

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | HOLIDAY 2022



**BRIGHT
INTO THE
NEW YEAR**

ILLUSTRATION BY KAIQUE ROCHA

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The SUMMIT

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What's something new you want to try next year?



In 2023, I would love to advance further in pursuing my dream career with sports writing. I also would love to visit Paris at least once.

— JACQUELINE COLOMBO



For the new year, I would like to spend more time with the important people in my life and make as many lasting memories as possible. Life is too short and too fragile, so I want to make sure I am using every moment I can to the fullest with the people who mean the most.

— GIDEON FOGG



For the new year, I hope to start playing DJ sets at some local bars or clubs, and also start to go off-roading more as I'm going to buy a new car that's built for that.

— LIAM KLINGENSMITH



I would like to be more a part of my family and friends' lives, starting with my little siblings, Jake and Lily. I feel like recent events and schedules have made it tough to catch up with one another.

— MARK LEE



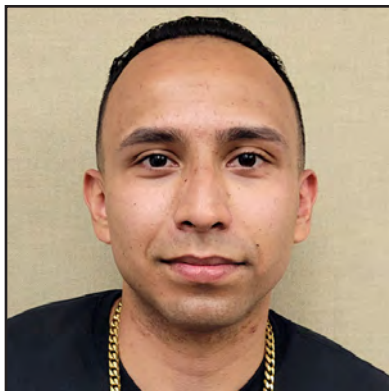
Next year, I want to try and go camping much more than just twice a year. My goal will be at least five times this upcoming year. I want to take advantage of the amazing spots California has to offer before it's too late.

— JOSEPH SALCIDO



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.

SHAPING YOUR FUTURE



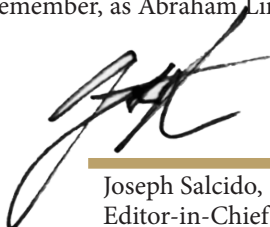
As the year comes to an end, I am always reminded of one of my favorite quotes by writer C.S. Lewis, “You can’t go back and change the beginning, but you can start where you are and change the ending.”

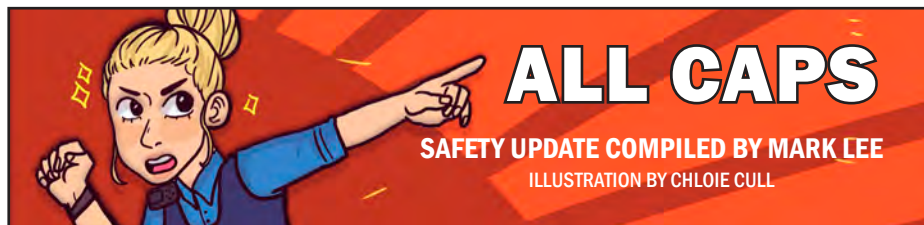
No matter where you find yourself, remember that being a Griffin is always a step in the right direction. With this being my last print issue and the end of my first year as the editor for *The Summit*, I can say that it is a bittersweet moment as I will surely miss working with my fellow staff writers. I have enjoyed creating an issue every year here at Grossmont and I want to thank our readers for letting me grow as a writer and journalist.

I hope everyone finishes the year off strong and remember, as Abraham Lincoln said, “The best way to predict your future is to create it.”

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.


Joseph Salcido,
Editor-in-Chief



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.

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

- **Oct. 4:** A non-student was arrested at the vineyard area of ornamental horticulture for public intoxication.
- **Oct. 6:** Cuyamaca deputies conducted a welfare check of a male on campus. The individual was standing in the middle of the roadway on Cuyamaca Drive West. Deputies contacted him and gave him a ride to his residence.
- **Oct. 10:** A Grossmont deputy investigated a report of a stolen vehicle, but discovered it was a non-student outside of the CAPS office who caused a disturbance to get the attention of security.
- **Oct. 17:** Deputies recovered a stolen vehicle after locating it in the nature preserve area on campus. Deputies were checking the site for transients who sneaked into the area when they discovered the vehicle near some trees and bamboo.
- **Oct. 19:** A suspicious older man was circling the parking lot, possibly following women. The vehicle was a four-door white Toyota. The area was checked but the subject was gone on arrival.

* *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 kept allowing the public to view the most recent information.*

CAMPUS CALENDAR

COMPILED BY GIDEON FOGT

NOV. 10: Lester Bangs Memorial Faculty Reading, 12:30 to 1:45 p.m. (Griffin Gate) | Vocal Jazz Ensemble, 7:30 p.m. (PVAC)

NOV. 18: Preparing for Interviews Workshop, 10 to 11 a.m. (Career Center) | Digital Fluency Workshop, 11 a.m. to noon (Career Center) | Music Major Recital, 2 p.m. (PVAC)

NOV. 19: Grossmont Symphony Orchestra & Master Chorale ft. Concert for Kids, 3 p.m. (PVAC)

NOV. 24: Thanksgiving Day

DEC. 1: *Breaking Boundaries*, 7:30 p.m. (PVAC) | *To Begin With*, 7:30 p.m. (Stagehouse Theatre) | ECHO Chamber Music Series, 7:30 to 9:30 p.m. (Cuyamaca College)

DEC. 2: *Breaking Boundaries*, 7:30 p.m. (PVAC) | *To Begin With*, 7:30 p.m. (Stagehouse Theatre)

DEC. 3: *Breaking Boundaries*, 7:30 p.m. (PVAC) | *To Begin With*, 2 p.m. and 7:30 p.m. (Stagehouse Theatre)

DEC. 5: *Musics of the Middle East* by Farhad & friends, 7:30 p.m. (PVAC) | New Voices: A Student Reading, 7 to 8:15 p.m. (26-220)

DEC. 6: Jazz Ensemble & Vocal Jazz Ensemble, 7:30 p.m. (PVAC)

DEC 7: Guitar Ensemble, 7:30 p.m. (PVAC)

DEC 8: *Winter Concert*, 7:30 p.m. (Performing Arts Center, Cuyamaca) | *To Begin With*, 7:30 p.m. (Stagehouse Theatre)

DEC. 9: Music Major Recital, 2 p.m. (PVAC) | Grossmont Master Chorale ft. Tasha Smith-Godinez, 7:30 p.m. (PVAC) | *To Begin With*, 7:30 p.m. (Stagehouse Theatre)

DEC. 10: *To Begin With*, 2 p.m. and 7:30 p.m. (Stagehouse Theatre)

DEC. 14 - 15: Grossmont Symphony Orchestra & Master Chorale ft. San Diego Ballet, 7:30 p.m. (PVAC)

DEC. 12 - 17: Final Exams

DEC. 17: Semester Ends

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



ACROSS

2. How many candles are on the menorah?
5. What do couples go to see?
8. ____ Christmas
11. What's under the Christmas tree?
12. What do you put on the tree?
13. How many wise men are there?
15. When kids are naughty, what does Santa give them?
18. ____ on the shelf
19. Santa's ____
20. Jingle ____
22. What do you put on top of the tree?
24. What hangs on the chimney?

DOWN

1. What you build with your family, couples etc.?
3. What is Santa favorite treat?
4. What does Santa ride?
6. What do you drink during the holidays?
7. Santa Claus comes when you're ____.
9. Santa Claus's wife
10. When are the holidays?
14. ____, the red-nosed reindeer.
16. Who works in Santa's workshop?
17. Red and green candy
21. What do Jewish people celebrate?
23. ____ the Snowman



FRIAR FAITHFUL



This year made us believe.

STORY BY JACQUELINE COLOMBO | LAYOUT BY JOSEPH SALCIDO



© ORLANDO RAMIEREZ, USA TODAY SPORTS

The San Diego Padres had a stellar 2022 season. After a continuous 99-day lockout, the Padres were ready to make this year memorable. On Oct. 2, the Padres found out they would be participating in October baseball by playing in the postseason. We look back on the postseason and forward to the future.

VS. THE METS

The Padres were up against the New York Mets for the first round in the Wild Card series, which ended with a successful win. However, success doesn't always mean it was smooth-sailing. In game three, Padres pitcher Joe Musgrove managed to limit the Mets' number of hits to just one. Mets manager Buck Showalter decided it was time to step in and hopefully change the tide by throwing Musgrove off his game by checking him for foreign substances and accusing him of cheating.

They checked Musgrove's hat, face, hands and ears.

"I tend to be a high-road guy, and I'm going to, but the problem I have is Joe Musgrove is a man of character, and questioning his character is a problem to me," Padres Manager Bob Melvin said in an MLB interview. "That's the part I have a problem with and I'm here to tell everyone Joe Musgrove is above-board as any pitcher I know."

Getting accused of cheating did everything but slow down Musgrove; it helped. Musgrove said seven innings, one-hit ball was the best outing of his career, including the infamous "no no Joe" no-hitter back in the Spring of 2021 against the Texas Rangers.

It worked out well for The Padres since they took that win and advanced further in the postseason.

VS. THE DODGERS

After taking on the Mets, the Padres knew they were hungry for more victories and could not be stopped. It was the week of a four-game series against Los Angeles, which started with the Dodgers taking the first game with a 3-5 win in game one. Little did anybody know what was in store for them. On Oct. 15, the Dodgers stepped into the bottom of the seventh, giving the Padres three runs.

The seventh inning included a walk from Dodgers Reliever Tommy Kanhale, followed by a fast-pitch single from Padres

Trent Grisham. It was during this inning that everyone knew what the outcome would be. The Padres ended the series with a 5-3 lead and the rain starting to pour.

Everyone in San Diego broke out in celebration. Fans at the stadium were cheering, singing, waving their yellow towels around, and dancing. Petco Park became a party, as did everywhere else in the city. Fans flooded downtown and rallied, chanting and singing. Bars down there were packed, along with a few of the Padres players buying fans shots at some of the downtown bars.

The clubhouse was chaotic. There was a lot of celebrating, laughing and smiles, and champagne and beer being sprayed everywhere.

"This is awesome, man," Third Baseman Manny Machado said in an interview with CBS San Diego. "This is what the city's been waiting for for a long time. This team has been working really hard all year."

That will be a series San Diego will never forget.

VS. THE PHILLIES

Continuing after a wonderful previous week, the Padres were up against The Phillies, which did not go as planned for San Diego. In the fifth game of the series, after a two-run homer in the eighth inning, the Phillies took a 4-3 lead against San Diego and moved forward to play the Houston Astros in the World Series. The Astros would go on to beat the Phillies 4-2 in the series to clinch the title.

LOOKING BACK

Ethan Cashetta, center fielder and pitcher for Grossmont College's men's baseball team, reflected on his expectations for the postseason.

"Well, I'm wrong," he said. "I was off by a good bit. A lot of teams lost that I didn't expect to lose, and teams won that I didn't expect to win."

Cashetta said he thought Atlanta was going to take victory at the World Series again.

"I thought they were going all the way. Padres too. I thought they had it for a second."

Cashetta said he is not worried since Shortstop Fernando Tatis will return next year.

Grossmont's first baseman Zavien Watson added: "Me and Cash were pretty spot on with the Wild Card series, but we just came up short against The Phillies. But props to them; they raked, so, fair and square."

LOOKING FORWARD

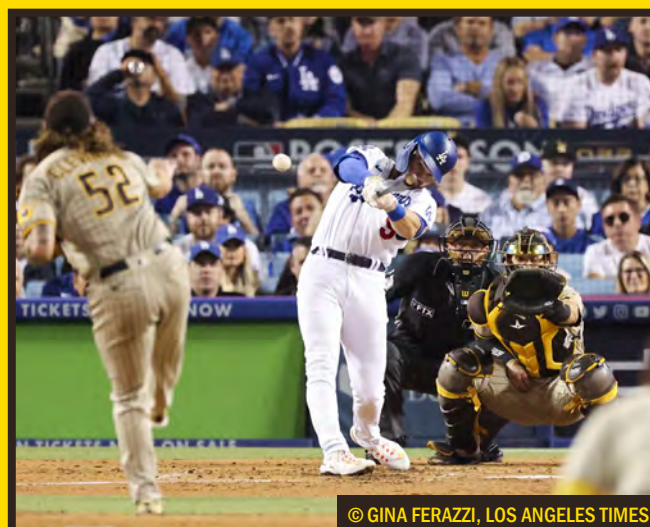
Cashetta said the Padres are taking the National League West next year. While the Dodgers are in second, the Padres will take it.

In his predictions, Watson said we will have the same team, except for some pitchers, but he also feels like we will take the lead for our division for the next couple of years. Watson also said we will give the Dodgers a run for their money.

The Padres may not have made it all the way, but it was a great year. 🦋



© FRANK FRANKLIN II, AP



© GINA FERAZZI, LOS ANGELES TIMES



© ORLANDO RAMIEREZ, USA TODAY SPORTS

READY TO SERVE

Feeling the energy, this year's ASGC is eager to get to work.

STORY AND DESIGN BY GIDEON FOGT

While the fall semester announces the start of a new academic year, it also signals the start of a new term for the Associated Students of Grossmont College (ASGC).

Elected annually toward the end of the spring semester, many of the members who won their seats last April are fresh faces in the student government, with a few returning members.

Even with inexperienced new members making up most of the current board, the ASGC has come out of its adjustment period with plenty of confidence.

"It's kind of been having to work with each new individual member to walk them through their roles and help them get used to ASGC," President Sara Laila said. "They're all wonderful leaders, and they're all doing very well, despite coming to the board with such little experience."

Grossmont's campus life has been bustling again after flat-lining during the global pandemic, and that's made this new administration feel especially energized as it tackles its laundry list of issues.

Top of that list has been reconnecting with their student constituency, who ASGC members have not been able to see in person for roughly two years, an objective that mirrors the previous administration when many members approached their outgoing term.

"We're really trying to be representatives of all



students from all backgrounds, especially after coming back from COVID," Laila said.

The primary strategy to tackle this goal has been appointing student representatives to different external committees such as the Staffing Committee, Student Equity and Success Committee and the Academic Senate. Reaching out and listening to students' concerns directly has also been another method the ASGC has employed to grow a stronger relationship among its constituents.

The association has also been working on on-campus events, such as the Oct. 31 fall festival, to take advantage of its renewed access to the college grounds.

Other goals the members have been pursuing include trying to work in tandem with the student trustee to tackle campus safety and infrastructure problems like improving poor lighting conditions across Grossmont College.

New members and a new semester have sparked newfound energy in the ASGC that the remaining established members have not seen since pre-pandemic days.

"I saw the board go from maybe four people to like 12 within the past semester, which is really amazing," Laila said. "It's really changed so much and it's caused this huge connection between us as student leaders and our students on campus which is something we haven't seen in ASGC in a very long time." ✌



BLAST FROM THE PAST

English Professor Raul Sandelin makes documentary on local classic rock radio station.

BY JOSEPH SALCIDO



Raul Sandelin is no stranger to San Diego. He is a local who went to elementary, middle and high school in El Cajon, graduating from Grossmont High in 1981. Sandelin also attended Grossmont College before attending the University of California San Diego.

While he is known as an English professor here on campus, he has much more going on in his life than teaching us Griffins. With a passion for filmmaking and our local San Diego rock radio station KGB-FM, Sandelin has created a five-part documentary series available to watch at the Central Library in downtown San Diego.

Sandelin and his partner Tony Butler have been invested in this project for the past four years. It was a passion project for Sandelin, as he grew up listening to KGB, and it was the only way he could

get his rock 'n' roll fix.

"Without the Internet — and without much rock 'n' roll on TV because MTV didn't exist yet — the radio is where you went for your music news and your concert updates," Sandelin said to The Union-Tribune.

"If you were a kid who was trying to be counterculture and not watch your parents' news station, KGB was that," he continued "It was the cool older sibling who had the newest albums and the concert tickets and the latest scoop on everything. KGB was the source for almost everything we cared about. That is what a radio station like KGB was back then."

Sandelin and Butler began their journey in 2018 when they were invited to former KGB DJ Gabriel Wisdom's Rancho Santa Fe home for the annual KGB reunion brunch. The two filmmakers went straight to work and showed up

with a camera. With three previous rock documentaries already on their resumes, they started filming their fourth documentary without any hesitation.


While Sandelin and Butler were going around interviewing the KGB veterans, they realized that they were piling up some great content and what was initially supposed to be a 90-minute documentary became a two-hour film. However, after COVID shut down the theaters, they both decided it would be best to turn it into a five-part documentary.

Jumping four years into the future, Sandelin and Butler have finished their fourth rock documentary with KGB and its history as the subject. Both hope to enter this project into some film festivals and hopefully can entice some streaming services to pick it up.

The series takes a deep dive into KGB's top shows and news teams and shows us how difficult it can be to run a top-notch radio station. With today's streaming being so popular and podcasts all the rave, it may be a bit of a challenge to truly show how great a local radio station could be.

"The impact of KGB was immense. They were playing the biggest bands in the world. They were breaking bands like Tesla and the Black Crowes, who became huge. When KGB added a song by an artist, the rest of the country would follow," Interviewee Coe Lewis, whose 33-year stint at a KGB DJ started in 1986, said to The San Diego Union-Tribune.

"When you said you worked at KGB, that really meant something," Lewis added. ✎

Thurs, Fri, Sat, Dec 1, 2, 3, 2022
ALL SHOWS 7:30pm

Performing and Visual Arts Center
8800 Grossmont College Drive
El Cajon, CA 92020

Tickets • 619-644-7766 • grossmont.edu/dance
Masks will be required indoors.

Grossmont College Dance Department Student Choreographed Dance Concert

BREAKING BOUNDARIES 2022



LISTEN LIVE TO GRIFFIN RADIO ON TUNE IN!

[tunein.com/radio/
Griffin-Radio-s47478/](https://tunein.com/radio/Griffin-Radio-s47478/)



Alumi pens new holiday play. | STORY AND LAYOUT BY LIAM KLINGENSMITH

The Grossmont Theatre Department has a great new production coming in December, just in time for the holiday season.

“To Begin With” is a brand new play from the mind of Rachael VanWormer, a veteran playwright as well as Grossmont College alumni. “Way back in the early 2000s is when I was a student there, in the Theatre Department as well as in the literature department,” VanWormer said.

With a long theater history along with being in the department, VanWormer has set a goal to bring a new experience that has never been told before. With this brand-new story, challenges arise in translating something that hasn’t been performed from the page to the stage.

Since her current jobs consist of acting, producing and directing in theater, she said writing this play naturally allowed her to enjoy what she was doing while exploring this new story.

While many movie versions and reprints or variations of the book are made for “A Christmas Carol” every year, no one ever hears how the classic tale came to life.

“The idea really struck me for this particular play really struck me when I read a short history on Charles Dickens and the writing of ‘A Christmas Carol,’” said VanWormer when asked how she came up with this idea.

“Before ‘A Christmas Carol,’ Christmas wasn’t necessarily a big holiday,” she continued. “I thought that was another really interesting aspect was how him writing this story in 1843 has led to Christmas decorations in grocery stores starting in September or August in 2022.”

When it came to finding out how the original book came to be, “It was really just lots and lots of research and figuring out what the spine of the story was,” VanWormer said.

The playwright admitted there will always

be some difficulty in crafting a play, and some features come more quickly than others. “That’s one reason I’m so incredibly grateful to the folks at the Grossmont Theatre Department for inviting me in to do this,” she said.

The script is on the 19th draft and has been getting workshopped off and on by VanWormer for about six to seven years. It will be performed for the first time fully memorized with full set and costume designs.

The show, which will be directed by Megan De Board, will run 7:30 p.m. showings on Dec. 1-3 and 8-10, and 2 p.m. showings on Dec. 3 and 10. Tickets can be purchased by calling 619-644-7234 on Monday through Thursday, from 10 a.m. to 2 p.m., or by visiting stagehousetheatre.com.

Tickets cost \$16 for general admission, \$12 for seniors and the military, and \$10 for students. They are also sold at the door with cash or check only. 🐦

HOMELESSNESS IN OUR HOMETOWN

San Diego struggles to keep up with rising homelessness.

STORY & DESIGN BY JOSEPH SALCIDO

It is no secret that homelessness has become a significant issue spanning all of San Diego County. Data the San Diego Regional Task Force recently released on homelessness showed in September that 1,368 people had become homeless, the fourth-highest in the past 12 months. Only 789 ended up finding housing, which was the third-lowest in the past year.

“It’s really getting out of hand here in San Diego,” said Army Veteran and Grossmont Griffin Tazabza Bealer.

“Anytime you are in downtown, there are entire streets covered with people who need housing, and it seems like nobody is doing anything to help, and I know a lot of them are veterans.”

With the COVID-19 pandemic nearly over and everyone scrambling to get back to normal, we are now seeing its long-term results. Economies worldwide are grappling to catch up with demand and prices are surging in many areas, resulting in people struggling to pay their bills. Data released by the Regional Task Force showed that for every 10 people who found housing, another 13 became homeless.

“One of the things I think it shows is we know what to do, we just have not been able to do it at the right scope and scale,” Regional Task Force on Homelessness CEO Tamara Kohler told the San Diego Union-Tribune. “And even when we have been able to do it at that scope and scale, the numbers overwhelm the system.”

“There are successes every day,” she continued. “We just have a lot more people coming in than going out.”

One positive note is the data showed no need for new housing units to be built or housing vouchers to be distributed.

“The majority need a little bit of assistance or a little bit of help navigating where they may be able to return to employment or find a unit they could afford or find a family member they can be housed with,” Kohler said. “The success of the system isn’t just, ‘We need more permanent supportive housing’ or more housing vouchers.”

Looking back at the past year, a report from the task force showed that from October 2021 to September 2022, San Diego saw 15,327 people who were experiencing homelessness for the first time, while 11,861 people found housing.

Recently La Mesa started implementing signs that read: PLEASE DO NOT SUPPORT PANHANDLING. At the bottom it directs readers to the HOME program, which helps homeless people find shelter.

City Manager Humora, a former public works director and city engineer for La Mesa, said to the Times of San Diego that



© KEN STONE



© SUSAN MURPHY

the signs were “developed by staff to further homeless education and outreach consistent with the Homeless Action Plan.”

Many residents have found the signs demean people just trying to make it another day without going hungry. I stopped to ask some students on campus if they had seen the signs and what they feel is the answer to addressing our homelessness here in the local area.

Griffin Tamarah Shamoan said: “I don’t think this helps at all, I drive by the Chili’s over by the Costco in La Mesa on my way to work, and they put a sign at the light, since lots of people ask for money there, but I still see people give money because we all know these are tough times and people just need help.”

With inflation becoming such a pressing issue and a housing crisis here in San Diego, we can only hope that city officials develop a solid plan to combat the ongoing homelessness. ♡



IT'S NOT PARANOIA, IT'S PREPARATION

STORY BY MARK LEE | LAYOUT BY JOSEPH SALCIDO

From first aid to a change of shoes, some simple precautionary items loaded into a backpack may be the difference between life or death.



Students often overlook the importance of being prepared. More times than not, we have had troubling occurrences and dangerous events take place be it at school or in public spaces.

Being ready for a disaster situation and having the necessary supplies that encompass a broad range of potential emergencies and disasters that may threaten you or those close to you is imperative. These kits can offer an abundant number of resources such as food items, multipurpose tools and essential medical supplies. As a student or faculty member on campus, having an emergency kit can help you to be prepared should any instances of disaster strike.

The Federal Emergency Management Agency (FEMA) outlines on its website guidelines and recommendations for items that should be included in your kit. The main resource that should be accounted for is ample food and water to last you for seven days. This naturally has precedence over many other choices as you need food, energy and, most importantly, water to survive in an extended emergency situation.

Access to medical supplies such as bandages, disinfectant, gauze and an array of medication for treatment of different types of ailments is also recommended.

Grossmont students Natalie Morales offered a more defensive idea for her items: "For us girls, I would say to pack a stun gun and pepper spray to protect yourself."

Another student, Nicole Medina, said "hand sanitizer, bandages and chargers for your phone are what come to mind."

The American Red Cross also lists a helpful, easy-to-carry emergency pouch to have at all times to ensure you are ready, even at a moment's notice.

Helpful items to also consider include:

- Flashlight
- Local maps
- Battery-powered or hand-cranked radio
- Multipurpose tool
- Phone chargers and extra wires

Being "dressed to react" is also a great practice to have, as flip flops and loose clothing cannot offer the same protection as a sturdy pair of shoes and a proper outfit that's tightly fitted. So a change of shoes in your backpack with a small emergency kit can be very helpful if you don't have a car.

If you do have a vehicle keep some of these items, especially a change of shoes, tucked in the backseat or trunk.

To fully appreciate an emergency kit, practice using it in many situations. Practice drills involving proper application of medical supplies, how to make a sling and creating a fire. These should be reviewed and practiced, and learning times spent in crafting your kit while honing the tools inside create a new peace of mind and preparedness to the unknown.

Frequent replacement of expired ones or upgrades to better products are also advised. 🦋



STORY BY MARK LEE | LAYOUT BY JOSEPH SALCIDO

HEALTHY HABITS

Protect yourself this winter with these tips.

The responsibility to practice healthy habits regarding to the encroaching winter season falls on everyone. You could be exposed to cold, flu and possibly COVID-19 germs as you are at work or studying for classes at the library. There are many ways you can protect yourself from these potentially harmful health hazards.

The most essential knowledge when dealing with these hazards is to wash your hands with soap and water. This is the classic, most recommended precaution you can take when around people in public spaces or near a potentially sick person. This action should be done with warm water, soap and deep scrubbing for at least 20 seconds as often as possible.

When following these practices, it is imperative you keep from touching anywhere around your face when out and about. Dianne Abdullah, a nurse at Grossmont College, offered these tips and further insight into more preventative measures.

“Wash your hands, consume plenty of vitamin C, take time to do exercise and make sure you make time to rest,” she said. “Really

the biggest deterrent against flu season would be to make sure you get your flu shot.”

Being on top of the cleaning inside your vehicle, your living space and where you're working can also help mitigate exposure to germs that may get you sick. Carrying sanitizing wipes and gel so you can clean high-touch areas like doorknobs, car door handles, hands and cell phones is a good place to start.

Brandon Mata, a Grossmont student and hotel staff worker, shared his run-in with COVID during the pandemic.

“I caught COVID twice when working the hotel front desk over the pandemic, causing me to lose my taste for months until it finally came back,” he said. “It really made me start taking extra precautions in my healthy habits moving forward and not touching anything without gloves on.”

There are more tools now than ever that can be applied to our daily lives to mitigate the risk of catching a potentially harmful illness. Hopefully, you will find yourself healthy and active this holiday season. 🦋

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

If you or someone you know is struggling with mental health or in deep crisis, do not hesitate: **Help is available.** Call or text 988 to be connected to the Suicide & Crisis Lifeline today. You can also go to 988lifeline.org to learn more.

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

UNWIND

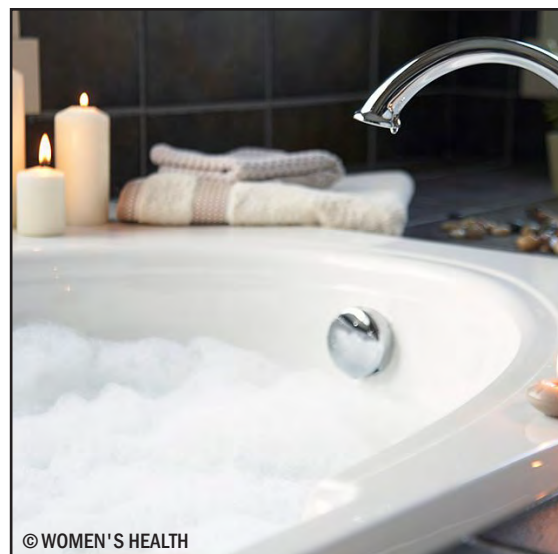
Face finals and the end of the year with an easy spa night.

BY JACQUELINE COLOMBO

Now that the cold weather has made an appearance – and with finals approaching – there is no better way to relax, get cozy and de-stress for a few hours than have a spa night at your own home. Here are some tips to help you enjoy a relaxing night.

- 1. SOAK IT UP.** Take a nice warm bubble bath (or shower if you don't have access to a bathtub). Pour some body wash in there to make it smell nice. If you have a bath bomb or candles you can use those too. If you are unable to light candles, you can also get some fake battery tea light candles from the dollar store. Put on some comfy pajamas and if you have a robe, that's a bonus touch.
- 2. CLEANSE YOUR SKIN.** Throw up your hair and start doing your skincare routine. Your skin needs extra love when cold weather is around. Start off with cleansing your face with either cold or lukewarm water, never hot. Cold water is best because it increases blood flow but lukewarm is not bad either.
- 3. MASK IT UP.** Normally, you would continue with your regular skincare; however, because it's spa night, things are a little different. Put on a face mask. It can be a clay mask, sheet mask or homemade mask, it doesn't matter. Leave the mask on for no longer than 10 minutes. If you have access to cold cucumbers, cut up a few and use those as eye masks. If you want to take an extra step further you can apply under-eye masks as well.
- 4. CHILL OUT.** Put on a podcast or a movie/TV show of your choice. Music is also an option.
- 5. TREAT YOUR SKIN.** After you have removed your face mask, continue on with your skincare. Apply your eye cream first, then apply a toner (only use toners every so often, never constantly. Toner can strip your natural oils,) then any serums or retinoids you have, followed by moisturizer.
- 6. MOISTURIZE.** Apply your favorite lotion to help soften your skin.
- 7. GET COZY.** Dim your lights and continue watching some movies. Get cozy while being snuggled up in your bed. If you have an aroma pillow spray you can spray some to your pillow for an added touch.

Hope these tips help you relax, and good luck with finals. 🦋



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The Culinary Program is hard at work.

BY JACQUELINE COLOMBO

Here are some updates from Grossmont's culinary program.

Monthly to-go meals are still happening. Fresh meals made for two are packed and ready for anyone interested in picking up an order for \$35.00. Each meal is made from scratch by the culinary department, and the menu changes monthly. You can pick your order up in the parking lot of Building 56.

In addition to creating to-go meals, James Foran, the college's baking and pastry chef, said, "We do a lot of charity events; we do a lot of fundraisers."

Foran said the department just did one for the San Diego Food Bank, and its most recent one was an event called "The Friendly Feast," which picks a different charity every month.

Grossmont College's culinary program will be attending and working the 18th annual San Diego Bay Food and Wine Festival from Nov. 8 to 13. This is not the first year Grossmont has worked at the annual festival, which will be held in Downtown San Diego on Kettner Boulevard. Ticket prices will vary depending on which package you choose to purchase.

The festival includes a wine-tasting event called The Grand Decant, and will also be introducing the Grand Fiesta for the first time. The Grand Fiesta celebrates the cross-border connection to Latin America with all types of food and beverages. For more information about the event, visit sandiegowineclassic.com.

Grossmont's culinary staff and students always work hard and prepare delicious foods. Check them out on Instagram @grossmontcollegeculinaryarts. 🍷



FOOD TRUCKS ON CAMPUS*
Wednesdays and Thursdays
11 a.m. to 2 p.m. | 500 area

Schedule:

bit.ly/grossmontfoodtrucks

*Food available for purchase



Head Spinning? Looking for a study space where you can focus?

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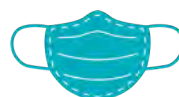
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**DUE TO DECLINING RATES OF INFECTION IN OUR COUNTY,
FACE MASKS WILL NO LONGER BE REQUIRED
INDOORS ON GROSSMONT'S CAMPUS AFTER DEC. 19.**



BRAIN BOOST SOLUTION

[PUZZLE ON PAGE 5]

REEL TALK

OVERCOMING ADVERSITY

Don't give up! Let these stories inspire you to keep going.



MAID

| Review by Mark Lee

Maid is a 10-part series on Netflix born from author Stephanie Land's bestseller *Maid: Hard Work, Low Pay, and a Mother's Will to Survive*. This work is headed by producer John Wells, best known for his writing and directing on *Shameless*. The show begins with Alex, an aspiring writer and mother, laying in bed next to her boyfriend Sean, following a fight that ended with him punching a hole in the wall. Having had enough of the abuse, Alex has decided to leave in the late night with their 2-year-old daughter Maddie. With \$18 to her name and Maddie by her side, Alex drives off into the night. This is her first step of many into a world full of judgment, bleak situations and self-growth. Her journey is long and tough in a physical and mental sense. Having to battle for custody over Maddie with Sean and going through domestic violence shelters, welfare applications and a job as a maid with tough work but little pay, she finds herself battling to overcome adversity.



THE GREATEST SHOWMAN

Review by Joseph Salcido |

The Greatest Showman is a real-life story about the spectacular PT Barnum, with an ensemble cast lead by Hugh Jackman. This is simply an amazing movie. It is so heartwarming, energizing and emotional, and you have no choice but to laugh with the characters and cry with them. As a bonus, the songs are spectacular and are literally "music to the ears." The choreography is astonishing, and the characters are so believable and well-developed! In all, I can't give enough recommendations for this movie; it is just a marvelous movie with such an inspiring message of being yourself and never giving up on your dreams— and that everyone is special in their own way, and don't let anyone tell you differently.



THE IMPOSSIBLE

| Review by Gideon Fogt

The Impossible, directed by Juan Antonio García Bayona, is a 2012 movie following the dramatic story of the Bennet family, and based on the true experiences of María Belón and her family as they try to survive and overcome the traumatizing events of the 2004 Indian Ocean tsunami that ravaged Indonesia. It has a star-studded cast that includes Naomi Watts as Maria Bennet, Ewan McGregor as Henry Bennet and a young Tom Holland in his film debut as Lucas Bennet. An immensely powerful movie, the film throws viewers into a roller coaster of emotional turmoil as they witness the terror of the family swept away and separated, coupled with the desolation of watching them struggle to survive the carnage and find each other again. Each actor played their role to near perfection, demonstrating such raw emotion the viewer can not help but be enthralled. Holland's acting in particular at such a young age is one of the most impressive things of note in the film, using every moment of his extensive screen time like a veteran actor. Watts and McGregor are equally as impressive expressing the heartache and defiant hope that virtually any parent watching could see themselves experiencing if they found themselves enduring such an extraordinary disaster. From the will to survive and the natural human urge to help one another in crisis, to the unbreakable bond of a strong family, *The Impossible* is truly an inspiring story of humanity's perseverance.

