

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | MAY 2019

GRIFFINS

ASSEMBLE!

NOW WE'RE IN THE

ENDGAME

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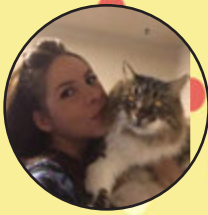


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SUMMIT STAFF

How
will
you
CHILL
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summer



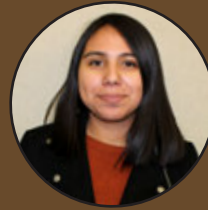
Sharisse Cohee

Kick-it in my PJs till noon while re-watching G.O.T. season eight with my super chill Maine Coon, Starsky.



Levi Herrera

I will probably spend most of my time at the beach trying to keep cool from the hot weather.



Jocelyn Limon-Vazquez
I will probably Netflix 24/7 with my three cats: Tiger, Bella and Petunia.



Austin Peregud

Going to Petco Park for Padres games and going to Disneyland!



Olivia Linstad

After I throw away this semester's notes, you can find me exploring San Diego's farmers markets and perhaps picking up a new hobby.



Jonathan Maddock

Spend most of my time at the beach and getting in touch with an old friend, sleep.



Sara Rott

Get a summer job and earn money for my super cool trip to Vegas in July.



Abbie Wallace

Rewatching all the Marvel movies in order and reading by the pool with my dog.



Sandi Westrand

Attending summer session then chilling with family and friends in my awesome birth city, Vancouver B.C.



Jenna Wilson

I am going to chill with my loved ones and prepare myself to live on my own in Los Angeles this fall.

LAYOUT BY BRENDA THACH



MARVEL AVENGERS ENDGAME

FOR THE CASUAL OBSERVER

By Jonathan Maddock

One of 2019's most anticipated films just hit theaters was *Avengers: Endgame*, the long-awaited final chapter in the Marvel Universe. Produced by Walt Disney Studios, it's the follow up sequel to 2018's *Infinity War* and is marked as the 22nd film of the original *Avengers* lineup.

Endgame, which made more than \$3.1 million on opening weekend, brings together all of the original cast fans have grown to love over the years. Actors Chris Evans, Scarlett Johansson, Jeremy Renner, Robert Downey Jr. and Chris Hemsworth revive their old iconic roles of Captain America, Black Widow, Hawkeye, Iron Man and Thor. Also returning is actress Brie Larson who recently starred in *Captain Marvel*, released earlier in March, as the newest heroic female Avenger.

Endgame was directed by no other dynamic duo than Anthony and Joe Russo, who brought in screenwriters Christopher Markus and Stephen McFeely who helped bring this action packed three-hour film to life. The movie was rated PG-13 and has a 95 percent score on Rotten Tomatoes.

This film is sure to be an outstanding adventure for any Marvel fan, but what about the non-Marvel fans? Could viewers who aren't necessarily a Marvel fan, who haven't seen all other 21 *Avengers* movies, still enjoy this film?

The answer to that is most definitely yes. As someone who isn't a hardcore Marvel fan, or hasn't seen all other Avenger movies, this movie was still quite entertaining to watch. The aspects that captured my attention were all of the action scenes, as well as the fun humor among the characters.

Before seeing the movie I was told by Marvel fans that I should watch all other movies before watching *Endgame*, or else I wasn't going to understand what was going on. Being lazy, I didn't listen, but still had a great time. The pace of the movie, as well as the writing, didn't make the film at all difficult to enjoy. It seemed as though the film creators knew that people who haven't seen all other Marvel movies were going to watch this, and they made sure that they catered to them as well. Of course there were moments and jokes that were a great deal to fans of the franchise, and went over my head, but there was not a moment where I felt like I was left out.

Spoiler Alert! One memorable scene for me was when all of the female heroes teamed up together to attack Thanos during the epic final battle. I thought that was so amazing because it was definitely about female empowerment. For a great majority of stories, we usually only ever see the males standing up and fighting for justice, so it was quite a refreshing moment to see the tables turn on this stereotype.

Also memorable was the scene when Captain America gave his shield away to Sam Wilson and was able to go back in time to be with his girlfriend Peggy. That scene alone was so heartfelt that it makes me want to go back and watch all of the old Avenger movies to find out what happened with those characters.

Overall, *Endgame* was a great movie, and if you are someone who is being dragged to the movies to see this film with your hardcore nerd friends, don't worry about not enjoying this film, because it was a great time. 🦋



SPOILERS
AHEAD!

FOR THE SUPER FAN

By Sara Rott

Marvel fans, we've been waiting for this and it is finally here: *Marvel Avengers: Endgame* has hit theaters. Fire the confetti cannons, it's the 22nd movie in the Marvel MCU universe and a finale to our original *Avengers*. Spoilers are ahead due to it already being released. This page goes out to the fans, but if you're only here for the review, refer to Jonathan's review.

Marvel's *Endgame* has already grossed a lot of money opening weekend, and there is no doubt why—the movie is an emotional roller coaster from start to finish. The movie takes place right after the Thanos snap and we finally get to see where Hawkeye, or Clint

the making: The one we've been waiting for finally hits theaters.



Barton, has been, happily teaching his daughter how to shoot a bow and arrow. It isn't until he turns away, and you watch the small specks of dust fade away, to really pull on your heartstrings. Just like that, the movie has you pulled in and with a flash of the Avengers logo, it cuts to black, and "five years later" pops-up on screen. Half of our fallen heroes have been gone for five years, and this is just the beginning.

A lot of shots from the trailer were taken from about the first hour of the film, so a lot of stuff was a surprise. We already knew that Tony Stark and Nebula were stuck in space and it really was no surprise that Captain Marvel would show up. A lot of theories have been circulating, surrounding who would live or die, time travel, if Bucky or Falcon become the new Captain America, if Gamora comes back or if Steve Rogers was finally going to go on his date with Peggy.

The Time Travel Theory

Ever since we found pictures of the cast from the set it was obvious; we saw relation to the Battle of New York, the battle that took place in the first *Avengers*, and the Quantum Realm, where time and space becomes irrelevant. A theory at the time that came true was the use of the Quantum Realm to travel back in time to prevent Thanos from getting the stones.

The Thoughts of Dying

It was obvious, fans knew that Chris Evans' (Captain America) contract was coming to an end with the series,

so it was an automatic fact that one way or another, he was no longer going to be around. However, it was revealed that he did not die but got to live out his life with Peggy. Which honestly, after seeing him come back after 70 years realizing that he missed his date, he deserved that.

It was always theorized that Tony Stark (Robert Downey Jr.) or Steve Rogers was going to die, besides the fact that they are both strong and important characters. When Tony laid down his life and his emotional goodbyes between Peter Parker and Pepper, it was a loop to see him die, especially after the recent birth of his child. It seemed Tony needed to do what he thought was right and he can finally rest in peace.

With the recollection of the infinity stones being the most important factor to defeating Thanos and knowing that the rule of the soul stone was "a soul for a soul," someone was bound to have a dramatic death.

When looking at each Avenger, it was Natasha would lay down her life to make things right. What was really heart-wrenching though, was watching Natasha and Clint, life-time friends who literally fight to the death. The theory of Black Widow not making it rang true, but the factors leading up added a twist to it.

Bucky or Falcon

Both equally-good friends to Steve Rodgers, many of the theories leaned more towards Bucky becoming the "new" Captain America. When the shield was handed off to Falcon, it was a sweet moment between friends and the feeling was received that Bucky wanted to remain as the wingman. It will be interesting to watch Falcon hang up his red wings and pick-up the shield.

Other Thoughts

Gamora coming back was both hilarious and exciting. It was a great idea to bring her

[ENDGAME CONT. ON PAGE 24]

POKEMON
DETECTIVE
PIKACHU



By Sara Rott

Detective *Pikachu* hits theaters two weeks after *Endgame* and two weeks before *Aladdin*, giving it the right amount of time in the middle to make its debut.

The film follows the story of Tim Goodman (Justice Smith) trying to find out the real reason his father Harry Goodman went missing. In the aid of the investigation, Tim's father's old Pokemon partner, Detective Pikachu (Ryan Reynolds), joins in on the adventure. Tim is the only one who can talk and understand the wise-cracking Pokemon, leading to the hilarious teamwork of two unlikely friends.

So, what can we expect? Pokemon is a huge franchise already, and with Pikachu being voiced by Reynolds it is sure to bring in many people. The expectations for the film are that it will gross in about \$75 million. Also with a high cost of about 30 familiar Pokemon, it sure to draw in fans to see their favorite characters come to life.

The fact that Reynolds is playing the role of a beloved and most popular character, is leaving us hanging on the edge of our seats to see what he has in store. Reynolds is known mostly for his role as Deadpool, and I think all of us are hoping a little bit slips out in *Detective Pikachu*.

Visit us online at gcs Summit.com for more coverage of this film.

STAY VACATION

Destination: San Diego! Skip the air travel and long drives this summer, and vacation locally.

By Jenna Wilson
Design by Sara Santibanez

If You're Tight On Cash

Wallet feeling flat? Stay at a friends house or go camping. If you lack the necessary gear for camping, ask family or friends. Many items can also be found at local thrift stores such as Goodwill and Salvation Army.

A nearby campsite in San Diego is Cuyamaca Rancho State Park. A camp spot here is \$30 a night, according to CA.gov. They offer hiking, horseback riding, creeks and meadows.

If you're looking for something more social, look into Campland On the Bay. Campland is a San Diego campsite close to many attractions like Sea World, the Downtown Gaslamp District, San Diego Zoo and more. They provide bathrooms, swimming pools, hot tubs and Wi-Fi.

Another way to save cash would be to stay-cation in your own home. It may sound lame, but a lot of relaxing can happen there, like catching up on reading and sleep. You can rent movies and do what you always wished you had time for during the school semester.



Trail

If You Like Adventure

Catch waves and rays at the most happening spot all summer: the beach. If your idea of fun is taking tours and staying on-the-go, then the beach is the spot for you.

Different beaches provide different settings in San Diego. Depending on what atmosphere pleases you, there are options within a short distance of each other. Ocean Beach has many eclectic shops and vibes, whereas Pacific Beach draws more tourists and college-aged people.

A popular annual beach tournament called Over the Line or OTL will be held July 13 and 14 at Fiesta Island on Mission Bay. According to SanDiego.org, OTL is a beach softball game that is played every year and is "one of the last pure Southern California traditions."

Great places to stay by the beach are easy to find on apps like AirBnB, Vrbo and Booking.com.



Beach

If You Just Want to be Pampered

Did the spring semester break you? Consider a local hotel with a spa or an at-home DIY spa experience. Many spa treatments are pricey, but there are ways to get some of the same benefits without having to pay the price.

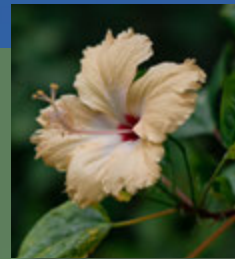
Creating your own face mask is an easy DIY treatment. It can be done by using simple ingredients found at most health and grocery stores. An easy mask to make is a moisturizing avocado mask which contains: half of a ripe avocado, one teaspoon organic yogurt and one teaspoon honey. According to Self writer Christa Lee in her article "DIY Masks," you leave this on for 10 to 15 minutes, and it will "soften and smooth skin."

Lip scrubs and lotions are other popular DIY spa treatments that can be integrated into your relaxing stay-cation. ♡



Pool

Asian Pacific Islander Heritage Month



Grossmont's API student club and committee celebrate API history on campus during May.

By Abbie Wallace | Design by Anna Patricia Perez

On May 1, the Asian Pacific Islander (API) student club and committee kicked off the start of Asian Pacific Islander Heritage Month at Grossmont College. API Heritage Month celebrates the history and culture of the community. The club and committee have correlated a series of events to celebrate and educate the various cultures and beliefs from Japanese, Indian and Filipino dances to panels discussing religion and racial microaggressions.

API Heritage Month is meant to be a time of celebration and connection for those who identify as API. "We especially want to celebrate any of our students, staff and faculty who identify very proudly their API identity—

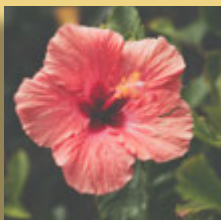
realize how big our API community actually is," Sow said. "We just want to create a nice, friendly place to mingle, for people to get to know one another, to build connection and community. That's what Grossmont College is all about. I see us as a very diverse and inclusive place and we want to continue with that as our mission, as a committee."

Creating a space to build a community is very important, especially if your community or culture is misconceived or overlooked. Much like other communities, not everyone is familiar with API heritage, but having the event will expand Grossmont's API community and educate others.

"We are trying to bring awareness to a

and feeling out of place. "I remember coming here when I was four years old, and I felt so out of place. I was trying to always fit in, I guess, and sometimes I kind of gave up who I really was. For example, when Filipinos talk to their older brothers, with respect they call them 'Kuya.' But around my peers, when I called him 'Kuya,' it was kind of weird. I would always just call him by his first name," De La Cruz said.

It is stories like this that need to be shared, and there's no better place to do so than within your own community of people who share your background and who are there to support you regardless of background and culture. It's important to have a community to



"What we've tried to do is not only create a representation of the API community that exists here at Grossmont, but to create a sense of belonging and a raising of awareness for these types of issues that API people go through and people don't even realize it."

—Daniela Sow

that could be Asian, Pacific Islander, even inclusive of South Asian," said Daniela Sow, API club co-advisor and Grossmont instructor.

However, you do not have to be API to join the celebrations. Sow said the events are very inclusive and open to all. "This is all very new, this is our second annual API event series. We did this for our first time last year, and we've been growing since," Sow said. The club, which started last year, is also looking for more students to join, and you do not have to be API to join.

The purpose of the May 1 kickoff was to have an environment for people to converse and get to know one another and discuss the upcoming API Heritage Month events. "I don't think people

lot of things people are unaware of, like troubles within the API community," said API student club member, Marcus De La Cruz.

When you belong to your own community, it may not occur to you the issues, stereotypes and struggles other communities and cultures endure. Or, you may not see the issues within your own culture and community. "To be honest, when I first joined, I didn't really realize all the underlying issues that were within our community," said De La Cruz, adding on: "This is my first time joining this club and it's actually shining a lot of light."

De La Cruz said some of the underlying issues include stereotypes, hardships at home, coming from another country

belong to, especially in college. "We have a very big, diverse campus, and it's very important that we make everyone aware of being available, you don't have to be API. All of the staff and faculty are here to help the students," said Pat Palma, an API committee member.

Like other cultures, there are subjects in the API community that are hardly discussed. "There's so much taboo in the API community," Sow said. "There are things we just don't talk about. Like sexual orientation, we don't talk about our feelings, we don't talk about depression and anxiety and other mental health issues and that creates more mental health problems, if we can't vent about it to our loved ones.

[HERITAGE CONT. ON PAGE 24]

SKIN SHOW

It's summertime in SoCal.

By Sandi Westrand

Southern Californians live for the summer: hot sun, more daylight, skimpy clothing, surfing and frolicking at the beach, outdoor sports, fairs and family barbecues are a few of the perks and fun activities we enjoy in our region. However, the combination of intense sun and increased exposure can put your skin at risk for future problems including premature aging, discolorations, growths, cancers and can aggravate pre-existing disorders.

The Skinny on Skin Anatomy

Did you know your skin is the largest organ of your body? Skin, or cutaneous tissue, is primarily composed of collagen, elastic and reticular fibers that form strong net-like structures. It is comprised of three complex layers, each responsible for specific functions:

Epidermis: The topmost layer consists of three different layers that vary in thickness. The eyelids have the thinnest and the soles and palms boast the thickest shield against penetration and the invasion of inhabitant surface bacteria. This layer contains white blood cells that provide protection against infectious microbes.

Dermis: The middle layer produces a variety of structures and glands that contain a significant amount of body water and provide blood to the epidermis. The dermis also functions to regulate body temperature, secrete sweat and oils, and produces a complex system of hair follicles, capillaries, lymph vessels and nerve endings.

Subcutaneous: The bottom layer contains mostly fat tissue and produces other protective cells to provide additional insulation and protection.

Not only does skin function as an elastic shield to repel minor penetrations, it also has impressive regeneration abilities to produce new tissues and repair damaged cells as it sheds and replaces the top layer on a daily basis.

We take our skin for granted until we get a sunburn or some other trauma that causes blistering and disruption of the layers.

The Skinny on Sunburns

Repetitive solar burns and overexposure increase the risk for the susceptibility to develop chronic dryness, irreversible blemishes and discolorations, accelerate premature aging, develop benign growths, lesions and cancerous cells. Superficial growths and cancers, e.g. squamous cell, that arise from the epidermis can be easily removed at a visit to the clinic.

However, the more serious cancers, e.g. basal and melanoma that develop in the dermis layer, have the capability to invade surrounding tissue, including bone, and to seed to other body areas. This requires more invasive removal and sometimes adjunctive therapies.

Then, we have the melatonin factor to consider. Pigmented cells in the dermis secrete melatonin that determine skin color—more melatonin cells produce darker skin tones. Higher melatonin levels do provide additional protection against solar radiation; however, these individuals still remain susceptible to sunburns from overexposure.

The summer months are rapidly approaching bringing intense solar rays with accelerated risks for skin complications. So, let's put some serious thought into protecting your skin as you would when choosing a new board or swimwear.

The Skinny on Solar Protection

OK, common sense dictates to cover up, seek shade and avoid prolonged exposure to direct solar rays. However, in a gorgeous climate with endless sunshine where outdoor activities thrive, this practical advice is very difficult to follow.

Solar ultraviolet (UV) rays start to intensify midmorning, peak around early afternoon, and begin to dissipate as the sun travels towards the horizon. Protection is extremely important during the intense peak hours. Additionally, remember that water, sand and snow surfaces reflect and intensify the rays regardless of the time of day.

Kristen Van Aken, certified nurse practitioner at Sharp Rees-Stealy dermatology

department, offered her advice: "Always use a sunscreen that contains zinc, re-apply it frequently and wear broad-brim hats for the best protection. You will be glad that you did these things as your skin ages."

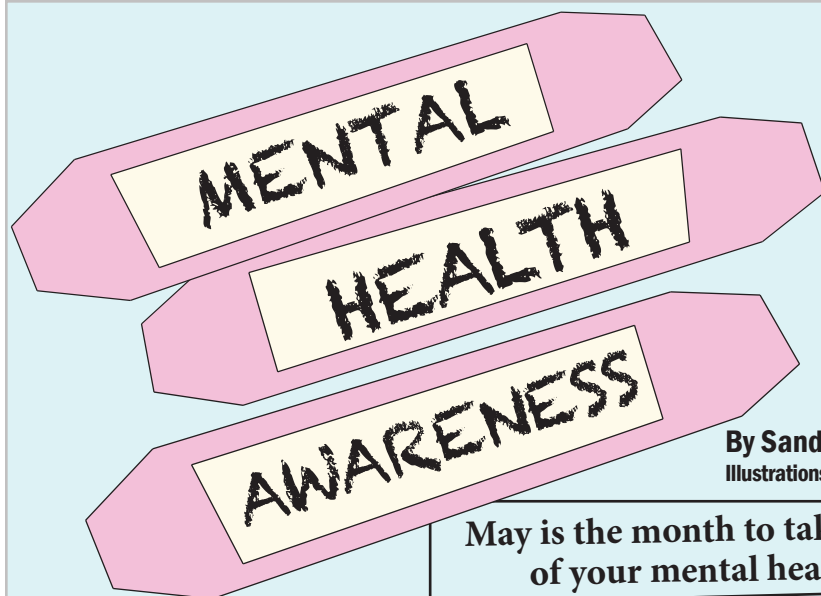
Sunscreens can protect skin by absorbing, reflecting or scattering damaging UV rays. The large selection on the market can make it confusing to choose the correct formula that is best for your skin type and lifestyle. Some facts to consider while choosing:

- **Make sure the formula includes zinc for maximum protection.**
- **Check the sun protection factor (SPF).** It should be at least 30. Fair skin requires a higher SPF especially when planning to spend extended time outdoors.
- **Use a waterproof-based formula if spending time near the water.**
- **Apply as instructed by the manufacturer or your healthcare provider.** Put on sunscreen at least 30 minutes before you go outdoors. Re-apply at two-hour intervals and every time you go into the water.
- **Remember to choose a higher SPF if traveling to hotter environments.** Solar rays are more intense closer to the equator, and you can sustain a serious burn with subsequent skin damage.
- **Check the expiration date.** Do not use expired products and avoid storage in a hot vehicle. Expired or altered products will give a false sense of security while actually allowing more UV rays to penetrate the skin surface.

Alternate options to sunscreen include seeking shade whenever possible, and wearing broad-brimmed hats and protective clothing. Long-sleeved shirts, loose pants and sunglasses are also recommended. Wet clothes that cling to the skin is less effective to reflect the sun.

Finally, skip tanning and consider using a topical sunless product instead. Try a patch test to check for allergic reactions, and remember to apply sunscreen first before applying the product.

So, continue to enjoy the warmer weather while using some of these tips for ultimate protection from damaging solar rays. 🦋



By Sandi Westrand
Illustrations by Moises Cortes

**May is the month to take stock
of your mental health.**

What exactly does the term “mental health” mean? We may hear many phrases bantered about— “mental as anything,” what a mental case,” “they are mentally disturbed,” “you belong in a mental institution,” etc. While some can be used in jest, most of these comments reflect common misconceptions about mental health and add a negative connotation to the concept.

MENTAL HEALTH VS. MENTAL DISEASE

Mental health has many definitions that include emotional, psychological and social well-being. The word “mental” is defined as “relating to the mind, encompassing cerebral function, intellect, mood and cognitive awareness.”

Individuals with stable emotional and psychological balance are able to utilize their cognitive and emotional capabilities to the fullest. It helps to determine how individuals handle stress, relate to others and make choices. It remains important during every stage of life, beginning in childhood and continuing throughout adulthood.

It is common for many to experience mental health problems throughout our lives that could affect our mood, thinking and behavior. Some of the factors that may contribute to mental health disorders include:

- Biological factors, like genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health disorders

Help is available, and most individuals with mental health problems improve and recover completely with appropriate treatment.

Mental disorders and diseases occur when stability and balance are disrupted to affect normal behavior. These problems can be mild disorders such as situational depression and anxiety, to chronic chemical imbalances such as depression and severe disease states like schizophrenia that disrupt daily routines.

Affected individuals have difficulty relating to others and tend to isolate themselves. Energy levels plummet, making everyday tasks difficult to manage. Feeling worthless and hopeless lowers self-esteem to cloud all perception. Fortunately, modern pharmacology and advances in treatment have contributed to public awareness to understand and accept mental disorders and diseases.

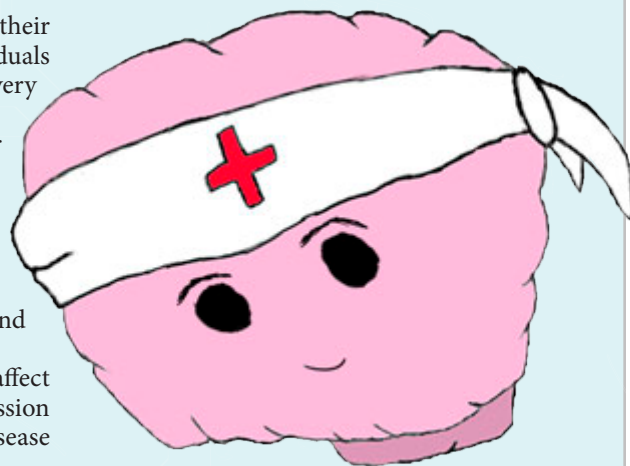
GROSSMONT'S INVOLVEMENT

On May 6 and 7, the Psychology Department hosted “Science Not Stigma: Mental Health Awareness,” a program to promote openness and factual information about this sometimes-controversial subject.

Guest lecturers from UCSD Psychiatry and SDSU psychology departments opened the first day to explain the clinical aspects of mental health. They were followed by presentations from Grossmont professors, staff and students. A presentation on managing stress and anxiety by the Via Rapida Peer Mentors concluded the day.

Day two focused on educating participants to achieve a balanced mental state despite multiple stressors and challenges. Several presentations focused on practical methods students can utilize, including recognizing impending signs of problems and implementing actions to manage them. Grossmont Counseling Services hosted a session about understanding and coping with anxiety. A presentation by the Grossmont Mental Health Department focused on creating resilience in student minds, completed the event. Participants left the event with a different awareness and perception regarding mental health.

Free and confidential counseling services are available at Student Health Services, which is located in Building 60. 🐦



**For more help or information,
call Student Health Services at
619-644-7192 or visit 60-130.**

De-Stress with De-Stress Week

Relieve stress with these tips.
By Austin Peregud

We are in the home stretch for the Spring 2019 semester, and there is one last thing to worry about. Finals, the most wonderful time of the year... said no one ever.

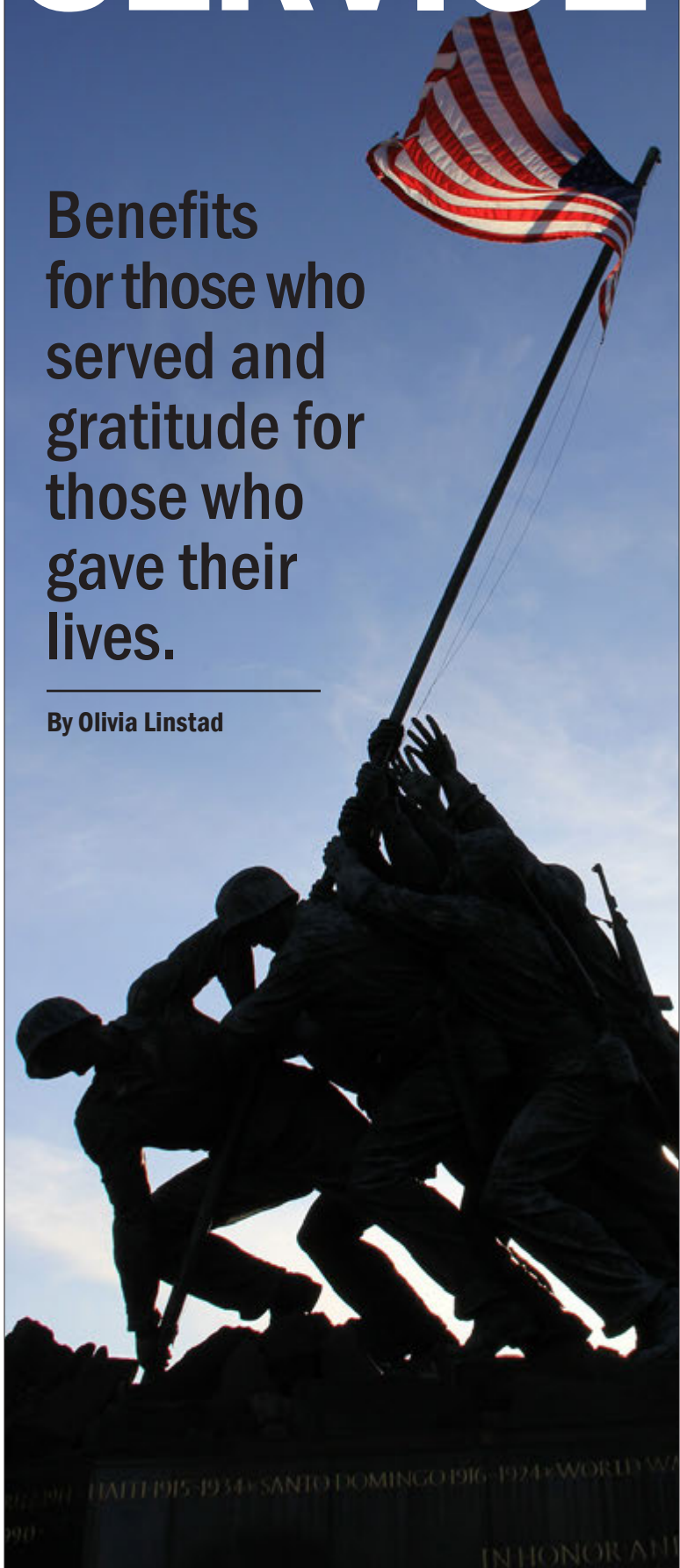
For most students, finals can make or break their semester. Right before finals week, colleges usually put together an event for students to help take their minds off finals for a little bit. It's called De-Stress week, a week where you can balance your school life with time to yourself. It's only natural for students to feel very stressed out during this time, so here is a list for students to help out with balancing school and social life.

1. **Take a warm bath or shower to decompress.** Doing this lowers blood pressure, helps you fall asleep faster and helps with reducing headaches.
2. **Take a long nap.** Long naps can help reset your mind, help you feel refreshed and make you maintain focus. Make sure you set your alarm so you don't over sleep.
3. **Make a list.** The best way to have a grip on finals is to create a to-do list for all of your classes. For instance, first priority on your to-do list can be studying for your math class and second can be testing yourself for your math final.
4. **Work out.** Lift weights, run or do whatever you prefer to do to stay in shape. Working out can help release tension that you have built up to finals.

SERVICE

Benefits for those who served and gratitude for those who gave their lives.

By Olivia Linstad



Since San Diego is home to so many military families, it's no surprise Grossmont College has between 600 to 700 military veterans on campus during the semester. The Veterans Affairs Office on campus offers benefits especially for former service members and their families.

The Veterans Affairs Office, also known as the VA Office, is located in Admissions and Records to help vets with their education plans and utilize the GI Bills available to them. Veterans who are enrolled at Grossmont work at the office to assist their fellow veterans.

Branden Eckstein, a veteran who is an employee at the VA Office and a student majoring in business administration, said: "A lot of people we get are fresh out of the military, so they don't really know what they're doing. They come in and say, 'Hey, we want to use our benefits.'"

Employees such as Eckstein help new veteran students find majors to suit their interests, set up class schedules and education plans. The VA office not only assists veterans but also dependents and spouses.

One of the ways Grossmont caters to student veterans is the Veterans Resource Center located in Building 21, which provides a communal space for all veterans.

"We have a lounge in there, so if you're here all day you can put food in the fridge or use the microwave," Eckstein said. "We have a TV, a quiet computer lab and study area that they can print for free."

In the future, veterans on campus can look forward to a new VRC with updated facilities.

The veterans on campus meet with separate counselors who specialize in education plans for men and women utilizing their GI Bill. "The VA is very specific so we don't get to take whatever classes we want. You're on a degree plan," Eckstein said. "Vets who have been honorably discharged get priority registration about three weeks earlier than others."

A large aspect of the VA Office on campus is setting students up for the GI Bill that applies to them. Eckstein describes the benefits and eligibility:

1. For the GI bill, you have to have served in the military.
2. Another GI bill exists for dependents who have lost a parent in the line of duty. These students get the same benefits as a veteran does.
3. The Dependant Education Systems is a small monthly stipend dependent on the service member to whom you're related being considered 100-percent disabled.
4. Cal Vet Fee Waiver is offered through California. There's a minimum rating of 30 percent disabled that your parent or spouse has to be in order to be eligible for that benefit, which waives tuition.

With Memorial Day approaching on May 27, Eckstein explained the difference between Memorial Day and Veteran's Day, which are often confused. "Memorial Day is to memorialize the troops in our history who have perished during war time and battle," he said. "Not so much for veterans. It's about those who are no longer with us— being killed in action or whatever the case may have been. Remembering and honoring the people who have fallen in battle."

Memorial Day is often referred to as a much needed three-day-weekend used for barbecuing and relaxing. Many Grossmont students might celebrate it as a free day to cram before finals week. Whatever way people choose to enjoy the holiday, it's often not focused on our fallen heroes.

Grossmont student Marisa Contreras said, "My family usually has a barbecue together, and we always pray for our country."

On Memorial Day, it's a good thing to have a balance in remembering the people who sacrifice daily for our country and making new memories with the people we love most," Contreras added.

Adelyn Reed, a Grossmont student, said: "When I was younger, we used to visit the grave sites of my great grandpa who was a war veteran. It's always good to appreciate how we're able to live in this country. A lot of that is due to people who've sacrificed their time and lives to serve. So that's worth celebrating."

However, Eckstein encouraged students to: "Take a moment of your day when you're barbecuing or at the beach to just say thanks. Thanks for your sacrifice. And know that's why you have the day off. Keep in mind it's not just a fun holiday, there is meaning behind it."

This Memorial Day, find a way to specifically honor the fallen heroes to whom we owe our freedom. 🇺🇸

free

TEXTBOOKS?

The internet is helping
some textbook costs
vanish into thin air.

BY JACOB WRIGHT



Already struggling to pay the bills, you become infuriated when you glance at the expensive textbook your professor required— as it starts to gather dust in the back of your closet. It's the flagrant disregard of your precious money, now gone to waste as your professor veers off-topic every lecture, and never even mentions the book they demanded you purchase. This money could have been spent elsewhere— on food, or even gas. This is the reality that many students face due to the rising costs of college.

It's no surprise the costs of college have risen exponentially in the last decade, and not only at private colleges. The costs of textbooks have even skyrocketed at Grossmont.

"If students are facing the choice between buying a textbook and food, I have a lot of empathy for students who are purchasing food or making sure they have shelter over purchasing textbooks," said Dave Dillon, counseling professor at Grossmont who decided to help put an end to this crisis.

Rightfully so, being that there is a direct correlation between textbook costs and student's success. Around the time Dillon pioneered the project for low textbook costs, the state of California decided to join in with passing legislation to grant \$6 million in funding for low- or zero-cost textbooks for community college students. And progress is happening, especially here at Grossmont.

Open Educational Resources (OER) are materials that can be edited, redistributed and even placed in multiple textbooks. Zero-Textbook Cost (ZTC) courses are classes available here at Grossmont and other community colleges that rely OER. These classes are designed to eliminate textbook

costs for students, or to at least make the cost as minimal as possible. ZTC courses have no textbook cost, and the materials required for the courses are designed to be \$40 or less.

Originally, only six faculty members – the Open Educational Resources initiative – were a part of the crusade to make textbooks more affordable. This program impacted more than 1,000 students. Two years later, 46 faculty members are using it, impacting more than 8,000 students.

That ultimately means in the 2018-2019 school year, Grossmont students saved over \$1 million in textbook costs.

With the funds granted from the state and even the educational non-profit Michelson 20MM, Grossmont has unveiled two associate degree programs in sociology and geography that are completely free of textbook costs.

However, many professors here at Grossmont and other universities receive supplementary income from books that they write. When ZTC/ OER interns Carlos Espinoza and Edwin Hernandez were asked why Open Educational Resources would cut that source of funding by reverting to zero cost textbooks, Hernandez said: "Teachers can collaborate with their colleagues to create a textbook like Pearson and Norton does. Just because teachers are collaborating does not mean they cannot place stipulations on people duplicating or using their works."

But part of becoming tenured in some disciplines and at some schools is by regularly publishing articles. However, Espinoza and Hernandez used Dillon, who is their adviser, as an example. Dillon "wrote his textbook on counseling on his sabbatical and pulled from multiple sources from Creative Commons,"

Hernandez said. "Creative Commons is essentially a pool of uncopyrighted information that allowed him to sell his book for under \$40. Our primary goal is to save students money, not to help teachers find extra money."

So, when pressed if they thought that publicly funded community college is a step in the right direction, Espinoza said: "Absolutely. However, with state grants come stipulations. Open Educational Resources increases retention rates, so it is a step in the right direction, so Grossmont can have more buildings and other programs."

Librarian Nadra Farina-Hess said Grossmont is targeting classes where there is "high enrollment, like in math and English courses, where the success rates are low, so we can make the greatest impact."

Even though the program is relatively new, Farina-Hess said the early data shows that Zero Cost Textbook courses are "comparable to traditional textbook courses."

Open Educational Resources materials are digitized, however, but many low-income students do not have constant access to a computer or Wi-Fi. Espinoza said, "Students always have the ability to check out Chromebooks in the library."

Farina-Hess added that Grossmont is considering attaching Wi-Fi hot spots to Chromebooks.

While there is admittedly more work to be done to ease the strains college students face, the movement for free or low-cost textbooks has gained traction across the country. Hopefully, students will become less infuriated when they stop glancing at their closets to find only clothes and shoes there— not old textbooks gathering dust. ♡

L A T I N X

Local authors discuss their experiences as Latinx women and give advice to college students.

**BY LEVI HERRERA
DESIGN BY SARA SANTIBANEZ**

Cuyamaca College hosted the Latinx Women Writing History Panel as one of its Diversity Dialogue events for the spring semester. Four professors were invited to the event to discuss parts of their personal life and books they have published.

The first speaker was Patricia Santana, a former Cuyamaca professor and author of *Motorcycle Ride on the Sea of Tranquility* and *Ghosts of El Grullo*. Santana was born in San Diego and was raised in a family of 11 members.

She was motivated to read and write when she would pick up some of her older brother's books from college. One book in particular, "The Diary of Anne Frank," motivated Santana to write.

"My advice to you is when setting goals, surround yourself with people who support your dreams," Santana said.

Santana explained to the audience how her first grade teacher taught her how to read. She remembered during the summer, this teacher would come to her house and bring a pile of books, encouraging her to continue to read.

Santana shared another event from her life: She wrote a story about her humble home and her ex-boyfriend from college who criticized her writing. While her writing was good, he did not believe she could be a writer.

She laughed with the audience, but encouraged writers to take creative writing classes.

"Writing was therapeutic for me... my diaries were my sanctuary," Santana said when explaining the importance of writing.

The second speaker was Irene Lara, professor at San Diego State University and author of *Fleshing the Spirit: Spirituality and Activism in Chicana, Latina, and Indigenous Women's Lives*.

This book was co-edited with Elisa Facio, who passed away. It includes an additional 20 scholars, activists and healers from different Southwest states.

The book focuses on spirituality and activism in Chicana, Latina and Indigenous women's lives. It took 10 years of hard work to finalize and publish this piece according to Lara.

The purpose of the book is to inspire dialogue and lifelong spiritual activism. In addition, this book can help an individual find spirituality and find one's purpose in life.

Lara explained to the audience how she

wishes she had this book when she was at undergrad school, for navigation and sustaining her body-mind spirit.

Her advice for the audience was, to find out who you are spiritually and emotionally. Chicana feminism influenced Lara to find spirituality.

Lara then explained the importance of remembering the language of our ancestors. People should not be afraid or embarrassed of speaking Spanish in public. Our ancestors were beaten for speaking Spanish, Lara explained. Language is important for remembering the legacy of our ancestors.

One final piece of advice Lara gave to the audience is: "Define success for yourself. Most importantly, learn and ask from the lessons from your ancestors."

The third speaker was Rita Sanchez, a



L to R: Sonia Lopez, Irene Lara, grant writers Lindy Brazil and Marvelyn Bucky, Rita Sanchez, and Patricia Santana.

retired professor from San Diego State and co-author of *Chicana Tributes: Activist Women of the Civil Rights Movement - Stories for the New Generation*.

This book documents the experiences of different Chicana women who challenged injustice during different times. It took two years to put this book together.

Sanchez explained the importance of having a dream or vision of our own, adding on that finding mentors who support our dreams is important.

Sanchez shared a life event in which she wanted to be a journalist, so she talked to her counselor about college.

Her counselor said: "You can't go to college, your family is poor. You shouldn't be thinking about college."

"She changed my major," Sanchez said. "I didn't give up, I went to San Jose State as the only Mexican-American on campus."

[LATINX CONT. ON PAGE 24]

POLITICAL ECONOMY WEEK

This year's event offered a time to reflect on the past for a better future. | BY LEVI HERRERA

The Political Science and Economic departments hosted the 2019 Brian Jennings Political Economy Week from April 22 to 25. During this week, students attended several different presentations on a variety of topics.

One informative presentation, "How We Failed MLK's Dream" by Political Science Professor Joe Braunwarth, explained the difference between social movements in the 1960s compared to today.

Braunwarth explained the personal costs made by individuals who supported the Civil Rights Movement. Many individuals would leave their jobs and education. In most cases, many individuals were beaten or sprayed down by fire hoses. Dr. Martin Luther King Jr. died fighting for equality and civil rights for all. King's death was a "personal cost," according to Dr. Braunwarth.

During the presentation, students had the opportunity to analyze King's 1968 speech "I've Been to the Mountaintop." After analyzing key points, students found the underlying message of the speech was: King would do anything at a personal cost to improve civil rights.

The presentation informed students of standing up for something they believe in and the importance of taking action. King's dream was for justice and for people to make their voices heard.

According to Braunwarth, we have failed King's dream on account that the nation is still polarized because it is hard to understand and fight for justice. There is no effort being made today because people do not want to be criticized or they don't want to sacrifice personal time.

Braunwarth said he believes the majority of the nation wants justice, but "if you don't stand up or take action, it doesn't matter what you believe in."

Another interesting presentation was "A Century of U.S.-Mexico Relations" by Carlos Contreras, history professor at Grossmont. This presentation helped inform students about the long historical relationship between the U.S. and Mexico.

The relationship between both countries is complex, but it is also rich and deep. Both countries, bound to one another: economically, politically and socially. Bilateral trade has increased by six times after the agreement of NAFTA. Adding on, Mexico is the second largest buyer of U.S. exports, according to Contreras.

The presentation started with a brief history lesson of the relationship between these two countries. From 1876 to 1910, Mexican President Porfirio Diaz focused on free market and attracting foreign investment. The "finders, keepers" rule was applied: If an American company found a natural resource in Mexico, they could keep the resource they found.

For this reason, U.S. investors poured into Mexico. Statistics showed that 73 percent of copper from Mexico was

dominated by American companies. They owned 25 percent of Mexico's arable land, and American companies owned most of Mexico's underground wealth, such as mining and minerals.

In the 1920s, economic growth collapsed, and marked the beginning of conflict between both countries. Americans wanted to protect its values in Mexico, but the Mexican constitution of 1917 reversed the "finders, keepers" rule.

Article 27 of the constitution nationalized oil, mineral and land rights. Lazaro Cardenas, the new President of Mexico, believed American companies were violating Mexican law. Americans were furious because their values in Mexico were taken away, so they began to boycott Mexican oil and minerals.

Mexico threatened to sell oil to Nazi Germany and Japan during World War II. The boycott was called off and both countries began to improve the relationship. In addition, Mexico declared war on the Axis powers after Germany sank two Mexican ships.

With many American men leaving home to fight World War II, over 450,000 Mexican workers crossed the border to work in agriculture, railroads and other industries. After 1964, employers still wanted Mexican workers, regardless of documentation.

The actual relationship between Mexico and the U.S. is better than what is portrayed in the media. According to Contreras, "Trump's view of Mexico as a land of thugs, drugs and rapists' belies the complex realities of the U.S.-Mexico relationship."

He continued: "It feels like the media and the opinions from the president want to draw an image that both countries do not like each other. The reality, is that both countries need each other for economic and social prosperity."

The 2019 Political Economy Week held a variety of different presentations to inform students about various problems seen in the world today. The goal of the event was to help students understand complex ideas. ✍



NOT JUST ANOTHER LOVE STORY

Director Brian Rickel gives an inside preview of *Failure: A Love Story*.

By Olivia Linstad

It's not just another love story. *Failure: A Love Story* tells a tale of death, recovery, celebration and yes, love.

Ultimately, these elements contribute to the magic Theatre Arts Instructor Brian Rickel described. "There's magic in what we do in the theater," he said. "There's magic in literature, there's magic in science, but what we do is magic, too."

Set in Chicago in 1928, the play features a character who falls in love with the three Fail sisters, all who eventually die.

The main character, Mortimir Mortimir, first falls in love with the youngest sister, but she dies. He then falls in love with the middle one, she also dies. He then falls in love with the eldest sister as she's dying.

Rickel said: "There are no spoilers in this— we know everyone dies in the play."

From the beginning of the show, the theme of death is made very clear. However, the message focuses on accepting death instead of being overcome by its grave nature. Mourning loss is shown in the play as a crucial aspect of celebrating life and moving forward.

Rickel said his favorite line from the script was, "Tell them I'm on my way."

He explained: "I think that's a beautiful statement about death. Its OK to say, 'I'm coming...somewhere. My energy is about to enter another place and time.' And if we are just a ball of energy, energy doesn't stop. It just keeps going, right? So, what a great way to look at death."

Other themes to look forward to include the concept of time. The Fail family owned a clock shop in Chicago. Their view and value of time is evident through the show as they race against the clock seeking love.

Ironically, the production is under its own time limits, as the actors rehearse in preparation for opening night on May 9. The show runs for two weekends at the Stagehouse Theatre at Grossmont College.

The whole theater department is working to perfect the final outcome of the show. Costume designer Joan Mathison recreated the 1920s iconic costumes and hair to transport the audience back in time. Old lath and plaster adorn the stage, designed by Michael McKeon, to mimic Chicago architecture.

Rickel described the critical collaboration between scene shops,

costume shops, producers, directors, actors, musicians, lighting designers and sound designers as the key factor to a successful show. *Failure: A Love Story* also included the collaboration of Grossmont's music department for the show's music score.

"This play terrified me more than any other play I've ever directed," Rickel said. "It was scary."

He attributed this to the fact that playwright Philip Dawkins gives no specific rules for creating this piece. However, Rickel is embracing the challenge. "Passion demands you face things you're afraid of," he said.

As a director, Rickel is focusing on incorporating theater styles called physical movement and moment work to the show. To fully appreciate the unique stylization, Rickel said, "I really hope the audience comes to this with a very open imagination."

Grossmont student, Kalina Luckenbach, said she attended one of the theater department's shows earlier in the semester. Although it was her first experience with a Grossmont play, she enjoyed the production and said, "I am interested in seeing more performances in the future."

The cast of Grossmont students varies from actors who have trained with the department for many semesters to actors who are approaching the stage as their first theatrical endeavor.

This variety is crucial to a production because Rickel said, "There's something magical that happens when you get a group of people of different levels of experience to face a challenge like this."

Rickel said he encourages all students to come to a performance because *Failure: A Love Story* is "literary, poetic."

He elaborated: "It's a beautiful piece of soulful theater, and it's unlike anything you've ever see."

"Yes, *Avengers* is opening. I get it," Rickel said, "Give yourself an opportunity to spend 10 bucks as a student to come see a 90-minute piece of theater that you'll never share that moment with anyone else."

The show runs at 7:30 p.m. from May 9 to 11 and again on May 16 to 18. There are also two 2 p.m. matinee performances on May 11 and 18. Tickets are available to purchase on Grossmont's website or at the box office on campus (Building 22A). 🐦



The cast rehearses. | Photo courtesy of Facebook.

Part of Our World

Grossmont College will embark on an incredible journey “Under the Sea” for its summer’s musical.

By Olivia Linstad and Jonathan Maddock

The Grossmont theater department will be in full production mode this summer as it hosts the Summer Arts Conservatory program.

The program invites local high school students, as well as Grossmont students and professionals from the community to collaborate for the production of *The Little Mermaid*. The story is a fairy tale, based on an original story of the same name by Hans Christian Anderson, about a young teenage mermaid named Ariel who longs for nothing more than to be part of the human world.

Professor Brian Rickel, full-time acting instructor at Grossmont, will be directing this summer’s musical, which he said Department Chair Beth Duggan has “always wanted” to happen.

“We got an opportunity for it five years ago,” Rickel explained. “The goal of it was always to be able to bring high school students onto our campus to get a true collegiate experience in the theater, allow our students to become mentors to them, then also to pair all of them with professionals in the community.”

Rickel described how the high school and college students work together in every avenue of the production: the scene shop, costume shop, lighting shop, sound booth and on stage. “They are learning a true professional experience because all our equipment is either as good or better than what’s being used in the theater community,” he said.

Professionals who are active in the theater community but aren’t currently working in theater education are brought in for roles such as guest directors or choreographers. This gives the students, both in high school and college, an experience in professional theater.

Heavy emphasis is placed on colleges and universities to educate young actors because America does not have its own national training program, according to Rickel.

“Russia has a national theater, England has a national theater, Canada has a national theater, but we don’t have a national theater,” he said. “We have the college system.”

The theater department views the Summer Arts Conservatory as an opportunity to show high school students the benefits of attending Grossmont College after graduation. “It’s a great way for us to introduce students to the mindset that it’s not only OK to come to a community college, it’s beneficial to you financially and academically,” Rickel said.

High school students who participate receive college credit for this learning experience and “do not pay a dime,” according to Rickel.

Duggan explained: “The Theatre Arts Department pays the students tuition for the summer for these classes, so we have some very special donors that have given us money to pay the expenses of the students.”

Rickel said he was in high school when *The Little Mermaid* film was released, sparking an affinity for the story in him.

“When I was in high school, in early 1990s, *The Little Mermaid* came out, I was singing in choir, and I fell in love with the music back then,” he recalled. “What I loved about Disney’s *The Little Mermaid* were all the character actors. I just felt like the whole thing comes alive through the characters and not necessarily the love story.

The decision of choosing *The Little Mermaid* is different from almost all past summer performances. The theater department’s faculty playwright, Jeannette Thomas, normally writes an original script which is paired with popular music.

The Little Mermaid was chosen because it’s fun, well-known and people love it. However, Rickel said: “The trap of the musical is for it not to become a sing-along. The music in the musical is very different than the music in the film.

“The songs are similar but it’s written differently and it’s scored differently. So that’s a big trap. The audience will recognize everything and they’ll love everything, but it is definitely not the film,” Rickel added.

Reserve your seat online or at the box office (Building 22A) for a night under the sea. 🐬

Don’t Trade Your Voice Away— You May Need It For This!

Auditions for *The Little Mermaid* are coming up.

By Jonathan Maddock

Every student who ever dreamed of becoming a part of Ariel’s world may finally be given the chance to make their dream a reality, as Grossmont College hosts auditions for its summer musical production of *The Little Mermaid*. Students from all majors and musical theater experience, no matter how small, are welcome to audition for this beloved story on May 20 at 6 p.m.

Professor Brian Rickel, who is directing the performance, discussed the show and what students can expect on the day of auditions.

Rickel advised those auditioning to “prepare, prepare, prepare.”

He elaborated: “Don’t come into the audition room not knowing what you’re doing. Understand what you’re singing. Don’t decide two days before your audition that you’re going to pick your material.”

This summer’s musical is not only a great opportunity for all performers, but also a fantastic learning and resume-building experience for those students who want to experience the theater on a more technical side.

“This program is built on a shared relationship between high school students, college students and the professional theater people in this community we bring in to work on the show,” Rickel said. “What we are seeking are not only performers, but people who want to learn the backstage side of this— rather that means working on the crew of the show, learning to build scenery, or learning to sew costumes.”

Auditions will be organized on an appointment basis. Interested students can call Theatre Operations Facilitator Alexis Popko at 619-644-7234 to set up an audition. Students will be required to sing a 16-bar cut of a song, as well as perform a one-minute monologue; a song from *The Little Mermaid* musical or any other song from The Disney Songbook is recommended.

This summer is sure to be a great time under the sea for both theater and technical students. Good luck to everyone who decides to come out to audition. 🐬



The whole class takes a break from popping and locking to pose.

THE ART OF HIP-HOP | STORY AND LAYOUT BY SARA ROTT PHOTOS COURTESY OF STEPHEN HARVEY

Inside the world of Arnel Calvario and his love of teaching and expressing dance.

It's not every day we get a celebrity at Grossmont. In early April, though, Dr. Arnel Calvario stopped by to give students an unforgettable hip-hop lesson. His energy pumped-up the crowd as he gave them the inside on techniques. Calvario has visited Grossmont over the last couple of years, not only to educate the students through a lecture, but also to give a lesson in dance.

Calvario is an interesting source of knowledge in the dance community as he grew up in the 1970s. He's very passionate about educating and spreading his knowledge of the hip-hop scene, using his talents to promote community outreach.

"I'm really big on connecting with communities that haven't received any, like those resources everyone should have, that attention that they desire," he explained.

The fact that he was able to teach at Grossmont was an amazing opportunity, but being from the Los Angeles area, it was interesting how he found the school.

"Definitely through Melissa," he said. Melissa Adao is a dance instructor at Grossmont who loves sharing the importance of dance but also the history that started it.

He continued: "Melissa and I have known each other through the dance community for a very long time, and she was really committed to bringing the history aspect of the education to Grossmont, so she asked me."

Calvario has dedicated himself to the California dance scene

since his college days. In 1992, he founded Kaba Modern, a dance group originating from UC Irvine. He continues to be an advisor for Kaba Modern.

In 1998 he joined Culture Shock Los Angeles, a non-profit organization that utilizes dance for community outreach and education.

"The first one started in San Diego and then, in 1994 it moved to LA, San Francisco and Las Vegas, then it expanded to New York, Chicago and went international. We're all on the same mission using dance to promote ideals like self-worth, dignity and respect to all people," Calvario said.

Calvario was attracted to three hip-hop styles in particular. Popping, a dance about quickly contracting and relaxing muscles and locking, a funk dance of locking or freezing movements in a fast motion and breaking or break-dancing. A lesson in locking was his main subject during the workshop.

"I love the energy and positive vibes locking gives, and I'm really glad I was able to be a part of it," Rainer Martinez, a student at Grossmont recalled as he wiped the sweat from his forehead.

Dancers were moving to the beat of the music as he led them through the steps of the "lockers handshake."

"In the artform of locking, there's a handshake, which is a sequence of dance moves, about eight counts long. All lockers around the world; we all know that sequence," he said.

Locking holds close to Calvario's heart, demonstrated



Melissa Adao and Arnel Calvario.

when he entered an international dance competition. People all spoke different languages, but once one started the lockers handshake, they all connected.

"That's the beauty of that dance," he said. "Because it's so communal and about connection, with the lockers handshake you can really feel the energy; that's why I love locking cause it brings people together."

In college, blending old-school and new-school, he created Kaba Modern, and trained by fellow dancers, he joined in on the Culture Shock LA scene. He started to take classes from a man named Tony T. from Japan, getting a whole new point of view with teachings from the region. It was really disciplined in fundamentals: to be strong, to dance big and be bouncy.

From learning and showing off in clubs, he actually ran into the creator of locking, Don Campbell, who set aside time to have Calvario and his dancers meet up at clubs and teach them his philosophy. "Combined with my Japanese training and his philosophy, ends up where I am now," Calvario said.

Calvario is in a group called Kinjaz: "Kinda like 'ninjas,' but with a K," he explained. "Its root is in kinship and brotherhood; it started in 2010."

He explained that two young dancers he mentored joined Culture Shock and created a "brotherhood of all." He reminisced about how they were all friends and competed against each other, but respected each other as dancers. He also said that a person can't just audition for a part; you have to be asked. It's not the talent, but the mentality of the 38 dancers that give them a strong bond; they all share similar positive mentalities in Kinjaz.

Because of the group's amazing talent, they got to be featured on "Challenge of Champions" for *America's Best Dance Crew*. Being the wild card, they made it all the way to the semifinals before they were eliminated. A year ago, Kinjaz was approached to be on *World of Dance*, Jennifer Lopez's new show. He tells

how they were smarter about each episode they performed.

"We figured this was a way to connect with more people and whether we win or lose, if we connect with more people we win," he said.

He's also proud to look back on his creativity with occupational therapy and emphasis on pediatrics. Initially, he wanted to be a pediatrician, going on medical missions and performing surgeries. His original plans changed after seeing the rehab process his brother went through: "My brother, when he was about 7 years old, got hit by a car in our cul-de-sac. Someone was driving 45 mph and hit him," he recalled. "He was getting physical therapy in our house because of all the devices and stuff, and I knew right away."

Calvario went into physical therapy and bumped into occupational therapy. "Of course, like a lot of Filipino parents, they want you to be a doctor, so I was already kinda influenced to look into the health science field," he joked.

He now works at Long Beach Unified School District, where he helps children restore their abilities and get their functions in fine motor skills, like writing and working on the computer. He finds occupational therapy creative because he really gets an inside look at what a person's life is like.

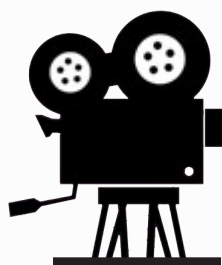
He said he loves his job and jokes about getting "paid to play," adding that college is all about exploring: "Be an active participant in exploration. Just try different things, because if you keep trying and exploring, you end up bumping into what you're meant to be."

He continued: "I think when we just feel expected or pressured into doing something, we don't end up fulfilling our true destiny. Spend as much time as you need to explore... It's an investment to your life."

Calvario is a true inspiration because he is so dedicated to his work. He's shared so many positive influences with the world. 🌍



Adao and Calvario lead the class into the next move.



FREE MOVIE FRIDAYS
By Jonathan Maddock

May is a fantastic time for a movie night—every Friday night in May to be exact. Attention all Grossmont College film lovers, the San Diego Museum of Photographic Arts is hosting its annual "Coming of Age" film festival throughout the month of May. Enjoy the admission-free event, where every Friday at 7 p.m., a new movie "dedicated to celebrating the process and power of aging" is featured. Upcoming screenings include *Elsa Y Fred* (Romance) on May 10, *Finding Your Feet* (Intergeneration) on May 17, *Alive Inside* (Dementia) on May 24, and *The Party* (Dark Comedy) on May 31.

The Griffins display true athleticism during their Spring season as Beach Volleyball dominates and Badminton serves up wins.



Badminton and basketball all-star athlete Drew Mendoza swats birdies on the court.

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SPRING

**STORY, PHOTOS AND LAYOUT
BY SHARISSE COHEE**



GOT IT BAD FOR BADMINTON

The women's Badminton team sported all-star versatile athletes as they soared to the postseason and kept a clean home record of 5-0-1.

The opening game on the first of March was a tricky one for the ladies, as the contest against conference rival San Diego City Knights ended in a tie score of 9-9. Although March proved to be a tough month for the team as their record stood at 1-2-1, all-star players such as Drew Mendoza and Huyen Lam were emerging as leaders.

The team was able to overcome adversity and turn its season around, going 4-1 through the month of April and advancing four players to State Championships after competing in the PCAC Individual Tournament held April 26. The competitive athletes contending in the State Championship will be Huyen Lam, Mickaela Carlin and Jazlynne Napoles, as well as star basketball player Drew Mendoza.

Placed fifth seed in the Pacific Coast Conference Tournament, Huyen Lam described the connection she has with the sport to which she has grown so attached. "This is my third semester here, but I didn't know about the team so when I saw it, I wanted to join," Lam said.

Lam continued: "I really love playing for the team and the coaches. They are really nice, and the team is really good. They really look out for me."

Mendoza and Lam will combine their all-star athleticism when they compete as a doubles pair for the State Championship.

RECORD - Overall: 5-3-1 | Conference: 5-3-1 | Home: 5-0-1 | Away: 0-3



State championship competitor Huyen Lam jokes with Head Coach Bill Gillespie.



Alexcis Morris defends her sandy court with authority.

BEACH VOLLEYBALL ON PACE TO TAKE ALL

The ladies of G-House beach defend their sand. Riding a 16-game win streak and going undefeated against conference opponents, the team gears up for the CCCAA Beach Volleyball Team State Championships taking place at the Chula Vista Elite Athlete Training Center May 9-11 and followed by the State Championship Pairs tournament.

Freshmen player Shaney Lipscomb described the team's cohesiveness and continuity. "I think we've done a really good job of utilizing our athleticism. And we have a really big, powerful team this year, and we just like kind of keep our heads down and treat every game like its zero - zero, Lipscomb said.

She continued: "Even though we've had a good winning streak, we step into every match thinking like, 'OK, it doesn't matter if we've won in the past; this game matters.' And we've worked really hard throughout practice and just come together as a team and become super close."

RECORD - Overall: 21-2 | Conference: 10-0 | Home: 8-2 Away: 2-0 | Neutral 11-0



Grossmont opens its freshly remodeled track and field, including new technological amenities, improvements for player safety and even temperature regulated Coolplay turf.

STORY, PHOTOS AND LAYOUT BY SHARISSE COHEE

After nearly two-decades of play-time, February marked the grand-opening of Grossmont's remodeled and upgraded track and field, which began construction November 2018. While this flashy new football/soccer field not only sports state-of-art technology such as a newly-installed, tech-savvy scoreboard, the project also provides player-safety amenities such as Coolplay turf. Funding was set aside over time in order to pay for the remodel, which was originally part of the Proposition V Funded Project.

Apart from being an embarrassing eye-sore, the previous field not only had structural dangers to players – such as a cement curb, which surrounded the perimeter – but the turf itself created player injuries because it was so outdated and torn. In replacement, Grossmont chose Coolplay, a sand/rubber infill turf system that remains at a cooler temperature compared to traditional systems.

Grossmont Football Head Coach Michael Jordan expressed how relieved he is for his players to finally play on a NCAA standard-regulation field: “It was a big accomplishment,” Jordan said. “It’s not a new field—more of a replacement, something safe, which it should have been all along. It was bad and the hash marks were all torn up. It was a dangerous situation.”

Jordan said he appreciates the new field. “It’s nice,” he said. “It’s a top-of-the-line field, so we’re looking forward to the cushiness because the old field was so old, it was super-compacted and hard.”

He continued: “More importantly the players won’t be getting injured as much. We have concussions because they hit the ground hard, and it’s like concrete. So now, it’s a good feel. It has a cooling agent in it that gets about 30 degrees cooler because in the summer, it gets very hot out there.”

The Coolplay turf is top-notch and caters to player safety and comfort through hard-hitting G-House games. According to the Grossmont Athletics Department website: “Coolplay is a three-layer system composed with a first layer of sand, then a patented mix of sand and cryogenic rubber, and a layer of cork. It is 35°F cooler than traditional sand/rubber infill systems. It is resilient with excellent shock absorption capacity, having met or exceeded industry standards for immediate and long-term player safety.”

Grossmont student Max Ortiz currently takes soccer as an Exercise Science class, and is able to play on the remodeled field. He said: “Overall I’m happy with the new field. There was a huge mound in

the middle, so it looks like they’ve leveled that out a little better. It definitely feels a little softer, I think they did a good job.”

While the most important improvement on the remodel list was improving player safety, there were also some eyesores that had to be addressed as well, such as the field goal posts and scoreboard. These tattered structures were not only unbearable to view, they also interfered with gameplay, especially the broken field goal posts.

“We have regulation goal posts which we haven’t had, ever. Last year we had a missing goal post for the whole season, so practice was hard, we didn’t play here last year because we didn’t have the facility,” Jordan said.

Along with the replacement of the freshly painted posts, another necessary element of any stadium, not just for the players use but for fans as well: a functioning scoreboard. The new tech-savvy board is “top notch” according to Jordan. It was installed in March and has state-of-the-art LED projection features so G-House can represent its wins proudly. It can also respectfully celebrate not only Grossmont, but also its patriotism, with the addition of a flagpole.

While, nobody is complaining about this spectacular remodel; students as well as staff though can not help to notice that certain facilities are still lacking throughout the stadium, such as bleachers and restrooms. While there are portable toilets located on the east end of the track; many feel it would appear not only more professional to have functioning restroom facilities, but will benefit hygiene and sanitation as well.

Student Andrea Navarro, who is in the same class as Ortiz suggests the portable toilet setup can be slightly annoying: “It’s not too much of an inconvenience for us, but like if you’re not from here, then it’s a little like hard, like for football games or whatever.”

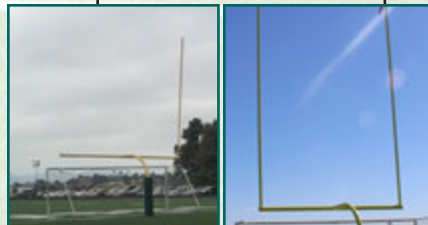
Regarding the lack of bleachers, Jordan said: “The only thing is that we have no seating. They have sections of five-high bleachers they’re going to put around the outside of the track somewhere.”

He admits: “It’s still a little embarrassing. I have to explain to the recruits why we don’t have them.”

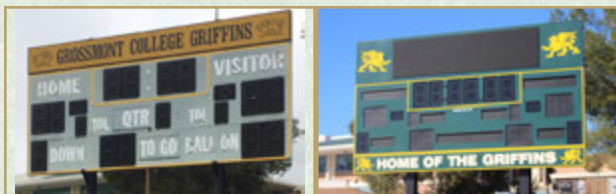
While staff and students hope that these missing features will be in the works soon, for at least now they can celebrate the fresh turf and track.

“The field is nice; the field is great,” Jordan said. “We’re very grateful to have a field because, like I said, it’s more injury prevention, just the longevity of being on there... a lot longer with the coolness.”

FIELD GOAL POST BEFORE AND AFTER REMODEL.



SCOREBOARD BEFORE AND AFTER REMODEL.



FIELD BEFORE REMODEL.



AVOID DANGER ON AND OFF CAMPUS.

Alfred Gathings has been with the SD Sheriffs Police Dept. for 18 and a half years. He began his position at Grossmont last November.

Before coming to Grossmont, Gathings was assigned to Vista, a “very active city,” he said.

“My job is very different here,” Gathings said. “You don’t want a lot of law enforcement activity; you don’t want criminal activity, stolen property.”

He continued: “This should be the worst job as a law enforcement officer because here, there should be very little criminal activity.”

“People just come and go,” Gathings said. “You don’t have a lot of mischief.”

Though there is little crime on the Grossmont campus compared to other areas, there are still crimes that happen. According to Gathings, the two biggest issues on campus are speeding and preventable theft.

To monitor speeding, Gathings and other deputies will drive around the parking lots in order to dispel reckless drivers.

“A lot of kids come in here driving fast,” Gathings said. “So when they see us riding through the parking lot they tend to slow down and pay attention. I’ve been in the parking structure and I’ve seen a lot of near misses just from people coming in and gaining a great amount of speed really quickly cause they think there’s a parking spot and then almost hitting somebody.”

Seven non-injury collisions were investigated between April 1-25, according to the Grossmont-Cuyamaca crime log provided by the Clery Act.

Gathings suggests “prepared parking” as a way to avoid having to speed to get to class on time. Prepared parking involves getting to the parking lots with ample time to safely find a spot.

Campus and Parking Services, or CAPS, is a department of Grossmont that works closely with the police department. According to Gathings, they work together “like a hand and a glove.”

“Campus and parking services are great eyes and ears for the campus,” Gathings said.

According to Gathings, the theft occurring on campus is usually done out of opportunity. He gave some examples: “Someone left their laptop someplace and the person that found it never turned it into lost and found. Or someone left their vehicle unlocked and left a backpack on the backseat or on the floorboard.”

There have been two investigations into stolen property recorded in the crime log for April.

Gathings suggests putting all valuables in your trunk so that no one will be able to peer in and see what you have.

“Leave your car parked as if you’re leaving it in an overnight parking lot every time. Don’t leave valuables in sight and remember to lock your car.”

Another piece of advice to students from Gathings is to “take things serious...like seriously.” Gathings used the example of having to change your tire on the side of a road at night and suggested calling 911 or a non-emergency phone line, so that someone has a location on you and the stranded vehicle.

In addition, Gathings advised young women to be especially careful. “It’s unfortunate the violence that happens to young women in our country,” Gathings said. “You should be able to go out on a date. You should be able to experience life, but at the same time, we want you to return home safely.”

If you are going on a date with someone you’ve never met before, “tell somebody,” Gathings said. “It’s always a good idea to share your location.”

He elaborated: “Being prepared and communicating to someone about where you are can help prevent danger and give law enforcement a clue as to where you are, if anything were to happen.”

Recently Gathings was a speaker at a Domestic Violence and Sexual Assault Seminar on campus, an event used to teach students how to deal with tough situations within relationships.

“We got very few students to actually attend the event,” Gathings said. “I would really stress that when the campus is putting on classes that are involving health and wellness, take an opportunity to go sit down and just listen...I just want you guys to learn how to be prepared for young adulthood.”



**SAFETY
FIRST**

By Jenna
Wilson



COLLEGE STUDENT RIGHT TO ACCESS ACT

New bill will give colleges and universities permission to distribute pregnancy-ending drugs on campus.

By Jocelyn Limon-Vazquez

Abortion will always be a very controversial topic. No matter how much society tries to normalize abortion, there will always be conflict between the different points of views: pro-life versus pro-choice.

People who identify as pro-life believe everyone has the right to live, while pro-choice believe women should have the right to decide whether or not they want to terminate their pregnancies.

Although abortion is already legal in the U.S., there are many people who still oppose it. Most states have their own regulations on abortion. However, the governor of the state of California, Gavin Newsom, recently signed a new bill regarding abortion.

The College Student Right to Access Act, or SB 24, was approved in early April by the California State Senate Health Committee by a 7-3 vote. This bill will force all public colleges and universities to provide abortion drugs to students on campus.

According to an article from Life News, this bill would require that “the drugs be offered for free to students up to 10 weeks of pregnancy.”

The College Student Right to Access Act was introduced in December 2018 by Sen. Connie Leyva, who represents the 20th State Senate District. She had also introduced a similar bill in 2017 that was vetoed by then-Governor Jerry Brown.

According to her website, Connie Leyva stated: “SB 24 is an important step toward ensuring the right to abortion is available to all Californians and that our college students don’t face unnecessary barriers.”

This new bill has stirred up controversy between pro-life and pro-choice supporters. Although many students support the act, especially female college students, there are still many students who feel unsure about it.

Dylan Outlaw, who majors in biochemistry at Grossmont said, “Abortion is a sensitive subject, and this could bring conflict between students who are against abortion and those who support it.”

Some other reasons students may not fully support the bill is because of the funds that will be needed. Although, Leyva had previously stated \$10.2 million in private funds are needed for the cost of equipment and training in clinics, students have said that Californians will still end up paying for the supplies that school clinics will be offering to students.

Some students have expressed this act can be beneficial to them. For example, Angel Ramirez who is a nursing major, described how this act would benefit women by offering them a safe place, “instead of having to go to clinics where their lives can be put at risk,” he said.

He continued, “Pregnancy and abortion will be taken lightly because it’ll be easier for women to get pregnant and then abort since they’ll have a chance to abort on campus.”

On the other hand, Kelly DeGuzman, a respiratory therapy major, said: “Women should have the right to abort. I support abortion, but I don’t think abortions should be performed on campus or any public places.” She even described the bill as being “too extreme.”

The College Student Right to Access Act will be implemented by Jan. 1, 2023. While many students are supporting it, others are still unsure, leaving us with this question: will this new act benefit students all over California or will it only cause conflict between those students supporting it versus those against it? 🐦



We Need More Feminine Hygiene Products, Period.

| Story and Layout By Abbie Wallace

Grossmont's AAUW pushes for more access to feminine hygiene products in campus bathrooms.

As if it isn't difficult enough to live with the stigma of having a menstrual cycle, women often have to pay unreasonably high prices for tampons, pads and other menstrual related products. While it may not be as much of a problem for those who are able to afford them, many women are unable to afford tampons and pads, which then limits their access to such necessary products.

According to a Reuters article, "A survey of low-income women in a large U.S. city finds that nearly two-thirds couldn't afford menstrual hygiene products such as tampons or pads during the previous year."

Being unable to access basic health products is an issue that needs to be fixed. Menstrual cycles are a natural part of life, and women deserve to have equal access to any hygiene products necessary. While many women have little to no access to pads and tampons, Grossmont College's American Association of University Women is looking to change that on campus.

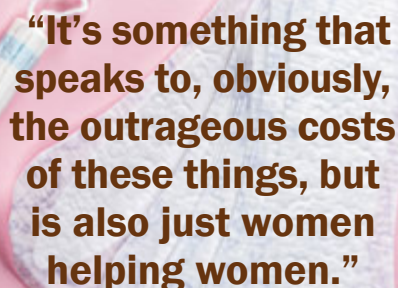
Grossmont offers pads and tampons either at the student health services desk or through Gizmo's Kitchen, both of which are located in building 60-130. While those services are great and free, students with a valid Grossmont ID card may only use Gizmo's Kitchen once a week. At the health services desk, a student must ask for the pads or tampons, which to some may seem embarrassing, even though it shouldn't be at all.

However, Grossmont's AAUW is trying to change the game. The members have turned in a request for tampon and pad exchange boxes to be placed in women's bathrooms on campus.

"The goal of that would be for girls to come and if they had extra pads or tampons that they maybe wanted to leave for other women, they could put them there, and if you ever found yourself in a time of need," said club president Maya Clark.

Having such boxes in our campus bathrooms would be of great convenience for students on the move and for students who may not have access to pads and tampons for various reasons, including financial ones.

"Pads and tampons are really expensive; that's not something everyone will necessarily have on hand, so it's something that is helpful for women who aren't as financially stable as they would want to be," Clark said. "It's something that speaks to, obviously, the



"It's something that speaks to, obviously, the outrageous costs of these things, but is also just women helping women."

—Maya Clark

outrageous costs of these things, but is also just women helping women."

The exchange boxes are a way for women on campus to help those who may need it as well.

"It raises awareness to the fact that this isn't something that's always accessible to everyone," Clark said.

It is a great and inclusive idea although, "It's not an idea we came up with ourselves," Clark said. "It's called 'End Period Poverty,' and it's something that has been done in other places too. One of our officers actually, back when she was going to school in Brazil, did that as a project and it was actually very successful. People were leaving pads and tampons, and people were using it."

Perhaps the installation of these exchange boxes will help in making it easier for women

on campus, because although the Health Services Center and Gizmo's Kitchen provide feminine hygiene products, not everyone may be comfortable using those resources.

In regards to the exchange boxes, Grossmont students Nay Damlong and Jessica Castaneda support the notion. Castaneda said she would prefer to use the exchange boxes because she'd feel more comfortable.

"I thought they would have some [feminine hygiene products], but when I go to the bungalows, I don't see any and when I go to the ones in the bathrooms I don't see any. So it's making us feel like, 'Oh do we have to go to the bookstore or do we have to go to a different store to get it, to get that resource?'" Damlong said.

With the addition of the exchange boxes, many students will have access to feminine hygiene products in any bathroom when it's most convenient for them. It would also give them privacy and take away any discomfort they may have.

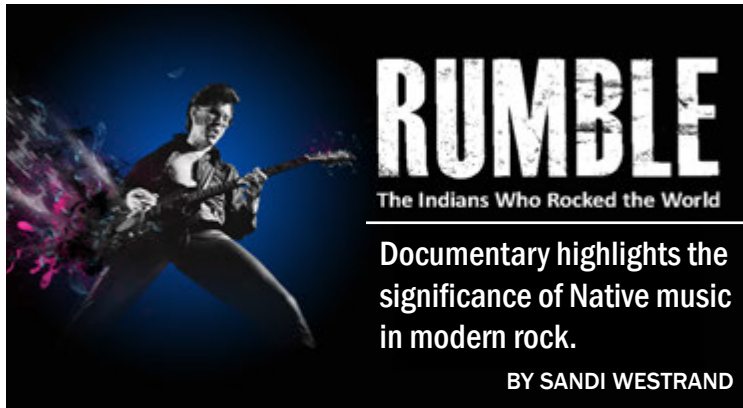
All it would take to provide these resources around campus is a steady cycle of give and take, with the hope it doesn't lag— which is a concern.

Damlong expressed concern over the availability of the products, asking if there would be a limit.

"What if it's there and free, and people are going to take advantage of it and what if those who really need it come in and it's not there?" Damlong asked.

The concerns are valid and plausible, but with the success the AAUW has seen from one of their own member's experience, the exchange system worked well— with people giving just as much as they were taking. Grossmont is a growing campus with many bright students and the addition of a system to support the women of Grossmont adds to the expansion of inclusion the campus has been seeing.

[AAUW, CONT. ON PAGE 24]



Cross-Cultural Studies and the Music Department presented the documentary “RUMBLE: The Indians Who Rocked The World” on April 25. The film illustrated the influence of Native Americans in popular music and sent a powerful message of how this stigmatized population retained its cultural traditions despite the aggressive measures taken by European intruders to exploit and repress them. It emphasized the incredible strength and endurance of the human spirit.

The film began with a chronological depiction of how the Europeans and Americans instituted significant changes to the native identity and culture. By the 20th century, the U.S. government had taken stronger measures to disband, collate and isolate the tribes in an effort to quash the culture. Native pride, changed to shame .

Fortunately, stigmatized African communities formed deep alliances with Native Americans that enabled their musical traditions to continue. Each group incorporated cultural aspects to silently influence many styles of American music.

Vocalizations were a significant part of native music with percussion and rhythm accompaniments. One example is the “call and response” technique used by African slaves for covert messaging. Claiming African heritage and color enabled Native Americans to conceal their disgraced heritage from the general population. Bluesman Charley Patton and jazz singer Mildred Bailey were early performers who hid their native genetics with African identity.

An iconic instrumental titled “Rumble” appeared during the emerging domination of rock n roll in popular music. It was performed by a Native American clad in a black motorcycle jacket and boots, dark glasses, sporting a cool pompadour and an attitude.

Guitarist Link Wray introduced power chords using distortion and feedback to create an iconic sound that influenced the direction of modern rock and many future musicians. Duane Eddy, Dick Dale, Ray Davies, Pete Townshend, Jimmy Page, Jeff Beck and Jimi Hendrix are prominent guitarists inspired by Wray’s techniques.

Despite the popularity of the instrumental, “Rumble” was banned in parts of the U.S. related to the controversial title that elicited negative referrals to street gang wars. The film shows a clip from the movie “West Side Story” portraying the beginning of a rumble between opposing gangs. Negative connections or not, Rumble remains an iconic, sensual and masterfully textured tune that is part of our modern musical heritage.

The documentary continues to spotlight iconic musicians with Native heritage interspersed with disturbing accounts and photographs of white America’s attempts to suppress Native culture and traditions. Cameos from past and current musicians, associates and others with a deep connection to the roots of our music. The film concludes by honoring the contributions and suppressions Native people have endured and a hope of the resurgence of the cultural influence and significance in the U.S. 🐦



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ENDGAME

[CONT. FROM PAGE 4]

back from a past time, and it seems to hint at *Guardians of the Galaxy 3* and where that story will go. A lot of hilarious highlights in the film certainly caused some tears of laughter to appear, whether it was Thor's beer belly and threats to teenagers on *Fortnite*, Korg and Meep's introduction to tell us they didn't get snapped, or Stark's realization that the 2012 version of Captain America's suit did nothing for his butt. This movie keeps you entertained till the very end. It was a great ending to phase three, giving room to grow for phase four of the Marvel Cinematic Universe.

It's a film to watch over and over again, each time noticing more details than the last. Be warned, however, there is no ending Easter egg cut-scene after the credits, leaving us in mystery about what happens next. I guess we'll just have to wait till *Spider-Man: Far From Home* hits theaters this summer. 🦋

HERITAGE

[CONT. FROM PAGE 7]

The limited discussion on such important topics will be the topic of "The Things We Don't Talk About: API Identity, Roots, Celebrations, and Struggles," a lecture by Professor Kirin Macapugay from City College, which will be held in Griffin Gate on May 14 at 9:30 a.m.

The API community, like other minority communities, faces unnecessary stereotyping and racial microaggressions. On May 16 at 9:30 a.m. in Griffin Gate, Dr. Judy Patacsil from Miramar College will be participating in a discussion with a panel consisting of a few API students from Miramar and Grossmont.

"We're trying to create a diverse discussion, just different students of different API identities to talk about the ways in which they've experienced racial microaggressions," Sow explained. "When someone says, 'Where are you from?' and you say, 'San Diego,' and then people say, 'Well, no, where are you really from?' ... It just makes you feel like you don't belong here, it makes you feel like a foreigner like you're someone who is being othered or marginalized."

These two events cover the more serious aspects of the API community in order to connect the community and educate those outside of it on the

adversity they face. In addition, on May 13, Dr. May Fu will offer "The Model Minority Myth," a lecture and discussion on different minorities, but with primary focus on those who are API and how the community has been impacted.

API Heritage Month is still a celebration. On May 14, there will be a Japanese fashion show and dance by the San Diego Kimono club at noon in the main quad, as well as a Buddhism discussion with Chaplain Noriko Kawai at 2 p.m. in Griffin Gate. Then, on May 15 there will be a *Tinikling* dance, a Filipino-style dance performed by elementary school students in the quad at 10 a.m. Following the *Tinikling* dance, there will be an Indian dance performed by Rudraprasad Swain at 11 a.m. During that time there will also be a few API food trucks and vendors in the quad.

Each of these events highlight a different aspect of the API cultures and communities, whether they are more serious or celebratory. The events are a reflection of what Grossmont's API community has achieved and expanded to.

"What we've tried to do is not only create a representation of the API community that exists here at Grossmont, but to create a sense of belonging and a raising of awareness for these types of issues that API people go through and people don't even realize it," Sow said. "I think to not only raise awareness, but to challenge stereotypes that everybody has about the API group and hopefully change minds and attitudes so that we have a more harmonious campus— so whenever you are interacting or working with an API individual, there's a sense of understanding now because they're more than just what you've heard."

API Heritage Month is about raising awareness of the API community and "to celebrate our roots, our heritage. To be proud of it as well as share our struggles," Sow said.

In only its second year at Grossmont, API Heritage Month is shaping up to be a successful event, and the API community is expanding and making its community stronger as Grossmont strives to become more inclusive. From the starting point of the API committee and student club, it has tremendously grown.

"It started from nothing in January 2018," Sow recalled. "There was nothing, and I believe that everything starts from a conversation. You just

ask somebody, 'Hey, what do you think if we formed a committee?' And then you talk to a few more people and then you end up in an email trail and then we set up a conference room meeting and then it grows and people hear about it. So, a dialogue between two people is a beautiful thing because that's how this all started." 🦋

LATINX

[CONT. FROM PAGE 12]

There will be challenges along the way, but never give up on your dream was the advice Sanchez shared with the audience.

"Write and save letters from everyone who wrote to you," Sanchez said. "Every story in our hearts should be written down because every story goes down in history."

Sanchez taught the first Chicana course at Stanford University. There were no textbooks on Chicano history, so she collected journal articles from her students and they published their textbook in 1973.

The fourth and final speaker was Sonia Lopez, retired San Diego State professor and co-author of *Chicana Tributes* with Sanchez. Lopez was the daughter of immigrants. She said she didn't know much about her background, but said she believed poverty was the reason she was a "bad student."

She said she wanted to be a teacher and not grow up to have a tough and hard job like her parents. In 1968, Lopez came to San Diego, but faced racism and discrimination because there weren't a lot of Mexican people in San Diego at the time.

Lopez began getting involved in student movements, but women would not get recognition like the men, even though the women did most of the work planning and organizing marches.

Lopez became the first professor to teach Chicana studies at San Diego State. There were mixed feelings about having a this class at the university. Lopez and her students were accused of hating men.

Her advice was to follow your passion, do what attracts you. "No matter where you come from find your path," Lopez said. "Backgrounds make a person much stronger."

In this event, students learned about different struggles and experiences these authors went through and how they overcame these obstacles by having great mentors and never giving up. 🦋

AAUW

[CONT. FROM PAGE 22]

While in theory, one may assume the boxes can just be placed in the bathrooms by the members of the AAUW, but they cannot just be added to the bathrooms instantly. The initiative must be approved by the Facilities Committee before the exchange system can be implemented.

"If it doesn't get approved, we're probably just going to stage a mutiny," Clark said lightheartedly. "If it does get approved by the committee, they should probably be installed in the Fall semester. So, it's not something we're probably going to see this year, but it's our legacy." 🦋

FASHION

[CONT. FROM PAGE 24]

bigger and bigger the more advanced technology is getting because it's so easy. Obviously they're going to make it cheap for you to buy it and consume it even more."

She continued: "It's a different way to look at it. I think fashion is one of the highest reasons why the earth is so polluted. Isn't that crazy? Some of the fabrics don't even get recycled correctly, so it just stays for a very long time."

To help combat the excess waste, Yousef is an advocate for thrift shopping— also popularly referred to as "thrifting." She said she loves her clothing from secondhand shops because, "They last! The quality is definitely better, and it's more ethical."

She continued: "Especially lately, I've been seeing a lot of online stores that are really unethical. A lot of them, their employees aren't paid enough. So it's mostly made in sweatshops, which is why the materials are not good."

Peterson also likes shopping at thrift stores because of the cost efficiency. She said: "I hate spending money on clothing. I like to find it way cheaper or used."

Peterson recommended one of her favorite consignment stores, Buffalo Exchange, while Yousef said she regularly uses the app Depop.

"I love finding new items at thrift stores. Or not even new items but brand items at thrift stores. It's so satisfying to find something for \$6 when it's originally \$50," Peterson said. 🦋

PHOTO COURTESY OF STEPHEN HARVEY

Story and Design by
Sharisse Cohee

STUDENTS SUPPORTING STUDENTS

Via Rapida is an innovative program at Grossmont that helps first-year students strengthen their campus connections to enable not only educational success, but emotional growth as well by connecting with a student peer mentor.

New beginnings can elicit a sense of fear through the minds of many people at times. While taking on new endeavors can ultimately lead to rewarding experiences, it can also be overwhelming, especially for students starting college. Whether it be from locating classes on campus, to learning how to adopt successful study habits, Grossmont offers programs that allow incoming students to not only adapt to campus life, but flourish in it as well.

Via Rapida, First Year Experience Program is one tool that was created to accelerate student success on campus, as well as spread the word about Grossmont to potential incoming students from all facets of life. While the program was designed for Hispanic and low-income communities, it is open to all first-time students in their first or second semester of enrollment.

Peer Mentor Coordinator and Math Instructor Irene Palacios explained how the influential program was developed: "Grossmont College was awarded a Title V Grant that focused on five supporting components; one of those components was the FYE (First-Year Experience) program."

She continued: "It was launched in Fall 2018 and assists first-year students to make a smooth transition to college. Before the creation of FYE, new students were supported through our peer mentoring program, developed during fall 2016 and launched in 2017. Peer mentoring is now one of the components."

The program offers academic amenities such as priority registration and educational counseling sessions from counselors who specifically work with Via Rapida, which is separate from general student counseling.

But it's the Peer Mentoring aspect that is the real icing on top of the cake when it comes to Via Rapida.

Peer mentors are students who have been enrolled at Grossmont for at least one year and have a GPA of 3.0 or higher. While some

mentors are former mentees, others are hired through the program from a faculty or staff referral for demonstrating leadership qualities in class and a inherent want to help others. Mentees choose a peer mentor according to their interests and major, as well as meeting them through the program's summer orientation.

Peer Mentor Janelle Silvas, who majors in Speech Language and Hearing Science at Grossmont, described her involvement with the program: "I realized that my last semester here, I wanted to make an impact because this campus has really helped me out, so I just thought I would help other people out too."

A peer mentor becomes an incoming student's campus connection. Whether it's giving the fresh-eyed student a campus tour, talking about classwork or introducing them to campus amenities such as Health Services and Financial Aid, the mentor becomes a guide and role model for the mentee, meeting with them frequently throughout the semester. A true connection and reciprocal friendship tends to naturally spark between the two, as sometimes we all just need someone to talk with.

For example, Silvas recalls a time when a mentee asked to meet a non-school-related matter. It turns out the student wanted help finding a private place to pray.

"It just kind of made me realize I'm doing this because I want to help others," she said. "I want to make an impact."

Grossmont psychology major and Peer Mentor Rebeka Lexow said she is "proud" of her mentees. Getting connected "can be really hard to do at community college because it's all commuter students," she said. "Nobody lives here, so it's really difficult."

She continued: "I love seeing my students ... at an event or something or in a club meeting, and I'm like, 'Proud mom moment.'"

The program promotes from within as well. In many cases, mentees will evolve into mentors, an aspect of the program that Palacios values.

"What I cherish most about FYE is witnessing the growth that first-year students go through from being afraid and uncertain of their path to becoming role-models and leaders," she said.

One such student is Brooke Stahley, a computer science major. Stahley flourished in the program as a mentee, and is now able to reach out and connect with and guide fellow students.

"Thankfully, I was fortunate enough that my first semester on campus, I was walking through the quad and I was flagged by the peer mentors," Stahley recalled.

The student-supporting-student bond is what truly allows the program to flourish.

"A really cool thing about being peer mentors is we get to give, like, the student perspective and that's our job: to work with our peers, as peers. Also it's not like the intimidating way of a counselor talking to a younger student because that can get pretty intimidating," Lexow said.

Silvas also commented on the positive influence the program not only promotes on campus, but instills in herself as well.

"It's definitely nice that Grossmont has Via Rapida peer mentors, just so students know they don't have to go through this alone," she said. You're not supposed to just wing it in college." ❖

Full Disclosure: Sharisse Cohee is a Peer Mentor for Via Rapida.



L to R: Brooke Stahley, Rebeka Lexow and Janelle Silvas.

Summer Statement

UPDATE YOUR WARDROBE WITH THESE SAVVY TIPS.

As the San Diego sun shows its face, your wardrobe should be changing to cater toward summer activities. Whether you're going to the beach, hiking or spending a warm afternoon with friends, you probably have one lingering question: what to wear?

Grossmont students (and fashionistas) Brivin Yousef, Shealy Reynolds and Marymay Peterson give their best fashion tips for your best summer self.

TOPS

"I like easy, light t-shirts. Like graphic tees," Yousef said. "I mostly go for solids and lately I've kinda just been digging oranges, yellows, different shades of warm colors."

Reynolds also said her current color choices for summer are light pink or rainbow, while Peterson said she gravitates toward white and off-white.

Tops are the most common and effortless article to incorporate a pattern or statement.

"Right now, animal print is super in. I love animal print," Reynolds said. "I also like polka dots and stripes. They're super easy to mix and match."

Peterson said, "I love stripes— all the time!"

Choosing shirts with breathable fabrics such as cotton, rayon and linen are essential to remaining cool and comfortable in the high temperatures.

BOTTOMS

While denim shorts are a classic choice to pair with any top, there are other options, such as colored pants for a more chic evening event.

"I have these pink trousers that I always go to when I want to look a little bit fancy," Yousef said. "It pairs well with linen shirts, too."

Jean skirts can also be dressed up or worn casually. They are versatile and available in different colors, styles and lengths. "I

with everything, and it's not restricting or anything. I wear it with a crop top, a long sleeve or a tube top."

Short and long overalls are an easy piece that can be versatile depending on the top you choose to wear with it. Yousef said, "I feel like whatever you wear with [overalls], it'll look like you spend so much time."

SHOES

Although Rainbow Sandals or Birkenstocks often dominate the summer shoe game, there are other choices to bring variety and color to outfits.

"Your shoes are very important too. I feel like shoes are slept on," Yousef said. "Even



if you wear something really basic, if your shoes are great, your shoes are great!"

If you, like Yousef, don't wear sandals, choose closed-toe shoes that are trouble-free, such as slip-ons instead of laces.

Trying a newer trend, Reynolds said:

skirts, dresses, sometimes jeans."

She added: "But usually I stick to sneakers because they go with dresses and skirts too, a little more tomboyish."

"Even if you wear something really basic, if your shoes are great, your shoes are great."

—Brivin Yousef

Colored and patterned shoes are a simple way to incorporate variety into your attire if you tend to gravitate toward neutral clothing. However, if you enjoy bright summer colors and designs for your clothing, a neutral shoe will keep the focus on your statement pieces.

BEACHWEAR

Spending an afternoon in the ocean or a night around a sandy bonfire requires different style choices.

"Neon. It's such a thing! I got a neon bathing suit recently that I really like," Reynolds said. Neon is a dramatic contrast to most skin colors and can create the illusion of a bronzed, sun-kissed glow.

She also said she recommends dresses: "They're super easy to throw on. Short and strapless is fun for a throw-over at the beach."

Peterson said: "Usually, I end up wearing shorts with a bikini top. Or I found a cute striped one-piece [bathing suit] that I wear with shorts so I don't have to worry about a shirt."

Hats are a perfect accessory for the beach and are also functional for sun protection. Floppy hats or baseball hats are both options for different outfit styles.

Along with hats for sun protection, sunglasses are vital for a day on the shores. A pop of color or fun shaped eyewear can update a simple outfit.

"I have a cat-eye sunglass that I wear with a lot of things," Reynolds said.

SHOP SMART

Although earth-friendly movements such as reusable straws and bags are popular, it's often forgotten that clothing is also creating waste on our earth.

Yousef is mindful of the trash and waste accumulation due to fashion. She said: "It's getting [**FASHION, CONT. ON PAGE 24**]

Yousef's Thrifting Tips

1. Look through everything!
2. Check the men's section.
3. Check the kid's section.
4. Have a lot of patience.

Peterson's Thrifting Tips

1. Listen to music to avoid boredom.
2. Look in the men's section for shirts.
3. Have patience to look at everything.
4. Be willing to spend at least an hour.

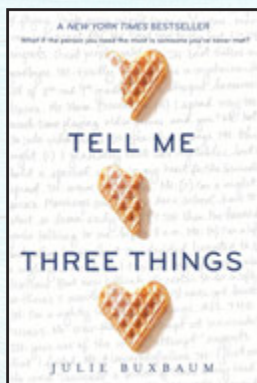
have a jean skirt that is a very good go-to," Reynolds said. "It's super easy to wear

"Recently I've been wearing platform sandals which is fun. I wear them with

Summer recess is just around the corner, and there is no better way to relax during the break than to indulge in some quality reading. Unlike the somewhat-repugnant textbooks you may have encountered over the semester, these books are sure to keep you entertained.

Of course, you don't have to devote the entire break to reading. These books are perfect for reading at the beach, by the pool, on a plane or wherever you choose to spend the summer. From young love to anti-war novels, each book will be enough to take you on a summer adventure.

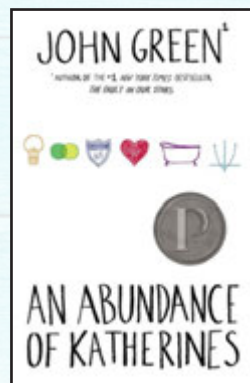
The first book, *Tell Me Three Things* by Julie Buxbaum, is a young adult novel that follows the main character as she and her father move to a different state to "restart" after the passing of her mother. When she starts at her new school filled with people she is unfamiliar with, she receives an email from an anonymous person offering her guidance as she attempts to adjust to her new lifestyle. The story is centered around the main character adjusting to new changes and trying to solve the mystery of who her anonymous helper is. It is a heartwarming and humorous read with the right amount of drama to keep you intrigued.



The second book, *Going After Cacciato* by Tim O'Brien, is an anti-war novel that takes place during the Vietnam War. If you're thinking this is just another war novel giving all the details you've already learned, that's not the case. This novel



is an ode to the negatives of war and how it impacts the minds and lives of those who fight in them. The story follows a group of soldiers chasing another soldier who is thought to have run away. The journey is filled with magical realism and fantasy that alludes to the psychological trauma caused by war. Though the book has some heavier themes, it does have action and twists as well as turns that will keep you from putting the book down. If this story does not appeal to you, give it a chance before completely turning it away; it is not like most war novels.



Last on the list is *An Abundance of Katherines* by John Green. This young adult novel tells a story about a child prodigy who has been dumped 19 times, all by girls named Katherine. As he goes on a road trip with his best friend, he makes

it his goal to prove "The Theorem of Underlying Katherine Predictability," which he wants to use to predict the outcome of any relationship. Of course, like any trip, there are obstacles and conflicts, but also moments of love and friendship as the characters make discoveries about themselves and each other. This book is quirky, comedic and quite nerdy, but that is what makes it a great read.

These three novels are very different, but they are all quick reads with intriguing stories. From love and war to silly theorems, each holds a different adventure waiting to be read. Regardless of where you are this summer, give these a read—you won't regret it. 🐦



Novel Novels



By Abbie Wallace
Design by Sara Shah

Relax this summer with
THESE MUST-READS.

Every Day's a Holiday

The month of May is days of hoorays.

COMPILED BY SARA ROTT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 MAY 28			1 May Day	2 National Truffle Day	3 National Paranormal Day	4 Star Wars Day
5 Cinco De Mayo	6 National Nurses Day	7 National Tourist Day	8 National Have a Coke Day	9 National Lost Sock Memorial Day	10 National Shrimp Day	11 National Mini Golf Day
12 Mother's Day	13  NATIONAL APPLE PIE DAY	14 National Dance Like a Chicken Day	15 National Chocolate Chip Day	16 National Tree Day	17 National Pizza Party Day	18 National Visit Your Relatives Day
19 National Devil's Food Cake Day	20 National Be a Millionaire Day	21  STRAWBERRIES AND CREAM DAY	22 National Buy a Musical Instrument Day	23 National Taffy Day	24 National Scavenger Hunt Day	25 National Wine Day
26 National Paper Airplane Day	27 Memorial Day	28 National Hamburger Day	29 National Paper Clip Day	30 National Water a Flower Day	31 National Macaroon Day	 MAY 27