

The

# SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | APRIL 2024



PHOTO ILLUSTRATION BY TAISSA BULLITT

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



# The SUMMIT

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## SUMMIT STAFF

**Editor-in-Chief:** Alana Mullaly

**Deputy Editor:** Janelle Carter

### Senior Staff Writers

Mya Alexander, Perla Cruz,  
Jacom Cummings, Alessandro Pabon

### Staff Writers

Taissa Bullitt, Dominic Ferrari,  
Mireya Miner, Nicole Ann Quiambao

**Adviser:** Jeanette Calo

## GROSSMONT-CUYAMACA COMMUNITY COLLEGE DISTRICT

8800 Grossmont College Drive  
El Cajon, CA 92020  
619-644-7454 | [grossmont.edu](http://grossmont.edu)

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Cesar Nuñez, Courtney Etnyre

### Chancellor

Lynn Ceresino Neault, Ed.D.

### President

Denise Whisenhunt, J.D.

Contact us at  
[summit@gcccd.edu](mailto:summit@gcccd.edu)



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## SUMMIT STAFF: What do you personally do for the environment?

**MYA ALEXANDER:** I personally expand on helping the environment by not throwing hot oil into the drains or sinks. The right way is to wait until it's fully cooled down and throw it away in the trash can. This action is better for the planet altogether.

**TAISSA BULLITT:** I could stop using plastic straws and utensils to limit my impact of waste on the world. Sometimes it can be a pain to wash so many dishes so I usually buy utensils and straws that I can just throw away after each use. However, plastic is known for being bad for the environment, and washing the dishes instead of slowly destroying our environment does not seem like such a big thing to do.

**JANELLE CARTER:** I have been making an effort to bring in my reusable cups instead of using single-use cups when I make my lattes at work. It's something for me to get used to but it's nice that by doing this, I'm contributing to reducing packaging waste.

**PERLA CRUZ:** Something I will do this summer, and continue to do, is pick up trash at the beach. There has been plenty of garbage left behind that needs to be cleaned up. I think that is the best start to helping the environment.

**JACOM CUMMINGS:** One way I try to help the environment is by using public transport almost every day, as well as my bicycle. Not only have I helped myself by not going all-in financially on a car, but I also believe I'm doing my part to decrease my personal carbon footprint when I take the bus or bike somewhere.

**DOMINIC FERRARI:** While it is advisable to take individual actions to help minimize one's carbon footprint, the reality is that climate catastrophe can only be avoided through systemic change. One

person's choices save next to nothing compared to the damage done by cargo ships and multinational corporations. I try to combine a level of personal care with political activity, and most importantly, organizing. Many groups are directly involved in changing policy or pursuing legal actions that, with a single adjustment, could save the equivalent of millions of individual carbon footprints.

**MIREYA MINER:** I try to shop second-hand whenever possible and be more conscious of my spending habits. Focusing on buying things that I really like and not just what's the latest trend saves me a lot of money and keeps things from needlessly ending up in landfills.

**ALANA MULLALY:** To help the environment I try to grow my own vegetables and fruits, and I also try to pick up loose trash whenever I see it lying around. Going forward, I will try to be more eco-friendly by buying more locally-grown produce and products.

**ALESSANDRO PABON:** One way I try to help the environment is by picking up trash when I go fishing. When I see trash in the water or on the ground, I will grab some and throw it away, and I will not leave any trash of my own.

**NICOLE ANN QUIAMBAO:** The best way I help the environment is by recycling all of the water bottles that I use. While some specific plastic materials are marketed as "recyclable," not all should be placed in recycling bins. I make an effort to place the recyclable items in their appropriate bins when I am out in public. Just recently, I started using reusable bottles at work for my coffee rather than using a disposable one. One thing I would also like to do is to start thrifting and support sustainable fashion to reduce my carbon footprint and waste.



CLOCKWISE FROM BACK LEFT: ALANA MULLALY, JACOM CUMMINGS, ALESSANDRO PABON, DOMINIC FERRARI, MIREYA MINER, MYA ALEXANDER, TAISSA BULLITT, JANELLE CARTER, PERLA CRUZ, NICOLE ANN QUIAMBAO.

# STAYING GROUNDED

The end of the school semester is just around the corner and spring is in full bloom. As students, we look forward to the feeling of accomplishment, finishing this semester to the best of our abilities. To stay grounded this spring, make sure to take plenty of walks and be conscious of what you can do to contribute to the earth.

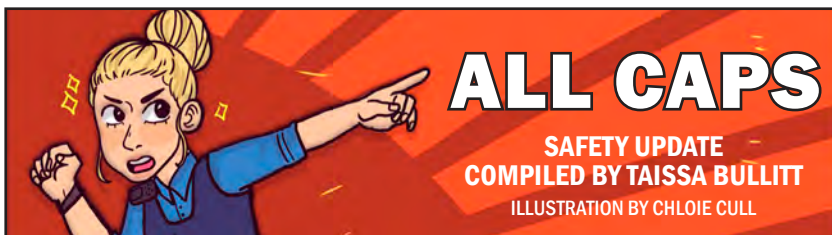
As student-journalists, we work hard to make content that connects with every student. As we wind up to the end of the school semester we hope to continue to do our best in providing high-quality content, just like how every Griffin is working hard to complete this semester strong.



*Alana Mullaly*  
Alana Mullaly, 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](mailto:summit@gcccd.edu).



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

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\* since our last issue.

- **Feb. 22:** A deputy responded to a report of harassment. A student who takes online classes contacted a staff member and her husband with inappropriate text messages and emails. No threats were made, and the staff member did not fear for their safety.
- **Feb. 26:** A deputy responded to a report of harassment. The deputy contacted a student who stated her ex-boyfriend was threatening to post explicit videos of them online for their friends to see. The deputy provided a case number for the student and advised her on the process to obtain a restraining order.
- **March 6:** A deputy responded to a suspicious circumstance of a student post concerning photographs of suicidal ideation. The deputy contacted the student and conducted an evaluation. The student advised the deputy that they were joking with friends and had no thoughts of harming themselves or others. The deputy provided resources to the student and advised them of the seriousness of the situation.
- **March 14:** A deputy responded to two medical aid calls. In the first, the student had a possible seizure. The fire department and paramedics responded to the location and transported the student to Grossmont Hospital. In the second call, the deputy arrived at the student's location where they were found having difficulty breathing. Paramedics responded, but the student refused transport.
- **March 19:** A deputy responded to a suspicious vehicle parked in front

[CAPS CONT. ON PAGE 18]

## CAMPUS CALENDAR

### APRIL

- 16:** Food Distribution, noon to 2 p.m. (Main Quad)
- 22:** Pathways to Work Info Session, 10:30-11:30 a.m. (Online/ 60-140)
- 23:** Earth Day - Sustainability Fair, 10 a.m. to 2 p.m. (Main Quad)
- 24:** Love on a Leash Pet Therapy, 2-3 p.m. (Library); Parenting Ideas Workshop, 2-3 p.m. (Online)
- 29:** Summer and Fall Registration begins
- 30:** Family College Information Night, 4-7 p.m. (Main Quad)

### MAY

- 1:** Refugee Job Fair, 11 a.m. to 2 p.m. (Main Quad); Art Therapy Workshop, 2:30-3:30 p.m. (27-208)
- 3:** Cardiovascular Technology Previews, noon-1:30 p.m. (34-210)
- 8:** Stress & Anxiety Workshop, 2-3:30 p.m. (Online)

## ARAB AMERICAN HERITAGE MONTH

- APRIL 17:** "Museum in a Box: Photos of Palestine Project," 11 a.m. - 1 p.m. (PVAC)
- APRIL 22:** Cooking with Chef, Dr. Noha Ireiqat, 11 a.m. - 1:30 p.m. (70-162)
- APRIL 29:** Music from the Arab World, 7-8:30 p.m. (PVAC)

## MUSIC EVENTS (PVAC)

- Grossmont Symphony Orchestra  
April 12, 7:30-9:30 p.m., \$
- Cadence Vocal Jazz Ensembles  
April 18, 7:30-9:30 p.m.
- Guitar Chamber Music: History & Evolution  
April 22, 6-7:30 p.m. \$
- Grossmont Jazz Faculty  
April 24, 7:30-9:30 p.m. \$
- Chamber Music: April 26, 6-7:30 p.m. \$
- Music Major Recital: May 2, 2-3 p.m.
- Jazz and Vocal Ensembles: May 2, 7:30-9:30 p.m. \$

## CAREER CENTER EVENTS (ONLINE)

- APRIL 18:** Exploring Majors Workshop (12:30-1 p.m.)
- APRIL 19**  
10-11 a.m.: Preparing for Interviews  
11 a.m. - noon: Entrepreneurial Mindset
- APRIL 24:** Exploring Majors Workshop (1:30-2 p.m.)
- APRIL 26**  
10-11 a.m.: Networking  
11 a.m. - noon: Creating an Elevator Pitch
- MAY 3**  
10-11 a.m.: Digital Fluency/ LinkedIn  
11 a.m. - noon: Team Building

## DANCE (PVAC)

*Entrances and Exits*, May 9-11, 7:30-9:30 p.m. \$

## HYDE ART GALLERY (PVAC) Through April 18

*Trauma: Artists' Reflections on Healing and Resilience*

## FINANCIAL AID FRIDAYS (10-172)

April 12, 19, 26 and May 3; 9 -10:30 a.m.

## CULINARY ARTS DINNER (60-173)

April 18, 25 and May 2,9; 5:15-7p.m. \$

\*Events subject to change; visit [grossmont.edu](http://grossmont.edu) for online meeting logins and latest info. | \$ Indicates admission cost

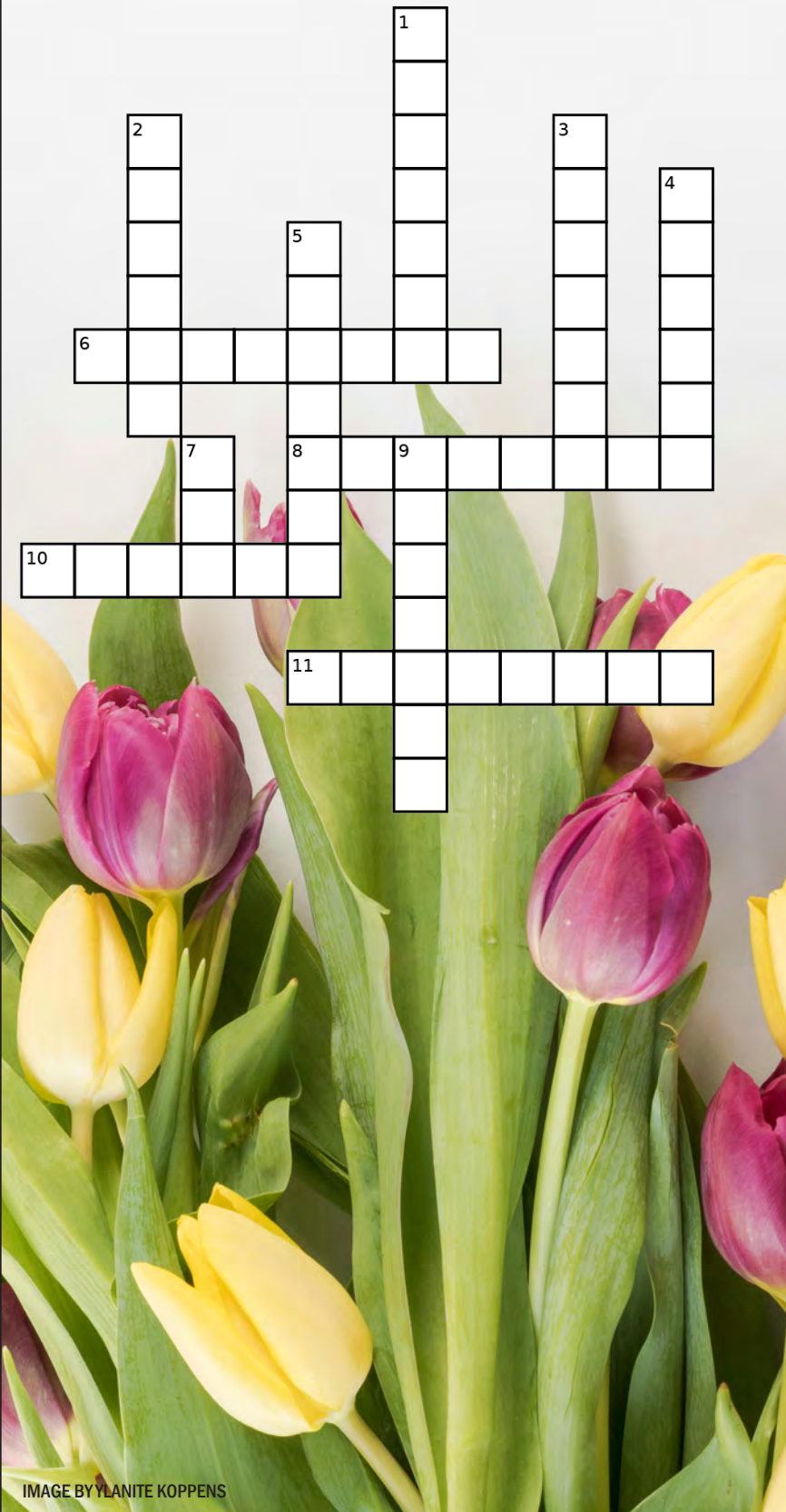


### DOWN

1. When the moon passes between the Earth and Sun
2. The day you pay money to the government
3. April's birthstone
4. How many days in the month of April?
5. April showers bring these in May.
7. Never look directly at this.
9. You might see this colorful sight after rain clears.

### ACROSS

6. An eight-day Jewish holiday celebrating the Biblical Exodus
8. A holiday for celebrating and protecting the planet
10. The tricks you play on April Fool's Day.
11. Bring this accessory if the skies look cloudy.



**SOLUTION ON  
PAGE 19**

# CLIMATE

# ANXIETY



BY MIREYA MINER

## Students try to deal with the pressures of climate change.

There are lots of things in any student's life that can be a cause for stress. Whether it is homework, career decisions or maintaining a social life, students have a lot on their plates. As we find ourselves growing more aware of the world around us and the factors that are outside of our control, these stressors seem to only get larger.

"Climate anxiety" is a term used to describe the stress and concern felt regarding climate change, as well as other environmental issues and discussions. Global temperatures have been rising over many years. These rising temperatures have been accelerated due to human activities, specifically the release of carbon emissions into the atmosphere. Some feel that climate change is not a threat, while for others, it hits too close to home. Everyone is affected by these circumstances in different ways, and learning to navigate this anxiety is something many people find themselves dealing with.

"It's kind of a lot all at once," Grossmont student Natalie Loshkajian said. "I've lived in San Diego for a really long time and for the first time in my life, I'm seeing such a difference in our weather."

The recent rain has damaged infrastructure and resulted in mass flooding throughout San Diego County, and wildfires have spread more each year throughout California. These noticeable weather changes can cause uncertainty among residents regarding the potential long-term impacts.

"I see the sky and the clouds and I see what everything looks like, and I've never seen this before," Loshkajian said. "It's kind of scary in a way. I know it sounds extreme, but it kind of is like that."

Climate anxiety, however, does not only

arise from the pressure of immediate environmental concerns. There is a larger shadow cast over the future of our global affairs; this can include climate and environmental justice or political and educational reform. A lack of information can leave people confused about possible resolutions to the climate crisis. While many solutions seem out of reach, there is plenty that can be done to instigate change in your personal life or your communities.

"If you're just learning about the problems and the issues, without also understanding

employees, students, and the community."

Chancellor Dr. Lynn Ceresino Neault announced in an April 5 email that the solar panels on both Grossmont and Cuyamaca's campuses were officially connected. In addition to the renewable energy source, Neault wrote that the panel and solar storage systems are projected to save the school \$43 million over the next two decades, with savings of \$600,000 in the first year.

Grossmont has also received certification for Leadership in Energy and Environmental Design.

**"The more that you learn, the more you can understand the situation, and that can help as an initial step in alleviating some of that anxiety."**

..... - JUDD CURRAN

some of the solutions and the positive things that are being done, it can really kind of be depressing," Grossmont Earth Sciences Professor Judd Curran said. "The more that you learn, the more you can understand the situation, and that can help as an initial step in alleviating some of that anxiety."

In 2019, the Grossmont-Cuyamaca Community College District passed the Governing Board Resolution #19-012 to support climate change literacy. The resolution states that the district "will continue to expand its commitment to addressing climate change by promoting a culture of sustainability and climate change science literacy through leadership, policies, practices, and engagement of

"Whether it's the electricity, the water, the solar, what we walk on or how we design places, all of that really matters," the Vice President of Academic Affairs, Agustin Albarrán, said. "It's an honor to be a green campus and to receive this LEED certification, so I can say that from that perspective there is definitely a commitment to think about green spaces on campus."

"We are stewards for setting the tone for our community," Grossmont College President Denise Whisenhunt said. "There's a lot of intentional work in how we look at our community, even conservation of spaces on our campus as well."

While Grossmont works to promote

sustainability on campus, there are many factors that need to be considered. “We’re in this place where climate change is moving faster than we are and it really takes a response at all scales,” Curran said.

Grossmont students come from a broad diversity of communities and backgrounds; therefore, participation may not be possible for all those who would like to help. Topics of natural disasters, climate change and other global affairs should be handled with nuance and compassion.

“You have to be careful. Some of the prescriptive things that you hear in society, such as: ‘Oh you shouldn’t drive your car as much and just ride your bike more,’ that’s not necessarily an option for some people,” Curran said. “So, thinking about the things that everybody can do, like getting more civically engaged; voting and building community with each other, I think is really important.”

Students may feel that their impact doesn’t make a difference in the grand scheme. However, something as simple as picking up your trash or separating your recyclables can. Participating in Earth Day activities, such as those put on by the ASGC, can also be a good start.

.....

**“Really, just to tell one other person, to share the message is really important for conservation and respecting spaces.”**

- DENISE WHISENHUNT

.....

Taking classes, such as “Global Issues” or “Environmental Biology,” can be great introductions to these topics. Other courses, including arts and literature, also implement discussions of climate change in their curriculum. Engaging in these activities establishes a relationship between yourself and the world around you. Most importantly, it introduces these conversations to a larger community.

“It’s almost generational, in how people perceive what beauty is, and the choices that they make to make their spaces and their communities more beautiful are enhanced by this knowledge,” Whisenhunt said. “Really, just to tell one other person, to share the message is really important for conservation and respecting spaces. So critically important.”

In the face of climate anxiety, it can be daunting to think about the future. However, assimilating yourself into the conversation is essential to making a difference. Learning about these topics, and discussing them with others, inspires the potential for improvement.

“When you learn how corporations just go and tear everything up and mine everything and keep people poor, and they make billions of dollars, it’s just so overwhelming,” Loshkajian said. “But when I drive around I can see how life regenerates everywhere and it always prospers over everything else; it’s so lush and so green and you can tell that no matter what, stuff will start growing. That’s the only thing that in my heart I know will always win.” 🐦



# ANSWER THE CALL OF THE WILD

**Starting next fall, you can become  
Certified California Naturalist.**

**G**rossmont College has collaborated with the University of California to introduce the California Naturalist certification program to Grossmont students, beginning in the Fall 2024 semester.

The California Naturalist Certification Course serves as an incentive to increase students’ environmental and climate change literacy as they prepare to enter their future careers. Throughout the program, students are encouraged to develop a curiosity for nature and conservation as they engage in hands-on learning and apply observational skills.

A naturalist is someone who “observes, studies and interprets the natural world,” according to Grossmont Professor Judd Curran.

Curran, who is a professor of geography and other courses in the Earth Sciences Department, will be the instructor for the California Naturalist Certification Program.

“It’s an intro class that doesn’t require a prerequisite and you can stay on your pathway towards getting your degree, but at the same time earn this certification and help mitigate some of your climate change anxiety and get connected to the community,” he said.

Alongside the certification course, students will need to take Honors Geography of California. Currently, Geography of California is offered as a general education class. Signing the honors contract will allow students to complete the California Naturalist Certification and will put 3.0 units of fully transferable honors credits on their transcripts on successful completion of the class.

During the certification program, students will participate in three half-day field trips in locations such as Mission Trails Regional Park or Silverwood Wildlife Sanctuary. Work is being done to ensure these trips are “as accessible as possible to the broadest range [of students] as possible,” according to Curran. This includes electing locations accessible by public transit or establishing car-pool possibilities.

Apart from the half-day field trips, and one in-person orientation meeting, the 16-week course will be completed online, asynchronously. Occasional check-ins over Zoom will also be required to ensure students are on track.

[ NATURAL CONT. ON PAGE 18 ]

**For more info about the California  
Naturalist certification course,  
visit [sandiegonaturalist.org](http://sandiegonaturalist.org).**



# WILL TRAVEL

BY ALANA MULLALY

## The Speech & Debate team represents Grossmont far and wide.

**A** class filled with focused and determined students, ready to seize their fine-tuned performances, joined Instructors prepared to help lead the way for success. This year's Grossmont College Speech and Debate team is one for the ages.

Over the years, Grossmont College's Speech and Debate team, also known as "Forensics," has consistently been active. The team has traveled extensively to present their diligent speeches.

Grossmont has maintained a Forensics team since the school's opening over 60 years ago. Alongside being a class option, the Speech and Debate team focuses on argumentative discourse and dedicates hours of practice to refine their speeches.

From 12 individual events to choose from, students give speeches that range from informative, persuasive and impromptu speaking, to drama, poetry or program oral interpretation.

On top of this, there are two styles of debate: Parliamentary Debate (NPDA or National Parliamentary Debate Association) and International Public Debate Association (IPDA).

This March, Grossmont's Forensics team made its way to Dublin, Ireland, to perform their prepared speeches. Three students represented the team, showcasing their individual speeches and debating skills for a chance at victory.

Juliana Bertin, a member of the debate team, expressed excitement about the competition, highlighting the valuable skills gained from public speaking.

PHOTO BY SHEILA CONDI





**MEMBERS OF THE FORENSICS TEAM COMPETE IN DUBLIN, IRELAND. L TO R: JULI BERTIN, ATIA FAIRUZ, ALC DEAN DR. VANESSA FOUNTAIN AND VAN WHEELAN.**

“[I’m] super-excited, and super excited to see the amazing competition,” Bertin said.

Bertin got to travel to Ireland and put in the work and long hours to get her performance just right. After coming to this class just last semester, Bertin encourages others to join the class, emphasizing its multifaceted benefits beyond public speaking.

“Public speaking is like the number one fear in the U.S., and so I think it’s something everyone can learn really valuable skills from,” Bertin said.

Van Wheelan, a team member for two years, praised the fantastic experiences gained from traveling with the team, fostering tight bonds and unforgettable memories.

“You are going to someplace that is pretty much free of charge, which is already fantastic, but going there and getting to have this once-in-a-lifetime experience with other people is a once-in-a-lifetime experience,” Wheelan said.

Being part of the team allows students to have the opportunity to travel and to be competitive. It’s a way to get your foot in the door of many different types of experiences.

“It’s also just fantastic to be able to meet other people who are kind of the best of the best, and being able to, like, meet them and learn from them,” Wheelan said. “Just being able to widen your worldview in such a fantastic way.”

The Forensics team has traveled far and wide, traveling internationally to places like Japan, just last year, China in 2007 and 2010, and London in 2008.

Besides international travel, the team has been to plenty of places nationally around the U.S. such as Portland, New Orleans, Los Angeles and Cleveland, as well as Daytona Beach, Florida, and Bethesda, Maryland.

While you do get to travel and learn new skills, being part of the team is very demanding. You have to compete in many tournaments, at new places, which take up most of your day. Tournaments are usually held at different colleges and sometimes hotels.

Categorized speeches are held in different rooms all throughout the campuses holding the tournament, which makes it a long day of walking and trying to find where the next speech is being held.

Sierra Yale, Forensics team member, said: “They’re very long days. You’re up until 3 a.m., and then you have to wake up at like 6 a.m.

[The days are very] mentally demanding.”

But being part of their team means putting in the work, to become better and achieve goals you might not have ever thought of. While public speaking and learning new speeches can be nerve-racking, it is also very rewarding.

“It depends on the event,” Yale said. “Debate I don’t get nervous for, because I have that 30-minute prep and I’m confident in myself.”

Sophia Lepari, another Forensics member, disagreed: “I think debate is still kind of nerve-racking because you really don’t know what they are going to bring up. As much as you can plan to look at counter-arguments, you really don’t know what they are going to say.”

Being part of this team takes people out of their comfort zone and creates knowledge-hungry, hardworking students.

**“It’s also just fantastic to be able to meet other people who are kind of the best of the best, and being able to, like, meet them and learn from them. Just being able to widen your worldview in such a fantastic way.”**

..... - VAN WHEELAN

While these students acknowledge that public speaking and giving their speeches can be daunting, they said they wouldn’t trade it for the world.

Wheelan, who ended up placing eighth out of 100 in the IPDA Debate in Dublin, said: “For me when I first started it was very nerve-racking, and even now sometimes It can get very nerve-racking, but having done it for a while, those nerves turn into excitement, and it becomes a lot easier to handle.”

Every one of these students joined the team for different reasons, whether it be to satisfy unit requirements or to practice public speaking. They end up staying for the community Speech and Debate has provided them, the friends they have made, and the thrill and the excitement they feel when performing their speeches.

In the end, each student hopes to be able to travel more internationally with Bertin wanting to go to Australia, Lepari wanting to go to Greece, and Yale wanting to go to Spain. But if it was up to Wheelan, a second trip to Japan would be a delight. ✌



# CYBER SCAMS

With cyber kidnapping now targeting international students, it is important for college students to stay vigilant.

0010010010101010101111000111010101 | BY TAISSA BULLITT | 00101001010100011101100010101010

It is nothing new that scammers affect many people around the world. In America, scam calls, messages and emails are becoming more frequent every day. It is not uncommon to hear a friend or family member say they have received a text message containing a link from a number that claims to be their bank. Many Americans fall victim to these messages and end up clicking on links that help scammers obtain very important information, such as their social security number and bank information.

However, Americans are not the only victims of cyber crimes in the United States. Many international students visiting or living in the United States are now becoming cyber criminals' main targets. Cyber kidnapping is a scam in which perpetrators trick people into thinking they, or their loved ones, are in danger. Scammers use the internet, as well as threats, to force and extort money from the victim's family or friends.

In late December 2023, Kai Zhuang, a

17-year-old Chinese student, was reported missing near Salt Lake City. Zhuang was a victim of the most recent case of cyber kidnapping that had been broadcast online. Zhuang was missing for a few days and was later found alone and freezing in a tent in the mountains. Authorities reported that Zhuang's case was part of a cyber kidnapping scheme where perpetrators were trying to extort \$80,000 from his family in China.

The cyber kidnapping scheme works by extorting money from the families or friends of the victim by pretending to have kidnapped them when in fact, no actual kidnapping has happened.

## WHO'S AT RISK?

Nicole Conklin, director of Public Safety at Grossmont College, said in an email: "A lot of people think they aren't vulnerable to scams. Something as simple as scanning a QR code can become nefarious quickly. Being able to remain vigilant and educated about cyber crimes is the best way for

students and anyone else to avoid becoming the next victims."

During a busy school semester, many vendors and petitioners can be found on campus asking for signatures or donations. Being approached during your lunch break or on your way to your car can make you feel pressured, which is why many students may end up signing petitions or making donations without knowing what they are supporting or signing.

"A lot of questions arise when we have people raising money on the quad or asking for signatures," Conklin said. "GCCCD is a limited public forum where free speech is permitted unless it is disruptive to the learning environment. So to be clear, the colleges are not in any way affiliated with vendors or petitioners located on our campuses and we cannot endorse or verify causes presented by individuals asking for information, donations or signatures."

Not all students are aware some of the petitioners or vendors on campus are not affiliated with the school, which leads to

the question, “Can we be getting scammed even on campus?”

Lieutenant Chris Katra, who works for the Lakeside Sheriff’s Substation, gave insight on cyber criminals’ main targets, why they are “chosen” by these criminals and how to avoid becoming a victim of cyber kidnapping and other scams.

According to Katra, most of the time the people on the other end of an email, phone call or text message are outside of the United States. He also mentioned many of these scams are run by other countries that deal with a lot of poverty such as Nigeria. These scams are mostly done by groups of criminals or organizations that are set up for cyber scams.

Most of the criminals who are caught involved in scams or cyber crimes are the “little guys” who work for a bigger organization. Since most of these organizations and groups are outside of the United States, it becomes difficult to hold these criminals accountable.

The main victims of cyber crimes are immigrants who face language barriers, elderly people who are not tech-savvy, and college students and young adults.

The Federal Trade Commission Consumer Advice website reported “scammers who target immigrants offer to help them with completing forms and other services in the immigration process. They typically ask for an upfront fee, take the money, and run — without providing any help at all.”

Katra said, “The biggest way to protect yourself from a scam is to not get into it in the first place.”

### WHAT CAN WE DO?

According to him, people fall for these scams daily. Katra also said that if you just take a minute to call a friend, or even the police station, to double-check if these messages or calls sound legitimate, you can avoid getting scammed.

One of the most important actions to take when you are concerned that you have been scammed or know someone who has been scammed is to report the crime. For authorities to take proper measures, these crimes need to be reported.

When it comes to protecting ourselves from scams, the best way to stay safe is to stay informed on the topic and know how to avoid it. Katra said that Grossmont College students who wish to learn more about how to take proper precautions and avoid getting scammed can visit the Campus and Parking Services (CAPS) office, where they can grab informational pamphlets and ask to speak to one of the deputies on campus.

Cyber crimes should be taken seriously as they can quickly turn someone’s life upside down. International students, who often rely on school resources, would benefit immensely from emails updating them on these recent crimes affecting their community.

“I think that international students are

an easy target,” said Ruslan Lakerbaia, an international student from Russia. Lakerbaia said the college should warn the younger generation of international students about cyber kidnapping and that this information could be shared with students during International Club meetings, etc.

In an article, Anayat Durrani, a writer for the U.S. News & World Report, said: “Experts advise international students to store their Social Security card in a secure location rather than carry it with them; shred nonessential documents that list personal information; and avoid opening emails from unknown sources and clicking on suspicious hyperlinks.”

Cyber crimes, just like any other crime, have to be reported to law enforcement. Victims are encouraged to call the police station in their jurisdiction and file a report. For international crimes, the FBI’s website also provides resources on reporting these crimes, which can help the organization track cyber criminals.

“It has to be reported,” Katra said. “That is the first step, you have to make a report.”

If you believe you fell victim to a cyber crime, contact your local police station and file a report. Make sure to have proof of evidence a crime was committed, such as screenshots of emails, phone calls, text messages, etc. For more information on cyber crimes, visit the FBI’s website. Stay informed and protect yourself from scams. 🐦





## The VRC has a new location, but how many vets know about it?

BY DOMINIC FERRARI

The Veteran Resource Center moved to a new building at the beginning of this semester, and students may not be making the most of its many resources. From counseling to coffee to backpacks, the services there offer something for every veteran.

After Building 36 officially opened on Feb. 15, veterans no longer need to go to two different buildings to access all services. “We are combining two services that were, essentially, previously located at two separate locations,” said Maria Martinez, a counselor at the center, who works specifically with veterans seeking guidance on their academic path.

Martinez said before the move, veterans found their counselors in Building 21, and certification of benefits was done at Admissions and Records in Building 10. Although that inconvenience was resolved, it remains difficult to be a student veteran, given the extra requirements they face when applying for benefits.

On top of the bureaucratic difficulties student veterans face, the lack of publicity for the center has made it unclear if all veterans are aware of the streamlined location.

Public events for the center would normally be planned by a veteran coordinator or program director, and the VRC is receiving government funds to hire such a person. However, there is no open position placed on the district’s job site. Alison Haertjens, an HR Technician for the Grossmont-Cuyamaca District, said in a voicemail that hiring information is “highly confidential.”

Iris Kang, a Navy veteran who served for 18 years, had to do much of her own research to understand the process. The question of how to apply was not clear until Kang found the Veteran Resource Center, rather than being given the information, and began using its resources.

Kang described the resources she gained access to as “really helpful,” though she knows veterans who don’t make use of the VRC.

Ashunte McFadden, who has been in the reserves for six months and is using some of his time to attend Grossmont, said of the VRC, “They want you to win and they are very professional.”

When asked what he might say to other veterans looking into student veteran benefits, McFadden said, “Ask them a lot of questions.”

# Services at the Veterans Resource Center

**531**

## GI Bill Students

According to VA.gov, includes spouses and children of veterans, who are accessing military benefits at Grossmont College.



## Counseling Tailored to Veterans

Talk to counselors who can help with the unique obstacles many student veterans face.

## Technology

### Computers and Printers

Limited free printing and a bank of computers for those looking to get some schoolwork done in a quiet space.



## Supplies

### Vouchers, Backpacks, etc.

Calculators that can be loaned out, emergency vouchers for books, and if available, one free backpack per VA beneficiary, and more.

## Snacks

### Need a Bite or a Break?

Items available to grab include oatmeal, cup noodles, protein shakes, Gatorade, water, granola bars, and coffee. A microwave is available for hot foods.



INFOGRAPHIC BY DOMINIC FERRARI



# BLOCKED PATHS

Campus construction leads to frustration for students with disabilities.

||||| BY MYA ALEXANDER |||||

**G**rossmont College always seems to be under construction, and the latest project is no exception. Issues have risen for students since the college underwent a five-year construction plan. Students who are wheelchair-bound or blind have been impacted by the construction immensely, and issues are increasing due to limited resources and loud noises being produced by the ongoing construction.

A.J. Fiume, a student at Grossmont, said, “The construction makes it hard for me to get around the college, regardless of the day.” This issue causes frustration, not only for Fiume, but for other disabled students enrolled at Grossmont.

In addition to the chaos, accessibility for students with disabilities or blindness has become increasingly difficult. Collaboration with disabled students to identify potential accessibility barriers and develop a plan to address them would be a step in the right direction for the campus.

Sophomore Gwin Curiel said, “It was hard for me to get around campus, seeing how much ground was being taken up, and I had to come early so that I wouldn’t be late.”

There have not been any new announcements regarding the end of construction, even though it seems like workers are always on-site when students arrive at their classes.

**“It was hard for me to get around campus, seeing how much ground was being taken up, and I had to come early so that I wouldn’t be late.”**

||||| - GWIN CURIEL

**“The construction makes it hard for me to get around the college, regardless of the day.”**

||||| - A.J. FIUME

The construction has greatly limited students, as the campus is now implementing restricted access to certain parts of the grounds. This means students have to travel further distances to get from Building 42 to Building 43.

All students with disabilities who are affected by the construction should communicate with their instructor to prevent tardiness or being marked late to class.

For more information, reach out to the Accommodations Resource Center (ARC) on campus or email [grossmont.arc@gcccd.edu](mailto:grossmont.arc@gcccd.edu) if assistance is needed. 🐦





PHOTO BY DAVID LOHNER

# NOW PERFORMING

## The Music Department has a full spring schedule to enjoy.

| BY PERLA CRUZ |

Last semester, Grossmont's Music Department delivered musical chords that brought everyone together. This semester, the department will offer more, including Jazz, Afro-Cuban Ensembles, Symphony Orchestra and more.

Kiara Mogavero, a student at Grossmont, said she views the musical concerts as a "beautiful way to bring everyone together."

Student-led concerts have brought the student community to showcase what they have learned from instructors at Grossmont, such as Music Department Chair Derek Cannon.

Bradon Hilgeman, who is majoring in music as a drummer, referred to Cannon a "good band leader" and said they are prepared to demonstrate their talents in the Afro-Cuban Ensemble performance on April 18.

At the end of April, a student's advanced recital will wrap up what the student musicians have gathered through their learnings. Food will be provided with beverages for attendees.

The following concerts will be performed in April in the Performing and Visual Arts Center (Building 22):

- **Advanced & Alumni Recital: April 5 at 7:30 p.m.** Admission is free.
- **Music Major Recital: April 11 at 2 p.m.** Admission is free.

- **Grossmont Symphony Orchestra: April 12 at 7:30 p.m.** Admission: \$20; \$15 senior/military, \$5 student.
- **Cadence Vocal Jazz Ensemble under the direction of Melonie Grinnell: April 18 at 7:30 p.m.** Admission: \$15; \$10 senior/military, \$5 student.
- **Grossmont Jazz Faculty Derek Cannon, Melonie Grinnell, Justin Grinnell and special guests: April 24 at 7:30 p.m.** Admission: \$15; \$10 senior/military, \$5 student.
- **Chamber Music featuring Grossmont Symphony String Quintet & Woodwind Quintet: April 26 at 7:30 p.m.** Admission: \$20; \$15 senior/military, \$5 student.

In May, the Music Department will continue to showcase art through music, bringing communities together to share passion, including works by musicians such as Tasha Smith-Godinez and Ondrej Lewit to name a few. Austin Galbreath, music major and creator of Grossmont's Jazz Club, introduces the month's concerts as the "history of jazz." Here's the schedule:

- **Music Major Recital: May 2 at 2 p.m.** Admission is free.
- **Jazz and Vocal Jazz Ensembles under**

- the direction of Derek Cannon and Melonie Grinnell: May 2 at 7:30 p.m.** Admission: \$15; \$10 senior/military, \$5 student.
- **Grossmont Symphony Orchestra: May 17 at 7:30 p.m.** Admission: \$45; \$35 senior/military, \$5 student
- **Concert Band Spring Concert: May 21 at 7:30 p.m.** Admission: \$15; \$10 senior/military, \$5 student.
- **Grossmont Master Chorale: May 24 at 7:30 p.m.** Admission: \$20; \$15 senior/military, \$5 student.
- **Grossmont String Ensemble and North Coast Strings, directed by Alyze Dreiling: May 28 at 7:30 p.m.** Admission: \$15; \$10 senior/military, \$5 student.

To close out the semester, the Grossmont-Cuyamaca Music Alliance Student Benefit Concert will be held on June 1 from 2 to 4 p.m. One hundred percent of ticket sales will directly benefit Grossmont and Cuyamaca College music students.

To purchase ticket to these performances, visit [gcccd.universitytickets.com](http://gcccd.universitytickets.com) or scan the QR code.





# A SOFT RETURN

It's been a rebuilding year for Griffins softball.

**S**oftball is back at Grossmont after not having a team last season. Craig Fuentes, the new coach for the softball team, got hired in January 2023, but the team played no games. Instead, that year was used as a preparation year to get ready for this one.

The Griffins have had a rough return to the field, but that is expected, due to getting used to a new staff and not playing any games in 2023. “This year is trying to get a base down for what we are looking for as a program,” Fuentes said. “What we want to do is set standards, goals and make sure we do everything we can to control our energy, effort and attitude.”

The Griffins currently have a record of 5-24. Their most recent game was played at Grossmont against San Diego Mesa, where they lost 4-3. With a score that close, all it would have taken was a couple of plays to go in favor of the Griffins for them to pull out the victory at home. In the third inning, the Griffins had the bases loaded, but came up with no runs. Even getting one runner home could have shifted the momentum to their side.

When asked what has been consistent about his players, Fuentes said, “The season has been rocky at times, but their overall effort has been inspiring because they continue to fight every single game.”

To have a team play hard no matter the situation is a tell-all sign for great things to come. Fuentes generates respect with his coaching by assisting his team to get stronger dynamically and grow in their sport individually.

Being that there is only one sophomore on the team, the Griffins will be able to carry over the chemistry they created this year over to the next season. They will also be

able to get into the swing of things easier because there will be a foundation to build on that they did not have this year.

Looking forward to next year, Fuentes said he wants “to add more athleticism and increase our softball knowledge and IQ of the game, and at the same time, build on the foundation that we have been creating this year with the players coming back next year.”

With only nine games left and eight being at home, the Griffins hope to end their season on a high note, by winning their last few games of the year and being ready to come back stronger next year. 🐦







## Griffins baseball focuses on the good.

**H**istorically, the Griffins baseball team has been very good; it won a state championship in 2017 and has not finished below .500 since 2012.

Currently, they are sitting at a 10-18 record with 10 games left. While it is looking like they could finish below .500 for the first time in a dozen years, the team could always get hot and rally off a win streak to end the year.

The thing with sports is that regardless of the wins and losses you can learn lessons that go beyond the field. Riley Hughes, a pitcher for Grossmont, said he believes "you can't do everything by yourself." For Hughes, this is the biggest lesson he has learned so far that applies to more than baseball.

The Griffins fell short in their most recent game against Palomar, losing 5-2 in a game that could have gone either way. Michael Sweeney was the first person to touch home plate in the bottom of the fourth, thanks to a hit from Juan Nunez, but Palomar answered back in the top of the fifth to take the lead 2-1.

In the top of the seventh, Palomar hit a homer to left field to extend its lead to 3-1. The Griffins were able to get something going in the bottom of the seventh by scoring on a walk while the bases were loaded. The Griffins would remain scoreless for the rest of the game while Palomar got two more runs in the top of the ninth, bringing the final score to 5-2.

Even with the tough loss, head coach Randy Abshier still looked at the positives.

"We had great pitching ... so after something like this we just try to keep positive, again no errors limited the punchouts battled had great attitude in the dugout," Abshier said.

Just because it is the tail end of the baseball season and it has not gone the Griffins' way, doesn't mean it has to end negatively.

Abshier said, "You always want to end the season on a winning note so that you at least can go into the off-season with a win under your belt." 🦅

# STAYING POSITIVE

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## CAPS

[CONT. FROM PAGE 4]

of the school. The vehicle had anti-government writing on it. CAPS had the vehicle towed from campus. The deputy contacted the registered owner of the vehicle and advised them that the vehicle was towed.

- **March 20:** A deputy responded to a report of illegal dumping. The deputy contacted subjects dumping trash into school dumpsters and advised them that the dumpsters were for the school only. The subjects agreed to stop using the dumpster.
- **March 21:** A deputy responded to a hit-and-run near the volleyball courts. The reporting party was not injured and was in class when their vehicle was hit. The deputy was unable to locate any witnesses or surveillance. No suspect information or description was provided.

\* *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.*

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## NATURAL

[CONT. FROM PAGE 7]

One of the most important aspects of the certification program is the keeping of a nature journal. This practice will motivate students to improve their observation skills in the field. Journaling these observations will prompt students to ask questions such as: What do you notice? What curiosity comes from this observation? What does it remind you of?

"It's a really personal approach, but really grounded in the personal experience, with the focus being on the participant involved," Curran said. "In doing that, the idea is that we are encouraging this development of a relationship with nature; this curiosity that will want them to learn more, to be in it more; and then potentially, to want to protect it, conserve it, take action, do stewardship and tell others about it as well."

There are some fees involved with the certification course, including the \$160 registration fee; a \$110 fee, discounted to \$55 for full-time students, towards the UC's Environmental Stewards Program; and other fees for course materials, such as the California Naturalist Handbook, which also has a discounted rate.

"It was part of the design and the co-design curriculum with the UC to ensure that we could make this as accessible as

possible," Curran said. "When you look at the cost of this course in various places throughout the state, we are going to be one of the lowest-cost courses."

On completing the program and becoming a Certified California Naturalist, students will be connected to a "UC Volunteer Portal," which will allow access to a community of like-minded individuals and encourage collaborative engagement in volunteer work and conservation efforts.

"This fits hand-in-glove with our vision, our mission, and the types of pathways and opportunities that we offer for our students," Grossmont's Vice President of Academic Affairs, Agustin Albarrán, said. "What I am so excited about for this program in particular is the knowledge and skills that it will give folks to take back to their communities."

After becoming a Certified California Naturalist, the possibilities for environmental engagement are endless. Certified naturalists can work toward involvement in participatory sciences, civic engagement, non-profit work, environmental justice, or becoming tour guides or park rangers. These activities can take place on a local scale, or perhaps even a national scale. The certification course can also be beneficial for those who harbor anxiety surrounding climate change or other environmental concerns.

"Imagine being a part of that transformation, where you're actually getting your hands involved or at least contributing in some way to it," Curran said. "It can really have a very positive impact on those who are involved."

For more information about the California Naturalist certification course, including a course timeline and completion requirements, visit [sandiegonaturalist.org](http://sandiegonaturalist.org). 🐦

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## HELP

[CONT. FROM PAGE 14]

as domestic violence, substance abuse, suicide prevention or other issues have access to many resources depending on their needs and the solutions they seek.

The college's contract with the San Diego Sheriff's Department provides police services and a dedicated Psychiatric Emergency Response Team for psychological response needs. The Grossmont College Student Affairs offices and Title IX Coordinator can also offer confidential help in some areas.

"Sometimes students may be too shy or scared to go to police services and worry about confidentiality. In those cases, we do have counselors on our campuses in the student center that they can speak to

privately," Conklin said.

Grossmont also provides a suicide prevention hotline #988, an anonymous WeTip reporting hotline, and campus security authorities, all of which can assist students in need. The Annual Security Report discloses these services and outlines students' rights so they know what to expect when seeking help.

Zoe Vincent, a Grossmont student, said: "I think it is very important that students have access to these resources. Both students who may need the help immediately and those who may not at the moment. For those who need it immediately, knowing that help is accessible and provided for them eliminates one of the barriers to seeking help that many people are commonly faced with."

Vincent also mentioned that for students who do not need help immediately, knowing that the help is there provides a sense of security and a safety net.

Having these services around campus can be very helpful to students in many different situations. Students who are currently struggling with any difficult circumstance need to know that help is within reach and that they are not alone.

Many students are unaware of the resources and legal rights they have unless they are communicated with them. Talking about it in class, via email and even sharing it between students who already know about these resources can be extremely helpful.

When asked about what he thinks the school should do to spread information about these resources, Solz said: "I think it should be more broadcasted in classrooms. I am only in there for one class, but my classroom does not have any sort of posters advertising any type of campus resources that the school has."

Grossmont students who need help or know someone who might benefit from these resources are encouraged to reach out for help. The Student Affairs Office and the CAPS office provide a lot of information about different topics depending on the student's needs.

If you are struggling or know someone who is, know you are not alone and help is within reach:

- For help with suicide prevention, call the Hopeline (800-784-2433).
- For help with domestic violence, call the Domestic Violence Hotline (888-385-4657).
- For help with substance abuse, call the Crisis Line (888-724-7240).
- For help with emergency housing, dial 211. 🐦



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# EXPLORE

Take a hike with the International Club.

| BY NICOLE ANN QUIAMBAO |

If you are looking for something fun to do this spring, you can begin a new and fun adventure with Grossmont College's International Club on April 20 at the Cabrillo National Park in Point Loma.

The hike is planned on the first day of National Parks Week so admission will be free. This is a great opportunity to make new friends, create great memories, visit one of San Diego's significant historical monuments and learn more about the first European explorer who led the first expedition to the United States. In addition, the site offers information about the Native Americans who are indigenous to San Diego, the Kumeyaay people, and discusses their culture and the history of the area.

Besides its cultural significance, the trails offer great scenic views of San Diego Bay, downtown San Diego and a lighthouse. The trail also offers opportunities for bird watching and wildlife viewing, and gives a chance to take awesome pictures to share on your social media.

To join this hike and other future off-campus events at Grossmont College or Cuyamaca, you will need to sign up and be a member of the International Club. All you would need to do is fill out the purple travel liability waiver at International Counseling in Building 10, finish the Get Inclusive Voices of Change Training online, and bring two forms of ID. If you would like to bring a family or friend who does not attend Grossmont College, you are free to do so, as long as you fill out the sign-up sheet to bring guests.

"Cabrillo National Monument is the only national park/monument in San Diego and we hope it'll be great weather for us to walk around to see the monument and get great views of San Diego, and of the lighthouse," said International Club Advisor Bryan Lam. "It does get windy there, so be aware of that. We will probably stay in the Point Loma area afterward to get a lunch or afternoon snack."

Future International Club events include kayaking on May 4 and a Graduation Beach Party on May 10. 🐬



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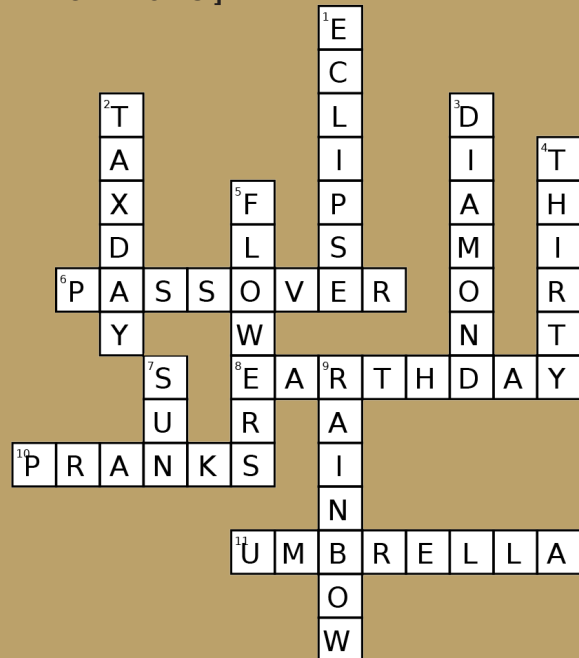


Grossmont Healthcare District's  
Health & Wellness Library  
An East County community resource



## BRAIN BOOST SOLUTION

[ PUZZLE ON PAGE 5 ]



988 SUICIDE & CRISIS  
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24/7 CALL, TEXT, CHAT  
HELP IS AVAILABLE | LEARN MORE: 988LIFELINE.ORG

# REEL TALK | PLANET PICS

The environment takes the center stage in these films.



## THE TRUE COST

| Review by Janelle Carter

*The True Cost* is a documentary film that dives into the world of fast fashion and its contribution to the earth's climate crisis. The documentary brings attention to Western clothing brands, retail competition and factory owners hampering cheap labor onto their employees. Clothing companies are shown to be simultaneously neglectful to pay apparel industry workers livable wages and disregarding their safety. The film addresses how consumers over the years see fashion as a disposable product, and with the documentary being released back in 2015, it is safe to say that what was documented almost a decade ago doesn't stray too far from what is currently happening in our world today. We still see the same ongoing issue occurring nowadays with people online shopping and being convinced by influencers on social media to make purchases that are not essential. *The True Cost* is an informative film that calls for the viewers to examine the role that they might play in the overconsumption of fast fashion by demonstrating the people in developing countries who make garments in sweatshops, the impact of unjust working conditions for garment workers, and the effects textile waste has on the environment.



## FIRST REFORMED | Review by Jacom Cummings

*First Reformed* is a psychological drama about Protestant pastor Reverend Toller, played by Ethan Hawke, who presides over a fictional historic church while struggling with alcoholism and aloofness. When Toller is asked to meet with Michael, the husband of pregnant churchgoer Mary, he finds that Michael is a distressed environmental activist who wants to terminate the pregnancy. As Toller learns about the modern effects of climate change, he grows disturbed at seeing God's creation being destroyed, and his mental state spirals further. Hawke's performance shows Toller torn between grief and rising indignation, especially once he discovers that one of the church's main financial sponsors is the polluting BALQ Industries. Writer and director Paul Schrader, best known for other isolation-centered films like *Taxi Driver*, makes use of monologues and empty visual space to illustrate the movie's themes of loneliness and nature. *First Reformed* might strike some as overly bleak or slow-moving, but for viewers who sympathize with climate anxiety or mental health issues, the film poses the haunting question of how we are morally obligated to respond to the planet's destruction.



## FIRE OF LOVE

| Review by Mireya Miner

*Fire of Love* explores the beauty and brutality of nature as you follow the lives and careers of scientists Katia and Maurice Krafft, who are equally in love with each other as they are with the volcanoes they study. Part love story and part educational piece, this documentary manages to connect the niche interest of volcanoes to a broader appreciation for the natural world. With explosive imagery and geological explanations that are easy to digest, the audience is immersed in these expeditions as if they were there themselves. The documentary introduces sensitive, yet important, topics such as demonstrating how natural disasters can affect communities both physically and mentally. In showing these communities devastated by volcanic eruptions, the film also demonstrates the perseverance of these communities, and in doing so, creates a connection between people and the world we live in, both able to build themselves back up from the rubble. There's more than just the mystery of volcanoes that is unraveled in this documentary. *Fire of Love* is both informative and engaging, sure to ignite viewers with a newfound appreciation for the beauty of the world, despite its travesties.

