

The

# SUMMIT



GROSSMONT COLLEGE'S STUDENT NEWS MEDIA | SEPTEMBER 2025

**HERE COMES  
*THE SUMMIT***





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PHOTO BY SAM POLLMANN

# The SUMMIT

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## SUMMIT STAFF

### Editor-in-Chief

Oscar Alcon

### Staff Writers

Lillian Day, Mikayla Estrada, Sam Pollmann

### Adviser

Dr. Jeanette Calo

## GROSSMONT-CUYAMACA COMMUNITY COLLEGE DISTRICT

8800 Grossmont College Drive

El Cajon, CA 92020

619-644-7454 | grossmont.edu

Governing Board Members

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### Student Members

Lu Tri Vi Huynh, Marcelia Villaseñor

### Chancellor

Dr. Lynn Ceresino Neault

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Dr. Pamela Luster

Contact us at

[summit@gcccd.edu](mailto:summit@gcccd.edu)



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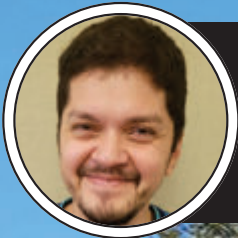
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# Summit Staff



## Oscar Alcon

Journalism major who hopes to transfer to San Diego State University. A die-hard sports fanatic who is a season ticket holder for the Wave FC soccer team.



## Lillian Day

Video production major with a special interest in journalism. Enjoys all things movies, fangirling and crafting.



## Sam Pollmann

Barista by day, bassist for a hardcore band by night. Journalism major who loves spending time hiking at Mission Trails and surfing at Black's Beach.



## Mikayla Estrada

Advancing into the unknown where adventure awaits. Enjoys sleeping, drawing, listening to music, and watching anime and cartoons in their spare time.

L TO R: OSCAR ALCON, SAM POLLMANN, LILLIAN DAY, MIKAYLA ESTRADA

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](mailto:summit@gccd.edu).**



# OPPORTUNITY ABOUNDS

Ladies and gentlemen, welcome to a brand-new school year at Grossmont! If it's your very first semester on campus or your final one, take the time to think about how you can make your college experience enjoyable and meaningful.

Actress Natalie Portman once said: "I'm going to college, I don't care if it ruins my career. I'd rather be smart than a movie star." By continuing your education – whether it's right after high school or coming back after taking a break – you can do anything you want. You can pursue any career, whether it's being a surgeon, an early childhood teacher or a public relations specialist; you can do anything your heart desires, and the opportunities will only expand after completing this journey.

My name is Oscar Alcon, and as I take on the role of editor-in-chief of *The Summit* this semester, I hope to see you walking around our beautiful



campus. Feel free to say hi, and once again, welcome to another semester of opportunities.

*Oscar Alcon*

Oscar Alcon, Editor-in-Chief

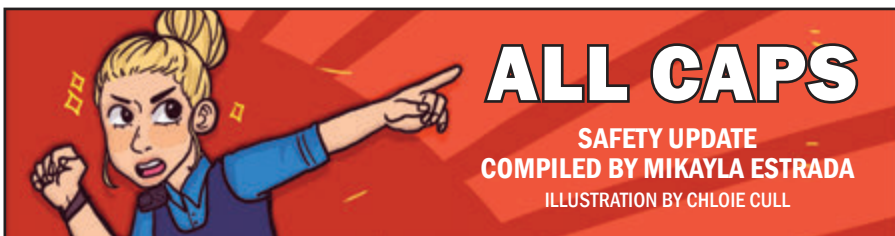
## CORRECTIONS & CLARIFICATIONS

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).

## MAY C&C

**Page 9 Correction:** The location of the International Admission office was incorrectly stated as Building 60. The correct location is Building 10.

**Page 13 Correction:** The California Community College's Common Course Numbering system was incorrectly abbreviated as CNN twice. The correct abbreviation for Common Course Numbering is CCN.



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:

- **June 10:** A sheriff notified CAPS about a non-student who had been told to stay off campus property. The deputies have been trying to serve him with a 626 stay-away order, which would result in a misdemeanor charge if he returned to campus.
- **June 16:** A shirtless man was reported wandering around campus. When assistance arrived, the man denied needing help and left the property shortly after being asked.
- **July 1:** Staff members have reported seeing a flashing object near the campus, which was believed to be an SOS signal. A deputy checked the area; however, there was no sight of anyone in danger.
- **July 8:** Petty theft of the newly posted parking permits being stolen from the parking lots has been reported.

\* *The Clery Act is a federal statute requiring colleges participating in federal financial aid programs to maintain and disclose campus crime statistics and security information. A daily crime log is kept allowing the public to view the most recent information.*

## CAMPUS CALENDAR\* COMPILED BY LILLIAN DAY

### SEPTEMBER

- 24:** Test Anxiety Workshop, noon to 1 p.m. (Online)
- 23:** Afro-Cuban Ensemble Concert, 7:30 p.m. (PVAC) \$
- 26:** Grossmont Symphony Orchestra Brahms and Bohemia featuring Cherry Yeung, 7:30 p.m. (PVAC) \$

### OCTOBER

- 1:** STEM Midterm Study Jam, 2 to 5 p.m. (MESA Center)
- 10:** Last day to apply for a degree/certificate
- 11:** First eight-week session ends | P/NP deadline for first eight-week session
- 14:** Blood Drive, 9 a.m. to 2:30 p.m. (Main Quad) | 47th Annual Career EXPO/Job Fair, 11 a.m. to 2 p.m. (Main Quad)
- 13:** Second eight-week session begins

## CULINARY ARTS (60-173)

- CA Comfort Food Dining Series  
**SEPT. 25, OCT. 2:** 5:15 to 7 p.m., \$
- Luncheon Dining Series  
**OCT. 1, OCT. 15:** noon to 1 p.m. \$

## THEATER (STAGEHOUSE THEATRE)

- The Servant of Two Masters*  
**OCT. 2-4, 9-11,** 7:30 p.m. \$  
**OCT. 4 and 11,** 2 p.m. \$

## CAREER CENTER (60-140)

- SEPT. 19:** Entrepreneurial Mindset, 11 a.m. to noon | Social and Diversity Awareness, noon to 1 p.m.
- SEPT. 26:** Elevate Your Customer Service Skills, 11 a.m. to noon | The Why, noon to 1 p.m.
- OCT. 1:** Exploring Majors Workshop, 2 to 3 p.m. (Online)
- OCT. 3:** Resume Writing Workshop, 11 a.m. to noon | Preparing for Interviews, noon to 1 p.m.
- OCT. 8:** Business Employer and Student Mixer, 12:30 to 2:30 p.m. (Griffin Gate)
- OCT. 10:** Creating an Elevator Pitch, 11 a.m. to noon | Mastering the Art of Networking, noon to 1 p.m.
- OCT. 13:** Pathways to Work: Info Session, 1 to 2 p.m.

## FINANCIAL AID

- Workshops (10-172)  
**SEPT. 19 and 26,** 9:30 to 11 a.m.  
**OCT. 2,** 3 to 4:30 p.m.  
**OCT. 3,** 9 to 11 a.m.  
**OCT. 10,** 9:30 to 11 a.m.

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

SOLUTIONS ON PAGE 15

### CROSSWORD: ALL THINGS SEPTEMBER

From pumpkins to Zodiac signs, capture the month's vibe in this puzzle.

#### ACROSS

- 4. One of two September birth flowers
- 5. National "Talk Like a \_\_\_\_ Day"
- 8. Pumpkin spice latte
- 9. National \_\_\_\_ League
- 11. Holiday on Sept. 1

#### DOWN

- 1. Birthstone of September
- 2. Zodiac of first half of September
- 3. First day of fall
- 6. The other September birth flower
- 7. National \_\_\_\_ Awareness Month
- 10. Zodiac of second half of September



### WORD SEARCH: HISPANIC CELEBRITIES

From Sept. 15 to Oct. 15, we celebrate National Hispanic Heritage Month. Mark the occasion by finding these famous Latin names in word game.

- |                  |               |
|------------------|---------------|
| ANA DE ARMAS     | RICKY MARTIN  |
| AMERICA FERRERA  | LIN MANUEL    |
| SELENA GOMEZ     | MIRANDA       |
| ARIANA GRANDE    | PEDRO PASCAL  |
| VICTORIA JUSTICE | ZOE SALDANA   |
| JENNIFER LOPEZ   | SHAKIRA       |
| DEMI LOVATO      | SOFIA VERGARA |
| BRUNO MARS       |               |



PHOTO BY SAM POLLMANN



STORY BY SAM POLLMANN



# MENTAL HEALTH SERVICES:

It's the best investment you've **already made.**

**T**his semester, all Grossmont students paid a \$22 mandatory health fee, which provides students with access to free mental health resources, including counseling, various forms of therapy and wellness workshops.

But if you're a student struggling with mental health, you may not know about the free services available to you at the campus's Health and Wellness Center. Located in the Student Center (60-130), the staff at the center aims to help students in crisis by offering free counseling and other mental health services.

So what can you expect from that health fee you already paid?

## WHAT TO EXPECT

Free counseling from licensed counselors is one of the many services offered by the Health and Wellness Center. "Students can walk in, and if one of us is available, we will see them right away," said Leticia "Leti" Estrella, a mental health counselor at Grossmont.

According to Subhawana "Su" Pradhananga, a registered nurse at the center, students who are willing to wait for an appointment can fill out an online availability form, and a counselor will contact them to schedule an appointment.

Pradhananga said the center hosts a "very diverse group of healthcare professionals," with many speaking more than one language, serving Grossmont's equally diverse student community.

Pradhananga said the center is also an LGBTQ+-friendly space. "We are allies," Estrella said.

According to Matthew Ring, another mental health counselor, the center also hosts workshops, which can be a good option to take advantage of the college's resources without having to commit to an appointment with a counselor.

This month, the center offered virtual workshops for time management, stress management and dealing with test anxiety. Workshops and events by the Health and Wellness Center are posted on the Grossmont website and the center's Instagram page.

"It's a diverse team of nurses and mental health counselors," Pradhananga said. "So we're taking care of the whole person versus just the physical need or just a mental need."

Although staff at the center do not have a way to prescribe medication for mental health treatment, counselors will work with students to get them connected

with clinicians who can, according to Ring. He said students with insurance looking to connect with a psychiatrist or other healthcare professionals can come to the center for help.

Despite the Health and Wellness Center offering a variety of support from a team of licensed professionals, some students are unaware of the resources available to them.

Student Antonio Fernandez said he doesn't know a lot about mental health services on campus and wishes there were more information posted around campus. "I feel like I've seen posters up for pretty much everything else," he said.

## INTERVENTION ANXIETY

Another student, Elizabeth Cepeda, said she also had seen very few posters or advertising for therapy or any of the other mental health services on campus, and touched on some students' apprehension about accessing mental health resources.

"I think even if students do hear about it, they're still a little more reserved, because everyone's always scared to reach out for that kind of thing," Cepeda said.

Both students agreed they had seen

posters for the 988 suicide and crisis lifeline that read: “If you or someone you know needs support now, call or text 988 or chat 988lifeline.org.”

However, some students express anxiety about calling 988 due to potential involvement of law enforcement.

“I feel like that’s a slippery slope to go down for sure,” Cepeda said. “Like, you’re calling for help and then law enforcement is getting involved, that’s a really tense situation to be in.”

According to the 988 Lifeline website, “less than two percent of 988 Lifeline calls involve emergency services,” and in the majority of cases, “emergency dispatches occur with the callers’ consent.”

According to Dianne Abdullah Smith, a Health Services Specialist at Grossmont, the Health and Wellness Center has seen an increase in students in crisis seeking immediate assistance. As a result, 988 posters have been displayed to provide students with access to a lifeline, even when the center’s staff is unavailable.

Pradhananga mentioned that the clinicians at the center are also trained to handle crisis interventions.

She said if a clinician isn’t available to support a student in crisis, the center also has access to external resources to



L TO R: SUBHAWANA “SU” PRADHANANGA, DIANNE ABDULLAH SMITH, LETICIA “LETI” ESTRELLA, ELAINE ADLAM. | PHOTO BY SAM POLLMANN

support students. According to Pradhananga, the center has a partnership with the County of San Diego’s Mobile Crisis Response Team, which can assist students, “especially when the counselors are not available,” she said.

The Mobile Crisis Response Team, or the MCRT, is usually comprised of two clinicians and a peer mentor who can help to talk to students, Pradhananga said. She said the MCRT is a voluntary service, so students would not be forcibly admitted to care, and there is no risk of law enforcement getting involved.

### BEYOND TALK THERAPY

Pradhananga said outside the fears of getting crisis care, many students don’t know that receiving therapy at the center is more than just talking to a licensed clinician. “All they have is

what they see in movies,” she said.

Estrella said many of the counselors have additional training in different techniques such as narrative therapy, sound healing and hypnosis.

Taking care of mental health can also mean spending some quiet time in nature.

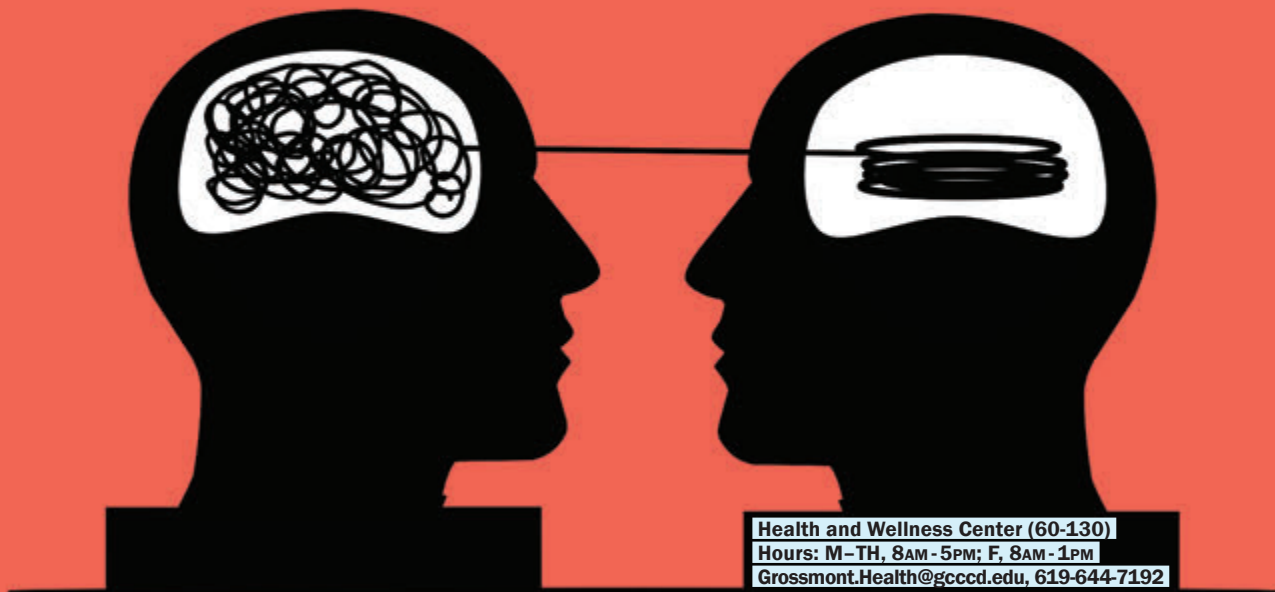
When the September heat subsides, Smith said many of the counselors have been meeting in the main quad area at 3 p.m. for “grounding” sessions.

Students are invited to take their shoes off and sit in the shade to feel the ground beneath them. According to Pradhananga, scientific research has shown that having a physical connection with nature can be beneficial for mental health.

Ring said, “Having the resources here that people need, I think, is a good step in supporting our students so that they can be successful and meet their goals.”

Smith said she wants all students to know they are welcome into the Health and Wellness Center, and the team is ready to support students, whether their needs are mental or physical.

“Our doors are open,” she said. “Come on in. Don’t be afraid.”



**Health and Wellness Center (60-130)**  
**Hours: M-TH, 8AM-5PM; F, 8AM-1PM**  
**Grossmont.Health@gcccd.edu, 619-644-7192**

ILLUSTRATIONS BY MOHAMED HASSAN (PIXABAY.COM)



# PERMITS REQUIRED

AS STUDENTS SETTLE  
INTO CAMPUS LIFE,  
A NEW ROUTINE SETS IN:  
BUYING A PERMIT  
TO PARK EACH SEMESTER.

**A**s students returned to campus this semester, they learned parking permits will now be required each term for the foreseeable future.

Beginning Sept. 8, all cars need to have a permit, which is now digital only, according to Jennifer Kearns, the director of Public, Government, and Community Relations for the Grossmont-Cuyamaca Community College District.

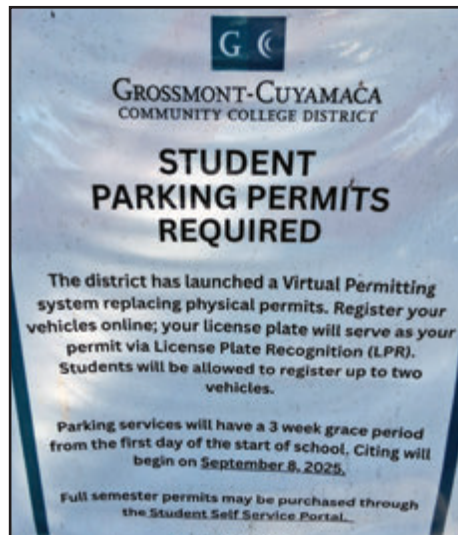
“This is a benefit for students, as the virtual permits allow for instant registration, and there are no more physical hangers or stickers, which means no more lost permits,” Kearns said.

The virtual parking permits are valid for Grossmont and Cuyamaca colleges, Kearns said, adding that students can include a second vehicle on their permit.

The district historically charged for parking until the 2020 pandemic. Sarhar Abushaban, vice chancellor of Business Services for the district, said when COVID-19 hit nationwide, the majority of classes moved online and parking permits were suspended.

Abushaban said the district planned to continue to suspend parking permits until 2024; however, it ended up waiting another year until more students arrived. The federal and state governments had been

providing funds to Grossmont, and some went to parking and services. Abushaban said this COVID-19 funding was spent as of July 30.



Fees from the parking permits now required of students, guests and staff will help enable the district to pay its necessary expenses. The citation for not having a permit is \$45.

“We are projecting that parking fees for 2025-26 will generate about \$400,000,” Abushaban said, adding that with the funds,

there would be maintenance and repairs for the lots and spaces in the parking areas, as well as other areas of campus.

Student parking permits cost \$40 each semester, or \$20 with a California College Promise Grant (CCPG) Waiver.

Melissa Murphy, assistant college cashier for Grossmont, works with students paying for tuition and citation parking payments. Murphy said students can make purchases on Self-Service.

Kearns said Self-Service has step-by-step guides to help students purchase a permit.

Motorcycle permits are not required for Grossmont. Students who have a disabled placard are not required to have a GCCCD parking permit, but must be able to show placard and registration. A one-day parking fee for guests is \$2, payable via a QR code displayed around campus.

Campus and Parking Services, or CAPS, can provide more information about parking and permits. Email [district.parking@gcccd.edu](mailto:district.parking@gcccd.edu), call 619-644-7654 or dial 7654 from a campus phone. ↘

SCAN FOR MORE  
INFO ON PARKING  
PERMITS.







# GRIFFIN GRILL... OR BUST

With Java Market Closed, the Grill becomes the only freshly made food option on campus.

STORY BY OSCAR ALCON AND MIKAYLA ESTRADA

In the heart of the Griffin Center, Java Market is gated, with a sign stating the coffee shop is closed. That now leaves the Griffin Grill the only place on campus where students can get freshly made food.

Located in Building 60, Griffin Grill reopened when the semester started. It sells food items such as pizza, fries, burgers, and associated drinks and chips. But getting food at the Grill isn't always a piece of cake for students.

Many students have been waiting in line for a while to get and pay for their food, possibly showing up to class late or not getting food at all.

Grace Wofford, the chief manager of Genuine Food, explained why one cashier is working at the Grill.

"The reason we only have one cashier, that is how we are budgeted for," Wofford said. "I am always looking to hire great candidates for all positions; it just depends on the needs of the business and what the budget allows us to maintain."

While some students have complained about the prices of the food at the Grill, Wofford said it is freshly made and affordable. "We are cheaper than any fast-food place, and we make food from scratch," she said.

Grossmont student Quora Reese said she rarely goes to the grill since there

aren't many choices for vegetarians and vegans.

"I'm a vegetarian, so there's not always a lot of options for me," Reese said. "I'll look around every once in a while, but it's just pizza and hot soup."

One reason that some of the variety of items are not there is that the refrigeration has been down for a month, according to Wofford.

"The reason we do not have a variety with more options is that our refrigeration has been down for a month. We are waiting for the school to fix it," Wofford said. "With no line refrigeration, it doesn't give us any options to put more than we are producing now."

Wofford also said she doesn't know what is replacing the Java Market.

"It's up to the school on what will be replacing

Java," she explained. "Genuine Foods will not be participating in a standalone coffee shop. We provide coffee service at Griffin (Grill)."

During this semester, the Griffin Grill will be the only eatery open throughout the semester. It is open Monday through Thursday, from 10 a.m. to 2 p.m., and closed on Fridays. 🐾



Want to be featured in next month's issue? Give us your feedback! Scan the QR code and fill out the form. Leave your email and you may get a follow-up message from The Summit staff.



SEPT. 15 to OCT. 15 is

## LATINE HERITAGE MONTH

**SEPT. 16: Kick Off Celebration,** noon to 2:30 p.m. (Main Quad). Come celebrate the start of Latine Heritage Month with music and tacos.

**SEPT. 29: SD Concilio Report Presentation,** 12:30 to 1:30 p.m. (100-102A). San Diego Concilio will present key findings on Latinx education in the region and hold a Q&A.

**SEPT. 30: Yosimar Reyes,** 9:30 to 10:30 a.m. (Library Living Room). Come learn from and listen to poet, artist and activist Reyes, who will be sharing some of their newest work on aging within the undocumented community.

**OCT. 2: Unmasking Latino Anti-Black Bias & Moving Toward Meaningful Solidarity,** 10:45 a.m. to 12:30 p.m. (Griffin Gate). Book talk and Q&A with Professor Tanya K. Hernandez about her book *Racial Innocence*.

**OCT. 3: Author Rudy Guevarra,** 11 a.m. to noon (Zoom). Join an online conversation with Dr. Rudy P. Guevarra, Jr., co-editor and co-author of *Culinary Mestizaje: Racial Mixing, Migration, and Foodways in the U.S.*

**OCT. 9: National Latino/a Physician Day,** 11 a.m. to 12:30 p.m. (Griffin Gate). Six percent is not enough! Join an enlightening and engaging Latino/a Physician Panel, where professionals from diverse specialties share valuable insights.

**OCT. 9: National Coming Out Day Celebration,** 11:30 a.m. to 2:30 p.m. (Main Quad). Show your Latine LGBTQ+ Pride! There will be food, an interactive paint wall and a Coming Out walkway where you can strut your stuff.

**OCT. 15: Cafecito y Crafts,** 11 a.m. to 1 p.m. (The Village, LTRC). Celebrate Undocumented Student Week of Action in a welcoming community space. Learn and craft while sipping on delicious *cafecito*. 🐾

# EQUITY AVENGER TAKES OFFICE

**Dr. Pamela Luster steps in as Grossmont's interim president.**

STORY AND PHOTOS BY SAM POLLMANN



Joining the many new faces of students and faculty this semester is Dr. Pamela Luster, who takes over as Grossmont's interim president after the departure of former president Denise Whisenhunt last semester.

Luster will remain interim president until Dr. Lynn Neault, the chancellor of Grossmont-Cuyamaca Community College District, begins the process of selecting a new president.

After 11 years at Mesa College, Luster retired as president emerita to start Luster Higher Ed Group, where she offers "strategic planning, executive coaching," and other expertise services from her experience as a leader in higher education.

Luster said she chose to become Grossmont's interim president after some convincing by Neault and Dr. Jessica Robinson, the president of Cuyamaca College, who are both former colleagues.

Regardless of the interim title, Luster said she is fully committed to improving Grossmont College. "I am all systems go, working really diligently to move the institution forward," Luster said.

Luster said she hopes to "smooth the on-ramp" for whoever comes after her. "When the president comes in, maybe we've moved some obstacles out of the way or we've started some good initiatives that they can come in and take over," she said.

Luster has a history of being an equalizer

in education, having served as a co-chair on the Chief Executive Officers of the California Community Colleges Task Force on Affordability, Food and Housing. She also co-founded the Equity Avengers, who work with leaders in higher education to address inequities for marginalized communities. Right out of graduate school, Luster became an adjunct professor at West Valley College,

**"I am all systems go, working really diligently to move the institution forward."**

**-DR. PAM LUSTER**

teaching students with learning and hearing disabilities, Luster said.

"Pam is super supportive," said Matthew Ring, a mental health counselor at Grossmont. "We wish that she would come out of retirement and take the job full-time."

Luster said one of her major goals while serving as president is to improve campus infrastructure through the existing facilities bond.

"I am a big supporter of making sure we create an environment where people

want to come to work every day," she said. "Because if we don't, students aren't going to get what they need from us."

Luster said she believes the Accessibility Resource Center and other student services could be centralized in one location, allowing students to come to one place for support instead of "hunting and pecking" for separate buildings on campus.

Recently, enrollment data shows a dip in 25- to 30-year-olds at Grossmont, according to Luster. She said she hopes to offer those students a reason to return to college through career advancement, which would allow them to find jobs that pay a living wage.

Luster said community colleges are like "the Ellis Island of higher Ed," often representing a diverse community of individuals that benefit from a strong community institution with equitable access to education and career-building resources.

"For me, it's about creating a sensible belonging for students who want to take advantage of what we do, and not all people arrive with an equal toolkit to be able to do that," Luster said.

Bernadette Black is one of Luster's assistants in the academic office. "With her experience, I am confident that her leadership will help Grossmont College meet its mission and vision while supporting the ever-changing needs of our students," Black said in an email.

[ LUSTER, CONT. ON PAGE 14 ]



# CLASSIC CHAOS, MODERN SPIN

Stagehouse Theatre will present  
the zany comedy *The Servant of Two Masters*.

STORY BY LILLIAN DAY

**G**riffins take the stage in the first two weeks of October, presenting *The Servant of Two Masters*, a reenvisioned Italian comedy directed by Geno Carr and adapted by AJ Knox and Samantha Ginn.

The play follows the servant Truffaldino, played by Lizzie Cisneros, who takes on the job of serving two masters to gain double the food and money.

In true Italian comedy style, the play delivers a considerable amount of physical comedy: running, falling and, as Cisneros puts it, "clowning." To achieve this level of physical comedy, the cast does not jump into rehearsals. Instead, it starts by playing games.

"When we start with games, it's usually to warm up how we want to work for the night," Cisneros said. "If we're doing chaos in our games that we play, then it's going to be chaos, controlled chaos, when we are actually rehearsing."

Cisneros said the physical comedy elements of the play were similar to those of *The Three Stooges*. The energetic environment created during games transfers into the cast performance, creating a much more entertaining experience for future audiences.

According to Carr, a comedy with more physical elements requires more planning than most comedies to maintain the idea that each act is spontaneous and happening right before the audience's eyes. For this particular play, the "controlled chaos" Cisneros mentioned is in the planning of actors' movements.

Carr said the plan of movements "is what brings the words and the actors to life on stage." He added that his process begins with the primary traffic, and the rest comes naturally to the actors.

When asked how they managed their abundance of choreographed movements, Cisneros said, "I always keep a pencil handy on me."

The cast does not stick to a completely fixed plan. According to Carr and Cisneros, meeting with the playwrights, Knox and Ginn, gave them and the cast even more space to make the play their own. They said it opens the door to new comedic bits and jokes that make the play more relevant to contemporary audiences, while also allowing room to tinker with line delivery.

"It's definitely a collaborative effort more than some shows," Carr said.

To reflect themselves in their character, Cisneros said they chose to deliver their punch line in a serious tone, matching their own sense of humor.

"We are molding these characters into a form of ourselves," Cisneros said.

Despite the personal elements of their line delivery, Cisneros said they found it challenging to commit to the physical comedy in their scene as well as in the wordplay of their lines, such as drawn-out alliteration.

There are also elements of the play that can be both entertaining for the audience to see and the cast to perform.

"I love the parts where I actually get to connect with an audience member," Cisneros said. In a few undisclosed moments, the audience becomes part of the play, according to Cisneros.

With each actor's own twist on their performance and the collaborative nature of comedic elements, audiences can look forward to a play that is charming, immersive and relatable.

"It's definitely not an old 18th-century comedy," Carr said. 🐦



STAGEHOUSE THEATRE COMPANY FROM *THE SERVANT OF TWO MASTERS*.  
| PHOTO BY STEPHEN HARVEY

ILLUSTRATION BY MADISON KING





Under fresh leadership, the Griffins are focused on victory and ready to launch a new era.

BY OSCAR ALCON

Whether on the court or in the sand, Grossmont volleyball has built a reputation for winning. The women’s team closed last season with a 19-9 record, including a strong 12-4 mark in conference play.

Now, with a new season ahead and a new coach at the helm, some wonder how the program will adjust to a different style of play. But Alys Wertz, stepping in as head coach, said she’s planning to keep the winning streak going and maybe even send the Griffins soaring to new heights.

“For as long as I can be a head coach, I want to build the respect of volleyball and bring a state championship to Grossmont for the first time since 1989,” Wertz said.

Wertz previously came from Sierra Linda High School in Phoenix. Before that, she was an assistant beach volleyball coach at Arizona Christian University. Grossmont announced Wertz as the new head coach this summer, and she said she is excited to start this new chapter of her coaching career.

Wertz replaces Brooke Callahan, who is now the head coach at San Diego Miramar College.

Some players said they were surprised by the coaching change, as they were unaware Callahan was leaving.

“It was a bit of a shock,” second-year Norma Ramirez said, “but she’s (Wertz) been doing a great job with us.”

Cadence Doan, a beach volleyball player who is playing her first year indoors, agreed.

“I was shocked at first, but I’m open to having a new coach,” Doan said. “It’s different because it’s a new style with Coach Wertz.”

Andrea Torres, also a second-year player, said Wertz has been doing



**“For as long as I can be a head coach, I want to build the respect of volleyball and bring a state championship to Grossmont for the first time since 1989.”**

**—ALYSA WERTZ**

PHOTOS COURTESY OF GRIFFIN ATHLETICS





well building the team.

“She’s doing a good job getting to know each and every player and understanding everyone,” Torres said.

Players said Wertz’s gameplay differs from the previous coach, but they’re adjusting well and growing comfortable with it.

“My goal is to win,” Wertz said. “Also, I want to set up all of the same fundamentals with this team. I want to have one set way traditionally so it can help us be successful.”

The Griffins will host the first conference game Sept. 19 against Southwestern and the season will conclude Nov. 14 against Mesa. Home volleyball games are held in the gymnasium (Building 43). 🦅

# FALL ATHLETICS SCHEDULE\*

## Whether it’s out on the field or court, or even in the pool, support your Griffins this semester!

COMPILED BY OSCAR ALCON

### FOOTBALL

#### SEPTEMBER

- 20 vs. LA Valley (3 p.m.)
- 27 at Victor Valley (5 p.m.)

#### OCTOBER

- 11 vs. West LA (3 p.m.)
- 18 at LA Pierce (6 p.m.)
- 25 at Santa Monica (6 p.m.)

#### NOVEMBER

- 1 vs. San Bernardino Valley (2 p.m.)
- 8 vs. Glendale (1 p.m.)

### WOMEN’S SOCCER

#### SEPTEMBER

- 23 at MiraCosta (2 p.m.)
- 30 vs. Imperial Valley (1 p.m.)

#### OCTOBER

- 3 at Palomar (3 p.m.)
- 7 at City (3:30 p.m.)
- 10 vs. Cuyamaca (1 p.m.)
- 14 vs. Southwestern (1 p.m.)
- 17 vs. Miramar (1 p.m.)
- 21 vs. Mesa (1 p.m.)
- 24 vs. MiraCosta (1 p.m.)
- 31 at Imperial Valley (3 p.m.)

#### NOVEMBER

- 4 vs. Palomar (1 p.m.)
- 7 vs. City (1 p.m.)
- 12 at Cuyamaca (3 p.m.)

### WOMEN’S VOLLEYBALL

#### SEPTEMBER

- 24 vs. Cuyamaca (6 p.m.)
- 26 at Miramar (6 p.m.)

#### OCTOBER

- 1 at City (5 p.m.)
- 3 vs. MiraCosta (6 p.m.)
- 8 at Palomar (5 p.m.)
- 10 vs. Imperial Valley (6 p.m.)
- 15 at Mesa (5 p.m.)
- 22 at Southwestern (5 p.m.)
- 24 at Cuyamaca (6 p.m.)
- 29 vs. Miramar (6 p.m.)
- 31 vs. City (6 p.m.)

#### NOVEMBER

- 5 at MiraCosta (6 p.m.)
- 7 vs. Palomar (6 p.m.)
- 12 at Imperial Valley (5 p.m.)
- 14 vs. Mesa (6 p.m.)

### MEN’S WATER POLO

*Home games played at Joan Kroc Center*

#### OCTOBER

- 1 vs. Mesa (3 p.m.)
- 3 at Saddleback vs. Santa Monica (9:30 a.m.)
- 7 at Cypress (7 p.m.)
- 15 at Palomar (2 p.m.)
- 22 at Miramar (2 p.m.)
- 25 at Crafton Hill (6 a.m.), at Chaffey (10:30 a.m.)
- 29 vs. Southwestern (3 p.m.)

### WOMEN’S WATER POLO

#### OCTOBER

- 22 at Miramar (3:30 p.m.)

### MEN’S BASKETBALL

#### SEPTEMBER

- 19 at Cerritos vs. TBD (TBA)
- 20 at Cypress vs. LA Pierce (10 a.m.)

#### OCTOBER

- 23 vs GCU Club (3 p.m.)

#### NOVEMBER

- 6, 8 Mt. Sac Invitational (TBA)
- 15 vs. LA Harbor (3 p.m.)
- 19 at El Camino (5 p.m.)

#### DECEMBER

- 2 at Desert (6 p.m.)
- 5-7 Grossmont Invitational (TBA)
- 10 at Rio Hondo (5 p.m.)
- 13 vs. Santa Ana (6 p.m.)
- 17 at City (7 p.m.)
- 19 vs. Imperial Valley (6 p.m.)
- 30 at LA City (TBA)

**\* EVENTS SUBJECT TO CHANGE; VISIT GROSSMONT.EDU FOR LATEST INFO.**



GROSSMONT COLLEGE INTERIM PRESIDENT DR. PAMELA LUSTER  
| PHOTO BY SAM POLLMANN

## LUSTER [CONT. FROM PAGE 10]

Even in the short time Luster has been at Grossmont, she said she has been impressed, noting the exceptional faculty and positive indicators of student success.

“It’s a super friendly place with really smart people who I think really come to work every day, really wanting their students to be successful,” she said.

Luster said she is “always learning,” whether she’s talking to people in her professional life or enjoying a book at home. “If you stop asking yourself to learn new things, then to me, you’re not really a progressive educator,” she noted.

Although it isn’t certain how long Luster will remain interim president at Grossmont, she said she is committed to the abundance of work needed in the present to address barriers to student success.

“There are walls everywhere, and we have to look for them and we have to nudge them over, get a ladder,” she said. “Whatever that looks like.”

# WHAT’S IN A SUNSET? Fall sets the stage for red light particles.

STORY AND PHOTOS BY SAM POLLMANN

If you’re a student of meteorology or just another sunset enthusiast on Instagram, you may know that particularly vibrant sunsets seem to accompany the start of autumn. Though with so many images of spectacular skies permeating your social media feed, you likely have never stopped to wonder what makes fall sunsets so remarkable.

According to the National Oceanic and Atmospheric Administration, fall sunsets appear distinctly vibrant due to the sun’s low angle in the sky and unique atmospheric conditions during the autumn months.

One of the major factors is the comparatively cleaner air during the fall compared to the rest of the year. According to the Weather Channel, fall and winter often bring cooler and drier air that tends to reduce the amount of pollutant particles in the air. With fewer

pollutants in the air, less light is obstructed, resulting in brighter and more vibrant sunsets.

The red, orange and yellow colors we associate with sunsets are a result of how sunlight interacts with particles in our atmosphere. According to the NOAA, when the sun is low in the sky at sunset, sunlight takes a long path through Earth’s atmosphere. Some colors – like blue, violet and green – are scattered away by air particles, while the other reddish colors make it all the way to our appreciating eyes. Physics students may know that this selective scattering is due to the difference in wavelength across the visible light spectrum.

Next time you post a brilliant sunset, give a shout-out to the particles that traveled over 90 million miles just for you to see a beautiful sunset!



▲ HUNTINGTON BEACH ▶



▲ JUNE LAKE



▲ HUNTINGTON BEACH





# BRAIN BOOST SOLUTIONS

[ PUZZLES FROM PAGE 5 ]

## CROSSWORD: ALL THINGS SEPTEMBER

1S A P P H I R E

2V I R G L O R Y

3T W E N T Y

4M O R T I N G G L O R Y

5P I R A T E

6A S

7S U I C I D E

8S E C O N D A Y

9F O O T B A L L

10L I B R A R Y

11L A B O R D A Y

## WORD SEARCH: HISPANIC CELEBRITIES

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



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Closed Sunday



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

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# 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



# REEL TALK | REWIND IT BACK

First things first! These films will prep you for the next chapter.



## FIVE NIGHTS AT FREDDY'S

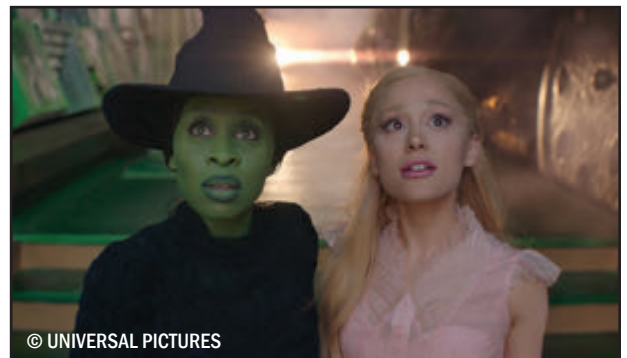
| Review by Mikayla Estrada

*Five Nights at Freddy's*, an indie horror video game released in 2014, became one of Blumhouse Studio's main on-screen attractions. Like the original game, the 2023 movie features five missing children and Mike Schmidt (Josh Hutcherson), a security guard who earns a low salary. The film lacks the horror and creepiness of the game; however, it opens new doors for both old and new fans, featuring new events, character interactions and lore that separates it from the game. Now's a good time to check out the film, as *Five Nights at Freddy's 2* is set to be released Dec. 5. The clips and the storyline for the sequel seem far more interesting, with a hint of horror many fans found missing from the original. Prepare for a darker turn. ★★★★★

## WICKED

| Review by Oscar Alcon

Ten years before Dorothy Gale walked on the Yellow Brick Road leading to Emerald City to see the Wizard of Oz, there was *Wicked*. Based on the Broadway play, the movie tells the backstory of how Elphaba (Cynthia Erivo) became the Wicked Witch of the West and how Glinda (Ariana Grande-Butera) became the Good Witch. The film features many memorable songs, from the finale of "Defying Gravity" or Grande's high kick with "Popular," which I believe is the best song in the movie. *Wicked* is amazing and I highly recommend it, especially since *Wicked: For Good* is coming out soon. ★★★★★



## TRON

| Review by Sam Pollmann

On the surface, 1982's *Tron* may seem like a standard good-versus-evil sci-fi plot set in a world of dated visual effects, at least compared to the modern visual effects in cinema. However, the theme of sentient computers rising from the pursuit of convenience and profit remains particularly relevant in today's world of artificial intelligence and personal data harvesting by advertising companies. Overall, *Tron* continues to stand out as a thematically relevant film, while representing a cinematic milestone in the development of computer-generated graphics. That being said, it might be a tough transition into the modern Disney incarnation of the series if you intend to watch the series back-to-back in preparation for *Tron: Ares*. ★★★★★

## ZOOTOPIA

| Review by Lillian Day

*Zootopia* is Disney's 2016 animated buddy cop film. It follows Judy Hopps as she achieves her dream of being the first rabbit officer of Zootopia, although parking duty isn't what she had in mind. To prove herself as a real cop, she investigates a missing mammal case, but she must entrust a cunning fox, Nick Wilde, to crack it. The film explores themes of prejudice, stereotypes and empathy. Additionally, it shares an unmatched level of banter from Hopps and Wilde, the greatest buddy-cop duo. It's a timeless film for all ages to gain a greater understanding of social issues through symbolism and to get laughs. I can't wait to see what the power couple has in store for us in *Zootopia 2*. ★★★★★

