

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | MAY 2022

Making Waves



ARTWORK BY ANDREW RAMOS

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Special thanks to
ART-175: Intro to
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The staff of *The Summit* is enrolled in an academic media news production course. A main function of *The Summit* is to provide a professional learning experience for students of any major classification who express an interest in journalism. To serve this function, *The Summit* is entirely student-run. Student editors are responsible for all editorial decisions, content and editing. The instructor/ adviser is available for training, guidance and advice, but has no control over the content or editing of the newspaper. Prior review is not exercised. These guidelines have been established to protect the First Amendment freedoms guaranteed to the student press, as well as a guarantee of valuable learning experience in all aspects of newspaper management for the students. **Please direct all inquiries, comments and letters to the editor to summit@gcccd.edu.**

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Summit Staff

LEFT TO RIGHT: Jacqueline Colombo,
Katie Donovan, Gideon Fogt,

Liam Klingensmith, Marc Cordero,
Joseph Salcido, Makayla Hoppe



What are your summer plans?

I plan on going to lots of Padres games, and then will be going to Chicago in August.

– JACQUELINE COLOMBO

Once summer hits, I'll finally have the time to start *The Last of Us Part II*. I bought that game a few months ago and haven't opened it yet!

– MARC CORDERO

This summer, I'm going to Disney World for the first time. I'm excited to make a lot of beach trips too!

– KATIE DONIVAN

Most of my summer will be spent working hard to fund many of the side projects I have at home.

– GIDEON FOGT

I'll be spending some time in Pagosa Springs, Colo. It's home to the world's deepest geothermal hot spring, where you can relax and soak the day away!

– MAKAYLA HOPPE

I will definitely be going to a couple festivals, as well as attending Comic Con and enjoying days out with my friends.

– LIAM KLINGENSMITH

Every day during summer will be a beach day for me. It's my happy place and I am excited for it to get hot!

– LILIANA RANKIN

Most of the summer will be spent in summer classes, but I do plan on visiting some friends in Portland and St. Louis.

– JOSEPH SALCIDO

INTO THE SUNSET



Grossmont, it has been an absolute pleasure. The years I have spent here have allowed me the time and space to grow into a person I never thought I could be. From my first days in the Theatre Department to my final months in the MCOM building, all of it has been eye-opening and fulfilling.

This will be my final semester at Grossmont as I transfer to SDSU's journalism program in the fall. Thank you to the staff of *The Summit* and our adviser, Professor Calo, for giving me a platform to learn and speak my mind.

Remember, it is never too late to find your passion. Take time to discover what you love and what you are successful at. It can sometimes be challenging, but it is worth it.

Enjoy your summer, everyone, and follow your bliss!

Makayla Hoppe, Editor-in-Chief

CORRECTIONS & 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.

APRIL C&C

Page 11 Correction and Clarifications: Ramadan, the month of fasting observed by Muslims, began on April 2, not April 1. The story also indicated Arab American Heritage Month was a religious celebration, but it is intended to celebrate Arabic culture. Finally, the headline incorrectly said the college was celebrating "Middle Eastern" culture and history; instead, the event celebrated the 22 countries of the Arab World that share the Arabic language, according to Sonia Ghattas-Soliman, the co-chair of the World Languages Department.

CAMPUS CALENDAR

COMPILED GIDEON FOGT

MAY 21: Virtual Super Saturday (Online)
| *All in the Timing*, 2 p.m. and 7:30 p.m.
(Stagehouse Theatre)

MAY 21 - JUNE 1: Student Art Exhibition,
4 to 7:00 p.m. (Hyde Art Gallery)

MAY 26: *All in the Timing*, 2 p.m.
(Stagehouse Theatre)
| **Veterans Recognition**, 5:30 to 7:30 p.m.
(Grossmont College)

MAY 26 - 28: *All in the Timing*, 7 p.m.
(Stagehouse Theatre)

MAY 28: *All in the Timing*, 2 p.m.
(Stagehouse Theatre)

MAY 30: Memorial Day

MAY 31 - JUNE 6: Final Exams

JUNE 8: Cuyamaca College
Commencement, 5:30 p.m. (B-Building)

JUNE 9: Grossmont College
Commencement, 9:30 a.m.
(Parking Lot 1)

JUNE 10: Deadline to apply for College
Support Grants for the 2022-23 Fiscal
Year (Online)

JUNE 13: Summer Classes Start

**Events subject to change; visit grossmont.edu for online meeting login and latest info.*

CONGRATULATIONS CLASS OF 2022

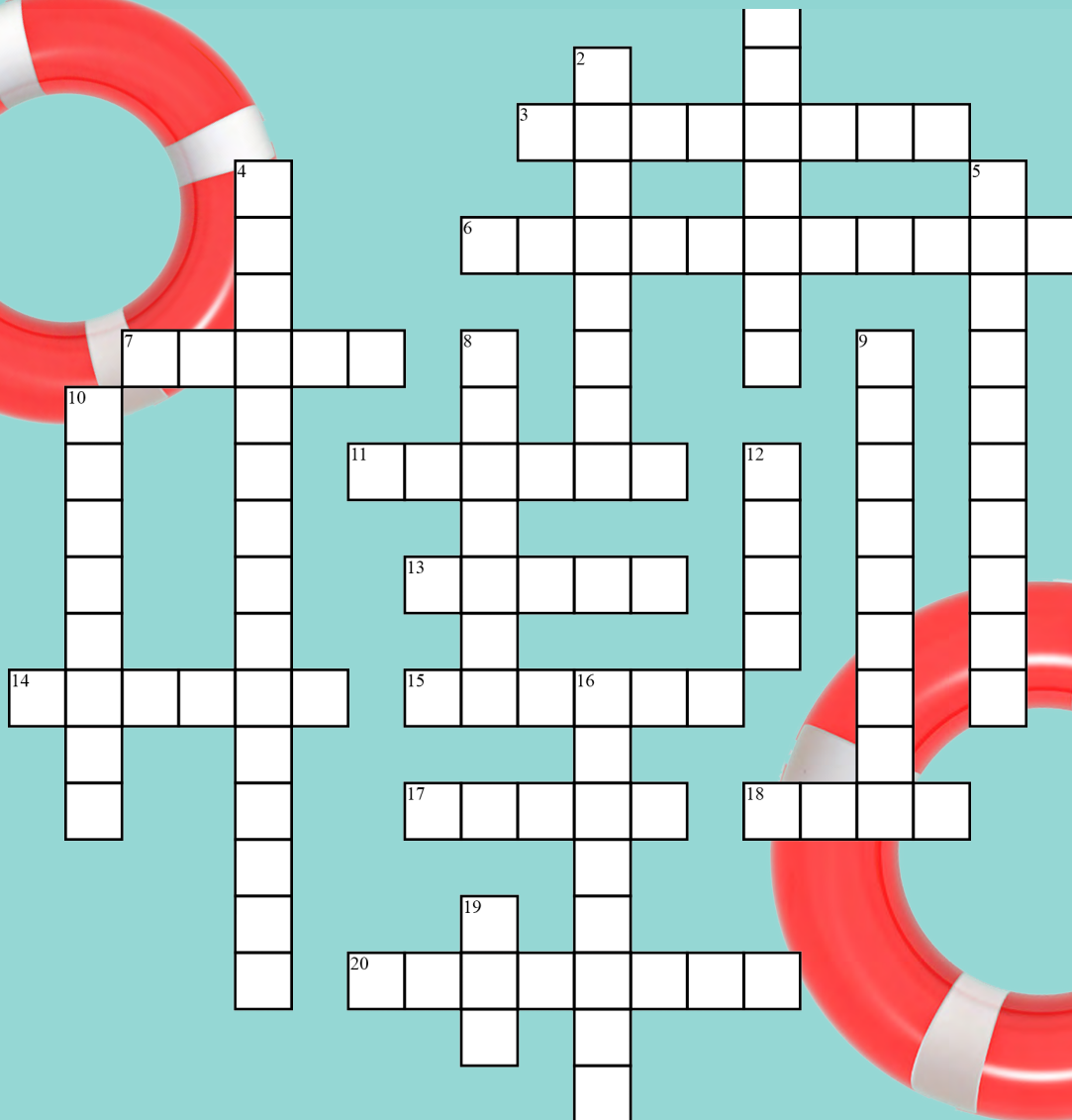
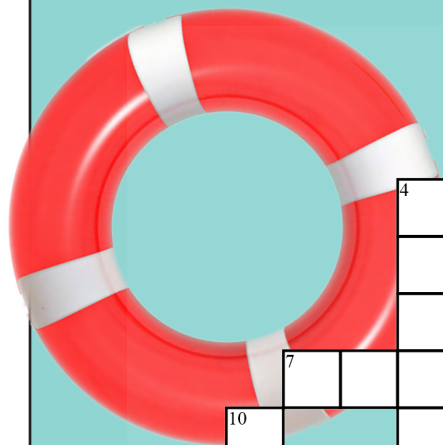
Caps off to all graduates! We at *The Summit* wish you a lifetime of success.

DESIGN BY CATHERINE CRUZ



Train your brain with a summer crossword.

BY JOSEPH SALCIDO | SOLUTION ON PAGE 19



Across

- 3. sport that is in the water
- 6. a national holiday to mourn and honor U.S. armed forces
- 7. the water found at the beach
- 11. pants that are only to the thigh or knee
- 13. a place with sand and an ocean
- 14. physical activity that requires walking for long distances
- 15. a shirt which sleeves are above the elbow

- 17. Use to dry off after getting out of the pool or ocean

- 18. small, yellowish brown grain like substance found at the beach

- 20. an object that is used to protect you from the sun

Down

- 1. vacation where people live outdoors/ sleep in tents

- 2. Worn when going into the water

- 4. Another name for the 4th of July

- 5. oval fruit with green outside and red inside

- 8. plants that bloom

- 9. lotion applied to protect skin from the sun

- 10. a long period of recreation or leisure, usually spent away from home

- 12. body of water in someone's backyard

- 16. Cold, sweet snack typically eaten after dinner on a hot day

- 19. a type of meal that is cooked outside, typically on a grill

Democracy

on

Campus

STORY BY
GIDEON FOGT
DESIGN BY
MAREN READ

ASGC reps look out for student interests.

The Associated Students of Grossmont College (ASGC) and the Student Trustee recently held their annual elections open to the student population.

With campus life slowly returning to Grossmont College, this election posed particular significance for student government. That is because these newly elected representatives will likely be the first in a while to oversee a fully in-person student body for their entire term.

After roughly two years of the COVID-19 pandemic almost entirely eradicating the presence of students on campus, the ASGC and Student Trustee have faced a rough slog to remain established.

However, the vigilance of its members kept the organization afloat during those difficult times.

With fresh elections passed and a more established constituency on the horizon, there is hope newfound energy will be present throughout the governance.

Students may still be unsure who represents them and the overall function of the student government, especially since much of the engagement was diminished due to the pandemic.

With input from current and former members of both the ASGC and the Student Trustee position, this article looks to enlighten any confusion.

It should first be made clear the

distinction between the ASGC and the position of Student Trustee.

As current Student Trustee Benjamin Blevins puts it, his role is “the closest thing to a full member” on the Grossmont-Cuyamaca Community College District Board of Trustees. This is where the representative holds a vote on the governing matters the board oversees.

On the other hand, the ASGC is a participatory governing group with its own bylaws and constitution that strictly represents the Grossmont College student body.

The more specific responsibilities of the ASGC include chartering clubs, fundraising, facilitating the interclub council, planning student events and appointing representatives to college committees.

While they serve distinctly different roles, both the Student Trustee and the ASGC represent the goals and interests of the students they are elected from.

As such they will collaborate closely to support the wishes of their constituents where they can, which is also why the Student Trustee is considered an “ex-officio” (nonvoting) member of the ASGC.

Both of these roles have considerable influence that gives them the potential to bring great tangible change to the campus and the overall experiences of the

[ASGC CONT. ON PAGE 18]

ASGC ELECTIONS RESULTS

President: Sara Laila

Executive Vice President: Kayla Moreno

Executive VP of Finance: Amanda Elliot

Director of Student Legislation: Katherine Machado

Chair of Web Development: Alden Peterson

Director of Board Affairs: Franziska Collier

Director of Campus Activities: Franziska Collier

Director of Publicity: Kayla Moreno

Board of Directors: Elliana Capurra, Jesus David Chaparro, Eugene Choe, Amelia Elliot, Jihad Hafidh, Katherine Machado, Paola Mendoza, Kayla Moreno, Alden Peterson, Sasha Reva, Jenine Smith

Student Trustee: Oleksandra “Sasha” Reva

STRONG & *HEALTHY* minds

Grossmont's Health & Wellness Center strives to help students dealing with many issues, including mental health.

STORY BY LIAM KLINGENSMITH
DESIGN BY JEREMY ALCAZAR



Building 60, Room 130
619-644-7192
grossmont.edu/mental-health

HEALTH & WELLNESS
CENTER



If you are currently enrolled at Grossmont College:
Register for the Patient Portal and have access to
scheduling, COVID daily checklists, vaccination
status and more

PATIENT PORTAL

As the COVID-19 pandemic has taken its toll on everyone over the past few years, mental health issues have become an increasing problem for the younger generation.

According to a World Health Organization study conducted in March 2022, the pandemic triggered a 25% increase in anxiety and depression worldwide.

Luckily, Grossmont's Health and Wellness Center offers all registered students an extensive range of help for medical-related issues, especially mental health counseling.

The licensed mental health counselors on staff offer free one-on-one, relational or family therapy for all students taking at least one class through Grossmont. Seven therapists are available by appointment for confidential sessions either on campus or through a Zoom call.

Many people have a hard time trusting one another and expect that people will spread gossip about their problems, whether minor or major. Fortunately, this is not the case when it comes to therapists.

"I think it's important for people to know that we offer a safe space," said Elaine Adlam, the nurse on staff. "People walk in here with all sorts of stuff, anywhere from I'm having a hard time studying to I'm a hot mess."

She explained how students even visited when they have panic attacks just to sit down in a quiet, relaxing environment, which helps them calm down and ease their minds.

Sometimes, people are afraid to share their mental problems; they're worried about being vulnerable or judged. Many students may feel that their issue is too small and not worth talking about.

"Therapy is a conversation. It really is a conversation between two people, and it's not anything to be frightened of," said Matthew Ring, one of the licensed therapists. "There's nothing we haven't seen already... There's no issue too big or too small."

Students interested in non-mental help may not realize how many services the department offers, from immunizations to various health screenings to minor first aid, plus professional health counseling and nurse visits.

Some of these perks are free, such as visits with the registered nurse, vision and hearing tests, blood pressure checks, flu shots and COVID tests.

The department also offers free essential healthcare items such as masks, sanitizer, band-aids, condoms, and other small items.

With Grossmont's Health and Wellness Center, many students have and will get help for their problems. With the help of the compassionate professionals on campus, hopefully, more students will have their mental health turned around and improved for the better. 🐦

Spotlighting Music Majors

Two Grossmont voice students received special awards for their musical contributions to sacred music and diversity.

Grossmont College's student population consists of extremely talented and passionate individuals, this is especially true for students within the music program.

Two Griffin voice students, Noah Alcantara and Cerah Rodriguez, recently received special awards from the National Association of Teachers of Singing (NATS).

NATS is the largest non-profit association of singing instructors globally. Its mission is to "advance excellence in singing through teaching, performance, scholarship and research," according to its website.

"I am very proud of both these students who have worked hard these past few years," Audra Nagby, a Performance Studies instructor at Grossmont, said in an email.

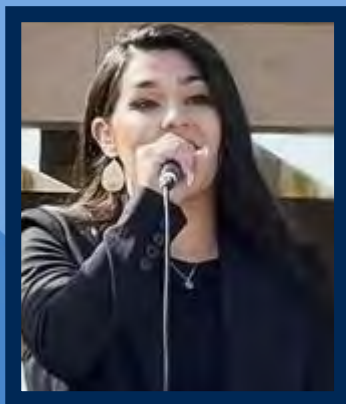
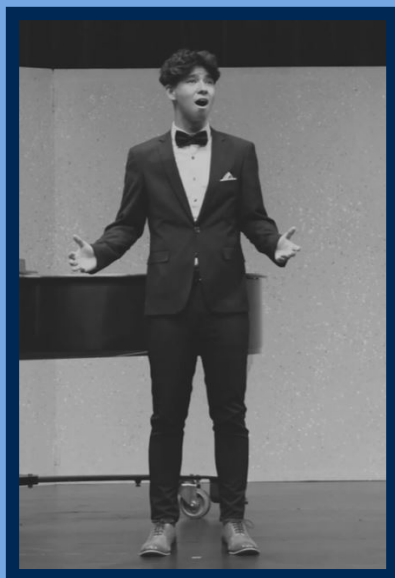
Alcantara is a music and psychology major, and his main instrument is his voice. He was honored with a special award for Diversity in Music for his entry of a Filipino song named *Mutya Ng Pasig*.

He shared how rewarding it was to learn about the rich history of the composer and the story of the Pasig River in the Philippines. Alcantara expressed how important it was for him to perform this piece, especially in a dominated space by Western music and practices.

Alcantara's advice to incoming music majors would be to meet with Department Chair Derek Cannon and take all of the classes he suggests.

**STORY BY KATIE DONIVAN
DESIGN BY JUANITA VINEYARD**





“No matter what the assignment is, it is giving you skills as a musician,” Alcantara said. “Also, practice like crazy.”

Rodriguez won first place in the adult division, as well as a special award called the Sparrow Award for sacred music. In June, she will also be performing the national anthem at Grossmont’s commencement ceremony.

**“No matter what the assignment is,
it is giving you skills as a musician.
Also, practice like crazy.”** –Noah
Alcantara

In the fall, Alcantara is transferring to San Francisco State University on a full-ride scholarship, and Rodriguez is transferring to SDSU next semester with multiple scholarships.

“My goal is to be a music director or a music pastor,” Alcantara said.

He said he wasn’t thinking of transferring but was encouraged by the faculty at Grossmont to do so. Alcantara extended a special thank you to many of his instructors for supporting his path and helping him get out of his comfort zone.

Alcantara will also perform his awarded piece at Grossmont College in June with other music program alumni.

The Grossmont College Music Department continues to bolster the creativity and voices of its students and pushes them to reach new heights. 🎵

**ABOVE: Noah Alcantara in performance mode.
| LEFT: Cerah Rodriguez will be singing the
national anthem at graduation. | OPPOSITE PAGE:
Audra Nagby (center) with her students, Alcantara
(left) and Rodriguez (right), at the NATS ceremony.**

LITERARY ARTS FESTIVAL 26

THIS YEAR'S EVENT SHOWED
THE POWER OF WRITING.

STORY BY MARC CORDERO | DESIGN BY SAMUEL FIGUEROA

Last month marked a successful week for the Creative Writing Program as they hosted its 26th annual Literary Arts Festival, which took place from April 26 to 28.

The festival took place via pre-registered Zoom meetings highlighting several authors and creative writing students.

Before the COVID-19 pandemic, the festival took place in person, and the department plans to host in-person events next year. According to Daniela Sow, the Creative Writing Program and Literary Arts Festival co-coordinator, they may still include online events to give people more options to participate.

In this four-day festival, each day had around two events, usually one in the afternoon and one in the evening. Here's a recap of the Literary Arts Festival.

MONDAY, APRIL 25

The Literary Arts Festival kicked off its first day with the "Why Literature Matters" event, which featured students from the English 122: Introduction to Literature class.

These students were Francesca Sammartano, Aylin Miranda, Tasnim Alsidnawi and Kimberley Godfrey. Each shared powerful, moving anecdotes of how literature played an essential role in their lives, such as helping them through hard times or teaching them valuable lessons.

Each student came from different backgrounds with different perspectives. They advocated that literature can affect anyone, regardless of where they came from.

"Literature is a teacher, a mother, a friend and a guide," Sammartano said during the panel. "It has the power to make you angry, happy or sad."

The next event featured award-winning journalist and creative nonfiction author Maggie Downs. She shared parts of her journey and read from her book *Braver Than You Think: Around the World on the Trip of My (Mother's) Lifetime*.

This book documents Downs' adventures from when she backpacked solo across the world to complete her mom's bucket list while her mom was in the final stages of Alzheimer's disease.

Downs said her mother played an important role in the book's development, and their relationship was present throughout the story.

TUESDAY, APRIL 26

The festival's second day started with poet and young adult (YA) fiction author Chris Baron, who read from one of his recent books, *All of Me*. The story follows a seventh-grade boy interested in cryptozoology and role-playing games who struggles with body insecurity.

Baron continued reading from his other books before answering questions from the audience, concluding the event.

The next event was called "New Voices," where students from the Creative Writing Program shared some of their original pieces.

This year's students were Tramina Ngo, Samuel Scott, Shujen Walker Askew, Natalie Keokham, Amanda Fadden, Carly Watts, Darlene Falh-Brittian, Lucian Scrya and Aylin Miranda. The students shared poetry and short stories exhibiting their excellent use of personal, descriptive and moving writing.

WEDNESDAY, APRIL 27

The third day kicked off with Poet Manuel Paul López, who read parts from some of his work, including his forthcoming book, *Nerve Curriculum*, set to release this fall. After his reading, López answered questions regarding his writing, inspiration and advice for the audience.

"I just love writing," he said. "I love what it does, and I love exchanging ideas."

Poetry continued to the day's next event as poet Erin Rodoni read from her third book, *And If the Woods Carry You*.

Rodoni said this book explores motherhood and childhood while living in a "frightening and uncertain world."

One of her biggest concerns is raising a family amid global issues that may worsen when her kids are grown up. Rodoni said these issues inspired some of the themes in her book.

Wednesday ended with award-winning fiction writer and YA author Cherie Dimaline, who talked about writing and conveying thoughts and feelings to people through words. She then read parts of her work and discussed different aspects of literature, such as writing narratives or finding the inspiration to write.

"We are a story that the universe is telling," Dimaline said, "and in return, we tell stories back to it through living our lives."

THURSDAY, APRIL 28

The festival's last day was initially planned to start with novelist and YA sci-fi author Kosoko Jackson; unfortunately, his event was canceled. The festival moved on to its next and final event, featuring creative nonfiction writer and poet Marco Wilkinson. He read parts from his first book, *Madder: A Memoir in Weeds*.

Wilkinson explained how he grew up without a father and didn't learn about him until college. Wilkinson's non-relationship with his absent father is present in his book. After learning about his dad, Wilkinson pursued a career in agriculture and farming. He incorporates agriculture in his writing, and he even used weeds as a symbol in *Madder*.

After his reading, Wilkinson answered questions regarding his career, life and writing, marking the end of the festival.

WRAPPING UP

This year's Literary Arts Festival featured many decorated authors and writers who had something for the audience to learn. The viewers also got to see talented, inspiring students from the Creative Writing Program open up and share their touching work.

Despite the festival taking place online, everyone seem connected during each event. Organizers and participants look forward to next year, when the festival may host events in person.

For those interested in joining or supporting the Creative Writing Program, head to the program's page on Grossmont's website. There is information about the creative writing courses offered at Grossmont and a link to donate to the program. 🐦

**"WE ARE A
STORY THAT THE
UNIVERSE IS
TELLING,
AND IN RETURN,
WE TELL STORIES
BACK TO IT
THROUGH LIVING
OUR LIVES."**

**-CHERIE
DIMALINE**



Grossmont has spirit,
but we can always use more.
Why not a cheer team?

STORY BY JACQUELINE COLOMBO
ILLUSTRATIONS BY ANDREW RAMOS

Whenever you attend sporting events, you think of the players, the crowd yelling and cheering, the snacks and beverages, and sometimes even the cheerleading team helping you get amped up. Grossmont College, however, has likely never had a cheer team. No evidence could be found of a cheer team in the past, no matter where you search.

The only cheerleaders at Grossmont are the fans sitting in the bleachers, and it is up to them to keep the crowd going. When asked if she thought the school would benefit from a cheer team, Grossmont Student Liliana Lomeli said she was all in favor. She said she had only attended soccer games in high school at El Cajon Valley High School, but knew when there were football games because of the cheerleaders in her class.

"The team did always cheer everyone up," Lomeli said. "I remember they had catchy cheers and cool dances to entertain the audience while our school was losing terribly each game."

While it would be wonderful for the Griffins to get a cheer team one day, cheerleading can be an expensive sport.

It varies, but the cost for a school to have a cheer team can go from \$700 to \$3,500. Fixed costs involve the gym, uniforms, accessories, camp registration fees, tumbling class fees and more. One benefit of cheerleading is they take part in charities. The charities are not only exclusive to cheer, but to other parts of the school as well.

Not only does it benefit the cheerleaders, but it is one extra team at school that can help with fundraising and spreading the word about special events



such as selling fireworks before the Fourth of July or conducting food drives. Cheer teams also help get everyone excited for those upcoming events.

Lomeli said, "I honestly don't hear much noise about football games at all, and I remember in high school the cheerleaders would spread the word so I think it'll be good for spreading news about the game we'll have."

Starting college for the first time can be scary. Yes, there are clubs to join where you can meet new people and make friends, but if you did cheer in high school and wanted to continue and keep your skills going, a cheer team is perfect.

Lomeli said since Grossmont is a community college, having a team here would be good because it can give you experience before you transfer to a university. Ages for competitive cheer range from 5 to 18 years old. If you take a long gap with no practice, you start to lose your skills, which will not benefit you if you plan to try out for a university team once you transfer.

Requirements to make most college teams are:

- **Tumbling:** Flips and twists.
- **Standing:** Standing back tuck and back handspring tuck.
- **Running:** Running pass ending with a back tuck.
- **Stunting:** Throw people or get thrown in the air.

Make sure you have your basics stunts down such as basket tosses, halves, extensions, libs (at both half and full) and a full up.

Getting a cheer team may cost a little, but hopefully one day there will be Griffin cheerleaders stunting and tumbling while cheering on players at games. For now, the students will have to keep that Griffin spirit loud and proud. 🐾

DUO OF THE YEAR

The Griffins' beach volleyball season may have come to an abrupt end, but the Duo of The Year showed utter domination in their title run.

STORY AND LAYOUT BY JOSEPH SALCIDO

Grossmont's run has ended after a solid season from the women's beach volleyball team, finishing 13-8 with a conference record of 7-3. This was a challenging year for beach volleyball as the competition was fierce, and by no means was it easy for the team to make it to the SoCal Team Regional Final at Irvine Valley College.

No matter how demanding the schedule was this year, the Griffins found themselves at regionals ranked as the No. 7 seed facing off against the No. 10 seed Fullerton. Grossmont was stunned when they went down 4-1 to the Hornets, who had just come off a loss earlier that day to the No. 2 seed Irvine Valley.

While that was a tough loss, Grossmont still had one more game to make something happen when they went up against Irvine Valley, who had just beat the Hornets earlier that day. Grossmont put up a fight but evidently went down in a crushing 3-2 loss, which ended the Griffins' season and hopes for a team championship this year.

Grossmont still saw great success with its pairs team Madison Bogle and Alexcis Morris, who won the 2022 PCAC Duo Of the Year, competing in the State Championship Pairs tournament.

Morris and Bogle have been on a mission the entire year, dominating their opponents and winning all eight of their pairs' games, outscoring their opponents 349-213. It's no wonder why these two were awarded "Duo of The Year" and continued their regional success.

Coming in at No.1 in the tournament, Bogle and Morris started the first round facing off against No.32 Diamonique Brogan and Chloe Swanson of Irvine Valley College. Morris and Bogle finished them off quickly with scores of 21-13 and 21-17 in the match. Both women continued onto the second round, taking on No. 16 Lily Krongold and Jacelin McKie of Santa Barbara City College. Morris and Bogle handled this with ease as they have done all season, winning the match with scores of 21-16 and 21-11.

Competition finally came knocking when Morris and Bogle met Tainea Allen and Jordan Wilson, coming in as the No. 12 seed in the quarterfinals. This match was the toughest they had played and took three sets to finish with scores of 21-16, 17-21 and 16-14. Morris and Bogle took a loss in this match but still placed into the SoCal Pairs State Championships as the No. 5 seed.



LEFT: BEACH VOLLEYBALL TEAM | RIGHT: ALEXCIS MORRIS AND MADISON BOGLE. | PHOTOS COURTESY OF GROSSMONT ATHLETICS.

The championship took place on May 14, with the round of 16 kicking off in the morning where Morris and Bogle matched up against Cabrillo College's Ashleigh Souza and Alanna Patyk-Randa. After three tough sets, Grossmont sent Cabrillo home and went to the quarterfinals to play Feather River Valley's Taylor O'Reilly and Carissa Chainey. Morris and Bogle continued their win streak, taking them down after three sets and moving them on to the semifinals.

Grossmont had to beat Santa Barbara's Emma Crabbe and Kelissa Lemoine, only one game out from a title game. After two sets resulting in scores of 21-16 and 21-18, Morris and Bogle saw themselves struck down after an awe-inspiring run. There is some peace in knowing that Crabbe and Lemoine did go on to win the championship, and while it wasn't our Griffins taking the title in the end, there is no doubt Grossmont remains a force to be reckoned with when it comes to volleyball.

With incredible athletes like Alexcis Morris and Madison Bogle, Grossmont has more than enough to be proud of as these two women put on one hell of a show this season, and represented what it means to be a Griffin. 🐾



GRIFFINS BEACH VOLLEYBALL



IT'S ALL IN THE TIMING

Grossmont's final theater production aims to make pandemic-weary audiences laugh.

STORY BY KATIE DONIVAN | DESIGN BY LUCIE CISHUGI

Asix-act play is no easy feat, but the company of *All In The Timing* – written by David Ives and directed by Geno Carr – is facing the daunting task head-on.

The six acts are as follows: “Sure Thing,” “Words, Words, Words,” “The Universal Language,” “Philip Glass Buys a Loaf of Bread,” “The Philadelphia” and “Variations on the Death of Trotsky.”

The comedy contains themes of absurdism and surrealism; it also comments on capitalism, relationships and the human experience. Ives’ use of language expertly balances wit and evocative analysis as a means of expression for his existentialism.

According to Fletcher Morrow, who is also double-cast as Swift and Don, this production’s central message is to “stop taking things so seriously.” Their rehearsal reflected this as the actors developed their physical comedy skills with Carr, accompanied by a hearty portion of giggles and utter silliness.

Stage manager Becca Moore explained the different styles of each act are what make this show uniquely special. She added it has been fascinating watching each one progress.

“I’m excited for the audience to connect to each world that each act has built,” said Jacob Human, who plays Mark in “Philadelphia.”

The show has an advanced view of abstract concepts – like intellectual ethics and the human condition. It also takes on an intimate perspective of relationships and how people view themselves as members of their community.

“I feel like my character as Dawn will resonate with a lot of people,” says Public Health Major Natalia Harris. “At the beginning of the scene, she’s very shy and withdrawn because she doesn’t feel accepted in society due to her stutter.

“Eventually opening up to people can be really difficult, but it’s a beautiful thing,” Harris continued.

When asked what they would tell the audience before they saw the show, Grubstad said: “I would tell them to expect the unexpected. You get lost, but in a good way.”

Cole Atencio added: “Come into this show looking for absurdity and prepare to leave it without understanding everything you just saw. The whole point of this show isn’t to understand it. It’s to feel it.”

Carr also lent a thoughtful word for audiences to consider initially, especially after the events of the past two years.

“I think the audiences should come into this knowing that we’re all coming out of a very crazy, isolating and, in many ways, sad time,” Carr said. “You’re going to leave having laughed a lot and hopefully forgotten a little bit about the not-so-great stuff.”

With Stagehouse Theatre being back at full capacity after some pandemic restrictions were rolled back, *All In The Timing* is an excellent show to enjoy with your family and friends.

All In The Timing will be running from May 19-21 and May 26-28. To order tickets, call the Box Office at 619-644-7234. 🐦



Cultural Visibility

Arab-American artists celebrate their culture in a Hyde Gallery exhibit.

STORY BY LILIANA RANKIN | DESIGN BY BRIAR RAZAK

In celebration of Grossmont College's Arab American Heritage Month, the Hyde Art Gallery put up a mini-exhibition in the window display on the south side of the performing and visual arts center for the month of April.

The mini-exhibition included different types of paintings, photographs, artifacts and various objects around the Arab world.

Doris Bittar, Yasmine Kasem and Haneen Oriqat were a few of the artists who participated and shared their work with the exhibit.

Bittar's *Stripes and Stars: Baghdadi Bride 2*, a 40-inch-square oil painting on linen piece, was created

in 2011. Oriqat's various photographs of Chefchaouen and Casablanca, Morocco, were digital photos on display.

Kasem's *The 210th Night* is a more than 5-foot cotton piping and dye painting, created in 2021.

When asked what inspired her to create this piece, Kasem said: "In *The 210th Night*, I'm depicting a scene from a different story—Kamar Al Zaman—in which a newly wedded

princess is abandoned by her husband and she must pretend to be him. She is then pressured to marry another princess in a kingdom she visits and on the 210th night, she reveals her true identity to her wife who was upset they had yet to consummate their marriage."

Kasem said she intends for her audience to simply see visibility through her pieces.

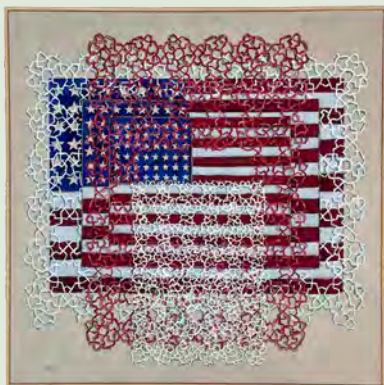
"As a queer Muslim-Arab myself, it is difficult to navigate the channels of each identity when there is clear animosity from each community to the other," she said. "By rendering these stories, I'm saying queerness is a part of Arab heritage."

While working with cotton piping for a few years, Kasem created her piece using no paint, only cotton piping layers out in individual strands like embroidery and dye.

"Dye just seemed like the best option because it absorbed so well into the fibers," Kasem explained.

Art is a creative way to celebrate culture. "All the work I make is Arab art, regardless if it has traditionally recognized Arab aesthetics or techniques," Kasem said. "What matters most is individual perspectives Arab artists contribute to the broader conversation about and culture." 🐦

"What matters most is individual perspectives Arab artists contribute to the broader conversation about and culture."
— Yasmine Kasem



ABOVE: *The 210th Night* by Yasmine Kasem. | TOP LEFT: Various photographs from Chefchaouen and Casablanca, Morocco, by Haneen Oriqat. | CENTER: *Stripes and Stars: Baghdadi Bride 2* by Doris Bittar. | Photos courtesy of the Hyde Art Gallery.



RECIPES AND PHOTO BY MAKAYLA HOPPE | DESIGN BY RICKY PEREZ

For me, the best hobbies are the ones that leave you feeling accomplished. Whether it's scoring the winning run, finishing a sewing project or completing a video game, the free time we put into our hobbies is never better than when we successfully achieve our desired result. All throughout my childhood, and even today, that hobby has been baking.

Baking is special because the finished projects can be shared with our friends and family; they signify special occasions and holidays. As long as you follow the instructions, and allow yourself a little trial and error, baking can become a lifelong hobby and skill.

I think a dessert can (and sometimes should) look as amazing as it tastes. This recipe is one that I cobbled together for the sake of edible art. It uses beautiful summer fruit and a combination of flavors that will impress your guests both visually and tastefully.

FRUITY & FLORAL

IMPRESS YOUR GUESTS WITH THIS SUMMER RECIPE.

HAZELNUT CRUST

INGREDIENTS

- 1 ¼ cups roasted hazelnuts
- 1 cup all-purpose flour
- ¼ tsp. salt
- ½ cup sugar
- 6 tbsp. softened butter

DIRECTIONS:

1. In food processor, grind nuts with half the flour until mixture resembles coarse cornmeal. Add remaining flour and salt and pulse briefly.
2. Cream sugar and butter in mixing bowl with wooden spoon for a minute or two until pale and thick. Add nut mixture and combine until dough comes together. If crumbly, add 1 to 2 tbsp of softened butter or a little cold water.
3. Press dough evenly into 10-inch French tart pan; use half the dough for sides and half for bottom. Prick bottom with fork and freeze for 30 minutes.
4. Heat oven to 350 degrees. Bake chilled tart shell for about 15 minutes until lightly brown. Cool.

VANILLA PASTRY CREAM

INGREDIENTS

- 2 cups whole milk
- ½ cup sugar
- ½ vanilla bean, split lengthwise, seeds scraped
- Pinch of salt
- 4 large egg yolks
- ¼ cup cornstarch
- 2 tbsp. unsalted butter, cut into small pieces

DIRECTIONS:

1. In medium saucepan, combine milk, 1/4 cup sugar, vanilla bean and seeds, and salt. Cook over medium heat until mixture comes to a simmer.
2. In medium bowl, whisk together egg yolks, cornstarch and remaining 1/4 cup sugar. Whisking constantly, slowly pour about 1/2 cup of hot milk mixture into the egg-yolk mixture, 1/2 cup at a time, until it has been incorporated. Pour mixture back into saucepan and cook over medium-high heat, whisking constantly, until it thickens and registers 160 degrees on instant-read thermometer, about 2 minutes. Remove and discard vanilla bean.
3. Transfer to bowl of electric mixer fitted with the paddle attachment. Add butter and beat on medium speed until butter melts and the mixture cools, about 5 minutes.
4. Cover with plastic wrap, pressing it directly onto surface of pastry cream to prevent skin from forming. Refrigerate until chilled, at least 2 hours or up to 2 days. Just before using, beat on low speed until smooth (you can also whisk by hand). Pour into tart shell and smooth top.

NECTARINE ROSE

INGREDIENTS

- 7 ripe nectarines
- 3 tbsp. apricot jam
- Squeeze of lemon juice
- ½ tbsp. water

DIRECTIONS:

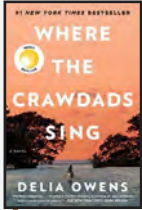
1. Cut around stone of each nectarine to get four quarters. Slice into very thin crescents and layer between sheets of damp paper towels.
2. To fill tart, put one nectarine slice, skin-side up, into the pastry cream against edge. Put next piece beside it, slightly overlapping, and continue around the edge of the tart to complete a circle. Repeat in rings, working your way into the center. When there's only a small gap left, roll up a nectarine slice, then wrap it in 1-2 more slices until it's big enough to plug the hole. Put it in the center of the tart.
3. In small saucepan, warm the apricot jam with ½ tablespoon of water until slightly runny. Strain lemon juice, add to the jam and stir until melted. Brush glaze over nectarines until covered.
4. Chill in fridge for 2 hours. Bring back to room temperature to serve.



SUMMER READS

DESIGN BY
EVA SANCHEZ

Time to ditch the textbooks and read for fun. Here are a few staff suggestions.



Where the Crawdads Sing Review By Katie Donovan

Where the Crawdads Sing by Delia Owens is a hauntingly beautiful murder mystery set in a North Carolina marsh in the mid-1900s. It follows the story of Kya "The Marsh Girl" as she learns how to live off the land after her parents and siblings abandon her. She faces judgment from the townspeople because of the way she looks and speaks, but still maintains their fascination. She finds support in the boat station manager, Jumpin', and his wife Mabel; she also befriends Tate Walker, a boy who was friends with her older brother, and the two fall in love. Unfortunately, he must leave his wild girl and Kya experiences her first romantic heartbreak.

Time passes, and Kya begins to improve her living situation. She learns more about the marsh around her, becoming an expert, and things begin to look up for her. Then one day a body is found in the marsh and Kya is made a primary suspect because of her relation to the victim. Readers are left gripping the edge of their seats as they root for Kya to be pronounced innocent. The ending is the perfect blend of plot twists and happy endings that will leave everyone satisfied.

Being a wildlife scientist herself, Owens presents a deep regard for the Earth's gifts as well as a fascinating treasure trove of knowledge about ethology (the study of animal behavior). There is no doubt audiences will learn something new about animals – or humans – in the course of reading this novel.

Owens's writing centers on the natural world, giving the novel and Kya a grounded, down-to-earth feeling. The natural imagery has a subtle haunting beauty that reminds us the Earth is wild and implacable at its core, just like Kya. It is a thrilling and smoothly-paced novel that is perfect to read on a sunny day at the park, beach or any place surrounded by nature. With themes of love, perseverance and family, *Where the Crawdads Sing* will tug at your heartstrings, all the while strumming them like a banjo in distress.



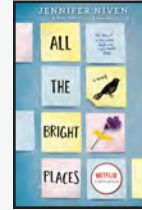
The Night Circus Review By Makayla Hoppe

It appears without notice and is gone in a flash. *Le Cirque des Rêves* is filled with magic that defies physics, logic and reason, and it is only open at night.

The Night Circus is a 2011 fantasy novel from author Erin Morgenstern. It tells the story of a mystical, and sometimes macabre, circus in Victorian London. As readers, we are able to experience some beautiful and engrossing world-building. Morgenstern explains the illusions and tricks down to the finest detail, as if they were right in front of our very eyes. She can perfectly describe the magical caramel apples, and we understand what sets them apart from just a regular caramel apple. This is a truly mystical world that Morgenstern has built, and it is a treat to put yourself right in the middle of it.

Le Cirque des Rêves (The Circus of Dreams) is popular enough to hold an underground cult following, but the rêveurs (dreamers) are not aware of its more sinister purpose. Two rival magicians, Mr. A.H- and Prospero the Enchanter, use the circus grounds to host a years-long duel. However, it is not the two men who duel within the circus's walls, but their protégés. Marco Alisdair, adopted son of Mr. A.H-, and Celia Bowden, daughter of Prospero, have trained their entire lives to outplay one another. Their similar upbringings and respect for each other's skill bring about a romance that may interfere with the lifelong competition.

While *The Night Circus* fits perfectly within the parameters of young adult fantasy, the story is so well written that readers of any age can enjoy it. Fans of *The Prestige* by Christopher Priest (and its popular Christopher Nolan film adaptation) may enjoy Morgenstern's story and its similar theme of dueling magicians. That's not to say that *The Night Circus* is trying to copy anything, because the wonderful tale of *Le Cirque des Rêves* and its taunting black-and-white tents have created a world unlike any other.



All the Bright Places Review By Jacqueline Colombo

All The Bright Places by Jennifer Niven is a heart-felt and emotional book.

It follows Theodore Finch and Violet Markey, two students who meet on the edge of their school bell tower one day while they both contemplate jumping. Finch is a more carefree, laid-back type of person, while Markey is more serious and introverted due to the loss of her older sister.

They are paired up to do a school project that requires them to wander all over Indiana and find hidden gems. As the story continues, Finch starts to bring out a new side in Markey, finally becoming happy and more carefree, but Finch is still battling his own demons.

This book will bring out many emotions when you read it, but it is worth the read. It shows you how precious life really is, and all that you can accomplish in such little time. Finch is based on the author's high school boyfriend, which Niven discusses on her social media accounts.

This book was turned into a Netflix film released back in February 2020. The movie was good, but the book is mostly better, featuring details that the film failed to include.

Check out *All The Bright Places* along with Niven's other works. 🐦

"If you don't like to read, you haven't read the right book."

–J.K. Rowling



KENDRICK IS HERE

The Compton rapper releases his fifth studio album.

STORY AND LAYOUT BY MARC CORDERO

On May 13, Kendrick Lamar released his fifth and final studio album with Top Dawg Entertainment titled *Mr. Morale & The Big Steppers*. This album came out five years after his previous studio album, *DAMN*.

During the five years between projects, Kendrick worked on the *Black Panther* soundtrack, was featured in other artists' songs, launched his multi-disciplinary media company, pgLang, and even performed at the 2022 Super Bowl Halftime Show. Other than that, however, Kendrick has kept a low profile from the public.

Mr. Morale & The Big Steppers reflects on Kendrick's life during these five years, the pandemic, his family and mental health.

The album splits into two parts: "The Big Steppers" and "Mr. Morale." Each song acts as a therapy session, where Kendrick expresses his issues with himself, society and raising his family.

In "The Big Steppers," a standout track is "Father Time." Kendrick explained how his upbringing was grounded in his father's toxic masculinity, ego and pride in this song. He recognizes that those teaching were harmful and hindered his ability to open up emotionally in relationships.

The song "Die Hard" shows off this lack of vulnerability. Kendrick shares his struggles and insecurities with his partner, fearing she'll reject the real him if he opens up.

The lasting effects of Kendrick's so-called "daddy issues" are shown from another perspective in the track, "We Cry Together." In this song, he gets into a verbally violent argument with his partner, showing off a misogynistic point of view.

Kendrick shares problems he's been dealing with but takes steps around these issues rather than confront them head-on,

hence the title, "The Big Steppers."

In the "Mr. Morale" side of the album, Kendrick begins to open up and deal with his trauma head-on. He shares heartfelt and personal stories in a way fans have never heard before.

Kendrick becomes entirely transparent with his feelings and childhood trauma in the album's penultimate track, "Mother I Sober." It's a powerful song where he attempts to resolve his issues to achieve spiritual freedom for himself and his family.

Interestingly, this album contrasts his previous projects, *To Pimp a Butterfly* and *DAMN*. Part of those albums' narratives is about Kendrick stepping into the role as a public leader of his community for Black activism.

However, Kendrick doesn't follow that up in his new album. Instead, he takes the time to express the stress and pressure of that role in the song "Crown" and how he's just as human as everyone else in the song "Savior."

In the final track, "Mirror," Kendrick concludes the album by stepping away from that role to focus on his mental and spiritual well-being and family.

Overall, *Mr. Morale & The Big Steppers* is an incredible album, with excellent production and great features. It's yet another showcase of Kendrick's versatility in sound, flow and storytelling.

The album gets better after each listen because there's always something to unpack from the album's lyrically dense content.

It was a long five years, but it was worth the wait. The world awaits what Kendrick will do now that he's parted ways with Top Dawg Entertainment.

ASGC [CONT. FROM PAGE 6]

students at Grossmont College.

"You have all these people united wanting to make a change from different individual groups," emphasized Flores-Falcon. "So think of us as one huge voice reaching out for change."

This means when the ASGC makes a suggestion to the college on behalf of the students, the school is likely going to listen.

"Basically, if we can follow the guidelines of the district, it's most likely going to happen," former ASGC president Aundrea Kaiser added.

Some newly elected members of the school's student government have already come forward with their own ideas for change as they move into their roles.

Student Trustee-elect Sasha Reva expressed her own goals to improve security for students by pushing to establish stronger lighting on campus and the installation of emergency call boxes.

Whether the changes be small or large, the job of the ASGC and Student Trustee is to ensure those changes represent the wishes of the students.

"The students need representatives and in a democracy, they have their representatives," Kaiser said. "ASGC will serve as those student representatives. They are those student leaders." ✍️



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End your semester in style by
visiting the Student Art Exhibition.

BY LILIANA RANKIN

The Hyde Art Gallery is holding its Student Art Exhibition at Grossmont College through June 1.

The gallery puts on an exhibition at the end of every semester to showcase Grossmont's students' art throughout it. This year's exhibition shows off Grossmont students' exciting, stand-out art and designs produced during the Spring 2022 semester.

These arts and designs created by students will include ceramics, painting, drawing and digital media, among others. Student artwork is also available for purchase.

Since the exhibition will only be available to visit through the end of May, you may want to end your semester in an artistic way by checking it out.

The gallery is open Monday to Thursday from 10 a.m. to 5 p.m. There is no need to make a visitation appointment, as they are no longer required. Although, it is still required to wear a mask at all times while visiting the gallery.

The event is also free and open to the public. 🐾



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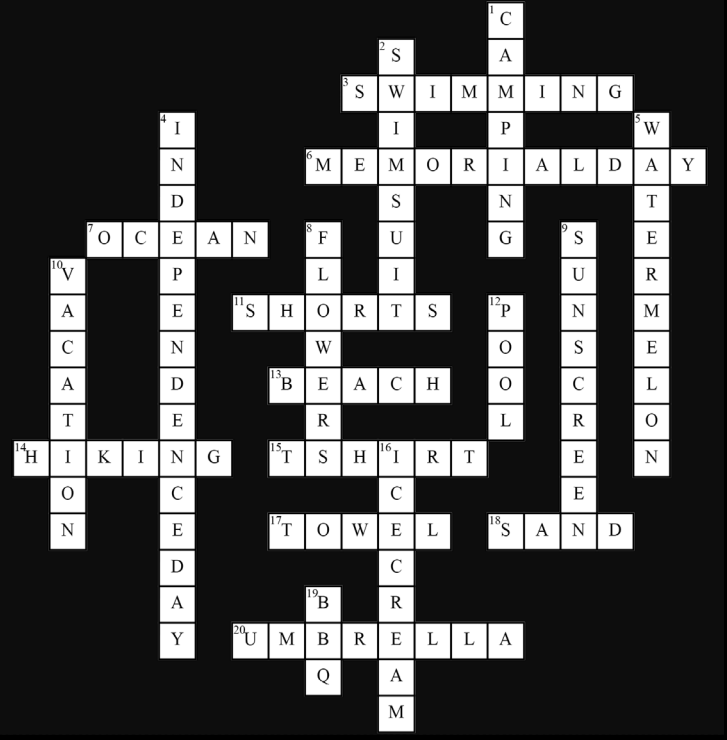
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**BRAIN
BOOST
SOLUTIONS** [PUZZLE ON PAGE 5]



REEL TALK | SUPERHERO SUMMER

Heroes don't take vacations.



DR. STRANGE IN THE MULTIVERSE OF MADNESS | Review by Marc Cordero

Dr. Strange in the Multiverse of Madness is a fun and exciting follow-up to the juggernaut MCU film *Spider-Man: No Way Home*.

This movie combines an action-packed superhero story with moments of horror and thrilling action. It stands out as the eeriest and most suspenseful film in the MCU franchise. This outcome seemed appropriate since director Sam Raimi is best known for his horror films and for directing the first *Spider-Man* trilogy. He also previously worked on *Darkman*, another superhero movie mixed with the horror genre.

Multiverse of Madness is a great film to watch for its fantastic fight scenes, fun characters, and horror elements; however, it falls flat in a few areas.

The movie sets itself up for us to see a lot of character growth for Stephen Strange (Benedict Cumberbatch) but ultimately goes nowhere as the film progresses. Plus, certain characters (which won't be named) had disappointingly minor roles in the movie and the concept of multiversal travel was minimal; it felt like an overlooked element in the story.

It's a wonderful film, but it has flaws. However, it's still a blast to watch, and it leaves fans eagerly waiting for the next MCU movies. ★★★★★

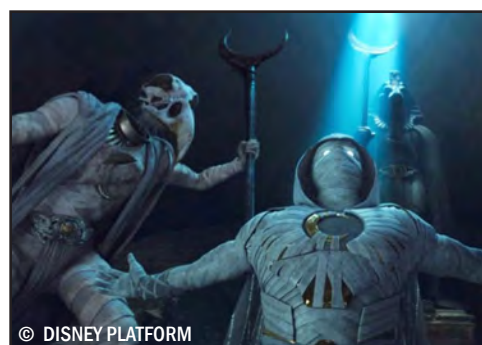
MOON KNIGHT | Review by Liam Klingensmith

With Marvel's ever-expanding roster of characters, *Moon Knight* is the newest addition to the team of heroes. This six-part series is by far one of Marvel's darkest projects in terms of imagery and violence.

The show follows the adventure of Steven Grant and Marc Spector (both played by Oscar Issac), trying to find out what goes on with Egyptian gods while both being inside the same body. With the help of Layla El-Faouly (May Calamawy), the group has to work together to try to prevent Arther Harrow (Ethan Hawke) from assisting the evil gods.

This show is definitely one of the more unique that has been put on Disney+ and fans of Marvel in general will probably enjoy it. Anyone who is a large fan of *Moon Knight* in the comics will unfortunately be a bit disappointed, as it changes the comic story just a bit, and leaves out certain elements.

Overall, the acting is amazing in this series and the action is still there, but there is still some left to be desired. Marvel fans will still enjoy it though, and the show's quality is a step up from previous shows. ★★★★★



EVERYTHING EVERYWHERE ALL AT ONCE

| Review by Katie Donovan

A24's *Everything Everywhere All At Once*, directed by Dan Kwan and Daniel Scheinert, is a testament to the human experience in an incredibly bizarre but heart-wrenchingly beautiful story of family, identity and love.

Evelyn (Michelle Yeoh), an older Chinese immigrant, is being audited by the IRS when she is swept up in an insane quest to save the multiverse from a malevolent, all-powerful being named Jobu Tupaki. The performances by Yeoh and Key Huy Quan, who plays Waymond, were nothing short of brilliant and they combined hilarious absurdity with moving emotional interconnection.

This sci-fi action movie kept audiences engaged and on the edge of their seats. The expertly choreographed fight scenes included traditional martial arts accompanied by ironic gags like Waymond's fanny-pack and Raccacoonie.

This movie will have you laughing until your sides hurt, then two minutes later rip your heart out of your chest and hold a magnifying glass up to its fractures. It reminds you that the cracks are what let the light in. *Everything Everywhere All At Once* is a lovingly weird yet breathtaking film, perfect for the current social landscape.

