossmont student, Nicolle Federico, said: "I start going to tutoring a week before my exam, and after that I try to skim through the material so I can review it."

Going to tutoring should always be one of our main options when preparing for midterms. Grossmont offers tutoring at no cost from 9 a.m. to 7 p.m., Monday to Thursday, and on Fridays from 9 a.m. to 3 p.m., in the Tech Mall.

Another student, Vivian Heredia, said, "I go to tutoring or I watch YouTube videos that help me study."

Angel Ramirez, a Grossmont student said, "I review my chapter notes and sometimes I attend some of my class' study groups."

Midterm season can be quite intimidating and stressful as well as time consuming. "I have a hard time finding the time to study and trying to figure out how to balance school, study time and social life," Ramirez said.

And remember that it is important to prepare ahead of time, at least a week before the day of your exam so you can understand everything thoroughly. Cramming the night before the day of the exam is never a good idea.

Tutoring, reviewing notes, watching videos and scheduling office hours with professors are all good resources for midterm success. ♡

## A Night at the Theater: Spring Awakening



The Grossmont Theatre Department invites you to join them for the production of *Spring Awakening*.

**BY OLIVIA LINSTAD**

**F**ill a seat at the Stagehouse Theatre and allow your peers to take you on a journey through their performance in *Spring Awakening*.

Leo Ebanks, who plays the role of "George," said: "It's raw, exciting, no filter. Man, it's awesome. Nothing's really sugar-coated. It's all just out there. We really get to express ourselves."

According to playbill.com, "*Spring Awakening* depicts a dozen young people making their way through the thrilling, complicated and mysterious time of sexual awakening."

Ebanks continued: "People will have a lot to relate to, both men and women. Even mothers."

Grossmont theater students have the opportunity to practice and perform this musical, set in 19th century Germany, under the direction of Meg DeBoard. Thanks to Kyrsten Hafso-Koppman's musical direction and Michael Mizerany's choreographic direction, the play contains an element of musical excitement for all viewers to anticipate.

As it is Ebank's first Grossmont production, he said he was thankful for the amazing unity and friendships with his fellow actors.

The cast has been working together every weekday since the beginning of 2019 to perfect each aspect of the performance. The hours of dedication and hard work will be evident as they sing, dance, speak and laugh on stage.

Tickets can be purchased online at [grossmont.edu/theatrebrochure](http://grossmont.edu/theatrebrochure), calling 619-644-7234 or visiting the box office on campus (Building 22A).

This performance is perfect for a date night, with a group of friends or as an entertaining evening for yourself. ♡

### SHOWINGS

**March 14 - 15**  
7:30 p.m.

**March 16**  
2 & 7:30 p.m.

**March 21 - 22**  
7:30 p.m.

**March 23**  
2 & 7:30 p.m.

### PRICES

**General Admission:**  
\$15

**Military:** \$12

**Senior:** \$12

**Faculty/Staff:**  
\$12

**Student:** \$10



ILLUSTRATION BY LAURA NASH



# Grossmont's "Gals"

**In celebration of National Women's Month, we give props to amazing female athletes Grossmont is proud to showcase.**

STORY, PHOTOS AND LAYOUT  
BY SHARISSE COHEE

**Y**ou have to give Grossmont its props for the amount of diversity the college possesses. Whether it's cultural, religious or gender-influenced, when walking through campus, witnessing this symphony of diversity is enticing and encouraging. This outstanding reputation holds true in the athletics spectrum of G-House, and with March being recognized as National Women's Month, we want to show some overdue love for our Griffin gals holding it down in sports.

The Grossmont Women's basketball team flourished in its Griffin green, showcasing all-star caliber players such as three-point swishing phenom freshman guard Chiara Mattern and sophomore all-star athlete Drew Mendoza.

After the final game of its 2018-2019 season, in which the Griffins fell to the Jaguars of Southwestern College Feb. 20 by a heartbreaking defeat of 90-65, Women's Basketball Head Coach Brionna Baker had encouraging words regarding the toughness and intelligence of female athletes.

"I think any athlete, any gender, is tough because a student athlete has to balance school and athletics, and a lot of times, student athletes that come to a junior college have to either improve in their area of academics or improve greatly in their area of athletics in order to transfer to the next level," Baker said.

"I think female athletes have an even more difficult time because a lot of pressure is put on them to succeed in both," she continued, "and sometimes they have to deal with other things— like, for example, we have students that have family issues; they lean more on the women in their family to help."

Baker further explained how being a female athlete on the collegiate level will only help in acting as a guiding tool for future life endeavors.

"It helps them find that balance of where they can learn to gain respect and really fight for what they've worked for because they do it every day on the court and in practice," she said. "It's great to be a female athlete. You battle a lot of stuff, but at the end of the day, it helps to make better females in the workplace and leaders. So it actually accelerates the career field because there are a lot more women leaders now because of athletics

and because they have been taught the leadership or captain roles in a basketball or volleyball game or being in charge of a team."

Nothing quite matches the intelligence and diversity of a player who can excel in multiple sports. This was demonstrated by all-around super athlete Mendoza, who made the unbelievably quick two-day turnaround of playing in the starting lineup for the last game of the basketball season, then transitioning to swatting birdies with badminton the very same week for the Grossmont College Badminton Tournament.

What better way to serve-up the beginning of the badminton season then to ring it in with the versatile athlete? Mendoza described herself: "I played all four years in high school, I was on the varsity squad. My dad is actually the coach of Mira Mesa high school. I played for my dad for four years, then took a break. And it's been two years since I've played. And I actually just got done with basketball on Wednesday."

This athlete not only demonstrates balance on the court, but also in her academic career.

"School is first, always," Mendoza said. "But then again sports and just love of the game, sometimes it happens where you put sports first. I'm just out here to have fun; if I'm out here playing with a smile, then I know I'm doing the right thing."

Mendoza is able to express her competitiveness mixed with true empathy and compassion, as she serves as not only a positive role model for athletes, but for students and women as well.

Women's Badminton Head Coach Bill Gillespie is proud of athletes such as Mendoza.

"We're finally getting women involved in athletics," Gillespie said during the season-opening tournament held Feb. 22. "I've been doing this for 55 years. And women are just as good of athletes as the men."

While it is always great to witness women rise above as a whole, it can be even more refreshing to hear from the male perspective— especially [WOMEN CONT. ON PAGE 20]



**Versatile Athlete Drew Mendoza looks for an open teammate in the last game of the season against Southwestern College.**



**Pitcher and infielder Lexi Schmehr winds up tosses a strike against Southwestern College Jaguars.**



STORY, PHOTOS AND LAYOUT  
BY SHARISSE COHEE

*The Griffins conclude their 2018 season,  
bidding farewell to sophomore players  
and finishing strong.*

# Bye-Bye Basketball

**T**he Griffins growled the last roar as they played the final game of the 2018-2019 season Feb. 22, grasping a clutching victory in a re-match over the district-conference rival Coyotes at Cuyamaca College. The Griffins ended their tough season finishing 3-7 at home and with a 6-22 overall record.

Although the record may appear a tad modest, it's toughness and tenacity that embodied Grossmont. They finished the season strong, explained Freshman Guard Marquell Cool: "It's kinda been a rough season, but it's nice to have won three of our last four and our last game of the season. And with our sophomores leaving, it's nice to end it on a good note, and get ready for next year."

Before they begin preparing for the 2019 season, the team gets to relish this victory first. The win over Cuyamaca was especially meaningful considering the Coyotes defeated the Griffins on their home-court only a few weeks prior, escaping by the slim margin of 78-68.

With that devastating loss still lingering fresh in their minds, Grossmont made it a point to start this re-match aggressive on offense while playing it smart and tight on defense. This

formula proved to be a successful combination, as the only time the Griffins trailed was at 17:28 in the first half upon the Coyote's initial three-point play. That's all the Griffins needed to summon their sleeping giants, and it was completely G-House from there.

The unstoppable sophomore guard/forward Josh Peloquin delivered all season and did not fail to impress for the last game, putting the Griffins on the board with a huge three-point jump shot.

Along with Peloquin, four out of the five starters were sophomores who will shed their Griffin green and move on to the next level.

"One of the ideas of community college in general is, it's a stepping stone to a four-year level, whether you're a regular student or a student athlete," Head Coach Doug Weber said. "Last year we had seven kids move on. This year we had four sophomores, all four of them want to go on and play. A couple of them are actually getting recruited, and we think they'll move on. Then we're working on getting the last two out."

Weber admitted that recruiting **[BBALL CONT. ON PAGE 20]**



## THE FRIARS GOT THEIR MAN(NY) BY AUSTIN PEREGUD


**T**he San Diego Padres announced that they signed All Star third baseman Manny Machado to a 10-year, \$300 million contract, the biggest free agent deal in American sports history.

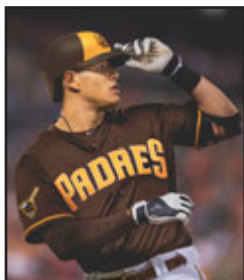
The 26-year-old phenom, who is entering his eighth season, already has four All Star game appearances under his belt. Along with 175 career home runs and 1,050 career hits, Machado has a .282 batting average over the last seven seasons. Before signing on Saturday, the former third overall pick in the 2010 MLB draft spent six and a half seasons with the Baltimore Orioles. He was later traded to the Los Angeles Dodgers for the end of the 2018 season.

The news was first broken by ESPN's Jeff Passan Feb. 21, and it sent a

shock through the baseball world. Some fans would have guessed that Machado would be getting a \$300 million contract, but few believed the Padres would be the team to do so.

Fans around campus, who are either Padres fans or baseball fans in general, were excited that Machado chose the local team. "I'm pumped about it," said Justin Wiltz a junior at Grossmont College. "I think Petco Park will be rocking with Padres fans."

Last offseason, the Padres made big news when they signed free agent first baseman Eric Hosmer to an eight-year, \$144 million contract, which was the biggest in franchise history at the time. The Padres look to fight for the National League West title and make the playoffs for the first time since the 2006. With top prospects like Fernando Tatis Jr., Chris Paddack and Logan Allen expected to be in the big leagues this season, the Padres could become a threat in the National League. 



# FIGHTING FOR A BETTER FUTURE

Trends from the national, state and local levels can affect the district—in a good or bad way. **BY LEVI HERRERA**

**O**n Feb. 28, Dr. Cindy Miles, Grossmont's chancellor, presented how national and state trends could affect local community colleges. Miles answered questions and discussed positive and negative actions taken by Congress.

The first topic was about the Higher Education Act. In 1965, the Higher Education Act (HEA) was signed under President Lyndon Johnson. The purpose of the HEA was to provide college students with financial aid and increase educational resources. The goal of the HEA was that it was to be renewed every five years, but it has not been updated in 10.

According to Miles, "conflicts between the Democrats and Republicans" have affected the renewal of the HEA. Improving the HEA would be a big step in helping more low-income students.

Another improvement the district would like to see is increasing

improved affordability, basic needs and resources.

According to first year Grossmont student, Jazmine Reyes, "The resources at Grossmont have helped me receive and manage my financial aid."

There has been a 58 percent increase in ADTs, while a 27 percent increase in degrees in four years and a 25 percent increase in students receiving a certificate. In addition, Grossmont College has had a 57 percent increase in students completing math and English in the first year, while Cuyamaca College has had an astounding increase of 120 percent, making it the best school in the state in this category. Accelerated programs offered at Cuyamaca have been the factor in increasing these numbers, according to Miles.

Miles even explained about upgrading computers to Windows 10 by the end of 2019. There will also be a help desk for tech-

related programs. Network and Wi-Fi have been upgraded 95 percent to cover all parts of the campus including outside areas.

"I think upgrading these resources will help future students and faculty," Reyes said. "I think Congress should help community colleges with more funding and resources because this would help motivate students to work harder."

As time goes on, the district hopes more politicians in the future will help community colleges get equal funding they deserve.

Miles also announced in February that she will be retiring at the end of this year. In an email, she said her plans are to continue through December to allow the Governing Board to select a successor and complete the "reaffirmation of accreditation with stable leadership and make a smooth transition." 🐦

"Many politicians do not understand what it is like to be in community college."

—Chancellor Cindy Miles

the Pell Grant from \$5,000 to \$6,500. There are more than 8,800 students from Grossmont and Cuyamaca Colleges that receive support from the Pell Grant.

The discussion of Deferred Action for Childhood Arrivals came up stating that there are 250 DACA students in both campuses, and there may be more undocumented students who do not get supported by DACA.

"Many politicians do not understand what it is like to be in community college," Miles said.

Politicians in Sacramento attempt to control the community college districts without realizing what the districts need. The local leaders have little control while congress tells community college districts what to do.

On the other hand, candidate for the presidential election, Kamala Harris, D-Calif., said she wants to make college affordable for low-income students.

In addition, Gavin Newsom, the Democratic governor of California, has said he believes education is an important key. "From cradle to career," Newsom would like to invest money on early child learning.

Earlier this year, Gavin Newsom proposed a \$209 billion budget for California. The budget includes \$246 million in funding for community colleges. There is \$40 million for the California College Promise Grant, formerly known as the Board of Governors (BOG) waiver in the proposed budget.

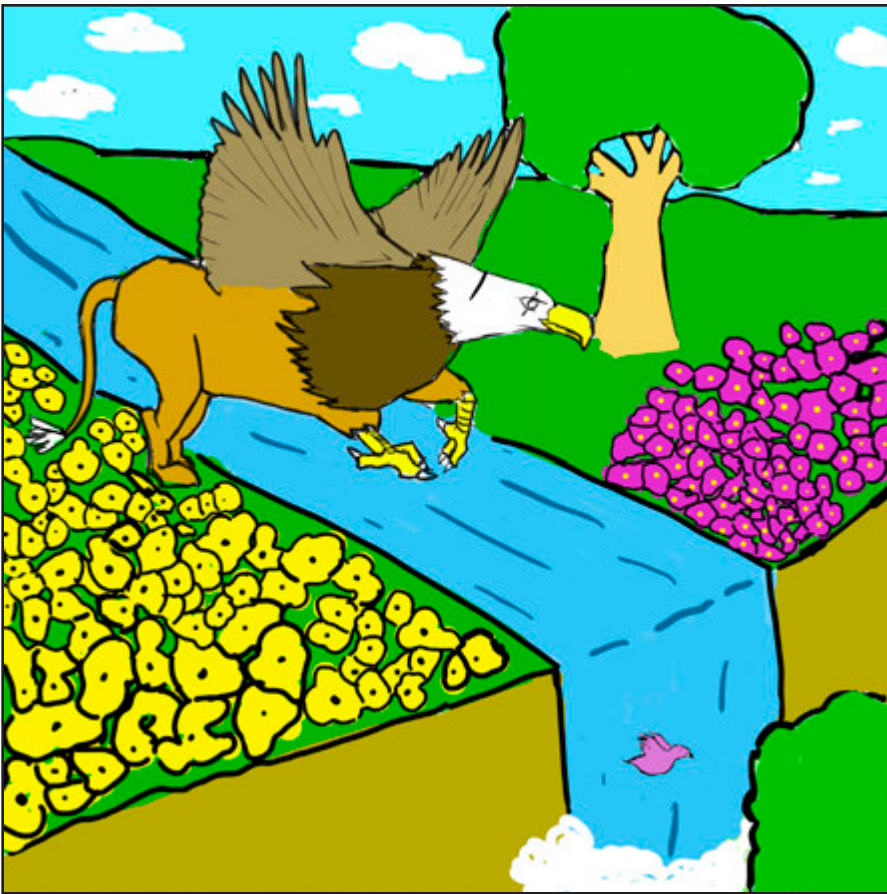
Newsom's budget includes a \$144 million increase in the Cal Grant. However, community college students only receive 10 percent funding from the Cal Grant. The rest goes to students attending four-year universities. Furthermore, around 70 percent of Cal Grant applicants come from community colleges.

According to Miles, the goal for Grossmont-Cuyamaca district is to increase transfers to UC or CSU schools by 35 percent while decreasing units accumulated from 87 to 79. It also includes increasing employment in field study from 60 percent to 76 percent by the year 2022. As of now, Grossmont-Cuyamaca has



ILLUSTRATION BY ALEXANDER KATZENSON





# STUDENTS LEADING STUDENTS

Learn the names of some leaders representing Grossmont students, and learn how and why you should get involved.

BY BRENDAN MCDONALD  
ILLUSTRATION BY SAUL MALDONADO

Last June, Amy Bianchi campaigned for president of the Associated Students of Grossmont College, or ASGC. The ASGC is a coalition of student leaders who represent all Grossmont students. Although Bianchi ran unopposed, she still urged students to vote through WebAdvisor. Only about 200 students voted in the last ASGC election, which is only about 1.1 percent of Grossmont's more than 18,000 students. It seems that a large majority of Grossmont students aren't concerned with campus politics. But why should they be?

The short answer is: Because they are students. Students deserve to have a voice when it comes to how their school is ran and operated, and the ASGC plays a crucial role in making sure that students needs are met.

Because Grossmont is a two-year institution, it can be hard to gauge the needs of an ever-changing community of students. It can be easy for students to conclude student issues at this level don't pertain to them or won't in the future.

"My biggest thing is advocacy. Advocate for someone who can't advocate for themselves," Bianchi said in an interview in the ASGC office in the Griffin Center.

The sentiment she expresses is at the core of what ASGC strives to be. In a way, ASGC is essentially a gateway between students and the resources they need. "As a community we need to be able to listen to each other and have our voices heard," Bianchi said.

Edwin Hernandez Armenta is a Grossmont student graduating this Spring with an associate

degree in social and behavioral science. He is also Grossmont's student trustee for the Board of Trustees of the Grossmont-Cuyamaca Community College District. In this role, he represents Grossmont students at monthly Governing Board meetings. Decisions made by this board of elected officials will inevitably affect the college.

"I'll give you a crazy example," Armenta said in a phone interview. "Let's say they wanted to spend \$5 million on toilet paper, and I could say, 'No, that's ridiculous. You can spend that money on something more useful for the students.'"

Armenta is one of two student trustees who represent the district. The other is Kyrie Macogay, a biology major at Cuyamaca College who represents her college as their student trustee.

Of course, it's always important that students focus on their academic goals. "Student leaders are students first and then leaders," Armenta went on to say. He recommended students prioritize their academic goals over everything else.

Bianchi agreed with the sentiment saying "You have obligations, and you have priorities, and that's okay." She added, "But if every student contributes just five minutes of their time to an issue it can make a difference."

Grossmont is an ever-growing community of 220 full-time faculty, 574 part-time faculty and 18,241 students, according to its website. Many of the decisions our student leaders make will affect this community for those in it and for those who will come after. And the resources and opportunities Grossmont offers can only be available to students in the future if the students of today get involved.

## THREE WAYS TO GET INVOLVED

### #1. Share your thoughts and ask questions.

"If students don't tell the people above about the problems they're facing, then there's nothing they can do," Armenta said.

But as highlighted by Bianchi, "Students can be shy." This can play a factor when it comes to figuring out what students need. Many college students are millennials, often referred to as "the anxious generation." Some students may find it hard to speak up about their needs.

"There are many different programs on campus; you just have to ask," Bianchi noted. Students who are unsure where to begin can find a list of all the clubs on campus online, or at the ASGC office in the Griffin Center.

"If you want to start advocating, we also need student representatives," Bianchi added.

### #2. Get a Benefit sticker.

The ASGC benefit sticker costs \$12, providing students with a ton of rewards and perks. The sticker attaches to a student ID

[\[POLITICS CONT. ON PAGE 20\]](#)

# HOW TO TRAIN YOUR DRAGON: HIDDEN WORLD



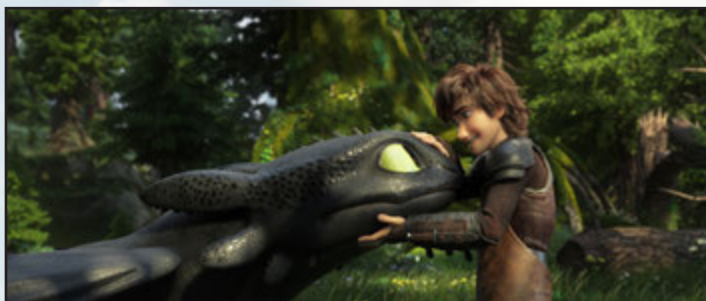
ILLUSTRATION BY JOSE GONZALEZ

Amazing, stunning and beautiful are a few words to describe this touching heartfelt finale.

**A REVIEW BY SARA ROTT**

**A**ll good things must come to an end. This holds true with the highly anticipated sequel to *How to Train Your Dragon*, and it is sure to be a tear jerker.

We all fell in love with Hiccup, a scrawny young Viking who was unlike everyone in his village. Instead of killing a dragon, he befriended him and the two went on daring adventures. Hiccup changed the course of his village's



history by uniting the Vikings and dragons in peace.

*How to Train Your Dragon: The Hidden World* is an epic conclusion to the series. We watch as the movie wraps up loose ends. The length of the film is one hour and 44 minutes, but time just flew by in this fantasy action animated feature.

The movie opens up with a hilarious stealth mission gone wrong as Hiccup, Toothless, Astrid and the dragon riders rescue a handful of dragons from raiders. After an epic fight scene, Hiccup leads everyone back to Berk with his opening monologue of village life. Hiccup is now chief and ruler of the chaotic village that is now invaded with an insane amount of dragons. When a female dragon, Light Fury, arrives, she grabs the attention of Toothless, which brings unwanted attention and threats to the Vikings of Berk.

Grimmel, the villain, is a dragon hunter who believes all dragons should be exterminated and is responsible for the disappearance of all Night Furies, except for Toothless.

Hiccup must make the decision to leave

the only home they've ever known to keep his people and the dragons safe. They journey to the ends of the earth to find the "Hidden World" that only existed in myths. Of course, along the way, they encounter laughs, love and heartache. Plus, you can't help but giggle at the flirting skills of Toothless.

The movie stars Jay Baruchel as Hiccup, America Ferrera as Astrid and Cate Blanchett as Valka, Hiccup's mother. Kristen Wiig and T.J. Miller play everyone's favorite twins, Ruffnut and Tuffnut. The all-star cast continues as Jonah Hill stars as Snotlout and Christopher Mintz-Plasse as Fishlegs. The movie also flashes back to when Hiccup was a young boy listening to Stoick the Vast stories played by Gerard Butler. Along with our protagonists, F. Murray Abraham plays the antagonist Grimmel the Grisly. These actors bring life to the animated characters that we all know.

*How to Train Your Dragon: The Hidden World* was directed and written by Dean DeBlois and Cressida Cowell. The franchise is based upon the *How to Train Your Dragon* book series. Cowell also helped write the first two movies, and has definitely done an amazing job of wrapping up the touching story of a dragon and his best friend. It was also really sweet to see this final film make so many references to the first one that started it all.

The film has so much heart that it will make you grin from ear to ear. If you grew up with this movie, then the ending will surely bring you closure and joy. Whether it's the hilarious characters or the love between Hiccup and Toothless, this movie will pull you in. It's not hard to see; this is a truly beautiful movie. 🐉





# PREPARE FOR ANY EMERGENCY

No campus is completely safe from the threat of danger, but being prepared can make a life or death difference. BY JENNA WILSON

**T**here are a number of emergencies that can occur on campus such as fires, an armed intruder, earthquakes and more.

The most important time to prepare is before an emergency arises. In class, students and teachers seem more worried about the curriculum than stopping and talking about what to do in an emergency. Thankfully, there is tons of information on the Grossmont-Cuyamaca district website on public safety and emergency information open to students.

In order to have the best chance of surviving an emergency on campus, students should think ahead. Here are some ways to be better prepared:

- Think about where your classes are and the layouts of the buildings attended to plan possible escape routes.
- Read all student resources on emergency preparedness and attend safety training programs.
- Locate the nearest fire alarm and extinguisher, and know how to use them.
- Know that in any emergency, you will be notified in multiple ways including text message, voicemail, loud speaker, email and social media.

## FIRE SAFETY

According to city-data.com, fires are El Cajon's most common natural disaster.

Grossmont College's Director of Public Safety, Nicole Conklin emailed a response on fire drills stating that "yes" fire drills are held on campus. Yet, when talking to students, most have never heard of Grossmont having fire drills.

Grossmont student Julia Dorval, 27, has attended Grossmont for a total of three years and has "never once" been involved in a drill, or even been told about them. "We should be taught everything for safety and they haven't even mentioned anything," said Dorval in a phone interview.

In the event of a fire in your class's building, you should:

- Notify everyone around verbally.
- If able to, assist disabled persons to safety.
- Never use the elevator, use the stairs.
- Move to an outside area at least 150 feet from the affected area.
- Do not stay or move into an inner courtyard.

If you discover a fire on campus, call 911 immediately after warning those around you. If the fire is small and able to be put out, pull the fire alarm and notify the District Police.

## ARMED INTRUDER

An armed intruder is a very serious emergency. The potential for a school shooting exists on every campus throughout the US. "Though the possession of firearms on or around the campus is prohibited,

previous local and national shootings dictate the importance and need for a response plan," according to active threat information on the district website.

According to the FBI's official website, "The FBI has designated 50 shootings in 2016 and 2017 as active shooter incidents (20 incidents occurred in 2016, while 30 incidents occurred in 2017)."

It seems that armed intruders are becoming more common, especially in schools. According to a study released by the FBI, "Active shooter incidents are becoming more frequent—the first seven years of the study [2000-2007] show an average of 6.4 incidents annually, while the last seven years show 16.4 incidents annually...The largest percentage of incidents—45.6 percent—took place in a commercial environment (73 incidents), followed by 24.3 percent that took place in an educational environment (39 incidents)."

An armed intruder is harder to plan for than any natural disaster. According to the district website, "An individual must use his/her own discretion during an active shooter event as to whether he/she chooses to run to safety or remain in place."

The best way to prevent an active shooter on campus is to report suspicious behavior. Even if your suspicions end up being wrong, it is better to be safe than sorry. There is an app that students can download called "Say Something," which allows those who want to report suspicious behavior anonymously and do it quietly.

According to sdsheriff.net, "For a crime to occur, an opportunity has to exist and a motivated criminal has to be present."

In the event there is an active shooter on campus, remember these three words: Run, hide, fight.

**RUN:** If you can escape, get to a safe place. Move or crawl away from gunfire. Think about where you are running to before leaving and when you find or think of a safe place, duck and run to it. Leave all belongings behind except for your cell phone if possible.

**HIDE:** The best places to hide are locked rooms with minimal windows and with furniture to get behind. If you make it to a room, blockade the doors and windows as much as possible, lock doors, shut blinds, turn off lights, remain quiet and silence cell phones.

When hiding, try to spread out from others. Stay on the floor, away from doors and windows.

If it's safe to do so, call 911 even if you think someone else already might have.

**FIGHT:** Before taking action, make a plan with others if possible. Make a total commitment

and act as a team. Do whatever is necessary to survive.

"We have never had an active shooter at Grossmont or Cuyamaca colleges. However, our law enforcement and emergency preparedness teams hold frequent active threat drills so we know what steps to take should that ever occur," Conklin wrote.

Though we haven't had an incident at Grossmont or Cuyamaca, it was just in 2001 that 15-year-old Andy Williams brought a gun to Santana High School in Santee, killing two students and injuring 13.

Conklin also emailed a response on teacher preparedness stating, "Teachers, staff and students are encouraged to attend the emergency training sessions that are held."

"We strongly encourage faculty and staff to attend the sessions, but we can't require it. Many employees have attended previous workshops, so they don't necessarily have to attend every year," emailed Anne Krueger, Communications and Public Information Director from the Grossmont-Cuyamaca College District.

## EARTHQUAKES

According to the Southern California Earthquake Center, there is a 60 percent chance of a 6.7 or greater earthquake occurring in Southern California.

Earthquakes are a common worry in Southern California and can happen at any moment, even at school.

"Identifying potential hazards ahead of time and advance planning can reduce the dangers of serious injury or loss of life from an earthquake," according to the Federal Emergency Management Agency (FEMA).

Heavy storage should be moved into low units close to the ground and shelving units/fixtures should be well-secured to walls.

When an earthquake occurs, you should:

- Drop to the ground and take cover under a sturdy table or piece of furniture.
- Stay away from glass, windows and any fixtures that could fall on top of you.
- Stay inside until the shaking completely stops. Remember, there could be aftershocks.
- Be aware the electricity could go out.
- Do not use elevators.

According to FEMA, "Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave... Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by falling debris from collapsing walls."

For more information on what to do in a specific emergency, visit gcccd.edu and look under "public safety." 🐦

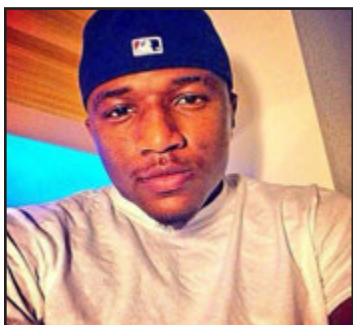


# TRAGIC LOSS

The deaths of two Grossmont students occur within days of each other.

BY SHARISSE COHEE

**T**ragedy struck not only students and faculty among the Grossmont-Cuyamaca School District, but the San Diego community as a whole, when devastating news surfaced involving the untimely and violent deaths of Grossmont students Gregory Izik Ruffins Jr., 22, and Willow Faye Singer, 19.



GREGORY RUFFINS JR., 22, WAS FOUND DEAD NEAR A LINCOLN PARK TROLLEY STOP ON FEB. 24. PHOTO COURTESY OF FOX 5 SAN DIEGO.

While the two horrific deaths occurred within only days of each other, the tragic incidents are separate occurrences. According to an email sent Feb. 28 from Grossmont President Dr. Nabil Abu-Ghazaleh: "Gregory Izik Ruffins Jr., was

found critically wounded outside his home and died en route to the hospital on Sunday, Feb. 24, and Willow Faye Singer was found dead outside her home on Tuesday, Feb. 26."

The police are asking for the public's help to determine the circumstances that led to the Ruffin's death. Anyone with information can call Crime Stoppers at 888-580-8477. Police are investigating Singer's death as a murder-suicide.

The president's email further stated: "Gregory was studying to become a physical therapist, while Willow had only recently begun her college journey. We mourn them as members of our college community and our broader communities."

Grossmont plans on directly connecting to the faculty members and students of the victims' classes. Students are advised that Student Health Services, located inside Griffin Center; (Building 60) has campus counselors available to help cope in this time of overwhelming loss and sorrow.

The Summit sends its deepest sympathies to the friends and families of the deceased students. 🐦



WILLOW SINGER, 19, WAS SHOT OUTSIDE HER HOME ON FEB. 26 IN AN APPARENT-MURDER SUICIDE. PHOTO COURTESY OF FOX 5 SAN DIEGO.

## WOMEN

[ CONT. FROM PAGE 14 ]

males that have witnessed the growth of women not only playing in sports, but as influential role models as well.

While attending the softball game Feb. 20 against Southwestern College, Dean Evans, acting associate dean of athletics for Grossmont demonstrated his support for female athletes.

"I've been in college athletics for a long time, and I'm very happy to say and pleased with the way women athletics has evolved over the years," Evans said. "I can say that I'm really excited that Grossmont offers a full complement of sports for women. And I think, in fact, that we should hopefully think about adding some additional women's sports in the future." At this rate of progression, it is exciting to not only witness the rise and success of female athletes, but of all individuals, as students and faculty rally to support the "gals" of Grossmont Athletics. 🐦

## BBALL

[ CONT. FROM PAGE 15 ]

can get difficult when a team's record is less than stellar on paper. "If you win, it's a little bit easier to get them out then if you lose, so it's made it a little bit tougher for us to do that, but they're all going to go on and play which I think is a neat deal," the coach explained.

While their record may not be flawless, the Griffins certainly were poised for perfection during the final game, as the sound of Grossmont swishes flooded the Coyote's gymnasium. G-House smothered the stat book, going an impressive six of six on three-point attempts and nailing 100 percent of their field goals, going for an astonishing 26 of 26.

The first period ended much like it started with the Griffins' quenching their thirst for revenge. Taking it to the house with authority and straight-up skill, freshman forward Jamal Johnson smashed an in-your-face dunk for the ages with two minutes left to play before the half. Grossmont was dominating with a score of 39-27.

"We had 41 [points] at half, which is..." Weber pleasantly sighed and continued. "We were only averaging 58 [per game], so having 41 at half, that's getting better then; defensively, we did a nice job too. It's Cuyamaca, so you like to beat them for sure."

Weber remained optimistic and proud of the hard work exuded by the players.

"When you look at Lamon and Jamal and that group, they're all freshman and so they get to come back," he explained. "Josh Burton, Josh Peloquin, Chris Moyer and Marc Cabrera are sophomores, and so it's a little daunting because we're

going to lose four of our five and then freshman come back and recruit new guys to come in.

"Lamon was a nice, solid freshman and he kind of led the pack here, getting First Team All Conference honors which is really nice, it's really good," Weber continued.

The coach certainly had reason to celebrate his team's success as the final period of the Cuyamaca game demonstrated to conclude the Griffin's season on a high-note.

One can never count the Coyotes out as they attempted to mount a second-half comeback behind Cuyamaca freshman standout Ryan Flowers, gaining momentum and tightening up the score 45-39 with 14:25 remaining to play. The Griffins were not going to allow this rematch to slip from their clutches; remaining resilient, they overcame this brief switch and beat the Coyotes by a final score of 70-61.

This victory and strong finish demonstrated Grossmont deserved the individual player honors, which it received for their 2018-2019 season. Freshman Lamon Hudson earned First Team All-Conference, and sophomores Josh Burton and Marc Cabrera earned Honorable Mention All-Conference.

Flagg Guo, freshman guard for the Griffins, summed up the season with optimism and positivity: "Towards the end of the season, we did really well, and it felt so good to win the game for all of our sophomores since it's their last game. It gives us positive energy going towards the off-season, and we'll have more momentum going into next year."

Grossmont is excited to support Weber along with returning players as well as newly recruited athletes in concluding their 2018-2019 season and welcoming a promising squad to hold down the G-House for the upcoming 2019-2020 schedule. 🐦

## POLITICS

[ CONT. FROM PAGE 17 ]

card, and is available for \$12 cash at the Student Activities Window in Building 10. When purchasing the sticker, students will receive an ASGC-branded mug, a book of sticky notes, a pencil case and four scrantons. When they bring the sticker into the ASGC office, students can get free popcorn, tea and coffee. Students can also enjoy discounts on supplies and gear from the Grossmont bookstore and many of the dining locations around campus.

### #3. Vote!

The best way to ensure one's voice is heard is to exercise it. And the easiest way to exercise that voice is by voting. "The best way to get involved is by voting and getting to know your campus," Bianchi said.

Students will start campaigning for the next ASGC election in April. 🐦



# CAREER HELP

Head to the Career Center for guidance.

BY AUSTIN PEREGUD

For many college students, it is difficult to find a major that can result in a well-paying job. Luckily for students at Grossmont College, the Career Center has workshops to help students find a career that's the best fit for them.

Located in Building 60, the Career Center has unique workshops coming up that include "Drone Technology," "Exploring Majors" and a "Job Readiness Training Academy." The Training Academy is where you can receive a free certificate if you complete 12 of these workshops. It includes workshops such as "Customer Service," "In-Demand Jobs," "Building a Resume" and many more.

If you are unsure of which major you are most interested, attend the "Exploring Majors" workshops.

Workshops are held in the Career Center (60-140). For more information, call 619-644-7615. 🐦

WORKSHOP	DATE	TIME
Building a Resume	March 15	9:30-11:30 a.m.
Creating an Elevator Pitch	Mar. 8, Apr. 5	9:30-10:30 a.m.
Preparing for Interviews	Apr. 19, May 10	9:30-10:30 a.m.
The WHY	Apr. 26, May 17	9:30-10:30 a.m.
In-Demand Jobs	May 3, 31	9:30-10:30 a.m.
Customer Service	Mar. 8, Apr. 26	10:30-11:30 a.m.
Time/ Stress Management	April 19	10:30-11:30 a.m.
Effective Communication	March 22	9:30-10:30 a.m.
	May 3	10:30-11:30 a.m.
Financial Literacy/ Budgeting	April 5	10:30-11:30 a.m.
Digital Fluency/ LinkedIn	Apr. 12, May 17	10:30-11:30 a.m.
Collaboration/ Team Building	Mar. 22, May 10	10:30-11:30 a.m.
Social/ Diversity Awareness	Apr. 12, May 24	9:30-10:30 a.m.
Entrepreneurial Mindset	March 21	1-2 p.m.

## GROSSMONT BRIEFING

### CALLING ALL MUSIC LOVERS

Get ready to enjoy music and food. In a few months, Cuyamaca College will be holding the Coyote Music Festival. The 11th annual festival is hosted and run by students for students, so come out and show your support. This community event will feature local bands and vendors. Every year it's run a little differently, and there's no doubt it should be a blast. This year, the college is partnering up with a label called Manican Vanity who are featuring local artists. The festival will be held May 4 from noon to 4 p.m. at the Cuyamaca Campus. Lineup and location on campus are yet to be determined, so stay tuned to find out the details. —SARA ROTT

### SCHOLARSHIP CASH UP FOR GRABS

Who wouldn't love an extra \$2,500 to help get through school? The Grossmont-Cuyamaca College School District is transforming that question into a reality. As a student, if you have ever felt discouraged when searching and applying for scholarships, you are certainly not alone. As of Feb. 20, applying for scholarships is as easy as visiting this link, [gcccd.academicworks.com](http://gcccd.academicworks.com), creating an account, and filling out a simple application. All students are eligible for these scholarships so there is no more hassle in tirelessly searching through the criteria of each individual scholarship. The Fall 2019 application period is open until April 20 so go grab that green before it's too late, Griffins. For more info, email [josceline.torres@gcccd.edu](mailto:josceline.torres@gcccd.edu). —SHARISSE COHEE



**I CHOOSE  
TRANSIT.**  
Moving to my own rhythm.

## BUS & TROLLEY PASS

**Special student discount.**

**Unlimited rides all month.**

**\$57.60**

**On sale at the Activities Window**

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

[sdmts.com/college](http://sdmts.com/college)





# FASHION POLICE!

## SPRING 2019



KEEP UPDATED ON THE LATEST TRENDS FOR SPRING 2019.

BY OLIVIA LINSTAD | ARTWORK BY SUMIRE HAYASHI

**R**ain boots and hoodies have stolen the wardrobe spotlight through the seemingly endless California winter. However, March is inviting us all to shed a layer and step into the spring sunshine.

### ONLY ONE PROBLEM - WHAT TO WEAR?

This question is inevitable, as every changing season presents new fashion trends.

**So, what's on trend for spring 2019?**

#### COLORS

Spring is associated with newly bloomed flowers, which inspires a colorful wardrobe.

Pastel blue was a popular color on the spring runway, as well as bright orange. Tie-dye pieces also incorporated many different colors and tones into a singular outfit.

Courtney Cruz, a first-semester nursing major, said she likes pairing a fun tie-dye top with a neutral bottom.

**"I wear a lot of white in the spring,"** she said. **"Tie-dye goes with white shorts or pants."**

Although opposite in aesthetic, both neon and monochromatic neutral outfits made many appearances in high fashion.

The diverse color options give varying styles the freedom to express personality and creativity.

#### PATTERNS

Floral isn't the only pattern gracing spring clothing. In fact, it was overruled by tons of other patterns to revive the spring months.

The classic bandanna or paisley print made its way onto many designer's clothing. Boxy checkered print, primarily black and white, were a popular pick for spring. Polka dots, also black and white, were featured in both large and small prints.

Since the patterns on trend include classic and daring options, everyone will have a chance to experiment incorporating something eye-catching in their spring wardrobe.

#### TEXTURE

The softness of a fabric isn't the only texture to look out for in stores this spring. Macramé, crochet and fishnets are all popular on the spring runways. Different tops, handbags and even shoes have touches of the netted look.

Often, the crochet caters to a more bohemian style. For a more glamorous and eye-catching spring style, don't shy away from exploring the possibility of sequins.

Lightweight fabrics cater to the spring sun and are especially essential in Southern California.

Tired of the winter months, Megan Houlihan, English major, said: **"Honestly, wearing less clothes sounds really good. I like shorts and lighter shirts."**

#### SHOES

It's time to get those toes painted and retire the Uggs and rain boots.

Both Cruz and Houlihan agreed they can't wait for flip-flop season. Houlihan said her favorites are Rainbow sandals and Birkenstocks. These choices are versatile and neutral enough to be worn with any outfit through the warmer months.

#### A SPRING STAPLE

Every season needs a few simple pieces to create a foundation for an outfit. Fun elements like colors, patterns and textures are best incorporated with a basic article.

**"High-waisted jean shorts. I love those,"** Cruz said. A simple jean short compliments a unique top or accessory because it doesn't distract from the feature piece. Jean shorts flatter a large variety of body types because they come in endless styles, including low-rise, high-rise (Cruz's personal favorite), ripped, light wash and dark wash. Jean shorts deserve a spot in everyone's spring wardrobe because they're not catered to one specific aesthetic.

Everyone's personal style can benefit from this buildable spring staple.

#### ONE RULE

Don't follow the rules. It's easy to get caught up in the do's and don'ts of fashion and lose the enjoyment of the whole experience. Each season's "rules" should be viewed as "guidelines" to help inspire and create your best self.

If none of the seasonal trends fit your personal look, don't hesitate to create your own. Who knows?

It might just become the next hottest runway style. ✨



Though we should celebrate women's history on a year-long basis, March is officially Women's History Month. Reading books where the main characters are women who face adversity and discrimination because of their gender is a great way to participate in the celebration and support of women.

While these three books differ in storyline and genre, they share strong female characters who face difficulty and survive as best they can in each of their worlds. Although these books are fiction, their themes and messages shed light on the treatment of women throughout history to present day.

The first book, *The Handmaid's Tale* by Margaret Atwood, is a dystopian novel set in America in a totalitarian society. Though it isn't set in stone, the book can be and often is portrayed as having feminist themes. As the society faces issues of power and religion, women are practically reduced to property depending on their place in society. The main protagonist, Offred, who is a Handmaid, endures the difficulties of being a woman in her world, like being sexualized and given hardly any rights. *The Handmaid's Tale* is a great read for Women's History Month because while it is not a novel primarily focused on feminism, it emphasizes the role of women in a dystopian society and can be parallel to our world today as we continue to struggle for gender equality and to uphold women's rights.

Taking a break from dystopian novels, *A Thousand Splendid Suns* by Khaled Hosseini is a fiction novel about two women in Afghanistan who are brought together by the perils of their society. The two women face issues such as discrimination, gender-based violence and limited rights, which are true difficulties women face in many societies.

Despite the oppression of women in their society, the main characters stick together and try to live their lives as best they can with what they have— each other as family. Though the characters and storyline are fictional, *A Thousand Splendid Suns* contains aspects of real-world societies in which women are discriminated against, oppressed and violently attacked. It gives readers an insight to how many women are treated daily and the strength they have.

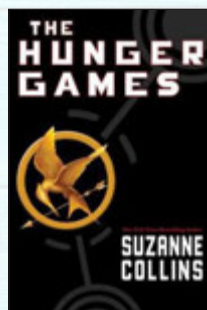
Lastly, a return to the dystopian realm. *The Hunger Games* series by Suzanne Collins is a dystopian series which follows main character Katniss as she takes part in the "Hunger Games," a cruel televised

game established by the corrupt government, the Capitol. *The Hunger Games* is the perfect read for women's history month as Katniss is a strong, fierce young woman who is determined to protect those she loves and herself.

Katniss is a great character to empower

young women because of her resilience and strength as a fighter and protector. Though she does face hardships, her gender does not stop her from doing what is right, which is a powerful message young women need to receive as they grow into the strong women they are meant to be.

Each of these books highlights the importance of women's empowerment, as they detail the mistreatment of women and the difficulties they face, be it in a dystopian world or the world today. The constant in every book is a strong and brave woman navigating an unfair society working against her. Reading these books will shed light on the mistreatment of women and emphasize their resilience, as the great contributions women have made to the world are celebrated this month. ♡



# Novel Novels

STORY BY ABBIE WALLACE  
DESIGN BY SARA SHAH

*Celebrate strong female protagonists*  
**DURING WOMEN'S HISTORY MONTH.**



# Every Day's a Holiday

Spring break is not the only thing on the horizon in March.

COMPILED BY SARA ROTT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>MARCH 2</b></p>			 <p><b>MARCH 3</b></p>		<p>1 <b>Peanut Butter Lovers Day</b></p>	<p>2 <b>National Read Across America Day</b></p>
<p>3 <b>I Want You To Be Happy Day</b></p>	<p>4 <b>National Grammar Day</b></p>	<p>5 <b>Mardi Gras/ Fat Tuesday</b></p>	<p>6 <b>Ash Wednesday</b></p>	<p>7 <b>National Cereal Day</b></p>	<p>8 <b>International Women's Day</b></p>	<p>9 <b>National Meatball Day</b></p>
<p>10 <b>Daylight Savings Begins</b></p>	<p>11 <b>Johnny Appleseed Day</b></p>	<p>12 <b>National Girl Scouts Day</b></p>	<p>13 <b>National Earmuff Day</b></p>	<p>14 <b>National Pi Day</b></p>	<p>15 <b>Everything You Think is Wrong Day</b></p>	<p>16 <b>National Corn Dog Day</b></p>
<p>17 <b>SAINT PATRICK'S DAY</b></p>	<p>18 <b>Awkward Moments Day</b></p>	<p>19 <b>National Let's Laugh Day</b></p>	<p>20 <b>National Alien Abduction Day</b></p>	<p>21 <b>National World Poetry Day</b></p>	<p>22 <b>National Goof Off Day</b></p>	<p>23 <b>NATIONAL PUPPY DAY</b></p>
<p>24 <b>National Cheese-Steak Day</b></p>	<p>25 <b>International Waffles Day</b></p>	<p>26 <b>Make Up Your Own Holiday Day</b></p>	<p>27 <b>National "Joe" Day</b></p>	<p>28 <b>National Eat Something on a Stick Day</b></p>	<p>29 <b>National Mom and Pop Shop Day</b></p>	<p>30 <b>National Take a Walk in the Park Day</b></p>
<p>31 <b>National World Backup Day</b></p>	 <p><b>MARCH 25</b></p>			 <p><b>MARCH 30</b></p>		