

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | SEPTEMBER 2024

GEAR UP FOR FALL



PHOTO BY NATHALY ESTREMEREA

TABLE OF CONTENTS

4 The Front Stuff

Safety update, campus calendar and Brain Boost.

6 Mexican Independence Day

Three hundred years of colonialism, a secret club and a cry.

8 Fall Back

It's that time of the year again. Courts and fields are prepped, equipment is set up and player aspirations for the state championship are rising. These are the signs that fall sports are back! Let's prep with a brief recap of last fall's sports.

9 Sports Schedule

Want to support the home team? Check out a game!

10 Grossmont Open

The first exhibit kicks off a new year for the Hyde Art Gallery.

11 Speech & Debate

Where students build relationships, improve communication skills and gain confidence.

12 Reel Talk: Summer Recap

School may be in session, but we're still talking about what we watched over break.



The SUMMIT

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SUMMIT STAFF

Editor-in-Chief

Aaron Luna

Staff Writers

Annet Cardona, Nathaly Estremera,
A.J. Fiume, Saul Ruiz

Adviser

Jeanette Calo

GROSSMONT-CUYAMACA COMMUNITY COLLEGE DISTRICT

8800 Grossmont College Drive
El Cajon, CA 92020
619-644-7454 | grossmont.edu

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Contact us at
summit@gcccd.edu



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Summit Staff



Annet Cardona

Enjoys playing and watching sports. Loves spending time at the beach, listening to music and taking lots of nice pictures.



Nathaly Estremera

Double major in journalism and communication who hopes to transfer to San Diego State University next year. Spends most of her free time at local coffee shops, exploring communities and experimenting with her film camera.



A.J. Fiume

Journalism major who hopes to transfer to San Diego State University to pursue a journalism career along with a career in sports talk radio. In his free time, he enjoys being an athlete by playing sled, hockey and wheelchair basketball.



Aaron Luna

Journalism major with career aspirations in the sports industry. Hoping to transfer to San Diego State University for next fall.



Saul Ruiz

Journalism major interested in topics such as humanities. Enjoys video games and music in spare time.



TURNING A NEW LEAF

Welcome everyone to the start of a new school year! Whether it's your first semester at Grossmont or your last before you transfer to a four-year university, you should take time this semester to reflect on all your classes.

George Washington Carver once said, "Education is the key that unlocks the golden door to freedom." And by continuing your post-secondary education, you too will unlock your golden door to freedom. Enriching our brains through education improves our learning process, which allows for more knowledge to enrich our minds with new perspectives, ideas and solutions.

I hope to see many of you around campus in the next few months. I'm Aaron Luna, you stay classy, Grossmont College.

Aaron Luna, Editor-in-Chief

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.**

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.

MAY C&C **Page 11 Clarification:** A story about a Grossmont Culinary class said, “The articulation can provide valuable skills [students] may not receive in high school.” According to Culinary Arts Faculty Josephine “Jojo” Rossi, the articulation agreement allows high school students to test out of a course (CA-169), but “doesn’t provide any other skills.”

Page 11 Correction: In a story about the Culinary Arts program’s fine dining series, a course was inaccurately called “banquet hall.” The correct title of the course is CA-160: Banquet Service Production.



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 July.

- **July 26:** CAPS made a trespass call, to which a Santee deputy responded. When the deputy arrived, the subject of the call could not be found.
- **Aug. 5:** A traffic pursuit occurred outside of the Santee area. It is suspected the subject crossed through the Grossmont campus during the pursuit.
- **Aug. 16:** Multiple reports of stolen or lost property have been placed from classrooms across campus. There is currently no way of knowing or tracking when or where these items went missing.
- **Aug. 29:** CAPS was contacted over suspicions of a subject possibly rubbing feces on the wall of the Student Center bathroom. The subject was contacted and a welfare check was conducted. No feces was found and the subject was fine.

* *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.*

HELP IS AVAILABLE

BY SAUL RUIZ

Any student at Grossmont who is struggling is welcome to seek help and resources from the staff in the Health and Wellness Center located on campus. The college offers both remote and in-person health services meant to support students’ emotional wellness.

Student Health Services helps to get students in shape, mentally and physically, so they can succeed in reaching their academic goals.

September is National Suicide Prevention Month, and National Suicide Prevention Week is Sept. 8 to 14. It is a great reminder for students to practice self-care.

988 SUICIDE & CRISIS LIFELINE

24/7 CALL, TEXT, CHAT

HELP IS AVAILABLE | LEARN MORE: 988LIFELINE.ORG

CAMPUS CALENDER*

COMPILED BY SUMMIT STAFF

SEPTEMBER

17: Constitution Day

National Voter Registration Day

25: Fall Reading Series: Ruben Navarrette, 12:30 p.m. (Stagehouse Theatre)

OCTOBER

1-5: Spirit Week

8: Grossmont Afro-Cuban Ensemble, 7:30 p.m. (PVAC) \$

10: Fall Reading Series: Daniela Sow, 2 p.m. (Griffin Gate)

11: Last day to apply for a degree/ certificate
Next issue of *The Summit* hits the newsstands

CULINARY ARTS EVENTS (60-173)

LUNCHEON SERIES:

Sept. 18, Oct. 2, noon to 1 p.m. \$

CA COMFORT FOOD DINING SERIES:

Sept. 19, Sept. 26, 5:15 to 7 p.m. \$

THEATER (STAGE HOUSE THEATRE)

Mousetrap, Oct. 3-5, 10-12, 7:30 p.m.;

Oct. 5 and 12, 2 p.m. \$

Fall Fables, Oct. 18-19, 7:30 p.m.;

Oct. 19, 2 p.m. \$

CAREER CENTER EVENTS

SEPT. 12: Essential Skills for Workplace Success, 1-2 p.m. (41-117)

SEPT. 13: The Why, 11 a.m. to noon (60-140)

SEPT. 19: Financial Aid and Budgeting 101, 1-2 p.m. (41-117)

SEPT. 20: Effective Communication, 11 a.m. to noon (60-140)

SEPT. 27: Team Building, 11 a.m. to noon (60-140)

OCT. 1: Exploring Majors Workshop, 11 a.m. to noon (Online)

OCT. 8: Pathways to Work Info Session, 11 a.m. to noon (60-140)

HEALTH & WELLNESS

Noon to 1 p.m. (Online)

SEPT. 16: Boost Your Mood and Overcome Procrastination

SEPT. 23: Conquer Test Anxiety

SEPT. 30: Master Stress Management

OCT. 7: Mindfulness Practice

HEALTH PROFESSION PREVIEWS

SEPT. 18: Respiratory Therapy, 4-5 p.m. (34-211)

SEPT. 19: Occupational Therapy Assistant, 3 p.m. (Online)

OCT. 4: Cardiovascular Technology, noon to 1:30 p.m. (34-210)

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



Find your fall with this search.

BY ANNET CARDONA

SEPTEMBER

I G P I Z H N H Y L M P Q B H O X M Y U
B R M D K S U O T K F O L I C Z S Y I C
H I S P A N I C H E R I T A G E E D G U
K F R C A F W T L J F Y O U B H P W O A
T F H Y D R A T I O N C D Z N V F F A I
S I F D Z C W W R N R K K Y D D W W L A
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H S R X T X Y D S A N S N P T F P Z N C
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I M E X I C A N I N D E P E N D E N C E
R Z B L Y N A S Y S U S W R X J C D S Y
G L C K O P O O C S E M E S T E R Y G P
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X R M J B W J L Y Y B L L S O B L R K W
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T K T B S A P P H I R E N C Z X J R F X
L T D T Y T C V T M R G W F Q L M U R N

CAN YOU FIND THESE WORDS?

- GOALS
- GROSSMONT
- GRIFFINS
- HISPANIC HERITAGE
- HYDRATION
- MEXICAN INDEPENDENCE
- SAPPHIRE
- SEMESTER
- SEPTEMBER
- SUNSET
- VIRGO
- WELCOME

SOLUTION ON PAGE 11



MEXICAN **INDEPENDENCE** **DAY**

STORY BY NATHALY ESTREMER
PHOTOS BY LUDOVIC DELOT

**Three hundred years
of colonialism,
a secret club,
and a cry.**



On Sept. 16, 1810, around 2 a.m. in the state of Guanajuato, Mexico, Miguel Hidalgo y Costilla rang the church bells in a town now called Dolores Hidalgo and gathered a crowd of indigenous and mestizos (mixed race) people to issue the *Grito De Dolores*, or the “Cry of Dolores.”

As quoted by Grossmont History Professor Dr. Carlos Contreras, Hidalgo said: “We must act at once! Will you not defend your religion and your rights as true patriots? Long live our Lady of Guadalupe! Death to bad government! Death to the Gachupines!”

Mexican Independence Day celebrates this particular moment every Sept. 16. But according to two professors at Grossmont, the moment was long in coming.

Hidalgo’s call for liberation from Spain was followed by 11 years of war for independence from Spain, but their desire for separation wasn’t overnight.

Before 1810, the Haitian Revolution “was the first successful slave rebellion and it was able to become its own country apart from the French empire,” Grossmont Professor Dr. Omar Padilla said. It inspired other countries throughout the Americas.

So, “to fully understand why it took place in 1810, Sept. 16, we need to understand 300 years of colonialism,” Contreras said.

The culturally rich country we know as Mexico was once called New Spain. Contreras described New Spain as a “dynamic and robust” economy that exported sugars, raw materials, chocolate and silver, with many

inequalities. These inequalities led to those being tired of high taxes, colonialism, restricted social mobility and political offices reserved for those close to the crown of Spain.

While in a literary club organized by Hidalgo, Ignacio Allende and Doña Josefa Ortiz de Dominguez secretly plotted the separation from Spain. They were to strike on Dec. 8, 1810, until word got out and Spanish authorities issued their arrest.

“In the middle of the night [they] had this call to arms,” Padilla said, referring to Hidalgo’s now-famous *Grito De Dolores*. “So, that kind of started this insurrection movement.”

When Mexican Independence Day is commemorated, the three names that are signified are Miguel Hidalgo, Jose Maria Morelos and Vicente Guerrero. Hidalgo was the priest who started the movement to redistribute land, abolish the caste system and independence from Spain. Sadly, his leadership ended in 1811 when he was captured and decapitated, strung by a pole as a public service announcement by the Spaniards warning those who joined the movement.

Morelos, an Afro-Mestizo priest, continued the movement with Hidalgo’s values in mind, leading the war with guerrilla tactics until 1815.

Guerrero was an Afro-Mestizo general who prioritized abolishing slavery and the racial caste system, which he then accomplished during his presidency in the late 1820s.

The celebrations begin Sept. 15 at 11 p.m. outside the National Palace in Mexico City. The president will deliver a modernized version of the *grito* from the palace to start the festivities, ending it with the famous chant “¡Viva México!” translating to “Long Live Mexico!”

“It is super moving to hear those words,” Padilla said. “It’s a way to demonstrate and to call pride on Mexican identity and to unify people who identify as Mexican or Mexican-American.”

Mia Garcia, a second-generation Mexican-American and Grossmont student, said, “When I hear [‘¡Viva México!’] it reminds me of the movement that happened in Chicano Park.” Garcia is referring to a community movement that protested land takeover in San Diego, showing the phrase’s ability to call supposed authority into question.

Grossmont student Alejandra Miranda, a first-generation Mexican-American, recalled celebrating Independence Day with her family in Sinaloa, Mexico. She described it as similar to the Fourth of July, with food and a family gathering.

In America, Mexican Independence Day is significant for Mexican Americans to express pride in their heritage and family origin.

Contreras called it a “bi-national celebration” that not only celebrates its country’s independence but “its place in the world, its cultural exports (and) its Mexican diaspora.”

GROSSMONT CELEBRATES

Latina Heritage Month

SEPT. 14: Dr. Juan Carlos Reyna and Gabriela Soto, “A Latinx Experience,” 11 a.m. (Online)

SEPT. 16: Mariachi, 11 a.m. (On Campus + Online) | Gibran Guido, *Más Allá del Closet*, 1 p.m. (Online)

SEPT. 22: Dr. Marissa Vasquez and Dr. Juan Carlos Reyna, “Equity-Minded Support,” 1 p.m. (Online)

SEPT. 24: Latinx Entrepreneurs Panels, 11 a.m. (Online)

SEPT. 29: *Mujeres in STEM* Panel, 11 a.m. (Online)

OCT. 1: Manny Cepeda, Salsa Concert, 10 a.m. (On Campus + Online)

OCT. 4: Diana Ramirez and Cristina Carrillo, *Afirmando*, 12:30 p.m. (Online) | Paul Espinoza, “An Evening with Paul Espinoza,” 7 p.m. (Online)

OCT. 6: Yolanda Catano, “Queering Latinidad,” 11 a.m. (Online)

OCT. 8: *Ballet Folklorico en Azulan*, 11:30 a.m. (On Campus + Online)

OCT. 11: Carissa Cardenas and Gerardo Ortiz, *Ni de Aqui Ni de Alla*, 1 p.m. (Online)

OCT. 15: Heriberto Vasquez, Latinx Heritage Month Conclusion, 11 a.m. (Online)

FALL BACK



PHOTO BY ANNET CARDONA

It's that time of the year again. Courts and fields are prepped, equipment is set up and player aspirations for the state championship are rising. These are the signs that fall sports are back! Let's prep with a brief recap of last fall's sports. | BY AARON LUNA



WOMEN'S VOLLEYBALL

The Grossmont Women's Volleyball team were the true heroes of the court this year. They have gone undefeated in conference play this last year, including two close matches against Mesa College. The Griffins were unmatched, averaging 12.97 kills per set and 12.56 assists per set. Unfortunately, the team fell just shy of the state championship final and lost to Mesa in a three-set sweep, each set being decided by four points or less. Although close, the season was still a great success with a Pacific Coast Athletic Conference (PCAC) conference title. The Griffins hope to continue their success this season.

WOMEN'S WATER POLO

After finishing third in the PCAC Conference tournament, the Grossmont Women's Water Polo team made a great improvement in the 2023 season. The Griffins went six and two in conference play, generating an average of 8.48 goals scored per game. After stunning Crafton Hills 11-7 and Mesa College 10-8 in the playoffs, the Griffins were grounded by the Jets of San Diego Miramar



College, in a 13-8 loss.

Despite coming close in the fourth quarter, Miramar's early lead ultimately won them the PCAC Conference title.

Kimmy Keach, the Griffin's head coach said, "The goal for the team is to foster a great student-athlete experience that leaves a positive impact and lifelong memories." Keach said a Conference Championship would be an additional goal for the season.

WOMEN'S SOCCER

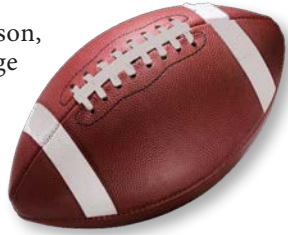
The Grossmont Women's Soccer team will no doubt be looking to improve on last year's record. Despite this, there is much hope for the future. One of the highlights of last season came against Imperial Valley. In a show of rest after their bye, the team performed, scoring four goals in the first half. A good defense allowing only one goal in the second half kept the team's lead throughout.

The team will also feature many local faces this year, with such schools as West Hills, Valhalla and Patrick Henry high schools being represented. The team hopes to use this local talent to improve its conference record and achieve major victories against teams like City College or Southwestern.



FOOTBALL

Despite a winless season, the Grossmont College Football team has high hopes for the players. This season will see representation from at least 35 different local high schools, from all parts of the county. As far south as Chula Vista High School, to local schools like Mt Miguel and Helix, to even Hiram Johnson High all the way up in Sacramento. The representation of previous years of success for Grossmont Football is something that the current team tends to emulate this season.



MEN'S BASKETBALL

The Grossmont Men's Basketball team has its work cut out for this upcoming season. Even though the team went 4-23 in the regular season, including 1-12 in conference play, there was a shining spot with one of the wins. The Feb. 2 win against Imperial Valley College was quite a nail-biter. After getting out to a two-point lead at the end of the first half, Grossmont managed to keep it, albeit with the teams going shot for shot in the second half.



Assistant Coach James Hyneman detailed what needed improvement in last year's game against Cypress College: "We need to get to the free throw line more, which means we need to learn how to get out better. The opportunities against physical teams like this are there and we need to take advantage of it." The team's goal is to improve on last year's record and to have a better play in the PCAC Conference. 🏀

GRIFFINS ATHLETICS SCHEDULE*

COMPILED BY NATHALY ESTREMER

MEN'S BASKETBALL

NOVEMBER

- 2 at Cypress (5 p.m.)
- 15 vs. El Camino (6 p.m.)
- 20 at LA Harbor (5 p.m.)
- 22 vs. Compton (7 p.m.)

DECEMBER

- 2 at Santa Ana (5 p.m.)
- 13 vs. Desert (3 p.m.)
- 18 vs. City (7 p.m.)
- 20 at Imperial Valley (3 p.m.)
- 28 vs. Los Angeles City (3 p.m.)

WOMEN'S BASKETBALL

SEPTEMBER

- 28 at Santa Ana (TBA)

OCTOBER

- 29 at Azusa Pacific (5 p.m.)
- 30 at Redlands (7 p.m.)

NOVEMBER

- 1 at El Camino (5 p.m.)
- 6 vs. Santa Ana (6 p.m.)
- 8 vs. Saddleback
- 22 vs. Cuesta (5 p.m.)
- 26 at Cerritos (5 p.m.)

DECEMBER

- 13 at Riverside (6 p.m.)

FOOTBALL

SEPTEMBER

- 14 vs. Antelope Valley (3 p.m.)
- 21 at Citrus (6 p.m.)
- 28 at Mesa (6 p.m.)

OCTOBER

- 5 vs. Palomar (3 p.m.)
- 19 vs. Riverside (3 p.m.)
- 26 at Saddleback (6 p.m.)

NOVEMBER

- 2 vs. Fullerton (3 p.m.)
- 9 vs. Mt. San Jacinto (1 p.m.)
- 16 at Southwestern (1 p.m.)

WOMEN'S SOCCER

SEPTEMBER

- 13 at Mesa (4 p.m.)
- 17 at MiraCosta (3 p.m.)
- 24 vs. Imperial Valley (1 p.m.)
- 27 at Palomar (7 p.m.)

OCTOBER

- 1 vs. City (1 p.m.)
- 4 vs. Cuyamaca (1 p.m.)
- 8 vs. Southwestern (1 p.m.)
- 11 vs. Miramar (1 p.m.)
- 15 vs. Mesa (1 p.m.)
- 18 vs. MiraCosta (1 p.m.)
- 25 at Imperial Valley (3 p.m.)
- 29 vs. Palomar (1 p.m.)

NOVEMBER

- 1 at City (3 p.m.)
- 5 at Cuyamaca (3 p.m.)
- 8 at Southwestern (6 p.m.)

WOMEN'S SOFTBALL

SEPTEMBER

- 14 at Southwestern (10 a.m.)
- 20 vs. Santa Ana (1 p.m.)
- 27 at Cypress (1 p.m.)

OCTOBER

- 11 at Rio Hondo (noon), Mission (2 p.m.)
- 18 at Chaffey (noon), Pasadena (2 p.m.)
- 26 at Saddleback (6 p.m.)

NOVEMBER

- 2 vs. Fullerton (3 p.m.)
- 9 vs. Mt. San Jacinto (1 p.m.)
- 16 at Southwestern (1 p.m.)

WOMEN'S VOLLEYBALL

SEPTEMBER

- 11 at El Camino (11 a.m.), Canyons (1:30 p.m.)
- 13 vs. Miramar (6 p.m.)
- 18 at Mesa (5 p.m.)
- 20 vs. MiraCosta (6 p.m.)

OCTOBER

- 2 at Palomar (5 p.m.)
- 4 vs. Imperial Valley (6 p.m.)
- 9 vs. Cuyamaca (6 p.m.)
- 11 at City (5 p.m.)
- 16 at Miramar (5 p.m.)
- 18 vs. Mesa (6 p.m.)
- 23 at Southwestern (5 p.m.)
- 25 at MiraCosta (6 p.m.)

NOVEMBER

- 1 vs. Palomar (6 p.m.)
- 6 at Imperial Valley (5 p.m.)
- 8 at Cuyamaca (6 p.m.)
- 13 vs. City (6 p.m.)

MEN'S WATER POLO

SEPTEMBER

- 13 at Miramar vs. Citrus (6:30 p.m.)
- 14 at Miramar vs. El Camino (9:30 a.m.), Ventura (12:30 p.m.)
- 19 at Riverside (7:30 p.m.)
- 28 at Citrus (11:30 a.m.), at Whittier (3:30 p.m.)

OCTOBER

- 2 at Mesa (5 p.m.)
- 4 at Southwestern vs. El Camino (4:40 p.m.)
- 5 at Southwestern vs. Sunset Master 30's (11:10 a.m.),

- Saddleback (2:40 p.m.), Sunset Masters 40's (5 p.m.)
- 16 vs. Palomar (7:30 p.m.)
- 17 at Rio Hondo (11 a.m.), at LA Valley (3 p.m.)
- 19 at Cuesta (8 a.m.)
- 24 at Granite Hills vs. UCSD Club (7:30 p.m.)
- 26 at Crafton Hills vs. Chaffey (10:30 a.m.), vs. Crafton Hills (noon)
- 30 at Southwestern (5 p.m.)

WOMEN'S WATER POLO

SEPTEMBER

- 20 at Miramar vs. East Los Angeles (noon), Ventura (4 p.m.)
- 21 at Southwestern vs. El Camino (8 a.m.), Sierra (11 a.m.)
- 27 at Golden West vs. East Los Angeles (11:10 a.m.), Cerritos (1:50 p.m.)

OCTOBER

- 2 vs. San Diego Mesa (5 p.m.)
- 4 at Cerritos Mini vs. Golden West (10:20 a.m.), Cerritos (2:40 p.m.)
- 9 at Joan Kroc vs. Miramar (2 p.m.)
- 11 at Crafton Hills vs. Chaffey (10:30 a.m.), vs. Crafton Hills (noon)
- 16 vs. Palomar (6 p.m.)
- 30 vs. Southwestern (3 p.m.)

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



GROSSMONT OPEN

The first exhibit kicks off a new year for the Hyde Art Gallery.

STORY AND PHOTOS BY SAUL RUIZ



Ever wonder how far your professors' artistic passions go? Now you can see at the "Grossmont Open" exhibit currently showing at the Hyde Art Gallery.

The exhibit highlights works submitted by faculty, classified staff and the administration at the college.

Located in Building 22, the Performing and Visual Arts Center, the Hyde gallery hosts a faculty show each fall to showcase paintings, sculptures and an extensive artwork from the minds of familiar faces at Grossmont, mostly from the Art Department.

At the beginning of each Fall semester, the Hyde Art Gallery will host a faculty show to introduce students to the staff of Grossmont, remarkably that of the Art department. The gallery currently showcases paintings, sculptures and an extensive assortment of artworks from the minds of familiar faces at Grossmont.

Gallery Director Alex DeCosta started the exhibit three years ago as the post-pandemic show. DeCosta said Grossmont faculty banded together to not only bring people back into the gallery, but to also "highlight camaraderie amongst our colleagues and show work that was created during the pandemic."

The exhibit is seen as an introduction to the staff behind many students' educational pursuits.

"So it's important not just for art students, but also gives all students on campus a chance to engage with career artists," DeCosta said.

Various departments on campus, such as English and Dance have conjured assignments for students based around the exhibition. For example, English

students may create a literary piece inspired by an artwork in the exhibit as a class assignment.

Near the end of the semester, a shorter student-oriented exhibition is to take place as well, meant to showcase student works created over the course of the semester.

DeCosta said: "Those tend to be obviously the most popular shows because students are involved, and they bring their families, they bring their friends."

As the academic year is beginning, many students are coming across the exhibit and gallery, possibly for the very first time. Grossmont student Jonathan Shillingburg discovered it just recently.

"I probably will come back to check it out as long as I notice when it's open," he said.

The Hyde Gallery was established in 1968 by Marjorie Hyde, Grossmont's first Art Department chair, to showcase working artists to students on campus. The gallery, along with much of the Art Department, originally resided in Building 25 for about 50 years, until 2021, when the gallery was moved to the space you can find it in today.

The "Grossmont Open" exhibit will run from Aug. 26 to Sept. 19. Walk-in hours are 10 a.m. to 4 p.m., Monday through Thursday. The closing reception for the exhibit will be held on Sept. 17 from 4 to 6 p.m.

Even if you go to the gallery outside the scheduled walk-in time, you can find various oversized pieces on display through the outside display window, which is lit at night. 🐦



Where students build relationships, improve communication skills and gain confidence.

BY NATHALY ESTREMER

Grossmont's Forensics team, commonly called the Speech and Debate team, is often misinterpreted as just debate, but it is more than that. The team focuses on a variety of speeches as well, including impromptu, persuasive and poetry interpretation. Along with exploring creativity with speech, the program improves skills coaches have seen students apply in their daily lives.

The team has continued to grow at a rapid rate. It welcomes its new coach Andrew Jassick, a Grossmont alumni, and will be hosting its 32nd Annual Griffin Tournament on campus in November.

While competing can be anxiety-inducing for some, it isn't a requirement when you enroll in the one-unit course, COMM-238. This course allows students to improve and practice their skills in a low-stakes environment. It is held on Tuesdays from 3:30 to 4:45 p.m., starting Sept. 17.

Contact Roxanne Tuscany, roxanne.tuscany@gcccd.edu or Dr. Michael McHan michael.mchan@gcccd.edu for additional information. 🐦

GRIFFIN RADIO

We're your **student-run** streaming radio station at Grossmont College!

Every day, we broadcast contemporary and independent music, news, sports and specialty shows **hosted by broadcasting students**.

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9:00 a.m. - 5:30 p.m. Mon, Wed, Fri
9:00 a.m. - 8:00 p.m. Tues, Thurs
9:00 a.m. - 1:00 p.m. Saturday
Closed Sunday



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



BRAIN BOOST SOLUTION

[PUZZLE ON PAGE 5]

I	G	P	I	Z	H	N	H	Y	L	M	P	Q	B	H	O	X	M	Y	U
B	R	M	D	K	S	U	O	T	K	F	O	L	I	C	Z	S	Y	I	C
H	I	S	P	A	N	I	C	H	E	R	I	T	A	G	E	E	D	G	U
K	F	R	C	A	F	W	T	L	J	F	Y	O	U	B	H	P	W	O	A
T	F	H	Y	D	R	A	T	I	O	N	C	D	Z	N	V	F	F	A	I
S	I	F	D	Z	C	W	W	R	N	R	K	K	Y	D	D	W	W	L	A
L	N	D	G	W	E	L	C	O	M	E	S	A	W	Q	O	L	B	S	R
H	S	R	X	T	X	Y	D	S	A	N	S	N	P	T	F	P	Z	N	C
V	A	K	I	M	F	G	R	O	S	S	M	O	N	T	M	W	T	R	L
I	M	E	X	I	C	A	N	I	N	D	E	P	E	N	D	E	N	C	E
R	Z	B	L	Y	N	A	S	Y	S	S	W	R	X	J	C	D	S	Y	
G	L	C	K	O	P	O	O	C	S	E	M	E	S	T	E	R	Y	G	P
O	R	L	O	L	L	M	X	E	O	W	P	V	S	I	T	R	F	I	P
I	L	G	M	J	M	K	I	Y	D	J	K	T	U	J	Q	K	F	V	T
W	E	E	V	X	D	Z	W	J	W	L	W	D	E	D	D	N	S	X	K
S	U	N	S	E	T	R	G	R	L	P	R	D	K	M	R	X	S	E	S
X	R	M	J	B	W	J	L	Y	B	L	L	S	O	B	L	R	K	W	
O	N	J	C	T	B	F	X	A	E	C	P	I	K	G	M	E	M	M	O
T	K	T	B	S	A	P	P	H	I	R	E	N	C	Z	X	J	R	F	X
L	T	D	T	Y	T	C	V	T	M	R	G	W	F	Q	L	M	U	R	N

REEL TALK

SUMMER
RECAP

School may be in session, but we're still talking about what we watched over break.



DEADPOOL & WOLVERINE

| Review by Annet Cardona

One of the highest-grossing movies of the summer, *Deadpool & Wolverine* is an action/comedy directed by Shawn Levy starring Ryan Reynolds as Deadpool and Hugh Jackman as Wolverine. The film continues the Deadpool saga, with the superhero wanting to join the Avengers team but not making the cut. Wanting to have a better life as Wade Wilson, Deadpool tries to live as a normal human with a regular boring job, but his plan is derailed when he is hunted down to complete a mission to save his universe from falling apart. Part of the mission involves a journey across the multiverse to find Logan or Wolverine. The two end up teaming up to try to save both their universes. This movie is good for a laugh and some action—superhero movie lovers will enjoy it.



IT ENDS WITH US

| Review by Nathaly Estremera

The long-awaited film adaptation of the 2016 novel by Colleen Hoover, *It Ends with Us* was a summer must-watch. Uniquely, the lead roles were played by the director Justin Baldoni and producer Blake Lively. The film follows Lily Bloom (Lively) moving to Boston to start her lifelong dream of being a business owner, where she meets her love interest Ryle Kincaid (Baldoni). Their love story takes a turn when a different side of Ryle is revealed, reminding Lily of her parents' relationship. Soon after, Lily's first love, Atlas Corrigan (Brandon Sklenar), reenters her life; she then accepts she is a victim of domestic violence as her mother once was. The film is shown from Lily's perspective, taking you on a journey of denial, acceptance, breaking cycles of abuse and finding new love. It's not your typical love story, but it is impactful. *If you or anyone you know is experiencing abuse, please call the San Diego Domestic Violence Hotline: 888-385-4657.*



ALIEN: ROMULUS

| Review by Aaron Luna

The seventh film in the *Alien* franchise, *Alien: Romulus* has been a surprise hit for the summer. Directed by Fede Alvarez, best known for his work on *The Evil Dead* and *Don't Breathe* film series, the film has been a spectacular return to the franchise's horror-thriller roots. Taking place between the first two films, the plot follows three sets of siblings who uncover the wrecked remains of a ship containing 3D-printed forms of the Xenomorphs, the titular alien. When the creature is let loose on the ship, the teens must band together to prevent its escape. Having adolescents as protagonists instead of adults gives a good change to the dynamic and adds more to the stakes. While it is a very good horror film with a few good jump-scars, its reliance too much on the plot of the original 1979 film hinders it slightly. In addition, the parts connecting it to the previous films in the franchise, such as 2012's *Prometheus*, feel a bit tacked on. This film is a good starting point for any newcomers to the series, however, and for any fans of sci-fi horror.

