

The

SUMMIT



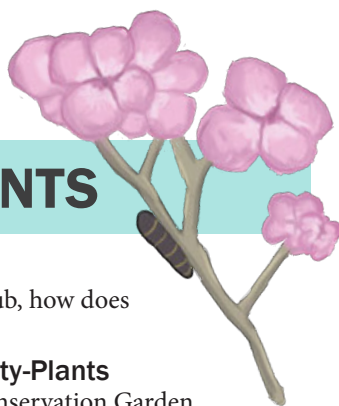
GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | APRIL 2019



*Spring
Breaks
Through*

ILLUSTRATION BY SAMANTHA DENICK

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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.**

TOP ILLUSTRATION BY SAMANTHA DENICK

The SUMMIT

A publication of Grossmont College's
Media Communications Department.

Vol. 45 | Issue 7 | April 2019

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Summit Staff – What's your favorite flower?



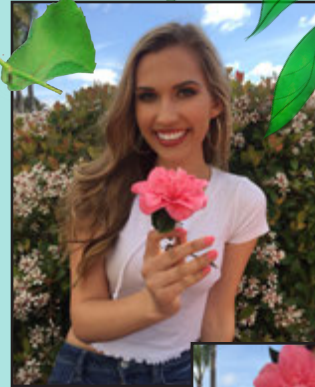
Sharisse Cohee

The classic rose. It's beautiful and smells great, but can stab with its thorns when pulled the wrong way.



Levi Herrera

I like roses of any color. It's eye-catching seeing roses of different colors grow in the same area.



Olivia Linstad

I want to be like a camellia: very pink, full of ruffles and prettier each year.



Jenna Wilson

Baby's Breath, because it smells faint but sweet, and is often overlooked.



Jonathan Maddock

The purple rose is an ultimate favorite of mine. It is an extremely rare flower to find and is often believed to be a myth. Because of its rarity, it represents mystery, magic, impossibility and wonder. Purple is also often associated with royalty.



Austin Peregud

My favorite flower is a sweet pea because at my old elementary school, they used to sell them for a dollar and I would give them to my mom for her birthday.



Sandi Westrand

Any blossom that is azure or cornflower blue, my favorite colors.



Sara Rott

My favorite flower is the Parish Poppy, a flower that grows specifically in the Anza-Borrego desert.



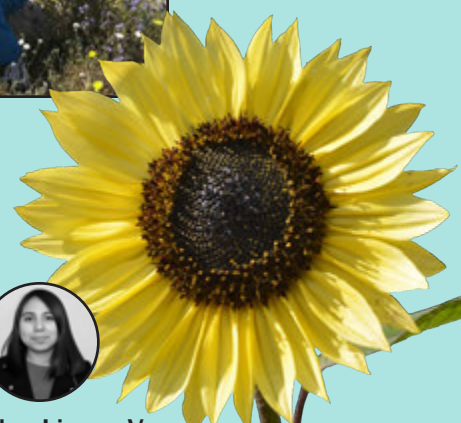
Abbie Wallace

Lavender because it is has the best scent and the flowers are gorgeous.



Jocelyn Limon-Vazquez

Sunflowers. I love their bright yellow color.



ILLUSTRATIONS BY
MELANNIE BALTAZAR

Grossmont Celebrates Earth Day EVERY DAY

The advent of spring has always brought immeasurable joy to humanity after the bleakness of a barren winter. **It is a season of awakening, regeneration, fecundity and beauty.** Pagan civilizations paid homage to Gaea or the Earth Goddess, creating elaborate celebrations and rituals. Many of these customs have continued throughout the centuries to be celebrated in modern times.

By Sandi Westrand

Earth Day is observed and celebrated worldwide every year on April 22. The concept arose during the height of the counterculture movement in the United States: the Vietnam War and protest conflicts, political and racial unrest and man-made pollution awareness. Twenty-two million Americans celebrated nationwide on the first Earth Day, April 22, 1970.

Since its inception, the global focus has been directed toward environmental efforts and programs to educate populations about ecology awareness, reducing pollution and preventing or impeding the destruction of natural habitats. Numerous festivals will be held throughout the county, notably the annual gala at Balboa Park.

Grossmont College practices and encourages students to observe and to participate in ecological awareness on a daily basis. A campus beautification project was held April 5 to encourage students to understand and participate in eco-savvy activities to underline the college's efforts to reduce environmental impact.

Numerous large trash and recycling bins are available throughout

the campus, as well as signs posted to direct waste to its proper receptacle. Maintenance and other staff patrol the campus on a regular basis to report or clean up any trash or spills.

Construction and campus waste products are placed into appropriate containers for proper disposal. Hazardous waste is carefully regulated and contained in special containers until disposal.

The landscaping is well-cultivated throughout the campus, with many areas populated with natural vegetation that reduce water usage. Some spots are partially secluded—ideal to study or just to chill in a quieter outdoors environment. Many of the flowering shrubs and plants are blooming currently.

These are just a few of the solutions Grossmont has implemented to retain the commitment to ecological preservation. However, the efforts by students, employees, staff and faculty all contribute to our ecology-friendly campus and



ARTWORK BY AMY MIKITA

facilities. ♻️

Environment Club

How can we save the Sustainability Club and practice environmental friendliness?

Editorial By Abbie Wallace

Though it should have always been considered and protected, our environment is in need of saving now more than ever. Before we try to restore and protect the environment globally, we can easily start local here at Grossmont College.

The most rewarding way to spread awareness about protecting the environment on campus is undoubtedly a club, specifically an environmental club or the Sustainability Club. Unfortunately, there are not enough students interested in keeping the club active, so it waits alone, in the midst of our pollution, for people to rally together and revive it.

Sure, clubs can sometimes seem inessential, but our environment is suffering now, meaning there is a lot of action to be taken and that can start directly on campus. Of course, there is still reason to question why an environmental club can be beneficial to students and Grossmont's campus.

"Students should be concerned about the environment and have a unique opportunity during college years to explore the ways they want to contribute to a more sustainable society. A club is an ideal place to discuss ideas, current events, and new technologies impacting the planet. The peer group provides a sounding board for strategies to implement change," Jacqueline Hall, a member of the district's Sustainability Committee, said in an email.

"If the environmental club identifies areas for the college to be better stewards of the planet, the students have a unique opportunity to lead change," she continued.

It should be noted that just because an environmental club is not currently active, does not mean students don't care about the environment.

"It's cool because for me growing up, that was not around in schools, I lived in the 'ghetto'. If they had that here, it'd be a good experience for those who grew up like that," said Grossmont student Monica Cortez.

For students to be given such experiences is important for them and for our community. It's also important to have an environmental club "to keep the school clean and the area clean, and to raise awareness," said Grossmont student Jessica Fletcher.

However, not everyone may have the time for a club, as many schedules are filled with classes and work. Yet, that doesn't mean students can't help the environment if they don't have the time or are simply not interested.

"I like gardens, so a lot of fruits and veggies. That can help students who are homeless or don't have much food. Or having posters about recycling or saving the oceans, I haven't seen any like that," Cortez said.

If you aren't interested in joining an environmental club, that is okay, but there are still ways to help the environment when on campus. "Grossmont College is committed to an energy conservation program focused around behavior change," Hall said. "When students leave a classroom, make sure that the lights are off (if the room is unoccupied), computers and projectors are turned off, and the door is closed. Keeping the classroom doors closed saves energy by keeping the heating or cooling inside the building."

Energy conservation is undeniably important, but our trash and landfill problem is extreme and we can contribute to fixing it by recycling more.

"It is a huge benefit to the planet to reduce plastic consumption," Hall said. "Consider bringing a reusable water bottle, coffee cup, utensils, and food containers with you each day. Eliminating single-use plastic should be all of our highest priority."

She continued: "If you must consume plastic, make sure that the container is empty, clean and dry and put it in the recycling bin. Contamination such as food waste or water can ruin an entire batch of recycling, which means that contents are sent to a landfill rather than recycled—it is crucial we maintain the integrity of recycled materials."

In fact, the Grossmont-Cuyamaca Community College District is going to be implementing an improved recycling service according to a flyer published by the Sustainability Committee. As stated on the flyer, once the service begins, everyone will be able to put in plastic bottles and containers, food and beverage cans, paper, flattened cardboard and paperboard, food and beverage cartons, and glass bottles and containers. However, food waste, plastic bags and films, and foam cups and containers are supposed to be kept out.

These new and improved recycling provisions are quite an upgrade from the current recycle bins around campus and will surely give students and staff the opportunity to help the environment, whether they are in the club or not.

Recycling and conserving energy are not the only ways to be environmentally friendly on campus, according to Hall: "Discussing the impact that our actions have on the earth is helpful. Everyone wants to do the right thing, sometimes they just don't know how. If you see someone throwing garbage into the recycling, or a recyclable material into the garbage, speak up!"

In addition to her tips, Hall also offered herself as a resource to students: "If anyone sees opportunity for the campus to be more sustainable, please reach out to me directly. I am happy to hear from you." (Hall's email address is jacqueline.hall@gcccd.edu.)

The district's Sustainability Committee is clearly dedicated to ensuring Grossmont is environmentally-friendly and open to hearing input and suggestions from students. It is great to see students and staff in tune with helping the environment, but the impact could be so much more if more students took interest in an environmental club. The act of one person is much more powerful if done with the support and cooperation of others, which is what could happen in a club. Posters can be made, eco-friendly of course, advocating for environmental friendliness on campus and within the community. Despite the lack of interest, hopefully some of you are inspired to revive environmental club and help save our planet. ♻️

Full Disclosure: Summit adviser Jeanette Calo was the former faculty co-adviser of the Sustainability Club.

"Progress is impossible without change, and those who cannot change their minds cannot change anything."

-George Bernard Shaw



ARTWORK BY MARCO SEGURA

Conservation Tips with Ms. Smarty-Plants



Check out what the Water Conservation Garden is offering to the community.

Story and Photos by Olivia Linstad

Whether you are a conservation enthusiast or simply an appreciator of nature, The Water Conservation Garden at Cuyamaca College was created to supply you with information and relaxation as you explore each path's unique beauty.

Walking through the grounds, you will notice a plethora of different exhibits such as the butterfly pavilion, native habitat and sensory garden. Herbs, succulents, flowers and trees are incorporated to create a soothing environment.

According to the website (thegarden.org), The Garden provides community events such as yoga classes, gardening workshops and youth field trips. The gift shop on site is filled with educational books, toys and gifts to remember your visit.

One of The Garden's greatest community contributions is the Ms. Smarty-Plants program. This program was created in 2008 by Pam Meisner, who is also the director of operations and programs, to emphasize youth conservation empowerment through field trips and school assemblies.

Meisner, also known affectionately as the original "Ms. Smarty-Plants," said The Garden's mission is "to educate and inspire people on the use of natural conservation efforts for water and other natural resources."

The same valuable information and principles she offers to children holds true for college students as well.

Although our individual efforts may seem in vain or insignificant, Ms. Smarty-Plants reminds her students, "We can change the world with our own two hands."

She encourages simple methods of being earth-wise in our daily lives such as taking shorter showers, using a nozzle on the hose, watering close to the plant and using mulch correctly in landscaping.

Guillermo Urbina-Tapia, a cardiovascular technology major at Grossmont, said: "I use plastic straws... I'm not going to deny that. But I think I'd like to try the reusable straws you can even buy on Amazon."

He added, "It's worth a shot even though it's only a little bit of effort."

Ms. Smarty-Plants' gentle reminder to her students is: "When you go to the desert, I want you to leave only footprints. I don't want you to take anything from it, I don't want you to put anything there."

This principle holds true for any component of nature: the ocean, the mountains and everything in between.

"If you want to take care of the animals—let's not throw trash on the ground," Meisner said. "Better yet, the real, true hero is when picking up someone else's trash."

Be aware of the trash you see even walking to your next class, and don't wait for someone else to take action. Make Ms. Smarty Plants proud and be the "litter gitter"!

When talking about prioritizing and solving large environmental issues, Urbina-Tapia said: "I'd start with littering. Having trash cans anywhere and everywhere. You'd be rude not to use them."

Although there are legal consequences for littering, Urbina-Tapia said: "It's hard to catch someone doing it."

Signs cautioning \$1,000 fines can be seen while driving down side roads and freeways. Urbina-Tapia said: "Although the police force does see it and pull people over for it, it's not on their top list of priority. If we want to prevent littering, there needs to be higher penalties."

He concluded that ultimately, "It's a moral issue."

Meisner practices what she preaches. Her cottage/office on the grounds is a renovated tool shed with recycled windows and doors and reused wood. In fact, when asked what her favorite part of The Garden was, she said: "My cottage and my fairy garden area. This is a labor of love. It is so whimsical and fun."

When you visit The Water Conservation Garden, you might wander on her porch to admire the creativity and color like many other visitors before you.

The Garden is located adjacent to Cuyamaca College in the heart of Rancho San Diego and is open to the public every day from 9 a.m. to 4 p.m.

As college students, the word "free" is music to our ears. Fortunately, The Water



April receives special attention for earth-friendly efforts, but Ms. Smarty-Plants has five earth heroes everyone can be 12 months out of the year:

- 1. Wildlife Defender**
- 2. Recycler**
- 3. Water Saver**
- 4. Litter Gitter**
- 5. Ener-G**



Conservation Garden welcomes all visitors for free. This has the potential to be a cheap afternoon in solitude with friends, a date or your textbooks.

Hopefully experiencing the nature at the Water Conservation Garden will motivate you, even as a college student, to be active in preserving this earth. ♡

Everything You Didn't Know About Easter

Learn the history of Easter: the religious roots, the eggs and the bunny.

By Olivia Linstad

Little boys in pink shirts and bow ties frantically gather colored eggs while little girls in sun-dresses and floppy hats take pictures with a large, friendly bunny. This scene might trigger your memory of Easter as a child.

Did you ever wonder about the origin of this holiday? Or were you too busy eating half-melted chocolate inside plastic eggs?

The celebration is rooted in an important event recorded in the Bible. Christians have celebrated Easter for 2,000 years.

According to Crosswalk.com: "Easter is the celebration of the resurrection of Jesus from the tomb on the third day after his crucifixion. Easter is the fulfilled prophecy of the Messiah who would be persecuted, die for our sins, and rise on the third day."

Leading up to Easter, Lent is practiced starting on Ash Wednesday and ends on Good Friday. Lent is supposed to represent sacrificing and withdrawing from something that distracts from God. Currently, many people give up social media, Netflix or alcohol for the 40-day period.

Good Friday is the Friday before Easter, and is the day Jesus was crucified. Although the day is remembered solemnly, Christians also celebrate it with gratitude and hope as they anticipate Easter morning.

Easter morning represents new life for Christians because they believe Jesus conquered death by rising from the tomb. Instead of saying, "Happy Easter!" to one another, Christians will say, "He is risen!" as a joyful greeting.

However, the name "Easter" is found nowhere in the Bible. According to personalcreations.com: "The exact origins of [the word] 'Easter' are unknown, but some sources believe that the word 'Easter' is taken from

the Teutonic goddess of fertility and spring—Eostre. Easter has also been traced to the Latin words *Hebdomada Alba* – meaning 'White Week' – referencing Easter week, in which white clothing is worn by people who get baptized."

The plethora of decorations used on Easter are symbolic for different parts of this special Sunday.

- **Crosses:** These symbols refer to Jesus' crucifixion, when He died on a cross.
- **Tomb:** The tomb was where Jesus' dead body was kept and mourned over for three days.
- **Lamb:** Lambs represent the Son of God. Jesus sacrificed himself, as a sacrificial lamb in the Biblical times, for humanity.

However, you might more commonly see decorations of the Easter bunny and brightly-colored Easter eggs. So where did the new traditions come from?

Tiffany Chambers, a Grossmont student, answered for the majority of the population when she said: "I don't know. That's really weird, honestly. I've never really thought about the relation."

The Easter bunny can be found at malls in the weeks anticipating Easter with children sitting on its lap (smiling or crying) for pictures.

According to Time.com: "The exact origins of the Easter bunny are clouded in mystery. One theory is that the symbol of the rabbit stems from pagan tradition, specifically the festival of Eostre—a goddess of fertility whose animal symbol was a bunny. Rabbits, known for their energetic breeding, have traditionally symbolized fertility."

Brianna Burton, a second-semester student at Grossmont, said she didn't know the origins of the Easter bunny either. However, she said, "It might be similar to Santa Claus. If you're good you get a gift."

In this case, that gift is an Easter basket.

Burton said her Easter Sunday is always a giant family celebration where her grandparents take care of the classic Easter activities like egg painting, egg hunts and baskets.

Burton said: "It's a tradition passed down. Eventually my parents will do it, and then eventually I'll do it."

Another theory of the bunny's lineage was offered by History.com: "According to some sources, the Easter bunny first arrived in America in the 1700s with German immigrants who settled in Pennsylvania and transported their tradition of an egg-laying hare called 'Osterhase' or 'Oschter Haws.' Their children made nests in which this creature could lay its colored eggs."

It continued: "Decorating eggs for Easter is a tradition that dates back to at least the 13th century, according to some sources. One explanation for this custom is that eggs were formerly a forbidden food during the Lenten season, so people would paint and decorate them to mark the end of the period of penance and fasting, then eat them on Easter as a celebration."

Despite its roots, the holiday is enjoyed by people, regardless of religious affiliation.

Chambers said: "I'm not really a religious person, so there's not that meaning to it. It's just something I do with my family to spend time with them."

Egg hunts are also a popular aspect to this Sunday, and can be community events or done within one's own family. The eggs are often filled with candy, trinkets, or Burton's and Chamber's favorite prize—money.

Whether you're celebrating Easter this year or not, eating jelly beans out of plastic eggs isn't a bad way to spend the afternoon. 🐰



HEALTHY BUDS

GROW your way to better health.

By Jenna Wilson

Cannabis has made huge waves regarding health and lifestyle for students in California. In honor of National Gardening Month this April, consider growing your own marijuana for even more benefits of the body and mind.

Gardening itself has many perks. According to health and wellness writer Jodi Helmer: “On average, gardening burns 250 calories per hour— similar to swimming laps.” This makes gardening a great way to keep active and work out daily.

Also, “How to Increase Serotonin Without Drugs,” an article by Simon Young of McGill University, educates readers on how sunlight can naturally increase serotonin levels leaving a person feeling more positive.

As for cannabis plants, we all know marijuana has many benefits of its own. According to the National Institute of Drug Addiction: “THC can increase appetite and reduce nausea. THC may also decrease pain, inflammation (swelling and redness), and muscle control problems.”

Former Grossmont student, Kelsey Brown, 25, attended until her medical conditions led to back surgery in 2014.

“Throughout my recovery I was prescribed a multitude of pain medications that left me out of it,” Brown said.

“After I got off the medications, I was still left with a lot of pain,” she continued. “That’s when I started playing around with medical marijuana. Since then, I have found many ways to help ease me out of pain without all the side effects of pain medications. It has been a life saver.”

But whether or not you are effected by a medical condition, marijuana is now legal for anyone over 21, meaning you can use it recreationally as well.

Recreationally, using marijuana can be a fun and relaxing thing to do with friends, or to wind down before you go to bed.



Growing Your Own Pot

Thankfully we live in a great place to grow cannabis. According to California law, anyone over 21 is allowed to have up to six cannabis plants in their possession.

STEP 1: Pick a spot.

When picking a spot for your cannabis plants, it is important that you keep privacy and security in mind. Only grow on your own property, and have respect for your neighbors.

According to the Leafly.com article “How to Grow Marijuana Outdoors: A Beginner’s Guide,” outdoor plants can grow up to 15-feet tall.

“Your cannabis plants should receive as much direct sunlight as possible, ideally during midday, when the quality of light is best,” the Leafly staff advised. “As the season changes and Fall approaches, your plants will get less and less sunlight throughout the day, which will trigger the flowering stage.”

STEP 2: Decide on a strain and find seeds.

When deciding on what strain to grow, consider what your use for marijuana is. Do you require an indica strain to help you sleep? Or something you can use throughout the day for pain management? Whatever your desired effects are, there are many resources online to help you decide what strain is right for you.

Acquiring seeds to start your cannabis garden is easier than ever. There are many local dispensaries that offer seeds and guidance on how to plant them. A recommendation from Leafly is for beginners to use already feminized seeds.

According to the article: “If your seeds don’t come feminized, you could end up with both males and females, in which case you’ll need to sex them out to get rid of the males (only females produce buds).”

STEP 3: Mix in the soil.

The next step would be to bring in soil. If you are lacking space or the capacity to dig large holes for in-ground planting, then use containers for your plants.

“In general, five-gallon pots are a good size for small to medium outdoor plants, and 10-gallon pots or larger are recommended for big plants,” according to the Leafly article, which adds that cannabis thrives in soil rich with organic matter and needs good drainage.

Soil is made up of clay, sand and silt. Leafly says the best soil for cannabis plants would be considered “silty.”

STEP 4: Water your plants.

Your plants will need lots of water especially during the warmer months.

Abby Hutmacher, writer and founder of Cannabis Content offers this advice: “A good rule of thumb to determine if your plant is ready to be watered is to put your finger in the soil up to your first knuckle (around 5 cm). If the soil is dry, it’s time to water. If the soil is still wet, hold off for another day.” 🌿



Protect Your Plants and Yourself

It is important to remember that even though growing up to six plants is now considered legal in California, that doesn’t mean selling or using your cannabis recklessly is.

Do not try to sell your marijuana; that is illegal. And remember, you can only carry up to 28.5 grams with you. Anything more can get you in trouble with the law.



STORY, PHOTOS
AND LAYOUT BY
SHARISSE COHEE

PARDON THE DUST

Campus construction is paving the way for spectacular educational structures, including a massive **Arts and Communication Complex**, as well as a modernized **Science, Math and Career Tech Complex** funded through Proposition V.



LEFT: Construction in progress on Performing Visual Arts Center. | RIGHT: Building 31 under construction.

When you stroll—or, when late for a test, sprint—through the halls of Grossmont, you cannot ignore and, at times, avoid the immense construction occurring on campus. While this remodeling may stand as a slight inconvenience when a student is forced to break their routine route to class, the vast benefits will more than succeed the temporary troublesomeness of the production.

Proposition V, which was approved by East County voters in 2012, is a \$398-million bond measure that allows the district to make further upgrades to campus to meet and exceed the academic necessities of students. Currently, there are two major areas of construction that will forever change the face of the college.

Dr. Nabil Abu-Ghazaleh, college president, shared his excitement about the new and improved structures the construction will be producing. He attested to the superior motivation involved in the planning process, which is to benefit student needs.

“One of the important things that we have to keep reminding ourselves, in a high-tech world, is that collocation is still the most important communication technology: being together. In a world where we are expanding online instruction, where we are expanding our accessed information globally; communication technologies allow people to connect at anytime, everywhere.”

He continued: “The actual physical collocation, chance interactions— what I call ‘being able to smell somebody’— is important. There are certain elements of this campus—we have amazing labs, incredible facilities, but there are certain elements of the total campus that can be enhanced to create a more engaging space, ... a space that says, ‘Sit awhile;

connect with somebody.’ And so I’m looking for that in every design. That’s the big picture.”

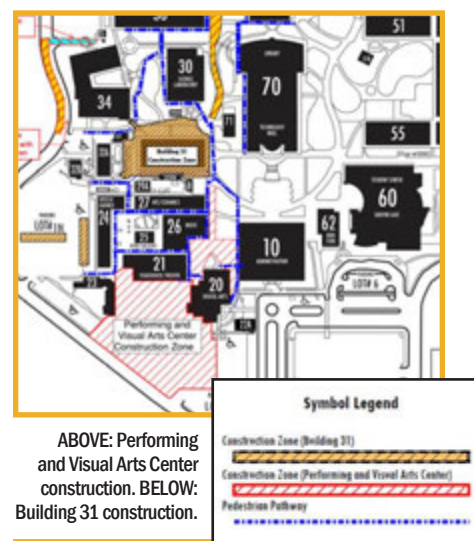
This first current project is huge, and endeavors to be a major staple of not only Grossmont, but also the East County community: the full construction of a new, state-of-the-art Arts and Communication Complex.

The location of this project on campus is what was previously Parking Lot 1 on the south side of campus between Digital Arts (Building 20) and The Stagehouse Theatre (Building 21). Equipped with gear that would make any tech-junky salivate, the amenities of the new structure are vast and exciting. The estimated cost of this project is approximately \$113 million, and projected completion date is set for the Fall 2019 semester. There is already a show booked for the new facility in November.

Abu-Ghazaleh described the project: “The most immediate and exciting event is the completion of our Performing and Visual Arts Center. We call it Performing and Visual Arts center because it is both a theater and will house the art gallery,” he said. “The theater facility will be one of the biggest theaters in San Diego. The actual audience is small and very intimate.”

He continued: “I watched as the facility is being built— there’s no bad seat in the house; there’s also no seat that’s not front row. It’s not true, but it feels that way because even the back row in the audience is only 10 rows back. Between the balcony and the seating in the wings there are many seats that are right up front, on stage.”

The actual theater design is a resonance structure called a “music shell,” which simulates the inside of a guitar. This shell is the size of the entire theater and allows for a



ABOVE: Performing and Visual Arts Center construction. BELOW: Building 31 construction.



For construction info,
visit grossmont.edu/construction



LEFT: Current construction of Performing Visual Arts Center, taken on April 10. | RIGHT: Artist's rendition of finished complex, slated for fall 2019. Drawing courtesy of Grossmont College.

diverse sound range that coincides with the integrated structure.

"There will be 3-D elements of it," the president explained. "It will descend from the ceiling from a fly system, and it's flexible to allow for venting of sound to control different sides; so that one set of instruments don't dominate another."

Another major amenity working in conjunction with the spacious "basketball court-sized" stage will be the exciting addition if an orchestra pit. The addition of this pit will not only benefit the Music Department, but will also integrate the arts together, including the Theatre and Dance departments, unifying the disciplines, Abu-Ghazaleh said.

He described the versatile pit: "It can accommodate 17 instruments. And it's an elevator lift, so it can either extend the stage or lower it hydraulically and have a 70-piece orchestra on it."

He elaborated: "That will allow our programs to collaborate like they haven't been able to before, typically, in the form of musical theater where everybody's skills are on display altogether, but it will also be a good house for all programs."

Another theatrical technological apparatus the president said was looking forward to is the addition of a fly system to assist in professional theatrical productions.

He described the system and how it will benefit the various departments: "Our existing Stagehouse (Theatre) is a wonderful learning theater; it's an intimate house but it doesn't give us the capacity to have scenery and anything you would normally put in the fly system ready to drop," he said. "It's both massive and flexible, so we will see some theater magic."

Even the curtains will be structurally designed to deaden the house-sound for speech events; when pulled or when retracted, the house becomes a part of the entire theater.

The next major item on the remodel list is the construction of the Math, Science and Career Complex, which will also include a spacious Veteran's Resource Center. According to Abu-Ghazaleh, Building 36 is slated to begin full

construction within 12 months.

"It's pretty much fully designed now, and in its construction design stage but the actual design stage is complete," he said. "The science and math complex will involve demolishing Building 36, which is currently a one-story building and building a two-story building that will be designed around modern practices of teaching earth science, natural science and mathematics."

Much of this construction is focused on not only the integrating of departments but the integration of students and instructor as well. He said he is most excited about the new complex's math studies center.

"Although the classrooms will be amazing, but we are in fact designing a study center

connected to live feed to keep geology and geography connected with what's really happening in the world—whether it's weather events, natural disasters, political events—to be able to bring that into the daily lives of students."

While this new complex will consist of many amazing amenities related to mathematics and earth sciences, it will also house a structure of which Abu-Ghazaleh is especially proud: a Veteran's Resource Center. Although Grossmont currently has a resource center on campus, it pales in comparison to the future complex.

"The existing Veteran's Resource Center was centered around a much more smaller college, and Grossmont is not a small college anymore," the president explained. "We have about 1,200 students that are documented veterans; this is in addition to the many veterans that are not actually using any benefits who are continuing to come here."

He described the future center: "It will be a separate element of the building, but we're at least doubling the size to a 4,100-square-foot facility that's centered around service. There are offices for counselors and guidance opportunities; there is a social space. There is a considerable element that is split between open computer lab and study rooms."

Many students may see this construction as somewhat bittersweet, as by the time some of these facilities are completed, they would have already ventured to their next phase of their lives. While some will not be able to reap the benefits of these long-term endeavors, they can at least be proud that the institution from which they are receiving their education is upgrading. As Abu-Ghazaleh emphasized, this remodel is not only beneficial to students but the community as well.

"It's hugely important that we are both grateful to our community for funding our bond construction and that we are good stewards of that resource, and create facilities that truly serve, ultimately, the students and the broader community," he said. "It does make a difference; it makes a big difference." ❧



Rendition of completed Building 36 courtesy of Grossmont College. Construction is planned for January 2020.

centered within," he explained. "Sort of surrounded by faculty spaces so the core of the building will be the math study center, and the faculty offices will surround it on three sides."

He explained the purpose of this design, which was created from the input of current faculty: "So that there will be constant opportunity for students to interact and there will be computers and projection systems as well as writable boards; whiteboards, glass walls; but there will be also be the opportunity for faculty to step-in and engage with their students at any moment."

Communication integration is an aspect the faculty is hoping to achieve with this optimal technology.

"Earth Science is looking to have electronic bulletin boards that are live all the time," Abu-Ghazaleh said. "To have it actually

Women Who Inspire

Grossmont's AAUW hosts a panel of successful women to inform, inspire and empower. By Abbie Wallace

Women's History Month is over, but the notion to empower and support women continues. Before Grossmont Colleges' spring recess, a panel consisting of four successful women was hosted by Grossmont's American Association of University Women. The purpose of the panel was to have women from the community share their stories of success and struggle as they forged their paths through life and their careers.

In light of the recent #MeToo movement and push for gender equality, events such as these are important to have to encourage and support everyone in our community, especially women. The panel, titled "Women Who Inspire," consisted of a series of questions prepared by Grossmont's AAUW members and asked by the club's president, Maya Clark, as well as questions from the audience at the end.

At one point during the panel Clark asked, "What advice can you give students when they are in the midst of failure or a crisis?"

Panelist Dorothy Smith said, "Coping skills are the most important skills a woman can have," adding that we have to "tell ourselves we are capable."

As stated on the program flyer, Smith has a doctorate in educational leadership, as well as master's and bachelor's degrees in English, and was the first African-American woman to be elected to a San Diego political office in 1981, where she served eight years on the San Diego Unified School District Board of Education. Smith also taught San Diego City College and San Diego State University for 31 years.

Dr. Cindy Miles, Grossmont-Cuyamaca Community College District Chancellor and another panelist, said to not listen to the garbage.

"There's a lot of garbage out there that tries to tell you who you are," said Miles, adding that "what you think of yourself is most important. If it's a garbage voice, then turn it off."

Miles has been chancellor since 2009, but is set to retire at the end of the year. She has a doctorate in educational administration, a bachelor's degree in biology, and a master's degree in higher education.

Such events are necessary to bring the

community together and show support to those who may need it or those who are interested. It is important for students to hear from women who faced adversity and pushed forward to achieve their goals.

A trial attorney and activist for women, LGBT+, and active and veteran military members, Bridget Wilson said: "What we offer is kind of real world experience without throwing jargon at you. We are people that have lived these lives, and it



Panelist Linnet Mariscal speaks as panelist Dr. Cindy Miles looks on. Photo by Sharisse Cohee.

gives context to what you are doing here."

According to the program flyer, Wilson served in the U.S. Army Reserve and was a judge advocate for the California State Military Reserve. Advocacy for the LGBT+ community has been a major focus of her career. Wilson also has degrees from Creighton University and the University of San Diego School of Law.

To hear from women who empower and inspire is important for students of any gender to be informed and learn about the experiences of various successful women who may have faced the same adversity. It is also just as important for the panelists to share their personal experiences.

"To me it is pretty important to set an example. I have a younger sister, she is 10 years younger than me so to me being a good example to her is what makes me try to be better," said Linnet Mariscal, an attorney for the Mexican bar of lawyers, on why it's important for her to participate in the panel.

As stated on the flyer, Mariscal has a law degree with honors and an LLM degree

in American legal studies. She currently works for the San Diego Superior Court in the criminal department and custody team, and has won multiple medals of excellence in criminal law.

In response to why it's important to participate, Wilson said, "we are responsible for passing on information you may not have because no one else is teaching it to you."

She added: "I am hoping that some of our experiences are things that you can identify with, look at, find other similar experiences and relate it to what you are doing in your own lives."

Whether they are setting an example for the younger generation or providing information to those who may not have it, these women strive to empower and support women and men in a world that is slowly progressing toward equality, one panel at a time.

If there is one thing for women to take from this panel it's for them "to get a goal to do something you're passionate about in your career," Smith said.

"Don't let anyone stop you from reaching your goal," she added.

Smith said when she got married and had her first child, her father told she was never going to finish school. But she did reach her goal, even though it didn't happen in the intended order. Personal experiences like that can inspire others who have been in the same situation or have been told similar things. Knowing there are other women who have gone through the same experience is helpful and builds a community and bond, while spreading the message that all women are capable and strong enough to face any obstacle and achieve any goal.

"Whatever goal you set, even if it's not in order, keep your eye on the prize," Smith said. ♀





After the death of two Grossmont students in late February, questions arose to if students should take time to get to know peers in their classes.

In the beginning of March, the Dean of Academic Affairs, Agustin Albarran came into one of my classes and said one of our classmates has passed away. Many of the students in the class looked around to see who it was. Unfortunately, we could not figure out who was missing.

Till this day, I try my best to remember if I have seen one of the two students in my classes. In a way, it feels like they have been forgotten. Some students at Grossmont College may remember these students. The majority of students did not know them or didn't know about their passing.

This leads to the big question: Should students take time to communicate with their peers?

Taking a small amount of time to speak with classmates is important because it can help you meet new people and open the door to learning more about a person. It may not be possible to talk to every classmate, but talking to a few classmates can be great.

In a classroom, it can be hard and uncomfortable to raise your hand when you do not understand a topic. Asking a classmate for assistance can help you understand a concept and gain confidence.

Furthermore, when you miss class because you are sick or have an emergency, a classmate can help you with missing notes and notify you about any assignments. This also means that one day, you will have to help a classmate when they miss class. It's a win-win.

Creating study groups with classmates can help you improve with studying. In many cases, study groups can help you find new strategies and write down information you didn't catch during a class lecture.

Having support from classmates can be helpful during the semester. Let's face it, there is no such thing as a perfect semester. You may have family and friends outside of school to support you, but it is not the same. Support

from classmates can make the hard times in the semester easier because they may be in the same situation as you.

There is a possibility a classmate can turn into a good friend. Karoline Shore and Emily Wistand are both Grossmont College students who were once classmates and now, they are great friends.

According to Wistand, both of them had to pair up in a physical education class. Eventually, both of them connected with similar hobbies and passion for music.

Shore explained how classmates are more than just students. They have jobs and hobbies outside of school.

"You can't just talk to a classmate about a specific class," Shore advised. "You have to get out of your comfort zone and get to know more about your classmates."

It can be – or feel – impossible to talk to every single individual, but talking to classmates next to you can help them realize that you acknowledge and notice their presence.

"Having her [Karoline] in my class was great because I had someone to talk to," Wistand said.

Both students explained the importance of being noticed. Students want to be noticed because it helps them feel welcomed. Many students may look intimidating, but a small conversation can help you realize that your classmate is actually a nice person.

"We both have serious facial expressions," Wistand said. "I thought that she [Karoline] didn't like me, but after talking to her after class one day, I realized that she was laid back and that reduced the intimidation."

Communicating with classmates can help an individual with problems from a similar class or problems outside of school.

According to both students, they encourage everyone to speak with a classmate. Even if that means only saying a greeting.

"A small 'hello' or a 'how are you doing' can help make a classmate's day," Shore said. "Talking to a peer is important because it can help someone not feel invisible." ❖



INTERSECTION

A mash-up of people came to check out Hyde Gallery's latest mashup.

By Sandi Westrand

Step into our very own art gallery to check out some scintillating and original imagery awash with color and imagination. You will procrastinate your departure and probably return several times to study and contemplate these eclectic displays of street art and graffiti. It may be difficult to choose just one favorite.

The Hyde Art Gallery hosted an opening reception for "Intersection: A Mash-up of Urban Contemporary Art" on the evening of March 21. The event featured appearances by members of the artistic group, musical entertainment and refreshments. A piece was created on-site during the event and embellished with accouterments by art students.

A varied group of admirers mingled within and outside of the gallery, while the director, Alex Decosta, circulated amid the artists and the enthusiastic crowd to ensure the function continued to run smoothly. Art student David Clavagh kept a watchful eye out at one end of the gallery as the crowd filtered through.

Several attendees stood-out in the throng: A jubilant 9-month-old crawling to greet his father, one of the artists; a filmmaker shooting segments of an independent feature for one of the artists; and Buddy— an ancient blind terrier nestled in his owner's arms with perked ears and a docile demeanor.

Presented by VISUAL, a North Park art supply shop, the collection will show through April 25. The Hyde Art Gallery is open from 10 a.m. to 6p.m. Monday through Thursday. Friday hours are scheduled by appointment only. Admission is free. ❖

All The World's A Stage

Grossmont theater students bring the extraordinary out of the ordinary as they ditch the conventional stage and truly represent the complexity of Shakespeare by using the world as their stage, traveling throughout San Diego County, performing riveting and unconventional pop-up scenes by the legendary writer as part of a tour sponsored by the Write Out Loud organization founded in San Diego.

For a majority of students, their opinion of Shakespeare can be epitomized by one of the writers most famous quotes from *Hamlet*: “To be or, not to be.” Whether you love him or loathe him, there is no denying that at some point throughout a student’s educational career they will encounter Shakespeare and attempt to tackle his complex and admittedly confusing-but-fascinating plays.

Ten students from the Grossmont Theatre Department, along with Director Kevin Hafso-Koppman, are stepping up the bar when it comes to representing Shakespeare as they tour throughout April.

One of the most unique and entertaining elements about these performances is that the cast strays from the traditional stage, performing



King Lear. She explained one of the great aspects of performing on a non-traditional stage: “That’s the point of the traveling shows here. It’s meant to be adaptable to like whatever sort of environment we are, whether we’re inside a high school, out here in a parking lot, in the rain— that’s what they’re meant for.”

Show Director Koppman agreed with Fogacci on adapting to the elements: “Everything is going to be different. There will be planes flying by, cars pulling out, rain happening.”

Rain or shine, these actors were ready to entertain and they did not let their audience down. For their premier performance, the actors set up their stage in parking lot four, located near the tennis courts on campus. The group performed scenes from various Shakespeare plays, including *Coriolanus* as well as *Romeo and Juliet*, among several others that all had one common theme: Exile. This theme was actually derived from the 2014 novel *Station 11*, written by author Emily St. John Mandel.

Versatile student actor Laura Beltran gave some insight as she offered a gist of the novel that became the foundation of the production:

“The novel which the play is based on is a post-apocalyptic genre which begins with a plague known as the Georgian flu. After that, society collapsed and so there was no technology.”

She continued: “After that, people would tell each other stories; it’s actually pretty good. So there was a group called the ‘traveling symphony,’ and they would go around from town to town cheering people up. They would sing pop culture



PHOTO COURTESY OF STEPHEN HARVEY

instead in parking lots and on high school campuses as well as other non-conventional “stages.” These traveling student minstrels demonstrated superb and adaptable acting skills as the bed of an old pick-up truck be the “Old Globe” that housed their April 5 performance in the Grossmont Middle College High School parking lot.

Grossmont theater student Mika Fogacci portrayed Cordelia, as well as various other roles throughout the show, in the group’s rendition of

STORY , PHOTOS
AND LAYOUT BY
SHARISSE COHEE

Theater students are touring San Diego as part of Write Out Loud, performing riveting pop-up scenes from Shakespeare's plays.

songs," she explained. "Well, our present-day pop-culture, since a lot of people didn't understand those references, they loved Shakespeare instead because you don't need that technology background to know what's going on. It's so beautiful."

Aside from these performances taking place on nontraditional stages, the beauty of a program such as Write Out Loud is that it allows people to create their own production while weaving in modern art, such as the novel, and integrating the classic dialogue of the bard's plays.

Director Hafso-Koppman explained the inception of the show: "It started out with Brain Rickel (Grossmont Theatre Arts instructor) hiring me to do this project associated with Write Out Loud and the book. And so, I started reading the book and started thinking about what kind of show we can do that involved Shakespeare themes and 10 actors, because that's how many slots we had in the class."

He continued: "The most fun thing for people to do in this type of show is to just do a lot, so that it's very frantic. So I wanted to get 10 people each playing a multitude of characters so instead of condensing one Shakespeare play, I had the idea, just given the subject matter of the book, to have everybody feeling like they're living in exile."

Whether you're a Shakespeare enthusiast or cringe at the word "soliloquy," this traveling showcase is bound to captivate and engage you.

Hafso-Koppman elaborated: "To do these scenes one after another and the theme kind of carries over so it didn't matter too much if people didn't know what the plays were, from the scenes or the whole structure of the play. They would just see similar scenes one after the another and people getting to run around and play different characters."

After the stellar opening show, actor Kayheen Anderson described his favorite aspect of portraying Shakespeare and the personal touches of diversity the group added to the production: "One of my favorite parts about our show was the



fact that we took some of the lines and put them in different languages to help the audience understand a little better," he said. "Like in *Romeo and Juliet*, the nurse spoke in Spanish in some parts, then Ewan Sabri played Coriolanus in Arabic."

He continued: "Since Shakespeare already takes like 20 minutes to even understand what's going on, we changed the language a little bit to help others who weren't use to watching Shakespeare, understand."



While exile remained the element of the production, another theme that rang common throughout the actors was their respect and thankfulness in having such a knowledgeable director in Hafso-Koppman. The actors praised him for teaching them, as well as allowing the actors to perform with their own personal freedom and unique touches.

"He brought a lot, a lot of energy into it, and he was always telling us to go for it whenever we had some ideas. Like for example, there's a bit where we were all huddled together and, like, chanted, 'One, two, three, break.' He encouraged us, like if that's what you want go for it. Just fully commit," Beltran said.

She further explained how the director's theater knowledge inspired them as well: "Another thing that helped is that he had us go and say certain words that are kind of funky like 'Albany' and 'doth.'"

This talented crew certainly did not disappoint in their first production of the tour as the actors engaged the audience as well as kept true to authentic Shakespeare roots, all while adding in a twist of their own. San Diego County is in store for a unique experience, as these talented actors set up their own shop and entertain throughout April. ✎

TRAVELING SYMPHONY SCHEDULE: SAN DIEGO

APRIL 12: 9:40, 10:45, 11:50 a.m. | SOUTHWEST HIGH SCHOOL, 1685 HOLISTER ST.

APRIL 13: 10 a.m. | SCRIPPS MIRAMAR LIBRARY, 10301 SCRIPPS LAKE DRIVE

APRIL 20: 11:15 p.m. | MYSTERIOUS GALAXY BOOKSTORE, 5943 BALBOA AVE.

APRIL 27: 10 a.m. | MYSTIC MOCHA, 2105 MISSION AVE.



LESSONS FROM SPRING AWAKENING

Grossmont's recent play offers important insight into sexual and mental health.

A Review By Olivia Linstad



Illustrations by Amy Mikita

Opening night of *Spring Awakening* at the Stagehouse Theatre entertained its viewers through song, dance and an incredibly powerful message.

The night followed a group of German teenagers through one of life's confusing seasons: exploring sexuality and life's deep sorrows.

Each character represented a relatable quality to the audience, young and old, as the actors portrayed raw emotions.

Actor Leo Ebanks said his role felt nostalgic: "[It] brought me back to when I discovered sex for the first time."

Referring to the character he portrayed in *Spring Awakening*, Ebanks continued: "Their parents never taught them anything, so it's these high school kids discovering it on their own."

Wendla, played by Mia Apalategui, opened the stage with her angelic voice matching her innocent persona. However, the innocence was fading as she persistently asked her mother, played by Laura Jimenez, the age-old question: "Where do babies come from?"

The inquiry evoked laughter from the crowd as mothers and fathers reminisced about the day their children asked the same question. College students in the audience laughed at the memories of their own ponderings as children.

Everyone sat anticipating the tricky maternal response. Unfortunately, Wendla did not get an answer. This opening scene set a theme of the night: curiosity.

When schoolboy Moritz Stiefel, played by

Trevor Cruse, was unfairly expelled from school, he was faced with confusion and anguish, which led to depression. Stiefel's pain drove him to ask himself a tormenting question: "How can I end it all?"

Murmurs of deep sorrow could be heard from the audience as Stiefel's scene ended with a gunshot. The truth of academic and social pressures leading to suicide were acknowledged solemnly.

The *Spring Awakening* playbill received by each viewer contained information for emotional and suicidal support.

Although the whole theater was somber after Stiefel's painful goodbye, the show carried on through Wendla's continued exploration of knowledge. Melchior Gabor, played by Noah Filley, held all the answers Wendla sought. He was reprimanded when caught sharing the information with his male classmates.

Eventually, through musical numbers, choreography and dialogue, Wendla found her answer—the hard way.

When Wendla was visited by the doctor to confirm her pregnancy, Wendla said to her mother: "My god! Why didn't you tell me?"

Director Meg DeBoard said this was her favorite line of the performance because she believes teaching youth about sex education and depression is important. "Communication is key," she said.

Wendla and Stiefel serve as a reminder how reaching out to others could make the difference of saving a life.

Ebanks who played George, a schoolboy, said what he was most proud of: "The work that I put in. Learning choreography and singing then putting it all together and hoping for perfection."

Although the actor's preparation was apparent, the whole production crew worked just as tirelessly to create a seamless performance.

As *Spring Awakening* was DeBoard's second time directing a show at Grossmont, she said: "This show daunted me at first. Because of the content, I had to make sure the actors felt safe, and it was enjoyable for the audience."

DeBoard continued: "Not everyone does this show, it wasn't something I pictured myself directing. I discovered it wasn't actually scary because the actors, choreographer and production team were such strong collaborators."

The show was enhanced by the stage's set, which was built by the direction of scenic and property designer Michael McKeon.

The two-level structure on stage created versatility for the varying scene's location. Despite the lack of distinctive markers, the audience could clearly visualize the different character's bedrooms, the schoolhouse and meadow through the actor's use of movement.

One of the set highlights included a fireman's pole for actors to descend from the upper story to the main stage. "Actors loved going down the fireman pole," DeBoard said.

The orchestra, led by Kyrsten Hafso-Koppman, was displayed for the audience to admire at the back of the stage. Percussion, strings and keys all magnified each actor's vocal performance.

Michael Mizerany directed all stage choreography. The actors danced, ran in the audience and even stood on tables to tell their story through movement.

The costume team, under direction of Beth Duggan, dressed the actors in late 1800s German dresses and trousers. Laura Jimenez and Sam McCubbin both had multiple costume changes to differentiate the separate characters they portrayed.

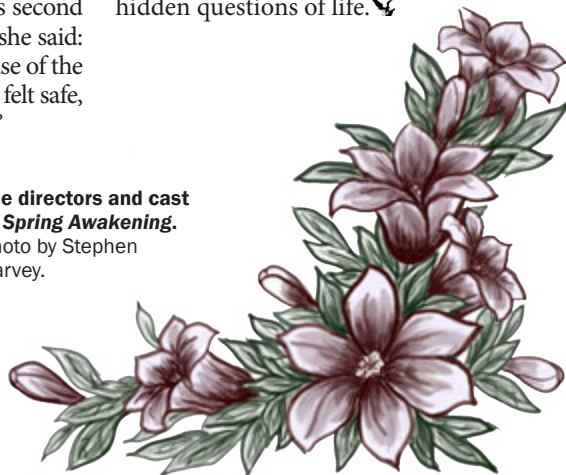
DeBoard said: "My favorite part of the experience was the rehearsal period. I love watching the actors make discoveries about their character, watching their growth and then seeing the final outcome."

The final outcome was ultimately a successful quest of seeking answers to the hidden questions of life. ♡



The directors and cast of *Spring Awakening*.

Photo by Stephen Harvey.



DANCE DEPT. DAZZLES

Lights, camera, dance! Grossmont is ready to perform.

Story and Photos By Sara Rott



The Grossmont Dance Department is on tour. Grossmont gives the whole idea of “razzle-dazzle” as they tour all around the San Diego community to perform at local high schools.

This is a part of Dance Professor and Committee Director David Mullen’s sabbatical, an extended leave taken for a university professor to study and travel. When he came to Grossmont 21 years ago, he said he wanted to establish some kind of dance department for the school.

“Enrollment [for dance] has been a struggle so I thought: ‘You know, if we could put together a company, do it as an outreach, like to try to use it for recruitment. We could go to high schools, stuff like that, and it would raise the visibility of the dance department,’” Mullen explained.

Mullen journeyed across California and observed how other schools who had dance touring programs structured their ideas. He wanted to find out the nuts and bolts behind scheduling it into a class, providing transportation and operating the company as a whole. After his research, Mullen proposed his plan to Grossmont, and the program is now successfully in its second year.

Mullen elaborated: “Last year, because it was our first year, we did about six different shows. I got feedback at the end of the semester, and it seemed like the overwhelming feeling was we need more opportunities to perform.”

The touring company itself is not like any standard class. This class is audition-only, and is designed as a 16-week program. During the first eight weeks Mullen, the dancers and choreographers basically put together a half-hour show and rehearse it. They start in Intersession, just before the Spring semester, so they can start to buckle down. For the following eight weeks, they rehearse over and over again, working out every detail. Then they put together a script and come up with the theme.

“All the pieces tie together. This year the theme is

‘What Brings us Together,’ focusing on how we’re so divided. I really wanted to find something that explored dance as a tool for bringing people together, and so we’ve done that,” Mullen explained.

The audition-only class is unique in so many ways. Not only are there professional choreographers coming in, but a student gets the opportunity to choreograph a dance as well. Grossmont student A’lona Carter has taken every dance class the department offers. She has been dancing for 11 years and continues to show off her talents. She has choreographed four or five major shows at the school, so she is no rookie. Although the dancers may be hitting the road, Carter will sadly not join; however, she has high hopes for the performers.

“It’s amazing to know that I am getting this opportunity. I’m so grateful to have a platform to put my work out and have people see it. I mean, even though I’m not there, people will know that my name is on it,” Carter said. “There’s an introduction to all the pieces. Before every piece starts, they say the choreographer’s name and what their piece is about and the foundation.”

Mullen said he would like, at some point, to have more student involvement as choreographers and not just as performers, as he tries to grow the program. He said he tries to empower as many students as possible. His goal is to outreach to the high schools for recruitment and prepare the dancers who want dance careers, making sure to support his dancers’ dreams.

The dancers are ready to bring on their A-game and empower high school kids. Below are the dates listed and the locations. The show is sure to be a good time, so go out and support our Grossmont Griffin dancers. 🐦

APRIL 1	Grossmont High School
APRIL 8	El Capitan High School
APRIL 10	Granite Hills High School
APRIL 17	Creating Performing & Media Arts (CPMA) Middle School
APRIL 28	ArtWalk San Diego/ Art Moves Dance Program (Little Italy, San Diego)
MAY 1	Valhalla High School La Mesa Arts Academy
MAY 15	Grossmont College (performance in quad)
MAY 17	Helix High School
MAY 24	Coronado School of the Arts



BEACH VOLLEYBALL SPIKES THE COMPETITION



STORY, PHOTOS
AND LAYOUT
BY SHARISSE
COHEE

Women's beach volleyball crushes Conference rival MiraCosta for the second straight week while being ranked #2 in the state.



The Women's Beach Volleyball team is just over the halfway mark of the 2019 regular season, and things couldn't be going any better for the ladies. While currently riding a 10-game win streak with a 15-2 overall record, the team can be summed up with one word: Dominating. This winning trend continued March 22 when the Griffins crushed the MiraCosta Spartans by a final score of 4-1 on Grossmont's own sandy courts.

This victory was even more rewarding than the average win as it signified true growth and cohesiveness amongst the team. To fully understand this triumphant progression the team exuded; one must rewind back to exactly one week prior: March 15. The ladies of G-House traveled to the gorgeous Warm Waters Beach in Carlsbad for their first match-up of the season against the Spartans. The Griffins were able to serve their way to victory, but only by the narrow margin of a 3-2 win. While "a win is a win," the team still carried the figurative "monkey on their backs" as this initial game still lingered in their minds during the March 22 contest.

Sophomore stand-out pair – Julia Holden and match partner Jamie Sakasegawa – closed out the game, assisting one another with precise sets followed by aggressive attacks, leaving the Spartans digging in the sand for answers.

Holden described her emotions after the hard-fought match: "It feels good. We won against them last week, but it wasn't like as intense as this one. We really beat them this week."

She continued: "It was good to come back from what we learned, and we all like took the week to prepare and we came prepared."

The Spartans are certainly no scrubs themselves, holding an 11-7 record and as of April 5, riding a three-game win streak. The tensions mount even higher when these schools clash as the Griffins and Spartans are rivals in the competitive Pacific Coast

Athletic Conference. MiraCosta could not answer the aggressive aces and solid spikes that the ladies of G-House were serving up as this defeat sent the Griffin's Conference record to a perfect 2-0.

Since this contest, Grossmont has been able to bump its conference record to an astonishingly perfect 6-0 thus far, and hopes are the team will continue in this achieving direction.

After the dominating win, Head Coach Jamie Ivers explained: "It was awesome today, it was phenomenal. They are playing at a super high level and it's been the things that we've been working on for the last couple weeks that came to fruition today.

"Definitely looking forward to the rest of the season," she continued. "I think we're stronger than we've ever been."

Ivers is among many other head coaches who are taking notice of Grossmont's dominance in the highly competitive sport. The team's efforts went recognized Feb. 25 when in the 2019 Week 1 AVCA CCCAA Beach Volleyball Coaches Poll, the Griffins were ranked an impressive second in the state, succeeding only to first ranked Long Beach City.

The excitement and positive energy were contagious after the win as the team and coaching staff look forward to the remainder of the season. Assistant Coach Brooke Callahan-Daywault commented: "I think we're peaking at the right time. I think moving forward we're going to be in our best position to play the better teams."

If the first half of the regular season is any indication as to what the second half may hold, then the Grossmont College community will be in store for more than just a stellar record but potentially for a Women's Beach Volleyball State Championship Title, which the Ivers-led team won, back in the 2016 season. 🐦

Major League baseball is back for the 2019 season, and for the San Diego Padres, this season already has a different feel to it. The season opened up March 28, as the Friars took on their longtime rival San Francisco Giants in a four-game series. The opening day ceremony kicked off with fans getting excited for new Padres players: Manny Machado, as well as top prospects Fernando Tatis Jr. and Chris Paddack. The Friar faithfuls were excited to see returning fan favorite players such as Wil Myers, Eric Hosmer and Austin Hedges.

Padres manager, Andy Green, gave the ball to 23-year-old pitcher Eric Lauer, who made his first opening day start. Lauer's impressive spring training is part of the reason he got the nod to start, having pitched 10 innings and not giving-up a single run. For the Giants, manager Bruce Bochy gave the ball to veteran starting pitcher Madison Bumgarner, who made his fifth start. The Padres' left-fielder Myers was the only offense the entire game when he took Bumgarner deep in the third inning with a solo home run to left center field. He later drove in new second baseman, Ian Kinsler, with a single up the middle to make it 2-0 Padres.



Peregud grabs a selfie with former Padre Trevor Hoffman.

The Padres won their first opening day game since 2014, with Eric Lauer getting the win and Kirby Yates getting the save.

Myers and Machado weren't the only Padres to make headline news on Thursday. General manager A.J. Preller announced that the team would be bringing up shortstop Tatis and pitcher Paddack. Tatis, 20, had not played at the AA level in the minor leagues, and many thought the team would keep him in the minors for two weeks to add another year of service time. Tatis was ready for opening day, having been the youngest player to start since Adrian Beltre in 1999. He got his first two Major League hits off Bumgarner, the youngest player to accomplish that since 19-year-old Hall of Famer Robin Yount in 1975.

Game two of the series was another victory for the Padres, as winning pitcher Joey Lucchesi went just over five innings. The Giants made it interesting at the end, getting the bases loaded in the ninth inning. Kirby Yates came to secure the 4-1 win, and Machado collected his first two hits as a Padre.

The Padres dropped Saturday's game-three of the series by a score of 3-2, but were able to bounce back on Sunday with a 3-1 victory to take the series over the Giants. This was the first time the Padres won an opening series since 2011. 🐾

STRONG SEASON START

The Padres take opening series against rival Giants.



STORY AND PHOTOS
BY AUSTIN PEREGUD
LAYOUT BY SHARISSE COHEE

What's in a Name?

Speech and Debate is much more than its definition. By Abbie Wallace



Imagine a team where everyone was able to speak about their passions free of judgment and all ideas were welcome. It may seem too good to be true, especially in our society's current social climate, but Grossmont College has a group of talented and insightful students who are pursuing their passions and creating a camaraderie within their Speech and Debate team (also called the Forensics team) while speaking about personal, political and social issues.

Although it is part of the communication curriculum, the speech and debate class is not like the average class at Grossmont. Meeting every Wednesday from 5:15 to 7 p.m., they begin class with vocal warm-ups and tongue twisters. They push the desks to each side of the room and stand in a circle and immerse themselves into their warm-ups. The volume goes from low to high as they say phrases such as, "The big black bug bit the big black bear," in unison, with concentration.

"Should we do step-ins?" someone in the circle asked. Then, taking turns, each person stepped in the circle one by one and said a phrase, often with gestures. Once they stepped out, the group stepped in, repeated the phrase and mimicked the gestures. Throughout the activity, they would pause and discuss their enunciation of the phrases with advisor Roxanne Tuscany.

After warm-ups, for this particular class, they viewed a slide-show of photos from their successful state speech and debate competition in March. Four team members attended the competition, winning bronze, silver and gold awards. Team member Andrew Jassick, won gold in speech to entertain, one of his three events.

At the beginning of their classes they instantly establish teamwork and an high energy environment where everyone is included. The best part is everyone on the team is there for a different reason, with a different passion and it is one of the most supportive and interactive environments.

"I have very personal reasons for joining the speech and debate team," Jassick said. "I would very much like to become a public and motivational speaker, once I get through with school. So to me, speech and debate is primarily a platform for me to be in an environment where I can share that passion with people around me

and hopefully get noticed by somebody important that would give me the opportunity to do that on a full-time basis."

Jassick added: "It literally embodies the drive I have to do better every day; it's the entire reason I'm in school."

A communication major in his final semester at Grossmont, Jassick is just one insightful member of the speech and debate team, and his reason for being there differs from that of his teammates.

Francesca Labrana is a communication major in her first year at Grossmont. "Personally, I took this first as one of the requirements that I have to take," she said.

She added: "I'm more on the introverted side I'd say. I don't like speaking out unless someone comes to talk to me first, and this didn't give me any choice then to step out of my comfort zone, and I think it gave me a lot of opportunities. I feel like I'm more comfortable doing things that I never would have thought of doing before."

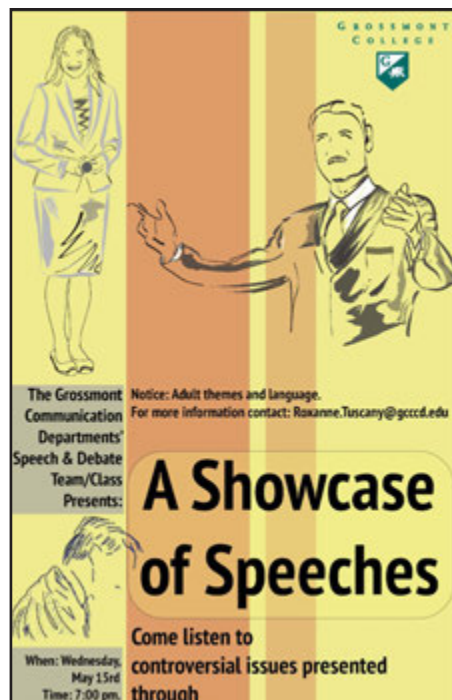
Of course, you don't have to be a communication major to join the Speech and Debate team. Jose Rolando Perez is a first-year Grossmont student majoring in nursing, and teamwork played a big factor in his wanting to join.

"I think being part of a team is important. So in high school, I was a part of football, track and all that stuff, and I like the morale of someone depending on you and the pressure, a little bit—I enjoy that," Perez said.

With many different personalities and passions, it seems like it is difficult for everyone to participate to their full potential. However, Speech and Debate offers multiple categories to participate and focus on.

"Everybody does different events," Jassick explained. "So some people do the debate portion of it and then outside of debate, you have what's called individual events. There's events like interpretation— so for example, poetry or drama or prose. Then you have platform speaking, which is like a speech to entertain or an after-dinner speech or persuasive speech. You have limited prep speeches, which are impromptu speeches."

Having such a variety of events with everyone doing something different means just one class is not going to prepare them for their tournaments. In addition to a weekly class, Jassick said they meet every weekend to practice often.



ARTWORK BY ISAIAH SIMPSON

In addition, students need to meet weekly with Tuscany, the adviser. "So you would sign up for a specific time outside of class then you'll meet in the office and go over whatever you want to go over," Jassick said. "For a regular person on the Forensics team, I'd say in meeting, bare minimum at least three times a week."

All that practice preps them for their tournaments, which are on a whole other level. "It's a long day," Jassick said. "Typical tournaments last at least a good 12 hours. They

There are some stories here that deserve to be heard, and this place gives them a platform to do that.

– Andrew Jassick

start early in the morning roughly around 8, and they will go on. I've been in tournaments until like 9:45, 10 at night.

"It's arduous, it's tiring, and the entire time you're doing it you have to keep your composure as if the actual real world around you isn't happening," Jassick admitted. "It's literally getting into that mindset of learning whatever presentation that you're doing. You have to bring that to life, and you can't let influences from the outside really get in the way of that."

Though their tournaments aren't done in a breeze, they allow the team to compete, win and improve their skills as well as some other bonuses.

"I wasn't sure what to expect at first but it gave me an excuse to get a suit that would be good for future job interviews. I was really happy about that," Perez said, when describing his first tournament on the team.

Labrana also had her first impressions of tournaments. "I thought the first ones that I would go to were interesting because I'm like novice, so it's the beginner level, and I would go observe people in the open— so the people who have been doing this for years in their eighth semester of college. It shocked me at first. The first time I watched them, I didn't know you could be given those emotions," she said. "The first time I watched one was a poetry one of a mother and daughter crossing the border train to come to America and she loses her daughter, and I literally started crying in the middle of a room."

Naturally, not every team is going to be immediately perfect. It takes a great coach and great players to achieve success, and Grossmont's Speech and Debate team can rely on Tuscany to motivate and help them reach their full potential. "I would say, [she] isn't a typical teacher where she has a curriculum and she lectures from a curriculum," Jassick said of Tuscany. "She literally lets the students encompass the idea of the class, and I'm not just talking about forensics. This is just the way she is."

He continued: "I don't think there's anybody that comes ... out of Forensics and doesn't consider her not only a friend, but an incredible inspiration in what they do every day."

Perez agreed. "She always tries to make herself available," he said. "She has the sign-up sheet right out there, and if you can't make it at one of those slots then you can call her. I feel like she's there almost anytime you need to reach her."

Availability is important, but so is helping the team in their performances, which Tuscany does, according to Labrana: "You'll see some of her critiques of what you're doing and it's just like, 'Whoa, I never knew somebody could tell me that,' but it's good because it's every little thing you're doing wrong and it just helps you improve beyond what you could do by yourself with anybody else."

With tedious but beneficial tournaments, a dedicated coach and a team of individuals eager to share their passions, Grossmont's Speech and Debate team is more than a group of competitors— they are students and friends with stories to share.

"It's amazing the kind of relationships and bonds that you form with these people because they're all happy about the same thing as you," Jassick said. "And you can get that on the football team on the baseball team, whatever, but I'll tell you, at different tournaments you'll hear people talking about racism and sexual molestation and being persecuted for being fat and police brutality. You'll hear people talking about this free, and you'll hear it often in tournaments because the outside world is not a comfortable place for you to talk about things like that."

The realm of Speech and Debate is one in which all types of people who have their own passions can come together, because that is one thing they all agree on— it's a place for them to express themselves.

"It's an incredibly welcoming environment," Jassick said. "These are a bunch of kids, you know what I mean, that some for the most part I would say don't have necessarily the life experiences that I have, but man, there are some stories here that deserve to be heard, and this place gives them a platform to do that."

Communication major or not, students find the Speech and Debate team at Grossmont to be a place for expression through various forms about various topics, in an environment where individuality and opinions are supported and awarded. 🐦



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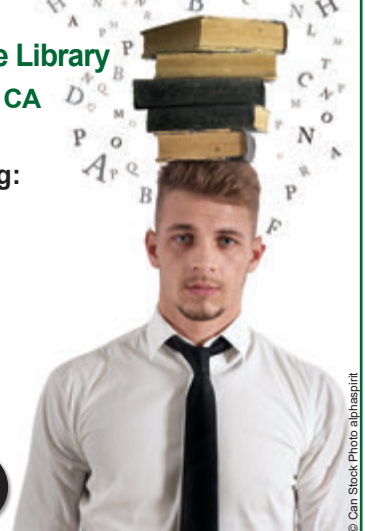
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The

Cuyamaca Coyote Music Festival

This student-run event is sure to bring fun and creativity to the community.

Story and photos
by Sara Rott



Not a Coachella-type of person or you just couldn't make it last year? Well, you don't have to feel like you're on the short end of the stick. We've got you covered! You may not know this, but we have our own low-key, family-friendly music festival at Cuyamaca College on the grand lawn.

The whole event is run by Grossmont and Cuyamaca music students who get a taste of what it's like to put on an event like this. The class manages the bands and vendors, as well as the sounds and activities to make it enjoyable to the public.

"I try to stay out of it mostly and let them make most of the decisions," said Taylor Smith, chair of the Music Department and course organizer. "I try to make it their show."

He continued: "The students are in charge of all the logistics of running all the equipment that needs to be run, [how] it's supposed to be. The idea is, at least: as much of them as possible and me as little as possible."

The idea of hosting a festival goes with Cuyamaca and Grossmont's Music Industry Studies associate degree. Students get a taste of what it's like to put on a huge event and experience the responsibility of making decisions. They work with business and marketing to promote this event as much as possible. How cool is that? Getting to put on something as chill as this?

Thomas Meyers, a Grossmont student, is going for this particular degree and said he will do his best to make sure this festival runs smoothly. Not only will this hard-working guy run the festival, but he will also play in it. Meyers, and his keyboard, will make an

appearance during the concert portion to play his heart out. So if you see this guy: give him some applause, take a selfie with him, and let him know what a decent keyboard player he is. Make sure to also catch his cameos as he plays with Kahlil Nash and Alex Lievanos.

This will be the 11th annual festival that Cuyamaca has put on, and this year will definitely be different than any year before. The college is working with Mannequin Vanity Records, an independent record label from San Diego, that specializes in folk, world and funk music, and boasts a diverse roster of international talent.

Jake Skolnick, the owner of Mannequin Vanity, and Smith were "more or less were introduced over the music program at Cuyamaca," said Dustin Bennett, a student in the class. "Because of that, they sort of started working hand in hand."

Bennett started as an intern at Mannequin Vanity at the same time he started the class, and worked his way up until he was eventually hired.

"I'm the social media and marketing manager," Bennett explained. "I do the social media posts; I promote shows, I create content for events coming up and more or less just promote all the artists."

The way it worked out is helping Bennett work toward his future. His record company is sponsoring its artist BJ Jezbera this year. The festival will feature other local artists.

Let's introduce the bands: Performing this year is Kahlil Nash, an 18-year-old funk/rock

and R&B recording artist, producer and multi-instrumentalist. "Think like Prince meets Stevie Wonder meets Michael Jackson—that kind of vibe," Meyers broke it down.

The Dan DiMonte Trio, originally from Chicago, is led by Dan DiMonte, a rare talent in the San Diego music scene with the undeniable virtuosity of percussion he puts on a pop-friendly appeal.

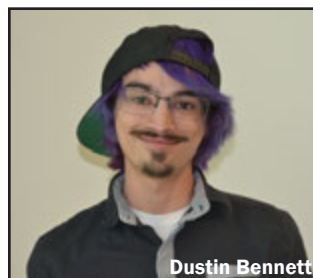
Jezbera is a singer and songwriter from Chula Vista. He adds an edgy take to folk music and pop-punk, mixing influences from all genres and crafts, using an honest style of songwriting.

Performing both solo acoustic or full band, Jezbera always brings the party.

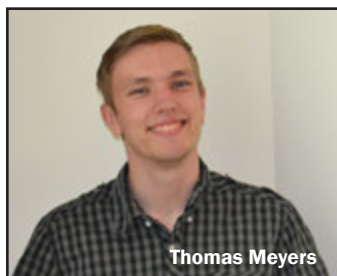
Eight West, a staff member of Cuyamaca's Derek Bertrams band, will be playing all kinds of genres, and Junipero, a Tijuana-based band who produced the genre dream pop, will also be performing.

Last and certainly not least, making a return to the festival is the one and only Alex Lievanos. A 22-year-old singer and songwriter from San Diego, his music is a mix of sounds, a blend of indie pop and R&B. Come and check this guy out; he's got some new songs to share, and it might be your last chance to see him before he goes incognito to write his new album.

The best part of it all: This event is free and open to the public. The only thing missing is you. So save the date and come on by to join in the fun. The "Coyote Music Festival" will be held on May 4 from noon to 4 p.m. on the grand lawn. Be a part of one of the best college festivals in San Diego. May the fourth be with you. 🦊



Dustin Bennett



Thomas Meyers

\$OLVING THE PROBLEM?

Senate Bill 291 can create financial opportunities for future students.

By Levi Herrera

In February, Sen. Connie M. Leyva, D-Chino, introduced Senate Bill 291. The bill provides California community college student financial aid that would cover the cost of tuition and would include basic housing, transportation and textbooks.

According to the California Legislative Information website: "California's community colleges offer one of the least expensive tuition rates in the country. Still, the total amount of money spent by students and taxpayers to attain a particular outcome at a community college can be quite high."

Many students spend several years in California community colleges to receive a certificate, degree or to transfer to a four-year university. Furthermore, many federal student aid programs are designed to help full-time students, while the average community college student attends part-time.

The Institute for College Access and Success found that after receiving help from financial aid, the net cost of community college turned out to be more expensive for students.

California has led the nation in innovative programs, the most-recognized being the California College Promise Grant, which waives tuition of 50 percent of students; according to the California Community Colleges Chancellor's Office.

Although many students get their financial tuition waived off, they still have to cover non-tuition expenses. Non-tuition costs make up the majority of student expenses.

Many innovative programs focus on reducing tuition, which is half of the financial problem. Financial aid in California should help cover the true costs of college. The SB 291 would help students reduce financial challenges faced every semester.

It is time California Community Colleges begin getting better opportunities and options when it comes to financial aid. The SB 291 bill would bring equality in the financial aid system. Students should be focusing on their education instead of worrying about college expenses.

California Community Colleges Chancellor's Office created TrueCollegeCost.com, a website that provides a way for students and concerned individuals to reach out to their legislators directly by emailing them and/or tagging them on Twitter.

Let your voice be heard and speak up about the benefits that the Senate Bill 291 could bring to California community colleges. Each voice can make an impact for a better future. 🐦



Story and photos by Sandi Westrand

Classroom 251 in the Health Sciences building buzzed with excitement on the evening of March 5 as second semester OTA students and faculty members anticipated the presentation of group projects.

The 27 students divided into six groups. They were presented with a fictional client afflicted with an upper extremity deficit. Utilizing a 3D printer, the groups were expected to devise or improve an adaptive device to assist the fictional clients with an everyday task. The students were also expected to highlight any existing device on the market for practical functionality as well as a price comparison.

The student creations were much less expensive than the marketed products in all

continue working. This was an original creation. *Cost: 50 cents.* [They included a customized book holder. *Cost: 43 cents.*]

- A buttonhook designed with a zipper pull on the reverse end, a key-holder and a handle grip for bags with narrow handles. Customized for a mother afflicted with rheumatoid arthritis so she can continue to provide care for her children. *Cost: 60 cents.*
- A two-handed receptacle to fit boxed beverages to reduce spills. Designed for a Down syndrome client with reduced motor function of both hands. It has been nicknamed "Grip and Sip." *Cost: \$2.05.*

Key attendees of the presentation included the program director, Christi Vicino, field

Occupational Therapy (OT) is a holistic health approach to adapt a task or the environment to fit a person's unique needs. The Occupational Therapy Assistant (OTA) Program at Grossmont prepares advocates to enter the profession.

the examples. Some of the modified devices exceeded the capabilities of implements already on the market.

The six projects were varied to adapt to the client's needs for assistance devices to improve daily functioning. Included were:

- A modified holder used for a left hand missing the thumb. The user was able to stabilize a Kindle and prevent it from slipping out of their grip. *Cost: 25 cents.*
- A versatile wall or cupboard mounted bottle opener to facilitate a one-handed amputee who drinks a lot of bottled beverages. *Cost: 32 cents, plus a dime.*
- An universal jar opener customized to fit varying sized lids. Used for a client missing four digits to assist with everyday functioning. *Cost: 78 cents.*
- A modified writing instrument holder shaped like a squashed sphere. The purpose of use is for a dominant hand, weakened by a neuromuscular disorder. This device allowed individuals to continue their careers; for example, a teacher could

work director Joyce Fries and professor Kathy Kozlik, who directed the projects.

Vicino reminisced when the OTA program initiated in 1991. It was a part of the ROP Program and situated in a mobile building in a college parking lot.

"The original program founder and director Carolyn Sushan and I worked hard to get the program going," Vicino said.

The current accredited OTA program is a fast-paced two-year schedule of classroom learning and field experience to prepare the students for their future occupation. Completion of Associate Degree OTA program allows the graduates to apply for national certification and obtain the title of Certified Occupational Therapy Assistant.

Presently, the market for OTAs is increasing with new employment and educational opportunities. Additional information and criteria can be located on the college website.

An OTA Program Preview Informational Meetings is scheduled for April 23 from 9 to 10:30 a.m. in 34-250. 🐦

Forget about the classic film *Good Morning Vietnam* (although Robin Williams was amazing) and welcome instead *Goodnight Grossmont*, delivered by the new disc-jockeys of Griffin Radio: Troop 339, hailing from El Cajon. While no one in the Grossmont radio station needs to worry about these Boy Scouts taking their jobs just yet, the night of Feb. 26 could give them reason to wonder, when at 7 p.m., the Scouts filled the airwaves of Griffin Radio live to obtain their merit badges in Media Communication.

The group consisted of seven boys ranging from ages 11-14. They were able to get a feel for the radio station, reporting on topics such as recent news and recording artist bios' while playing all the hit jams supplied from producing their own playlists.



Fourteen-year-old scout member Jack Faradjian – a self-proclaimed “local boy” – described himself after delivering a top-notch newscast that would make Howard Cosell jealous: “It’s a great troop. I’m a local kid.”

Faradjian, who attends Christian Unified, described his favorite part of the broadcast: “I really liked reporting the news. I try to educate myself; I listen to a lot of the major news like Fox and CNN.”

While Boy Scouts in general are typically renowned for their outdoor skills and survival knowledge, their motto “always be prepared” applies to a plethora of scenarios. Troop 339 Coordinator David Madsen explained: “It’s more than the typical outdoorsman experience. A lot of them [merit badges] are vocational



ON AIR with THE SCOUTS



THE BOY SCOUTS OF EL CAJON TROOP 339 GRACED THE GROSSMONT AIRWAVES TO EARN MERIT BADGES IN MEDIA COMMUNICATION.

STORY, PHOTOS AND LAYOUT BY SHARISSE COHEE



based, in addition to the wilderness survival and first aid.”

He continued: “People kind of don’t realize that the Boy Scouts are more than just the outdoors. Outdoors is a tool that we use to teach them life and leadership skills, but there are also other opportunities. This is one where they get to work together as groups to put together the radio broadcast and deliver it on the air. They did a good job.”

Troop 339 divided into groups to deliver the stellar live on-air production. The boys were individually in charge of specific aspects such as writing a script for the news and having a list of songs ready for play, backed-up with researched information about the performer.

“It was really fun,” Faradjian said. “A buddy of mine, Nick, totally helped my group a ton being on the radio, he wrote up a script so that saved us.”

“I can imagine he spent at least 30 minutes doing that,” he continued. “I researched the songs in-depth trying to figure out the artists we were playing.”

In order to obtain the prestigious badge, the Scouts had to muster a live on-air broadcast that would span at least 30 minutes— which in “radio time” can feel as much as an hour or as little as five minutes. Especially for those unfamiliar with the media industry, this task can be terrifying.

The scouts were more than willing to step up to the challenge and shake-off any on-

air jitters. Especially Faradjian, who had previously dipped his feet into the MCOM waters. He explained how participating in numerous media communication type activities around his high school campus has helped prepare him for this event.

“At least my video background at school helped,” he said. “It’s kind of big trying to get over the fear of being on tape or live and stuff so that helped.”

Dr. Evan Wirig, the chair of the Media Communications Department, has been welcoming the scouts to Griffin Radio since 1998, helping them to gain their achievement and learn radio production skills. Wirig said what he cherishes most about hosting the event: “It integrates us into the community; to say that we’re not just an aspect of an ivory tower mentality, but we also help other people out.”

He continued: “Being a part of the Boy Scouts, helping them obtain their goals and merit badges, what have you, I think we need to offer ourselves up to those types of opportunities to show that we are really a community college.”

The scout’s production went off without a hitch as they worked professionally as well as cohesively under pressure to deliver smooth, clear and informative broadcasts.

The night proved to be a pleasant success as the Scouts of Troop 339 were able to obtain their merit badges and the listeners of Griffin Radio were gifted with a refreshing auditory treat. *The Summit* congratulates the Boy Scouts of Troop 339. 🦋



PROMISE?

A free year of tuition awaits incoming students.

By Jocelyn Limon-Vazquez

Many college students in the United States struggle to pay for their education. College tuition can be quite expensive, and not many are able to afford it. According to an article from CollegeCalc.org about the most expensive and cheapest states to attend college, California ranked No. 23. The average college tuition cost per year in California during 2017 and 2018 was around \$13,947.

We all have the right to attend college. Many students dream about attending their dream school right after high school, but not many are able to go because they don't have enough resources. When it comes to receiving education and getting a degree, money should not be holding us back. Although there are many scholarships and financial aid that students can receive, these don't always cover full tuition.

At Grossmont College students have to pay \$46 per unit, and the non-resident enrollment fee is \$258— along with all the other extra fees such as parking, books, health fee, etc.

Fortunately, last year the governing boards of two East County high schools and the Grossmont-Cuyamaca Community College District partnered up and promised high school students a full year of free tuition. The Grossmont-Cuyamaca College Promise began fall semester of 2018 and is only for first time college students who are attending college full-time.

This promise will benefit many students who come from low-income families, and it will help future college students achieve their dreams of getting a degree, a better future and better opportunities.

Keep in mind that in order for students to receive this promise, they must:

- Be first time college students.
- Sign the Promise Pledge.
- Complete a Free Application for Federal Student Aid (FAFSA) or a California Dream Act application.
- Complete the college onboarding process. This includes application, orientation, assessment and developing an education plan.
- Register as a full-time student (at least 12 credit units per semester) at Grossmont or Cuyamaca colleges.
- Maintain a 2.0 grade point average in the Fall semester of college to be eligible for the Spring.

We all likely know someone who is a high school senior, whether it is a family member or a friend. Make sure you tell them about this great opportunity the district is offering, because it will change their future and most importantly, it will help them achieve their goals. 🐦



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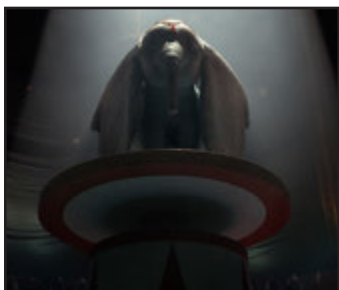
sdmts.com/college



Dumbo Soars Into Theaters

Will you have seen just about everything when you see this elephant fly?

By Jonathan Maddock



If you're a die-hard fan of original Disney classic films, there is a good chance you're familiar with the lovable baby elephant Dumbo. This adorable elephant, who is famous for his big ears, famously learns an important lesson in the 1941 film: "The very things that held you down are going to carry you up and up and up."

For the past couple of years, Disney has been taking old classic films that a lot of us grew up with, and have been re-imagining them in new live-action designs to share with new generations and bring back fond memories for those who love the originals. *Dumbo* was part of the massive lineup of live-action remakes scheduled to come out by Disney within the next couple of years, and was the first one released in 2019.

This remake comes with a few highly notable actors – such as Danny DeVito (*Matilda*, *The Lorax*) and Colin Farrell (*Fantastic Beasts*) – working alongside Tim Burton (*The Nightmare Before Christmas*), whose signature style is seen within the set designs and characters that helped bring light back to this timeless tale.

Two Grossmont students who are fans of the original *Dumbo* shared their personal thoughts and opinions in anticipation of this new remake.

"*Dumbo* is a childhood movie, and being able to

remake something from my childhood is exciting, and at the same time kind of scary because I want it to be a certain way and I want it to stick to the same plot," Rebecca Dayton said when asked if she is excited about seeing the film.

When asked how she thought the remake would hold up to the original, Devanie Ottalheano said: "I think there is no recreating the original, but I think this one will be different in a good way, and it will teach a new generation of kids the story of *Dumbo* in a different light than the original."

Dumbo was released into theaters on March 29, and the movie did not live up to box office expectations for opening weekend. There are a lot of mixed reviews about the movie, and it is currently standing at 48 percent on Rotten Tomatoes.

One common belief among critics on why the remake is failing to take flight is partially due to the changes that have been made when compared to the original. Three notable changes in this remake are that none of the animals talk, it is no longer considered to be a musical, and Dumbo is now taken care of by two young children as oppose to Timothy Q. Mouse, Dumbo's friend in the original movie.

But despite the box-office struggle, it is nice that Disney decided to bring back this old story for new generations to enjoy before it got lost forever. ✎

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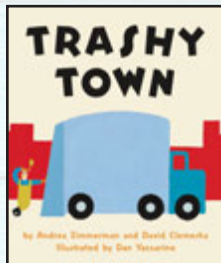
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When you think of children's books, it is easy to think of animals being counted or colors being named. However, they have the potential to teach children about various subjects ranging from adoption to how our trash is picked up. These books are written in a way that is developmentally appropriate for the intended audience of children, but they are also beneficial for adults to read, whether you are a teacher, a parent or a student.

If you choose to read them on your own or to children, these four books inspire, inform and exceed the expectations of what children's books are.



The first book is *Trashy Town* written by Andrea Zimmerman and David Clemesha. This book is probably more enjoyable for children, as it is repetitive and written in a rhyme or song style. The story follows Mr. Gilly as he does his job of driving a trash truck and cleaning up his town. Despite the rhymes, *Trashy Town* is the perfect read for this month, as spring has just

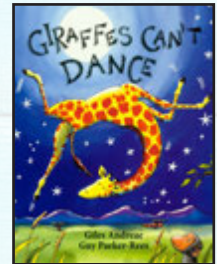
begun, and it is the perfect time to do some cleaning and show some love to the environment. It is a great read, especially if you are looking to teach children about the environment and what happens to our trash.

The second book is *Wonderful You: An Adoption Story* written by Lauren McLaughlin. It entails a beautiful journey of adoption that is emotional and inspiring. Adoption can be a complex subject for children and adults, so reading a book where adoption is explained in a kid-friendly way that can be also enjoyed by adults as well is a bonus. The book has great accompanying illustrations, but you will have to read it on your own to fully appreciate it and see how adoption can be discussed with children.



Third is the book *All of Us*, written by Carin Berger. Filled with rich illustrations, it has few words, but they convey a big message. This story has themes of community, acceptance and most importantly, love. The message of this story is exactly what is needed in our current political and social climate, both of which impact children and adults alike. Of course, the theme and message is not designated only to children. It is written in a way for children to learn from it and adults can too, as it shares a theme of positivity that everyone should have the opportunity to experience. Whether you read it on your own or to children, this story is bound to pick you up.

The last book is *Giraffes Can't Dance*, written by Giles Andreae. This story does have rhyming sequences, but they are intriguing and entertaining. Through the rhymes and pictures, we follow an adorable giraffe named Gerald who is teased and discouraged but does not give up. The motivational theme of the story can be inspiration to children and adults, as everyone is subject to scrutiny at some point in their lives. If you are looking to motivate yourself, a child in your life or someone else, this story is perfect for encouraging you to follow your own beat regardless of what others think.



It is easy to admit, reading children's books as an adult seems quite silly, but there are so many out there where important and relevant subjects are discussed, and you don't have to be a child to learn from them. Children's books allow us to see how children learn about various subjects and also gives us the opportunity to see such subjects from a different perspective, one that is intended to teach. There is nothing wrong with reading a children's book; they have important messages and are great if you need to take break from working or studying. 🦋



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	1 April Fool's Day	2 International Pillow Fight Day	3 National Find a Rainbow Day	4 National Hug a Newsperson Day	5  NATIONAL DEEP DISH PIZZA	6 National "Sorry Charlie" Day
7 National Beer Day	8  NATIONAL ZOO LOVERS	9 National Name Yourself Day	10 National Sibling Day	11 National Pet Day	12 National Licorice Day	13 National Scrabble Day
14 National Teen Literature Day	15 Tax Day	16 Wear PJs to Work Day	17 Blah Blah Blah Day	18 National Velociraptor Awareness Day	19 National High Five Day 	20 National Look Alike Day
21  EASTER DAY	22 Earth Day	23 National Picnic Day	24 National Professionals Day	25 National World Penguin Day	26 National Pretzel Day	27 National Tell a Story Day
28 National Superhero Day	29 National Hairball Day	30 International Jazz Day			APRIL 13	