

The

SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | OCTOBER 2024



PHOTO BY NATHALY ESTREMER

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*Special thanks to the students of ART-175:
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for lending their talents to this issue.*



PHOTO BY SAUL RUIZ

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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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What's your favorite Halloween treat?

CLOCKWISE FROM LEFT: ANNET CARDONA: KitKat, Reese's, frosted sugar cookies. **AARON LUNA:** If it's chocolate, then either Snickers or Reese's Peanut Butter Cups. If it's a fruit candy, then FunDip or Skittles. **SAUL RUIZ:** A big, crunchy king-sized KitKat bar. It's my favorite candy to ever have graced the earth. **NATHALY ESTREMER:** Jack o' Lantern pretzels, pumpkin-shaped Reese's and Pillsbury Halloween sugar cookies. **A.J. FIUME:** Reese's for me. The combination of peanut butter and chocolate is unmatched.

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@gccd.edu.**

Sweet Fall Eats: Quick And Easy Peanut Butter Sugar Cookies



Griffins, are you looking for a delicious snack to make for your friends and family as we approach the holiday season? You're in luck, because these gluten and dairy-free cookies are perfect year round, especially for Halloween! Recipe and Guide by Blake Morris

INGREDIENTS PER BATCH:

1 cup peanut butter
1 cup white or brown sugar
1 egg
1/2 tsp cinnamon
1/4 tsp vanilla extract
Optional: 1/2 tsp pumpkin pie spice

Prep Time: 10 minutes

Bake Time: 10 minutes

Yield: 15-20 cookies per batch

INSTRUCTIONS:

1. Preheat your oven to 350 degrees Fahrenheit.
2. Pour the peanut butter and sugar into a medium-size mixing bowl and stir. Then, pour in the egg, cinnamon, vanilla extract, and pumpkin pie spice and stir until mixed.
3. Once mixed, pick up a small handful of mix and roll it up into a ball no larger than 2 inches in diameter. On a flat baking pan, use a fork to press a waffle-like texture into the balls. Repeat until all of the mix is pressed down.
4. Put into the oven for 10 minutes. If cookies are larger more time may be needed, but still check them at 10 minutes. If not fully baked, put them back in the oven for two minutes. Once done, take them out and let them sit for up to 10 minutes before serving to your guests.
5. Serve and enjoy!

WE'RE HALFWAY THERE

Greetings, Grossmont College! We are all at the halfway point for the semester. As the dates grow nearer, we should be mindful not to overwork ourselves. Abraham Lincoln once said, "The best way to predict your future is to create it," and I think all of us are accomplishing that by putting in the hard work to ace those midterms. While they may not all be written exams, I trust that each and every one of you will also remember to pace yourselves and not overthink it. It is after all just a grade, and not the final exam.

I'm Aaron Luna. You stay classy, Grossmont!

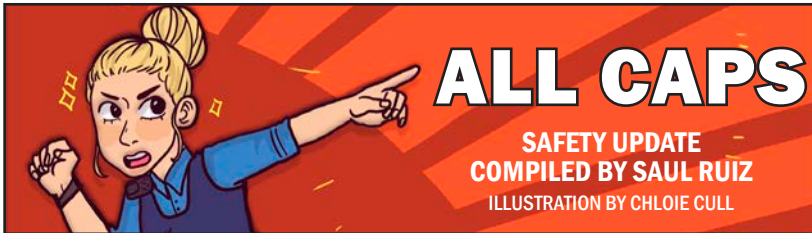


Aaron Luna

Aaron Luna, Editor-in-Chief

CORRECTIONS & CLARIFICATIONS

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



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

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.

- **Sept. 17-18:** A welfare check was conducted for a woman in distress in the parking garage. Due to a language barrier, CAPS only deduced it was due to an argument with her partner. After getting a translator, it was determined no physical fight or domestic violence occurred.
- **Sept. 20, 23:** A school counselor was notified that his vehicle, a Tesla, had been struck in a hit-and-run. A recording of the incident was provided by the Tesla. The deputy contacted the suspected driver and obtained insurance information to give the victim.
- **Sept. 26:** A student reported he walked in on a person watching explicit material on a classroom screen. This was also reported by a professor to the Director of Safety.

* *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 CALENDER* COMPILED BY SUMMIT STAFF

OCTOBER

- 11:** Last day to apply for a degree/ certificate
- 14:** Second eight-week session begins
- 15:** *Cafecito and Crafts*, 11 a.m. to noon (The Village)
 - | **Get Connected with Community Services**, noon to 2 p.m. (Quad)
 - | **Peace and Love: Bracelet Bash**, 2:30 to 4 p.m. (Griffin Center)
- 16:** Fall Transfer Fair, 10 a.m. to noon (Quad)
- 23:** Blood Drive, 10 a.m. to 4:30 p.m. (Quad)
- 28-29:** *Success After Dark*, 4 to 6:30 p.m. (Quad)
- 29:** Day of the Dead celebration, 10 a.m. to noon (Quad)
- 29:** 46th Annual Career EXPO/ Job Fair (Quad)

NOVEMBER

- 3:** Daylight Savings Ends
- 5:** General Election | Confidential HIV Testing, 10:30 a.m. to 2 p.m. (Health & Wellness Patio)
- 8:** Next issue of *The Summit* hits the newsstands

FILIPINX HISTORY MONTH

- OCT. 15:** Day in the Life of an API Professional, 12:30 - 1:45 p.m. (Career Center)
- NOV. 6:** Celebrate the FilipinX Contributions, 11 a.m. to 1 p.m. (PVAC)
- OCT. 15 - NOV. 15:** Library display, Open during library hours (Library)

THEATER (STAGE HOUSE THEATRE, \$)

Mousetrap, Oct. 11-12, 7:30-9 p.m.; Oct. 12, 2-4 p.m.
Fall Fables, Oct. 18-19, 7:30-8:15 p.m.;
 Oct. 19, 2- 2:45 p.m.

MUSIC EVENTS (7:30 P.M., PVAC, \$)

- OCT. 15:** Grossmont College Jazz Ensemble
- OCT. 18:** Grossmont Symphony Orchestra and Master Chorale: "The Planets"
- OCT. 24:** Concert Band Fall Concert
- OCT. 29:** Cadence Vocal Jazz Ensemble
- OCT. 30:** "Devilishly Good Duets: Music for Halloween"
- NOV. 6:** Grossmont College Faculty Jazz
- NOV. 8:** Grossmont Symphony Orchestra and Master Chorale: "GSOMC: John Williams - A Multimedia Event"

CULINARY SERIES

- OCT. 17, 24:** CA Comfort Food Dining Series, 5:15-7 p.m. (60-173) \$
- OCT. 30:** Luncheon Series, noon to 1 p.m. (60-173) \$
- OCT. 31:** Spooktakular Halloween Special To-Go, 5:45-6:45 p.m. (Parking Lot) \$

CAREER CENTER EVENTS

- OCT. 17:** Protect and Manage Your Digital Footprint, 1-2 p.m. (41-117)
- OCT. 18:** Harness the Power of Emotional Intelligence, 11 a.m. to noon (60-140)
- OCT. 25:** Master the Art of Networking, 11 a.m. to noon (60-140)

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

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Search for the spooky this month.

PUZZLE BY ANNET CARDONA | PHOTO BY SAUL RUIZ

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

CAN YOU FIND THESE WORDS?

- BOO
- CANDY CORN
- FALL
- HARVEST
- HOCUS POCUS
- OCTOBER
- PUMPKIN
- SCREAM

- SPOOKY TREAT

- TRICK WICKED

SOLUTION ON PAGE 15



IMAGE BY SAUL RUIZ

Remember those who have passed on November 2.

Día de los

Muertos

Altars or *ofrendas* can be built in homes or in the community, and typically include photos, mementos, candles, marigolds and favorite foods and beverages of the departed.

Decorated with candles, buckets of flowers (wild marigolds called *cempasuchil*), and shots of mezcal are offered to the adult spirits.

Toys and candies are left for the angelitos.

It's an occasion for remembering and celebrating those who have passed on from this world, while at the same time portraying death in a more positive light.

Pan de muerto is a popular treat enjoyed by the living and left on altars to nourish the souls of the departed after their long journey home.

Day of the Dead is celebrated throughout Mexico and the Catholic world, where the colorful parties take place in cemeteries and elaborate *ofrendas*. The altars are built in the homes to honor specific family members who have passed on.

SOURCES: MEXICANSUGARSKULL.COM, RUTGERS.EDU, HISTORY.COM

BY AYANAMI HERNANDEZ

Monsters of Halloween

There's much to fear in the dark.



Lichs

Necromancers who hungered for domination and immortality found so in undeath. They spend their immortality collecting lost knowledge and amassing hordes of undead servants.

Carrion Crawlers

These five-hundred-pound grub monsters strip flesh from corpses. Chewing bone to bits and bringing their rotting smell about every dungeon, their poison-coated tendrils cause paralysis on contact.



Wraiths

Phantasmal forces of the tormented, they bring terror and fear to the living. Their wrath and hunger is only momentarily sated by the reaping of souls.



Dullahans

The headless horsemen: A rider in the night, cracking bone whip to the sky, they are a grotesque conglomeration of human spines. Some may walk among the living, hiding the seam on their neck under a scarf.



Mimics

In all shapes and sizes, they pretend to be books, chests, bottles or even the very floor you stand on. It is a stationary predator waiting for the unsuspecting to come an inch too close.



Vampires

Blood-drinking shapeshifters with a diabolical hunger for control and subjugation, a vampire, be it a lord or simple spawn, is dangerous yet easily warded off.



Man-Eating Plants

With razor fangs or stomachs of boiling acid, sometimes bugs aren't enough to fill the bellies of tree-sized carnivorous plants. But a human none the wiser is a perfect fertilizer.



Skeletons

Be it the bones of a single man or a conglomeration of bones in misshapen forms, skeletal monstrosities are common footsoldiers of the undead legions.



Ghouls

An evergrowing cannibalistic undead army, they are like zombies but harbor true malicious intent. Ghouls are born of people who eat human flesh, the facade pulled back now filled with an insatiable hunger.

FINANCIAL AID FIASCO?

Financial Aid confusion causes financial issues for students.

BY SAUL RUIZ AND AARON LUNA

Difficulties among students emerge as the word around the Grossmont campus is students feel left in the dark when it comes to financial aid and disbursement this semester, especially as forms such as the FAFSA are stirring up confusion.

It seems FAFSA delays and processing problems in the federal government, combined with the Grossmont-Cuyamaca Community College District transitioning to a new financial aid system this academic year, have created challenges for the Financial Aid offices at both Grossmont and Cuyamaca colleges. And that's on top of Grossmont College undergoing a federal financial aid program review by the Department of Education for possibly overpaying financial aid to past students.

All of it has combined to leave some students unsure of their financial aid status as we approach the midterm of the fall semester.

Student Confusion

Let it be known that Financial Aid Workshops are conducted every Friday morning in Building 10, Room 172, to help students get a better understanding of FAFSA and other forms of financial aid. Other forms of help are also available, including counselors, the Financial Aid office and even fellow students; however, workshops seem to be the best bet as students can connect with staff who specialize in federal loans.

According to Mya Alexander, a Grossmont student in need of financial aid, the FAFSA form has gone through several changes in policy and information that may be confusing for students who are applying, including unclear disbursement dates and not knowing whether the information you entered is correct. Some students may not know just yet whether or not they are receiving financial aid at all.

"It's a struggle because a lot of these college students like myself are already struggling," Alexander said in an interview. "I had to literally get an extension on my phone bill."

According to Alexander, the FAFSA seems to have adopted a new policy pertaining to distribution among students, first tending to and prioritizing students who take fewer classes or require less financial aid. With this arises the possibility that students are able to get financial aid further down the line; however, that possibility of financial aid would remain unclear to students unless they are explicitly informed.

That being if the student is notified of their eligibility in time.

Arianna Daugherty is a Grossmont student who received some disbursement at the very end of September and was then notified. "I barely found out that I got a check today and it's telling me that if I don't check it in... the money will go back to the school," Daugherty said.

Alexander said she felt information sent to students regarding financial aid could be improved.

"I do feel like the communication could have been a lot better on their end, but I feel like they still have our best interests regardless," Alexander said regarding federal student aid.

Financial Aid Firestorm

The Financial Aid office is responsible for dispersing funding to students through scholarships and grants, work-study programs, and federal loans, which must be paid back with interest.

According to its website, Grossmont's Financial Aid office awards "low-interest loans" to eligible students enrolled in at least six units at Grossmont. The office helps students apply for these federal direct loans and helps disperse the funds once they are available. Students apply for loans by filling out the FAFSA: The Free Application for Federal Student Aid.

This year the process for applying for the FAFSA was simplified thanks to the FAFSA Simplification Act, with only one-third the amount of required questions. However, according to the

Public Policy Institute of California, the implementation and rollout of the form was "complicated": "Though the new form was intended to simplify the process, many students were unable to complete it due to software and identity confirmation issues."

Bárbara Gallego, associate vice chancellor of Educational Support Services for the district, confirmed this in an Aug. 20 district-wide email: "As you may know, the federal government's delayed release of the new Federal Application for Financial Aid (FAFSA), as well as their continuing processing issues, have significantly impacted students across all colleges and universities nationwide. We understand the challenges this has caused for our students, faculty and staff, and we appreciate your patience during this process."

The email was cosigned by Pam Fleming, the interim Financial Aid director at Grossmont, as well as Cuyamaca's Financial Aid director.

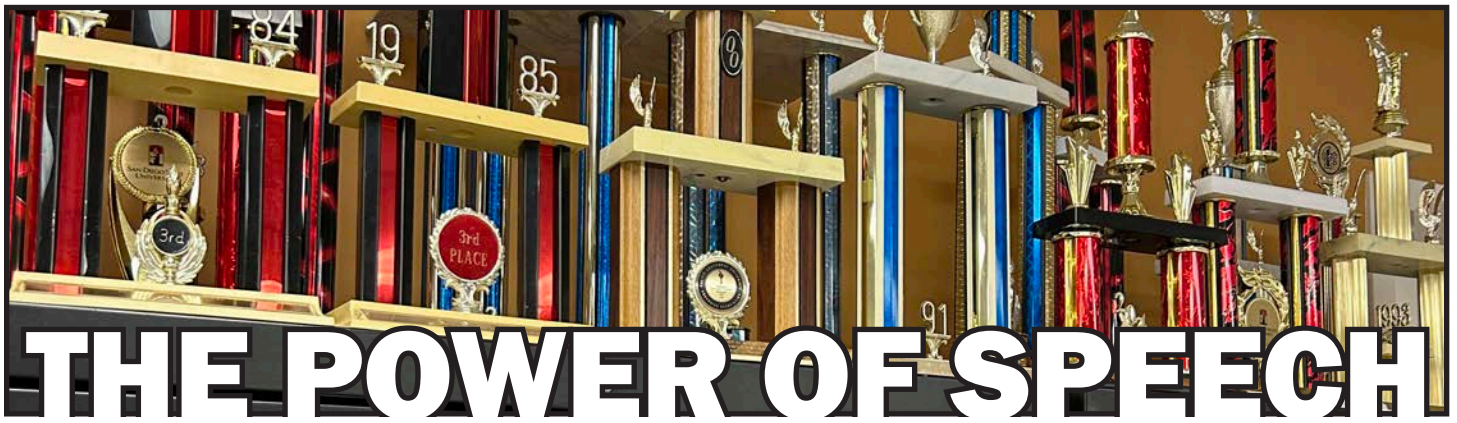
[AID, CONTINUED ON PAGE 14]



UPCOMING FINANCIAL AID WORKSHOPS (10-172)

- Oct. 11, 8:30 to 10 a.m.
- Oct. 25, 9 to 10:30 a.m.
- Nov. 1, 8:30 to 10 a.m.
- Nov. 8, 9 to 10:30 a.m.

CHATGPT 4.0



An alum returns to coach Speech & Debate after it profoundly changed his life.

BY NATHALY ESTREMERA

As a Grossmont alum who returned as Grossmont's new speech and debate coach after five years, Andrew Jassick is a living example of how impactful the program can be.

The U.S. Navy veteran started his education at Grossmont as a culinary arts major, then graduated seven years later with an associate degree in communication.

In 2016, Jassick was introduced to Grossmont's Forensics team, when he expressed interest in a class that would allow him to talk in front of a crowd. He sat in for one class, saw a poetry interpretation speech, then left, "because I said I would never be able to do that," Jassick recalled.

He said he was mesmerized by the speaker, yet so terrified that he did not officially join the team until two years later.

"And that's where I found everything I needed to believe in myself and graduate," Jassick said. Speech and debate "is what propelled me to actually do something with my life."

Jassick said he remembered the team having one coach at the time—now-Head Coach Roxanne Tuscany—and approximately 13 students in the class, with nine competing and five continuing to nationals.

Currently, the team has nearly 40 students, with 20 competitors and three coaches.

Jassick then continued his education at National University, where he achieved a bachelor's in psychology. That same year he attended the Annual Griffin Invitational and reconnected with Tuscany. She encouraged him to obtain a master's degree to teach at a college level. The following year, Jassick graduated with a master's in strategic communication from National University.

"It was with the sole purpose of coming back to teach at Grossmont," Jassick said. "That is the only reason why I did it."

Although speech and debate is a resource to help improve skills, it is more than that.

"[It] is not about the trophies and the awards," he said. "Inevitably, it will all be in your garage somewhere in a box."

Jassick described the program as an opportunity to tell your story in a world where we are rarely able to do so others know they're not alone.



"I can only imagine how many hundreds of people walked out of speech and debate believing in themselves like I did."

— ANDREW JASSICK

To join the team, students need to be registered for the class. However, it is not grade-focused; instead it emphasizes the learning process. Jassick described the class to be an intimate setting similar to therapy, as they sit and talk, share stories, collaborate and teach each other while gaining skills. During this process, students are encouraged to write speeches they resonate with.

Dr. Michael McHan, another coach on the

team, said, "It is powerful seeing the stories that arise from someone crafting a speech of their own."

Former team member and student volunteer coach Adrian Guzman y Ruiz shares a similar story. Guzman was enrolled at Grossmont with the aspiration to be a doctor, which soon changed after joining the team. Guzman currently attends UC San Diego's Marshall College studying public policy analysis and is now striving to become an attorney.

Guzman, who competed with the team in Japan, said that was his first time traveling outside of North America and if it were not for the team he would not have had the life-changing experience.

"Being able to be who you are and discuss what you want when you want," Guzman said through text messages when asked what speech and debate mean to him. "It is a meaningful and life-altering program that everyone should consider."

McHan added, "I think it says a lot that Adrian is not even a student here but he's still coming back to help as a student coach, it has meant that much for him."

This program has not only impacted students' lives professionally as a great resume builder but it opened opportunities for Jassick to teach overseas and allowed Guzman to seek public-interest internships. Through the program, students were able to create meaningful friendships.

Jassick emphasized the meaning of the program to be more than its title. As it is a safe space to be vulnerable, have an outlook to express yourself freely and tell your story. When he left the program he had two takeaways: he is not alone and now shares the responsibility to give people the opportunity to tell their story so others know they're also not alone.

The coaches are recognized to be a part of a pivotal moment in students' lives, instilling self-belief and improving

[SPEECH, CONTINUED ON PAGE 14]



The college's athletics are in full swing and the Griffins are giving it their all in every game. Every minute counts out on the courts and fields, as Grossmont gets closer to earning a spot in the championships and comes home to celebrate wins for our school. | STORY AND PHOTOS BY ANNET CARDONA

WOMEN'S VOLLEYBALL



The women's volleyball team, the PCAC conference champs, returns to the court with new and familiar faces and hopes to have the turnout of this season be a good one.

The team started their fall 2024 season with a win. Their first game of the season was against Cypress College 3-0. The team has been on a hitting percentage of .191, with an overall of 9-6 for this fall season. The Griffins were able to get the win and sweep Southwestern College 3-0. This season will allow them to compete again with Mesa College after their face-off in the finals.

MEN'S WATER POLO

The men's water polo started its 2024 season strong with a 19-3 win against Riverside. The team was on a winning streak of four games in a row. Their streak started with their win against San Diego Miramar, 22-9. In their recent tournament against Citrus College, the Griffins won 15-12 with an overall lead of three goals that secured their win.

WOMEN'S WATER POLO

Grossmont's women's water polo team has started its 2024 season on a high note with a winning streak of four games in their Golden West tournament by securing a 16-3 win against East Los Angeles College and 20-1 against Cerritos College 20-1. In their second tournament at Mt. San Antonio College, this time The Mountie Classic, the Griffins won both games against Santa Monica College, 15-2, and their last match of the tournament against Mt. SAC, 12-10. The game was very close between the two teams, but the Griffins were able to secure their win with a tight score of only two goals, which kept them on their four-game winning streak.



WOMEN'S SOCCER



Grossmont Women's Soccer is back and the team got its season off to a rocky start with its first game against Los Angeles Harbor, 0-3. Despite their loss, the Griffins secured a win against Imperial Valley, 4-0. The team is currently overall 1-6 for their

fall 2024 season. There are high hopes for the Griffins this year and they will come across good rivals that will challenge the team and hopefully give them the outcome they want.

FOOTBALL

The Grossmont football team started its season with a very bold entrance with its first home game, which ended up being memorable with a 24-12 win against Antelope Valley. The players gave it their all and played a great game to give their fans and the school a valuable win. The team also gave their new Head Coach Mason Mitchell their first home win of their 2024 season. The Griffins hit a record for Grossmont football with eight takeaways and had great plays by their offense that helped them secure their first home game victory. Since then, it's been three big losses in a row against Citrus, Mesa and Palomar, but the team is looking ahead to its next home game against Riverside on Oct. 19. 🦅



WOMEN'S WATER POLO TEAM FOLLOWING A WIN AGAINST EAST LA COLLEGE.

WHO'S MASON MITCHELL?

The Xs and Os on Grossmont's new head football coach. | BY A.J. FIUME

It's no secret Grossmont has struggled in football the previous years. However, Mason Mitchell is looking to change that.

Mitchell is a former arena football player for the Stockton Lightning, which led to his start in coaching.

"Coaching kind of fell into my lap," Mitchell said. "I just got done playing some arena football and got a call from one of my mentors who asked if I'd be interested in coaching and I said yes. He said stay by the phone, you're gonna get a call in a few hours."

That phone call was from Luther Burbank High School In Sacramento, where he coached the defensive line from 2010 to 2012. When asked what he learned from coaching at the high school level, Miller said, "You learn to simplify things because when you're coaching young men, the simpler the material is, the easier it is for them to retain it."

Mitchell then went on to coach at American River College in Sacramento from 2013 to 2018. He was the defensive line and run game coordinator, providing knowledge for both offensive and defensive playmaking.

"I learned that coaching football is more than Xs and being a teacher and a mentor, to help young men be the best version of themselves."

After six years as coordinator, he moved on to Humboldt State University in Arcata, California, where he became the assistant coach for the next two seasons. "It taught me the inner workings of running a football team from bed checks, to buying flight tickets to organizing bus rides," Mitchell said. "A lot of stuff the average fan doesn't see."

One season later, Mitchell moved south to Mt. San Antonio College



in Walnut, California, to become its new defensive coordinator. Under his coaching, the team allowed 14.1 points per game overall throughout the season, going 9-2, and 4-1 in conference play.

"What I learned there was that some coaches – I'm not going to say names, but some coaches – do things without rhyme or reason," he said. "When you do things for a reason, it's so much better."

Mitchell was offered the head coaching position this year, replacing long-time coach Michael Jordan. The Griffins are currently 1-4 overall and 0-1 in conference play, getting their first home victory against Antelope Valley.

When asked how they can carry the momentum through the season, Mitchell said: "We need to be consistent and put the players in the right. It is like physical chess. You want to bait someone into doing something they don't want to do while also dominating them physically."

Hopefully, with his wealth of knowledge and experience, Mitchell can guide the Griffins toward a new era in Grossmont football.

"I would like to be a member of the community, whether student or faculty," he said. "We have an open-door policy, and I want to help in any way we can." 🐦

GRIFFINS ATHLETICS SCHEDULE*

COMPILED BY NATHALY ESTREMER

MEN'S BASKETBALL

NOVEMBER

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

DECEMBER

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

WOMEN'S BASKETBALL

OCTOBER

29 at Azusa Pacific (5 pm)
30 at Redlands (7 pm)

NOVEMBER

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

DECEMBER

13 at Riverside (6 pm)

FOOTBALL

OCTOBER

19 vs. Riverside (3 pm)
26 at Saddleback (6 pm)

NOVEMBER

2 vs. Fullerton (3 pm)
9 vs. Mt. San Jacinto (1 pm)
16 at Southwestern (1 pm)

WOMEN'S SOCCER

OCTOBER

15 vs. Mesa (1 pm)
18 vs. MiraCosta (1 pm)
25 at Imperial Valley (3 pm)
29 vs. Palomar (1 pm)

NOVEMBER

1 at City (3 pm)
5 at Cuyamaca (3 pm)
8 at Southwestern (6 pm)

WOMEN'S SOFTBALL

OCTOBER

18 at Chaffey (noon), Pasadena (2 pm)
26 at Saddleback (6 pm)

NOVEMBER

2 vs. Fullerton (3 pm)
9 vs. Mt. San Jacinto (1 pm)
16 at Southwestern (1 pm)

WOMEN'S VOLLEYBALL

OCTOBER

16 at Miramar (5 pm)
18 vs. Mesa (6 pm)
23 at Southwestern (5 pm)
25 at MiraCosta (6 pm)

NOVEMBER

1 vs. Palomar (6 pm)
6 at Imperial Valley (5 pm)
8 at Cuyamaca (6 pm)
13 vs. City (6 pm)

MEN'S WATER POLO

OCTOBER

16 vs. Palomar (7:30 pm)
17 at Rio Hondo (11 am), at LA Valley (3 pm)

19 at Cuesta (8 am)
24 at Granite Hills vs. UCSD Club (7:30 pm)

26 at Crafton Hills vs. Chaffey (10:30 am), vs. Crafton Hills (noon)

30 at Southwestern (5 pm)

WOMEN'S WATER POLO

OCTOBER

16 vs. Palomar (6 pm)
30 vs. Southwestern (3 pm)

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

Easy Recipe

Haunted Trail Snack Mix

BY DEANNA RICE

Combine all ingredients in a bowl, mix together and enjoy!

Candy Corn -1 cup-

Pretzel Sticks -1 cup-

Bugle Corn Snack -1 cup-

Kettle Corn -1 cup-

Spicy Peanuts -1 cup-

Halloween M&M's -1 cup-

Autumn Leaves Colors

Why do leaves change color in the fall?

BY KENICHI NOZAWA

Three factors influence fall leaf color:

- Leaf Pigments
- Shortening Length of Night
- Cooling Weather

The amount and brilliance of the colors that develop in any particular autumn are related to weather conditions occurring before and during the time the chlorophyll, the pigment in the leaves, is dwindling. Temperature and moisture are the main influences.

SOURCE: USDA

What Smell Is Fall?

133 Grossmont College students say its.....

Seasonal Spices: Pumpkin And Cinnamon 62

Dry Leaves 14

Vanilla 12

The First Rain/ Morning Dew 16

Coffee 3

Thanksgiving Meal 4

Apple/ Apple Cider 8

Maple 5

Pine 7

BY ANGELA WILTFONG

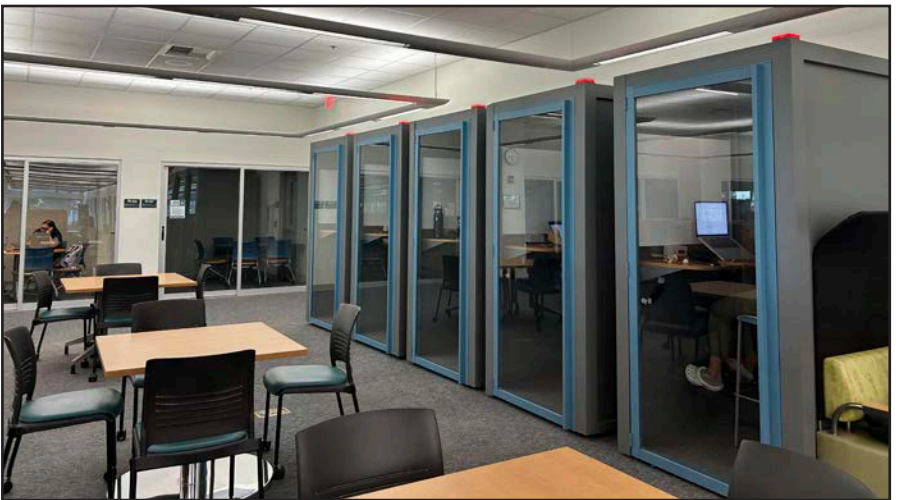
Smell	Count
Seasonal Spices: Pumpkin And Cinnamon	62
The First Rain/ Morning Dew	16
Dry Leaves	14
Vanilla	12
Apple/ Apple Cider	8
Maple	5
Pine	7
Thanksgiving Meal	4
Coffee	3



Building 70 is the home to the Library, Tech Mall and The Village, where students spend their free time studying, collaborating or using the resources available. Recently, the library has added new furniture and vending machines, and rearranged its setting to revamp the purpose of the first floor.

The dean of Learning and Technology Resources, Dr. Tate Hurvitz, said he wishes to transition the library's first floor to a welcoming space where students would like to socialize. Game boards are currently available to check out, and with the addition of the new food and beverage vending machines, students won't need to go far for a snack. The library also changed a few of their standard desk-and-chair furniture to more comfortable and interactive seating. Now students have a variety of choices from a zen table, couch booth and lounging chairs.

These changes will not affect the reliable studious environment the library has created. The second floor will remain a quiet, study-focused setting for students who prefer silence. However, this does not mean students are limited to studying upstairs only. The first floor contains Zoom booths that muffle outside noise, which are first-come, first-serve, as well as study rooms on both levels that can be reserved. Hurvitz said they focused on students' needs when making decisions, so by revamping the library to a more diverse setting, students are now able to excel in a setting they deem fit without needing to leave the building. 🐦





Filipino American History Month

Learn about the Philippines during the month of October.

By Jeanne Rivera

Cariñosa

A Filipino folk dance, the *cariñosa* is the national dance of the Philippines in which female dancers wear a Maria Clara gown and males wear a Barong Tagalog. A hand-held fan and handkerchief are often used as props.



Barong Tagalog

A formal or semi-formal national shirt.

Maria Clara

A formal gown with its name derived from the character Maria Clara in the novel *Noli Me Tingere*.

Sampaguita

The national flower of the Philippines.

SOURCES:
PHILIPPINE FOLK MUSEUM,
ASEAN INFORMATION

AID

[CONT. FROM PAGE 8]

In the same email, Gallego noted that the district's shift to a new financial aid system also helped "add to the complexity," adding that "despite these considerable hurdles" the district disbursed Pell grants to more than 2,000 students using the new system and provided eligible students with \$200 in bookstore credit to assist with purchasing textbooks at the beginning of the semester.

About a week later, a memo was sent to all Grossmont faculty about "an urgent matter" that Grossmont College was currently undergoing a federal financial aid program review for the Department of Education, which "has identified a deficiency where we may have overpaid some students." The memo was co-signed by Dr. Joan Ahrens, the senior Dean of College Planning and Institutional Effectiveness; Agustin Albarran, the interim vice-president of Academic Affairs, and Dr. Perla Lopez, the Academic Senate president.

The memo continued to say that students who are overpaid financial aid will "likely need to return the funds immediately," and if they do not, the college has to pay: "Otherwise, the college is held liable and unreturned funds will come directly from the college budget."

A Sept. 5 follow-up memo sent by the same people, and including the college president, instructed all Grossmont instructors who taught any classes over the last four semesters (Fall 2022 through Spring 2024) that they would need to verify "last date of academic engagement" for any identified students who received financial aid during this time. Over the past month, faculty have verified the statuses of thousands of former students.

Grossmont's Financial Aid Office has recently been facing an influx of students seeking help and information about financial aid.

"Hopefully, before it hits mid-October, we get our first disbursements," Alexander said.

The changes to federal student aid, exacerbated by the challenges faced by the district and the college, have caused students who require it to worry about their finances for this semester.

At the time issue went to print, Summit staff has not received responses to requests for comment sent to financial aid representatives at the college and the district. ❖

SPEECH

[CONT. FROM PAGE 9]

confidence. Guzman acknowledged McHan as the person who taught him to be a confident, effective speaker in every setting and a friend he is grateful to have met.

Tuscany has been the head coach for over 30 years.

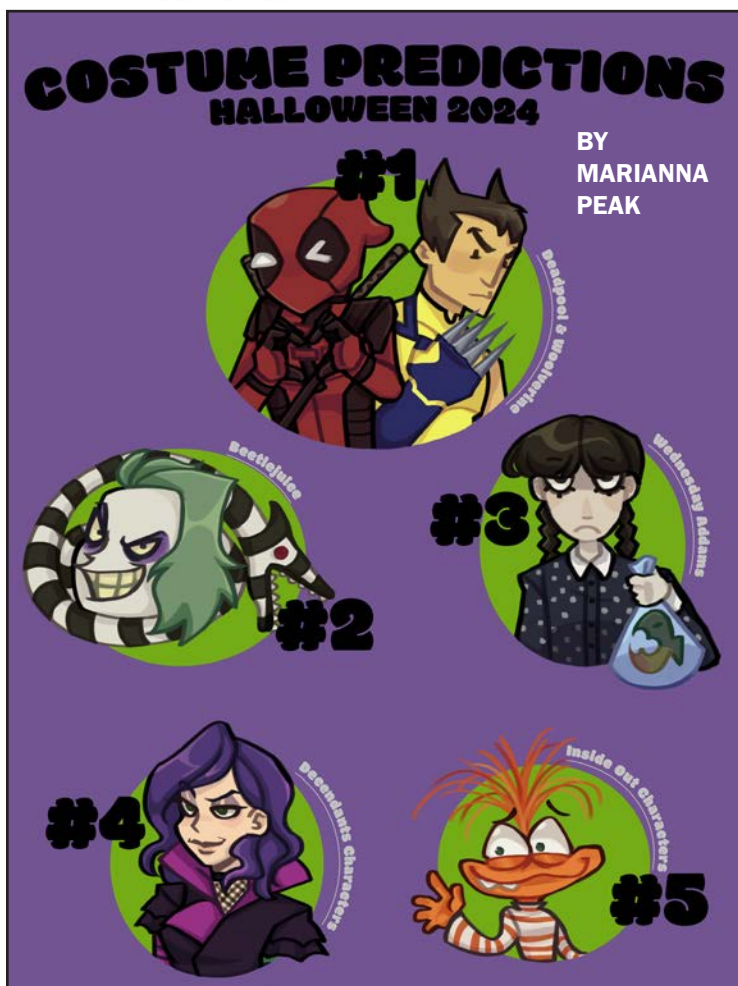
"I can only imagine how many hundreds of people walked out of speech and debate believing in themselves like I did," Jassick said.

It's not uncommon for the team to want to practice outside of class, off-campus, or over break although it is not required. The students are passionate and want to sharpen their skills according to McHan. Tournaments are day-long events, typically over the weekend, some include traveling. This level of commitment can speak volumes about the team's dedication and devotion as they're doing something they genuinely love, Jassick said.

The team encourages everyone to attend the Griffin Invitational, hosted at Grossmont, in November.

Speech and debate is an academic sport where connections are made, skills are created and memories are shared. Jassick is just one of many students Tuscany and McHan have impacted. He now lives a life he is proud to say he loves because of this activity and those who make this program possible.

"Roxanne [and] Michael gave me at least the knowledge that maybe I can be as important as they are," Jassick said. ❖





STORY TELLING

Journalist Ruben Navarrette kicks off Fall Reading Series. | BY NATHALY ESTREMER

The Fall Reading Series by Grossmont's Creative Writing program started with Journalist Ruben Navarrette on Sept. 25. Speaking during Banned Books Week, Navarrette emphasized the importance of storytelling.

The Harvard graduate from a farm town in Sanger, California, described his life as "Mr. Toad's Wild Ride" from Disneyland. Throughout his life, he said he learned humility, was fired, laid off or canceled 15 times for being too liberal or too conservative, but never for being a bad writer. Navarrette challenged readers to think, which may make others uncomfortable.

"We're about pushing one point of view," he said, referring to the media.


Navarrette talked about, "the power of the pen," as the Latino columnist with 4,000 plus op-eds, 400 editorials, a memoir "A Darker Shade of Crimson" published by the age of 26 and a story in "Chicken Soup for the Writer's Souls." As storytelling is a part of his life, Navarrette advised Grossmont students to think critically and from different perspectives, travel, find mentors, collect stories and learn to tell their own, because "nobody remembers data."


The reading series will continue to host influential authors, ending with New Voices, an event featuring student writers' work on Dec. 9.

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**.





LISTEN LIVE ON TUNEIN

➔



Buried in books?
We have spaces for quiet reading!

Visit GHD's Health & Wellness Library
We have Wifi, computers, copier, and quiet study rooms to assist GCC students in your studies

We are a public library featuring:

- Access to Gale Health Reference Center Academic
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- Access to TRC Natural Medicines Database
- Access to Patient Education Reference Center

9001 Wakarusa St.
La Mesa, CA 91942
619-825-5010

library@grossmonthhealthcare.org
www.ghdhealthlibrary.org



Library Hours:

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



BRAIN BOOST SOLUTION

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V	U	R	I	T	K	D	Z	Q	I	E	D	C	Q	S
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[PUZZLE ON PAGE 5]

THROUGH NOV. 8 ➔ Apply for scholarships! Just one application.
gcccd.academicworks.com/users/sign_up

REEL TALK

OH, THE
HORROR!

Spooky season is upon us, so here are some great films to watch in the dark.



LONGLEGS

| Review by Saul Ruiz

The marketing behind *Longlegs* really launched my expectations into the stratosphere, and whether or not I was blinded by my anticipation, I feel this film did not disappoint in the slightest. A unique perspective on household detective and paranormal tropes, the mind-screwing film *Longlegs* is best experienced firsthand. A story about an FBI agent investigating a string of homicides, linked by mysterious messages from one “Longlegs,” the film creates tension so thick you can chop it with an ax. Don’t think it’s a cut-and-dry crime horror much like *Silence of The Lambs*. The cinematography and score make you feel an aura that follows you after the film is finished. Coupled with Nicholas Cage’s electrifying performance, *Longlegs* makes you feel like you’ve got the teeth of the hydra upon you.



BEETLEJUICE, BEETLEJUICE

| Review by Aaron Luna

After 36 years, the long-awaited sequel to *Beetlejuice* has arrived. The film contains many returning cast members such as Winona Ryder, Catherine O’Hara and Michael Keaton in the title role, along with director Tim Burton. The film concerns Lydia Deetz, Ryder’s character from the original film, and her estranged relationship with her daughter Astrid, played by Jenna Ortega. When Astrid gets abducted into the afterlife, Lydia must summon Betelgeuse to help find her, all while a lover from his past is in pursuit of him. While the film looks great, with very atmospheric shots and lighting, it is not without its flaws. There are times where the film feels a bit like nostalgia-bait, such as expanding on single gags from the first film (such as the shrunken head guy) into whole supporting characters. In addition, the inclusion of Betelgeuse’s lover as a subplot adds too many villains to the film and slows it down at times. There are some highlights though, most notably being Keaton, whose character remains mostly unchanged from the original film, as well as newcomer Willem Dafoe, who ironically is not the most over-acting person in the whole film. This is a good film for Halloween time, but it’s probably one you’ll forget about come next October.



HEREDITARY

| Review by A.J. Fiume

Hereditary is a horror film directed by Ari Aster. This film explores grief, trauma and the real meaning behind inheritance. After their grandmother had passed, the family began experiencing paranormal events occurring in their home that led to the transformation of demonology and symbolism. This psychological thrill ride from beginning to end will keep you on the edge of your seat from the amount of fear and plot twists that will keep you in suspense wondering what will happen next. While the film captures revelations and terrifying imagery, the camera’s choice of angles and lighting at times make it feel as if you’re watching a low-budget film. Nonetheless, this movie is great to watch during the spooky season or on a regular Tuesday night to get your adrenaline pumping.

