

GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | SEPTEMBER 2023

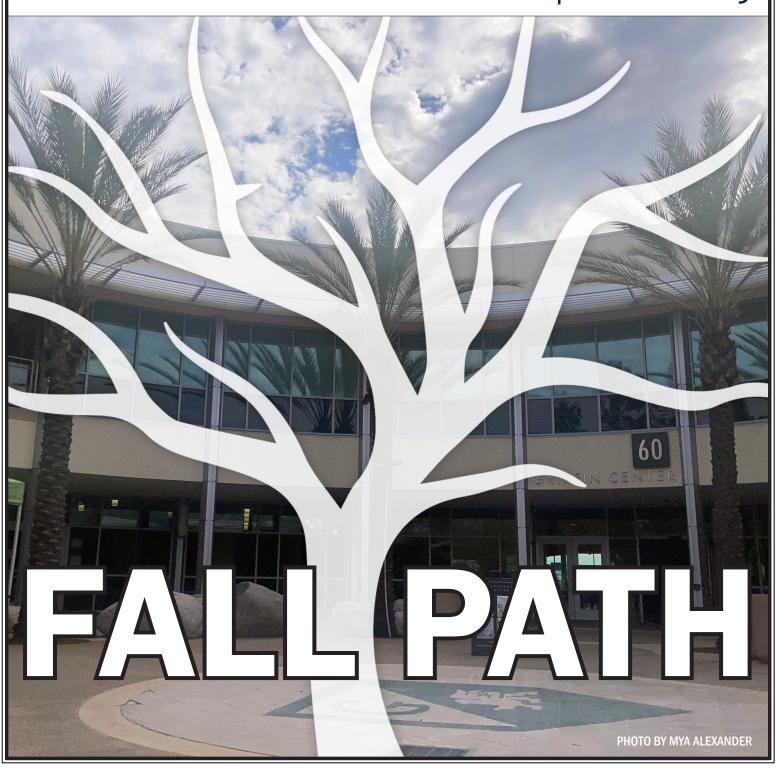


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A publication of Grossmont College's Media Communications Department.

Vol. 49 | Issue 1 | September 2023

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Mya Alexander

Born in Boston and currently living in San Diego. Has a passion for photography, helping others and writing in her journal. Her dream career is to be a news reporter.



Journalism major hoping to transfer to SDSU in 2024. In her free time, she enjoys listening to music, watching TV, scrolling through social media, and going out to eat with family and friends.





Perla Cruz

Journalism major aiming to become a writer for a high-profile publication such as Vogue. She has a passion for fashion and the arts, and in her free time, she enjoys creating memories with her loved ones



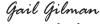
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Second-year journalism student at Grossmont. Passionate about writing, movies and people.





Lindsay Elias

Born and raised in San Diego. Majoring in journalism in hopes of becoming a motor sport journalist.



New England native who moved to San Diego as a single 19-year-old. She found moving to live here on her own was easy because San Diego is beautiful and she could participate in sports, unlike the East Coast at the time.





Mark Lee

Excited to be a part of The Summit team this semester! Looking forward to writing meaningful, exciting and fun newsworthy articles that will catch your eyes and hook your mind.



Journalism major with career aspirations in the sports industry. Enjoys sports photography and recently won an award in the field.





alana Mullaly

Journalism major who has a passion for photojournalism that tells meaningful stories. In her spare time, she likes to surf, go on hikes and read.



Journalism major who hopes to transfer to SDSU next year. Avid basketball and football fan who spent the majority of his life playing basketball. Loves listening to music, being active and traveling.



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.

BROADHORIZONS

he start of a new school year can be refreshing, but can also be overwhelming. As we move forward into the semester, stepping out of our comfort zone and challenging ourselves is a risk we should all try taking.

Being this semester's editor-in-chief is certainly out of my normal role, but the experience can be one to broaden my horizons. Although it might not necessarily be easy, I hope to enhance my skill-set with this opportunity.

As Abraham Lincoln once said, "The best way to predict your future is to create it." We all have the chance to better ourselves in one way or another, and it's never too early or too late to start.



Jinauy Elins

Lindsay Elias, Editor-in-Chief

CORRECTIONS & CLARIFICATIONS

We are very concerned with the quality of our journalism.
If you spot a factual error, please contact us at 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.

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

- **July 18:** The campus deputy responded to a report of a suspicious person. A male subject, possibly a student, was taking pictures of females who were sleeping inside the student center.
- **Aug. 11:** The deputy responded to a verbal argument at the Counseling Center. The argument involved a student and a staff member. The deputy checked the area and the subject was gone upon arrival.
- **Aug. 12:** The deputy investigated a cruelty-to-animals call in which a dog was reported inside of a parked vehicle in parking lot 4 and possibly in distress. The deputy spoke with the dog's owner and checked on the dog.
- Aug. 16: The deputy investigated a disturbance on the second floor of the Tech Mall in which a student brought an unleashed dog into the building and would not place a leash on the dog. The student left prior to the deputy's arrival.
- Aug. 21: The campus deputy responded to an argument in the parking structure. Further investigation revealed it was the result of a road rage in which the subject was followed on campus.
- * The Clery Act is a federal statute requiring colleges participating in federal financial aid programs to maintain and disclose campus crime statistics and security information. A daily crime log is kept allowing the public to view the most recent information.

CAMPUS CALENDAR

COMPILED BY AARON LUNA

SEPT. 15: Social and Diversity Awareness, 11 a.m. to noon (Online) | Privacy and Your Digital Footprint, 10 to 11 p.m.

SEPT. 19: Food Distribution, 1 to 3 p.m. (Main Quad)

SEPT. 20: Game Time, 2 to 4 p.m. (Griffin Gate)

SEPT. 22: Empathy and Self Awareness, 10 to 11 a.m. (Online) | Developing Emotional Intelligence, 11 a.m. to noon (Online)

SEPT. 26: National Voter Registration Day

SEPT. 27: Financial Aid Workshops, 3 to 4:30 p.m. (10-172)

SEPT. 29: The Why, 10 to 11 a.m. (Online)
| In Demand Jobs and Resilient Careers,
11 a.m. to noon (Online)
| Grossmont Symphony Orchestra,
7:30 to 9:30 p.m. (PVAC) \$

OCT. 5: The Hatmaker's Wife, 7:30 p.m. (Stagehouse Theatre) \$
| Fall Reading Series: Alex Espinoza, 11 a.m. to 12:20 p.m. (PVAC)

OCT. 6: Effective Communication,
10 to 11 a.m. (Online)
| Customer Service, 11 a.m. to noon
(Online)
| The Hatmaker's Wife, 7:30 p.m.
(Stagehouse Theatre) \$

OCT. 7: *The Hatmaker's Wife*, 7:30 p.m. (Stagehouse Theatre) \$

OCT. 9: Financial Aid Workshops, 11 a.m. to 12:30 p.m. (10-172)

OCT. 10: Pathways to Work Info Session, 11 a.m. to noon (Hyflex)

OCT. 12: *The Hatmaker's Wife*, **2:30** and 7:30 p.m. (Stagehouse Theatre) \$

OCT. 13: Last Day to Apply For a Degree or Certificate, 4 p.m. (Online)

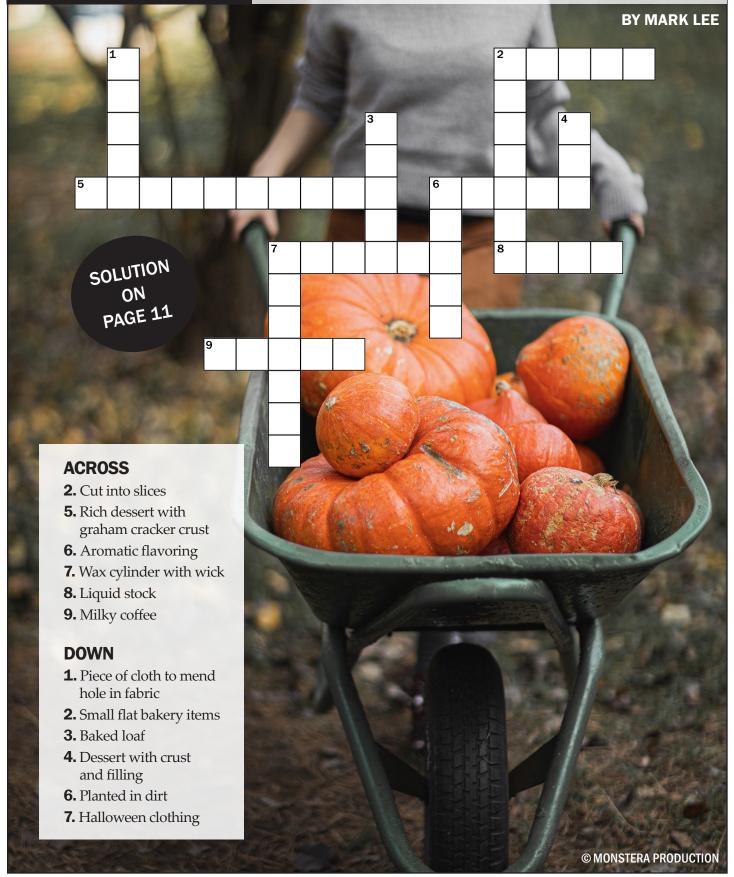
| Creating an Elevator Pitch, Digital Fluency/ LinkedIn, 10 to 11 a.m. (Online)

| The Hatmaker's Wife, 7:30 p.m. (Stagehouse Theatre) \$

^{*}Events subject to change; visit grossmont.edu for online meeting logins and latest info. | \$ Indicates admission cost



Celebrate pumpkin possibilities with this autumn crossword.





Hit the deadlines to make sure you don't get left behind.

BY ALANA MULLALY

hile transferring can seem overwhelming, here are some resources to help get you started and relieve the stress. Many students know that the transfer applications for the Fall 2024 semester are coming up this Oct. 1 and are open through Nov. 30.

To get started, "Make a counseling appointment with the Transfer Center or with general counseling for one hour, and meet with a counselor to double check your eligibility if you're eligible to apply this fall," Christina Heredia, a transfer counselor at Grossmont College, said.

Students need to have at least 60 transferable units and a minimum 2.0 GPA.

Tiana White, a freshman at Grossmont, said she didn't know transfer applications were coming up. "I would wait to get all my general education out of the way before transferring," White said.

If you are a student eligible and ready for transfer, there are workshops to help with the application process. To make these workshops work in your favor, make sure to have most of your application filled out, this way the counselors can assist you with information you need to fix or add.

These workshops, which run from Oct. 1 to Nov. 30, are offered over Zoom and in person in the computer lab in building 10.

"The hope is that the students have already created their account, they've already started the application, and we're answering questions for them," Heredia said. "But if you're brand-new, and you're confused, we're of course going to help you with those questions."

Make sure you call the Transfer Center or visit in person to reserve your spot for these workshops as it is required. Students can attend as many workshops as they would like.

"I've seen students that come three, four times, some just come once, it just depends," Heredia said.

Other resources for transfer can be accessed through the transfer

center page on the Grossmont College website: grossmont.edu/ student-support/transfer-center/. The application assistance section gives students step-by-step instructions on how to fill out both the University of California and the California State University system transfer applications.

While you don't necessarily have to know what major you want to do, it can be beneficial to have an idea of your career to prepare for transfer.

"I think it's very helpful to know to have an idea, but it can definitely change, and that's okay," Heredia said. 😼





his month-long celebration started as a week-long celebration in 1968. According to the Hispanic Heritage Month webpage, the week took into effect under President Lyndon Johnson.

In 1988, U.S. President Ronald Regan approved the extension to a month-long celebration.

"I am glad that we are given a month and that it includes not only the Mexican culture but the whole Latin community," Grossmont Student Scott Roberts said. "It makes me proud that there are people who take an interest in my culture."

MEXICAN INDEPENDENCE DAY

Contrary to popular belief, Cinco de Mayo is not Mexican Independence Day. Mexico's Independence Day falls on Sept. 16.

In 1810, Miguel Hidalgo y Costilla, the Catholic priest, gave the Cry of Dolores. The Cry of Dolores marks the moment when Hidalgo rang his church bells and gave a speech declaring the revolt against Spanish rule.

The historical event is celebrated yearly with the main celebration in Mexico City. Thousands of people gather at the Zócalo as they await the president of Mexico. Meanwhile, several artists perform to the crowds.

At midnight on the night of Sept. 15, the president of Mexico steps out onto the balcony of the National Palace to ring the same bell Hidalgo did. Following the ringing of the bell and the speech is a fireworks show.

The morning of, crowds gather in the same area to enjoy a military parade.

Grossmont Student Kimberly De La Cruz had the opportunity to experience Mexican Independence Day in Guadalajara while visiting her family.

"The streets were filled with people carrying the flag and dressed in the colors of the flag," De La Cruz said. "My family lives a few blocks away from the local church where one of the celebrations was and there was food and fireworks everywhere."

CENTRAL AMERICAN INDEPENDENCE DAY

Costa Rica, Guatemala, Honduras and Nicaragua declared their independence from Spanish rule on Sept. 15, 1821.

The United States acknowledged the independence of the Federation of Central American States on Aug. 4, 1824.

One of the traditions they have in celebration is The Torch Run. Many people gather in Guatemala and travel by foot through the countries until they make it to Costa Rica. They do this to symbolize the messenger who delivered the news of independence.

EVENTS ON CAMPUS

The college is hosting a slew of events to celebrate this month:

Sept. 18: Kick-off of Latinx Heritage Month in the main quad from noon to 1 p.m. with music and churros.

"I am glad that we are given a month and that it includes not only the Mexican culture but the whole Latin community. It makes me proud that there are people who take an interest in my culture."

-Scott Roberts

- **Sept. 21:** Stop by the Griffin Gate from 2 to 3:20 p.m. for the Aloha Compadre reading, Q&A and book signing with author Dr. Rudy P. Guevarra.
- Sept. 25: Faculty panel discussion on border relations. Time and location TBD.
- **Sept. 28:** Enjoy some *cafecito* con pan while learning about the new Latin American studies major. Held on the second floor of the Tech Mall (Building 70) from 9 to 11 a.m.
- Sept. 30: National Day of Remembrance for Indian Boarding Schools. Please wear orange to remember the indigenous children who passed while attending Indian Boarding Schools.
- Oct. 3: Come prepared to dance at the *noche de baile* in the main quad from 5 to 6:30 p.m. Snacks and prizes will be provided.
- Oct. 5: Lively panel and discussion about how others have empowered themselves through imposter syndrome. Held from 9:30 to 10:30 a.m. in Griffin Gate.
- Oct. 10: Guacamole competition for the spiciest, most original and the overall best. Held in Griffin Gate from 11:30 a.m. to 1 p.m.
- Oct. 11: National Coming Out Day celebration in the main quad from 10 a.m. to 4 p.m. Enjoy the food and interactive paint wall along with the coming out walkway.
- Oct. 19: No Mas Bebes film screening in 26-220 at 5 p.m.



VOLLEYBALL

After going 2-3 to start the season, the Grossmont Women's Volleyball team went on an unprecedented 19-game winning streak, including capturing the Pacific Coast Athletic Conference (PCAC) Championship, going undefeated in conference play with an overall win-loss record of 23-4.

Although regular season play ended, the Griffins continued their dominance in the playoffs, despite being ranked ninth in the SoCal regional bracket for the state playoffs. Grossmont barely squeaked out a win against Pasadena City College, three sets to two, ultimately beating Ventura College - the top seed in the region - three sets to one to clinch its berth in the state championship playoffs. Unfortunately, the Griffins' season came to an end in the quarterfinals of the tournament against Feather River College in a sweep. Expectations are high for this next great season of Griffin women's volleyball.

WATER POLO

The men's water polo team had an equally successful season. winning three of its first four games, the team kept a regular winning streak going throughout the season, going undefeated in conference play, and ultimately finishing 17-10. The Griffins went on to capture their second



straight PCAC Conference Championship, outscoring Mesa and Southwestern Colleges in a combined 26-11. Their determination ended in the Southern California Regional Championships, however, as Grossmont lost to Riverside Community College 12-8. Despite this setback, the team still has hopes for another successful season in the fall.

SOCCER



After starting the season on a threegame losing streak, the women's soccer team recorded its first win, shutting out Imperial Valley 3-0. They the Griffins rebounded from a loss to Palomar, to beat City College 4-2. After holding their own against Southwestern College, who ended the season undefeated in conference play, the Griffins would win six of their last nine games

to end the season at .500 with an 8-8 record. Despite missing the playoffs, the team hopes to have a successful season and to capture its first conference championship since 2006. Players spots are still open if anyone is interested in

trying out for the team.

FOOTBALL

Following a spectacular win against Southwestern, the football team hit a bit of a snag, losing four of their next six games. Those two wins were close, however, as the Griffins managed to hold off Orange Coast College at home 31-26 and to come from behind against Pasadena City 24-21. In the game, both teams went point for point, until Grossmont kicked a late field goal with three and a half minutes left in the game. Their last three games ended in two losses and a forfeit by Compton Community College. Despite the losing record, the Griffins recorded more rushing and passing yards than allowed throughout the season. The team hopes to rebound from last year and improve on their four and six record.

GRIFFIN ATHLETICS SCHEDULE*

Check out a game or match this month and support our home team.

FOOTBALL

SEPTEMBER

16 vs. Citrus (3 p.m.)

23 vs. Mesa (3 p.m.) **30** at Palomar (6 p.m.)

OCTOBER

14 at Riverside (noon)

MEN'S WATER POLO

SEPTEMBER

21 at Ventra (1:30 p.m.)

22-23 Cuesta Tournament (TBA) **27** at Miramar (3:30 p.m.)

OCTOBER

4 at Palomar (3:30 p.m.)

5 vs. Chaffey (10:15 a.m.), vs. Crafton Hills (11:30 a.m.), vs. University of La Verne (4 p.m.)

6-7 RCC Tournament (TBA)

WOMEN'S BASKETBALL

SEPTEMBER

23 at Santa Ana Showcase (TBA)

WOMEN'S SOCCER

SEPTEMBER

15 at MiraCosta (4 p.m.)

22 Imperial Valley (1 p.m.)

26 Palomar (1 p.m.)

29 at City (3 p.m.)

OCTOBER

6 vs. Southwestern (1 p.m.)

10 vs. Miramar (1 p.m.)

13 at Mesa (1 p.m.)

WOMEN'S VOLLEYBALL

SEPTEMBER

12 vs. Pasadena City (6 p.m.)

18 at Miramar (5 p.m.)

20 at Palomar (3 p.m.)

22 at MiraCosta (6 p.m.)

29 vs. Southwestern (6 p.m.)

OCTOBER

4 at Mesa (5 p.m.)

6 vs. City (6 p.m.)

11 at Imperial Valley (6 p.m.)

13 vs. Cuyamaca (6 p.m.)

WOMEN'S WATER POLO

SEPTEMBER

8 at Palomar vs. Mesa (10:10 a.m.), Palomar (12:30 p.m.)

16 at Southwestern (8 a.m.) vs. Ventura (8 a.m.), Chaffey (10:40 a.m.), El Camino (1:20 p.m.)

22 at Mt. San Antonio vs. West Valley (11:40 a.m.), Ventura (12:50 p.m.), Southwestern 4:20 p.m.

23 at Mt. San Antonio vs. Marin (8 a.m.), San Antonio (12:40 p.m.)

27 at Miramar (2 p.m.)

OCTOBER

4 at Palomar (2 p.m.) **7** at LA Valley (11 a.m.), vs. Crafton Hills (1 p.m.)

*Events subject to change; visit grossmont.edu for latest info.

tudents at Grossmont College who are seeking help through the Extended Opportunity Programs and Services (EOPS) can find their services in Building 60, Room 125.

Students can engage in multiple extended opportunities through EOPS including book vouchers of up to \$400, financial grants, monthly bus passes, transfer application fee waivers, and personal academic and career counseling.

The program is available to all students who meet the criteria and requirements based on their needs, which is a minimum of 12 units unless ARC is waived. To be eligible for EOPS, you must have a financial aid application on file. You must also have completed at least 70 units.

Jayden Logan, EOPS service provider described the twofold purpose of the program: "Trying to close equality gaps for historically disadvantaged students at Grossmont College" and "creating new opportunities,

Extended Opportunity Programs and Services is there for those who know where to look.

BY MYA ALEXANDER

for inclusiveness, diversity, and just being innovating in how we support students."

Among the programs is Care, a program for single parents with a maximum of one child. To qualify, you must be enrolled in at least six units. The program offers food assistance, gift cards from Target for clothes and or in-home appliances, and small gatherings for single parents and children.

Similarly, Net-Up is a program for students who were placed under foster care before the age of 13. A minimum of six units is required, and grocery assistance is available.

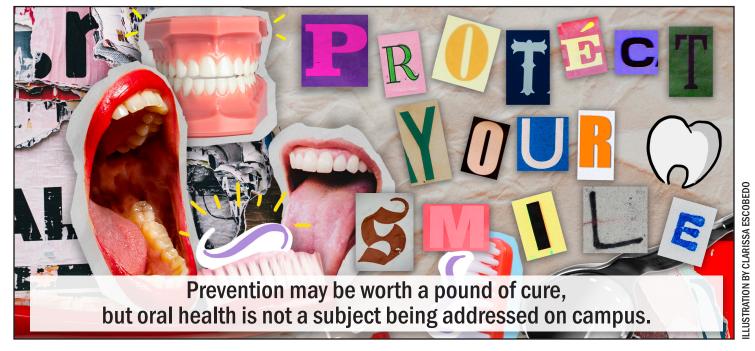
"I would say the biggest issue and/ or problem is students finding out about our program and understanding who we are and what we actually provided," Logan said.

Although EOPS provides a variety of services to Grossmont students, there seems to be a lack of use. and it could be due to students being unaware of the services the program has at reach.

Logan said they hope each student learns more about EOPS and its other programs such as Next-Up and Care, which are umbrella services that align students on the right path.

"I think it's got me more involved and more motivated to succeed in my classes which are five this semester," Grossmont Student Jayce Lovering said.

The main goal of EOPS is for students to be connected and succeed with their career alignment. The resources it offers can be helpful to your educational and personal life needs.



BY GAIL GILMAN

rossmont College is missing a key component to health. Oral health is not covered in the six health field programs offered at the college, nor is it available at the Student Health

Health programs available at Grossmont include Telemetry/ ECG, Occupational Therapy, Cardiovascular Therapy, Respiratory Therapy and Orthopedic Technology. According to Dr. Deborah Chow, the associate dean of nursing, the process of getting accepted into these programs is based on prerequisites, equity and

a point system. Total success is the goal for each student, as well as for the division of Allied Health and Nursing.

Dr. Nancy Saks, the division's senior dean, said the division strives to equip the school with up-to-date equipment within all the departments of health. She was enthusiastic about a piece of equipment recently donated to the Respiratory Therapy Department. Another recent development she was happy to report is the new addition of a food pantry outside the faculty offices in order to help any student having food insecurities and where all students may have access to. After all, food is important to health and some students may not have the money to afford what they need.

Overall, the programs do not have any specific oral health component to them. Nursing students do not collaborate with dental hygiene students, nor have registered dental hygienists (RDHs) or registered dental hygienist in alternative practice (RDHAP), participated as guest speakers. Saks, however, said she supports the idea of possibly having dental hygienists be guest speakers in the health programs.

No one should be without proper affordable oral health care. College-aged students are particularly at high risk of cavities,

gum and bone disease, and Herpes Simplex Virus to name a few oral diseases. These things left unchecked can lead to serious consequences, even death.

Head and neck screenings, sealants, fluoride, and prophies are some preventive measures performed regularly by dental hygienists.

A prophy is a type of professional cleaning that does not involve periodontal (gum and bone) disease, a common, but preventable disease. Prophies start in childhood and are not the deep cleaning type of cleaning once bone loss occurs. Prophylaxis is the name

billed to insurance companies. Deep cleaning and root planing costs more time, money, progression of disease and its treatment. This is the time students can put a stop to this negative progress. Seek a dental hygienist to maintain good overall health. Total health must include oral health.

All students can take advantage of the Student Health Center as well. The Center has one registered nurse, according to Elaine Adlam. Mental health professionals have also been hired on-site to address students' needs. The center offers these services free of charge and will assist students who require off-campus services as well.

The Greek Goddess Hygea means health, which is where the name hygienist comes from. The first school of dental hygiene was started in Bridgeport, Connecticut, by Dr. Alfred C. Fones in 1913. Dental hygienists are

prevention specialists in healthcare.

Dental hygienists offer a key component to overall total health. Healthy mouths get a prophy and not a deep cleaning. However, whatever type of professional cleaning it is, part of the treatment to stop progression of disease, which can affect many diseases of the body including heart disease, dementia and pneumonia, among others.

Maybe it's time to think about establishing a dental hygiene office on this campus within the Student Health Center. *





express their creativity. Educators are given the space to demonstrate to their students and other creative people the work they put into their craft.

the faculty and staff their

time to shine to be able to

FOLIOW US! @ GriffinRadioSD

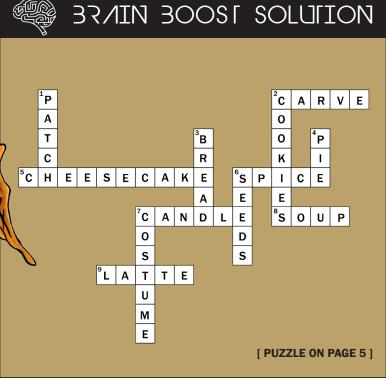
@GCGriffinRadio

Located in the Performing and Visual Arts Center (Building 22), the Hyde Art Gallery is a great opportunity for people to gather as a community to collaborate, communicate and share their love for the arts.

The IN-SIGHT exhibition runs through Sept. 21. The gallery's walk-in hours are from Monday through Thursday, from 10 a.m. to 4 p.m. All exhibitions and events are free and open to the public.









R居匠LTALK COMING OF AGE

Develop this semester with movies about growing up.



TEENAGE MUTANT NINJA TURTLES: MUTANT MAYHEM | Review by Mark Lee

The latest TMNT release is an incredibly animated adventure featuring the coolest ninja turtles to ever walk the earth. Immense style, creativity and execution are what truly bring this film to life. *Teenage Mutant Ninja Turtles Mutant Mayhem* is like a supreme pizza; there's a little something for all ages to enjoy. While occasionally coming off a bit dark, the film excellently captures the '80s-'90s era vibes from which the Teenage Mutant Ninja Turtles were born. Seth Rogen and his band of moviemakers did an outstanding job bringing the film to the masses while homing in on the culture and people who have loved them since their inception. Even more than Master Splinter himself! If you're on the fence, do not fret as this is a fantastic, fun, action-filled film with a lot of insight into how being accepted requires a little acceptance of your own.



LADY BIRD

| Review by Perla Cruz

Writer-director Greta Gerwig, known for her passionate dedication to narratives, delivered a cinematic nostalgic masterpiece when it came down to Lady Bird. Starring Saoirse Ronan and Timothée Chalamet, this beautifully done film portrays a realistic mother-daughter relationship that later improves after Christine "Lady Bird" Macpherson (Ronan) leaves for college. At the start of the 2017 film, Christine is arguing with her mother about her future career plans, and when her mom disagrees and belittles her, Christine reacts recklessly and jumps out of the moving car. It is a love letter to one's self-involvement, leaving childhood behind and entering a new era: Adulthood. While she had a rough upbringing with her highly opinionated mother who works tirelessly to make ends meet, Christine discovers she loves Sacramento and develops a new perspective in life, embracing who she is to truly feel the growth.







Review by Alessandro Pabon

Spider-Man: Across the Spider-Verse is the second film out of the soon-to-be trilogy surrounding the life of Miles Morales (Shameik Moore). The animated film picks up where the first one left off, with Miles being able to fully control his powers and stop crime in his Brooklyn neighborhood. He reunites with Gwen Stacy (Hailee Steinfeld) after she is sent to Miles' universe to investigate anomalies happening with The Spot (Jason Schwartzman). Miles ends up following Gwen into a new dimension, Earth-928B, also known as the Spider-Society, causing Gwen to get into big trouble with its leader Miguel O'Hara (Oscar Isaac). This encounter leads to a series of events and (spoiler alert) ends the movie on a massive cliffhanger. The three directors – Joaquim Dos Santos, Kemp Powers and Justin K. Thompson – did an amazing job with the storyline and the unique animation adds to it. Hopefully, the next part will come out soon, but with the writers' strike happening right now, the future seems uncertain.



