

The

# SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | SEPTEMBER 2022



# FALL GOLD

IMAGE BY STANISLAV KONDRATIEV



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# The SUMMIT

A publication of Grossmont College's  
Media Communications Department.

Vol. 48 | Issue 1 | September 2022

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# Summit Staff



*Jacqueline Colombo*

A baseball fanatic who is working her way up to covering the San Diego Padres one day.



*Gideon Fogt*

Double-major in both cross-media journalism and evolutionary biology hoping to report on scientific breakthroughs and maybe even discover a few of them himself. Animals, writing, sports, gaming, politics and traveling are among his top interests.



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U.S. Army veteran and current student at Grossmont College pursuing a degree in journalism. Interns with NFL Network and hopes to one day be an on-air analyst.

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 and have completed an introductory news writing course. 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](mailto:summit@gcccd.edu).**



## EMBRACING CHANGE

A quote from the American author Leo Buscaglia says, "Change is the end result of all true learning."

This has never been truer than this past year, as students and people of this community have learned so much about ourselves and what we seek in life. Many have chosen new paths in life, and all of us here at Grossmont have decided to take the educational path to fulfill our dreams and aspirations.

I have found Grossmont to be a place that has given me direction and assurance that I am on the right track to success, and I could not ask for a better environment to enhance my abilities as a scholar. Today I am the editor-in-chief of *The Summit*, and I could never have imagined that I would be here. And that is what is so great about our future; it is undecided and surprising.

Grossmont offers new experiences and opportunities; with it, you can achieve so much more than you have ever imagined.

Joseph Salcido, Editor-in-Chief

## CORRECTIONS AND CLARIFICATIONS

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).



Grossmont's Campus and Parking Services team, a.k.a. CAPS, handle campus safety concerns along with a sheriff's deputy from the San Diego County Sheriff's Office.

## Security Upgrades Come to Grossmont

A CAMPUS SAFETY UPDATE BY MARK LEE

Throughout the Grossmont-Cuyamaca Community College District, several advancements to security have been made to ensure a safe environment for students going forward. These include upgraded deadbolt doors on remodeled or new classrooms to be used in emergency situations to prevent would-be intruders.

Next up, new emergency lock-down buttons have been added for buildings requiring an access card. This will lock the door from the outside, allowing only those inside control over the doors.

"Our campuses have recently undergone some important security upgrades," Nicole Conklin, director of Public Safety, said in a district-wide email highlighting changes to security for this semester. "The improvements are designed to enhance safety."

These additions are paramount to protecting campus faculty and students, helping to create collective peace of mind when attending classes.

"The improvements are designed to enhance safety."

—Nicole Conklin

### PERSONAL SAFETY

In light of recent tragedies at many schools around the nation involving active shooter situations, plus an up-tick of crime in general, such as theft, arson and vandalism, public safety and CAPS teams are operating in heightened awareness to prevent crime. With this, it is everyone's responsibility to be observant and aware of their surroundings.

Follow these tips for safety:

- Take time to lock your vehicle.
- Bring the essentials and keep valuables at home or in a secure location.
- Report any and all crimes.
- Stay alert for suspicious people loitering in the area.

Grossmont is prepared for emergencies, wildfires and criminal activities, and updates have been made district-wide to get students and faculty equipped with the knowledge, tools and resources to facilitate a campus that emphasizes the safety of its people.

### CRIME LOG

CAPS and the San Diego County Sheriff are in charge when it comes to crime on campus. Crime logs for all illegal activities reported are compiled over the past 60 days and can be found at the CAPS security office. Crimes in recent weeks have been varied and frequent; here are the standouts:

- **Theft:** A hubcap was found missing from a vehicle in the parking structure.
- **Suspicious Persons:** A person, who is possibly an ex-student who was expelled, was found loitering on campus.
- **Child Endangerment:** Deputies assisted CAPS with a child left inside of a parked vehicle inside the parking structure.

Emergencies that occur should be immediately reported to the County Sheriffs' office, while non-emergency events should be channeled through CAPS. 🐾

# CAMPUS CALENDAR

COMPILED BY GIDEON FOGT

**SEPT. 16:** Time & Stress Management Workshop, 10 to 11 a.m. (Zoom) | Effective Communication Workshop, 11 a.m. to 12 p.m. (Zoom)

**SEPT. 16-27:** Faculty & Staff Art Exhibition - *In Sight* (Hyde Gallery)

**SEPT. 17-18:** Chaldean American Festival, 4 to 10 p.m. (Hillsdale Middle School, El Cajon)

**SEPT. 23:** Customer Service Workshop, 10 to 11 a.m. (Zoom) | Developing Emotional Intelligence Workshop, 11 a.m. to noon. (Zoom)

**SEPT. 29:** Exploring Majors & Careers Workshop, 11:30 a.m. to 12:30 p.m. (Zoom)

**Sept. 30:** The Why Workshop, 10 to 11 a.m. (Zoom)

**OCT. 6-8:** *James and the Giant Peach*, 7:30 p.m. (Stagehouse Theatre)

**OCT. 7:** Grossmont Symphony Orchestra/Master Chorale, 7:30 p.m. (PVAC)

**OCT. 8:** *James and the Giant Peach*, 2 p.m. (Stagehouse Theatre)

**OCT. 10:** Indigenous Peoples' Day

**OCT. 12:** Business Trends, Creativity and Your Career Workshop, 1:20 to 2:20 p.m. (Zoom)

**OCT. 13:** Grossmont Guitar Ensemble, 7 p.m. (PVAC) | *James and the Giant Peach*, 7:30 p.m. (Stagehouse Theatre)

**OCT. 14:** Next issue of *The Summit* hits newsstands

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

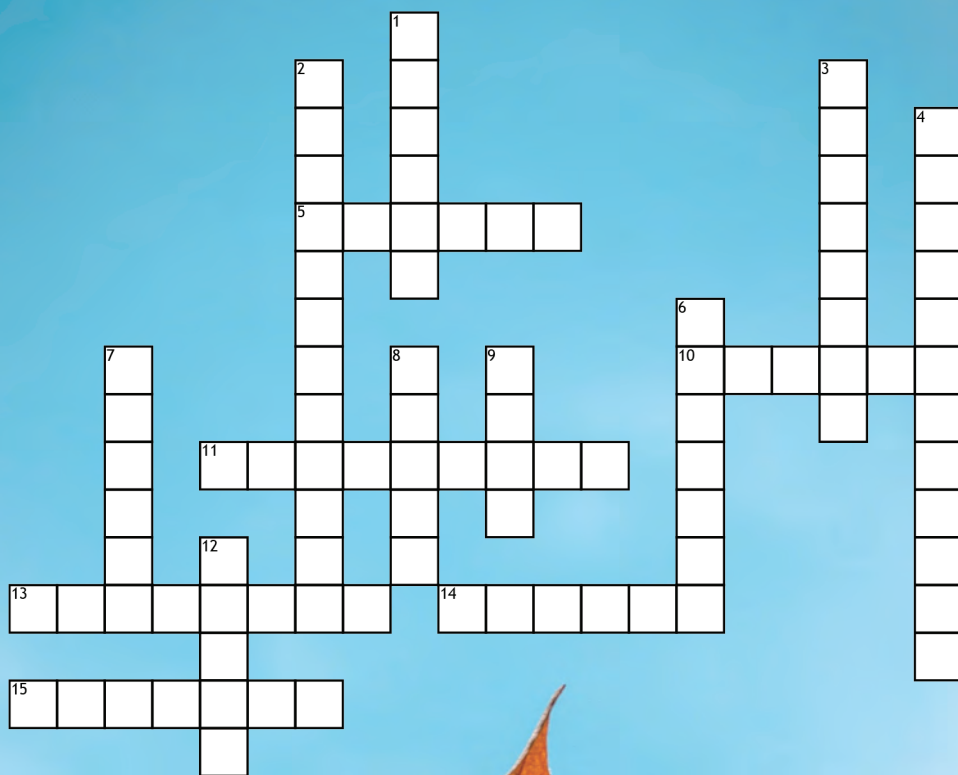




## Get in the autumnal spirit with this puzzle.

BY JOSEPH SALCIDO

**SOLUTION  
ON  
PAGE 11**



### ACROSS

- 5.** The breeze feels...
- 10.** Fruit that's picked from trees
- 11.** Holiday where people put on costumes
- 13.** People going driving while sitting on haystacks
- 14.** Colorful things that fall from trees
- 15.** Spiders weave...

### DOWN

- 1.** Orange vegetable
- 2.** Drink made out of chocolate
- 3.** Popular fall sport
- 4.** Holiday where you get together with family and share what you're thankful for
- 6.** Something to put on when it's cold
- 7.** The main meat on Thanksgiving
- 8.** Something that falls from trees and squirrels eat
- 9.** Dessert made out of fruit
- 12.** Warm juice made from fruit

IMAGE BY MATT BIGNON

# A WOMAN'S BURDEN

The Supreme Court's decision to overthrow *Roe v. Wade* reopens the question of women's power over their own reproductive rights.

BY GIDEON FOGT AND JACQUELINE COLOMBO

In 1970, the U.S. Supreme Court ruled in a 7-2 decision that the Constitution's 14th Amendment includes a fundamental "right to privacy" protecting a pregnant woman's choice of whether or not to have an abortion.

This landmark case changed the lives of women across the country by granting new reproductive liberty and body autonomy they had not seen within the nation's first two centuries. Etching itself into the young story of the United States, it has been known to many by its case name, *Roe v. Wade*.

Then, over the summer, in the case of *Dobbs v. Jackson Women's Health Organization*, the Supreme Court ruled by a 6-3 majority that the U.S. Constitution did not, in fact, confer this right to abortion.

Overturning decades of judicial precedent, this iteration of the court's majority decided that *Roe v. Wade* was a wrongfully-made decision and the reproductive liberty American women possessed for more than 50 years was wrong.

This decision sent shock waves throughout an already polarized country, with protests erupting nationwide soon after the ruling was made. While it might be easy to get swept up in the crowd of opinions erupting from the media and its pundits, it is important not to forget how everyday individuals are affected by these rulings.

Keeping that in mind, five young women attending Grossmont College were willing to share their feelings toward the court's decision and how they see the protection of their reproductive rights moving forward.

"I thought it was fake at first," Student Baeleigh Parr said incredulously, "I couldn't understand why they would overturn it."

Another student, Nicole Espindola, gave her thoughts on the issue alongside Parr, "I feel like overturning *Roe v. Wade* is just the start of taking a step backward."

Neither of these women is alone in their thinking; nationwide polls conducted by Gallup show roughly 80% of Americans support abortion in all or most cases, and another poll done by Pew Research Center showed that roughly 59% of adults believe abortion should be legal.

Closer to home in California, UC Berkeley's Institute of Governmental Studies recently released a poll that revealed eight in 10 California voters say abortion is an important issue. Roughly 71% of those polled also plan



PHOTO BY OLIA DANILEVICH

"I feel like overturning *Roe v. Wade* is just the start of taking a step backward."

—Nicole Espindola

[ STORY CONT. FROM PREVIOUS PAGE ]

on voting for Proposition 1, a constitutional amendment to enshrine reproductive rights in the state's constitution, this midterm election.

"I was just shocked and kind of revolted," Eva Garcia said of the ruling. "Disgusted, grossed out, just, upset."

She even expressed doubt at such reproductive liberty ever returning. "Maybe in the far future, but I feel like right now it's just on a trend of going down," Garcia said.

Fellow student Annalise Gutkowskai seconded this anger: "People don't care about women's safety. It's not just about rights."

Despite living in California, a state renowned as a bastion for reproductive liberty, all of these women alongside many others still felt deeply threatened by the U.S. Supreme Court's ruling and retained somber emotions for women in states where body autonomy is even less assured.

Chelsi Moyle, forensic technology major, reacted herself with deep disappointment.

"I was shocked, I was saddened, thinking that we are now in 2022 and women still have to go through this," Moyle said. "It's just a really sad time in America for women."

This ruling not only affects current adults, but also young girls out there and the future generations of women that will follow.

When asked what she would say to a young girl right now if she had the chance, Moyle encouraged persistence.

"Keep fighting for your rights and don't let them get you down," she said. "You have to keep your head up." 🐦



## The campus continues to monitor national health status as pandemic concerns fade. | BY LIAM KLINGENSMITH

**F**rom more than two years of COVID-19, and now the spread of monkeypox, there always seems to be some sort of health crisis in the world that ends up affecting students at Grossmont. While the outlook may be starting to trend up, there are still health problems to be monitored.

Since COVID case numbers keep dropping, on-campus classes are back in full effect, while online and hybrid classes still happening. With this came more rule changes on campus as well.

The biggest change is that students and employees are no longer required to be vaccinated to attend or work at Grossmont. This is definitely helping drive up student registration numbers, but will still take a while to get back to pre-pandemic levels of enrollment.

Masks are now optional when outdoors but still required when indoors for both teachers and students. At the time of press, the indoor masking policy is scheduled to be reevaluated on Monday, Sept. 19, to decide whether to keep the requirement for indoor use or get rid of it.

For students looking for COVID testing, Rapid Antigen tests are available in the Health and Wellness Office on campus. Testing when symptoms are present, or when students and employees have been around someone who tested positive, is still recommended. This helps the district keep track and help prevent any on-campus outbreak.

Relevant COVID-19 case information is still available on the Grossmont-Cuyamaca Community College District website, with detailed student and employee cases organized by campus and date. The Health and Wellness COVID section online still has information on vaccines and steps for a daily checklist for anyone.

While monkeypox cases are fairly low in San Diego County, the district is still taking the threat seriously and guiding any questions

to the County of San Diego's monkeypox information website. People with symptoms are definitely recommended to get tested as to prevent any possible spread on campuses.

Last semester during the new peak of the pandemic, students seemed to be much more worried about the virus. Now, when asking students how they felt about mandates and most restrictions dropping, most sounded enthusiastic, or at the very least glad to hear of new progress.

"The masks should have been gone at least since last semester," said Kyle Harker, a student at Grossmont. "All the high cases at the beginning of the year were just because people had the first real parties on New Year's since all of this started."

When asked how he would feel if there was another outbreak, he said: "I ain't gonna be worried at all. After all me and probably everyone else has been through, just keep me at the school and don't make me go back to Zoom classes."

Another Grossmont student, Aaron Hom, somewhat echoed the same sentiment.

"I'm super glad they're thinking about getting rid of the masks," Hom said. "I feel fine in my classes, haven't been sick in forever, and I've been doing my normal daily things no problem."

When asked about monkeypox, Hom said he is not worried.

"It was looking like a big concern at first, but it's already going away and I don't hear about it anymore," he said.

As it faced the pandemic, the district has worked hard over these past two and a half years, and it looks as if the hard work will finally pay off.

Hopefully, cases will continue to drop and student enrollment will continue to rise, while everyone stays safe and healthy. 🐦

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**Further help is also available on campus** at the Health and Wellness Center, where you can schedule an appointment in-person or virtually with one of Grossmont's dedicated therapists.

BY GIDEON FOGT





# GRIFFIN FOOTBALL 2022

**With a new season comes new opportunity.**

**STORY AND PHOTOS BY JOSEPH SALCIDO**

**F**all is here, which means Grossmont football is finally back and the Griffins are looking to make a run for a conference title.

Finishing 7-3 last year with a 4-1 conference record, the team has a shot at improving this year under Head Coach Michael Jordan. Grossmont's offense had a great season last fall, averaging 411 total yards, 111 of those being in rushing yards. With a 29-point average from the offense, we hope to see that number improve as this team is more than capable of averaging well over 35 points per game.

The Griffins need to improve on defense this season after letting their opponents average 355 yards a game and 25 points per game. If Grossmont wants to become a true contender, it will need to keep those averages down to have no issues finding itself in contention for a playoff spot and a conference title.

Grossmont is currently not ranked in the top 25 coming into the season, but there's no reason for the team to not be there come October. While the top 25 CCCA polls may not have confidence in the Griffins, these athletes go into the season well-coached and are ready to take down anyone standing in their way. 🦅







## FALL SCHEDULE

### SEPTEMBER

Sept. 17 vs. Orange Coast (3 p.m.)

Sept. 24 at Moorpark (6 p.m.)

### OCTOBER

Oct. 1 vs. Santa Ana (3 p.m.)

Oct. 15 at Mt. San Jacinto\* (1 p.m.)

Oct. 22 at Pasadena City\* (6 p.m.)

Oct. 29 vs. Victor Valley\* (3 p.m.)

### NOVEMBER

Nov. 5 at Desert\* (1 p.m.)

Nov. 12 vs. Compton\* (1 p.m.)

**SPEND A  
SATURDAY  
WITH  
G-HOUSE**



HOME GAMES IN GRIFFIN GREEN

\*INDICATES CONFERENCE GAME

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CHECK GROSSMONT.EDU FOR UPDATES.



## FULL MANTEL

Grossmont Water Polo Coach Tyrent Lackey adds another award to his collection. | BY JOSEPH SALCIDO

**G**rossmont's very own Tyrent Lackey has again added another accolade to his resume by being named the Pacific Coast Athletic Conference's All-Sports Coach of the Year.

Lackey was also recently added to the Hall of Fame in 2021 for his performance as an incredible water polo athlete from 2003-2004 at Grossmont. He also holds three "Coach of The Year" awards at Grossmont, and this will be his first across all sports.

"Being named PCAC coach of the year is a great honor," Lackey said. "I'm very thankful for the recognition and can honestly say it speaks to the hard work and dedication of my athletes. I hope that this recognition brings more attention to the aquatics program here at Grossmont and the good work we are doing."

Under Lackey last fall, the Griffins finished No. 4 statewide and managed to capture at least 20 matches for the second time in three years.

Grossmont is fortunate to have such an impressive and dedicated coach, and the Griffins look forward to seeing how much more he can accomplish in his time here. 🐾



# BY THE NUMBERS

**Community college enrollment is down across the state, but the district hopes to increase campus numbers.**

**BY GIDEON FOGT**

**C**lass is back in session at Grossmont College, and the school is bustling with student activity all across campus.

It should not come as much surprise as, according to statistics released by the district, roughly 50% of all classes are now on campus and plans to bring up to 70% of classes to campus are in the works for next semester.

With health and safety policies from the pandemic becoming increasingly more relaxed and student activities making their return to campus, it feels as though Grossmont is slowly returning back to a semblance of “normal.”

This is no fluke either; Grossmont is following a similar trend to many community colleges across California.

Ever since the pandemic gripped the country, community college districts across the state found their enrollment numbers dropping as far as 30%. However this fall semester many saw those numbers make a slight bounce back with Grossmont-Cuyamaca Community College District seeing a 2% rise in enrollment.

Some of this growth can be attributed to prospective students becoming more comfortable with returning to school as the pandemic's grip continues to weaken. Since community colleges are generally more affordable than traditional universities, many more potential students may be seeking out schools like Grossmont College during times of economic uncertainty.

Still, the numbers remain significantly lower than in the pre-pandemic era. According to data gathered from the state chancellor's office, in the last semester before the COVID-19 pandemic, Grossmont reportedly had more than 17,000 students enrolled. When compared to the 12,863 enrolled students reported by the school for this fall semester, the difference in numbers is rather clear.

That should not take away from the signs of growth seen recently, and it certainly has not stopped confidence from brewing among the district's leadership as they point to new energy on the campuses.

This energy can be seen in the district's emergency recovery plan: “Reconnecting with our students and communities, and

reversing recent declines, are our single most important priorities and at the core of our decisions.”

The district plans to achieve its goals of bolstering enrollment through several coordinated actions noted in the plan, including enhancing student flexibility, gathering fresh input from opinion leaders, strategic marketing, overhauling the registration process, ramping up data-driven outreach and creating in-person community building.

As a part of the recovery plan, Grossmont is also working to ensure currently enrolled students will remain with the college in future semesters by trying to meet students' needs through existing resources.

**“Reconnecting with our students and communities, and reversing recent declines, are our single most important priorities and at the core of our decisions.”**

**–District Emergency Recovery Plan**

Some of the resources being provided to students will come in the form of emergency grants, debt relief, food pantries and emergency/non-emergency housing for students with home insecurity. The district has also stated in its plan to continue using currently existing programs like EOPS, CARES, NextUp! and CalWORKS to provide further assistance.

With more students searching for affordable in-person learning experiences and the college leadership's commitment to improving enrollment and the overall student experience at Grossmont, more and more activity will likely be seen on campus in the days ahead. 🐦



BY  
JACQUELINE  
COLOMBO

# Beat the Heat

## Prevent breakouts with this night-time skincare.

It may be fall in San Diego, but the hot weather is not quite ready to make its departure yet. Maintaining the health of your skin is important for a variety of reasons, and while the heat may give it a glowing look, it is no excuse to stop you from showing it some love. If it is hot and humid where you are, here are some night-time tips to prevent breakouts and keep your skin healthy in this warm autumn season.

### STEP 1: Cleanse.

Make sure all makeup is removed from your face and start cleansing with face wash. Double cleansing is not always necessary for everyone, but it doesn't hurt anyone who does it. Dr. Shereen Idris, a board-certified dermatologist, said in a YouTube video that she recommends letting the cleanser sit for thirty seconds before washing it off. Another tip is to never wash your face with hot water as it can cause dry skin and damage the natural oils your skin has.

### STEP 2: Tone.

Toner is not always necessary, but it does help remove any extra dirt or leftover makeup. If you do use toner it is recommended to rub it in using a clean cotton pad.

### STEP 3: Get those eyes.

Many think eye cream goes on later in the routine, but it is actually in the beginning. You want to make sure your eye cream sets in, and if you apply it last it won't be able to. Just put a little on your ring finger and gently pat it on under your eyes and over your crow's feet.

### STEP 4: Take your Vitamin C.

Serums are a pretty important step in skincare routines. They are great for hydrating your face, brightening by reducing pigmentation, anti-aging, reducing acne and scars, boosting collagen and more. When applying a Vitamin C serum, you want to rub it in all over your face and neck. Serums should never be skipped in a skincare routine.

### STEP 5: Moisturize.

Moisturizers have lots of benefits to the skin such as anti-aging, reducing dryness and helping your skin glow.

Keep these tips in mind to help you avoid neglecting your skin during these hot and humid times. 🦋



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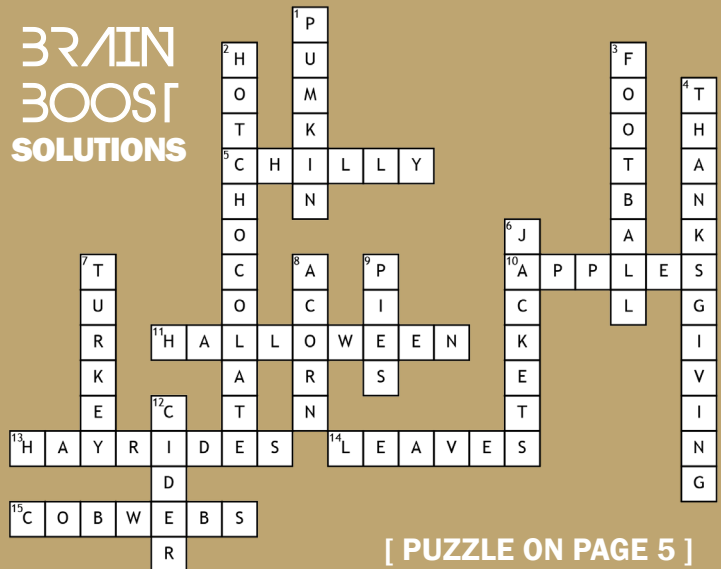


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9:00 a.m. - 1:00 p.m. Saturday  
Closed Sunday



## BRAIN BOOST SOLUTIONS



[ PUZZLE ON PAGE 5 ]



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# REEL TALK

## BIG BUDGET BINGES

### Fall is the season for streaming series.



#### THE LORD OF THE RINGS: THE RINGS OF POWER

| Review by Liam Klingensmith

With all of the new streaming service shows released lately, few stand out as much as *The Lord of the Rings: The Rings of Power*. With a budget of almost \$750 million, this is Amazon's most expensive show yet, and it's very clear. From beautiful visuals to a very large cast of new characters, each hour-long episode is sure to entertain most fans of the fantasy genre.

The series follows multiple main characters with their journeys through the various lands of Middle-earth during the Second Age, which is thousands of years before *The Hobbit* and *Lord of the Rings*. The show is developed by J.D. Payne and Patrick McKay, with music by Bear McCreary, and Howard Shore returning for the main theme. Some of notable main characters are Gladriel played by Morfydd Clark, Elrond played by Robert Aramayo, Nori played by Markella Kavenagh, and Arondir played by Ismael Cordova.

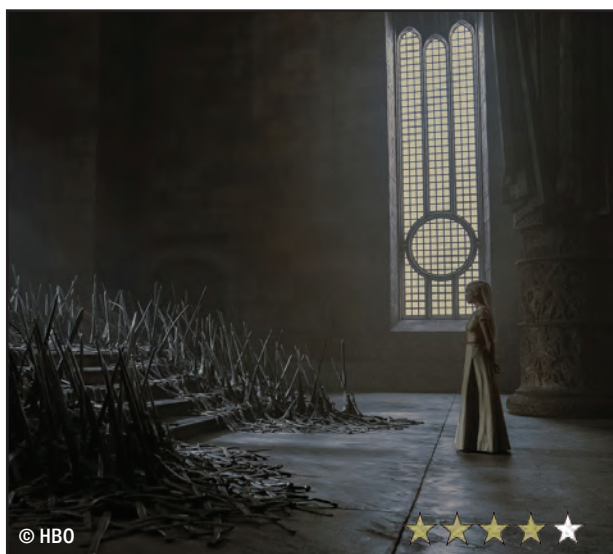
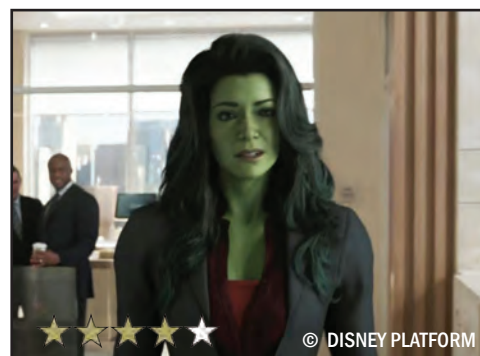
Many hardcore Tolkien fans have a problem with this show because it is based around only written appendices, and most of the story is mostly created by the show writers, as opposed to being based on books. Fortunately, the writers are doing a service to the franchise, and I can see myself and most of the fans being in this for the long haul. Don't let negative internet reactions sway your opinions; this is definitely a show that you'll want to see for yourself.

#### SHE-HULK: ATTORNEY AT LAW | Review by Joseph Salcido

Having watched three episodes of Marvel's *She-Hulk: Attorney at Law*, I can honestly say that I have thoroughly enjoyed every episode. Marvel and Writer Jessica Gao have decided to go with a sitcom approach for this series, and it has shaped up very well with excellent comical and powerfully placed entertainment. The series is based around attorney Jennifer Walters, played by Tatiana Maslany, who is also simultaneously She-Hulk and specializes in superhuman cases.

The structure of the show is well-suited for teachings about open-mindedness in real life while also keeping some nice details from the comics' foundation. Some strengths are played better than others, but it's a great direction and perspective on the character development.

The series has much to offer audiences even in its early stages, and the first episode alone will show you exactly how great it can be. I look forward to seeing where Gao takes this series; she has proven that you can stray away from the typical superhero agenda like the Avengers and create something fun, witty and comical without blowing things up or creating chaos.



#### HOUSE OF THE DRAGON | Review by Gideon Fogt

Fire and blood. In the *Game of Thrones* universe, it is a motto that makes up the legendary words of House Targaryen, but it can also fittingly be used to describe the series this fictional royal family revolves around. For those wary about picking up a new series from the universe after the extremely disappointing final season of the flagship show, worry not, for *House of the Dragon* leaves little to dismay over.

The show follows the reign of Viserys Targaryen and his struggles to keep a balance between maintaining peace in the Seven Kingdoms and among his family. The primary characters of the series are the Targaryens themselves, with Viserys and his daughter Rhaenyra taking up most of the screen time. Both characters have strength on screen in their own right and are supported by excellently-crafted characters such as Ser Cristen Cole and Alicent Hightower.

Strong writing, profound acting and expert cinematography are true cornerstones of this prequel spin-off. These three things made the original "Game of Thrones" such a powerhouse before CGI and action sequences took over the show, though that is not to say this series is without its special effects. Where there are Targaryens there are dragons, but in *House of the Dragon* it is far more dialed back, making the scenes where these unique beasts appear even more significant. All in all, the series promises to be one of excitement and drama as potential civil war looms over Westeros and strife fills the Targaryen royal family.