

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | MARCH 2020



COVER BY CANDICE CANES

TABLE OF CONTENTS

- 4 The Front Stuff**
Editorial, crime log, campus calendar and Brain Boost.
- 6 Coronavirus**
Grossmont College's administration responds to concerns on campus stemming from the coronavirus.
- 7 Now That's Cold**
Let's delve into how to stay healthy and at the top of our game this season.
- 8 In Case of Emergency**
How does Grossmont prepare for campus emergencies.
- 8 The Enrollment Plunge**
Why has student enrollment at Grossmont declined?
- 9 Primary Participation**
Super Tuesday has come and gone, but the impacts will last.
- 10 Grossmont Women Athletics**
Our female athletes handle their game like they handle their journeys—seriously and with a whole lot of swagger.
- 13 Sistahood**
This all-women's club exists to build a community on campus for women of color.
- 14 To Park or Not to Park?**
Is parking at Grossmont really that bad?
- 15 Career Services Center**
The Career Center offers more than you may expect.
- 16 Grossmont Briefing**
Griffin Dialogues, ushering opportunities and debunking stereotypes.
- 17 ASGC Spring Planning**
It's a busy time for our student government.
- 18 Gourmet at Grossmont**
Culinary Arts serves up \$10 gourmet lunches on campus.
- 19 Novel Novels**
It's all about women this March.
- 20 Reel Talk: Who Needs a Man?**
Take a look at a few iconic female characters who stick it to the man.



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My mom and the party would be for her.
– **ANDREW FINLEY**



Beyoncé, because she is pretty fantastic. I would also immensely embarrass myself by dancing to “Single Ladies” on stage with her.
– **DONOVAN HOLLAND**



Sleeping Beauty so I can steal her anti-bedhead secrets.
– **OLIVIA LINSTAD**

Katie Nolan, because she is entertaining and always has a fresh take on the happenings in the sports world.

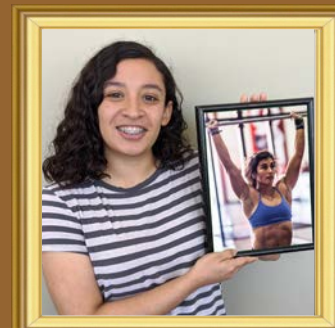
– **NICK COPPO**



Rep. Alexandria Ocasio-Cortez because she has inspired me to pursue my own dreams despite the disadvantages I face.
– **JASMINE OSUNA**



Linda Belcher because she's hilarious, likes to drink and is a loving mother.
– **DESMOND RHEA**



Lauren Fisher because she's extremely fit, and I aspire to lift like her and get to her level of strength.
– **MATISSE SANCHEZ**



Kerry Washington, because she is inspiring and embodies the characteristics I could only wish to have.

– **ANNEMARIE MUÑOZ**



Angela Bassett because she's amazing and inspiring.
– **TERENA TARBOR**



Meryl Streep because she has so many awards and her movies are timeless.
– **JOE VALERIO**



Rihanna because she has had an amazing singing career, and now has multiple successful businesses.
– **VICTORIA VIGIL**



What female figure would you invite to your dinner party?

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

ILLUSTRATION BY CHRISTINA HURTADO




THIS ISSUE

I couldn't be happier to highlight so many great women in our March issue. As we're in National Women's Month, it's important we all take a moment to recognize the women around us and the incredible work they do.

The United States deals with misogyny; this is a simple fact. From gender roles, which affect us on an interpersonal level, or institutionalized sexism, which in turn affects us as a society, women face unique issues because of their gender. A woman's ethnicity can affect her experience, too. As a Chicana student, I personally know the struggles faced by those who lie at the intersection of brown and female. That's why I'm really glad intersectional feminism is emphasized in this issue. Many of our stories feature women in different roles and achieving great things.

March is also the month millions of Americans vote in the primaries. As students, it is incredibly important we exercise our right to vote. Many issues – including the student debt crisis, the high cost of housing and climate change – deeply affect those on our campus. If more of us voted, we'd have a greater say in the policies our elected officials institute. Super Tuesday may have passed, but I still encourage every student to go out and vote in November. Democracy works best when people are educated and engaged.

Over the past month, the COVID-19 situation has escalated. Many colleges in the area have transitioned to online classes and many expect the same to happen to Grossmont eventually. San Diego County recommends storing two weeks of food and water in your household. The easiest way to protect yourself is to wash your hands for 20 seconds. It's important we all take precautions to keep ourself and our community safe.


Jasmine Osuna, Editor-in-Chief



Grossmont's Campus and Parking Services team, also known as CAPS, is dedicated to ensuring safety among all students and faculty at the college. These events on campus were among those noted on the crime log* for the month of February.

- **Hit-and-Runs:** Nine vehicular hit-and-runs were reported by Grossmont deputies.
- **Collision:** A deputy investigated a collision at the parking structure.
- **Disturbances:** Deputies responded to three separate arguments throughout the month of February. One argument in the cashier's office, another outside Building 51 and the last at the parking structure. Also, deputies responded to a dispute over a parking spot outside Building 86 and a road rage incident that occurred off-campus.
- **Threats:** Deputies investigated a report of sexual assault and an assault to commit rape. After investigation, it was revealed that both incidents occurred off-campus in the city of San Diego. An investigation was also attempted in regard to a possible report of a criminal threat. A message with a callback number for the reporting party was left by a deputy. So far no contact has been made by the reporting party.
- **Theft:** Deputies responded to two separate burglary alarms. One was in Building 86 and the other was reported to be on the construction work-site; however, this was a false alarm.
- **Traffic Stop:** One traffic stop was conducted at Grossmont.
- **Suspicious Person:** A deputy looked into a suspicious person near Building 31 passing out flyers. The deputy reported that the person checked out to be OK. A phone call also reported a suspicious vehicle on campus.
- **Other:** Deputies assisted with medical aid on three separate occasions. Deputy's also assisted SDPD with a pursuit involving a wanted felon. The felon came toward Grossmont College and was then taken into custody on campus.

* The Clery Act is a federal statute requiring colleges participating in federal financial aid programs to maintain and disclose campus crime statistics and security information. A daily crime log is posted every Friday to Grossmont's website, allowing the public to view the most recent information.



Mo' Money, Mo' Problems

CHECK OUT
CORONAVIRUS
COVERAGE ON
PAGE 6

CORRECTIONS AND CLARIFICATIONS

At *The Summit*, we are very concerned with the quality of our journalism. If you spot a factual error, please contact us at summit@gcccd.edu.

CAMPUS CAL

COMPILED BY ANDREW FINLEY

MARCH 13-15: Clybourne Park,*
7:30 p.m., 2 p.m. on March 14
(Stagehouse Theatre)

MARCH 13: Writing a Resume,
11 to noon (Career Center) |
Blurring the Edges,* 7:30 to 9 p.m.
(26-220)

MARCH 17: Basic Needs Resource
Fair, noon to 4 p.m. (Main Quad) |
Are You Preparing to Transfer to a
Four-Year University in 2021?,
5 to 6 p.m. (Transfer Center)

MARCH 18: Griffin Works Internship
Program Information Session,
noon to 1 p.m. (Career Center) |
Viejas Casino and Resort Hiring
Event, 2 to 5 p.m. (60-140)

MARCH 19: Walk with the President,
9:30 to 10 a.m. (Building 10 - Quad)
| **Cadence Vocal Jazz Ensemble,***
7:30 p.m. (26-220)

MARCH 19-21: Clybourne Park,*
7:30 p.m., 2 p.m. on March 21
(Stagehouse Theatre)

MARCH 20: Preparing for Interviews,
11 a.m. to noon (Career Center)

MARCH 22-27: SPRING BREAK

MARCH 31: Dolma Competition,
noon to 2 p.m. (Main Quad)

APRIL 2: Hungry to Learn, 3 to 4
p.m. (ASGC Board Room)

APRIL 3: Time/Stress Management,
11 a.m. to noon (Career Center) |
Social and Diversity Awareness,
11 a.m. to noon (Career Center)

APRIL 7: Scholarship Application
Workshop, 11 a.m. to 2 p.m.
(70-103/104)

APRIL 8: Safe Zone Training,
2 to 5 p.m. (Griffin Gate)

APRIL 9: What's Your Conflict
Animal Style?, 3 to 4 p.m. (ASGC
Board Room)

APRIL 10: Creating an Elevator
Pitch, 11 a.m. to noon (Career
Center) | **Next Issue of The**
Summit hits newsstands

BRAIN BOOST



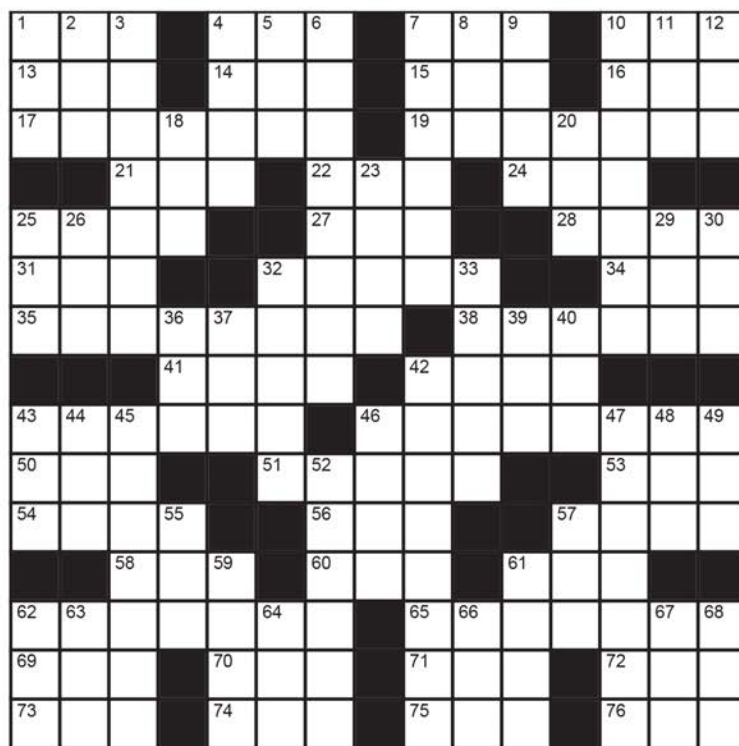
CEREBRAL MATTERS: Train your brain with puzzles.

[SOLUTIONS ON PAGE 17]

▼ CROSSWORD

Across

- 1 Whistle blower
- 4 "Exodus" role
- 7 Extinct flightless bird
- 10 Winner's cry
- 13 A Gershwin
- 14 London's Big ____
- 15 Mouse catcher
- 16 Classic card game
- 17 Sailing vessel
- 19 Type of job
- 21 River islet
- 22 "To Autumn," e.g.
- 24 Distress letters
- 25 Bistro
- 27 Garage contents
- 28 Old Testament twin
- 31 Island strings
- 32 Existence
- 34 LAX abbr.
- 35 Champions
- 38 Guide
- 41 Mardi Gras follower
- 42 Lucy's husband
- 43 Delirious
- 46 Binding agreement
- 50 Fourth-to-last Greek letter
- 51 Lover of Eos
- 53 Novel
- 54 Place for a comb
- 56 Crew tool
- 57 Ancient gathering place
- 58 Spinner
- 60 Cut a swath
- 61 Kit mitt
- 62 Kind of bar



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- | | | |
|-----------------------|--------------------------|--------------------------|
| 65 In a shrewd manner | 8 Be in debt | 42 Thresholds |
| 69 Calendar abbr. | 9 Resigned remark | 43 Tach measurement |
| 70 Ringgit part | 10 Speculated | 44 "I thought so!" |
| 71 Sweet potato | 11 Roadhouse | 45 Wine designation |
| 72 Cereal grain | 12 Silent assent | 46 "Ta-ta!" |
| 73 Links prop | 18 Prevaricate | 47 Belgian port |
| 74 Poetic contraction | 20 Forest female | 48 Company V.I.P. |
| 75 Hot springs | 23 Oration station | 49 Bygone airline |
| 76 Nave bench | 25 Trophy | 52 Julius Caesar, et al. |
| | 26 Alias inits. | 55 Long period |
| | 29 Chowd down | 57 Took a load off |
| | 30 Former Mideast inits. | 59 Hitching place |
| | 32 "That's it!" | 61 Mountain lion |
| | 33 Astronaut John | 62 Old gangster's gun |
| | 36 "Mârrouf" baritone | 63 Regret |
| | 37 Scout group | 64 Luau souvenir |
| | 39 "C" ____ la vie!" | 66 Bottle topper |
| | 40 Tire filler | 67 Soap ingredient |
| | | 68 Fine-grained wood |

*Admission fees apply | Events subject to change; visit grossmont.edu for latest info

MISCELLANEOUS TRIVIA ▼

1. In Spain, what is traditionally eaten at midnight on New Years Eve?
(a) Olives (b) Almonds (c) Grapes
2. What was the most popular Google search in 2016?
(a) Zika Virus (b) Pokemon GO (c) Donald Trump
3. What does the 'e' in eBay stand for?
(a) Electronic (b) Echo (c) Enterprise
4. In which class of animals do turtles belong?
(a) Amphibians (b) Invertebrates (c) Reptiles
5. What was the name of the Mars rover launched by NASA?
(a) Curiosity (b) Ranger (c) Surveyor
6. What was the first major export industry in America?
(a) Tobacco (b) Cotton (c) Wheat
7. What is a female fox called?
(a) Queen (b) Vixen (c) Pen
8. Who was Carrie Fisher once married to?
(a) Harrison Ford (b) Warren Beatty (c) Paul Simon
9. How many patents did Thomas Edison successfully obtain?
(a) 1093 (b) 612 (c) 826
10. What is the best selling cereal in the U.S.?
(a) Wheaties (b) Honey Nut Cheerios (c) Special K

Grossmont College administration responds to concerns on campus stemming from the coronavirus. BY OLIVIA LINSTAD



Sharing desks and door handles are an inevitable part of a college student's life. However, COVID-19 presents a new layer of concern to the spreadability of this illness.

More commonly known as the coronavirus, COVID-19 originated in China. Its symptoms range from coughing to pneumonia, to kidney failure and even death. At time of print, the virus has killed 31 in America.

Although a rumor circulated regarding the coronavirus reaching Grossmont College, it originated from a prank news site with no evidence of any students or faculty being ill from the new virus.

"I am horrified by the perpetrator of this irresponsible rumor who then celebrates pranking us," Grossmont President Nabil Abu-Ghazaleh said via email. "This is dangerous behavior, not innocent fun."

On March 10, local news station Fox 5 San Diego aired a live broadcast from campus to dispel the hoax and rumors, speaking to students and Grossmont-Cuyamaca Community College District Communications & Public Information Director, Anne Krueger.

Despite its absence, college officials are monitoring the situation and have already developed a plan should the coronavirus make a debut on campus.

On March 9, Chancellor Lynn Neault said in an email: "While we want to be prepared in the event of the need for closure, let us emphasize that as of today, there are no positive cases of coronavirus in San Diego County. San Diego County Public Health reports that 76 people are being tested – 56 cases have come back negative, and 20 other cases are pending results."

However, later that day that information changed. "San Diego had one positive test case as of yesterday evening," Lorena Ruggero, director of College and Community Relations, said at a president's forum on March 10.

Preparing for Closure

Neault also informed all faculty in the Grossmont-Cuyamaca District of the intended closure levels of the campus if the coronavirus were to pose as a threat: "The CDC continues to stress that the risk is low in San Diego, and we are diligently monitoring the situation throughout the day," she wrote in an email.

The emergency plan starts with the first level of closure. In this case, all classes and school services would

included the exception of a few classes because of their special requirements restricting online learning.

In addition, UC San Diego and Southwestern College transitioned to online classes, and at time of press, *The San Diego Union Tribune* reported other local institutions were considering following suit.

On March 11, Cuyamaca President Dr. Julianna Barnes reported in an email that a student who came in contact with a "presumed positive COVID-19 patient,"

"I am horrified by the perpetrator of this irresponsible rumor who then celebrates pranking us. This is dangerous behavior, not innocent fun."

-Grossmont President Nabil Abu-Ghazaleh

be transferred to online platforms. Although students may have hoped their classes would be canceled in the event of the coronavirus reaching the campus, they will still complete their courses but in the comfort of their pajamas.

The second level of closure would only allow "essential employees" to be present on campus, the chancellor said in an email. All other staff would remain available via telephone.

The third level would entail the whole district shutting down until further instructions.

Because of the amount of uncertainty that comes with the future of the coronavirus, Ruggero said, "We don't know what this looks like long-term, so we are planning for a wide spectrum of 'what if' situations."

Moving Online

Although the thought of pajama days might be appealing, the implications of the COVID-19 on campus would result in an inconvenience of transferring all courses online mid-semester. Students are responsible for basic-yet-cautionary procedures that could prevent the disruption of closing Grossmont's campus.

San Diego State University has already taken action with an announcement on their website that said: "Immediately after spring break, and effective April 6, all courses shall be conducted using fully online or distributed modalities."

This transition to online classrooms

and while the student isn't showing any symptoms, they are self-quarantining for two weeks.

Taking Precautions

Everyday objects harboring bacteria, such as cell phones and steering wheels, are examples of simple items requiring disinfection. Instead of stockpiling toilet paper, focus on taking care of your body.

Students aren't the only ones who should take initiative for the coronavirus prevention. The district's website said: "The District is taking extended measures to ensure a hygienic environment, including placing disinfectants and hygienic wipes in classrooms and common areas. Our custodial staff members are regularly cleaning with a germicidal detergent similar to those used in health-care settings. In addition, they are ramping up to thoroughly deep-clean all surfaces, including floors and door handles, particularly in high-traffic areas." 🦋

PROTECT YOURSELF

Follow these recommendations from the CDC (Centers for Disease Control and Prevention):

- Clean your hands often
- Avoid close contact
- Clean and disinfect frequently touched surfaces

FOR CORONAVIRUS UPDATES
AND VIDEO, SCAN HERE OR
VISIT GCSUMMIT.COM



NOW THAT'S COLD

—STORY BY DONOVAN HOLLAND

HOW TO STAY HEALTHY IN THE SPRINGTIME

Let's delve into how to stay healthy and at the top of our game in this season.

Springtime at Grossmont is a time of growth, renewal and new life. Due to the weather, plant life grows faster than any other season. The dull browns and grays from winter are replaced by vivid greens, pinks and yellows. The sun shines bright and the overcast sky becomes increasingly scarce.

Overall, life on earth is flourishing. However, with the welcomed season of spring on the horizon comes another visitor. This one is not quite as welcome: the cold and flu season. Considering that getting the flu on a test day is the bane of existence for almost every college student, the allergy season casts a gloomy shadow over what should be a joyful time in our year.

As for staying healthy, strong and avoiding any type of ailment – be it a cold or the coronavirus – it should come as no surprise that sickness spreads easily. When examining the most popular breeding grounds for the common cold, studies show areas that are densely populated and have frequent traffic of people coming to and from the area in question have the highest risk of spreading sickness and germs. These primarily include areas such as airports, shopping malls and, of course, schools and colleges. This means students at Grossmont are at high risk of catching a cold or virus. We have not yet developed the technology to terminate all disease, but why not examine how we can reduce our chances of getting sick?

Fortunately, for those of us who might not be familiar with how to get through the flu season unscathed, many students at Grossmont are rising to the challenge of doing just that. How are they staying healthy?

Daniel Arroso, a Grossmont student double majoring in psychology and criminology, said: “First thing's first, my personal hygiene. I take a shower every day and I do my best to wash my hands before I eat and every time I touch something dirty. I also stay away from touching my face as much as possible. When around a lot of people, I try not to get too close. I think that's a really good thing, having your own bubble, your own personal space.”

Arroso makes a strong point. Most times you get sick, it's not from someone coughing or sneezing in your face, but more likely from indirect contact with someone already sick. One of the easiest ways germs invade our immune systems is from

touching dirty surfaces then immediately touching our faces, whether it's wiping our noses, biting our nails, or simply itching our eyes. Even if it's just for an instant, the germs have already spread from them to us.

Arroso, however, isn't the only student who is working hard to avoid catching a bug. Another Grossmont student, Serena Blackman, had her own plan to stay healthy in the springtime.

“Working out as much as I could and eating a little bit better than I normally do are good places to start,” Blackman said. “No more donuts in the morning!”

Among the many benefits a good diet bestows on a person, strengthening one's immune system is at the top of the list. For starters, foods high in vitamin C, like oranges, are essential to avoid getting sick and can heal you fast if you do have a cold. Any sort of green produce, as well as green tea, are also beneficial in keeping colds at bay and boosting your immune system in the process. Garlic is also known to bring wellness to those who can get past its bitter taste and strong odor. Finally, a not-so-well-known cold deterrent is wild salmon. According to Health.com, salmon is high in zinc which is a nutrient proven to assist in simmering down cold symptoms. Foods high in fat and sugar are not the way to go if you want to avoid illnesses.

Dianne Woodson, a registered nurse in the Grossmont College Health and Wellness Center, also gave her professional input into the best strategies to avoid becoming under the weather.

“Good hygiene, drinking plenty of fluids, staying active, and taking allergy medication if you have allergies are some big ones,” Woodson said. “If you feel like you're starting to feel sick, increase your fluid intake, take wellness vitamins to stay healthy, hand hygiene, staying home when sick, and covering your mouth when you cough or sneeze are the biggest ways to not spread sickness.”

However you choose to combat the constant threat of germs at Grossmont this spring season, keep in mind that while it is for yourself, you're also doing it for those around you. Be proactive in drinking water, eating healthy and having good personal hygiene. Instead of spreading germs to other students, make it easier on them and spread cold and flu awareness instead, and stay healthy. 🐦



How does Grossmont prepare for campus emergencies?

It's not every day an alarming emergency happens on campus at Grossmont College, but if one does, the faculty and staff are ready for it. Lorena Ruggero, the director of College and Community Relations at Grossmont, said there are many different ways Grossmont can notify people in the event of an emergency and tries to use as many methods as possible. From outside amplifiers to social media updates, Ruggero does her best to make sure students will be informed on and off-campus in the case of an emergency.

There is a wide variety of roles several employees at Grossmont fill during an emergency and they could be called at any time to provide assistance for an emergency if necessary. Ruggero's role as the public information officer means it is her job to write the announcements that go out to people when there is an emergency on campus.

Ruggero said when looking at employee training for emergencies on campus, it's not as simple as how do "I" respond to an emergency, but it's what would "we" do to make sure that we communicate appropriately. If something were to interfere with classes, they have to plan and decide where to go from there.

Every semester, the personnel on campus who oversee emergency services practice, so if something does happen, they will be ready, according to Ruggero. They conduct an exercise by creating an emergency scenario and deciding how to respond if that event really happened. They also determine what they might do differently in a real situation.

According to Ruggero, in an event where people need to be evacuated, Grossmont has a program called the "Building Marshals" and there is a marshal for every group of buildings on campus. Ruggero explained the marshals put on hard hats and safety vests to make sure everyone exits the building safely and lets them back in when it's clear.

"There's a lot of folks who are here to notify people so that in the event of an emergency, you don't technically have to be trained, you just have to listen, follow the orders of say a building marshal or if Public Safety is on campus, a Campus and Safety representative or the sheriff's department," Ruggero said. "As long as you listen to those folks, then you should be OK."

Carlos Figueroa, a Grossmont student, said he believes he would be prepared if an emergency takes place at Grossmont. However, he said he does not feel campus officials prepare its students for emergencies.

"I have no idea where to check when an emergency happens," Figueroa said. "If there was a shooting or a fire at Grossmont, to be honest, I'd probably just run away from the campus."

Ruggero advises students to take a look at the evacuation plan when they are going in and out of classrooms and know where they are supposed to go to be accounted for in case of an emergency. She said it is also important to check the district website because it has many different public safety procedures to see what is expected and what to do if there was an emergency.

The best way for students to prepare is to look at the resources provided on the district website at gcccd.edu and the public safety office for emergency preparedness information. An app students can download, called SD Emergency, also helps prepare them for an emergency. It has a disaster preparedness checklist and updates on disasters, thunderstorms and flash flood warnings. The app has updated info and interactive maps highlighting shelter locations and recovery aid.

Another way to ensure your safety on campus is to check your student account online to make sure your contact information is correct so you can be sure you are getting emergency update messages. 🐦



WHY has student enrollment at Grossmont DECLINED?

BY ANNEMARIE MUÑOZ

As a student, when you drive onto campus and struggle to find your parking spot, you would probably never guess student enrollment has decreased. But student enrollment has been dropping for the last three years, and while it is starting to level off this semester, 126 more class sections were canceled this semester compared to Spring 2019.

At a March 10 forum, Mike Reese, the interim vice president of Academic Affairs, said many of these cancellations were due to over-scheduling and they did not drastically affect student enrollment. However, nationwide, enrollment has declined by 1.7%, according to *The Wall Street Journal*.

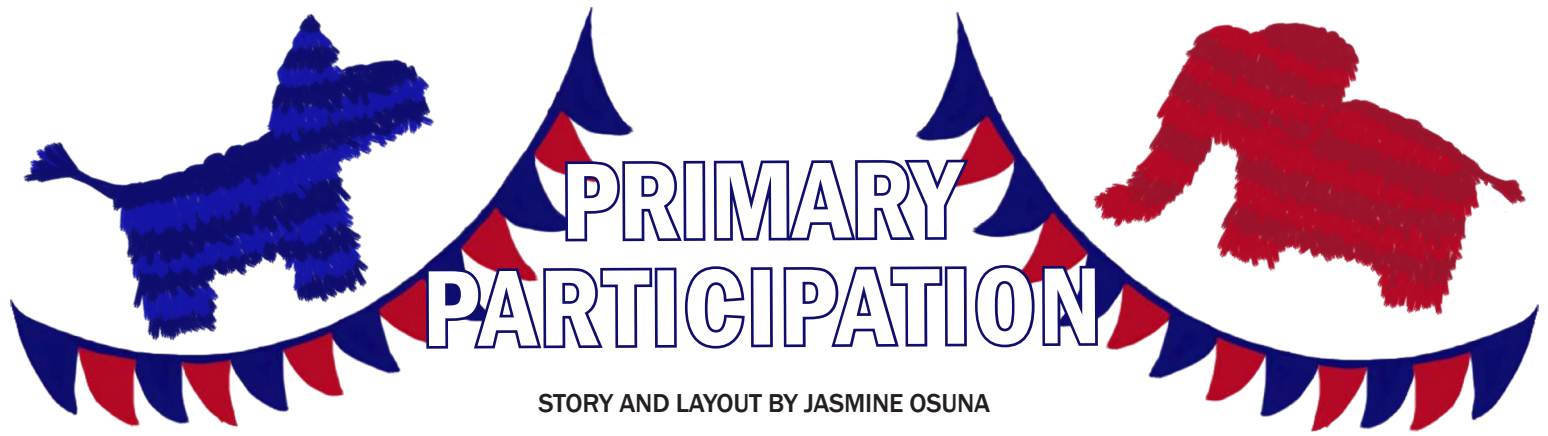
According to Dr. Nabil Abu-Ghazaleh, Grossmont's president, the decline is attributed to a few reasons. One is student's economic environment. "Some students are not ready at this moment and we respect their decisions especially if it's work, or economic opportunity—that's a part of reality," the president said.

When the economy is doing well and more job opportunities are being created, the demand to enroll in college is not a pressing matter for many people, specifically for students with families at home. Many students with children and families to support are putting off school to join the workforce. With a growing job market, it's no doubt the economy would have an impact on enrollment.

The president said another factor for low enrollment is the encouragement from faculty and staff pushing students to graduate or transfer from Grossmont. Faculty and staff know, for many, community college is the first step of their higher education journey. With more students earning degrees and certificates, Grossmont has become the "gateway to San Diego State University," Abu-Ghazaleh said, with transfer rates at 10%.

Although the graduation and transfer rates attribute to low enrollment, faculty and staff still want students to pursue their educational goals. "Community college was created to be a bridge for students into careers or four-year schools. I think that should be at the forefront of how we operate,"

ENROLL
CONT. ON PAGE 16



STORY AND LAYOUT BY JASMINE OSUNA

Super Tuesday has come and gone, but the impacts will last.

On March 3, Sen. Bernie Sanders (D-Vt.) won the presidential primary in San Diego County and the state of California as a whole. Local politics were also in the mix.

At the time of print, the San Diego County Registrar of Voters projected a 40.2 percent turnout of registered voters. Within the Grossmont community, students, faculty, clubs and the teachers union on campus prepared for this day. Election day meant it was time to organize and get involved in democracy for these groups on campus.

"I don't have the privilege to not care about what happens politically, specifically because my family is [made up of] first-generation Americans, so I just felt the need to get out there and actually vote," said Grossmont student Jonethan Bayon when asked why he voted. "I wanted to do the least that I could. Honestly to just get my voice out there."

He also spoke on how important it is for Latinos to vote to break the stereotype that Latinos stay home on election day. Bayon did more than ensure his voice was heard. "I did talk a lot to my family and helped them fill out their registrations and get out there to vote as well," he said.

Dr. Joe Braunwarth, department head of political science, said: "Students need to stay involved and make this world a better place because earlier generations left a lot of stuff that needs to be taken care of. I have great faith in the current college-aged generation and hope that you guys are going to remain active and fix a lot of these problems."

The problems Braunwarth referred to include climate change and the state of the economy. One way Grossmont students are getting involved to address issues like these is through the Indivisible Club, also known as the Political Action Club. "We like to keep students involved and informed," said the Indivisible Club Vice President Elizaeeth Felix. "In order to do what you got to do best, you gotta know what's up."

The club hosted an event in which the members explained the ballot's propositions and measures, and offered a Q&A on voter registration.

"My parents are immigrants so being a first-generation college student, first-generation

Mexican-American, I also wanted to really take advantage of that," said Felix on why she got involved in politics. "I was given this blessing of being a citizen and having the right to do all this. So, of course, I'm going to speak my word out for those who can't."

Politics isn't just a horse race for Felix. She said, "Personally, my sister stays here on a residency visa and she was first classified as a dreamer so she wasn't able to vote. But that's one of my big pushes. Let me speak for those who can't."

Felix has been doing work outside of the club, volunteering for Georgette Gómez, the president of San Diego City Council. Felix said she chose to work for Gómez because, "I support her views and as a candidate, I like her message and her mission. She seems to be one of the real ones."

Gómez ran to be the U.S. Representative for Congressional District 53, covering much of downtown San Diego, La Mesa, Lemon Grove and Chula Vista. Gómez is headed to the November runoff because she was one of the top two candidates on Super Tuesday.

Members of the Indivisible Club weren't the only ones putting in hours to prepare for Super Tuesday. Aaron Ayala had two internships with two different political campaigns—one for Barbara Bry's race for San Diego City mayor and the other for Alex Soto, who was running for a San Diego City Council position. Soto did not receive enough votes to make it to the November runoff. Ayala has also done canvassing for Bernie Sanders.

"Politics is gross," said Ayala as he shared what he's learned from these internships. "Every level there is going to be mudslinging and I didn't realize that." He spoke of how campaign differences can ruin relationships between family or friends. "Even for small positions like city council, if you're not supporting the same person as some else. I didn't realize that that can fracture years-long friendships."

He also spoke to the value of streamlining a campaign: "There are neighborhoods that are good to walk and there are neighborhoods that are stupid to walk. I didn't realize how important voter data was for outreach."

When asked what he plans to do with this experience, Ayala said, "Not be totally unemployable right out of college." Like many students, Ayala said he is concerned about the job market.

"Take the work that's available," said Ayala as advice to other students interested in politics. "Every experience is valuable... If you can, hitch your cart to the horse you think is going to go the farthest."

He continued: "Any experience where you're being delegated work and especially experience where you're making executive decisions for a campaign, it just looks good, the ability to manage yourself in that environment. Also, expect to go to law school or grad school."

Ayala also suggested students look into where a candidate receives their funding before they begin volunteering or working for them. He said, "That's who they're going to be beholden to once they're in office."

Individuals aren't the only ones who take part in democracy. The American Federation of Teachers Local 1931 has endorsed candidates and provided resources to help their candidate of choice for the Grossmont-Cuyamaca Community College District Board of Trustees position. The AFT endorsed Julie Schorr and Elena Adams for the board. "For our local Governing Board races we have a pretty intense interview process that we have them all go through and then we make our recommendations as a result of that process," said Jim Mahler, the union's president. "We interview them in a small committee and then the general membership does the final vote for the final endorsement."

Any professor, full-time or adjunct, can participate in this process.

The union also endorsed Bernie Sanders for the Democratic presidential primary. In an article on the union's website, Mahler wrote, "At a time when American democracy is under threat, we believe that now, more than ever, Sanders's grassroots campaign is the answer to the dangerous influence of moneyed interests in our politics."

Grossmont's union also had their interns phone bank for Elena Adams along with getting signatures for the Schools and Communities First ballot initiative. This initiative would provide more funding for K-12 schools, community colleges and local communities.

This internship is offered to students with an interest in progressive politics. Along with banking and getting signatures, they also attend local community events and have taken part in picket lines for other unions on strike. ✎



Our female athletes handle their game like they handle their journeys—seriously and with a whole lot of swagger.

There is a plethora of athletic talent at Grossmont College, with a lot coming from female athletes. In March, we celebrate women in every walk of life including their leadership and competitiveness in their respective sports.

The breakthrough came in the 1900s Olympics when a total of 22 women competed in tennis, sailing, croquet, equestrian and golf. A lot has changed 120 years later. There are now women's leagues in many major sports such as basketball and soccer as well as must-see TV stars such as Candace Parker and Megan Rapinoe.

The legendary Pat Summitt was the winningest coach in women's college basketball history and left a lasting legacy both on and off the court. Advancements in women's sports are highlighted by coaching successes in the NBA and NFL. Becky Hammon became the first woman to coach in the NBA, leading the Spurs Summer League team in 2015, while Katie Sowers became the first female coach in Super Bowl history as an assistant for the 49ers in 2020. All these women made unique contributions to moving the game forward and paved the way for athletes of this generation at Grossmont and beyond.

HAILEY DOMINGUEZ, FRESHMAN | BASKETBALL

Even as a freshman, Dominguez's impact on Grossmont women's basketball this season has been nothing short of remarkable. She appeared in 28 games and averaged 10.6 points per contest, the third-best on the team. While her play on the court is sublime, basketball was not the sport Dominguez first took on at a young age.

"I started playing soccer when I was 5 all the way up to 8, and then started playing basketball when I was 9," Dominguez said. Sometimes a love between athlete and sport does not spark right away, as was the case with Dominguez. Fans of Grossmont basketball are grateful she traded in the cleats for some J's. Dominguez played high school basketball at Mater Dei Catholic and noted differences between high school and college games.

"Definitely the pace," she said. It's a lot faster than high school and I would say it's definitely more competitive."

While enjoying a fantastic rookie season, she refuses to settle and is always looking for ways she can get better. "I want to get faster so I am going to start doing more cardio as well as my shooting percentage; I want to get that up too." It looks like she has her sights set on quite the encore season in 2021. To the other teams in the Pacific Coast Conference: You have been warned.



JESSICA AND JAMIE MEDLIN, FRESHMEN | SOFTBALL

Grossmont's softball team is off to a great start, currently sitting well above .500. This comes to no surprise when players return for a second season, like Sierra Marty and Lexi Schmehr.

But don't dis on the freshmen either.

The team has 10 freshmen on the roster, all of whom have contributed mightily to the team's success.

Two of those freshmen went to the same high school, share the same last name and at one time, shared a womb.

Jamie and Jessica Medlin have been mashing softballs together their entire lives. Well, almost.

"The first year she played, I didn't play," Jamie Medlin said. "The year after, I started playing and I've played ever since. Jessica inspired me to play for sure."

The way the twins' softball journey was sparked was straightforward and nonchalant.



"I just brought home a flyer for softball when I was younger," Jessica Medlin said. "My parents signed me up and I just stuck with it. "It was the first real sport that I actually liked, so I've just been continuing to play it," she added.

The Medlin sisters inspired one another to pursue softball, but when it came down to diving into sports in general, it was their parents who truly sent them that direction.

"My parents and grandparents have always put us in sports," Jessica Medlin said. "They always wanted us to be a part of something."

Jamie Medlin added, "Our grandparents were always bringing us to random sports and activities until one stuck."



KARISSA BECKMANN, FRESHMAN | BASKETBALL

Most athletes have taken different paths to get to where they are today. For freshman basketball guard Karissa Beckmann, it seemed to be her destiny.

"I have five older siblings and they all played sports," Beckmann said. "Once it became my time, I just wanted to try it out and I fell in love with it."

Beckmann recalled how her siblings competing in sports caught her eye.

"I got to see how much fun they had, and how many friends they made," she said. "It was just really cool to see and watch. It gave me the drive to try it for myself."

They also brought out her competitive spirit, which is what she loves most about playing sports.

"I'm a very competitive person," Beckmann said. "Being the youngest of six, all of us were always competitive in family game nights and stuff. It just makes it really fun."

Growing up, Beckmann was a two-sport athlete, playing basketball and volleyball. "I didn't really play anything else growing up," Beckmann said. "I liked basketball more. It just grew on me a lot."

"I definitely liked the contact side of basketball. It made it more interesting."

It's clear that Beckmann has a lot of love for the game of basketball and is committed to being a great basketball player for Grossmont.

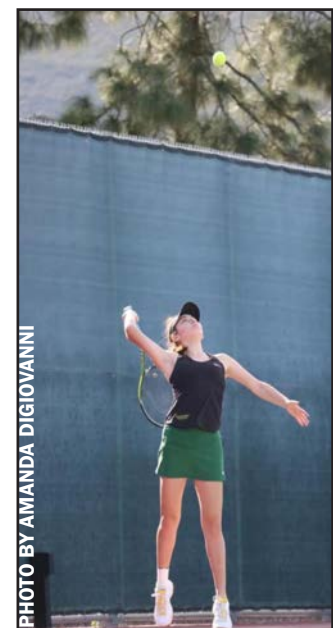
LEXI SCHMEHR, SOPHOMORE | SOFTBALL

One of the constants of Grossmont's softball team is sophomore Lexi Schmehr. She has been playing for 16 years in El Cajon county and at Valhalla High School. Schmehr enjoyed a fantastic freshman season in 2019, with a batting average of .355. While she had success with the bat, Schmehr was also the Griffin's top pitcher.

Schmehr has managed to be even more productive in her sophomore season. Her biggest leap from last is pitching. Schmehr already has accumulated two times the number of pitching wins and an improved ERA from 7.61 to 4.38.

She is a Swiss Army knife for this team and her talent certainly runs in the family. She grew up idolizing her sister who dominated in softball, playing at Seattle University, and her brother who wrestled at Cal State Bakersfield. In this family of athletes, Schmehr had a lot to live up to, and it is safe to say she is doing that and then some. Her athletic success led to her signing at Arizona Christian University.

"It's a lot more intense," Schmehr said. "A lot of the girls are more committed to it, especially at a J.C. (junior college) everyone is working to get to the next level."



ELISE PAYAN, SOPHOMORE | TENNIS

Fresh off an undefeated season and the Pacific Coast Athletic Conference Championship, sophomore Elise Payan and the Grossmont women's tennis team are no strangers to success. The wins just keep flowing as the 2020 season started with an encouraging 5-0 record.

The tennis journey for Elise Payan started in 2015 when she joined the team at Grossmont High School. Her friends were the ones who inspired her to start playing, Payan said.

"If they can do it, I think I'm capable," she recalled.

Like many athletes, Payan spread her talents across a multitude of different sports:

"I tried softball when I was 9; hated that. But I ended up playing soccer for most of my life and I finally just got sick of it and switched to tennis."

Tennis can be a sport that attracts a variety of athletic backgrounds given its rules and camaraderie. Payan gave her insight into how high school tennis varies from college.

"High school tennis is more team-based and the team was so big it was very hard to get one-on-one coaching," she explained. "I feel like with college, it's more than a team; it's a connection because there are so few girls and the coaches want you to succeed. The competition is also higher, and I feel like I have learned a lot." The one-on-one attention is an aspect of college sports that is a major draw to athletes that may not have received it at the lower levels. 🐦

EQUALITY IN SPORTS?

AN OPINION PIECE BY NICK COPPO AND ANDREW FINLEY



Women athletes across the country, are among some of the most elite athletes in the world, and that leads to them having some of the best teams in the world. Some of these athletes and teams are obviously performing better, if not just as good, as their male counterparts.

Katie Ledecky is a swimmer for the United States and won four gold medals in dominant fashion in the 2016 Summer Olympics. Her male counterpart, Michael Phelps, brought back the same amount of gold medals in those Olympics. This may beg the question: Why didn't Ledecky become a household name while Phelps did?

This seems to be a trend across much of Grossmont College's sports teams; the women's teams seem to match or exceed the performance of their male counterparts. Grossmont's women's indoor volleyball team is one of the top five teams in the state of California, while the men's team can be described as just pretty good or mediocre. The softball team has nearly half the amount of losses as the baseball team, and despite the women's basketball team having a rough season, the men's team didn't perform any better.

The larger point is this: These women are all putting forth the same amount of effort, going to practice every day and competing just as hard as the men. So why are men's and women's games looked at in such different lights?

There is a noticeable discrepancy in terms of exposure between men's and women's sports, and that includes our athletics at Grossmont. Some of Grossmont's female athletes feel that more attention is already being given to women's sports, but many feel that it still isn't getting the love and support it deserves.

"Advertising," Lexi Schmehr said when asked how more attention could be given to women's sports. "Other than the baseball team, who are right next to us, no one knows when we have games or what softball even is."

While female athletics have not been given all of the opportunities in the past, there is a reason to believe that a shift is coming. Schmehr gave her take on whether or not women's sports are heading in a good direction.

She explained: "I think now it is, now that there is more attention to it especially with the Olympics coming up, it's more broadcasted. Men's sports, they get so much more money and so much more attention."

Karissa Beckmann has a similar point of view as Schmehr; signs of growth seem to be obvious but support is lacking.

"Obviously that's growing," Beckmann said regarding women's sports. "The media is all about equal rights and whatnot. If they brought that mindset into sports, they have the power to televise it and get it out there."

Beckmann said she sees a bright future in the growing popularity of women's sports; she also acknowledges the challenges that come with it.

"It has to be something that people want to watch," Beckmann said. "People will probably be drawn to other sports that don't offer the women's side of it, but just getting them out there and recognizing how much entertainment is brought to both sides, and showing people where it is broadcasted would help."

"I think within the next few years it'll definitely make a huge jump," she added.

There is an ongoing debate about how to improve the WNBA and to make the league more globally recognized.

Hailey Dominguez explained: "I feel like the NBA could help out with that because they have good relationships with the players. They are the ones that always get all the spotlight and all the attention so I feel like they should use their platform to shed light on women's sports."

With the popularity of the NBA in the U.S., it is easy to envision powerful endorsements from male players causing a positive effect on the exposure of the women's game.

Due to the lack of publicity, it would be easy for all the female athletes to go out and express their feelings of disrespect to the media. However, not all female athletes feel that share in that sentiment. In fact, twins Jessica and Jamie Medlin said they believe the game is currently more respected than ever, and feel the audience is growing.

"I feel like more than ever girls are in sports," Jessica Medlin said. "I watch college softball all the time. I think sports are getting really big and centered that women are starting to get as important as men's sports. It's on the upcoming."

She continued: "They took away softball from the Olympics and people were upset, and now they're bringing it back. That shows a step in the right direction."

Despite the lack of attention, the number of female athletes continues to grow. Girls who are just toddlers now will be the ones who represent Grossmont within the next 15 to 20 years.

When asked to give a piece of advice, there seemed to be one common theme between each answer: Confidence is key.

"I know it's cliché, but don't give up," Dominguez said. "I know it's really hard being a female athlete because we don't get the recognition we deserve. I feel like no one really seems to care or give to women's sports and I feel like the more people start buying into women's sports and giving recognition or attention, that would just spark everything."

Beckmann had a similar message as her teammate: "Believe in yourself. I honestly wasn't going to play at the college level. Part of it was I didn't think I'd be able to. Put yourself

out there, do the work. You can do it."

Grossmont's female athletes preach self-confidence, no matter what. "Don't be afraid to be yourself," Elise Payan said. "Play as hard as you can, not to someone's level."

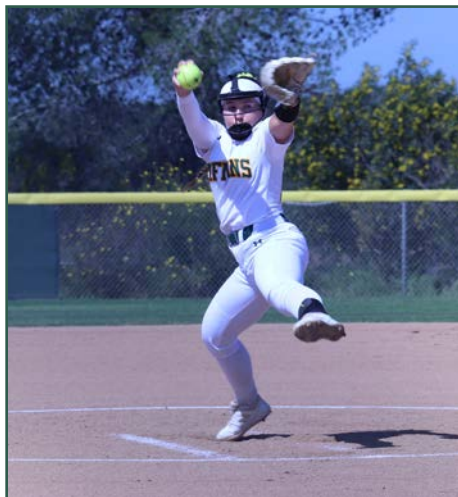
With their strong beliefs of women's sports being on the rise, the Medlin twins had some very simple, sound advice for the next wave of athletes.

"Just try out sports until you find one that you like," said Jessica Medlin, as her sister's approved. "Just make sure you have fun."

Jamie Medlin added: "You have to have the passion for the sport. You have to want to play."

In a world of endless negativity, such as stressing out over school, work and deadly diseases, one thing people all can lean on to forget about these burdens are sports. Men often get the spotlight when it comes to the headlines, but that doesn't mean the women of the sports world don't deserve the same love. They work day in and day out to be masters of their game and often get overlooked.

Perhaps this month can be a start to truly recognize the love women put into sports, and the amount of blood, sweat, tears and swagger they all put into their game so that they too can be appreciated year-round. ♡



SISTAHOOD

With more than 30 clubs on Grossmont's campus, Sistahood remains the only active all-women's club. Since it was started, Sistahood's mission is, "To provide a safe environment where women of color can break stereotypes, embrace, empower and build a sisterhood."

Beyond weekly meetings, the club's activities include panels and even an upcoming trip to Los Angeles. Tasha Courtney, the club's president, has been with Sistahood since it was started in 2018 and is involved in planning all club events and meetings.

For meetings held every Tuesday, Courtney said she chooses a social justice issue to discuss. To encourage an open conversation, Courtney said, "I'll ask: 'What do you ladies think? Can I have your opinion? What does it make you feel? Have you ever been discriminated against?'"

Although Courtney has been in Sistahood leadership for three years, she said, "It's usually me learning so much about them and where they come from." Their group discussions range from current news topics to Snapchat stories of people sharing their personal discrimination experiences.

The panels hosted by Sistahood are meant to highlight women of color within higher education. Main speakers are primarily women involved with Grossmont, such as the vice president of Student Services, who hold a doctorate or a master's degree. Along with the speaking presentation, panels include a question-and-answer portion to engage the audience for further discussion.

One of Courtney's goals for Sistahood's future is to increase the club's size and make it well-known. Weekly meeting attendance varies from about 10 to 15 members, but Courtney would like to expand its reach. "They have been working diligently to create a much-needed space for women of color on campus," Sistahood Advisor Lina Kern, stated in an email.

The initial impact goes beyond Grossmont as Courtney also plans to continue Sistahood's vision when she transfers to a four-year university.

For the members, Sistahood is a safe place to relate with similar experiences or teach each other about new ones. "A lot of the members are from Africa, so it's always them telling me about the culture and what they do," Courtney explained. "The other day we were talking about [how] in the African culture, they choose your marriage for you."

Sistahood exists as a safe place for growth and exploration for women of color. An example of personal growth through Sistahood is one club member who began attending club meetings but was very shy. After Courtney encouraged her to sit in the front and voice her opinions, she eventually went on to lead her own meeting. Courtney said the best part is encouraging women to be confident and love themselves.



This all-women's club exists to build a community on campus for women of color.

STORY AND PHOTO BY OLIVIA LINSTAD



"All women have issues. It's just different because they have a different skin color. That doesn't mean they don't bleed just like us. We're all the same but it's just different backgrounds."

—Tasha Courtney, Sistahood president

"For me, I just never realized how important my voice is. When I first started this club I had so many fears: What if they don't like me? What if they just never come?" Courtney recalled.

Her fears have been debunked through her learning experience of leading Sistahood through the past semesters. "All women have issues. It's just different because they have a different skin color," Courtney said. "That doesn't mean they don't bleed just like us. We're all the same but it's just different backgrounds."

Although March encourages the celebration of women's month, Sistahood has been consistent in building a community for Grossmont's women of color. Through conversations and relationships with each other, Sistahood members are an example of supporting women every month of the year. ♡



»» New Interim Dean of Admission and Records and Financial Aid By Annemarie Muñoz

Barbara Gallego has been appointed as the interim dean of Admission and Records and Financial Aid at Grossmont College. Gallego previously served as the financial aid supervisor as well as providing supervision of the work-study program, direct loan program, Cal Grant program and scholarships program.

Gallego advocates reducing barriers such as inadequate resources, college affordability or lack of support preventing students from attaining higher education. She previously co-led the Undocumented Student Task Force and served as a liaison to the Dream Center, among other roles. In her work to reduce barriers, Gallego currently co-chairs the Basic Needs Taskforce working to create an educational environment that provides compassion, respect and support services for students who are experiencing housing and food insecurities. ♡

To Park or Not to Park?

ILLUSTRATION
BY HUA ZHANG

Is parking at Grossmont really that bad?

It's not unusual to not find parking at Grossmont after 10 or even 11 a.m. With the majority of classes scheduled in the morning, finding parking isn't always the easiest and can become time-consuming. The parking structure, the front and side lots such as lots 1 and 7, are some of the busiest and fullest parking areas on campus. Although they're closest and most convenient for exits and entrances, these lots are known to be the more challenging and traffic prone.

Although several students stated parking on campus "sucks," Lorena Ruggero, Grossmont's director of College and Community Relations, decided to look on the bright side. She said parking on campus is better than it has ever been, with sufficient spaces for staff and students to park in.

"We have more than enough parking spots on campus for everybody," Ruggero said. "There's always spaces on the top floor of the parking structure."

Besides the main lot by the front of the campus, the parking structure is one of the go-to parking spots on campus. With three different levels for shade and close proximity to several buildings, the parking structure brings an advantage for many people who show up early to park in a desired spot at the front.

Although it may have its advantages, this structure is known for being one of the most congested places for traffic right after the noon and 1 p.m. classes. Since most of the early classes are dismissed at around 12:15 p.m., the parking structure is chaotic, especially if you're parking on the second and third levels.

"It was so bad," said Amaya Ardilla, an anthropology major. "I was stuck in the structure for half an hour trying to get up and only found parking on the third level."

The midday exiting and entering traffic can be chaotic and stressful with so many people trying to leave for home or work.

"Be courteous," Valeria Quezada said. You aren't the only one that's trying to leave campus. Letting people out of their parking spot or just allowing the person in front of

you go first may let traffic go smoother for the rest of the people trying to get out.

"The longest it ever took me to get out was probably an hour," Noah Davison said. "That was because I was on top of the parking structure. You have to wait for everyone at the bottom to leave in order for the top to move and get out."

Mia Castro said: "They're all horrible. I wouldn't say there's the best place to park, but behind the tennis courts is where I always find parking."

STORY, PHOTOS AND LAYOUT BY MATISSE SANCHEZ

for students, depending on how they seem to approach it," Ruggero said.

Here are some quick tips from students and staff to help tackle the parking game.

Carpool to school.

Grossmont has a partnership with Waze Carpool, which matches drivers traveling along the same route. Waze, a navigation and traffic app, makes it easy for you to make new friends and even avoid traffic jams in the early morning when you're running late



"There is always parking on campus. It just may not be the parking that you want." -Lorena Ruggero

The furthest places from campus are where students should look because there is sufficient parking without problems such as impatient drivers or traffic. Another Grossmont student, Temito Hernandez, said to try to look in places such as "right outside the 100 buildings." He added, "Not the parking structure but where the police station is located is bound to have a parking space or two open."

The first two to three weeks of the semester are the hardest and busiest because of unsettled class schedules, new students and construction. "After that, parking may still seem stressful but after some time it may grow less disorganized and more efficient

to school. Not only does it allow you to find easy access to new cheat roads, but it allows you and your friends to find parking more easily, which makes it more convenient and fun for students all around.

"I was a student here in the late '90s and I carpoled with all of my friends to come to campus," Ruggero said.

Use public transportation.

For students who live far from campus, public transportation may not always be the fastest. However, for those who live less than 15 minutes away, it may be something new to try if your goal is to avoid traffic.

Wait it out.

Traffic can take a while before it clears out. Instead of trying to leave campus right away, pack a lunch or hang out at Griffin Grill. There are many different activities around the peak time of noon to 1 p.m. that can help pass time and avoid traffic. There are always activities in the main quad that can get you involved with the Grossmont community.

Finish or get started on homework.

Remember that assignment that's due later this week? "Think about times when you could be doing [homework] when there's bad traffic around," Ruggero said. "It helps you stay on track for things that you need to finish."

Avoid the same traffic-prone spots.

Grossmont's only two parking spaces aren't the structure and Lot 1. There are many other spaces that give access to quick and easy on and off-campus. When asking several students about where the best places to park, they didn't mention the parking structure, but the lots that were all the way in the back such as 4A. They guaranteed there's always a parking spot no matter the time. "There is always parking on campus, it just may not be the parking that you want," Ruggero said.



Park off-campus.

Grossmont has several streets where many students can park to avoid traffic. Just be sure to be mindful and respectful toward the people who live there. Although it may not be right near your class, this kind of parking may save you 30 minutes trying to get off of campus.

Get to school early.

If you know your class time is later in the day, leave your house earlier. It may seem unnecessary at the time, but there may be more opportunities to find parking and can even motivate you to get an early start to the day "I found parking really easy, but that's because I had class at 8 a.m.," Quezada said. "Get here on time or early, preferably. You won't struggle with finding parking." 🐦



**The
Career
Center
offers
more than
you may
expect.**

STORY AND PHOTO BY DESMOND RHEA

If this is your first semester at Grossmont or you're undecided with your career, it may be crucial to make an appointment at the Career Center. If you have never been to the facility, you may be surprised by the number of resources it has to offer for both career and employment readiness.

Career Services Supervisor Renee Nasori, along with the rest of the staff at the Career Center, are there to help the many students who struggle with school.

"We see from time to time again, and statistics show, students complete with us after five or seven years of a two-year institution," Nasori said. As a former Grossmont student, Nasori said she struggled for years to figure out what she wanted out of school and relates to students who are in the same position.

It's not difficult to set up an appointment. Nasori encourages students to come have a conversation with her or any of the other career counselors to find out what they specifically need. Students may be given an assessment to figure out your strengths and weaknesses. Many of these assessments, which only take up to 10 minutes to complete, can be taken home and brought back to a counselor to discuss. It's also one way to get students excited about careers.

Also, Grossmont can help you find work including administrative or part-time work, which is especially helpful to full-time students. Human resource representatives from companies come to Grossmont looking for prospective employees and the school reciprocates by providing them with candidates. There's also

Griffin Works-paid internships Nasori said students can use to get hands-on experience toward the field in which they are interested.

If you're looking for work, students are advised to attend the "21st Century Skills" workshops at Grossmont. Nasori said she often hears from employers who say students looking for work are lacking soft skills, such as communication skills, dependability and reliability. Many students are looking for work, but if two students come to Nasori looking for employment, she's going to choose the student who has been attending the workshops.

The Friday workshops, which take an hour to complete, cover topics ranging from time management, communication, resume-building and more. "If you can tackle any 12 different workshops...we'll give you a certificate to show your employer or prospective employer... that you took the time and initiative to engage voluntarily to earn the certificates," Nasori said.

Taking these workshops is one way to help polish your resume and give you an edge over the competition.

For students who have been going to Grossmont off and on for years, this could have been a saving grace to figuring out what they wanted from school earlier. Nasori said students are often unclear about the services or "think there's some sort of expectation" when using them, but that is not the case.

Maybe it's time for you to go to the Career Center and talk with a counselor. You may save yourself time, money and stress by doing so. 🐦

ENROLL

[CONT. FROM PAGE 8]

said Terry Sivers, an adjunct counselor at Grossmont. "If we focus on the needs of the students, I think in turn our retention rates, graduation rates and possibly even enrollment will increase because of the commitment by faculty and staff to serving the students."

When school offices are open to students and live help is available, registration rates go up. The president said this is evident through "unintended barriers" such as the challenging online registration system. Because Grossmont understands online registration is a hurdle causing a delay for many students, they are working to make improvements on the platform to recover the enrollment drop.

Bringing enrollment rates up is an important goal for Grossmont and they plan to do so by improving the registration method, but also by strongly advertising the results being produced at Grossmont.

"We have not been good about advertising our strengths... we know the students who come here benefit from the experience, but many are perhaps distracted by the advertising of other institutions that offer promises," Abu-Ghazaleh said.

The president acknowledged the lack of advertising at Grossmont, but plans on turning that around by reminding potential students: "While we are your friendly local community college... we are also global in reach and top-notch in actual support for our students."

Grossmont must adapt to enrollment drops. It has done so by balancing the budget and readjusting how money is spent. This can negatively affect the school because decisions regarding staffing and infrastructure must be made, such as where funding should and should not be held back.

"We have to balance the budget; we have to put our resources in the places where they make the best sense for the students we have," Abu-Ghazaleh said. "It's balancing your expenditures and your revenues really. It's a simple concept, but it's hard work because we're making difficult decisions."

Most recently, the number of full-time faculty positions has decreased for the year. By email, the president said, "While I know committees have been eager to proceed, our enrollment and budget information have dictated a review of the long-term commitments that we make." These staffing decisions come as a result of low enrollment and budgeting, but will be revisited as enrollment adjusts. ❧

GROSSMONT BRIEFING

Griffin Dialogues

By Annemarie Muñoz

Walking through campus you may have seen colorful flyers promoting various open dialogue workshops students can attend throughout the semester. The workshops cover a range of topics from mental health, inclusivity, criminal and social justice, homelessness and history.

Griffin Dialogues are presented by the Student Engagement program committed to diversity and inclusion. According to the Student Engagement mission statement on the college website, the programs are designed to enhance overall educational experiences for students through "exposure to and participation in social, cultural, multicultural, intellectual, community service, leadership abilities, and campus governance involvement."

While attending a Griffin Dialogue event, students can expect to work in a small-group setting consisting of students and an instructor. Students are encouraged to share their opinions or personal reflection throughout the lesson and are reminded they are in a safe space if they feel comfortable doing so. Instructors ensure each voice is heard and is valid through community guidelines that are established at the beginning of the discussion.

Community guidelines are set to establish a positive learning environment for students to promote a friendly experience for attendees. Guidelines include ensuring all voices in the conversation are heard, listening respectfully, being open to understanding others and understanding your words can affect others.

By providing an educational foundation of learning, the Student Engagement program helps students become active members of the community on and off-campus. ❧

Free, Free, Free

By Terena Tarbor

The word "free" often seems to catch people's attention, and Grossmont's Theatre Department has an opportunity for students at Grossmont who enjoy free theatre.

Students can see the upcoming show, *Clybourne Park*, for free when they sign up to usher. Students must pick two show times of their choice, and they have the option of taking tickets at the door, helping guests find their seats, helping people in the parking lot, concessions and many more positions.

This opportunity is especially helpful for students who are required to see the shows for class critiques or for some students to receive some extra credit points in class if the option of seeing a show is offered. This

opportunity can also just be an inexpensive way to see the production put on by the students at Grossmont.

"Ushering is a great way to still be a part of the theatre community... and still be active within the department," said Brittany Carrillo, the house manager for the show. "Come on down; it's going to be fun."

The show runs through March 21, with performances on March 13, 14, 19 and 21 at 7:30 p.m. Matinée shows will be held on March 14 and 21 at 2 p.m.

Students can sign up to usher in the box office located in Building 25, or can call Alexis Popko at 619-644-7234. ❧

Debunking Stereotypes

By Victoria Vigil

Grossmont College welcomed The One Message Foundation to speak on campus on Feb. 27 with the presentation of "Debunking Stereotypes About Muslims and Islam." The event was brought to Grossmont by sociology professor Julio Soto.

The One Message Foundation, a non-profit organization in San Diego that has been coming to the campus for four years, has a clear mission statement: "The members of this organization can educate Muslims and non-Muslims about Islam in order to bring a better understanding of Islam. We educate by having information tables about Islam, by organizing events about Islam and conducting classes about Islam."

Speaker Yusha Evans was born and raised in South Carolina in a conservative Christian household. He decided at the age of 14 to convert to Islam. Now he goes to various places around the world to speak on problematic misconceptions of Islam.

Soto usually offers extra credit to his students for events like this, but said he hopes his students get more than that out of it.

"It takes courage to sit there and listen with the goal of greater understanding; it takes mindful effort to stay engaged and wrestle with the discomfort of the unknown," Soto said in an email. "Even while there is much more learning needed to be able to understand those who are different from us as fully complicated human beings, the simple exercise of placing ourselves in these learning settings comes with enormous rewards."

His students turn in a one-page reflection after Evans is done speaking and answering the audience's questions.

"Most importantly, the writing component of these events are meant as opportunities for self-reflection," Soto said. "With the growing body of research on unconscious bias, this is a crucial opportunity to engage in some introspection to challenge the racialization of Muslims and Islam." ❧



SPRING PLANNING

It's a busy time for our student government.

BY JOE VALERIO

The Associated Students of Grossmont College (ASGC) has one of their major events going on in March as they are currently looking for individuals to fill two senator positions.

President Leo Rubio said in a written response, "We are trying to get people to apply and become part of this amazing community."

ASGC is planning to fill these positions in their staff. They are excited about this event as student government representatives have tried to encourage students to get more involved with Grossmont College.

For students at Grossmont, having new representatives in ASGC might bring welcomed change, such as new and different initiatives that could change the history of the school as a whole.

Rubio said, "ASGC wants nothing more than to advocate and learn how it is that we can make a difference for students on campus and also how to represent the student voice as fairly as possible."

ASGC members are appointed by the governing committees, but it is not known when the new members will be announced.

ASGC's next event in March is a big conference called The General Assembly located in Ontario, California. All the colleges from California come together to vote on resolutions at the conference, which will impact the whole community college student body of the state. ASGC members said they hope it will positively impact not just other schools, but Grossmont College as well. The ASGC is going to spend this month reviewing resolutions from the whole state to ensure ASGC delivers the best possible result to the student body.

"One of the ways ASGC prepares is through identity training," Rubio said. "Identifying its identities and intersectionalities which will lead everyone to a path in which the department can use these oppressed or privileged identities to its favor and help people whose voices cannot be heard." 🦋



SOLUTIONS

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| 4. c | 9. a |
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GOURMET AT GROSSMONT

Culinary Arts serves up \$10 gourmet lunches on campus.

STORY BY VICTORIA VIGIL | PHOTOS BY KRIS SARADPON

Are you looking for a gourmet-quality lunch that only costs \$10? Well, look no further, because Grossmont College Culinary Arts have you covered! Culinary Arts students who are enrolled in Principles of Buffet and Catering 173 with instructor Valarie Carlone Baker put the lunch buffets together.

The course is designed to “include methods and procedures needed for catering and buffet service including table arrangements, decor, physical layout, and decorative carving techniques. Students will also prepare pâté, gelatin, marinated salad, smoked fish and charcuterie.”

Baker explained what someone can expect from coming to this event.

“They should expect one of the nicest lunches we are going to have on campus,” Baker said. “You’re getting really high quality. Our students are very dedicated and they love to express themselves... they’re just motivated in every single dish; they put a lot of love and care into it.”

For the Valentine’s Day lunch, the menu featured a chocolate fondue fountain and a donut wall. Baker said her students were so dedicated they even replaced plain sprinkles on the donuts with crumbled-up Girl Scout Cookies.

Culinary student Natapong Thamcharoen said: “You get to know how to work in a team and have self-discipline. It’s pretty much all about teamwork.”

“This class is buffet and catering so we learn a lot about how it works, how we handle obstacles like serving 50 people, getting everything ready before the guests come in,” Thamcharoen continued. “I have learned a lot from this class.”

The lunch buffet has various themes. For example, their last buffet lunch was house party-themed. Food included a watermelon salad with feta, pasta carbonara, steak fries with short ribs and Gouda cheese to name a few of the dishes. For dessert, they offered a churro bar and for refreshments, they had a blood orange spritzer.

Grossmont College Culinary Arts Coordinator James Foran said the money made from the tickets will go toward field trips for the culinary arts students. The buffet lunch has two more dates coming up: April 7 and May 12. The next themes include a family-style dinner and BBQ party.

A Grossmont culinary art student, Brion Allen, who is currently taking the course, said: “It turned out to not only be a great place for learning but also networking, meeting people in the industry. I was able to get my first job here and move forward in the culinary industry through the professors and through the students here. So it has been a great way to expand.”

Allen also mentioned that a student who wants to succeed in this class must have a passion to succeed.

To support the Culinary Arts program,



purchase buffet and catering lunch tickets at grossmont.edu on the Culinary Arts Department page. Print the tickets, which cost \$10 plus processing fees, and bring them to Building 60, Room 177 at noon on the day of the event. According to the website, this is a first-come, first-served event, and food must be consumed on the premises. 🐦

This March we get to celebrate, admire and read about different women who have made or are trying to make an impact in our communities and world. Reading has not only brought us closer to some experiences women have lived but also allows us to step into their world and how they view it through the pages they have written.

We Should All Be Feminists by Chimamanda Ngozi Adichie is based on the Ted Talk performed by Adichie on how we should all have some kind of feminist mindset. She walks us through the various experiences she has lived in her life, such as the first time she came upon the word “feminist” and how much it impacted her through the writing of her first book. The book leans toward a more feminist type, as made clear by the title. In reading the book, we should all have some time to step back and look at the world and the differences that are in both men and women. Adichie touches upon several uncomfortable topics that may be difficult for some anti-feminists to grasp. She writes, “Because gender can be uncomfortable, there are easy ways to close this conversation.”

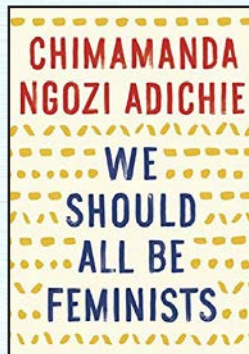
Adichie is an inspiring and proud Nigerian woman who sets her own definition of being a feminist and how, as women and men of the future, we should all do better in this world.

The *Throne of Glass* series has been one of the most anticipated and read books among young adults. With copies sold around the world in various languages, you’d think this author was

just lucky someone picked up the book and published it for teens. Sarah J. Maas wrote this book when she was just 16 years old and has since sold over one million copies. Maas was first inspired by the story of Cinderella and twisted it to make it her own dark, yet addictive, novel about a trained and skilled assassin. Throughout her life, she encounters several challenges and gets to unravel aspects of her past. Maas does an incredible job of constructing this strong yet vulnerable character who readers can’t seem to get enough of. Maas doesn’t

stop there. Along with her *Throne of Glass* series, she has come to write several other fantasy books that reel in the reader. With so much up her sleeve, Maas takes the reader through several journeys making her a great author with amazing stories to tell.

The last author brings us a story about the power family and sisterhood have over a person. *Little Women*, by Louisa May Alcott, follows the story of Louisa (also known as Jo) and her family consisting of her sisters Beth, Amy and Meg. Each character is beautifully written and developed, making the reader want to be part of this family and the love they share for each other. Each of the girls has different traits that set them apart from the others, making them more intricate and loving despite all of their differences. *Little Women* is full of wonderful stories inside of the book itself, each making the reader adore every character the deeper they get into the storyline. ♡



Novel Novels



It's all about women

THIS MARCH.

By Matisse Sanchez
Design by Sara Shah

REEL TALK

WHO NEEDS A MAN?

— BY DONOVAN HOLLAND

Take a look at a few iconic female characters who stick it to the man.

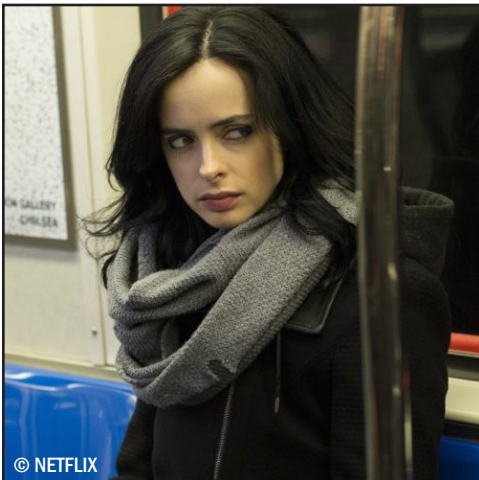


CAROL PELETIER | *The Walking Dead*

The Walking Dead has no shortage of strong female characters. The strong-willed Maggie Greene and the katana-wielding Michonne are both strong contenders in their own right. However, one could argue that no character has grown more within the 10 seasons the television series has been on the air than Carol Peletier. Currently a fan favorite on the popular show, time and time again Carol has shown herself to be unflinching, undaunted, unbroken and surprisingly skilled in defending herself. Formerly a timid and meek housewife who often cowered in fear of her abusive and alcoholic husband, Carol has slowly grown into a one-woman army both her allies and enemies have learned to fear. Carol's main subterfuge is her charming presence and unimposing demeanor which are too often taken for granted. This often results in a less-than-desirable outcome for those who fail to understand how much damage this no-nonsense 55-year-old is capable of dishing out.

REY | *Star Wars*

One of the standouts is in the most recent *Star Wars* trilogy. Rey has become an icon of strength and courage for both young boys and girls. As the face of *Star Wars* today, Rey has managed to bring a whole new set of fans to the widely popular *Star Wars* franchise, and it's not hard to see why. Actress Daisy Ridley brings fierce energy coupled with an air of bravery to the character. She shows herself to be the perfect mix of patient, spirited and absolutely fearless. Rey may be charismatic and magnetic in nature, but that doesn't take away from the fact that she is also a force to be reckoned with. Hopefully, we will see Ridley on screen a few more times in future *Star Wars* projects.



JESSICA JONES | *Jessica Jones*

Generally, Marvel is known to be quite generic with their female protagonists. Most, if not all, of their on-screen heroines are displayed as eye-rolling, straight-to-business female archetypes. Their dialogue is comprised of snarky quips and cliché one-liners. These characters are over-sexualized shells of women who have no real personality or definable character traits and are on-screen to aesthetically please male viewers. Their purpose is to support the male protagonist, and not much more.

Enter Jessica Jones. She is a young woman who has a small array of superhuman abilities gained from a childhood accident but that isn't why she's such a great character. Jessica works so well because she feels authentic, sans the superpowers of course. Jessica is a 20-something-year-old doing her best to get through each passing day in her hometown of Hell's Kitchen, New York. Actress Krysten Ritter gives a sincere representation of a working-class woman who struggles with alcohol abuse and works as a private investigator to make what one could argue equates to "a living." She's someone who doesn't censor her speech, act how society expects her to or go chase a man in hopes that he will give her value. Here's to hoping that Marvel Comics will decide to apply this more realistic take in the future.

ELSA | *Frozen*

If there's one powerful female icon that both young and old individuals can easily recognize, it would be Elsa from Disney's *Frozen*. Elsa has exploded into popular culture in the past decade not only as a paragon of female empowerment but also of unabashed individuality and devotion to following one's own course. In a time when female-led fantasy and action movies are far and few between, Elsa more than makes up for the minimal representation of empowered women in film by fighting her own battles and showing that having a man doesn't give one their worth.

Elsa is a polar opposite of the damsel in distress who needs saving and instead shows herself to be her own savior. Because of this, Elsa has become a symbol of rebellion against factions that instruct us to "conceal, don't feel." The media and film world has become a cesspool of tired character tropes. It's a breath of fresh air to see the reserved-yet-powerful Queen of Arendelle as the breakout star of the Disney filmography, as well as an idol of empowerment for us all to look up to. This is what makes Elsa not just an iconic female character in the Disney canon, but one of the most iconic characters in film history.

