

The

# SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | APRIL 2020



## TABLE OF CONTENTS

- 4 The Front Stuff**  
Editorial, crime log, campus calendar and Brain Boost.
- 6 Grossmont's COVID-19 Update**  
The college president holds a virtual forum to inform students and staff about the coronavirus.
- 7 Social Distancing**  
Social distancing got you down? Try these tips!
- 8 Mental Health Advice for Shelter-in-Place**  
Physical health is not the only thing we should be concerned with.
- 9 Transitioning to Remote Learning**  
When classes are forced online, time management becomes key.
- 10 Flying Into Uncertainty**  
As the coronavirus crisis worsens, students from abroad are faced with tough decisions to go home or stay in San Diego.
- 11 Emergency Money**  
Emergency grant money and scholarships are available.
- 12 Scammers are on the Rise**  
There's more than one virus to think about.
- 13 No Sports? Now What?**  
During this time of year, sports fans are usually glued to the TV. Unfortunately, that's not the case this year.
- 14 Game Over**  
With almost the entire sports world being halted by the pandemic, Grossmont's second-year athletes reflect on the "lost season."
- 16 Goals: Beyond January 1**  
Follow these tips to meet your academic goals.
- 17 Airing Out**  
Grossmont lends out its ventilators to help in health crisis.
- 18 Novel Novels**  
These reads will get you through quarantine.
- 19 Getting There**  
Campus construction is one thing moving forward.
- 20 Reel Talk: Dream Escapes**  
These ethereal movies will make you forget about being quarantined.



# The SUMMIT

A publication of Grossmont College's  
Media Communications Department.

Vol. 46 | Issue 7 | April 2020

### SUMMIT STAFF

**Editor-in-Chief:** Jasmine Osuna

**Deputy Editor:** Olivia Linstad

#### Senior Writers

Andrew Finley, Donovan Holland,  
Matisse Sanchez

#### Staff Writers

Nick Coppo, Annemarie Muñoz,  
Desmond Rhea, Terena Tarbor,  
Joe Valerio, Victoria Vigil

**Web Editor:** Sharisse Cohee

**Adviser:** Jeanette Calo

### GROSSMONT-CUYAMACA COMMUNITY COLLEGE DISTRICT

8800 Grossmont College Drive  
El Cajon, CA 92020  
619-644-7454 | grossmont.edu

#### Governing Board Members

Elena Adams, Linda Cartwright, Bill Garrett,  
Debbie Justeson, Brad Monroe

#### Student Members

Amy Bianchi, Sonia Mendoza-Reyes

**Chancellor :** Dr. Lynn Ceresino Neault

**President:** Dr. Nabil Abu-Ghazaleh

Contact us at  
summit@gcccd.edu



VISIT US ONLINE  
[gcs Summit.com](http://gcs Summit.com)

Follow  
Us!



/THESUMMIT.GC



@GROSSMONTSUMMIT



# Summit Staff

## How have you been staying busy at home?



### Nick Coppo

I watched *Tiger King* on Netflix (Carole fed her husband to the tigers) and spent some much-needed time with my family.



### Donovan Holland

What have I NOT been doing? I've been working 30+ hours a week at the only open Starbucks in the area. I have also been cooking, playing guitar, watching movies I haven't seen, re-organizing my closet, practicing my Spanish, texting friends on Snapchat, revamping my Instagram profile, building my '60s and '70s music playlists on Spotify, and listening to a 14-hour George Carlin audiobook. That man was a genius.



### Annemarie Munoz

I've been studying, trying out new recipes and watching a lot of Netflix.



### Desmond Rhea

I went downtown to look at San Diego's nightlife; it was like a ghost town. Otherwise, I've been going stir-crazy. I miss hanging out with my friends and having a beer.



### Terena Tarbor

I've been watching movies off a movie list I have. I would always say I'm going to watch them, but then I never would, so now I have all the time in the world. Also, I've been raiding my fridge every hour on the clock.



### Victoria Vigil

I've mostly been watching a lot of Netflix, trying to learn a new language using Duolingo and exercising using YouTube workout videos. Also being sad because I do not have the *Animal Crossing* video game.

### Andrew Finley

Pretty much anything but schoolwork. Cleaning up my grandpa's house so my brother can live in it, complaining about missing sports with my peer editor Nick Coppo, and playing Minecraft with my brothers.



### Olivia Linstad

Embroidery and baking. Is this *Little House on the Prairie*?



### Jasmine Osuna

I've been playing a ton of *Animal Crossing: New Horizons* when I'm trying to study, but usually I don't procrastinate beyond redemption.



### Matisse Sanchez

I've been playing a bunch of *Overcooked* with my sister. I started *Parks and Recreation* and ever since this virus started, and I've been hooked.



### Joe Valerio

I've been trying to finish my pile of books, watching Netflix and cooking with my mom.



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@gccc.edu](mailto:summit@gccc.edu).**





# WE'RE IN THIS TOGETHER

**R**ight now, we are all living through history. The current pandemic is a generation-defining moment, something we will be talking about even in old age. It appears we will continue to shelter in place for some time. This means we will continue to have to make sacrifices for the good of all of us. We may not be able to go to cafes or bars, but we can be good patriots by drinking a White Claw on our couch at 11 a.m.

We've already had to make so many changes in our day-to-day lives. Just adjusting to online learning has been difficult for many, myself included, but we have to adapt to our new circumstances.

Remember to get some fresh air if you can, whether it be on your patio or just outside your door. If you need to take a break from the news do so; maybe listen to the rain instead. We're all surviving this crisis together, so be sure to check in on your friends.

If you have any questions, feedback or just want to let us know you appreciate our coverage, please feel free to reach out and write me a letter. Letters to the editor can be submitted to [summit@gcccd.edu](mailto:summit@gcccd.edu). Your input may be featured in a future issue.

Jasmine Osuna, Editor-in-Chief



**G**rossmont'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 March.

- **Hit-and-Runs:** Two hit-and-runs were reported by Grossmont deputies. A deputy attempted to investigate one; however, he was unable to reach the victim.
- **Suspicious Vehicle:** A deputy reported one suspicious vehicle on campus.
- **Collision:** A non-injury collision was reported near the MTS bus stop.
- **Other:** Deputies assisted with medical aid on three separate occasions. The first took place in the fitness center. On the second, a deputy assisted the fire department and paramedics in Building 30, Room 232. The third was in health services. A deputy also investigated a student having a mental health crisis in the health office.

\* *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.*

## 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](mailto:summit@gcccd.edu).

## CAMPUS CAL

COMPILED BY ANDREW FINLEY

### APRIL 10:

**Creating an Elevator Pitch, 10 to 11 a.m.\***

**Financial Literacy/ Budgeting, 11 a.m. to noon\***

### APRIL 17:

**Effective Communication/ Feedback that Works, 10 to 11 a.m.\***

**Customer Service, 11 a.m. to noon\***  
**Exploring Majors, noon to 1 p.m.\***

### APRIL 24:

**The Why, 10 to 11 a.m.\***  
**Self Awareness, 11 a.m. to noon\***

**MAY 8: Next issue of *The Summit* published**

\*Workshops on ZOOM; RSVP: <https://tinyurl.com/rgm2zva>

\*\*Events subject to change; visit [grossmont.edu](http://grossmont.edu) for latest info

## U.S. HISTORY TRIVIA ▼

1. What president proposed to his wife on their first date?  
(a) Bill Clinton (b) Richard Nixon (c) Gerald Ford
2. Who saved a picture of George Washington during the War of 1812 when the British were about to burn the White House?  
(a) Dolley Madison (b) Elizabeth Monroe (c) Abigail Adams
3. The Star Spangled Banner became the National Anthem in what year?  
(a) 1924 (b) 1906 (c) 1931
4. In which year was the voting age lowered to 18?  
(a) 1963 (b) 1971 (c) 1968
5. Who was Vice President when America entered WWII?  
(a) Adlai Stevenson (b) John Nance Garner (c) Henry Wallace
6. What was the first capital of the Confederate states?  
(a) Montgomery, AL (b) Columbia, SC (c) Jackson, MS
7. Who was the second man to walk on the moon?  
(a) Jim Lovell (b) Michael Collins (c) Buzz Aldrin
8. In what year was the Cuban Missile Crisis?  
(a) 1960 (b) 1962 (c) 1963
9. Who was President at the end of the Vietnam War?  
(a) Gerald Ford (b) Jimmy Carter (c) Richard Nixon
10. Who is thought to be the first American serial killer?  
(a) Robert Sherlock (b) Richard Speck (c) H. H. Holmes

**SOLUTIONS ON PAGE 19**



## CEREBRAL MATTERS

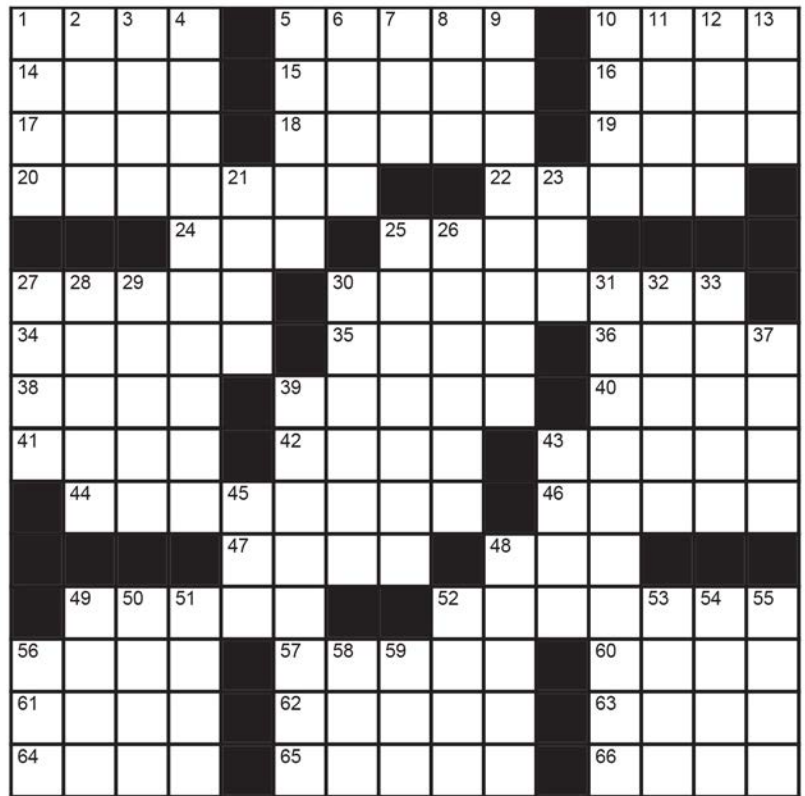
Train your brain with puzzles.  
[SOLUTION ON PAGE 19]

### Across

- 1 “\_\_\_, the Magic Dragon”
- 5 Speed demon
- 10 Eyesore
- 14 Polo grounds?
- 15 Accustom
- 16 Creme-filled cookie
- 17 Defraud
- 18 Reef material
- 19 Lothario’s look
- 20 Skilled worker
- 22 Everglades bird
- 24 Drink from a dish
- 25 W.W. II turning point
- 27 Doesn’t go
- 30 Impinge on someone’s privacy
- 34 Young male horses
- 35 Ceremony
- 36 Pigeon pea
- 38 Mimicker
- 39 Feasts
- 40 Filly’s mother
- 41 Opportune
- 42 Razorbills
- 43 Sad song
- 44 Hardwood tree
- 46 Willow twig
- 47 Retain
- 48 Overhead trains
- 49 Kind of engineer
- 52 Accost
- 56 Rani’s wear
- 57 Runs in neutral
- 60 Island east of Java
- 61 Diabolical
- 62 Ruth’s mother-in-law
- 63 Downtime
- 64 Facilitate
- 65 Astronomer Hubble
- 66 “If all \_\_\_ fails ...”

### Down

- 1 Legal prefix
- 2 Exploitative type
- 3 Decree
- 4 Line of descent
- 5 Summation
- 6 Any day now
- 7 Mongrel
- 9 Sets free
- 10 Kind of prize
- 11 Impulse
- 12 Tuna \_\_\_
- 13 Dupin’s creator
- 21 Back talk
- 23 Cheat
- 25 Bar words
- 26 Hate
- 27 Melee memento
- 28 Something to talk about
- 29 First Hebrew letter
- 30 Three in one
- 31 Type of evidence
- 32 Puppeteer Lewis
- 33 Barracks boss
- 37 Sinister look
- 39 International \_\_\_
- 43 Sweetie pie
- 45 Schuss, e.g.
- 48 Red fluorescent dye
- 49 Spanish sparkling white wine
- 50 Pupil’s locale
- 51 Loathsome
- 52 Interstate hauler
- 53 Veil
- 54 Pandora’s boxful
- 55 Game piece
- 56 Behold
- 58 Family member
- 59 Fan setting



Copyright ©2017 PuzzleJunction.com

Remember,  
you’re not  
alone.



We’re all in this together. *The Summit* has the campus coronavirus coverage you need. Visit our website, [gcsu.summit.com](http://gcsu.summit.com), or scan the QR code above.



© PEXELS.COM



# GROSSMONT'S COVID-19 UPDATE

**Grossmont President Nabil Abu-Ghazaleh holds a virtual forum to inform students and staff about the coronavirus crisis.**

As of March 20, after Gov. Gavin Newsom's stay-at-home order, Grossmont classes and student support services transitioned online until the end of the Spring semester due to COVID-19. President Dr. Nabil Abu-Ghazaleh held a virtual presidential forum on March 31 with an update on the situation, while addressing student and staff concerns.

The president said he is aware of the challenges being faced with physical distancing, such as the lack of access to campus resources for staff and students. He explained the strict rules: "We simply can't negotiate with this virus."

The president reminded listeners of the hourly rapid changes in circumstances with this virus and its devastating impacts. During these times of uncertainty, it is important for Grossmont to remain certain in the continuity of education, and maintain student support.

One significant update was the decision to have a virtual commencement versus the traditional on-campus graduation ceremony in June. Students will still be celebrated and congratulated; however, the form of an online celebration has yet to be determined.

"The idea of shaking hands with 700 students at five and a half seconds per student is not what today's world requires or suggests and it would be somewhat irresponsible to think that in seven to eight weeks from now everything will be just fine," Abu-Ghazaleh said. "Medical science has not moved that quickly, and I don't think that would be a wise thing."

Updates on summer classes are pending due to budget cuts at up to 15 percent and uncertainty of the financial standing of the school. The plan as of now, according to the president, is a delayed start to the summer session if its budget doesn't cut into

the core Fall and Spring semesters. He emphasized the standing of summer sessions is unclear at this moment.

As of the upcoming Fall semester, he said it's too early now to determine how it would be held. There was also talk of extending the Spring semester to June 30 as an additional aid for students struggling with resources for online learning, but that has not been confirmed. Again, the president expressed that it's still too early to tell.

One student in the meeting emotionally expressed

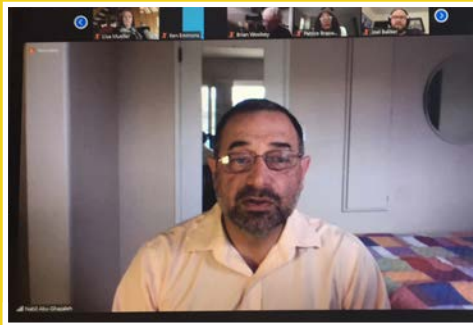
her need for deadline extensions because she had relied on technology at school, and is struggling to complete schoolwork. She also works overnight and explained her instructors denied her requests to extend certain schoolwork deadlines.

The president was empathetic to the impact of her situation; he addressed how professors, along

with grading systems, were instructed to have "maximum flexibility" with students during this time. As for technological resources, he encourages students in need to apply for available grants with up to \$80,000 in grants.

The president also became emotional when speaking on the struggles of students, parents and staff. "I just have to think of the kid walking down the beach, throwing sea stars back in the water," he said. "No matter how big the beach and how large the ocean, to the sea star that got thrown back in the water, it's life. I'm inviting you all to the beach."

Although the hope is to eventually return on campus, Grossmont will continue to adapt, change and grow throughout this learning process. But like the president said: "This meteor does not unhitch; once our world has changed, it is going to be changed forever." 🐦



**Grossmont President Dr. Nabil Abu-Ghazaleh connects with faculty and students remotely during the campus closure.**

# SOCIAL

STORY BY DONOVAN HOLLAND



## Social distancing got you down? Try these tips!

It's official: The COVID-19 quarantine is here to stay for the foreseeable future. For students at Grossmont, that could mean not getting to go to restaurants, concerts, beaches, and our favorite coffee shops with friends. However, for many others who are at high risk for infection, we are benefiting them by putting their health before our recreation. How do we do this, you might ask? We simply prolong the lives of those at risk with a technique known as "social distancing."

Firstly, what is social distancing? According to Katie Pearce of Johns Hopkins University, social distancing is generally defined as "a set of non-pharmaceutical interventions or measures taken to prevent the spread of a contagious disease by maintaining a physical distance between people and reducing the number of times people come into close contact with each other."

For us, this is put into perspective more by what we don't do as opposed to the activities we do perform. For example, this means not going to school, not going out to heavily-populated areas to socialize, keeping any sort of gatherings to a tiny amount of people, and avoiding physical contact when out in public places.

Grossmont student Darby Paige commented regarding how she likes to practice social distancing.

"I study and then I also like to cook, write, go for walks, and clean my house," she said. "This is a great time to work on things that I never seem to get to."

However, make no mistake, social distancing does not equate to self-isolation. On the contrary, isolating oneself is actually unhealthy for one's mental state. You do not want to become a hermit and hide away in your house while the coronavirus is wreaking havoc. Instead, let's look at some constructive ways social distancing can be upheld while still keeping ourselves busy and avoiding insanity.

Grossmont film major Sam Grant shared how he's practicing social distancing while still enjoying his life. "I went camping in the desert by myself," Grant said. "I've also been doing homework, editing my projects, playing video games, and hiking with my dog to get exercise."

While keeping yourself out of the danger zone, often the time we have to ourselves while practicing social distancing can make us more productive. Grossmont student Ed Maria described his experience.

"I've been using the time at home to study for my pharmacy tech license," Maria said. "When I'm ready for a break, I'll find some music to listen to, watch TV, make a song or vlog for my YouTube channel, have a few snacks, or play football with my dad. I really try to entertain myself."

Grossmont student Mark Quintero also discussed his positive encounter with social distancing. "It's not bad. I still talk to my friends every day, just not in person," he said. "I've been playing a ton of video games but I've also started reading more. Right now I'm working on 1984. I've been working on making music a lot more lately, and I go on hikes with my dog."

Social distancing can be a positive experience for students. Practices such as these can cause us to get around to activities that we wouldn't have otherwise, such as maintaining productivity, keeping up or getting ahead in school work and housework, and encouraging family connection. Not only that, but social distancing can truly be enjoyable and can bring you to try new activities you never would have expected. If you like to cook, find new recipes to try. If you have been wanting to reorganize your home, now is a perfect time. However you decide to practice social distancing, remember it is for the greater good of keeping people you love from getting sick. 🐾

## COVID-19 HEALTH GUIDELINES ACCORDING TO THE CDC:

### DO:

- Wash your hands regularly for 20 seconds with soap and water or alcohol-based hand rub.
- Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze.
- Avoid close contact (3 feet or 1 meter) with people who are unwell.
- Stay home and self-isolate from others in the household if you feel unwell.

### DON'T:

- Touch your eyes, nose or mouth if your hands are not clean.

### DURING AN OUTBREAK IN YOUR COMMUNITY, PROTECT YOURSELF AND OTHERS BY:

- Staying home from work, school, and all activities when you are sick with COVID-19 symptoms, which may include fever, cough, and difficulty breathing.
- Keeping away from others who are sick.
- Limiting close contact with others as much as possible (about 6 feet).

# Mental Health Advice for Shelter-in- Place

Story and  
Layout by  
Jasmine Osuna

All California residents have been asked to stay at home while the coronavirus poses a threat to public health. Although social distancing is important to flatten the curve, it could easily turn into emotional isolation.

Amber Englebrecht, a student at Grossmont College, has been social distancing since Gov. Gavin Newsom put

somebody already has anxiety or depression or any other mental illnesses, that might get worsened because you're alone," said Grossmont Psychology Professor, Susmita Thukral, over a video call. "Sometimes, ironically, we also find that people who do have mental health conditions might cope better in times of crisis because they already have learned some skills on how

has their own response to stressful situations... It's okay to accept how you're feeling without judging yourself and comparing yourself to other people," she said.

As for practical tips, Thukral advised having a routine for when to study, sleep, eat, shower, groom yourself and take breaks. "It may look okay for me to stay in my pajamas all day and not take a shower and that might become a new normal, but having a routine and especially grooming yourself and taking care of yourself physically is the first step," she said. "Just like we did when we were not in this situation."

Exercise is also important but with social distancing, a gym is no longer an option. Indoor yoga videos or going for walks if possible are good options. "It can relieve stress that you're holding in your body all day," Thukral said.

"Sleep is a very important aspect of our mental health," she continued. "Things are sort of fluid right now so we may not have a class to get up to go to in the morning or we may not have work, so we may start to play around with our sleep schedule but it's okay if it's happening a little bit."

Because "sleep regulates our mood and it regulates anxiety," Thukral said monitoring your sleep is important.

Self-soothing can also be an important skill to help cope with the pandemic. To deal with stress that comes with the current situation, Thukral offered this advice: "Talk about it to someone. Share it on your social media in a meaningful post or share it with a close friend. Vent about it. Share it. Express it either through words or through art or through painting. Develop a hobby at this time if you can. A hobby that might be relaxing or self-soothing for you."

"In the beginning [shelter-in-place] felt nice because I had time to focus on hobbies and whatnot, but that only lasted about two days."

Amber Englebrecht

California under a state of emergency.

"My experience has been pretty negative," said Englebrecht over a direct message. "In the beginning [shelter-in-place] felt nice because I had time to focus on hobbies and whatnot, but that only lasted about two days."

Under shelter-in-place, Englebrecht typically wakes up in the afternoon and stays in bed most of the day watching YouTube. "I worry for myself in the sense where I feel like [social distancing will] just make me more and more depressed," said Englebrecht. "The fact that I can't see a doctor unless it's deemed an emergency scares me too because I'm not sure if my mental health falls into that category."

Englebrecht isn't alone in worrying about mental health under shelter-in-place.

"For some people, social distancing will obviously lead to more isolation. And isolation, sometimes also known as cabin fever, can have a variety of effects. If

to take care of themselves so we have to be careful about making a generalization."

Those who don't have a history of mental health issues can also suffer from emotional distancing. "It can make people feel perhaps more anxious. It could perhaps lead to symptoms of depression. At times it can affect people's appetite. It can affect our sleep because our routines are all over the place," Thukral said.

People are also at risk of developing Post Traumatic Stress Disorder, also known as PTSD. "Any time a national tragedy or disaster hits us, for some people, the constant threat, the constant worry, can lead to feeling emotionally overwhelmed and for some people, it can start to affect their sleep, and that is the most important thing to watch out for: your sleep and your appetite," Thukral said.

While staying home, Thukral recommends not comparing yourself to others. "Everybody



“Sometimes families come together in times of crises, sometimes they don’t.”

Professor  
Susmita Thukral

Englebrecht said she has found regularly socializing, even if online, has been helpful. “It’s not the same as hanging out in person, but having a support system is always helpful,” she said.

Having those commitments to check in with others is an opportunity to express and vent. Thukral emphasized the importance of video calls for those venting sessions.

“A lot of us are so busy texting and we’re busy not having face-to-face contact, but face-to-face contact can be powerful. It can feel more real,” she said.

If shelter-in-place means spending time with difficult family members or roommates, Thukral recommends creating a healthy bubble. “When you go into that healthy bubble it could be that you’re either you are with your books or you are listening to music or you are distancing yourself from the conflict as much as possible,” she said. “Sometimes families come together in crisis

and sometimes they don’t. Sometimes it’s important for families to talk about, ‘Hey, things are not ideal. How are we going to get along with each other for the next few weeks just so we make this a little bit easier for ourselves?’ If your family is open to talking about it, then that’s a good idea. But if you feel like you need to create a healthy bubble for yourself then it’s important to do that.”

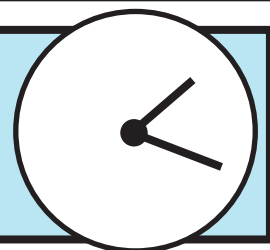
Jasz Cabrera, a non-binary student at Grossmont, agrees practicing healthy boundaries is important. Students whose parents aren’t accepting of their sexual orientation or gender identity are more likely to struggle with constantly being around family.

Cabrera said: “There are appropriate times to conquer everything and take your best step forward, but there’s also appropriate amounts of time to give yourself to just not do anything and compartmentalize for a little bit and be like, ‘I cannot deal with this right now.’”

## TRANSITIONING TO REMOTE LEARNING

When classes are forced online, time management becomes key.

BY ANNEMARIE MUÑOZ | DESIGN BY OLIVIA LINSTAD



As COVID-19 rapidly spreads across the country, schools and corporations are faced with pressures to close their doors. Recently, school closures affected at least 55.1 million students according to the National Center for Education. As of March 16, 2020, Grossmont had temporarily transitioned to online classes. As the outbreak swept through the states, Grossmont announced it will remain online for the remainder of the semester to aid in stopping the spread of the virus.

Transitioning to remote learning is crucial to stop the spread of the virus, but for many students the transition won’t be easy. For students previously attending in-person lectures, the sudden transition comes with struggles attributed to the simple fact that it is not what they signed up for. For many, this is their first online course, and losing the in-classroom experience can be challenging when it comes to actively participating and learning.

“I’m not much of an online learner. I learn by interacting with other people,” said Grossmont Student Ivan Valdez. “That might be the biggest challenge, not being there to speak to someone face-to-face. There’s a reason why I don’t do online classes.”

While we lose face-to-face learning, it is important to remind ourselves of the worldwide, ongoing trauma which is the COVID-19 pandemic. With online resources such as Zoom Online Conferencing, interaction can be impersonal, but not completely lost. Students who need the instructor to have connection can do so in creative ways such as one-on-one video office hours or group discussions which provide synchronous interaction. This is a type of online communication that takes place at the same time from different locations. Synchronous interaction aids in actively participating in online learning because it reflects in-class discussions and lectures.

With resources such as Canvas, instructors are able to leave individualized feedback much like a one-on-one conversation about an assignment. Living in a technologically advanced society, online

classes can provide meaningful interaction just like an in-person class.

Another challenge students face is time management, some instructors may not schedule Zoom meetings, leaving students without their routine classroom time and space. Without this, students must require the discipline to set aside their own time to study and learn the provided lessons.

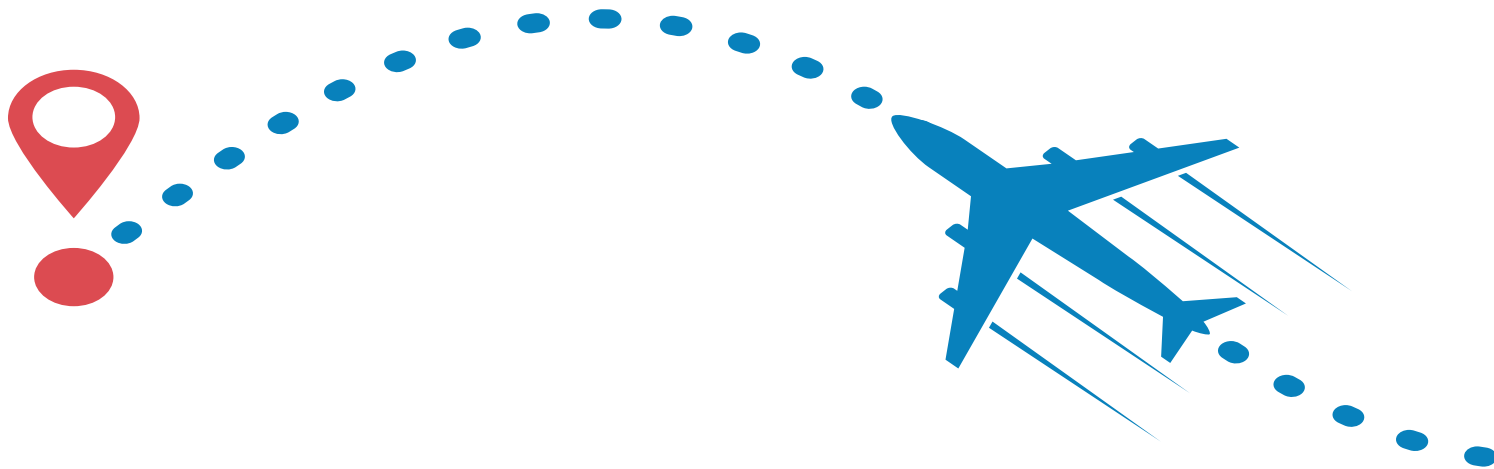
From eLearningindustry.com, the top three tips for effective online learning are:

1. **Persistence.** Use your time wisely and as planned. Students will need this to maintain a consistent schedule of school time.
2. **Dedication.** Effective time management skills aren’t learned overnight. Dedication to practicing time management principles should be constant until it becomes second nature.
3. **Motivation.** Most importantly, set goals. This will push you to better your time management while learning online. Setting and achieving your goals can be strong motivators for better outcomes of your online experience.

Many students have never experienced online learning. Transitioning the classroom online in the middle of the semester won’t be easy, but it’s best to set yourself up for success. Instructors and staff at Grossmont understand we are all navigating this new way of learning together and are working with students who need support at this time. To support students, Grossmont has extended some deadlines and requirements to reduce academic stress impacting students.

When asked how Grossmont plans to support their students, Chancellor Lynn Neault said via email: “We encourage students to work with their instructors if they are having difficulty completing their classwork... If they are facing extreme challenges caused by the current circumstances, they can withdraw from the course without it being counted against their academic record.”

At such short notice, the academic leadership has also provided training and resources for faculty to assist with the transition to online instruction.



# FLYING INTO UNCERTAINTY

**As the coronavirus crisis worsens, students from abroad are faced with tough decisions to go home or stay in San Diego.**

**BY DESMOND RHEA**

**T**he reality of the COVID-19 pandemic is settling on San Diego and the rest of the United States, with students across the country faced with the daunting decision to stay here or return to their homes abroad. The Trump administration limited travel abroad and Gov. Gavin Newsom ordered California residents to stay in their homes as well as shut down all non-essential businesses, leaving many residents wondering what will happen next.

Camryn Moss, a 20-year-old student at Grossmont, weighed the decision to stay here by herself or go back home to her family in Chicago. Coming out here almost a year ago for college, she wants to major in sociology and psychology and is currently in her second semester with plans to transfer to UCSD.

Originally, Moss was determined to weather out the shutdown even after being furloughed from her job as a waitress. "When I first heard about it, I thought it was just people blowing it out of proportion and it was going to blow over," she said.

"Even at work, I was like, 'You guys think you're going to close?' 'No, we're never going to close,'" she said about what those

at her job told her. "So, I never thought anything was going to happen. That's why I didn't want to come home. I didn't think it was going to be serious at all."

But frequent calls from her family telling her to come back to Chicago, along with her precarious state, convinced her to go to the

days; she thought they were overreacting at first, but understood their caution.

"Now that I came back, I feel that I would have been nervous out there because a lot of things are sold out and I was eating skimpy foods," she said. "It's nice to be home with home-cooked meals and be with family and other people because I was so alone in San Diego."

Moss' flight home was uneventful, and she said she hopes to return to San Diego as soon as possible. Though for other students returning home from abroad, it is like flying into uncertainty.

On the evening of March 17, in her foster family's home, Mara Gross held on to hope she could stay in San Diego and enjoy the rest of the time she had planned to be here. However, when she saw the news the next morning, Gross knew she had to go home.

Gross is a 24-year-old student at SDSU who came

here from Germany to study English as a foreign language as well as physical education. Her goal is to become a middle and high school teacher in Germany, as she said there is a need for teachers there.

She said she never thought the coronavirus pandemic would affect her. "I didn't see that coming but when we got the message from the embassy and from our department of homeland security, and when you see in the media that they actually chartered planes to get people back



PHOTO BY DESMOND RHEA

**San Diego International Airport during the COVID-19 pandemic.**

airport and fly back home March 20.

Relative to other parts of the nation and the world, California and Illinois haven't been as seriously affected by the pandemic, but there is still the economic damage and the potential for the infection to get worse. According to the CDC's website as of March 30, the virus is widespread in both states with over 2,000 cases of infection reported but no major hot spots.

When Moss got home, her parents quarantined her in their basement for six

**"It's just a really weird situation... things changed so quickly."**

**—Mara Gross**



from other areas, it kind of says it right there," she said.

Before the pandemic, Gross planned to stay in San Diego until June 21. "I love San Diego. It's awesome,

it's beautiful, the weather is nice, people are relaxed, and I love it," she said.

Much of her free time she spent exploring the state and working out at her CrossFit gym. "It's just a really weird situation. At the beginning of the week I was like, 'Oh I'm not going to fly back for corona,' and then I had my ticket on Wednesday...things changed so quickly," Gross said.

It was back in December when the Chinese government built a hospital in 10 days that she said she first noticed the virus. "It will never come to Germany; just don't travel to Wuhan," is what she thought at the time. This was before Germany closed all of their schools and people began panic buying. "I didn't really take it serious at that point, not at all. I would never have thought that it would affect me in any way," she said.

As of now, Gross is back with her family in Göttingen, Germany. She said she is glad to have made it back home, especially after the

fear that her flight would be canceled, leaving her stuck in San Diego.

At press time, Germany had the fifth highest count of coronavirus infections in the world, according to graphs from worldometers.info. Gross even stated there is a one-person rule where you can only be with one person at a time. In some towns, they have a curfew restricting people from going outside besides shopping.

Interestingly, for both Moss and Gross, their flights within the U.S. had few commuters. Moss described the scene: "Just really eerie. Everything was closed. There was one coffee shop open, there weren't a lot of people and everyone was wearing masks; it was just really dead." However, Gross' flight back to Germany was completely full.

It has been stated more than once that it is an unprecedented time we live in right now. The United States has the largest

amount of COVID-19 infections in the world with over 2,000 dead. The president said his administration is hoping to keep the deaths below 200,000. The coronavirus has completely upended our lives, and when life will go back to normal is unknown. Until that time comes, we're all going to be living day-by-day. 🐦



**International student Mara Gross during her stay in San Diego.**



**BY VICTORIA VIGIL**

**E**mergency grants for community college students will soon be available. The California Community College Chancellor's Office announced it will be offering \$500 grants to community college students through a \$5 million contribution made by the California Futures Foundation. To qualify for the grant, students must be Pell-eligible and be enrolled in at least 12 units. Information on how to apply for the grant will be passed to students when it is made available.

The Foundation for Grossmont and Cuyamaca Colleges has also created an Emergency Student Support Fund to assist students at this time. Donations are encouraged. Donate to the fund available on The Foundation for Grossmont and Cuyamaca

## EMERGENCY GRANT MONEY AND SCHOLARSHIPS AVAILABLE

Colleges website. Promise students at Grossmont and Cuyamaca will automatically be awarded a \$250 Promise Basic Needs Grant. The grant is going to be awarded to more than 1,000 students.

The Grossmont-Cuyamaca Community College District announced it is extending its scholarship application deadline until June 5. Originally, the deadline for applications was April 17, but due to the circumstances of COVID-19, it has been pushed back. Grossmont is offering virtual application workshops as well. According to the college's scholarship website, the scholarships are awarded by the Grossmont College Scholarship Advisory Committee.

According to the scholarship webpage, "The purpose of the Scholarship Program at Grossmont College is to recognize outstanding achievement, encourage academic excellence and offer support to meritorious students." On the general application site for the scholarships, the applications will be scored

with a 1-5 point system based on following prompt instructions, content, readability, flow, grammar and spelling. Other factors are college and community service, a letter of recommendation, and questions about career goals, choices and financial hardships.

According to an email sent by the district, here is how to apply for the scholarships:

1. Go to [gcccd.academicworks.com](http://gcccd.academicworks.com) and sign in if you've previously applied for a scholarship, or create an account by clicking on the sign-up button and using your GCCCD-registered email address
2. Complete the easy application (It's a competitive process, so be sure to read and answer each question thoroughly!)
3. Submit!

For more help on applying, sign up for a one-on-one virtual scholarship application workshop where you can learn how to put together your application and improve your chances of getting a scholarship. For more info, email [josceline.torres@gcccd.edu](mailto:josceline.torres@gcccd.edu). 🐦



# HIDE YOUR KIDS, HIDE YOUR WIFE, SCAMMERS ARE ON THE RISE

There's more than one virus up in here.

BY TERENA TARBOR



**A** time of a pandemic also means a time when scammers start looking for their next victim. Many times when mass panic starts to rise, people become more vulnerable and sometimes make quick decisions or decisions they would not usually make.

With us only weeks into the COVID-19 pandemic, multiple scams have already begun to run through the internet—some claiming to have a quick cure to the coronavirus, others claiming to donate your money to helping the coronavirus medical professionals and finding a cure. Just click here. Sound familiar?

San Diego Police Department Sergeant Marcello Orsini said during a crisis he thinks people are more willing to be scammed for trying to find a cure. He said there is a scam going around now claiming to have a curing pill for COVID-19. Following the online purchase, people received valueless sugar pills in the mail, but that was only after money had been withdrawn. Orsini also said accounts usually get wiped within seconds.

It is essential for people to pay close attention online, especially when making transactions involving personal information. With stores closed, buying necessary household products online may become a new norm, but that becomes difficult with how fast products are leaving the real and virtual shelves. Because of this some may be more likely to order from off-brands, but Orsini warns to be careful when buying from unheard-of websites.

"You buy from them and either you don't get your product or you get something that you didn't pay for...or they're gonna price gouge you," Orsini said. "So, they're gonna charge you like \$25 for, you know, a box of tissues or something."

Orsini said when buying products online often a red flag is outrageous prices. He said though prices for big common brands like

Walmart or Target have gone up a little, they will not reach an unreasonable price. California Penal Code (CPC) 396 makes it illegal for all businesses and people to increase the price of a consumer good or service by more than 10 percent after a state emergency has been declared, according to the San Diego County Apartment Association.

Now is a prime time for scammers, and they will act even if they can only get one person. With their advanced tech skills, they have the ability to come through all forms of everyday communication. During these difficult times, some hackers will wait and wait for people to leave doors open online, and others will find ways to open them themselves. It is crucial for people to make sure their information is secure and they know what red flags to look for when it comes to hackers.

Another common way hackers will attack is through email. Jerry Williamson, director of computer services for the Grossmont-Cuyamaca Community College District, said phishing – a form of attack hackers use where they pose as a real company to obtain information – is the most common type of cyber hack affecting organizations like colleges.

"Cyberthreats, including phishing scams and spam, are spiking as online criminals take advantage of a large number of employees now working remotely," Williamson wrote in an email to district employees. "Please, as we are in this transitional period, remain alert and vigilant to potential attacks."

He advised people should not click on links or attachments from senders they do not recognize and should be especially cautious with ".zip" or compressed files. He added that people also should not provide personal information through email.

Orsini said personal information will not be requested online through texts or

emails. Usually, they will call or leave a voicemail. And when answering the phone or when a voicemail is left with a call back number from a seemingly real organization or business, it is always safer to go to the official website to ensure that it is not a robocall scam.

According to Colleen Tressler of the Federal Trade Commission, people should hang up on robocalls and refrain from pressing any numbers. Sometimes the recordings may say that by pushing a number, the phone number will be removed from the call list; however, this may lead to more robocalls.

Orsini said often scammer recordings will call and refer to people as "you" rather than mentioning a name. The scammers do this in hopes the person will call the number and speak to a person waiting at a computer to enter in all the information.

"During these difficult times, the last thing the people of San Diego need is to become victims of pandemic-related fraud," said U.S. Attorney Robert Brewer in an Internal Revenue Service news release. "Trying to steal funds meant to help cash-strapped residents make it through the pandemic isn't just disgusting— it's illegal."

If you have been hacked, are a victim of identity theft or just want more information regarding online safety, visit [idtheftcenter.org](http://idtheftcenter.org) or call 888-400-5530. Representatives from Identity Theft Resource Center also offer customer service live chats and have numerous resources to help ensure your personal information is safe and, if you have been hacked, they do their best to get it back. Another website to visit for more information is [consumer.ftc.gov](http://consumer.ftc.gov). Both websites offer identity theft resources, information about current coronavirus scams; the ITRC site also has a tab for data breaches.

To report internet crimes visit [ic3.gov/default.aspx](http://ic3.gov/default.aspx). 🐞

# NO SPORTS? NOW WHAT?

By Nick Coppo

**During this time of year, sports fans are usually glued to the TV. Unfortunately, that is not the case in 2020.**

**C**oronavirus has had an effect on nearly every person on the planet, and the sports world is no exception. For a time usually filled with March Madness, MLB Opening Day, and winding down of the NBA season, it is instead burdened by social distancing and online classes. It all seemed to happen so fast. It started with a few soccer games being played without fans to an NBA player testing positive for COVID-19 to March Madness getting canceled.

It has been all downhill since. Thea NCAA tournament, in particular, can be one of the most exciting times of the entire year for sports fans. To have that taken away entirely is a crushing blow to all who were looking forward to witnessing the madness.

The NBA is arguably the most affected by this pandemic as college student Luke Michelson explained: "Basketball has been the most impacted because it was cut off right in the middle of the season."

This long break now begs the question: what point in the season will the NBA begin once it is safe to resume competing?

"Due to the nature of how things are scheduled in the NBA, if the season does return this year, it will pick up straight to the playoffs," Michelson said. "I also think it's possible that the season will be considered entirely void and will be restarted next year."

Canceling the season is hard for most people to wrap their heads around and especially tough for fans of the teams having a fantastic season (Sorry, Lakers fans). However, this could

end up being a reality as the number of COVID-19 cases rises every day, leaving no real end in sight.

With this void of live sporting content, fans must direct their attention toward other outlets to supplement their viewing. College student and sports fan, Drew Valoria, said how he has been coping: "I've been watching some game reruns since some of the game passes have been made free. I've also spent more time playing video games and watching standard network/streaming service television as well."

As Valoria mentioned, the NBA and NFL have provided free access to games from past seasons and in the NFL's case, all games from 2009-2019 are available at no cost. It is a nice gesture by both leagues as they clearly realize how much sports fans are in need of content right now.

Another way for sports fans to get their fix is to watch simulations of games on video games such as Madden 20, NBA 2k20, and MLB the Show 20. It may sound silly, but this is genuinely what it has come to for some. The popular sports media brand "Bleacher Report" broadcasts the simulations through a live stream so fans can follow along as if they were watching the real event. Drastic times truly do call for drastic measures.

While the basketball world had March Madness canceled and

the NBA season postponed indefinitely, players and executives with the NFL during the free agency period are feeling the harsh effects the virus has caused, even in the offseason. "A lot of players like to visit the facilities and meet personnel and coaches to get a good feel for the team," Valoria

said. "Due to working from home and social distancing, checking players [for injury] has not been possible, affecting teams like the L.A. Rams with running back Todd Gurley and the Carolina Panthers with quarterback Cam Newton."

Since the NFL was not in season when the cancellations occurred, it may seem like their players were less affected, but that is not the case. A big part of signing players is based on how they conduct themselves in face-to-face interaction and whether their personality meshes with the rest of the team. With everyone staying home in quarantine, those interactions cannot happen.

So what's next? What about the MLB season? What is there to watch in June without the NBA playoffs? Most of the questions people have at the moment are impossible to answer with the information available today. All fans can do right now is reminisce on the old times by watching the classic games and hope this time off will make the return of sports feel that much better. 🐦



# GAME OVER

STORY AND PHOTOS BY ANDREW FINLEY

**With almost the entire sports world being halted by the pandemic, Grossmont's second-year athletes reflect on the "lost season."**

**T**he day is March 1. Sports hype is usually at an all-time high, but there seems to be a lot more heading into this season for local sports fans. The SDSU men's basketball team is one of the highest-ranked teams in the country heading into the March Madness Tournament. The Padres are looking to make a splash in the National League West for the first time in a decade (in their new snazzy brown uniforms). Even hockey fans in San Diego are excited to watch the Gulls make a playoff run.

At Grossmont College, the hype is just as real. The softball team looks red-hot heading toward the half-way mark in their season and the men's volleyball team is on a three-game win streak after a slow start to the season. The streak includes two wins against top 10 opponents in the state.

The sports world in "America's Finest City" is buzzing with excitement and anticipation in unlike ever before.

Then, March 12 happened. COVID-19 has grown into a global pandemic, and sports across the country suffered big time. Grossmont's athletic programs were no exception.

Nearly every sport around the world has been put on hold for an unknown period. The extent of that includes sports associations canceling seasons entirely, including games at Grossmont College.

It's a situation that is out of the school's hands, and it causes a lot of different problems for the athletic program at Grossmont. No sports means no games, leaving the players and coaches with essentially nothing but memories after the coronavirus wiped away everything they spent months preparing in advance.

At a community college, athletes are only eligible to play for two years. This means second-year athletes at Grossmont played their last games at the G-House and never saw it coming. For many of these athletes, it was their last time ever officially playing the sport they have spent their entire lives playing.

The last year of an athlete's sports career is a rite of passage. It's a time to reflect on the experiences with teammates, old and new, and to celebrate what's next to come. It's a special time for these athletes to say farewell to the sport or club that they've spent a lot of time with. Unfortunately, Grossmont's second-year athletes never got a true "farewell season." They were cheated from it, and it's something they might never get a shot at again.

"I was and still am absolutely devastated," said Lexi Schmehr, a sophomore softball player for Grossmont. "I understand this decision was made for the best interest of the athletes, but it still hurts more than some people can comprehend.

"I played my last game with some of my best friends and I didn't even know it."



**Armando Abarca and teammate prepare for a set against Irvine Valley.**

Schmehr and her team saw the abrupt ending coming after two weeks of games and practices were canceled. She said nothing could have prepared her for the inevitable truth that her team's season would end with a couple of months still to go.

She wasn't alone in this feeling.

"It all happened so quick," said Armando Abarca, a sophomore volleyball player for Grossmont. "I don't think it's really set in on a lot of my friends who are athletes yet."

He continued: "People grow up playing these sports with ambitions to go on to four-year universities. The possibility of that not happening is devastating."

The sudden cancellation of sports seasons comes with the unknown, like when Major League Baseball went on strike in 1994 with Hall of Fame Padre's hitter Tony Gwynn slowly approaching the first .400 batting average since Ted Williams



did it in the 1940s. Gwynn was at .394 when the season came to a sudden end, and there are still conversations going on today that he might have hit the .400 mark. No one will ever know.

Athletes at Grossmont are feeling the same effect on their seasons this year with the coronavirus stopping teams in their tracks.

"We had a chance to make it far this year. Now we'll never know what would have or could have happened," Schmehr said.

Abarca had similar thoughts about the volleyball team.

"We really felt like we just caught our groove after beating two top 10 teams in the state at home and winning our first conference game in a 3-0 sweep," he said. "We felt like we had a chance to make a demanding run at state.

"Having that cut short, and the fact that we have five starters who are sophomores, you can see how upsetting this is for all of us," he added.

The athletes at Grossmont have a lot to love when it comes to their sports. Newly renovated facilities, winning coaches at the helm of their teams and championships within their reach are aspirations for any athlete. However, what Grossmont athletes truly value is more personal.

"I miss playing with my teammates and seeing them every day," Schmehr said. "I'll never forget our nail-biter games, pre-game warmups, or our after-game celebrations and talks.

"Of course, I'm going to miss my coaches as well, as they have all left a huge impact on me and will always have a special place in my heart."

It's the little moments that matter to college athletes. From performing game-day traditions on the field



**Lexi Schmehr said she and Gabby Clippinger would always cheer each other on.**

to doing everyday activities off, these athletes realize their sports are more than just a game and their teams are more than just a team; they're family.

Abarca said: "I've never felt closer to a team than this one. Every single person had an important role for us. Knowing we will miss some of these guys next year or not even be able to play next year is such a crazy thought."

In times like these, when the unexpected happens and turns for the worse, it's easy to be negative. Situations that are out of anyone's control are often frustrating and the uncertainty of everything makes people anxious.

However, Grossmont's second-year athletes have seen and learned a thing or two in their time at the college and have a message for those frustrated athletes.

"We can't do anything about our situation, so we have to make the best of this situation," Schmehr said. "What good is it for us to sit around and mope around the house all day? There's always a bigger picture to work towards."

Sophomore Abarca had some advice as well. "It [COVID-19] will play out how it's supposed to and if we feel like it doesn't, then I hope we can at least be able to express our opinion."

Both Schmehr and Abarca are pursuing their respective sports further either at a university or elsewhere.

For those athletes who just played their last games ever, their legacies will live on from those who come after them. As long as there are athletics at Grossmont, those legacies will never die. They're something coronavirus can never take away. 🐦



**PHOTO BY ELIAS SHIHEIBER**

**"IT ALL HAPPENED SO QUICK."** —Armando Abarca

# GOALS: BEYOND JANUARY 1<sup>ST</sup>

Follow these tips to meet your academic goals.

STORY, PHOTOS AND LAYOUT BY OLIVIA LINSTAD

**C**elebrating the new year might feel like a distant memory despite it only taking place a few months ago. Along with that distant memory might be the New Year's resolutions easily made and just as easily broken.

Not all goals were abandoned mid-January as some Grossmont students shared their New Year's resolutions and the progress they've made.

For Jacob Human and Brenda Romero, their goals were health and fitness related. Human said he planned to lose 60 pounds



Grossmont student Jacob Human

by the end of the year and Romero said she is eating healthier by cutting down on junk food. Both of these students focused over the months and kept themselves on track by implementing different strategies.

Human said he is tracking his daily calorie intake and being mindful of portion control. For Romero, her mom keeps her accountable by often reminding her to drink protein shakes in the morning. Human recognized that for many, New Year's resolutions are often unsuccessful and said the reason is, "They tend to take things too intense at first and they don't consider the possibility of things that happen outside of it." In this situation, he suggests a "plan B" for when the original goal isn't implemented anticipated.

COVID-19 is an example of an obstacle that could easily overthrow any goals. Flexibility allows you to continue working on those goals with adjustments despite unforeseen hurdles.

For realistic expectations, Romero made another suggestion.

"You have to stay consistent with it," she said. "There is bouncing back but you just can't overextend if you want to reach a certain goal in a certain time period."

For other students at Grossmont, academic success was a priority when making goals. For her New Year's resolution, Brooke Hall decided she wanted to earn better grades this semester. However, she acknowledged many people struggle to keep their goals made on January 1st.

"I think a lot of people just kind of make them because we are told our whole lives it's a new year so you got to do something," she said. "I think just forcing yourself to do that can be kind of draining and giving yourself unrealistic expectations. You're not usually giving

yourself steps on how to succeed in your goal." The simple steps she implemented for her personal academic improvement included attending each class meeting and submitting all assignments.

Along with Romero's New Year's resolution of a healthier diet, she also decided to make it a goal to get to her classes on time, pass all of her courses, graduate and get her degree.

Since his high school didn't have theater opportunities, Human's second goal for this semester was to perform in a show at the Stagehouse Theatre. Having been cast in his first show, Golden Boy, Human met his unconventional academic goal.

## TIPS FOR ACADEMIC GOALS

Although New Year's resolutions often set a high standard that can seem difficult to reach, academic goals can be made and adjusted as needed throughout the semester. Grossmont counselor and professor, Renee Tuller, shared her tips for a successful academic endeavor.

### #1: Have a positive mindset.

The class she teaches, Counseling 120, focuses on comprehensive success techniques such as study skills, life skills, career, and education planning. "I like to do a lot of mindset work," Tuller said. "I can give you all the study skills in the world but if you have a real defeatist mindset, I want to work on that. We've got to clean that out. First, it has to be recognized."

### #2: Have an academic guidance counselor.

Tuller recommends all incoming and returning students visit the counseling office. She said having a strong counseling connection is important because: "It's like having a Sherpa. You're going up the mountain. Here is the Sherpa and you got to stay hooked to the Sherpa. I know the terrain, I know the weather, the things



Grossmont student Brenda Romero

that could come up, and my goal is to prep you for that trek." Her illustration of an academic counselor offering guidance every step of the educational journey provides students with accountability for their goals. Even if students already made an initial education



plan, Tuller still encourages them to frequently visit a counselor. “Just come in! Sometimes you don’t need a reason you just need a shot in the arm,” she said.

### #3: Have a support system.

Another resource for Grossmont students is their peers. Tuller described her counseling class as having a multicultural population with diverse goals. “The best thing out of my class is seeing them [students] bond and staying connected,” Tuller said. Sharing goals within the classrooms gives a sense of accountability and motivation.

### #4: Have a consistent schedule.

Students who are transitioning from high school into college or are returning to their education after working or taking care of a family all face challenges. Each of these situations can contribute to common academic frustrations. Tuller recognizes college students are juggling more than just their current classes. “They get distracted by pretty girls and good-looking guys and parties. They could come at 11:00 a.m. now not at 7:30 a.m. You’re dealing with all these changes and then if they’re athletes or different people that have families— throw them all together, and it’s a challenge but just



Grossmont student Brooke Hall

start is with a counselor who can refer you to someone with even more expertise in the field. As an example, Tuller said, “If we’re a village, I want you to know Uncle Charlie, Uncle Jose, Aunt Maria or whoever it is around campus that really helps them [students] connect.” Staying in contact with a professor who teaches within your major can also help you get more information on your intended career path. Another great resource is building a relationship with one of the clubs on campus.

Joining a club focused on your career (or even hobby) can provide relationships with club advisors and fellow students.

As the second half of the semester approaches, reevaluate your academic progress and compare it with the goal you may have made as a New Year’s resolution. If new goals and ambitions need to be established, implement the five academic tips for a strong close to the spring semester. 🐦

**“If you have a real defeatist mindset, I want to work on that.”**

**–Counselor Renee Tuller**

try to keep positive.” Finding a consistent schedule for each semester creates a routine to help achieve a beneficial academic experience.

### #5: Have a connection to your academic interests.

Beyond just checking off courses for a major, Grossmont college gives opportunities to build a relationship with the right people who can help with your future career. Often, the first place to



PHOTO COURTESY OF GCCCD

## »» AIRING OUT

**Grossmont lends its ventilators to help in health crisis.**

**BY VICTORIA VIGIL**

**G**rossmont College is loaning out 16 ventilators to Kaiser San Diego Hospital, Sharp Grossmont Hospital in La Mesa and to the state Office of Emergency Services. The ventilators are being loaned as a part of an effort to supply hospitals with equipment to help COVID-19 patients.

The ventilators are used in Grossmont College’s Respiratory Therapy Program. The ventilators are valued at around \$400,000, Nancy Saks, senior dean of Allied Health and Nursing at Grossmont College, said in an interview for the Remote Report, a weekly email update sent to the district.

The loan was put together by Grossmont’s Respiratory Therapy Coordinator Peggy Wells, and by respiratory therapy instructors Rebecca Handley and Carey Flores. “Students have gone to those facilities to get trained,” Saks said. “We’re giving back to help the community by loaning a piece of equipment that is really needed.”

Saks noted the Grossmont program just celebrated its 50th year, and many graduates of the program now work at the hospitals that will receive the ventilators.

As the number of COVID-19 cases increases, hospitals are expected to soon see a shortage in ventilators. The equipment was requested by the state of California to be loaned from colleges with health-related programs. 🐦



It's quarantine season. You may be tired of just staying at home and doing nothing but stare at your phone and watch Netflix for 24 hours a day. It's not enough to keep us going until the end of the semester. For now, we have tried everything from working out, playing video games, watching movies, stocking up on toilet paper and even making ourselves an abundance of food for the rest of the year. However, reading a book hasn't even come close to making it on many of our lists for what to do while bored inside. Instead of checking your phone every minute, here are some books that could help you keep your mind off quarantine.

Revisiting some of our old memories has always been a favorite activity for most of us. Whether it's watching an old favorite movie or just reading a book that hasn't been picked up since our teen years, coming back to our comfort zone will always be a safe yet fun space. If you haven't picked up the wonderful yet exhilarating *Harry Potter* books by J.K. Rowling, then you are surely missing out on the adventures you could be going on this quarantine.

*Harry Potter and the Sorcerer's Stone* invites us to step into the wonderful world of Harry Potter and his best friends Ron Weasley and Hermione Granger. In their starting years at the wizarding academy, they encounter various challenging enemies such as Professor Snape, Draco Malfoy and his group of miscreants and the worst enemy of all, Lord Voldemort. Not only will you long to experience broom racing, taste heartwarming butterbeer and have your own wand, but you will enjoy the magic that comes along with the books.

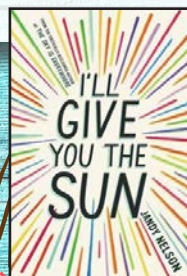
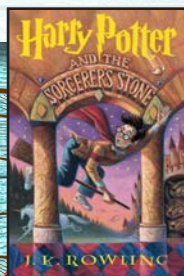
Along with his best friends, Hermione and Ron, Harry learns the true power that lies in his own hands and at the heart of evil. Rowling makes sure each book in the series after the first is intoxicatingly good and filled with even more adventures for Harry and his best friends.

If you've read *I'll Give You the Sun* by Jandy Nelson, then there

isn't a better book to read than *The Sky is Everywhere*. Following the daily life of Lennie, we find out she is a special human being. While having read *Wuthering Heights* more than 15 times in her life and being a phenomenal clarinet player, you would think there'd be nothing wrong with her until you read that she is one of the saddest yet romantic people to be found in the town. Along with her grandmother, a garden guru, and her Uncle Big, a towering yet loving uncle, Lennie goes along her days drifting through her saddened thoughts about her sister Bailey's sudden death. She then meets Joe, a musical genius who has just stepped into town and knocks down Lennie's grief. Lennie drifts between her memories and the real world, causing her to experience sorrow, only for it to be put aside by this one guy, Joe. The book is like a poem. Through her mistakes, Lennie learns she isn't the only one with feelings inside, but others are willing to walk alongside her and help her through her grief. It's a beautiful story that will have you reading the book over and over again.

Unsure of what to read next? Markus Zusak wrote an amazing book that takes place in the middle of a war in 1939 Nazi Germany. *The Book Thief* follows the story of Liesel, a German girl in the middle of the war's chaos with her only family left after her brother's death, her uncle and aunt. Her loving and caring uncle teaches Liesel to read after she picked up her first book in a public book burning in the quad. Although this could have put Liesel in a lot of trouble, she picked it up and discovered a world full of wonders and stories.

During the war, her family hides a Jewish person. In these times, stowing and helping a Jew could cost a family everything they had, brand them as traitors and have them sent to concentration camps. This opened Liesel's eyes and brought a whole new dimension to her world. Zusak writes a passionate and loving story that will leave you wanting more. Liesel will become a favorite character, and you will not be able to put it down. 🐦



# Novel Novels

*Reads to get through*  
**QUARANTINE.**

By Matisse Sanchez  
Design by Sara Shah







BY DESMOND RHEA

**W**hile students and faculty may all be at home as Grossmont is shut down, it's been mostly business as usual for construction on campus.

From the outside, the new Performing and Visual Arts Center looks near to completion as the cranes and loaders have been moved out, with only a skid steer left behind to help finish what remains of the landscaping.

Yes, you would be pleasantly surprised to find most of the temporary fencing taken down, with the rest soon to follow, and parking lot #2 properly reopened with newly paved asphalt and painted parking spaces. Trees and shrubs planted by the entrance from the parking lot to the PVAC has a pleasant look to it that students will find welcoming. Relocation of the Hyde Art Gallery and Theatre Arts Department offices will take place at a later date.

Still there is more work to be done as contractors and the Grossmont-Cuyamaca Community College District's Governing Board go over the demolition of Building 36 to begin construction of a new one. Bidding for the contract will begin in June and work will start in July with completion of the new building aimed at summer 2022. So be prepared to see another parking lot be partially unavailable as construction ramps up again in mid-May.

Back when I worked construction, an old co-worker of mine once had a nice elderly lady ask him when will the construction be over, which he jokingly told her, "Never."

All jokes aside, yes, the construction will be inconvenient and possibly the same parking problems we have been dealing with the last few semesters will persist, but it's for good reason. All construction is upgrading previous foundations and in the end, future students will have more of a reason to be excited to come to Grossmont—not just for its academics, but its beauty, too. 🐦



P	U	F	F	R	A	C	E	R	D	U	M	P
A	S	I	A	E	N	U	R	E	O	R	E	O
R	E	A	M	C	O	R	A	L	O	G	L	E
A	R	T	I	S	A	N	E	G	R	E	T	
		L	A	P								
S	T	A	Y	S		T	R	E	S	P	A	S
C	O	L	T	S		R	I	T	E		D	H
A	P	E	R		D	I	N	E	S		M	A
R	I	P	E		A	U	K	S		D	I	R
		C	H	E	S	T	N	U	T		O	S
				K	E	E	P			E	L	S
		C	I	V	I	L				S	O	L
S	A	R	I		I	D	L	E	S		B	A
E	V	I	L		N	A	O	M	I		L	U
E	A	S	E		E	D	W	I	N		E	L

**SOLUTIONS**

1. b	6. a
2. a	7. c
3. c	8. b
4. b	9. a
5. c	10. c

PUZZLEJUNCTION.COM

# Running essential service for essential San Diegans.

## ALL ROUTES ARE RUNNING.

New schedules start April 13.

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



# REEL TALK

## DREAM ESCAPES

— BY DONOVAN HOLLAND

These ethereal movies will make you forget about being quarantined.

© 20TH CENTURY FOX

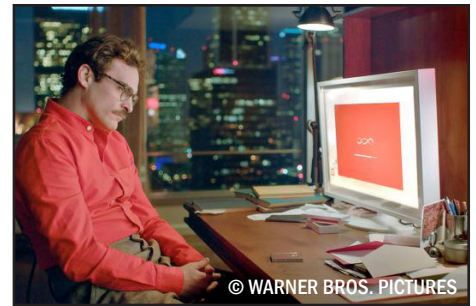


### FANTASTIC MR. FOX | Directed by Wes Anderson

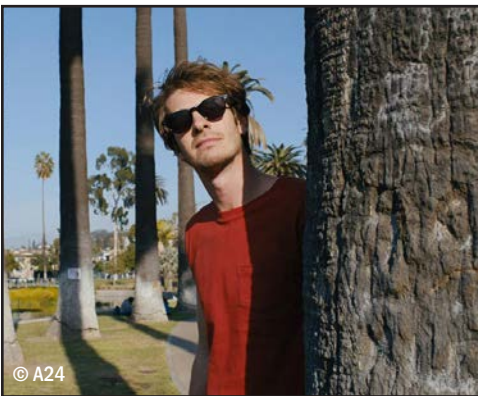
If there's one non-Pixar animation that people of all ages can find enjoyment in, it would have to be *Fantastic Mr. Fox*. This film, follows the life and times of Mr. Fox (George Clooney), his wife Felicity (Meryl Streep), and their underground village as they deal with the imminent invasion of three human farmers – Boggis, Bunce, and Bean – who are working to destroy their home and take their land. This whimsical claymation-style animation is essentially a story about change and the different ways people cope with it. This film will whisk you away into this beautifully-rendered land of witty woodland creatures and gorgeous landscapes. The movie truly is a visual treat, wherein each frame of the film looks as if it could be its own painting. The voice acting is top-notch and has a sort of ASMR quality to it. Voices of well-known actors will mesmerize you with dialogue that is somehow humorous, clever, and thought-provoking all at the same time. *Fantastic Mr. Fox* is truly an experience like no other. ★★★★★

### HER | Directed by Spike Jones

Theodore Twombly (Joaquin Phoenix) is a gifted, yet soft-spoken, writer, living sometime in the close future. Having been recently divorced, he opts to get an artificial intelligence system, who names herself Samantha (Scarlett Johansson), to keep him company and organize his life a bit more. As Theodore and Samantha get to know each other and become closer, their bond depends into something beyond friendship. *Her* is a truly complex film that shows the many ways love exists in the world and the varying degrees it can affect us. Phoenix is a master of character acting, but it's Johansson who really steals the show here, using nothing more than her voice which she uses to bring raw emotion to her character. Humorous, heartfelt and melancholic all at the same time, *Her* is a powerful film about the complexities of love. ★★★★★



© WARNER BROS. PICTURES



© A24

### UNDER THE SILVER LAKE | Directed by David Robert Mitchell

An oddball to say the least, Sam (Andrew Garfield) is a young stoner living in Los Angeles when he sees a mystifying young woman named Sarah (Riley Keough), swimming in the pool of his apartment complex. After spending a night with her, Sam becomes wholly captivated by the mysterious charm of Sarah. When she abruptly moves out of her apartment, Sam sets out on a surreal journey through Los Angeles to discover clues about where she may have gone. A sort of mystery film, *A film unlike any other, Under the Silver Lake* is overflowing with conspiracy and scandal. There is a sort of illusory quality to the film that can best be described as “dreamlike.” The movie is just so wonderfully strange that one will wonder if it all was real by the time the credits roll. There are so many different layers to uncover while watching the film, that the viewer will notice something new every time. It's a must-see for anyone who enjoys multi-dimensional and intricately crafted films, and will suck you into its bizarre tale from the first frame of the film. ★★★★★

### AMERICAN BEAUTY | Directed by Sam Mendes

Lester Burnham (Kevin Spacey) was once a happy person. However, now that he is in his mid-40s, he finds all the enthusiasm he once enjoyed in life has left him. Lester is working at a job he hates, is in an unhappy marriage with his wife Carolyn (Annette Benning), who resents him, and his daughter Jane (Thora Birch) constantly disrespects him and wants nothing to do with him. As Lester becomes increasingly burdened with the monotony of his day-to-day, we follow him in his bid to rediscover himself and regain his passion for life along the way. *American Beauty* is a captivating story pertaining to the classic midlife crisis. However, in its two-hour runtime, it becomes so much more than a cliché. This is a film that leaves no stone unturned in examining exactly who our characters are and what they desire for their lives. The narrative acts as a sort of analysis for the individuals we watch on screen. Not only do we observe our characters' individual metamorphoses, but we are also challenged by the thoughtfulness of the film. The themes here are omnipresent throughout, treading over ground such as conformity, personal examination, and the drive to be truly happy. Complemented by Thomas Newman's beautiful score, *American Beauty* is the perfect film to gain a suburban-life look on not just the American dream, but the American reality as well. ★★★★★



© DREAMWORKS PICTURES