

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | FEBRUARY 2019



ILLUSTRATION BY
KARINA KILBER

TABLE OF CONTENTS

- 4 Me Time**
This year, why not be your own Valentine?
- 5 San Diego Love**
Celebrate Valentine's Day at one of these local spots.
- 6 Honoring All History**
Get hands-on celebrating Black History Month on campus.
- 7 Bring On The Pig**
Out with the dog, in with the pig: Happy Lunar New Year!
- 8 Success: Go Get It**
Follow these tips for academic success.
- 9 Native American Culture Lives On**
Cuyamaca's Powwow celebrates Native American culture.
- 10 Can't Influenza Me!**
Follow this health advice to protect your immune system while living the college life.
- 12 District-Rival Showdown**
Cuyamaca narrowly squeezed in a victory over the Griffins in a nail-biting district-rivalry basketball battle.
- 14 For The Love Of It**
The love of acting compels these students to abandon their own personalities and assume a completely different persona.
- 15 Body Art**
At Hyde Galley, a group of talented artists demonstrate the power of body language through their art.
- 16 Happy New Year**
Celebrate the Chinese New Year on campus.
- 17 The Final Step**
Fall 2019 CSU applicants have until March 8 to apply for the ADT degree.
- 18 V-Day DIY**
An easy, homemade Valentine project for your loved one? You've got this!
- 18 Super Snooze**
Super Bowl LIII was the lowest-scoring Super Bowl ever.
- 19 Novel Novels**
Start the semester with a fresh selection of books.
- 20 Every Day's A Holiday**
February is not just for Valentines.



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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.

Me Time



This year, why not be your own Valentine? | BY SARA ROTT

When February comes around, everyone automatically thinks of Valentine's Day and may get down in the dumps for not having a significant other to spend it with. However, this year we should be our own Valentines.

Valentine's Day has been monopolized as a day of buying chocolate and roses, a time of romance while emphasizing the need of having someone to spend it with. This year, how about we take care of ourselves for a change? Instead of giving love to someone else, let's keep it for ourselves.

We spend so much time caring for other people, we often neglect to care for ourselves. Being college students, we are already pulled in different directions due to work, family and the bombardment of assignments left and right.

"We need to nurture ourselves, making ourselves more of a priority," said Courtney Dawson, a student at Grossmont. "It's not a selfish thing— you are actually helping the people that you love because you are giving them a better 'you' by being a better you, by caring for yourself."

So this Valentine's Day, here are some ways to splurge on the one you care about the most— yourself, of course!

1. **Treat yourself.** Make the day all about you. Stay home or go out; decide what you want to do for yourself. Staying home? Watch Netflix—you have full control of the remote! You set the mood. Plan a spa day at home. Take a bath, put your feet up and just chill. Wanna go out? Take a shopping trip, go to your favorite store and pick out an outfit, or go out and grab that desirable snack.
2. **Take a trip.** San Diego is such a beautiful place to live. So there must be somewhere you haven't visited yet. Take a drive down to Fiesta Island, where you can watch the boats or take a stroll through Old Town and learn some history. Take the day to go out and see the sights.
3. **Spend time with those who make you happy.** Be around people who lift your spirits—maybe your family, your friends or even your pets.
4. **Get yourself a coloring book and some pencils.** Unleash your inner child to express creativity to relieve stress. Take some time to sit down, put on your favorite music and chill.
5. **Go to the gym.** Nothing is better than getting your heart pumping on Valentines Day! Do it for the sake of your health; your body will thank you in the long run.

"I'm gonna do things—good things that I've never done before, and I'm trying to be the best me, so I'm gonna show a little more love for myself than I did in the past," said Grossmont student David Owens. Owens will be flying out to spend Valentine's Day in Wichita, Kansas, where he plans to show his love for his Valentine and also show it to himself.

So this year, whether you are in a relationship or single, take some time for yourself this holiday. ♡



Celebrate Valentine's Day at one of these local spots.

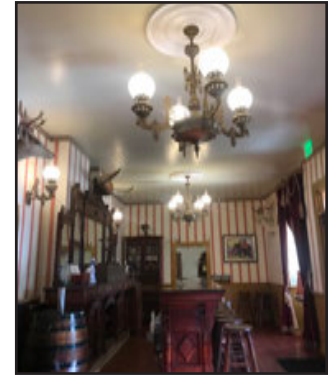
STORY AND PHOTOS BY JOCELYN LIMON-VAZQUEZ

Valentine's Day is just around the corner, and many of us are probably wondering what to do and where to go. Luckily, San Diego County is full of beautiful places: Beaches, mountains, we can all find it here. So, if you find yourself stressing over where to take your significant other or best friends, here is a list of five local places that everyone will love. 🐦



SUNNY JIM CAVE

Located in La Jolla, Sunny Jim Cave is an over 100 year-old cave, it is the perfect place to explore. So, if you and your friends or significant other want to go on a mini adventure this will be the perfect place for you to visit. However, keep in mind there are more than 140 steps that you need to take in order to get to the cave. So, wear your comfiest shoes, bring \$5 for admission and get ready for this adventure.



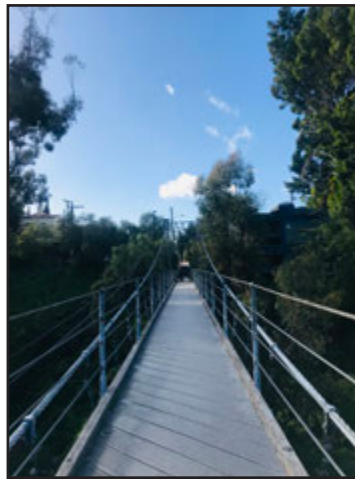
COSMOPOLITAN HOTEL AND RESTAURANT

If you are looking for a vintage restaurant or hotel, this is the place for you! The Cosmopolitan hotel and restaurant was originally built in the late 1820s and is located in Old Town. This place offers a variety of food, from Mexican food to American grill to seafood, along with the most spectacular Victorian-style bedrooms decorated with antique furnishings from the 1860s and 1870s.

SPRUCE STREET SUSPENSION BRIDGE

The Spruce Street Suspension Bridge was built in 1912 and it is one of San Diego's most historic bridges. At 70 feet high, it might be scary for some; however, if you like the heights and you're an adrenaline junkie, this place will be the perfect place for you and your friends.

Bring all your friends and bring a camera with you, because it is also the perfect place for a fabulous Valentine's Day photo shoot.



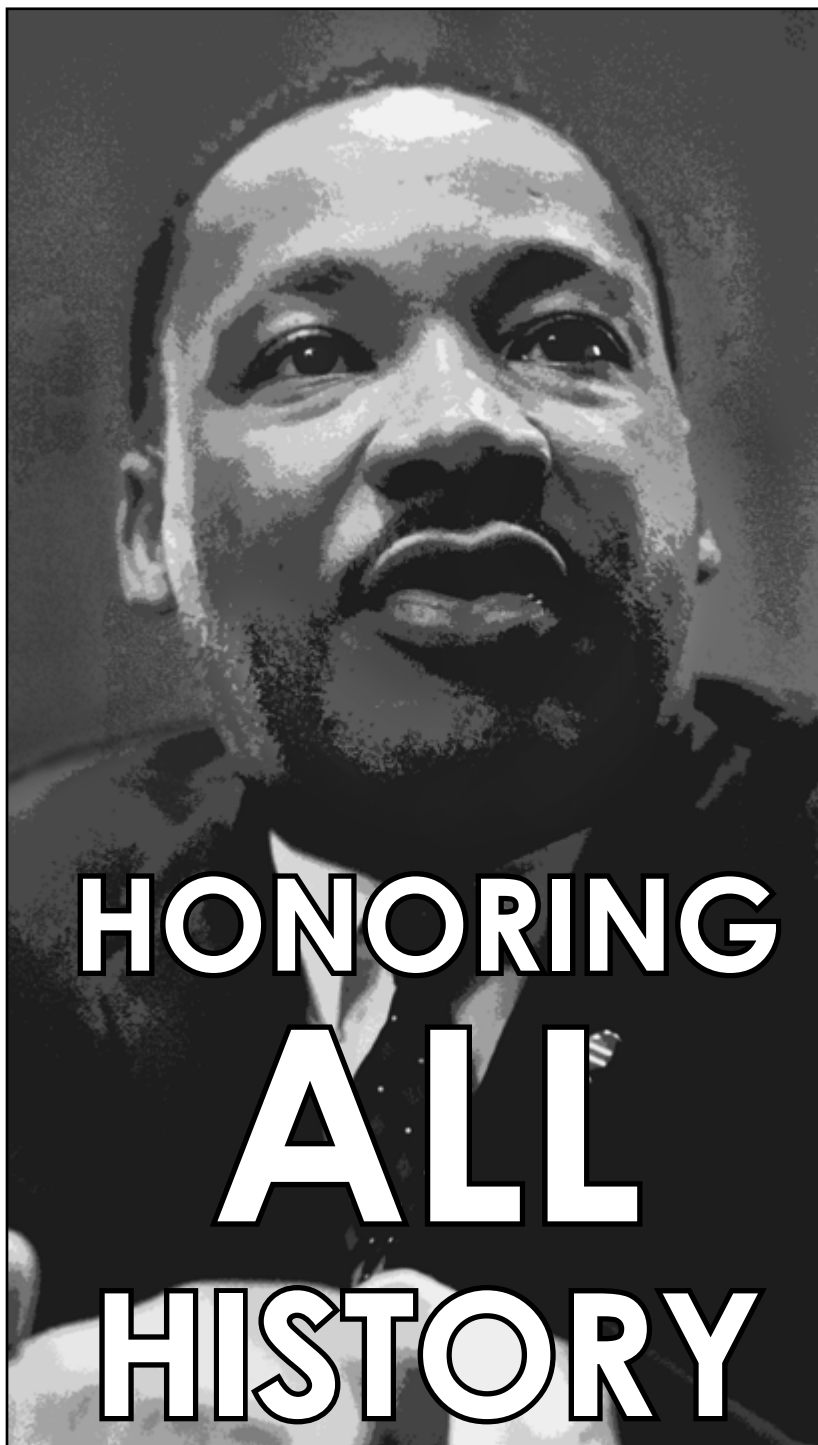
LAKE MURRAY RESERVOIR

If you want to take your friends or significant other to a very relaxing place with a nice view and breathtaking sunsets, go to Lake Murray Reservoir. According to the Lake Murray website, there are 10 barbecues and 64 picnic tables located around the lake. You can also rent boats, fish or simply go for a walk around the trails. It is the perfect place to spend Valentine's Day.



LITTLE FREE LIBRARY

Next to the Spruce Street Bridge, you will find this mini library. It is a peaceful place for you and your best friend to hang out. If you enjoy reading, grab some coffee before coming here, and then grab a book.



This February, do more than just observe Black History Month. Take the opportunity to learn more and get hands-on in the celebration of black history on campus.

STORY BY JENNA WILSON
ILLUSTRATION BY KARINA KILBER

Black History Month grew from Black History Week, known previously as “Negro History Week,” founded in 1926. The second week of February was decreed Black History Week because within that week falls both Abraham Lincoln and Frederick Douglass’ birthdays. Not until 1976 did it become a month long recognition. Before that, African-Americans were largely ignored in American history.

“Although black people have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books,” wrote Elissa Haney in her article “The History of Black History” for Infoplease.com.

Due to the obvious absence of African Americans in school history books, one man decided to take matters into his own hands. Carter G. Woodson earned his master’s degree at the University of Chicago and then his doctorate from Harvard, with both degrees being in history.

According to Julia Zorthian in an article for *Time*: “Woodson witnessed how black people were underrepresented in the books and conversations that shaped the study of American history. According to the way many historians taught the nation’s past, African Americans were barely part of the story—a narrative that Woodson knew was not true.”

In 1926, it was Woodson who founded Black History Week and the Association for the Study of African American Life and History (ASALH), known then as the Association for the Study of Negro Life and History.

Woodson changed American history forever. Without him, students for generations may not have had an education on black history.

So how can students get more involved during Black History Month? Grossmont has a busy month of events in honor of Black History Month. Grossmont’s Black History Month events include the following events.

- **Every Wednesday through Feb. 27**, from noon to 1 p.m. there will be “Jazz Kitchen with Soul Food Specials” featuring student performances and soul food at the Griffin Grill.
- **On Feb. 11**, there will be a “New Media Essential for Marginalized Communities featuring Hip-Hop Artist Jasiri X” from 6 to 8 p.m. in Building. 26, Room 220. According to the event’s description, “Hip-hop artist Jasiri X examines the constant bombardment of media images on society and the effect that it has on self, community and the world.”
- **On Feb. 21**, there will be an Open Mic Night Festival and Competition from 5 to 8 p.m. in Building 26, Room 220. This event will feature poetry, rap, spoken word and more.
- **On Feb. 27**, there will a Black History Month Movie Night at 5 p.m. in Griffin Gate, featuring the film *Hidden Figures*.

Black History Month programming is sponsored by the World Arts and Cultures Committee and the Umoja program. For more information, contact Dr. Jason Allen at jason.allen@gccd.edu.

There are plenty of ways to honor Black History Month this February, whether it is learning more, educating others or being a part of a celebratory event. It is important to remember all who shaped our country into the place it is today. 🐦



BRING ON THE PIG

Out with the dog, in with the pig: **Happy Lunar New Year!**

BY JON MADDOCK

February begins a new year of celebration dedicated to honoring the 12th animal of the Chinese Zodiac: the Pig.

As the year of the dog came to an end on Jan. 21, 2019, great plans of celebration and yearly tradition to help bring in the Lunar New Year were made.

According to the nypost.com, "The Chinese new year, also known as Lunar New year, begins on the new moon that appears between Jan. 21 and Feb. 20 of every year."

This year, that new moon fell on Feb. 5.

Part of the great celebrations in China during this time of year involve celebratory uses of fireworks and firecrackers. But, these are used for more than just pretty lights in the sky. The use of fireworks and firecrackers are believed to help ward off evil spirits from doing any harm to anyone in the upcoming year.

Also among the great line up of celebrations, and yearly traditions, that occur during this time of year is the special time devoted to remembering those who have passed. Friends and Family come together to send out prayers to those who have passed on, either from the past year or previous years before, so that these loved ones are never too far away.

These ceremonies, and others like them, are practiced all the way up until the Lantern Festival which traditionally falls on the 15th

day of the New Year. The Lantern Festival is also one of last major ceremonies practiced during the Lunar New Year celebrations.

The Lunar New Year celebrations of 2019, however, bring in a whole new reason to



celebrate as we move from another year of honoring the dog to another year of the honoring the pig, which is the 12th and last animal in the Chinese zodiac.

A short story written on chinesenewyear.net states: "According to one myth, the Jade emperor said the order (Zodiac) would be decided in which they (Animals) arrived

to his party. Pig was late because he overslept."

The years in which Pig has gracefully showed his presence are 1935, 1947, 1959, 1971, 1983, 1995, 2007 and 2019.

Those born during the year of the pig hold one of the strongest character traits within their personalities; they are doers. Despite pigs having an image of being lazy and terribly messy animals, those born under this Chinese zodiac are a lot more action then talk, even more so than the rest of the animals in the zodiac. When pigs say that they are going to do something, they never fail to follow through with it.

Pigs also tend to be good with money; however, they are not afraid to spend money on lavish and luxurious things that make them happy. For some people this may seem to be very irresponsible and materialistic behavior, but ultimately this just leads pigs to wanting to work harder for the things that they want.

According to chinesenewyear.net, 2019 proves to be a challenging year for pigs and will lead them to a lot of ups and downs along their journey, but if pigs can remain focused and persevere through what may lie ahead then these challenges will help them grow and develop a strength that may lead them to great future success. 🐷

WANT TO CELEBRATE THE LUNAR YEAR ON CAMPUS? CHECK OUT PAGE 16 FOR DETAILS.



Follow these tips for academic success. | BY OLIVIA LINSTAD

The accelerated school year challenges students to reach the semester's highest potential. It is crucial for students to have clear steps toward success while in the midst of due dates, essays and group projects. Sometimes the simplest changes can make the most impactful difference for a productive semester.

Although it might be uncomfortable at first, it is helpful to have at least two contacts per class. If you miss a lecture or have a question about an assignment, your peers are just a text or email away.

It is also beneficial to form a study group with a few classmates. This study group can meet to prepare for exams or for monthly review sessions. If you're lucky, these contacts might eventually turn into friends!

As Grossmont student Kalina Luckenbach suggests, pack good snacks if you have a long day with several classes. During breaks, she has found snacks keep her energized throughout the class periods.

Sometimes the simplest changes can make the most impactful difference for a productive semester.

A new semester equates a new routine. Time management is the key to juggling a fresh set of classes. Often, school will affect other commitments in a student's life. Time management will allow you to balance school, friends, family and work with the least stress possible. Kyla Blackmon, a communication major, warned against over-scheduling. She said, "Don't take on too many tasks while in school full time!"

A planner is a great way to stay organized and be able to visualize the work that needs to be accomplished in the available time. Effective time management even includes allocating time for relaxing time. As meticulous as it sounds, even a specific time slot for a Netflix indulgence will help prevent bingeing your favorite show when an essay is waiting to be written.

Unfortunately, an overload of responsibility and stress can cause students to reduce study time. The easiest way to prevent this downfall is by creating consistent studying habits. When a regular block of time is set apart specifically for studying it forces students to be accountable to the



workload of their classes. It might be as simple as reviewing for 10 minutes after each class that keeps you on track with class material.

A vital study tip is to avoid procrastination. Blackmon said: "Don't wait to do assignments. It just makes for poorer results and regret."

Luckenbach also attempts to take a class she enjoys or stay involved in a hobby throughout the school year. She said she likes to have balance within her schedule. It's normal to become overwhelmed with a heavy workload. Committing to activities you enjoy can counteract and relieve stress.

Arriving to campus at least 15 minutes before class starts will insure you arrive on time to each lecture. That extra time will provide a cushion for any traffic issues or parking chaos. Arriving promptly to class will show your professor respect and guarantee a peaceful start to the class.

Canvas is the biggest tool for communication between students [TIPS CONT. ON PAGE 16]



NATIVE AMERICAN CULTURE LIVES ON

Cuyamaca's Powwow event celebrates the culture left behind by Native Americans of the West. | STORY AND PHOTO BY LEVI HERRERA

The fifth annual Powwow event celebrates the legacy and culture left behind from past Native Americans. Native American tribes from the West come together to perform traditional bird singing, gourd dancing, storytelling and more.

The event was scheduled to be outside, but the forecast predicted that there would be rain on the day of the event. For that reason, the powwow was moved to the upper floor of the Student Services building at Cuyamaca College.

The powwow was scheduled to begin at 10 a.m. with traditional bird songs. According to the event pamphlet, the word "powwow" comes from the term *pau-wau* or *pauau*, which means "to dream." Europeans during the 1800s misspelled the term by spelling it as powwow. Eventually, the term was accepted.

A powwow is a gathering of religious people, medicine men and spiritual leaders. Many of these traditions have been adopted different tribes; these traditions are not just for one tribe.

Powwow gatherings began in Oklahoma in 1879, according to the pamphlet. In the 1890s, Native American dances were illegal by the Bureau of Indian Affairs. It was not until 1933 when the ban was lifted. Today,

the powwow remains as an important symbol of Native American identity.

The purpose of the powwow at Cuyamaca is to promote knowledge and education to those who don't know much about Native American culture. Cuyamaca College has supported Native American students since

"These tribal dances are powerful and they have the power of cleansing the mind and heart."

– Jennifer Alvarez

the 1980s. The name "Cuyamaca" means "beyond rain" and "above rain."

According to Cuyamaca student Jennifer Alvarez, Cuyamaca is a great school that helps students with Native American backgrounds.

"Cuyamaca is filled with different

cultures, including Native American culture," Alvarez said. "The school gives Native Americans a chance to get an education and lots of help."

Cuyamaca College also has a student organization called the Native American Student Alliance (NASA). This group helps promote and create different events for Native American education.

The powwow began with Bird singers, performed by the Asha Takuk group. According to the powwow pamphlet, The Bird songs explain the history, morality and philosophy of the Native San Diegans. The lead singer would start, followed by the rest of the group.

Close to the end, a group of Native American women came to join for dancing during the Bird songs.

After the Bird songs, a blessing blanket was put in the center of the arena. Audience members could bless the tribe member by putting money in the blanket for those who traveled a long way to get to the powwow.

After that, a drum group began to perform. Many of the drummers live in different parts of Southern California. There was another drum group with the majority of singers come from Oklahoma and Arizona.

[POWOW CONT. ON PAGE 16]

Can't Influenza Me!



STORY AND LAYOUT
BY SHARISSE COHEE



THE CHAOTIC LIFESTYLE OF A GROSSMONT STUDENT CAN WREAK HAVOC ON A PERSON'S IMMUNE SYSTEM, BUT WITH HELPFUL ADVICE FROM EXPERTS ON CAMPUS, GRIFFINS WILL NOT ONLY ACE THEIR CLASSES, BUT THEIR HEALTH HABITS AS WELL.

With the constant flow of students pacing the Grossmont campus halls and classrooms, crossing paths with a plethora of people becomes inevitable. A common fact that students tend to forget (or blatantly ignore) is that, as humans, we are not only exchanging subtle glances at one another, but we are also swapping germs along with other bacteria undetected by the human eye. While these microorganisms are impossible to avoid altogether, students can still practice healthy habits to decrease their likelihood of getting sick, especially during a stressful semester.

Which brings us to an interesting correlation: why does it seem like every semester during midterm and finals you contract some wicked cold and your body just wants to physically and mentally shut-down? This not-so-funny irony is actually no coincidence.

To help further understand, Grossmont Nursing Instructor Gary Bigge broke down this connection: "Lifestyle plays a big role; so does diet and nutrition. You go to school and typically end up gaining some weight, and that's usually a bad sign because we're studying and we're eating in place (of exercise)."

He continued: "Students typically will cut exercise because it's often not their favorite thing to begin with and then, they're in 'shortcut mode' because they need time to study and they take that time away from food prep and exercise. Therefore, they don't get their exercise and end up eating a lower quality of food."

These unhealthy imbalances already leave students prone and vulnerable to germs. Then add in the unbeneficial stress that finals and tests invite, and it's no wonder you feel that obnoxious tickle in your throat when trying to cram.

Bigge further elaborated on this: "Then students try to burn the candle and stay up late because they want to do well and they don't get the rest that they need. That wears them down. So you're not eating right, you're not sleeping right, you're not exercising, right, so you're pretty much almost there in terms of being sick."

While this harsh reality does unfortunately hold true, the resources and knowledge which Grossmont students have at their sanitized fingertips can make them capable of combating and avoiding even the toughest influenza. To better educate students,

The Summit compiled a checklist through information gathered from the knowledge of health experts at Grossmont College, as they provided ways students can maintain their health, sanity and GPA in a hectic and exhausting school year.

NUTRITION: When life gets chaotic, sometimes it's beneficial to just go back to the basics; that's why experts at Grossmont plead to not skip meals and practice healthy eating habits. Grossmont Health Services Nurse Elaine Adlam insisted: "One major factor is good eating; make sure you definitely eat breakfast."

While it's so easy to neglect, the old cliché does ring-in some truth as "the most important meal of the day." Another basic necessity students often neglect or replace is staying hydrated. "Definitely drinking water is really important along with healthy food and vitamins," affirmed by Grossmont Nursing Student Lorenzo Canizales.

EXERCISE: One of the largest contributors to leading a healthy lifestyle, yet it can be the toughest to maintain for a student that's constantly on the go. Bigge offers a unique and easy way to get the blood flowing, especially when students are in "finals mode." He suggested: "Get outside and walk, depending on your conditioning and your neighborhood. Go to a certain house or a park. Walk that, come back, continue studying; you'll do much better. You'll de-stress and get your endorphins going which will make you feel better."

He continued with testament of his own experiences: "And personally, I notice a lot of times that things that I hadn't quite figured out, just come to me as I'm walking. But if I sit there and put my head on the desk and say, 'C'mon c'mon c'mon,' it doesn't always come." This advice can also benefit anyone who has ever endured the dreaded "writer's block."

SLEEP: Hands-down one of the most enjoyable of ways to keep your health on par. Throughout the tests and deadlines of a busy semester, though, this cherished pastime is forced to be put on the back-burner. Students often stay up late cramming information, yet this lack of sleep is actually putting their body through more stress.

Bigge debunked an outdated myth. "There is that old saying that 'sleep is for sissies' and really, no. Sleep is to keep you



Meet Lorenzo

First-year Nursing Student at Grossmont, Lorenzo Canizales gave *The Summit* a sneak peek inside his bag of nutrition showing his prepped meals and protein shake. Lorenzo confesses that before nursing he was a jack of all trades, which is why nursing fit in perfectly for him. "It's fun helping adults, he said. "I am a jack of all trades, master of none, and I just really fell into it.

This was something I can definitely see doing for a while."



healthy,” he contested.

And let’s face it, does anyone really enjoy slumping into class with massive bags underneath their eyes? You’ll noticeably look and feel better with the correct amount of sleep.

DE-STRESSING: This tool goes hand-in-hand with sleep on the checklist and is a huge factor for students to maintain their health and overall sanity. Along with taking a walk, Bigge also advised on the importance of simply relaxing and taking a nice warm shower.

“Something people say is, ‘It comes to you when you take your shower,’” Bigge said. “Well, that’s the reward for taking your shower. You need to relax take a hot shower before you go to bed; don’t cut all your corners that you learned for so long.”

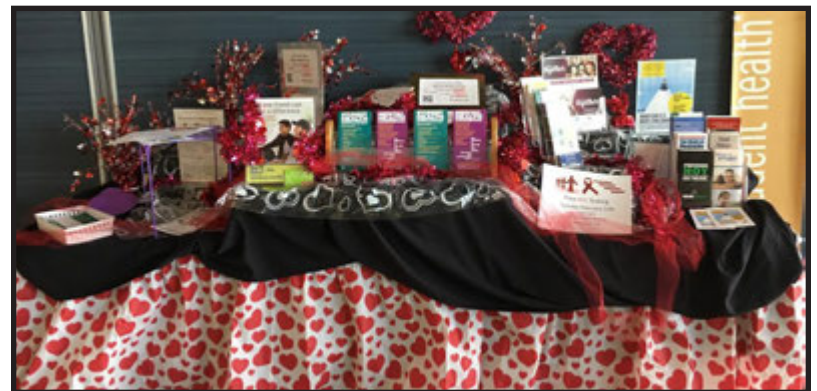
While Bigge offered remedies students can use at home to de-stress, Grossmont also offers resources on campus as well. “To me one of the best ways to avoid over-stressing is to go to “Mindfulness & Meditation” group counseling sessions because it gives you the tools,” Adlam explained. “It’s run by a counselor, so you’re going have that ability to interact with someone who knows what they’re talking about.” At times, students just need to take a step back from whatever assignment is pushing them to get a clear mind and clear bill of health.

HAND WASHING: This is the big one. It’s such an easy task, yet it gets neglected daily. The spreading of germs can happen instantly through dirty-hand contamination, and here at Grossmont, students get their hands on a lot of different things.

“Hand washing can knock out a bunch,” Bigge emphasized. “Because a lot of the stuff that attacks you came from your own hands because you have no idea how often we touch our face unconsciously.”

He continued: “If you really just had to say one thing, it would be wash your hands. Be sure to be aware of where your hands are—the shopping cart, the elevator button, the handrails on stairs, computer pads, mouses, they all are just germ magnets. And that stuff goes from hand to mouth and into the respiratory.”

Using hand sanitizer throughout the day can decrease your chances of spreading germs and bacteria, Bigge and Canizales both suggested. ♡



Nursing Students!
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LOCATION
RM: 60-206 COMMON
GROUND

**EVERY TUESDAY
SPRING 2019
TIME: 1PM-2PM
OPEN TO ALL STUDENTS!**

MINDFULNESS & MEDITATION GROUP

THIS GROUP IS DESIGNED TO HELP CULTIVATE AN OPEN AND INCLUSIVE SPACE FOR MINDFULNESS. IT'S DESIGNED AROUND A VARIETY OF MINDFULNESS ACTIVITIES, AND CREATIVE EXPRESSION.



District - Rival Showdown

STORY, DESIGN
AND PHOTOS BY
SHARISSE COHEE

The (4-19) Cuyamaca Coyotes narrowly squeezed in a victory over the (3-20) Grossmont Griffins in a nail-biting district rivalry.

On the frigid Friday night of Feb. 1, in the Grossmont gymnasium, the stealthy Coyotes pulled off a victory over the struggling Griffins in a back-and-forth battle that ended with Grossmont falling prey to Cuyamaca 78-68. The final score though was not a true indication of just how intense and close this action-packed match-up was, as the district rivals remained neck-and-neck until the final minutes of the game.

The Coyotes pounced to a quick start with freshman guard/forward Chris Stanek nailing his first — of three — monster three-pointers of the half and remained a force to be reckoned with, leading Cuyamaca's starters with 11 points at halftime.

The Griffins weren't going to let the Coyotes sly away with the win that easily, as freshman guard Lamont Hudson made aggressive plays; creating turnovers and turning them into points with a tremendous steal on Coyote Ryan Flowers. Hudson then finished the play off with a gorgeous layup, tying the melee at 22-22 with 9:18 remaining in the first half.

Cuyamaca regained the momentum, hitting back-to-back free throws and connecting on multiple jump shots,

but Grossmont had a response of its own. The 6-foot-5 forward, Josh Burton answered back, dishing up a superb three-pointer to tie the score at 29-



Grossmont Sophomore Guard Marc Cabrera looks for a pass.

29 with 5:33 left to play in the first.

With the Griffins leading 33-31, the half concluded on yet another impressive steal by Hudson, who commended his teammates and the cohesiveness they have demonstrated considering

they're missing some key players. The freshman guard explained: "Since the second half of the season started, we've been feeling closer like that; we've been scoring more and playing defense. And we've had adversity— we had four players that were ineligible, so we're playing with what we have."

What they "have" demonstrated to be quite a lot of tenacity, as the Griffins were battling in a district rivalry showdown that would persist until the bitter end with a second half filled with even more intensity than the first.

The Griffins came out soaring, tipping off the final half by aggressively creating turnovers and converting the steals into points by old-fashioned team effort. Sophomore guard Marc Cabrera became the notorious thief of the half, creating back-to-back steals, the second of which was converted into a three-point play. Standout sophomore guard/forward Josh Peloquin dished out a solid jump shot supplied with the assist by Hudson, putting Grossmont in front 47-43 with 13:10 left to play in the game.

However, the Griffin's lead would not last for long as the Coyote's sleeping giant, sophomore Frankie Gutierrez, awakened from his first-half slumber,



Grossmont Freshman Forward
Jamal Johnson scores a layup
with 2:12 left to play.



nailling his second three-pointer of the half and tying the score at 49-49 with 11:01 remaining.

The ensuing minutes proved to be defensive stands by both teams, while the Griffins maintained possession with forward Jamal Johnson snatching offensive rebounds, keeping the ball in Grossmont's control.

With 5:16 remaining, this nail-biter was about to heat up once again. Coyote's freshman Flowers redeemed his turn-over from the first-half by going shot-for-shot with Pelouquin, tying the game 58-58; the contest was living up to the hype of this competitive rivalry.

The Coyotes were able to just narrowly obtain the upper hand, reclaiming the lead when second-half standout Gutierrez hammered in a jump shot that proved to be the final nail in the coffin for the Griffins. With Grossmont failing to connect on their attempts, Cuyamaca began to steal the show, with Gutierrez hitting a three-pointer with 2:59 left. The contest was slowly slipping from the clutches of the Griffin's grasp as they trailed 66-61.

Cuyamaca finished strong, closing out the final minutes playing aggressive and taking advantage of defensive rebounds, while Grossmont was forced to commit fouls to stop the game clock. Unfortunately for the Griffins, the accurate free throw shooting supplied by the Coyotes solidified Cuyamaca's victory with a final score of 78-68.

This loss was especially demoralizing for the Griffins, as the match-up was so close and the team fought with such toughness.



"We played hard as a team we did everything we could do," Hudson said after the game. "We played on defense; we just played hard. I guess they just had it on their shoulders today."

While this loss was a tough pill to swallow for the Griffins, the guys look to rebound as they continue to grow as a team while the season progresses.

Sophomore center for Grossmont, John Nalty expressed this optimism, "We played together and we just had a hard time closing this game out in the stretch so if we just close the game out next time we'll get them in league.

"Definitely as the season progresses we're playing better," Nalty continued. "It's just we're running into a lot of the same mental errors and we gotta get over that."

The Griffins will have just weeks overcome these mental hurdles, as the next conference showdown against the Coyotes takes place Friday, Feb. 22—and this time on Cuyamaca's home court. 🐾

BOX SCORE	1ST HALF	2ND HALF	TOTAL
	31	47	78
	33	35	68



FOR THE LOVE OF IT

The love of acting compels these students to abandon their own personalities and assume a completely different persona.

A REVIEW BY SANDI WESTRAND

An exuberant and talented cast of nine Grossmont students cavorted about to a captive audience at the campus Stagehouse Theatre on Friday evening. The production of *Inside the Actor's Process: "Monsters, Magic and Mischief"* is an exhilarating display of how actors are able to transform into repulsive and mythical being with common human traits.

This is the 14th year the Grossmont College Theatre Arts department has coordinated with regional high schools and other theatrical professionals according to Alexis Popko, the department's operations facilitator.

Coordinator Benjamin Cole, adjunct professor and the director of the North Coast Repertory Theatre, confirmed that the purpose of the program is to expose the students to theater performance versus method acting as portrayed in films.

"Stage acting is live because you speak directly to and interact with the audience," Cole said. "There are no retakes; this is real acting."

It was a short presentation that did not flaunt elaborate makeup and costumes or special effects. Instead, the actors improvised to become monstrosities with their raw talent. Sans makeup, clad in black with minimal use of costume pieces and props, the actors transformed the stage into a kaleidoscope of sabbat witchery, Shakespearean drama, frivolity and mythical monsters with conflicting human qualities. The actors vocalized auditory special effects to illustrate emotions of fear, repulsion, ridicule and isolation interspersed with displays for affinity, acceptance, tolerance and affection despite being "different." There was never a dull moment, as audience members were called upon to join the fun.

Some actors were available to answer impromptu questions. Kevin Rupe, who has participated in the program three times, said he has definite plans to succeed as a stage actor. "I just love it," he said. "We only had a short time to get ready and the support and assistance from the other actors and the director was great help."

Symonne Still and Morgan Bain, third-year participants, agreed with Rupe's sentiments and ambitions.

This was the first performance for Stephen Foo, a newcomer to Grossmont and acting. He agreed the camaraderie and assistance of the fellow actors enriched his confidence and performance. Foo also plans to continue in Theatre Arts.

The performance was repeated on Saturday afternoon and evening to provide a preview of the upcoming features for the semester. Check out the upcoming play, "Spring Awakening," debuting on March 14. Tickets are available at the Stage House Theatre box office or online. 🐦



At Hyde Gallery, a group of talented artists demonstrate the power of body language through their art.

STORY AND IMAGES BY BRENDAN MCDONALD

Body language can convey your innermost thoughts and feelings in ways that words simply can't. We are communicating through body language constantly, whether we realize it or not.

This is the theme of Hyde Art Gallery's first exhibition of spring 2019, "Body Language," an artistic showcase of the emotive power of the human body. The show features the talents of local artists Armando de la Torre, Chantal Wnuk, Gloria Favela Rocha, Hugo Crosthwaite, Mario Chacon, Misty Hawkins and Victor Ochoa.

The group exhibition is free and open to the public until Feb. 26. Located in Building 25, the gallery is open Monday through Thursday from 10 a.m. to 6 p.m. The exhibition was curated by professor of art, Jennifer Bennett, and gallery director, Alex DeCosta. The artwork being exhibited ranges from intimate portrayals of the naked body to figurative representations of the human form.

"What's interesting to me is to make art that is personal," said Hawkins, one of the featured artists. "I feel like there's a purpose in that for me, creatively."

Hawkins studied painting and drawing at Tyler's School of Art in Philadelphia. She now teaches life drawing at Mesa College. Her paintings are deeply personal to her and some feature nude subjects. Some are also self-portraits.

"I'd like women to recognize a positive depiction of their own bodies," she said. "I hope that people will see a wide range of possibilities for the [human] figure and, personally, maybe my art will give them something to think about for a while."

Another of the featured artists, Wnuk is in the third month of her artist residency at the San Diego Art Institute in Balboa Park. She attended the University of Texas in Austin for visual arts and her father is a professor of painting and drawing.

Usually the eyes are how you show

[ART CONT. ON PAGE 16]



Artist Chantal Wnuk stands in her studio at the San Diego Art Institute. The show continues at Hyde Gallery through Feb. 26.



HAPPY NEW YEAR

Celebrate the Chinese
New Year on campus.

BY ABBIE WALLACE

One of the most important celebrations in Chinese culture is Chinese New Year. The new year does not begin on a set date; instead, this year it officially began on Feb. 5 and the celebrations end on Feb. 19.

The animal of 2019 is the pig, which, according to the website, chinesenewyear.net, is the twelfth zodiac animal. Your zodiac animal is determined by what year you were born. For those who are associated with the pig, according to chinesenewyear.net, "Pigs have a beautiful personality and are blessed with good fortune in life." Each Chinese new year pertains to one of the 12 zodiacs, cycling every dozen years.

While it is easy to use the internet to learn about Chinese New Year, you can get an up close experience of Chinese New Year celebrations and learn more about Chinese culture here at Grossmont College.

On Feb. 13 from 11:45 a.m. to 1:15 p.m., a Chinese New Year celebration will take place in the main quad. The event is hosted by the World Languages Department and funded by the World Art and Cultures Committee. As stated on Grossmont's website, the event is free.

As mentioned on the website, there will be free Chinese food provided, as well as lion dancing and a performance featuring White Dragon martial arts. Friends and family are welcome to join.

Whether you already celebrate it or are interested in learning more about Chinese New Year and Chinese culture, check out Grossmont's celebration and bring your family and friends. 🐷

TIPS

[CONT. FROM PAGE 8]

and the professor. Regularly checking Canvas will keep students updated on due dates and recent announcements. Logging-in at least once a day will prevent a student from falling behind or missing assignments. Students can enable Canvas to provide notifications to their cell phone or email regarding due dates and announcements. These notifications can be customized under a student's profile.

Students often forget to take care of themselves while managing their busy lives. It is important to take care of your body in order to achieve a productive school year.

"Get sleep," Blackmon said. "Falling asleep in class makes success difficult."

Eating nutritious foods and incorporating physical exercise will also strengthen your body throughout the school year. 🐦

POWWOW

[CONT. FROM PAGE 9]

The Green River singers who sing older style songs from the Northern Plains, while the Sooner Nation Southern Drum perform different songs including, gourd dance and family songs.

The powwow also included many different tribal dances with performers of all ages. At one point, there was a ceremony for the young children. Neither the media or audience was allowed to take photos. This was because this ceremony for the children is personal and private for the tribes. Audience and media were asked to delete any photos or to not publicly post any photos of the ceremony of the children.

Next, the different tribes had a Flag and Victory song where the participants got in a line and danced. According to the pamphlet, every dance can only move clockwise for respect.

Hearing and seeing the members dance and sing can create a powerful impact. According to Alvarez, she would feel a sense of rhythm within herself when the drums were hit.

"These tribal dances are powerful and they have the power of cleansing the mind and

heart," Alvarez said.

When the dancing stopped, there was time for certain members to receive gifts from the powwow committee.

According to Alfonso Gutierrez, a Cuyamaca student, watching the powwow has opened his mind for learning and understanding more about the Native American culture.

"Coming to the powwow and having first person experience is better than just reading about the Native Americans in a textbook," Gutierrez said. "Seeing them perform in person can create knowledge and emotion."

These songs and dances have been past down for many generations, and there seems to be no sign of these traditions fading away. The elders teach the younger generation about the Native American way.

In the powwow, there was no sign of embarrassment; there was only pride and happiness. The performers ranged in age, height and gender, and wore traditional regalia of different colors and design.

Not to mention, the performers were respectful and humble. Their blessings went for all the tribal members and for those in the audience.

The fifth annual powwow at Cuyamaca College was a great opportunity for people to learn more about Native Americans from the this region. Adding on, there were many vendors that sold Native American plates and crafts. At the end, the powwow was a great opportunity to come out and to learn more about Native American culture. 🐦

ART

[CONT. FROM PAGE 15]

someone's personality," she explained, "But I've been trying to work on other ways to show personality besides the face or the mouth. So I use hands, hair, or posture to show how someone is feeling."

In her studio, four large work-in-progress pieces are displayed on the same wall. Human figures are depicted with their faces turned away or concealed in some way. While many of her subjects appear alone within their respective canvases, Wnuk said her paintings are really more about "human connection."

Prevalent in her paintings are "the themes of vulnerability and strength."

"What makes us stronger and what makes us weaker?" she said.

Wnuk uses many symbols to illustrate these themes such as "a spilling water glass, which is a small tragedy, but the water will dry."

Glancing at her wall of paintings she continued: "I hope that people connect to these small vulnerabilities that many of us feel moving through the world... and realize that others feel that way all the time too, and feel comfort in that, and maybe also see the humor in that." 🐦

THE FINAL STEP

Fall 2019 CSU applicants have until March 8 to apply for the ADT Degree.

BY LEVI HERRERA

For many Grossmont students, spring semester is the final semester prior to graduation and transferring. But before graduation, students are urged to apply for an ADT Degree.

An ADT Degree is a requirement for an Associate Degree for Transfer. This process is the way students are guaranteed to transfer to a California State University. Additionally, associate degrees and certificates (Non-ADTs) are due by March 8 as well.

These are three steps students need to take : Submit all official transcripts of institutions that were previously attended, meet with a counselor to discuss graduation requirements, and submit applications for graduation to the Admissions and Records office before the deadline.

The Admissions and Records office usually takes two to three weeks to verify if a student has met certain requirements. After, the degree or certificate will be posted on your transcript record. Student who fail to meet all the requirements will be notified and are encouraged to apply for a future semester.

At the end of the spring semester, students will be notified that diplomas will be available for pick up at the Admissions and Records office. Students are responsible on making sure the office has the right email address and mailing address. If a student moves outside San Diego County, the Admissions office will mail your diploma upon written request.

The commencement ceremony is held at the end of spring semester at your primary campus. Completing these steps and applications earlier than the deadline will help your graduation process much faster. ✨

PIANO PERFORMANCE

BY JENNA WILSON

On Thursday, Feb. 21 from 7:30 to 9:30 p.m., Grossmont College's Music Department will hold a public Piano Studies presenting Melonie Grinnell in Building 26, Room 220. According to a department Facebook post, admission is \$10 for general public; \$8 for military, seniors and faculty, and \$5 for students.

According to her bio on the department website, "Melonie Grinnell is a San Diego-based jazz pianist. Active as an educator and performer... Melonie has been a music educator at the college level for 15 years and is proud to be part of the prestigious music faculty here at Grossmont College." ✨

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An easy, homemade Valentine project for your loved one?
You've got this!

BY OLIVIA LINSTAD

If gift-giving isn't your strong suit, the anticipation of Valentine's Day can be burdensome and stressful. The expectation of a sentimental gift can induce anxiety and steal the fun of celebrating your loved one.

When giving a token of affection, it's crucial for it to be cost-effective, easy and meaningful. Extra bonus points if the gift is handmade!

One of the simplest Do It Yourself projects only requires three supplies: a blank mug, Sharpies and your loved one's favorite candy.

A personalized mug is functional while also delivering a special touch. You have creative freedom with your design, quote or picture. Don't be afraid of using different colors of Sharpie pens or mugs to cater the finished product to your desire.

Make sure the mug has been cleaned before you add your personalized Sharpie design.

When you're finished with the design, bake the mug in the oven at 450 degrees for 30 minutes. Baking the mug will ensure the Sharpie design won't disappear in the dishwasher.

You can fill the mug with your Valentine's favorite candy or even special love notes to show your appreciation. ♡



PHOTO BY MIKE LITZ, FLICKR

SUPER SNOOZE?

Super Bowl LIII was the lowest-scoring Super Bowl ever.

BY AUSTIN PEREGUD

Super Bowl 53 is a wrap, and it was the lowest-scoring game in the Super Bowl era.

The New England Patriots beat the Los Angeles Rams 13-3 on Sunday, winning their sixth championship and tying with the Steelers for the most in franchise history. This championship would come down to both teams' defenses, as was shown on the first pass of the game. The Rams won the coin toss but elected to kick the ball. Tom Brady's first ball thrown was picked off by Mt. Miguel High School Alum Corey Littleton. After that play, the game was scoreless until the 10:29 mark of the second quarter, when Patriots kicker Stephen Gostkowski made a field goal to put the Patriots up 3-0 going into the half.

The halftime show was opened and closed by Maroon 5, who was followed up by rappers Travis Scott and Atlanta's own Big Boi. Both Scott and Big Boi barely had any performance time; the Halftime show was mostly a Maroon 5 concert.

The third quarter was just the same as the first half until the Rams got their first points of the game, scoring with a 53-yard field goal by kicker, Greg Zuerlein. For the rest of the third quarter and the beginning of the fourth, the game remained tied up at 3-3.

But you can never count Brady out of these late game, big-time situations. After forcing the Rams to punt for the ninth time, the Patriots picked up on their own 31-yard line with 9:43 left in the game. Brady completed two passes for 49 yards, driving the ball to the Rams 31-yard line. The third play of the drive proved to be one of the biggest plays of the game, when Brady connected on a deep pass to tight end Rob Gronkowski for 29 yards, with Gronk catching it at the two-yard line. It was the first time all game that either team reached the red zone. On the next play, Patriots running back Sony Michel drilled the ball in the end-zone for the touchdown.

Being down 10-3 with seven minutes left in the game, the Rams drove the ball all the way up from their own 25-yard line to the Patriots' 27. The seventh play of the drive proved to be a costly one for the Rams, as quarterback Jared Goff threw an interception to Patriots cornerback Stephon Gilmore. The game was pretty much over on that play, as the Patriots were able to seal the game with another Gostkowski field goal, securing New England's victory 13-3.

For QB Brady, head coach Bill Belichick, owner Robert Kraft and the entire New England Patriots, it is the sixth Super Bowl Championship, and their third in the last five years. The MVP of the Super Bowl was Patriots wide receiver Julian Edelman who recorded 10 receptions for 141 yards. ♡

Welcome to Book Club 120. Let's begin by going over your required textbooks.

Just kidding! The purpose of this is to share a variety of books ranging from dystopian novels to love stories, and anything in between. These books are not required, but they are encouraged, and probably much more interesting than an overpriced textbook.

While it is the start of a new semester and time to get into study mode, you still need to take a break every so often. The best way to spend those breaks is with a book to read and a mind ready to learn and explore.



Sometimes the story in a book is so great, it deserves a second one, and a third. Luckily, *To All The Boys I've Loved Before*, written by Jenny Han, continues with two more books, the second being *P.S. I Still Love You* and the third being *Always and Forever, Lara Jean*. While the Netflix film is an impressive adaptation, you are able to get more invested when you read the first book and the second and third, of course. Yes, it can be considered a cliché love story, but the characters are unique, likable and

admirable. Love is not the primary focus either. The story line deals with growing up, friendship, family and relationships. The series has a good balance of a light hearted and serious plot. If you are a fan of love (but not too much love) stories, a good book series, or watched the movie and didn't know it was a book, then give these three a read.

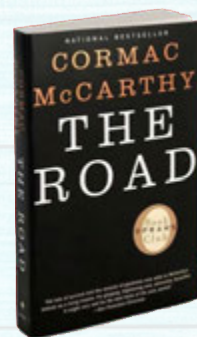
Second on the list is *The Road* by Cormac McCarthy. Set in a post-apocalyptic America, *The Road* tells the journey of a man and his son as they navigate a desolate, dark and violent world on their way to the coast. This book is filled with themes such as love, good versus evil, violence and spirituality, all of which are mentioned on shmoop.com. While such a hostile and dark world makes for a dreary read, the relationship between the

main characters and their interactions hint at some kind of hope. Interestingly, the setting and relationship between adult and child can be considered similar to the style used in the movies *A Quiet Place* and *Birdbox*, which are quite popular. *The Road* was also made into a movie, but to really experience the dismal-yet-fascinating post-apocalyptic story, reading is the best route to go.

Lastly, the third book is *Watchmen*, a graphic novel by Alan Moore. *Watchmen* focuses less on the everyday superhero who may be proud and mighty, and more on superheroes who deal with moral issues relating to society and their own lives. The story follows a group of heroes investigating a murder and dealing with 1980s America on the brink of a nuclear war. Power, peace and violence are major factors the characters face throughout the novel. In addition, their journey will reveal intense psychologies and traumas that bring up the discussion of the fine line between hero and villain, as stated on dccomics.com. *Watchmen* changes the perspective of superheroes by exposing them to the common struggles people face and placing them in a high intensity environment where they may blur the line

between hero and villain. If you love a good superhero fix, or have never read a graphic novel, give *Watchmen* a read. It is quite different from an ordinary superhero story and well worth the read.

From teen romance to a post-apocalyptic world, these books are unique, intriguing and must-reads. If these aren't your usual go-to genres, then step out of your comfort zone and give them a chance, as every book deserves to be read. 🦋



Novel Novels




STORY BY ABBIE WALLACE
DESIGN BY SARA SHAH

START THE SEMESTER
with a fresh selection of books.

Every Day's a Holiday

February is not just for Valentines.

BY SARA ROTT | DESIGN BY KARINA KILBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 FEB. 2	 FEB. 20				1 National Bubble Gum Day	2 Eat Ice Cream for Breakfast
3 Super Bowl Sunday	4 Thank Your Mailman Day	5 World Nutella Day	6 National Use Chopsticks Day	7 National Wave at Your Neighbor Day	8 National Go and Fly a Kite Day	9 National Pizza Day
10 National Umbrella Day	11 National Don't Cry Over Spilled Milk Day	12 National Find a Lost Penny Day	13 National Change Your Name Day	14 RIDE A FERRIS WHEEL DAY	15 Singles Awareness Day	16 National Almond Day
17 Random Acts of Kindness Day	18 President's Day	19 National Chocolate Mint Day	20 National Love Your Pet Day	21 National Card Reading Day	22 George Washington's Birthday	23 National Play Tennis Day
24 National Tortilla Chip Day	25 National Eat Healthy Day	26 Tell Your Favorite Fairy Tale Day	27 National Polar Bear Day	28 National Public Sleeping Day	 FEB. 14	

