


The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | OCTOBER 2023

A large, glowing orange skeleton is the central figure. Its eyes are glowing with a bright blue light. The skeleton is positioned on the left side of the frame, with its right arm extended towards the right. The background is dark and atmospheric, featuring silhouettes of palm trees and a full moon in a cloudy sky.

READERS BEWARE

PHOTO BY GAIL GILMAN

TABLE OF CONTENTS

4 The Front Stuff

Editor's letter, safety update, campus calendar and Brain Boost.

6 Fall Treats

Time to whisk out your baking sheets and pans and treat yourself.

7 Notes of Fall

Check out an October on-campus concert.

8 What's in a Website?

Managing Grossmont's online presence is no easy task.

8 Inclusion Knows No Bounds

ARC promotes empowerment and understanding through Disability Awareness Month.

9 October National Observances

This month is set aside for health.

10 Pigskin Update

The Grossmont football team looks for its footing.

10 Up for Debate

Grossmont speech and debate students are in it to win it this semester.

11 In Case of Emergency

Know what to do and where to go.

12 Reel Talk: Alternative Horror

These movies may be entertaining, but they're also terrifying.



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PHOTO BY GAIL GILMAN

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SUMMIT STAFF

What is your biggest fear?



MYA ALEXANDER

One of my biggest fears is being trapped in an elevator with too many people. I guess I can say I've had very bad luck with some places and their elevators. And I don't like close space or feeling trapped, unable to move or breathe.



JANELLE CARTER

I have a fear of roller-coasters. I had a bad experience when I was younger, so I got scared of not being fully secured on a ride. I always have to double-check to make sure I feel safe.



PERLA CRUZ

Deep water has been the biggest fear of my life, hence the fact I can't swim and drowning is what I am most afraid of. I can count three near-death experiences—all accompanied by friends—at Mission Beach, Black Beach in Hawaii, and a lake in Wisconsin.



JACOM CUMMINGS

Definitely snakes. I don't like being around them, even as pets or at the zoo. Really, I'm afraid of all big and dangerous lizards, like crocodiles and Komodo dragons.



LINDSAY ELIAS

I have a fear of spiders. I absolutely hate them and their spiderwebs are so annoying. If I'm walking near plants at night I turn the flash on from my phone to avoid walking into a spider or its web.

GAIL GILMAN

My greatest fear is not being free—the loss of freedom for myself and others. I love and appreciate U.S. democracy. Because of that, I would like global hostilities to cease and climate change to end.

MARK LEE

My biggest fear is very tight spaces and being stuck somewhere where I would have to crawl for a long period of time. I'm also afraid of the dark and can't sleep without my night light for fear of ghosts and vampires!

AARON LUNA

My biggest fear is, honestly, public speaking and conversations. Throughout my life, I've had a pretty bad case of shyness and nervousness with acting and speaking in front of others. Over the years, however, I have been able to overcome that fear, although it is still very debilitating at times.

ALANA MULLALY

My biggest fear is going to bed and suddenly waking up in a sea of bugs crawling all over me. I'm honestly afraid of bugs in real life too, but I can deal with just one or two, not thousands.

ALESSANDRO PABON

One of my biggest fears is the dark, especially outside. Not being to see anyone or anything is what scares me. I really do not like the unknown and being unable to see, and every little noise gets me thinking who or what is out there.



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.

LETTING GO

It's officially spooky season, and for many of us, that means pumpkin-spiced everything. However, it may not be time to pull out our cozy sweaters quite yet due to the summer heat still lingering.

Fall is a season of transition, a moment to reflect on the changes in our lives and the world around us. Letting go of the old to make way for the new is necessary for growth.

In this edition, we bring awareness to multiple topics and embrace the spirit of fall and all that it represents. We invite



you to join us on this seasonal journey and to appreciate the little joys life has to offer.

Lindsay Elias

Lindsay Elias, Editor-in-Chief

CORRECTIONS & CLARIFICATIONS

At *The Summit*, we are very concerned with the quality of our journalism. If you spot a factual error, please contact us at summit@gcccd.edu.

SEPT C&C

In our September issue story about oral health, we wrote that Allied Health and Nursing programs at Grossmont "do not have any specific oral health component to them." According to Dr. Nancy Saks, oral health is covered in the programs where appropriate for the course of study and to prepare students for licensure exams in each specific field. Saks added that oral health is specifically covered in the curriculum, with examples including NURS-120: Fundamentals of Nursing and later in topics such as care of the patient undergoing oncologic treatment. Saks also said that while it is not routine that dental hygienists contribute to the theory instruction on campus, students may interact with these individuals when in the clinical settings during the experiential component of the program.



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* last month.

- **Sept. 19:** Two students were involved in a verbal argument on the second level of the parking structure. During the argument, a student deployed pepper spray on the other due to fear for her safety.
- **Sept. 20:** A deputy responded to a report of a non-injury accident in parking lot 5. The student who hit another student's vehicle remained on the scene to provide information.
- **Oct. 3:** The Deputy responded to a suspicious person on campus, but was unable to locate the male and was advised that the subject had left campus.
- **Oct. 4:** A hit and run was reported near Lot 7. No suspect information was provided and no video surveillance is available.

* 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

OCT. 12: Thuy & Art Exhibition (Hyde Art Gallery); runs through Nov. 9

OCT. 13: Women's Soccer at Mesa, 1 p.m. | Women's Volleyball vs. Cuyamaca, 6 p.m. | *The Hatmaker's Wife*, 7:30 p.m. (Stagehouse Theatre) \$

OCT. 14: Football at Riverside, noon | *The Hatmaker's Wife*, 2 and 7:30 p.m. (Stagehouse Theatre) \$

OCT. 17: Women's Soccer vs. Mira Costa, 1 p.m.

OCT. 18: Men and Women's Water Polo vs. Southwestern (TBA) | Women's Volleyball vs. Miramar College (TBA)

OCT. 20: Women's Water Polo Long Beach Tournament (TBA) | Women's Volleyball vs. Palomar, 6 p.m. | *Wildlife Crossings!*, 7:30 p.m. (Stagehouse Theatre) \$

OCT. 21: Football vs. Saddleback, 1 p.m. | *Wildlife Crossings!*, 2 and 7:30 p.m. (Stagehouse Theatre) \$

OCT. 24: Women's Soccer at Imperial Valley, 3 p.m.

OCT. 25: Women's and Men's Water Polo at Mesa, 5 and 7 p.m. | Women's Volleyball vs. MiraCosta, 6 p.m.

OCT. 27: Grossmont Symphony Orchestra, 7 p.m. (PVAC) \$ | Women's Water Polo at Saddleback, 11 a.m. | Men's Water Polo vs. Santa Monica, 1 p.m., vs. El Camino, 2:40 p.m. (Southwestern) | Women's Soccer at Palomar, 1 p.m. | Women's Basketball vs. Pima Arizona, 5:30 p.m.

OCT. 28: Men's Water Polo vs. Citrus, 11:50 a.m., vs. Saddleback, 3:20 p.m. (Southwestern) | Football at Fullerton, noon

OCT. 30: Jazz & Afro Cuban Ensembles, 7 p.m. (PVAC) \$

NOV. 1: Women's Volleyball at Southwestern, 5 p.m. | Men's Basketball vs. Cypress, 6 p.m.

NOV. 2: Women's Basketball vs. Saddleback, 2 p.m.

NOV. 3: Women's Volleyball vs. Mesa, 6 p.m. | Women's Basketball vs. Fullerton, 7 p.m.

NOV. 4: Football at San Jacinto, 6 p.m.

NOV. 7: Women's Soccer at Southwestern, 1 p.m.

NOV. 8: Women's Volleyball at City, 5 p.m. | Women's Basketball at Santa Ana, 6 p.m.

NOV. 9: Men's Basketball vs. Victory Valley, TBA (Mt. San Antonio College)

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

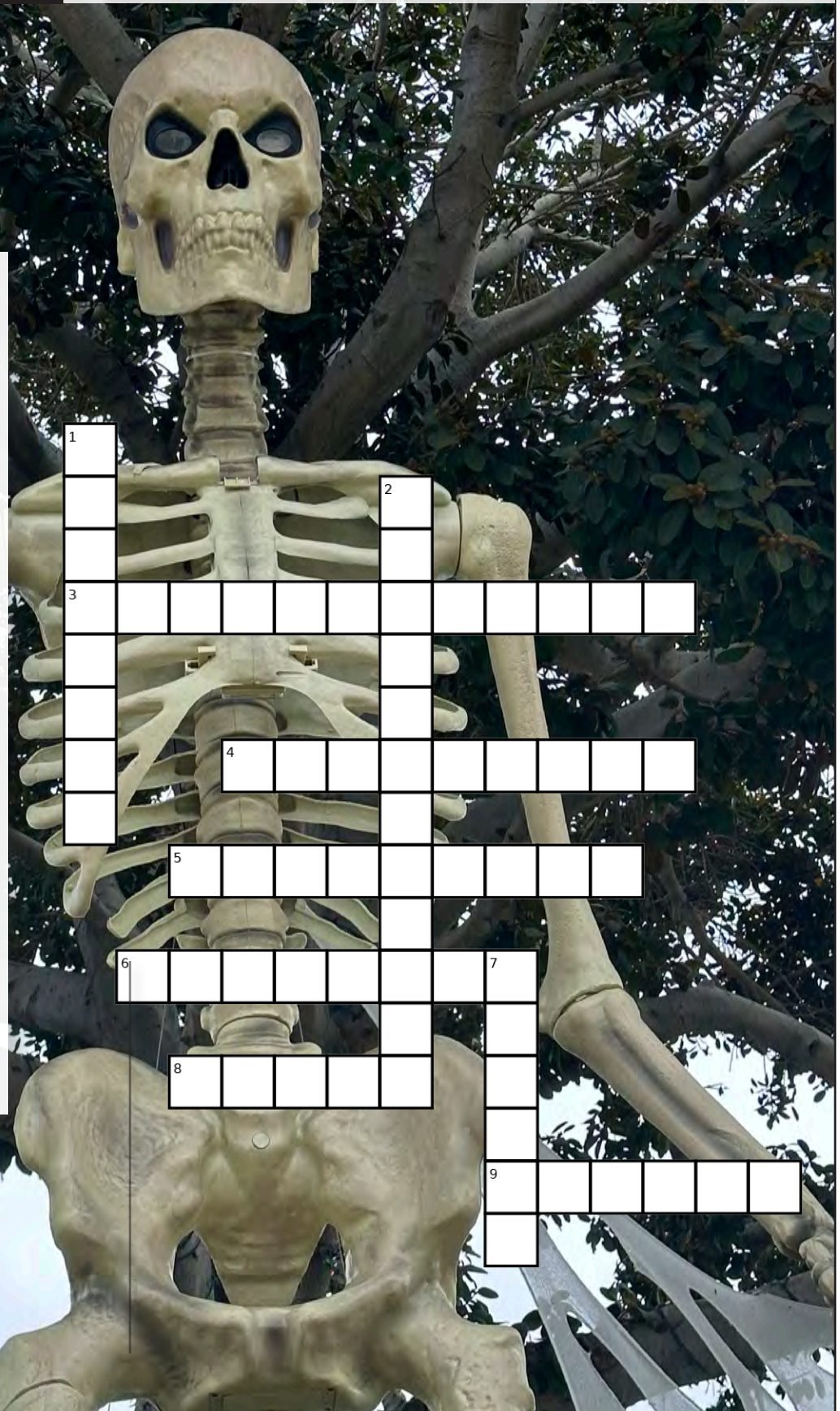
ACROSS

3. What you say when you knock on a door in a costume
4. Used to keep birds off crops
5. Holiday in October
6. Something you carve before Halloween
8. Skeletons are made out of
9. The season October is in

DOWN

1. The most popular sport during this month
2. Genre of film made for this month
7. What someone does when they get scared

**SOLUTION ON
PAGE 11**



Fall Treats

Time to whisk out your baking sheets and pans and treat yourself.

BY ALANA MULLALY

Everyone loves a little something sweet, especially in the fall season. October is a time of celebration and comfort. The weather is changing and the warm summer heat is turning into sweater weather. Luckily, nice treats help us stay cozy and comfortable.

Halloween and Thanksgiving are both around the corner, which brings out everyone's sweet tooth.

Michayla Cuff, a student at Grossmont College, said her favorite fall treat is pumpkin praline coffee from her favorite coffee shop Gladly Coffee in Spring Valley.

"It is seasonal so I can enjoy it for a limited time," Cuff said. "I like it because it is fall-themed and features warm spices like cinnamon that are comforting during fall."

If you are in the mood for a sweet and comforting fall drink on a cold day, Cuff's favorite treat might become your favorite too.

Grossmont Student Daleyna Aguirre's favorite treat is carrot cake: "It reminds me of Thanksgiving and baking it with my grandma when I was younger," she said.

Carrot cake is a staple for the fall season and baking it at home can make lasting memories. For Aguirre, her memories of baking the cake make it much more special.

Aguirre's carrot cake makes a great pairing with Cuff's choice of pumpkin praline coffee, although another great pairing with

the coffee is a cinnamon apple crisp, which happens to be Elisabeth Jordan's favorite fall treat.

Jordan, a student who attends both Grossmont and Cuyamaca colleges, said, "My favorite fall treat is cinnamon apple crisp because it has just the right amount of sweetness and spice."

Jordan said she makes it every year for her family to mark the changing of the seasons, adding that the treat reminds her of autumn and is nice to have on a chilly day.

On top of these students' favorite fall treats, *The Summit* staff has some favorites of their own:

- **Lindsay Elias:** Pumpkin pie from Costco
- **Aaron Luna:** Maple cream cookies from Trader Joe's
- **Mya Alexander:** Pumpkin loaf from Starbucks
- **Janelle Carter:** Apple croissant from Starbucks
- **Perla Cruz:** Homemade pumpkin spice muffins
- **Jacom Cummings:** Homemade pumpkin spice cookies
- **Gail Gilman:** Candied or caramel apples
- **Mark Lee:** Homemade pumpkin cheesecake
- **Alana Mullaly:** Homemade chocolate fudge
- **Alex Pabon:** Pillsbury pumpkin shape sugar cookies
- **Dr. Jeanette Calo:** Pumpkin scones from Starbucks

If any of these treats sound delicious to you, you're in luck! Check out the recipes on the next page.

FALL IN LOVE WITH
THE INTERNATIONAL CLUB

Horror Movie Night
Oct. 13 at 6 p.m.
26-220

Haunted Trails
Oct. 20 at 6 p.m.
Balboa Park

Halloween Party
Oct. 2 at 6 p.m.
Griffin Gate

Hiking
Nov. 3 at 11 a.m.
Torrey Pines

Ice Skating
Nov. 18 at 5 p.m.
UTC Ice Rink

Winter Party
Dec. 1 at 7 p.m.
Griffin Gate

BY MYA ALEXANDER

CARROT CAKE

Recipe by Daleyna Aguirre

INGREDIENTS

- 3 cups of flour
- 2 cups of sugar
- 2 teaspoon cinnamon
- 1½ teaspoons baking soda
- 1½ teaspoons salt
- 1 teaspoon baking powder
- 1 can (8¾oz.) crushed pineapple
- 2 cups shredded carrots
- 3 eggs beaten
- 1½ cups oil
- 2 teaspoons vanilla
- 1½ cups nuts
- ½ teaspoon nutmeg
- 1½ teaspoons ground clove



DIRECTIONS

1. Mix together flour, sugar, cinnamon, baking soda, baking powder, salt, nutmeg and cloves.
2. Drain pineapples and save the syrup. Add pineapple syrup to dry mixture.
3. Add eggs, oil, vanilla, and beat for 3 minutes.
4. Stir in pineapple, carrots and nuts.
5. Bake at 325 degrees for 1 hour and 20 minutes. (Use bundt pan or 9 x13 cake pan.)



PUMPKIN SPICE COOKIES

Recipe by allrecipes.com

INGREDIENTS

- 1 (15.25 oz.) package of spice cake mix
- 1 (15 oz.) can solid pack pumpkin
- 1½ teaspoons ground clove

DIRECTIONS

1. Preheat oven to 350 degrees F. Grease cookie sheets.
2. Stir together cake mix and pumpkin in large bowl until well blended.
3. Drop by rounded spoonfuls onto prepared cookie sheets.
4. Bake in preheated oven until centers are set, 18 to 20 minutes.
5. Allow cookies to cool on the baking sheets for 5 minutes before transferring to a wire rack to cool completely. Serves 24.

CINNAMON APPLE CRISP

Recipe by allrecipes.com

INGREDIENTS

- 1 cup white sugar
- ½ cup unsalted butter, softened
- ¾ cup all-purpose flour
- 4 cups sliced apples
- 1 teaspoon ground cinnamon
- ½ cup water

DIRECTIONS

1. Preheat oven to 350 degrees. Grease an 8-inch square baking dish.
2. Cream sugar and butter together in bowl with an electric mixer. Blend in flour.
3. Place apples into prepared baking dish and sprinkle with cinnamon. Pour in water, then sprinkle sugar-butter mixture evenly over top.
4. Bake in the preheated oven until the apples are tender and the crust is golden, 30 to 40 minutes. Serves 6. 🍴



NOTES OF FALL

Check out an October on-campus concert.



It is autumn, and we are officially in October's music season on campus. With the cold weather upon us, students are able to enjoy their fall nights with good company in student-focused concerts.

Three different shows of varying genres will be presented in the Performing and Visual Arts Center (Building 22).

Anthony Cuietta, the music department's chief technician, described the concerts as "super inspiring, emotionally impactful, and lots of new levels of professionalism."

Looking forward, we can expect to see "vocal groups and diverse offerings," Cuietta said.

For the Griffin Community Concerts series, Duo Vivace—a combination of violin, viola and keyboards—will perform "Devilishly Good Duets: Music for Halloween" on Oct. 25 at 6 p.m. Ticket prices cost \$15 for the general public; \$10 for Grossmont employees, veterans and seniors, and \$5 for students.

The Music Department will also be presenting the second performance of Grossmont's Symphony Orchestra, featuring Oboist Michael Gaby, Oct. 27 at 7:30 p.m. Tickets are \$20 for general admission, \$15 for seniors and military, and \$5 for students.

Jazz enthusiasts can look forward to the Monday evening Jazz and Afro-Cuban live concert on Oct. 30 at 7 p.m. The concert will be directed by Derek Canon and Latin Music Artist Manny Cepeda. Admission is \$15 for general, \$10 for seniors and military, and \$5 for students.

Excitement is in the air for those attending and performing. Brandon Huynh, a guitarist in the orchestra, said he has practiced tirelessly to be precise in achieving great performances for the audience, and his family and friends.

"It was difficult, plenty of work to go over, but everyone was supportive," Huynh said.

Further information can be found on grossmont.edu/music. 🎸



WHAT'S IN A WEBSITE?

Managing Grossmont's online presence is no easy task.

BY JACOM CUMMINGS

Students everywhere live in a digital age, and Grossmont students are no exception. Most people looking for information on Grossmont events or academics will look towards the college's website.

Many students, however, face an obstacle: Outdated info. Those looking for the most up-to-date versions of documents like the course catalog or general education requirements might struggle to find them. Additionally, it may not always be clear to students when or where an upcoming campus event is taking place.

These concerns are the top priority for the Grossmont staff in charge of online affairs. "Right now, my primary focus is getting things up and running for our students," said Deanna Thompson, who manages Grossmont's website.

Thompson explained the college webpage is currently in the process of receiving a minor overhaul, with the end goal being to remove outdated links and information, as well as a more intuitive front page.

Besides the main website, many students also use social media as a source of information about their school. Grossmont has an established social media presence on platforms like Instagram.

The major challenge faced by Grossmont's social media and website alike is controlling the flow of information so students are informed without being overwhelmed. With dozens of events and deadlines every week, staff must make informed decisions about what students see.

One of the social media department's goals is to steer away from a "bulletin board" format, according to Ernesto Rivera, who oversees Grossmont's social media. "More messages might get lost, so we don't think that serves students," Riviera added.

Student feedback plays a major role in the changes to Grossmont's online presence. Grossmont social media intern Lialla Rivers-Sass encouraged fellow students to interact with Grossmont's social media pages.

"We're always going to try to be really engaging with our content, so always comment, we're always reading everything," Rivers-Sass said.

Maintaining and updating Grossmont's sources of information may not be as simple as one might think. Staff members are continuing to work with students to meet the online needs of the Grossmont community, with progress being made every day.

Speaking of the future of the Grossmont website, Thompson said students can look forward to a reduction in clutter and a more uniform design across departments.

The new Fall 2023 Course Catalog can now be found on the Grossmont Website under the "Student Support" tab. 🐦



INCLUSION KNOWS NO BOUNDS

ARC promotes empowerment and understanding through Disability Awareness Month.

BY MYA ALEXANDER

Every October, Disability Awareness Month helps advocate for providing equal rights, access and opportunities for individuals with disabilities.

The main objective of the month is to raise awareness, break stereotypes, advocate for accessibility, and have empathy and understanding toward those who have a disability.

At Grossmont's Accessibility Resource Center, known as ARC, students have been invited to take part in Disability Awareness Month activities with a number of events to celebrate inclusiveness.

ARC already hosted events that included an information table and a social hour where other students and staff can meet one another and make great connections. Upcoming events include two Zoom meetings: "ARC Guide to Access" on Oct. 11 from noon to 1 p.m., and "Workplace Accommodations" on Oct. 26 from 12:30 to 1:30 p.m.

Student Service Specialist Melissa Benton said the department hopes "Disability Awareness Month will increase attention to the ARC building and its resources for students."

Benton added, "We need a lot more exposure, and the more exposure we have, the more students will have access to us."

Located in Building 60, ARC is more than a place where accommodations are available. There are other resources that can be very useful to all students who have an Independent Educational Plan (IEP) or a disability that requires additional help in classes, as well as other resources to be

successful at Grossmont. After students register with ARC, they are able to take advantage of various accommodations, including additional time on tests, quiet room space for testing with headphones if needed, tutoring sessions, and their own academic counselor to help them pick classes each semester.

ARC Counselor Christine Ho said "community" comes to mind when she thinks of Disability Awareness Month. "I think it's a designated time where we can create awareness ... within the broader community and here at Grossmont College," Ho said.

In collaboration with Career Services, there will also be a "Day in the Life" event Oct. 24 at 11 a.m. featuring two CAREERworks employees, Program Manager Chantel Mesta and Workforce Development Coordinator Alexias Plazola. ARC will also host future social hours on Nov. 8 and Dec. 13 from noon to 1 p.m. in 60-120.

Grossmont participates in Disability Awareness Month to raise awareness of the experiences of people with disabilities. The month will always aspire to create equal opportunities and stand up for those who have disabilities and who want to work and be secure in their life. We all need to embrace the opportunities of diversity and work together to build a better community and an inclusive society. 🐦

Scan for more
event details!



OCTOBER 2023 NATIONAL OBSERVANCES

BY GAIL GILMAN
LAYOUT BY LINDSAY ELIAS



ILLUSTRATION BY MOHAMED HASSAN

OCTOBER NATIONAL HEALTH OBSERVANCES

**This month is set aside for health.
Here's a rundown of 20 causes
to think about this October:**

- ADHD Awareness Month
- Blindness Awareness Month
- Breast Cancer Awareness Month
- Bullying Prevention Month
- Dental Hygiene Month
- Domestic Violence Month
- Down Syndrome Month
- Eye Injury Prevention Month
- Health Literacy Month
- Health Lung Month
- Hispanic Heritage Month
- Home Eye Safety Month
- LGBT History Month
- Medical Ultrasound Awareness Month
- Physical Therapy Month
- Pregnancy & Infant Loss Awareness Month
- Prenatal-onset Group B Strep (GBS) Disease Recognition Month
- Spina Bifida Awareness Month
- Sudden Cardiac Arrest Awareness Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

Scan for more details
on these awareness months!



SAFETY REMINDERS FOR HALLOWEEN AND BEYOND

October is National Health Literacy Month. “Health literacy” means people can obtain, process, understand and communicate the health-related information necessary to make informed health decisions.

It’s a good thing to keep in mind with Halloween on the horizon. Health and safety are a great addition to any costume.

According to Family Eye Physicians, Halloween is a time to prevent eye scratches, sores, infections and vision loss. The site recommends steering clear of costumes that “either fully or partially block vision, such as masks, eye patches, wigs, floppy hats, or fake gore on or around the eye.”

They also advise that you avoid sharp or pointed costume props such as swords, wands, knives and sticks that may injure your eye or the eyes of others.”

Along with eye protection, it is also important to think about your oral health. National Dental Hygiene Month was established by the American Dental Hygienists’ Association (ADHA) in 2009 in order to encourage good oral health and to celebrate dental hygienists.

According to adha.org, “Dental hygienists are preventive oral health professionals, licensed in dental hygiene, who provide educational, clinical and therapeutic services that support total health through

promotion of optimal oral health.”

Enjoying Halloween and candy is tricky for a person’s health, starting with the mouth. But what is unhealthy for the teeth? Hard candy can break teeth, but what may be worse is sucking on a piece for a long time. Spit, or saliva, is meant to be a certain pH level of neutral, but when carbs, like table sugar, are introduced, the pH becomes acidic. It’s that acid that burns a hole in the tooth so that over time, a cavity is developed.

The acid is the result of a biochemical process between the teeth and bacteria, known as plaque, or biofilm, or oral microbiome, on the teeth digesting the carbohydrates (stickier the better) and then excreting acid.

The best thing to do for the teeth and the body is to eat a good nutritious meal before going out to trick or treat. That way, you’ll eat less candy because you’ll be full.

Brush and floss the microbial plaque before heading out for the night so that the acid attack on the teeth will be minimal. After all, the microbial colonies have been disturbed or killed until another 24 hours goes by.

Prevention is the key to good health choices. Stay hydrated, drink plenty of fluoridated tap water, brush and floss the teeth you want to keep, and visit a registered dental hygienist. 🦋



BY ALESSANDRO PABON

On Sept. 23, Grossmont's football team hosted San Diego Mesa College. The Griffins came into the matchup looking for their first win of the season.

The first quarter did not go as planned, as they struggled to get a consistent offense going by having some turnovers, and not having a drive go past six plays. Despite the absence of any points from the offense, the team demonstrated glimpses of its potential to create opportunities. Similarly, the defense showed flashes but no consistency, forcing the Griffins to trail 14-0 after the first quarter.

For the most part, the rest of the first half followed suite. The offense put together a seven-play, 64-yard drive that ended in a field goal. A majority of those yards came from Quarterback Trenton Giles (# 17) passing to wide receiver James Johnson (#15) for 47 yards. Later in the quarter, an interception put the defense in a tough spot and led to a San Diego Mesa touchdown. Grossmont entered the locker room at halftime, down 28-3.

At the start of the second half, Grossmont kicked off to Mesa. The first drive saw the Olympians go 75 yards for another touchdown, extending the lead to 35-3. Grossmont's defense was able to hold Mesa's offense off for the rest of the quarter. During this quarter, the Griffins' offense was unable to put any points on the board but had a few big plays that were just for show.

In the fourth, Mesa ran out the clock while Grossmont was still trying to find its footing. The Olympians put 10 more points on the board while Grossmont went scoreless for a final of 45-3.

When asked about how to continue to keep the offense rolling after a big play, Giles responded, "I think we just got to show up on Monday, work hard, you know, watch the film see what we did good on see what we can work on," Giles said. "I mean work on the protection, work on the timing with the receivers— that's all we can do."

A consistent challenge this team faces is maintaining a steady performance and the inability to string together good plays to create scoring drives. The team has talent on both sides of the field, and if they can turn those flashes of brilliance into points, the sky is truly the limit. The ability and talent are already there; the Griffins just have to put the pieces together. ✍

Speech and debate, also known as forensics, is an academic activity commonly practiced in middle schools, high schools and colleges. Grossmont College also has a team, and students attending the campus are more than likely to participate in this class if they've done debate before.

For the past 32 years, Roxanne Tuscany, co-chair of the Communications Department, has been the head coach for the speech and debate team. Alongside her is Communications Professor Michael McHan, who has been the assistant coach for the past four years.

The team members, who are enrolled in an academic course, are part of an international organization that competes with two- and four-year colleges all over the country.

A common misconception is that speech and debate are one entity, when in reality, they're different. Some students may shy away from joining the team because they aren't interested in the performative aspect of debate or dread public speaking.

"We compete in things that sound like poetry slams. We compete in poetry, drama, readers theater," Tuscany said, adding that some parts are closer to acting and others to impromptu speaking.

The team travels to San Diego and Los Angeles for competitions. Past teams have traveled to compete in various countries.

"I have taken the team to China. We've also competed in London, England. During COVID, we still competed online. Just last year, we went to Tokyo, Japan," Tuscany said, adding that the team is planning on attending their international tournament in Dublin, Ireland, in 2024.

While in class, the team performs vocal and physical warm-ups. They practice their presentations and are evaluated by their coaches.

"My favorite part of my job is to help students discover their own voices and find out what owning your voice can do for your quality of life and success," McHan said.

The time and practice the team puts into speaking in front of audiences helps build the members' confidence. They become more assertive and can easily put words together in persuasive ways.

The students work as a team to help build their communication skills. Being a part of this experience can also help boost their resume.

"I see how students' thought processes change. To be able to think more critically and to see how the world takes place around you is an important perspective to be able to gain," McHan said.

The experience on its own is one to help students become better versions of themselves as well as gain the ability to better work in teams, all of which can lead them toward a brighter future. ✍

UP FOR DEBATE?

Grossmont speech and debate students are in it to win it this semester.



IN CASE OF EMERGENCY

In times of crisis, an effective emergency system and evacuation plan optimizes the safety of students, faculty and staff. Whether due to natural disasters, fire emergencies or other unforeseen events, Grossmont College has procedures to create a safe campus.

The District is in the process of updating its access control system. According to the annual security report, the update will enact a one-button lock-down in case of emergency for the majority of doors on campus.

A new camera system is also expected to be installed district-wide in late spring 2024 to discourage crime.

Grossmont integrates the use of the Building Marshal Program, where marshals are needed on every floor of every building on campus, as specified by the college's website.

Building marshals should be easily spotted as they wear whistles and yellow vests during an emergency. The main goal is to assist individuals to the nearest emergency exit and the building's emergency point.

Marshals are also responsible for reporting injuries and the locations of trapped individuals in the building.

Another safety feature the campus has is Evacu-Trac chairs. The chairs are designed to help people in wheelchairs evacuate and move down the stairs.

The college website indicates the chairs can be found on the second floor of each building, usually next to the elevators.

There are multiple procedures for emergencies on campus including, bomb threats, power outages, fires, active threats and active shooters. The procedures can be found in detail at <https://grossmont-280d5.web.app/>.

KNOW WHAT TO DO.

BY LINDSAY ELIAS

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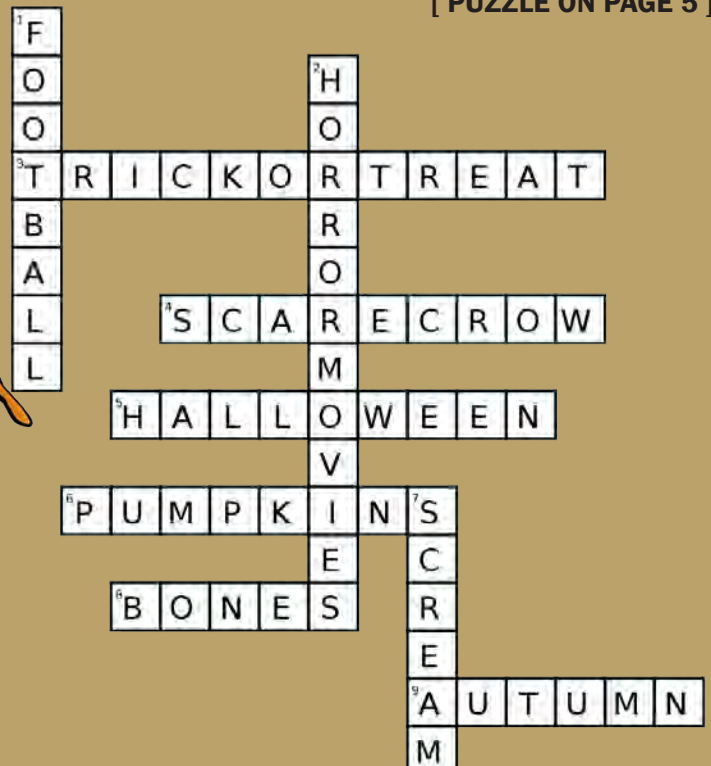


Grossmont Healthcare District's
Health & Wellness Library
An East County community resource



BRAIN BOOST SOLUTION

[PUZZLE ON PAGE 5]



REEL TALK | ALTERNATIVE HORROR

These movies may be entertaining, but they're also terrifying.



© FOCUS FEATURES

CORALINE

| Review by Janelle Carter

Coraline is a stop-motion animated film based on the book by Neil Gaiman and directed by Henry Selick, who directed *The Nightmare Before Christmas*. Coraline and her parents move into an old, rusty pink apartment complex within a gloomy town. She has a hard time settling in with her uneventful life until one day, she encounters a door that leads her into a parallel universe full of magical fun with button-eyed parents. As her visits became more frequent, everything she once thought was a dream come true about this world was wrong. The film is loved by many, especially within Gen-Z. However, over the years, young adults have revisited *Coraline* and come to realize how scary the movie actually is. Ironically, this whimsical, dark movie is marketed as a children's film, which leaves a lot of viewers perplexed by its horror themes. If you have any plans to watch this film any time soon, it may be a good idea to leave a light or two on. ★★★★★

GREMLINS | Review by Aaron Luna

Gremlins is a comedy horror film directed by Joe Dante and written by Chris Columbus, who would go on to direct *Home Alone*, *Mrs. Doubtfire* and the first two *Harry Potter* movies. The plot concerns a boy named Billy who receives a pet from his father, called a Mogwai. After naming it Gizmo, Billy does not heed the three rules of owning a Mogwai – don't get it wet, don't expose it to bright light, and never feed them after midnight – and spawns evil Gremlins that cause destruction wherever they go. They take command of vehicles, break into homes and other crimes, leaving Billy and Gizmo to save the town from their evil. The gremlins themselves are the real stars of the film, all the more impressive given that there's no CGI involved. These kinds of monsters don't want to murder or have any clear motives for that matter. They just want to party and cause mischief, essentially making them frat boys. As a movie, it's a lot of fun, but don't be fooled by its cutesy box art or Gizmo's appearance. Parents took their kids to see it in theaters complained about it being dark and frightening, and the film actually caused the Motion Picture Association of America (MPAA) to introduce the PG-13 rating. Despite that, it's a great film, but be warned; If you have a sudden internet drop-off, or the submission window closes too early, or your car engine fails on the big test day, you never know. You could just have a gremlin in your house. ★★★★★



© WARNER BROS.

★★★★★



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VAMPIRE IN BROOKLYN

| Review by Mya Alexander

Vampire in Brooklyn blends comedy and vicious agendas to deliver a unique approach that ends up leaving you in a state of laughter, but, it might not be what you expect. The contrast between the vibrant urban setting and the supernatural elements creates an engaging effect. The film explores the lore of Caribbean vampires, making it a nice addition to vampire mythology. Eddie Murphy, who plays the role of romantic vampire Maximillian, does a great job attempting to seduce Rita Veder, played by Angela Bassett, who enhances the role by being super oblivious to the fact that Maximillian is the killer vampire on the loose. "Vampire in Brooklyn" provides an entertaining and engaging take on the age-old tale. Using the elements of humor, horror and urban fantasy, the film is perfect to be re-watched multiple times in the month of October. Whether you're a fan of blood-sucking vampires or just want to laugh, this film delivers a blend of chills and laughter. This movie will surely have you buying garlic and looking over your shoulder if you're ever in Brooklyn. ★★★★★