



**OPINION:
CLIMATE CHANGE**



"Although the issue is only making headlines now, the harsh reality is that climate change has been threatening society for a while now."

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Absolute Zero dance team performance at the Asian Night Market 2020 // Photo by Nithish Narasimman

UNIVERSITY

UC Regents Postpone Vote on Potential Tuition Increase

BY DAISY SCOTT EDITOR-IN-CHIEF

Following vocal opposition from the University of California Student Association, the UC Board of Regents postponed voting on actions that would increase UC student tuition and fees the day before their Jan. 22 meeting. The delay came just six days after the UC Regents announced that they would vote between two potential models for increasing revenue from tuition and fees for the following 5 academic years starting in Fall 2020. The first model proposal is a standard, yearly adjusted for inflation tuition increase for incoming and returning UC students. The second model consists of a cohort-based model for undergraduate students. Under this second model, tuition and fees would be determined for each incoming class of students, and then remain that set price for a suggested six years.

The proposal states that the revenue raised from increases in tuition and fees will assist UC students in the form of financial aid. It cites that one-third of university funds generated via tuition and fees is dedicated toward needs-based financial aid, including recipients of the Cal Grant.

"The University believes any tuition increase must be justified and rightly accompanied by more financial aid to ensure UC education remains within reach for every California family," a UC Office of the President representative said in a statement to the UCSD Guardian. "Therefore, the University sets aside 33% of new revenue from undergraduate tuition increases for need-based financial aid."

The statement explained that the remaining two thirds of funds are allocated towards the university's operation costs.

The UC Regents meeting took place weeks

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after California governor, Gavin Newsom, announced his 2020-21 State Budget, which proposes allocating further funds to the University of California. These funds include an ongoing general fund augmentation of \$217.7 million, as well as an one-time general fund of \$53.3 million.

According to a November 2019 Los Angeles Times article, the UC system had originally requested a one-time fund allocation of \$450 million for facilities upgrade and an extra \$447 million in continuing state support for the upcoming fiscal year.

The UCOP expressed to the Guardian that were their original funding requests met, a tuition and fees increase may not be necessary.

In response to the proposed increases, the UC Student Association created and circulated a petition against the proposed tuition increases. As of the evening of Jan. 21, the petition had approximately 1,700 signatures.

The UCSA argues in the petition that while the university's increasing tuition would ultimately allow for more money to enter the financial aid system, they have doubts as to whether that would actually increase the overall affordability and accessibility of education for students who are not eligible for financial aid due to nonresident or middle income statuses.

In response to the cohort-based tuition model, the UCSA recognizes that this plan would allow students to more easily predict their yearly due amounts, but does not support this model either. Their petition cites concerns such as tuition incongruence between students, and hindering nonresident students' access to UC education. They also critique the plan's reliance on the state of California providing

STUDENT

UC Undergraduate Enrollment Increases for 4th Consecutive Year

This comes after the university set a three year goal in 2016 to enroll an additional 10,000 students.

BY MADELINE LEON AND ZHUOYING LIN

The University of California Office of the President announced on Jan. 21 that undergraduate enrollment in the UC system had grown for the fourth consecutive year in Fall Quarter 2019.

For the 2019-2020 school year, the UC system enrolled 185,559 California undergraduate students across all of its campuses. This is up from the 175,630 Californian

students enrolled in the 2016-2017 school year, fulfilling the UC system's goal to enroll an additional 10,000 Californian undergraduates over the following three years beginning in 2016.

For the academic year of 2019-2020, the UC system also admitted the highest number of freshmen and transfer students in its history. 108,178 freshmen were admitted out of 176,695 applicants, while 28,752 out of 41,282 transfer applicants were

accepted. Conversely, graduate student enrollment also grew for the seventh consecutive year to 58,941 in the UC student body.

In a press release, UC President Janet Napolitano spoke on the importance of enrolling more students into the university system.

"A growing student body means expanded opportunities for a new generation of young people," Napolitano said. "The University

See **ENROLLMENT**, page 2

CAMPUS

RIMAC Set to Re-Open in Late February

A portion of the complex closed down due to flooding from a system malfunction.

BY SEPAD ROUZ CONTRIBUTING WRITER

UC San Diego Recreation announced that RIMAC gym will reopen in late February 2020, following a sprinkler malfunction that flooded portions of the facility.

The system failure which caused the sprinklers to go off occurred on Jan. 16, 2020, which ultimately led to the closure of the gym. Because of the pressure in the valves, the water could not be shut off until all of the pressurized air had left the pipes.

Richard Mylin, the director of UCSD Recreation, spoke with the UCSD Guardian regarding the events that occurred in the gym.

"Fire sprinkler malfunctioned, water starts pouring out," Mylin said. "We weren't sure the alarm goes off so we were evacuating the building, and staff were walking around the building shutting off valves, but what you have to remember are all sprinklers are pressurized so we had to wait for all the water to leave this broken head."

The gym initially had to be closed for the staff members to assess the damages and drain the water outside of the gym. Because of the design of RIMAC, the water released from the pipes drained into the pit of the weight room.

"In the pit, we were fortunate that the head wasn't above any equipment, so we didn't lose equipment," Mylin said. "But, all of the flooring and drywall are looking to be replaced."

Inside of the pit, all that was left behind following the flooding was concrete because all of the paddings were too soaked to be salvaged. On top of that, according to Mylin, for a few days, the squash court underneath the pit was not usable because the water had soaked through the concrete to the lower levels. As of now, however, the squash courts are ready to be used again.

Mylin spoke about plans to fully reopen RIMAC, with a repaired pit area that will allow for more people to be able to work out during peak hours of the day while maintaining the same design as before.

However, Mylin emphasized that it may take longer than the predicted February deadline to open because of the extent of the damage.

"We're just drying out the concrete because while it's still damp we won't be able to put flooring and adhesive," Mylin

See **FLOOD**, page 3

The University of California Office of the President is aiming to grant 200,000 degrees over the next 10 years.

► **ENROLLMENT**, from page 1

of California is looking forward to providing these talented, hardworking students a world-class education, while expanding access for future Californians.”

The top three campuses with the largest enrollment boost are UC Riverside with an additional 1,622 students, UC Irvine with an additional 876 students, and UC San Diego with an additional 849 students from the previous school year.

According to the university's "Fall Enrollment at a Glance" website, a tool that can be used to gauge enrollment with varying demographic factors, undergraduate enrollment at UCSD has increased by nearly 6,000 students in the 5-year period between Fall 2014 and Fall 2019, admitting 24,810 in 2014 and 30,794 in 2019.

Despite this growth, the San Diego Union-Tribune reported in Oct. 2019 that UCSD Chancellor

Pradeep Khosla had hoped that any enrollment increases for the San Diego campus would stay between 300 and 500 new students.

“Chancellor Pradeep Khosla told the Union-Tribune earlier this year that he hoped enrollment would increase by no more than 300 to 500 so that the campus would have time to absorb the billions of dollars of expansion that it has carried out,” the article stated.

Despite the 300 to 500 new student goal, enrollment increased by over 800 students at the university in Fall 2019 from the previous year. This increase comes after UCSD announced in Jan. 2019 that it had broken its record for the highest number of applicants ever, receiving 118,372 applications from prospective freshmen and transfer students.

In a 2018 interview with the Union-Tribune, Khosla had stated that UCSD had not been prepared

to receive as high of a number of applicants as it has gotten in recent years.

“We weren't expecting it,” Khosla said last year. “We need to be a little more measured and controlled.”

While UCSD has been taking steps to accommodate its growing numbers with the construction of several new on campus housing developments, some argue that overcrowding is still an issue.

In the same 2019 Union-Tribune article, it was reported that UCSD had struggled in recent years with having sufficient space to house its undergraduate student body. The university made judgement mistakes in Fall 2017 and Fall 2018, which led to them scrambling to find housing for 400 and 1,200 students in those two years respectively.

UCSD Associated Students Senator Ian McKeever, who currently lives on campus, spoke

to the UCSD Guardian about overcrowding at the university.

“Overcrowding at UCSD is a huge problem and will continue to be just one of the many challenges we and future students will have to face,” McKeever said. “With plans to add yet another college and to become the largest residential college in North America, it's unclear how the administration plans on dealing with pressing issues such as parking or long wait times at campus facilities.”

Even so, the UC system as a whole anticipates continued growth in spite of any growing pains. UCOP concluded its press release by announcing that it had set a goal of granting 200,000 degrees over the next ten years.

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LIGHTS & SIRENS

Lights and Sirens is compiled from the Police Crime Log at police.ucsd.edu

Sunday, January 19

3:59 a.m. Animal Call - Thornton Pavilion

Patient in emergency room with two dogs that are growling and patients are uncomfortable. Canceled.

5:32 a.m. Welfare Check - Galathea Hall

Subject with a history of suicidal ideations told friend he felt depressed. Checks OK.

9:17 a.m. Theft - UCSD Medical Facility Hillcrest

Bowl of oatmeal stolen from cafeteria. Hospital security report taken.

12:54 p.m. Hazard Situation - Bates Hall

Swarm of bees. Referred to other UCSD Department.

7:42 p.m. Fire Alarm - North Torrey Pines Rd/Pangea Dr

Pile of clothing on fire. Referred to the San Diego Fire Department.

Monday, January 20

12:05 a.m. Disturbance - Fight - Tioga Hall

Report of female yelling and two subjects trying to hold her back. Report taken.

2:49 a.m. Person Down - Biomedical Library

Adult female appears to be sleeping on ground. Field interview.

11:24 a.m. Tamper with Fire Alarm - Revelle Apartments

Unknown subject(s) willfully activated fire alarm pull station in absence of actual emergency. Report taken.

6:00 p.m. - 9:00 a.m. Petty Theft - CAL IT2

Unknown subject(s) stole a digital camera, credit cards, and Nintendo gaming gear out of unlocked office, loss \$1,157. Report Taken.

Tuesday, January 21

1:00 p.m. Injury - Rady School of Management

Subject fell off of a bicycle and was bleeding from the eyebrow. Transported to hospital.

5:58 p.m. Disturbance - Humanities and Social Sciences

2 males arguing about pizza. Unable to locate.

6:55 p.m. Traffic Hazard - Scholars Dr South

Disabled vehicle in the middle of the roadway. Gone on arrival.

Wednesday, January 22

6:57 a.m. Smoke Check - Thornton Pavilion

Reporting party saw smoke at Thornton from his apartment. Checks OK.

10:59 a.m. Injury - Sequoyah Hall

Pedestrian got hit with a bicyclist's backpack causing a laceration above her left eye. Transported to hospital.

12:10 p.m. Citizen Contact - Student Services Center

Male holding sign yelling about

religion. Checks OK.

2:02 p.m. Criminal Threat - Thornton Pavilion

Subject got confrontational with a valet attendant that was giving parking instructions. Service provided.

4:44 p.m. Medical Aid - Rebecca and John Moores Cancer Center

Male having a reaction to iron. Referred to other agency.

12:42 p.m. Medical Aid - La Jolla Farms Rd

Nine month old fell out of high chair. Referred to the San Diego Fire Department.

2:27 p.m. Information Only - North Torrey Pines Ct

Reporting party receiving unwanted emails. Report taken.

— Jacob Sutherland
News Editor

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The two proposed tuition-increase models will be voted on at a later, yet to be determined date.

► **TUITION**, from page 1

consistent funding over the course of the next few years.

Additionally, multiple UCSA members expressed that they felt the UC Regents should have allowed for more than a week between the initial announcement of the models and the vote, so that students could have a sufficient amount of time to provide feedback. It was this complaint that ultimately prompted the UC Regents to postpone their vote on tuition and fee increases to a yet to be determined time.

“The University of California has chosen to move the Board of Regents’ vote on the tuition proposal from this Wednesday, Jan. 22, to a later date,” a representative from UCOP said in a statement to the Guardian. “We understand and take seriously the concerns by students who have requested more time to consider the proposed plans and welcome ongoing productive conversations with them.”

UCSA President Varsha Sarveshwar, who attended the Jan. 22 meeting,

spoke to the Guardian about how the discussion on tuition went.

“I think the Regents had a productive conversation, though from our perspective, it’s clear that there is significant momentum behind passing a tuition increase at an upcoming board meeting,” Sarveshwar said. We’ll continue to advocate to hold tuition where it is.”

UCSD Associated Students President Eleanor Grudin expressed to the UCSD Guardian before the postponement that she felt that the UC Regents did not provide enough time for consideration. She also commented on why she is against both tuition increase models.

“I have many concerns regarding the proposed tuition plans from the UC Regents,” Grudin replied. “These increases place the most significant burdens on students from both in and out-of-state who do not qualify for financial aid. These proposed increases will become severe barriers to entry for middle-class families and non-residents.”

In their statement to the Guardian, UCOP expressed that they anticipated a “comprehensive discussion” regarding tuition in their Jan. 22 meeting that would provide them with more information for a vote at a later, undetermined date. Sarveshwar addressed the UC Regents during this meeting to express the UCSA’s concerns.

The date of the vote on the proposed tuition and fees increase models is yet to be determined. To learn more about the UC Regents meeting agenda and read the details of the proposed models for tuition and fees increases, visit regents.universityofcalifornia.edu. To learn about the UCSA and their stance against both increase models, visit ucsa.org.

READERS CAN CONTACT
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Some students have resorted to going off campus in order to utilize specialized workout equipment.

► **FLOOD**, from page 1

said. “We’ve reviewed and we’re going to put in new flooring and new drywall. My hope is sometime later in February because it takes four weeks to ship products but I don’t have it yet from my vendor.”

Many students who frequented RIMAC have been frustrated with having to use alternate on-campus facilities. Main Gym and the gym portion of the Canyonview Aquatic Center, which are also run by UCSD Recreation, are significantly smaller than RIMAC.

Armin Momen, an undergraduate student at UCSD, voiced his frustrations

towards RIMAC’s facilities not being fully operational to the Guardian.

“When I first found out [about] the incident, I was a little upset about the situation,” Momen said. There aren’t many options on campus because places like Spanos have been closed to accommodate only student-athletes.”

Momen explained that he was forced to find other places to work out because there were not machines or weights at the other UCSD Recreation facilities that worked for his exercise patterns.

“I can’t get anything done at the Main Gym really because they don’t have the

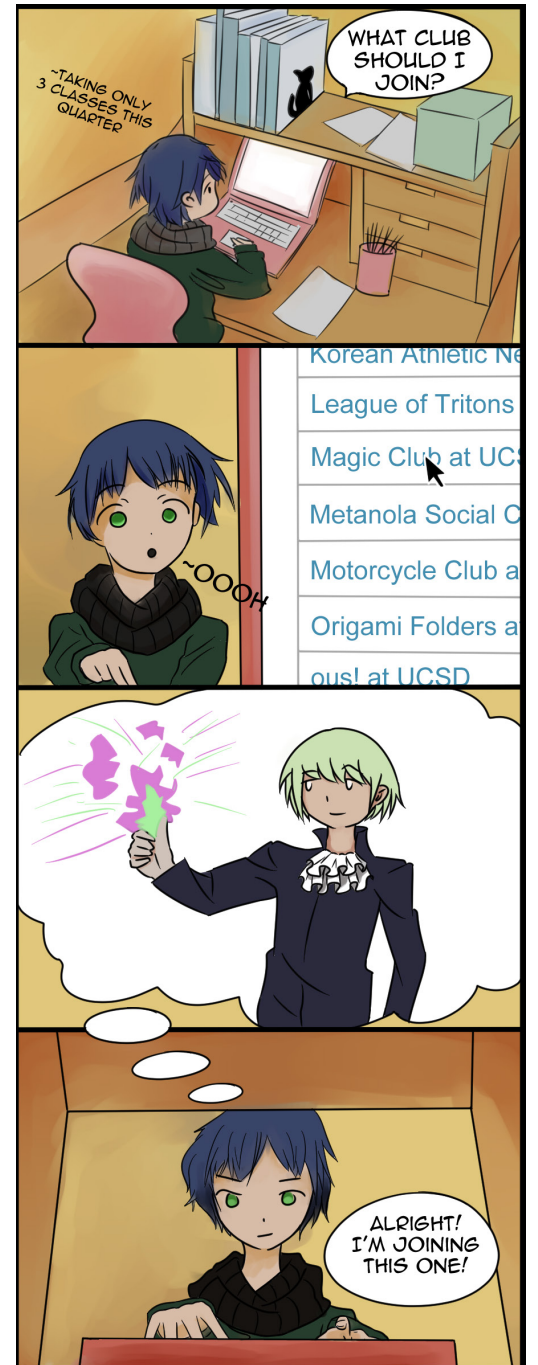
equipment I need that suits my body type,” Momen said. “And I’ve been forced to go to 24/7 Fitness, pay the membership fees, and take time out of my day to commute there because RIMAC being on campus made everything so much easier.”

While no date has been given for when RIMAC will fully reopen, Mylin anticipates an announcement will come soon.

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THAT ONE!

By Michi Sora



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OPINION

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Pay Attention to Climate Change

By: *Zara Irshad // Contributing Writer*

While many of us may remember and may have even participated in the climate strike that was held on campus and worldwide back in September, the harsh reality is that it is easy for an issue like climate change to sink to the back of our minds after the fact. Typically people are not directly affected by climate change; thus, there is no tangible evidence to remind them. It seems illogical that people will strive for change when they cannot directly see the effects of an issue and fail to recognize the imminent threat according to.

That being said, over the course of the last few weeks, climate change seems almost inescapable. Between reports of around 17.4 million acres of land burning in Australia to 16-year-old climate change activist Greta Thunberg making headlines, it has become more and more difficult for people to overlook this global issue.

Although the issue is only making headlines now, the harsh reality is that climate change has been threatening society for a while now. According to the BBC, studies conducted by the National Aeronautics and Space Administration in 2019 report that the last decade has been the warmest yet, and temperature projections for the next five years estimate a continuous increase in temperature.

Still, some people question the relevance of increasing temperatures on society. The effects are numerous, but some of the most prominent include an increasing number of extreme weather events, ice melting, glacial retreat, and rising sea levels. However, there is still hope. While humans cannot stop the effects of global warming completely, there are countless things they can do daily to slow the process.

However, whether it is due to the circulation of fake

news, denial, or lack of education, a large portion of society remains ignorant to its impact on the environment and the fast deterioration of the planet. I believe the best solution to this ignorance toward climate change is for the government to implement large-scale conservation policies that affect daily life, like the California plastic bag ban. These policies will make people think twice about their impact on the environment and encourage them to get educated. The Single-Use Carryout Bag Ban was implemented in California in 2016, and was a monumental step in terms of governmental conservation efforts. This policy taught people the dangers that single-use plastic bags pose to the environment, especially sea life, and in turn made them more self-aware of their impact. After the ban was implemented, an approximate 86 percent of customers brought their own reusable bags with them to stores according to studies conducted by the Surfrider Foundation in August 2019.

Although some may argue that the government should not pass legislation on climate change, the issue at hand is escalating at such a fast rate the need for climate change legislation becomes an issue of fact, not opinion. This issue is different than other controversial issues like free speech or bilingual education, because of its extreme urgency; the human race contributes the most to the rapid deterioration of our environment. With many people left uneducated about their impact on the environment, and roughly seven billion people on this earth, our carbon footprint becomes more and more prominent as time goes on. Without more government interference in or at the very least acknowledgment of climate change, I fear that many people will continue to ignore their impact on the environment.

Although college students at UC San Diego and sister campuses cannot lessen an entire company's carbon emissions or come up with new legislation to implement, they can stay educated by keeping up to date with policies regarding climate change and the impact of their actions. This is crucial. According to Psychology Today, a combination of awareness and caring evokes action, and that's why the government's role in climate change education is so crucial. If people realize that the issue of climate change has escalated so much that an important power like the U.S. started passing legislation about it, then they may be more compelled to learn about why that is. Legislation affects most individuals in society, and if their daily lives change, it is likely that they would take the time to understand why. If the government is getting involved, then society may finally realize climate change is worth caring about. No matter how big or small, making changes in the way we live, even if it be one person at a time, is what will slow down global warming rates and preserve the earth.

Climate change should not be a left-wing versus right-wing issue. It affects everyone, regardless of their political party, so the very least we can do is support government policies on climate change reform and education, and do our part to lessen the issue. In fact, Congressman Scott Peters has compiled "The Climate Playbook" which lists out legislation that both Democrats and Republicans agree on. By focusing on our commonalities, spreading awareness, and taking steps to eliminate waste and pollution, we can lessen the looming climate threat. As Greta Thunberg stated at the Global Climate Strike last September, "we deserve a safe future. And we demand a safe future. Is that really too much to ask?"

Toxic STEM Culture Harms STEM Students Too

By: *Pankhuri Kohli // Contributing Writer*

UC San Diego is a school centered on Science, Technology, Engineering and Math. Sure, the statement is technically debatable, but at a school where a majority of the students are in STEM fields, it is practically fact. According to UCSD's data for 2017-2018, approximately 64 percent of undergraduate students were enrolled in a science or engineering field. Such an overwhelming majority brings about countless issues for non-STEM students, departments, and faculty. It also creates problems for STEM students because a STEM-centric campus means large impersonal classes and cut-throat competition for students. Furthermore, a STEM-centric campus trivializes non-STEM subject areas. While the trivialization's effect on non-STEM students seems obvious, what is often left out of the conversation is its impact on STEM students. Often, UCSD's STEM-centric culture and systems encourage STEM students to treat liberal arts and humanities courses as "extras," preventing students from gaining the necessary knowledge they need understand the impact of their subjects in a real-world context and responsibly work in their fields.

Currently, STEM students are required to take non-STEM courses to round out their education in the form of general education requirements and electives. However, they are rarely taught that those courses are often as relevant to their careers as their major requirements. After all, science, technology, and medicine are not practiced in vacuums. They are practiced in institutions and organizations created by people and thus, affected by the very social, political, and cultural forces that shape human beings. For example, social and cultural biases determine the data we choose to study, the knowledge we consider valid enough to include, the way we treat people in our fields, and the problems we choose to solve. Moreover, societal and political institutions determine how research is implemented and who has access to science and technology's benefits while who suffers the consequences.

Still, many STEM students treat their liberal arts and humanities courses as easy As. Part of the reason is that UCSD's cut-throat STEM classes make it almost impossible for students to maintain competitive GPAs without excessive studying, depriving them of the time and effort necessary to engage with their other classes. For example, some of the school's most popular STEM majors such as biology and computer science use "weeder" courses to challenge students to the point where they either fail out of or leave their respective majors. Thus, even though UCSD requires undergraduates to take writing courses and interdisciplinary electives, it fails to

ensure that STEM curricula leave room for students to prioritize those courses enough to gain knowledge from them.

Still, some argue that STEM students make the decision to treat their non-STEM class as less useful and important. While that may be true, it is necessary to note that some of those biases are fueled by a campus culture and curriculum that ignores the value of the arts, humanities, and social sciences. Furthermore, the fact that the humanities, social sciences, and art departments have courses that offer easy As only feeds into this devaluing. For example, several Political Science courses taught by Professor Victor Magagna have an average grade of an A-minus, with more than 90 percent of students receiving the grade according to Course and Professor Evaluations. While it can be easy to blame the departments for creating such courses, it is important to note that certain department funding is dependent on enrollment numbers. For example, according to the Executive Vice Chancellor of Resource Administration's website, only courses with 20 or more students count towards a department's funding for teaching assistants. Of course, the existence of easy-A courses is not inherently bad, as such classes act as a refuge for over-stressed students looking for a fun, interesting and stress-free class. They only become a problem if they are the only exposure people get to necessary subject areas, which is often the case for STEM students. After all, easy-A classes allow students to receive stellar grades without engaging with the material, which means students have less incentive to learn and thus, become unable to incorporate the class's concepts into their lives and careers.

Nevertheless, the emphasis on STEM goes beyond individual department coursework and stems from UCSD's general lack of focus on interdisciplinary learning. The sheer amount of requirements STEM departments attach to their degrees prevents students from supplementing their education with liberal arts and humanities classes. Of course, the focus on technical subjects makes sense to some degree because STEM students need technical knowledge to perform in their careers. However, the problem arises because STEM major requirements fail to adequately incorporate social and cultural perspectives, treating those as separate and unnecessary even though STEM students need awareness of the communities, cultures, and people they work with. For instance, according to a 2019 study published in the Journal of Health Care for the Poor and Underserved, all doctors evaluated for implicit bias showed a strong bias for white Americans over black Americans. Some effects

of this bias are doctors treating pain in black patients less seriously and seeing black patients as less cooperative. The results show that social and cultural biases continue to be a blind spot for STEM professionals, pointing to the need for STEM education to incorporate sociocultural perspectives to account for them.

However, STEM, social sciences, arts, and humanities departments at UCSD rarely collaborate, if ever, to create courses that fulfill requirements among several departments and further a more holistic understanding of their disciplines. For example, even though the philosophy department offers a course titled "Technology and Human Values," it does not fulfill any computer science degree requirements. However, if the course had been created through collaboration between departments, it would be more likely to fulfill requirements for both STEM and social sciences degrees. Consequently, a lack of collaborative courses hurts both non-STEM and STEM students by preventing them from learning from each other and gaining a well-rounded perspective on their disciplines. To make matters worse, the real-world impacts of the lack of liberal arts emphasis are significant. As is the case with medical students who are deprived of sociocultural understandings of their professions, when computer science students do not learn about technology's connections to society, they fail to see how social media contributes to polarization and hate speech and fail to tackle the racial, gender, and economic biases that persist in the tech world. In other words, interdisciplinary perspectives are key to shaping innovators and responsible citizens, which is why STEM students should not be left out of interdisciplinary education.

Therefore, UCSD needs to encourage its STEM students to take liberal arts classes by prioritizing interdisciplinary learning in all of its programs. To start off, it needs to incentivize cross-departmental collaboration, make departments augment classes and curriculum so that STEM students can make room for liberal arts perspectives, and properly fund its liberal arts departments. Fortunately, change has already begun with the emergence of interdisciplinary departments such as the Global Health program. So, if UCSD genuinely wants to break things better, it needs to start by breaking the arbitrary barriers separating departments and preventing students from becoming real-life game-changers.

Letters to the Editor

Following Editor-in-Chief Daisy Scott's recent article "Buried in Text(books)," three members of CALPIRG sent in responses and calls to action.

Almost every time at the beginning of the quarter, I often see fellow students post on Facebook, Twitter, and Snapchat complaining about how much they had to spend on textbooks for the term. Despite hearing and seeing first-hand the struggles of spending so much on textbooks, that did not stop the increases on the prices of textbooks and the new strategies for companies to create access-only homework and textbooks. However, as textbook prices are increasing and as companies start using access-only strategies, students would opt to find cheaper or free versions, or even to opt out completely.

As a student from a financially disadvantaged background, I would often find myself selecting only a few required materials to buy and rent used if applicable. Though because only a few select pages of the textbook are assigned throughout the course, I eventually end up feeling like I wasted my money that I could have used for more necessary needs such as food.

Upon reading Daisy Scott's article called Buried in (Text)Books, I ended up relating and agreeing to much of what she says, especially on her solution to the issue. She says that if "professors are able to pay for the reproduction rights to create print course readers with excerpts of readings, they should be able to place that same content online." The idea of online content would be faster for students to access, eliminate the burden of carrying textbooks around campus, and thus benefiting the professors because of the higher probability that students will have such access to enrich their understanding of the course.

As a member of the CALPIRG chapter at UCSD, we took Scott's solution a step further by introducing a new alternative: open source textbooks. Professors will also be granted money in order to write textbooks that can contribute to the open source. We already have access to online databases, let's take a step further for free access to textbooks.

By: Diana Trinh
Eleanor Roosevelt College Junior

Paint a picture. You just got into a place of your dreams. But to get in, you have to pay \$4,000. You think it's over but then you have to pay \$200-250 every few months on top of the \$4,000. College textbooks have increased in prices 812% since 1980. That is 4x faster than the rate of inflation. Over 2x the rate of college semesters and quarters.

In my time, I have had to use four access codes since community college. One class even had an access code listed in their course materials, I bought it, then when I got to the class, they said I didn't need it at all. Access codes aren't bought back, so it was all for nothing. Why should someone pay \$50 just to get their homework done? The teachers want the homework, why do students pay for it?

Online PDFs will always be replaced with a new more expensive version that literally just changed a few problems and words, claiming to be improved. Which is why we need to move to open textbooks as mentioned in Daisy Scott's article "Buried in (Text)Books." I'm an intern with the student organization CALPIRG. We work to get faculty to agree to online textbooks. They are faculty-written, peer-reviewed, and open-licence textbooks that can be published online. They are free to read and cheap to print. Best thing is students can keep them after their classes.

The California community colleges have done a good job implementing these textbooks. It is time for the UC's to follow the same path.

By: Aaron Balutch
Earl Warren College Junior

I didn't realize the gravity of the situation until I found myself skipping meals on the day-to-day. Balancing classes, extracurriculars, and a job in attempt to gain experience for internships and better-paying work, I found myself sacrificing a few meals here and there to alleviate the growing financial burden of my education. My total expenditure during my first two semesters at UCSD was roughly over \$300 for textbooks and homework alone- not including tuition, housing, meal plan, amenities, living conditions such as laundry, and transportation.

The fact is, I could only afford to purchase one textbook, the rest were assignments I had no other option but to purchase with the fear of taking monumental dips in my grades for classes that required them. Assignments cost around \$55 per class with textbooks ranging from about \$200-400. An estimated \$600 would be spent by an individual per year on textbooks and homework assignments combined. However, no student should be subjecting themselves to 1 meal a day just to afford educational resources.

Textbooks written under an open license or funded by grants from the UC system would generate better performance from students, and create equal opportunity for those who have already worked hard to gain admittance to a competitive UC school. Following the example of schools like Salem State University or UMass Amherst with free textbooks, would aid in the financial struggle countless UC students undergo costing them more than a dip in their grades.

As a member of CALPIRG, a non-profit organization working to further the voice of students on large issues, I wish to broaden the representation of students struggling with the finances of our education starting with affordable textbooks and assignments. Through our campaign to get the UC system to start a grant for free and affordable textbooks, the financial and academic future of leading generations will gear towards prosperity.

By: Rena DeCastro
Earl Warren College Freshman

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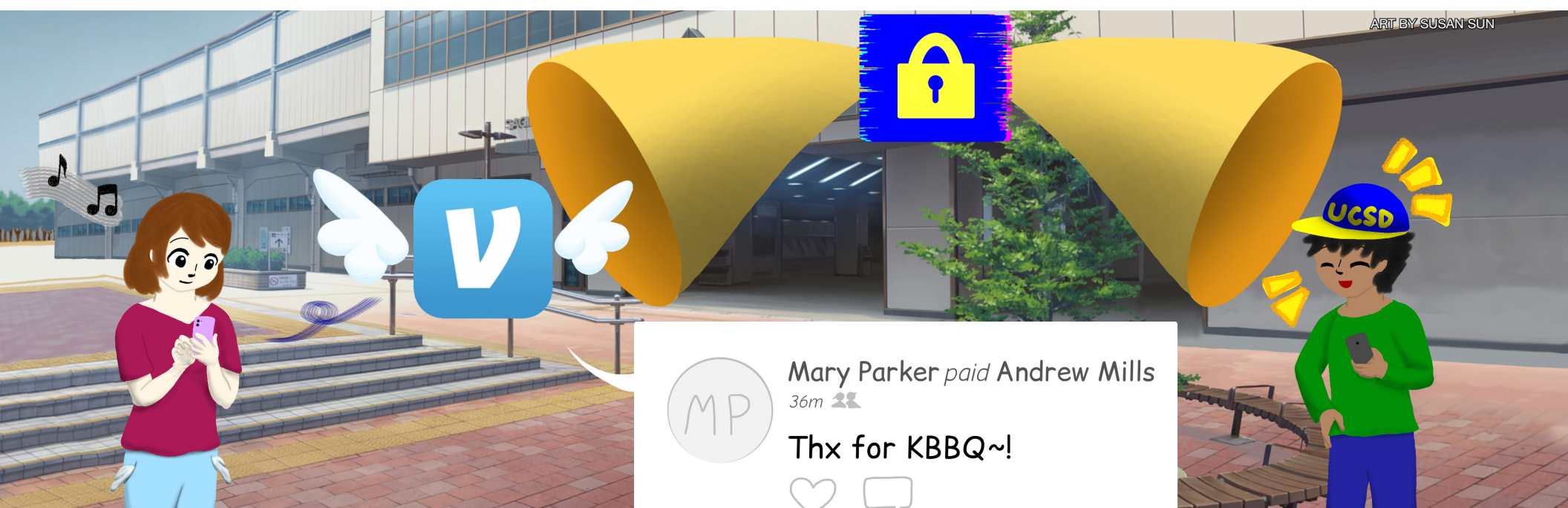
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CAN I VENMO YOU? THE WORKINGS OF THE MONEY-TRANSFERRING APP

Processing more than \$27 billion worth of transactions in 2019 alone, Venmo has made spending and splitting much easier for college students. But how does the company make money and can it be trusted?

BY LANLILLY NGUYEN STAFF WRITER

Everyday, hundreds of dollars are effortlessly exchanged across college students under the innocuous appearance of an endless stream of inside jokes. Humor so complex they are nearly impossible to decipher by any outsider. Monthly rent is paid among roommates with a poop emoji. Food trips around 3 a.m. are split with winky faces and smiles and people cannot seem to get enough of it. If you have ever needed a ride somewhere, had to split carne asada fries because you couldn't finish them by yourself, purchased something homemade, or are between the ages of 18 and 30, you have most likely used Venmo.

Since its launch in 2009, the money-railing company Venmo has become one of the most popular money-transferring services, growing to serve over 40 million users as of 2019. The social media savvy app has more accounts created than that of some of the U.S.'s largest financial institutions such as Bank of America Corporation and Wells Fargo & Company. Not only is it beating banks in terms of usage, but Venmo stands out from their own competitors such as Square Inc.'s Cash App, which reported more than 15 million monthly active users.

Venmo began when co-founders and college friends Andrew Kortina and Iqram Magdon-Ismael were at a funk concert in Philadelphia in 2009. At the concert, the pair watched from a balcony and talked about the idea of sending money to other people just by using their phones because they were "too lazy" to go downstairs to tip the house band after a good performance, Magdon-Ismael said in an interview with Entrepreneur in 2016.

Flash-forward, the e-commerce company Braintree purchased the mobile payment service in 2012 for \$26.2 million. PayPal then bought Braintree in 2013 for \$800 million. Today, Venmo has processed more than \$27 billion of transactions in 2019 alone.

Venmo allows you to get back that \$5.75 for that boba your friend owed you that one time. Transactions are connected through friends, whether that be through your Facebook contacts or through your phone when you first sign up. Users can connect from their bank account or rely completely on a Venmo balance that they can transfer from a card or bank account. Transfer fees may occur when putting money back and forth between the balance and your debit card but free if directly connected to your bank account. Money sent or received can be as little as \$0.01 or as much as \$2,999.99 after confirming your account and identity. No more having to worry about leaving your wallet at home as long as one of your friends got it covered. No more wire transfers. No more waiting for transfers as Venmo charges come instantly. And if privacy is such a concern, Venmo allows for users to make transactions private from your social feed, allow for only friends to view, or publically visible.

Venmo is especially popular among younger people and college students. Splitting Ubers and paying for squads of seven has never been

easier. According to Statista, 82 percent of users of both PayPal and Venmo are between the ages of 18 and 34, with 50 percent of Venmo users to be 25 to 34—that is, millennials. In a recent survey by Sallie Mae and Ipsos, 86 percent of U.S. college students use mobile payment apps and as the top method of payment on campuses. Specifically, PayPal and Venmo are apparently the superior app of choice as they lead the pack ahead of Apple Pay, Samsung Pay, and Square Cash.

With all these numbers and net worth, and most often no transaction costs when linking directly to your bank account, how does Venmo make its millions? One way is through partnerships. Venmo partners with fast-food chains like Chiptole, White Castle, and food-delivery services like Munchery and UberEats where customers can pay directly from their Venmo accounts. Venmo would then take its standard cut of 2.9 percent, plus a small flat fee. This is at the higher end of what businesses pay for a typical credit-card transaction and of not just in-app purchases like these, but of in-person transactions at physical checkout counters, where customers spend trillions of dollars a year.

“But what sets Venmo apart from other transfer apps like Zelle, Apple Pay, and Android Pay? It’s all in the social media feed.”

But what sets Venmo apart from other transfer apps like Zelle, Apple Pay, and Android Pay? It's all in the social media feed. In an interview with The Atlantic, Richard Crone, who runs a payments-focused firm called Crone Consulting, claims that these businesses have greater incentives paying for the built-in advertising more than money the transferring service itself. “You walk into any retailer, any restaurant, any service provider— what do they want you to do? Like them on Facebook, follow them on Twitter,” Crone said. “Because the retailers spend far more trying to get you to like them on Facebook and follow them on Twitter and all these other things that they could just get as a byproduct of the payment.” In other words, friends seeing what their friends eat, even in the form of an emoji, increases business. This desire for social clout that already exists among us is now made a business for these fast-food chains as well as Venmo to profit off of.

Other money-transferring apps could, in theory, adapt to the business style of publicly viewable purchases, but could possibly risk the very base of their branding and purpose such as privacy. Zelle, for example, is another digital payment network that allows large transfers across banks such as Capital One, JPMorgan Chase, and Citibank. When it comes to banks, Crone says, there is an expectation for privacy and security, that is, to keep the nature of transactions confidential. Venmo is designated for public view. This makes the app more than a business based on money-railing and one built on user information. This has enabled Venmo to lead the pack of peer-to-peer money transfers, as other businesses can cash in

See VENMO, page 7

► **VENMO**, from page 6

on the personal data for where customers are spending their money. Other P2P services, where individuals are mutually and equally privileged participants in the application, such as Zelle are limited in their ability to partner with merchants and businesses with their reputation as a bank.

However, basing a business on such immediately available user data has its downsides. Security issues have become a major topic of concern with the dramatically increasing number of users. Rent and utility payments, for example, can reveal who lives with whom. The timing of purchases can reveal one's whereabouts and where they're eating out and who they're with. While the point may be to show off who's hanging out with whom, the actual transactions may not be so secure.

Breaches in user security have put Venmo in hot water. The Federal Trade Commission launched an investigation due to complaints over the company's privacy policies in 2016. One claim in particular was against an auto-friending feature that instantly pulled contacts from users' phones. Another one pointed to a setting that made all transactions public by default. The FTC made the claim that Venmo should not inform users it offered "bank-grade security," if it were not true. On the issue, FTC Chairman Maureen K. Ohlhausen noted that Venmo had "misled consumers about how to keep their transaction information private." PayPal didn't settle the FTC's charges until 2018.

As of today, Venmo's own website claims that the company offers bank-grade security and encryption to ensure the safety of accounts and their information. It also allows users to enable a multifactor authentication PIN code in the app. While Venmo itself may be apparently secure for keeping a balance directly from your card or bank, this does not inherently stop others from abusing the app.

Venmo scams are something that may be out of the company's control as it offers no buyer or seller protection. According to Fast Company, as a payment service, Venmo is legally required to do its best to offer protection to prevent money laundering and fraud, but the service launched with rather weak regulations built into it. In its early days, Venmo had not even verified its users through proper identification like with a Social Security number or Tax Identification Number. This resulted in schemes like users creating more than one account and logging off when the account got into the red.

Before its acquisition by Braintree, scammers would hook up stolen credit cards to the app and cash out entire lines of credit. For example, one scammer would send a text message to Venmo users saying their Venmo account is about to be charged, and if they want to cancel the withdrawal they need to log on and decline it. Another popular scheme was for scammers to pay for purchases, and then pull the money back through Venmo right after the item shipped.

Such ploys are a worst nightmare for low-wage college students, such as for one UC San Diego global-health major. I asked for her thoughts about trusting Venmo with their transactions.

"No way. That's why I didn't even get Venmo for my first whole year [of college]," Roger Revelle College senior Mariela Martinez said. "But then it's like, I was forced —forced— to use it because of my friends, where I used to just pay them in cash whenever we went out."

While social media platforms may be more concerned with backlash about user data and information, Venmo must manage an even larger challenge: holding your bank account number. However, the appeal of the convenience of Venmo has pressured many, such as Martinez, to continue using these platforms, regardless of these concerns. The pressures of Venmo usage has made some to have no other choice but to compromise on the issue.

Security and data privacy have additionally become an issue for many top tech companies such as Facebook and Google. In what came to be known as the Facebook-Cambridge Analytica scandal, in early 2018 it was revealed that political consulting company Cambridge Analytica had harvested millions of people's Facebook profiles without their consent for the purpose of political advertising. Following this data breach, Google ran into issues of its own when engineers had noticed a software bug that had led to over 500,000 Google+ users private data open to the public.

The purpose of these social media tools is to some extent use your information, your whereabouts, and what your interests are in order to optimize the service these companies provide to you. It seems we want to have these products made exactly for us, but to a blurred point that does not surpass the point of "creepy," or at least malicious. And if it's safe and protected by hundreds of engineers and developers working with our data, what is there to worry about? Many find bliss in this ignorance.

"I really do trust Venmo," Thurgood Marshall College senior Faith Yi said. "It's owned by PayPal, which I also use and they seem to put up a lot of protections to make sure their customers are safe."

Where Venmo may make its best efforts with bank-grade encryption on transactional information to keep your data safe, social feeds, and whatever is put on public can still leave accounts susceptible to fraud. Convenience and connection comes with a price. However, these online platforms provide ways to ensure you can optimize your user experience.

Venmo continues to draw in more and more new users, making it increasingly more popular and convenient than other money-transferring competitors. While this also possibly means more scammers and hackers that can run awry and easily log off with your money without a trace, Venmo users can implement safety practices to prevent becoming a victim of fraud.

One option is to perhaps avoid making large transactions up to the thousands. Users viewing your feed are unable to see the exact dollar amount of each transaction anyway so maybe leave it to the banks for the heftier stacks. Another way is to always know who you are transacting with. Profiles may look similar so double-check if it really is your friend Tommy and not just someone who obscurely looks like him with the same username. Perhaps use indecipherable emojis to name your purchases so someone viewing your feed is not exactly sure what you're up to.

There are many ways to keep you and your money safe. But people make mistakes and while Venmo can sometimes be liable for data breaches and privacy issues, users will always need to hold their own accountability when using these services, hence the need for terms and agreements. You did read those right? So really, if it is any concern to you, make sure to check your privacy settings.

READERS CAN CONTACT
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TRITE AND TRITER By Yui Kita





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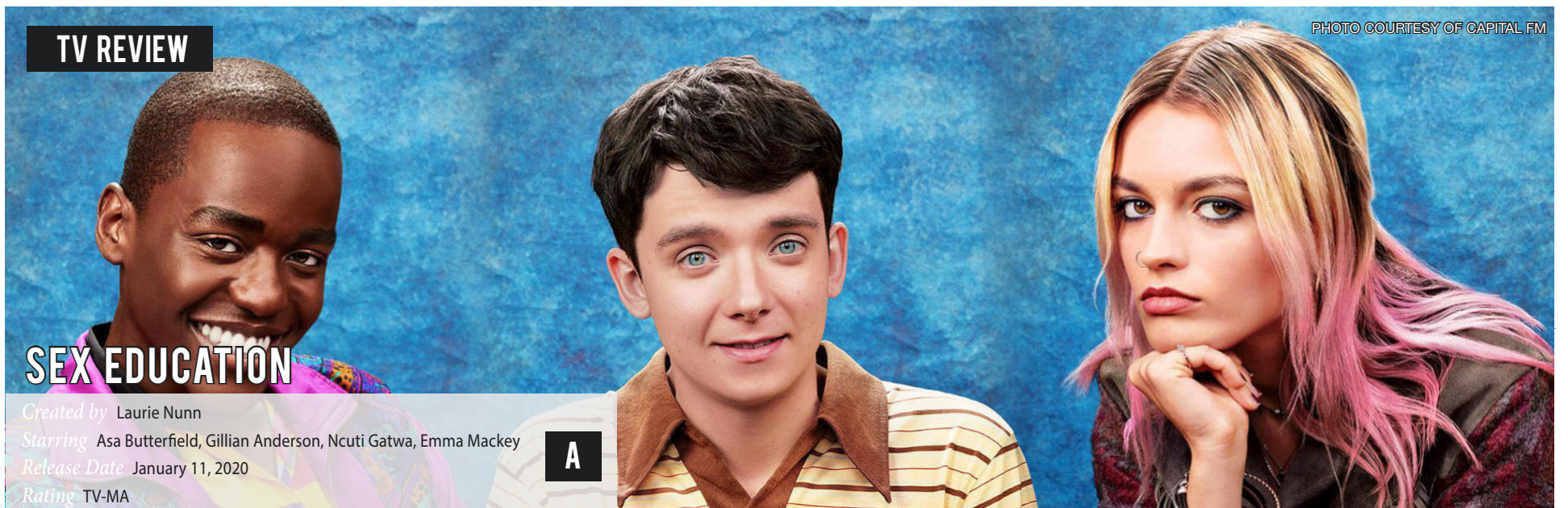


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TV REVIEW

PHOTO COURTESY OF CAPITAL FM

SEX EDUCATION

Created by Laurie Nunn

Starring Asa Butterfield, Gillian Anderson, Ncuti Gatwa, Emma Mackey

Release Date January 11, 2020

Rating TV-MA

A

After a hit initial release, season two of Netflix original “Sex Education” gives fans exactly what they want.

Comedy-drama “Sex Education” — a show following the lives of Moordale High School teenagers as they discover sex and navigate through complex interpersonal relationships — released its second season on Jan. 11. Although the title would suggest that the main focus is, in fact, sex, there are also a myriad of issues that the show brings to the screen that are not usually depicted on television. With the brilliance of the show’s production value and its wonderful way of introducing difficult topics in every episode, “Sex Education” falls under a must see Netflix show for any binge-watcher.

The amazing cinematography and production value of “Sex Education” enhances any night in of television watching. With various overhead establishing shots, creative closeups, and the surprise dutch angle here and there, many viewers are reminded of the aesthetically pleasing trademark Netflix is known for in shows like “Dear White People” and “Black Mirror.” Each episode utilizes more and more interesting shots creating different ways of conveying the plot to the audience. Something else that catches the eye immediately is the show’s extremely vibrant color scheme. The location of the show has natural greens from the forests around and beautiful architecture in the remastered buildings that add to the overall display of the show. Bright neon colors and 80’s inspired outfits give a curt nod to the aesthetic so widely cherished and makes the audience eager to see more.

A major standout of the show is the many different plot lines that are incorporated throughout every episode. While

each episode follows a different couple and their problems in the sex department, “Sex Education” still maintains the linear plot of Otis, played by Asa Butterfield, as well as overarching subcharacter development stories. Although it seems like there might be too much going on plotwise, the producers weave each story through flawless writing and seamless cuts, allowing the audience to follow each plot with ease and little confusion.

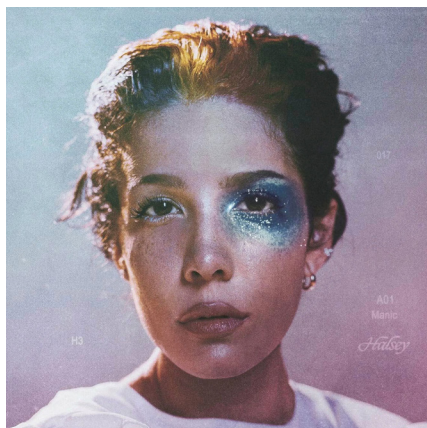
A great addition to the plot of the show is the overall diversity of the show’s representation. The diverse cast of characters allows for any viewer to find themselves in the world of Moordale. Ncuti Gatwa plays Eric Effiong, best friend to the main character Otis, who is a gay man trying to understand and accept the person he is as well as the love that he deserves. His character goes through a struggle of heart and self-acceptance in the eyes of a gay man, a narrative not often explored in modern media. Another standout LGBTQ+ exploration done in the show is Jackson’s non-biological mother’s relationship and her insecurity about not being Jackson’s biological mother. A hardship not often known to the media is the struggles of a same-sex family and the role the non-biological parent has in the child’s life. With so many different representations of people of color and LGBTQ+ relationships and issues explored in the show, it seems as if there is something for anyone that watches the show.

Another excellent part of the writing in the show is the female representation included. The next part of this article

contains spoilers, so please proceed with caution. In one of the episodes, Aimee Gibbs — the former popular girl who is sweet, soft spoken and played by Aimée Lou Wood — experiences sexual assault on the bus on her way to school. The show follows her through the act of reporting the assault, understanding what happened to her, and the trauma that follows. Women, daily, are faced with sexual harassment and “Sex Education” used its platform to speak on behalf of the women that do not get to speak their truths. Towards the end of the season, there is a powerful point where Aimee works with a group of girls in detention to find their common interest. In turn, all the ladies begin to share stories about their experiences with sexual harassment and become allies in their shared experiences. The vulnerability and severe truth emitted in this episode is so powerful and displays so famously the raw talent in this show. When a television series takes the time to have every story heard, accurately and in such great detail, it deserves all the recognition it can get. “Sex Education” is for any person wanting a little diverse adventure in their watching experience.

— HANAA MOOSAVI
 Contributing Writer

ALBUM REVIEW



MANIC BY HALSEY

Release Date January 19, 2020

A-

Halsey takes an introspective moment with “Manic.”

Halsey jumps into 2020 headfirst with “Manic,” an album that she explains is a product of her “leading with emotion rather than logic.” Unlike her previous albums “BADLANDS” and “hopeless fountain kingdom,” “Manic” feels like a more organic creation directly from Halsey’s heart. Packed with Halsey’s fantastic emotive skills, “Manic” takes listeners on a journey through Halsey’s mind where love, heartbreak, mental health, sexuality, and identity clash yet coexist.

In fact, Halsey seems to acknowledge the intimacy of this album with the album’s opener, “Ashley,” named after her birth name, is a slow but liberating song where she cries out her feelings of inadequacy and her desire for change in her life. Fittingly, the track’s electro-pop style adds another dimension of familiarity as it is the style most people associate directly with Halsey. While she admits the difficulty of making any changes in her identity in the second chorus — “I told you I’d ride this out/It’s getting harder every day” — she

nevertheless ends the song empowered and free with a quote from “Eternal Sunshine of the Spotless Mind,” her favorite movie: “I’m just a [f----] up girl lookin’ for my own peace of mind. Don’t assign me yours.”

While Halsey spends the rest of the album “looking for her peace of mind,” it’s clear from her lyrics that Halsey doesn’t really know who she is or what she aspires to be. Dichotomies pervade the album; “clementine,” one of the lead singles, reflects this best in its chorus, where Halsey sings, “I don’t need anyone/I just need everyone and then some.” Between songs, these differences are especially conspicuous as Halsey flip-flops through situations in a state of mania. In “3am,” Halsey conveys a sense of desperation with her personal relationships, lamenting about how undesirable she is. Yet “You should be sad,” the other lead track of the album, showcases a completely different, confident Halsey who isn’t afraid to stand up for herself and break off a problematic relationship.

Halsey’s lack of a cohesive lyrical

theme for “Manic” is reflected by the compositional styles she uses as well. The only thing that unifies all of the sounds in “Manic” is that all the songs can be classified as “pop.” However, it’s hard to believe that “Ashley” and “Graveyard,” both heavily synthesized songs, would be in the same album as the softer, more acoustic songs “Forever ... (is a long time)” and “Finally // beautiful stranger.” In line with her goal of discovering herself with this album, Halsey takes on a mishmash of genres through her featured artists. From the grungy vibes of Alanis Morissette to the hip-hop and R&B influences of SUGA from BTS, “Manic” is a conglomeration of various influences tossed together into a product akin to a glass mosaic.

While the idea of diversifying one’s musical style may seem like it would be detrimental to the overall quality of each song, as a testament to her musical versatility, Halsey shows that it’s possible to both be a jack-of-all-trades and a master in all of them. It’s hard to pinpoint exactly

which song Halsey shines the most in because the reality is that her voice easily melts into any style thrown at her, whether it calls for emotional belts like in “You should be sad” or the whispery vocals in “SUGA’s Interlude.” Moreover, the disjointed nature of the music on the album adds to, rather than detracts from, the overall artistic message that Halsey tries to convey to her audience — that finding oneself is a messy, painful, and beautiful process.

As Halsey puts it in the closing track “929,” “I’ve got a long way to go until self-preservation.” While she hasn’t succeeded in deciding who she is yet, from “Manic” we see a brilliant artist ready to emerge from her shell.

— STEVEN ZHOU
 Senior Staff Writer



TV REVIEW

THE CIRCLE

Created by Tim Parcourt
 Hosted By Michelle Buteau
 Release Date January 1, 2020
 Rating TV-MA

B

The Circle is a surprisingly wholesome development in the cutthroat world of reality television.

In the first episode of “The Circle,” Netflix’s new reality show based around a faux-social media simulator, we meet Shubham, a baby-faced virtual reality designer who immediately expresses his distaste for all of social media and all of the alleged fakeness that comes with it. In his introduction, Shubham earnestly professes, “Although I despise social media, by me going into the Circle [and] being myself 100 percent authentically, it can show you don’t have to be fake. You can be yourself and that is good enough.”

It’s a sweet enough sentiment, but as a seasoned reality TV viewer, hardened by the drama and backstabbing nature of “The Bachelor” and “Big Brother” year after year, you can’t help but think “Oh, kid. You’re going to be eaten alive.”

“The Circle” is an unapologetically silly concept; it claims to be exploring social media, but the reality is just weirdly insular. The show takes eight contestants, puts them each in a private apartment in a shared building, but never allows them to see each other or interact face-to-face. Instead, contestants must do all their communication through the “Circle” — a game-specific social media that allows players to create profiles, post photos, create status updates, and chat with other players; whether they’re playing with their own photos or someone else’s is

completely up to them. At the end of each day, the players will rank their peers’ profiles from best to worst — but there is always the question of whether what they’re seeing is the truth.

Ultimately, and especially at the beginning before the players have found their groove, these game mechanics can make very little sense. Most of the gameplay seems to culminate in rating each other’s profiles, but on what? With no established system, the decision seems to vary drastically from player to player. Likewise, the players only benefit if they are one of the two highest-ranked, meaning they get the power to “block,” or eliminate another player. Low-rated players might have a slightly higher chance of being eliminated, but only because the other players clearly didn’t like them very much, meaning that the rankings don’t actually serve much of a purpose at all.

Likewise, catfishing seems to be the main alternative strategy open to players, but whether someone is catfishing or not has no effect on the other players. This is perfectly fine, except for the other players’ strange fixation on rooting out and eliminating the catfish, despite it having almost no effect on their actual ability to win the game. Ultimately, despite its strong overall concept, many logistics of the game often feel extraneous or purposeless, like maybe the

design needs to be streamlined for future seasons.

If this sounds like a critique, well, it is, but it’s not meant to be a particularly condemning one. If it feels like the players aren’t being properly strategic, that’s partially because it also feels like they aren’t really playing to win. Instead, the players really do seem like they are trying to rate the other players based on who they seem to like best, rather than anything else. There is one really wonderful moment later in the season when a player realizes he strategically shouldn’t give his in-game best friend his number one spot, and instead guiltily moves him down, not to a bottom ranking, but to number two.

In contrast, all the players who enter the game determined to falsely flatter and manipulate to get to the top are more often than not quickly eliminated by the other players, who are not, in fact, playing the game the way more cynical contestants believe they could be.

This isn’t to say “The Circle” doesn’t have drama, but it’s a different variety than other shows. The players aren’t afraid to question each other’s authenticity to their faces and behind each other’s backs, but there is still a sense of “no hard feelings” despite the \$100,000 on the line that surrounds these interactions. Unlike when shows like “The Bachelor” gather the contestants for a tell-

all, when the contestants on “The Circle” meet at the end of the show, those who were on the longest all still seem like good friends, no harm between them no matter what may have transpired. Instead, most of the entertainment value for “The Circle” comes from the humor, the bizarre online flirtations, and the deeply awkward jokes that either only work online or fail miserably.

In future seasons, “The Circle” may very easily work out its gameplay kinks and come out with something a little more logistically sound. But I’m not sure that that will necessarily make for a better show. The real heart of “The Circle,” the real reason the viewer keeps coming back episode after episode, are the players. The structure of “The Circle” definitely has the potential to become a much more cutthroat game with the right players, and while that certainly has the potential to stand on its own, it will certainly be a different kind of show. Who knows the direction future seasons will take “The Circle” in? But for season one at least, we were gifted with a surprisingly wholesome breath of fresh air.

— CHLOE ESSER
 A&E Editor

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Alternatives for Stress Cravings

by Tori Anderson *Lifestyle Contributing Writer*

Let's talk about stress cravings. The pile of stress that can come with the thought of midterms and future assignments often times makes us want to turn to sweet or salty stress relievers. So, I want to share with you some alternatives that I have found to fulfill these cravings all while staying with healthier snacks.

So, let's explore these alternatives: Below I have listed the three tastes we typically acquire and what we can substitute.

Sour

I want to start with sour because it is something people crave even though they might not necessarily realize it. When we have our sour cravings, one of the first things we think of is sour candy. But when this craving occurs you can have a delicious treat that's healthier: sorbet! You

can also drink some lemon or lime juice, or have an orange. Citrus fruits help curb this craving. Lastly, you can have yogurt or kombucha, which are great sources of protein and antibiotics.

Salty

While most salty foods are not necessarily "bad" or less nutrient-dense, there are a few that just depend on portion control. Some go-to snacks we typically are attracted to are chips, pretzels, pizza, burgers, and fries. Instead you can opt for a cup of popcorn, healthy chips such as the brand Popchips, seaweed, celery, and peanut butter.

Sweet

Lastly, this is what many people crave when our moods change and stress occurs. A sweet tooth can make us crave

a numerous amount of foods, but for this specific taste, I'll only name a few: ice cream, chocolate, and numerous different types of candy. Great alternatives that provide those micro and macronutrients include peanut butter, grains, and fruits such as strawberries, raspberries, pineapple, and dates. The majority of the time I get that sweet tooth craving I grab some fruit. It's delicious and makes me forget about that ice cream desire. However, the last two alternatives that I will provide are lower in calories, satisfy your cravings, and are the specific items you desire: frozen yogurt and chocolate! When you desire ice cream, choose frozen yogurt instead; it's just as good but healthier. Now, when you crave chocolate or candy bars, choose at least 70-percent cocoa chocolate bars. That way, you get what you want but the benefits are higher.

Those two options are what I do when I absolutely have my mind set on ice cream or chocolate and do not want to opt out for anything else. I'm personally happier satisfying my sweet tooth this way.

Most importantly, these are just food alternatives. You could also simply utilize some of your free time to do things that make you happy. In previous articles of mine, I mentioned to plan out some free time from your busy day to relax and do something that makes you happy, such as: walk the beach, look at the sunset, hang with friends or pets, or watch Netflix. By doing something that makes you happy, it will distract you from those cravings and also help you de-stress!

WINTER 2020

napkins

RD DELI MUSTARD RELISH

ONION

TRITON OUTFITTERS
TO.UCSD.EDU

Adulthood 101: Tips For Time Management

by Annika Olives *Lifestyle Editor*

Ah, time management: the bane of every student's existence. I considered myself a good time manager in high school — I juggled AP classes, theatre, soccer, and journalism with minimal breakdowns — but, when I got to college, I realized that the methods I developed and used all throughout my educational career weren't going to work anymore. While high schoolers stick to relatively the same daily schedule, every day in college can look different. Also, while there's teachers, counselors, and parents reminding you about deadlines and tracking your progress in grades K through 12, most of that goes away once you reach university, and it's kind of up to you on how you choose to spend your time.

Over the past few years, I've developed a system to keep myself on track. To give some context, I usually take three to four classes every quarter, have a part-time job, and am active in four organizations, so I'm sometimes balancing a lot of different things. If you're having trouble managing your time or just feel like you'd like to be more on top of your life, here's what helped me.

Plan Out Every Day

It might sound tedious and overwhelming to plan out every minute of your day, but it makes a big difference. Input your mandatory commitments first — like class, work, meetings, or practices — then fill in the rest of the time with when you're going to do other tasks, like homework, exercise, or work for your organizations. Don't forget to schedule in time to eat and take breaks, because taking care of yourself is a really important part of time management as well.

Creating a comprehensive schedule assures that I will always have time for everything I need to do and helps me plan ahead. You can choose to do this digitally, by creating blocks on Google Calendar, but I prefer to do it physically. I have a notebook that I call my "schedule book," where each page is dedicated to one day. I split up a page into two sections — my schedule at the top, then my to-dos for the day at the bottom. At the end of the week, I have a page dedicated to "weekly to-dos," where I write out anything that doesn't have a finite deadline, but needs to be done within the week, and slot them into my days whenever I have time.

I prefer to write things down because it makes me more aware of my schedule and I like the physical act of crossing something off my to-do list. Plus, I get to go shopping for a cute notebook at the beginning of the year, which is always fun. However, feel free to play around with different methods to figure out what works for you.

Always Be Aware Of Important Dates

We've all been here: It's a Friday afternoon, and you're going to be away all weekend for an org retreat. You're really excited, but you just realized you have a midterm on Monday you actually really need to study for. The inevitable cramming session ensues, but if you had just realized this earlier, you wouldn't have to sacrifice your grades or hanging out with friends. We can change that!

At the beginning of the quarter, put all important school dates — midterms, projects, papers — into your calendar once you've received the syllabus. Again, I choose

to do this physically; in addition to my schedule book, I have a planner that has a large month-by-month section where I can write in major events. I color code them by class, and then I input important dates for my organizations — events, retreats, photoshoots — in a different color, and then dates for personal things — birthdays, trips, dinners — in another color. Doing this allows me to see exactly when things overlap so I can plan in advance.

Stay On Top of Homework

Homework is a pesky thing that sometimes slips my mind, because it's often due outside of class times. Aside from writing homework down in my "to-dos," I sometimes use a website called myHomework, where I can input all the readings, assignments, and projects I have to do by class. At the beginning of the quarter, if my professors have homework schedules listed on their syllabi, I'll input them into myHomework so there's one place that has all the information. This website is especially helpful when all my professors aren't using Canvas, because myHomework allows you to see all the homework that's due in a certain week or certain month.

Stick To The Plan

So, you've done all the planning. What's next? Hold yourself accountable to the schedule you've created, and stick to it! This is possibly the hardest part, especially when you get home from a long day and would rather scroll through Tik Tok than do Literature readings, but getting into the habit of following a schedule is going to help in the long run. I try to dedicate part of my Sunday to planning for the upcoming week — I'll write out the dates in my schedule book with my favorite pens and will fill-in the to-dos that I already know, and it's become a good ritual for me. There were times where I felt so overwhelmed and I was always worried I was forgetting to do something, but this method has made me feel more in control of my day-to-day life. That being said...

Understand Your Limits

If you find that you've gone a week without making time to eat lunch or are continually getting home from campus exhausted, maybe it's time to take a step back and reflect on whether the amount of commitments you have is appropriate. Nobody is superhuman, and even the best time managers can get burnt out. I know that college is a really exciting time and it comes with a lot of amazing opportunities, but they should never come at the cost of your mental and physical health. A big part of time management is being honest with yourself and understanding how much you can handle — and how much is too much.

I hope these tips helped or at least inspired you to take more control over your time management planning. Best of luck, Tritons — you can do it!




WINTER 2020

TRITON FOOD PANTRY
HELPING TRITONS IN NEED

Monday: 10am-3pm
Tuesday: 11am-4pm
Wednesday: 11am-4pm
Thursday: 12pm-5pm
Friday: 1pm-4pm

AT THE ORIGINAL STUDENT CENTER, LEVEL 1



RECESS
at RIMAC

Take a RECESS break with us and relive the good old days. Enjoy FREE:

- Fitness & dance classes
- Raffle prizes (including an iPad & Rec Activity Passes)
- DIY friendship bracelets, lanyards & stickers
- Aerial silks & old school beats
- Trail mix bar & warm grilled cheese
- Archery tag & inflatable obstacle course

January 31 • 7pm – 11pm
Check-in at RIMAC Lobby

UC SAN DIEGO RECREATION

triton fest

Five Quick and Important Reads Around Mental Health

by Colleen Conradi *Lifestyle Editor*

As someone who often struggles with their mental health, I like to try out lots of different things to get me through a tough season. Besides therapy and medication, I have tried or currently use essential oils, listening to music and podcasts, writing, and even more simpler things such as coloring books, painting my nails, or curling up with a nice episode of “Parks & Recreation.” Lots of these things can help, especially the first two, but if you’re still looking for ways to self-soothe either just on bad days or through a real tough time that seems to be more long-term, there is one other resource that I often turn to: reading.

Yes, I know as college students we all have what feels like a million pages of reading a week as it is, but just as you’d still make time in your schedule for a friend, you can leave some time for yourself. And yes, I know some of you — especially those STEM majors out there — claim you hate to read, but this isn’t the same as reading primary sources from the deep, dark archives of Geisel Library or some lab report: this is about finding books written by people who have been where you were or maybe are now. So, if I can convince you to give turning to reading as a mental health resource a try, then try starting with some of these titles:

“If You Feel Too Much” by Jamie Tworkowski

This book has been by my side since I was 16. Written by the nonprofit, To Write Love on Her Arms, Tworkowski writes about his experience starting the organization, his relationships with family members as well as with friends and past romantic partners, in addition to his experience with depression. The book is broken up into shorter stories within each chapter and there are many written around specific holidays. Personally, I read Tworkowski’s entry about Thanksgiving every year before joining my family around the table. His openness and honesty around such tough subjects have helped thousands of people, including myself, feel less alone. So if you, too, find yourself even relating to the title of the book, go ahead and pick it up!

“Reasons to Stay Alive” by Matt Haig

This book is a sort of memoir written by Haig, a British author, about what he refers to as his first major breakdown. The book begins with Haig describing a moment in Ibiza where he was ready to end his life, but chose to seek out help. What I love about this book is that it is not linear in the conventional, happy ending way; Haig takes his readers through every part of his recovery, which includes the ups and the downs. He talks about his time on medication, the effects his depression and anxiety have on his relationships, and all types of coping methods he tried, including the good and the bad. This book is a good inspiration to those really struggling because Haig is able to reflect on his experience in great detail while also constantly reminding the reader that it will not always be this hard. He got through it and so can you.

“The Bell Jar” by Sylvia Plath

Okay, I know some of you might be thinking that including this novel might be a total cliché. And you might be right. But, once you start to read this famous narrative, you’ll see that a story about a disillusioned, depressed college student in the 1950s isn’t such a foreign concept when compared to 2020. Plath has a beautiful way to describe the ugly lows of depression that feel real, and not like the way it can become romanticized in some popular writing that appears in the media today. In this novel, Plath touches on depression, suicide ideation, therapy, and electro-shock therapy in the life of a college student as she struggles to balance school, relationships, family, and finding the right treatment for her mental illness.

“Am I There Yet?: The Loop-de-loop, Zigzagging Journey to Adulthood” by Mari Andrew

This book, an illustrated memoir, takes the reader through the ups and downs of Andrew’s journey through her 20s. This is a very quick read and is probably the most relatable to all college students compared to the other novels in this list. Andrew uses humor and watercolor painting to share stories of young love, heartbreak, first apartments, jobs, travel, and all the emotions that come with trying to find your true self while in the midst of the “greatest years” of a person’s life. Andrew’s writing is funny, touching, and relatable in a way where there is something for everyone. She reminds all of us 20-somethings that we are not alone in feeling like we need to have it all together and pretend that we are fully functioning, independent adults to the rest of the world. This book gives us all permission to let ourselves be messy and curious young adults!

“Notes on a Nervous Planet” by Matt Haig

Yes, I have already included a book by Matt Haig, and yes, you need to read this one, too. A sort of sequel to “Reasons to Stay Alive,” this book focuses on the experience of depression and anxiety, but mostly as it pertains to our current society. Haig presents interesting questions and provokes thoughts around how today’s society, especially when it comes to the internet, social media, and the advancement of technology, affects our mental health. This book is not written in a linear way; it is broken up into short entries that are informative, relatable, and inspiring. One of my favorite pages is written as a sort of poem in the voice of the ocean, titled “A Note From the Beach,” which reminds the reader that the ocean does not care about your bathing suit or how you look in it, contrary to what social media might tell you. This book is a refreshing and informative read for anyone who owns a cell phone or computer and needs a reminder that social media is not real life and that you don’t need anyone’s approval to be yourself!

VOTE
VOTE
VOTE

Sign up and
register at
ucsd.turbovote.org

California’s presidential primary is March 3, 2020 Make sure you get the ballot with your choice!

California’s presidential primary election takes place March 3, 2020. Political parties decide who can vote for their presidential primary candidates.

In the March 3, 2020 primary election, voters will nominate one presidential candidate from each party to run against each other in the November 3, 2020 general election. You may need to take certain steps to vote for the presidential candidate you want in the primary election.

Learn

VOTERS REGISTERED WITH A POLITICAL PARTY

California’s Political Parties:



American Independent Party



Democratic Party



Green Party



Libertarian Party



Peace and Freedom Party



Republican Party

If you are registered with one of these six political parties in California, your ballot will list **only** that parties’ presidential candidates.

You can vote **only** for that parties’ presidential candidates.

If your party registration is different from the party of the presidential primary candidate you want to vote for, you will need to register to vote with that party.

If you wish to change your party registration, we encourage you to do so before February 17, 2020.

VOTERS REGISTERED AS NONPARTISAN

(also known as “independent” or “no party preference”)

If you are registered as nonpartisan, your March 3, 2020 primary ballot will not list the presidential primary contest and candidates. There are over 550,000 voters in San Diego County registered as nonpartisan.

Nonpartisan voters can take steps to vote for a presidential candidate in the primary.

ALLOWING NONPARTISAN VOTERS TO CROSSOVER:



The American Independent Party, Democratic Party, and Libertarian Party are allowing nonpartisan voters to take part in their presidential primary elections.

Nonpartisan voters can request one of these three parties’ ballots and vote for that party’s presidential primary candidate. Selecting one of these three parties’ ballots will not register you with that party — you will remain as a nonpartisan voter.

The Democratic Party is allowing nonpartisan voters to vote in their presidential contest but not their Central Committee contest. If requested, you will receive the NP (nonpartisan) Democratic ballot.

NOT ALLOWING NONPARTISAN VOTERS TO CROSSOVER:



The Green Party, Peace and Freedom Party, and Republican Party have closed their presidential primary to nonpartisan voters.

These parties are allowing **only** those registered with their parties to vote for their primary’s presidential candidates. Nonpartisan voters will not be able to select one of these ballots unless they re-register with that party.

Re-register or register to vote before February 17, 2020.

No matter what your party preference is, all registered voters will be allowed to vote on nonpartisan contests and voter-nominated offices, such as U.S. congressional offices and state legislative offices. The “top two” vote getters in voter nominated contests will advance to the November general election.

Sign up

Have you signed up to receive your Sample Ballot and Voter Information Pamphlet electronically? You can do so now at sdvote.com.

Sign up
for eSample
Ballots

Questions? Contact the Registrar of Voters Office at (858) 565-5800 or (800) 696-0136 toll free.

Para solicitar información sobre los servicios de votación disponibles en Español, llame al 858-565-5800 o gratis al (800) 696-0136.

Tumawag sa (858) 565-5800 o (800) 696-0136 upang magtanong tungkol sa mga serbisyo sa pagboto na makukuha sa wikang Filipino.

Xin gọi số (858) 565-5800 hoặc (800) 696-0136 để hỏi về các dịch vụ bầu cử bằng tiếng Việt.

若您有任何疑問或需要詳細資訊，請致電聯絡。電話號碼是 (858) 565-5800 或 (800) 696-0136

2020 THIS WEEK

at UC SAN DIEGO

POWERED BY THE STUDENT EVENTS INSIDER AND THE UCSD GUARDIAN



JAN 27 - FEB 2

THURSDAY, JANUARY 30

A.I.M. BY KYLE ABRAHAM

Balboa Theatre · artpower.ucsd.edu

Upcoming

UNIVERSITY CENTERS UniversityCenters.ucsd.edu



Winter Wellness Symposium
WED., JAN. 29
Event: 8AM-5:30PM
Price Center
FREE for Students w/ID



Guided Chocolate Tasting
TUES., FEB. 4
Event: 6-8PM
PC East Ballroom
RSVP to receive FREE Student Ticket



Harriet
THURS., FEB. 6
Doors: 6:30PM • Show: 7PM
Price Center Theater
FREE for UCSD Students w/ID



My Punny Valentine: Pins, Puns, & Cardmaking
TUES., FEB. 11
Event: 5-7PM
PC East Ballroom
FREE for UCSD Students w/ID

FOLLOW US ON: FB @UNIVERSITYCENTERS FOR DETAILS & TICKETS

the loft.ucsd.edu

Upcoming



University Centers Hiring Fair
TUES., JAN. 28
Event: 6-8PM
FREE for UCSD Students w/ID



Fika @ The Loft
WED., JAN. 29
Event: 9-11AM & 2-4PM
FREE for UCSD Students w/ID



Salsa Night
FRI., JAN. 31
Event: 6:30-10PM
FREE for UCSD Students w/ID

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get listed... every MONDAY in The Guardian Calendar

SUBMIT your EVENT for FREE!

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more exposure = higher attendance

MON 1.27

2:30pm GAY MEN'S RELATIONSHIP FORUM - WOMEN'S CENTER SMALL GROUP ROOM

Starting week 2, join CAPS and the LGBT Resource Center for conversations about our experiences as gay men. This forum addresses relationships, sexual health, community building, and more! We meet during weeks 2-10 (excluding holiday) in the Fall, Winter, and Spring Quarters on, in the Women's Center Small Group Room. Come join us! Contact : Dr. Greg Koch, Psy.D. 858-534-3585 gkoch@ucsd.edu Contact: gkoch@ucsd.edu 858-534-3585

5pm LANGUAGE CONVERSATION TABLES (LCT) - GREAT HALL IN INTERNATIONAL HOUSE

Language Conversation Tables (LCT) is a weekly event where students can learn/practice a language in a casual and fun setting by conversing with a host. LCT has been one of I-House most popular events. It allows everyone to study a new language without too much time commitment. Furthermore, LCT participants can at the same time connect with people and cultures from all over the world. Time: EVERY TUESDAY, from 5-6PM Location: Great Hall of International House. Languages offered: Amharic, Dutch, English, Farsi, French, Irish, Japanese, Korean, Mandarin, Russian, Spanish Please RSVP before coming to your desired session: <https://tinyurl.com/LCT-W20> Come join us for some language fun!

THU 1.30

3pm CAPS MINDFULNESS FOR DAILY LIVING - STUDENT HEALTH SERVICES, MURRAY'S PLACE

If you have been curious about mindfulness, this workshop is a perfect way to explore it. Mindfulness can help you reduce stress, anxiety, and depressive mood. You will engage in various Mindfulness exercises, so you incorporate them into your life. All students are welcome to attend this workshop, no matter your level of experience with mindfulness. Contact: ssweetwood@ucsd.edu 858-822-0134 Website: <https://wellness.ucsd.edu/CAPS/Pages/default.aspx>

8pm A.I.M BY KYLE ABRAHAM - BALBOA THEATRE

The magnetic dancers of A.I.M (New York Times) demonstrate a diverse range of choreography, all created by Artistic Director Kyle Abraham. Repertory includes: The Quiet Dance, a quintet set to Bill Evans sentimental rendition of the Bernstein classic Some Other Time; Show Pony, an energetic new piece performed by Princess Grace Award winners Tamisha Guy and Marcella Lewis; Meditation: A Silent Prayer, a group work featuring voice-over recording by Carrie Mae Weems, MFA 84 and visual artwork by Titus Kaphar; Drive, a high energy, propulsive work set to thumping club beats; and a duet excerpt from Dearest Home, Kyle Abrahams 2017 evening-length work that explores the concepts of love, longing, and loss. Contact: artpower@ucsd.edu

TUE 1.28

12pm GRADUATE AND PROFESSIONAL STUDENT SUPPORT FORUM - GSA GRAD LOUNGE

A supportive drop-in space for graduate and professional school students seeking strategies for resilience, perseverance, and flourishing. Common themes include: stress management, sustaining motivation, recovering from set-backs, work/life balance, and navigating interpersonal challenges (personal and professional). Location: GDA Grad Lounge Contact : Dr. Miriam Adrianowicz, Psy.D 858-534-3456 or Madrianowicz@ucsd.edu

3pm CAPS SELF-CARE STRATEGIES - STUDENT HEALTH SERVICES, MURRAY'S PLACE

Want to find ways to balance your personal and academic life at UCSD? Dr. Andy Nguyen and a Wellness Peer Educator provide fun ways to help you achieve wellness! Topics will include: self-care, stress management, mindfulness, self-compassion, and effective communication. Location: Student Health Services, Murray's Place Week 2-10 Tuesday's. Contact: Ann010@ucsd.edu 858-822-4977 . Website:

3:30pm COMING OUT GROUP - WOMEN'S CENTER SMALL GROUP ROOM

The Coming Out group is a place to meet and gain support while discussing your sexual and/or gender identities in a confidential setting. This group is for lesbian, gay, bisexual, transgender, straight, or questioning folks who are coming out, considering coming out or may already be out. Topics are determined by group participants and can include stress, fear, anxiety, loneliness, family/ cultural issues, excitement and celebration with regard coming out. The group is open to new members the first 3 meetings of each quarter and then closes to maintain safe space.

FRI 1.31

5pm SCI-FI V.S. FANTASY MASQUERADE BALL - CHE CAFE

Coming this winter quarter to the Che Cafe is a one-of-a-kind experience that brings the best of fiction into one huge event. The Sci-Fi Vs Fantasy Masquerade Ball is at the Che Cafe, as hosted by Darkstar Library, with amazing activities, foods, drinks, and more! Enjoy tasteful decorative hot cocoa and cakes made special by Creme & Sugar in Del Mar, Cybernetic Body Paintings, Futuristic Mocktails, Tarot Card readings, a Dance Lesson, and more! Costumes, cosplay, and masks are always encouraged, but never required. Find us on Facebook and order your tickets today, for January 31st is gonna be a blast!

7pm TRITON FEST AND UCSD RECREATION PRESENT: RECESS AT RIMAC

Triton Fest and Recreation invite you to take a recess break! Offering free food, popular fitness classes like cycling, zumba, flowlift yoga, and free DIY goodies. When you participate in 3 classes or more, you'll be entered into a raffle for the chance to win epic prizes! In addition to classes, students can check out archery tag, dodgeball, and an obstacle course for free! Event is open to current UC San Diego undergraduate and graduate students with valid school ID.

WED 1.29

2pm CAPS WELLNESS @ THE ZONE - THE ZONE

Meet us at The Zone where you'll have the opportunity for one-on-one demonstration with a CAPS Wellness Peer Educator to learn how to incorporate state of the art technology for stress management! You'll learn strategies such as progressive muscles relaxation and deep breathing techniques that help to reduce stress as well as learn about some cool technology. We'll have free giveaways each week AND you can sign up for a FREE de-stress massage with the R&R Squad! Make sure to check out The Zone calendar for info on this and other free wellness programs! See you on Wednesdays! Week 2-10 Location: The Zone. Contact: Ebartelmar@ucsd.edu 858-822-0155

7pm WEDS@7: PREBYS CHAIR CONCERT - CONRAD PREBYS CONCERT HALL

To honor the memory of generous philanthropist Conrad Prebys, and to commemorate the establishment of the Endowed Conrad Prebys Presidential Chair in Music five years ago, the Department of Music presents a concert of the music of Rand Steiger, the current holder of the Chair, and two new works written by graduate composers Anqi Liu and Alex Stephenson that will be conducted by Steven Schick. Program: Simple Gifts (Variations for Conrad Prebys) - Rand Steiger (Aleck Karis, piano) Cyclone - Rand Steiger (Kleb Kanasovich, clarinet) How Light Arrives (premiere for Ecosphere ensemble) - Anqi Liu Cantus (premiere for Ecosphere ensemble) - Alex Stephenson Beacon - Rand Steiger (Wilfrido Terrazas, flute) Ecosphere - Rand Steiger [DSP] Contact: xuan@cloud.ucsd.edu 858-822-0160 Website: http://music-web.ucsd.edu/concerts/cms_index.php?now=1&query_event_code=20200129-WED S7Prebys

SAT 2.01

12pm TOES TO HEAD: A FULL BODY TREATMENT WORKSHOP - RIMAC ACTIVITY ROOM 3

In this workshop we'll use a variety of therapy balls to treat yourself to full body relaxation. We'll learn how to excavate tension from every nook and cranny of the body, relieve aches and pains, and discover a deeper level of relaxation and physical comfort while refining anatomical fluency of bony landmarks and learning about applicable fascial science. We will self-massage from toe to head being sure to delve into techniques for common areas of challenge such as the jaw, neck, shoulders, and low back. This workshop is not only a great way to relieve stress but the techniques learned can help you feel better and thrive. Contact: mcc030@ucsd.edu

7pm REED FAMILY CONCERT: BEETHOVEN INTERPOLATIONS - CONRAD PREBYS CONCERT HALL

Building on the classical notion of interpolation to shed light on Beethovens impact on 20th and 21st music, we will nest among the movements of Beethovens mercurial First Symphony (1800) newer work that contains 20th and 21st century echoes of Beethovens mind. Weberns Symphony, Dallapiccolas Una Piccola Musica Notturna, and new music by PamelaZ and Anna Thorvaldsdottir help reveal the often unseen Beethoven: his formalism, penchant for lyricism, and wicked sense of humor.

THE GUARDIAN CLASSIFIEDS & MORE



FULL-TIME JOBS

Entrepreneurial Outside Sales Representative - Symmetry Financial Group is seeking motivated, career-minded individuals to join our team, helping American families protect their homes. We are currently looking for representatives ranging from entry level to experienced professionals seeking a different, more rewarding career ucsdguardian.org/classifieds for more information

Account Manager/ Order Processor - RemX has an exciting career opportunity with a well-established company in the East County area for an experienced Account Manager / Order Processor with previous experience working for a manufacturing company. Client offers a stable environment and culture.... ucsdguardian.org/classifieds for more information

Engineer I - As an entry level Engineer, you will work with Senior Engineers, Project Managers and project teams helping develop gas pipeline and station engineering projects from planning and design through construction and close-out. Engineers assist different teams of professionals in the execution of this work depending on the ucsdguardian.org/classifieds for more information

BIKES

New 7 Speed Beach Cruisers - Men and women seven speed 26" Greenline Beach Cruisers. Retail Price: \$289, that's \$100 off! Features:- 3-Piece Crank Set-Extended Deluxe Beach Cruiser Frame-Body Colored Fenders- Body Colored Aluminum Alloy Wheels- Shimano "Revo" SL-RS41-7 Shifter- "Internal Headset "Colors Available:- Purple- Flat Orange.... ucsdguardian.org/classifieds for more information

Haro ICS 4.0, 2003 Men's Front-Suspension Mountain Bike (27 Speed) - Haro ICS 4.0, 2003 Men's Front-Suspension Mountain Bike 27-Speed, Aluminum frame, Shimano components, Rock Shox Pilot fork, additional Michelin road tires Condition: Excellent - original owner History: Used primarily for street and trail riding; kept indoors - no serious mountain biking, accidents, or weathering Included: Complete bike without saddle ucsdguardian.org/classifieds for more information

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S	S	E	S	D	R	E	C	L	C	U	R	L

Mountain Bike Gary Fisher, Marlin, Womens - Terrific Condition. Hasn't been ridden in 5 yrs due to being over seas. Size small Components Component Group: Mountain Mix Front Derailleur: Front Derailleur Rear Derailleur: Back Derailleur Brakeset: Promax aluminum brakes, aluminum levers Shift Levers: Shimano Alivio Rapid Fire Crankset: Bontrager Sport, 22/32/42 teeth Pedals: Aluminum.... ucsdguardian.org/classifieds for more information

CARS

2015 Mini Hardtop 2 Door Cooper 2dr Hatchback - The vehicle is Grey with a Carbon Black interior. It is offered As-Is, extended warranty is available. - Air Conditioning, Climate Control, Dual Zone Climate Control, Cruise Control, Power Steering, Power Mirrors, Leather Steering Wheel, Clock, Tachometer, Telescoping Steering Wheel, Steering Wheel Radio Controls, Driver Airbag, Passenger Airbag, Side Airbags, Rear Defogger, Intermittent Wipers, AM/FM.... ucsdguardian.org/classifieds for more information

2018 Mini Countryman Plug-in Hybrid Cooper S E All4 AWD Cooper S E All4 4dr - The vehicle is Melting Silver Metallic with a Carbon Black interior. It is offered with a full factory warranty. - Air Conditioning, Climate Control, Dual Zone Climate Control, Cruise Control, Power Steering, Power Mirrors, Leather Steering Wheel, Power Drivers Seat, Power Passenger Seat, Memory Seat Position, Clock, Tachometer, Telescoping Steering Wheel, Steering Wheel Radio Controls, Driver Airbag.... ucsdguardian.org/classifieds for more information

2018 Mini Hardtop 4 Door Cooper - The vehicle is Other with a Other interior. It is offered with a full factory warranty. - Climate Control, Dual Zone Climate Control, Cruise Control, Power Steering, Power Mirrors, Leather Steering Wheel, Clock, Tachometer, Telescoping Steering Wheel, Steering Wheel Radio Controls, Driver Airbag, Passenger Airbag, Side Airbags, Rear Defogger, Intermittent Wipers, AM/FM.... ucsdguardian.org/classifieds for more information

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SUDOKU

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- Solutions at bottom of page*
- ACROSS**
- Tree branch
 - Comely
 - Attire
 - Diva's forte
 - AFresh
 - Heart artery
 - Actress _____ Hepburn
 - Fable's lesson
 - Opposite of WSW
 - Bookie's concerns
 - North _____ (state)
 - Madrid cheer
 - Mr. Gershwin et al.
 - Beet's color
 - Mailbox item
 - Pig's comments
 - Fails to include
 - Opening wager
 - Barrel
 - Festive candy containers
 - Perfume
 - Brood
 - Hit-or-_____
 - Bother
 - Remain
 - Rains ice
 - _____ Angeles
 - Yachting
 - That man's
 - Entry
 - Comparison word
 - Mister
 - Embossed emblems
 - Chess tie
 - Costly fur
 - Female voice
 - Divisible by two
 - Beginning
 - Abound
 - "Finding _____"
- DOWN**
- WPlacid, e.g.
 - Persia, now
 - Tick's kin
 - Scrooge's word
 - Vocation
 - Army division
 - Emotional stress
 - Sheep mom
 - Heavy linen
 - Chess piece
 - Blooper
 - Declare
 - Lettuce dish
 - Most skillful
 - Copenhagen capitals
 - Canada's capital
 - Ceremonies
 - Trims (off)
 - Send forth
 - Fork point
 - Play parts
 - Apart
 - Novelist _____ Rice
 - Kilt wearer
 - Lock openers
 - Off kilter
 - Briny
 - City in Washington
 - Small hound
 - Hebrew greeting
 - Cowboy's rope
 - Atlantic or Pacific
 - Nature's bandages
 - She, in Bordeaux
 - Detest
 - Preserve
 - Detail
 - Divorce city
 - Rested
 - Chess pieces

WORD SEARCH

GOOD MANNERS

P	Y	F	I	C	X	S	L	N	L	T	S	S	N
L	T	E	A	S	N	I	U	I	P	N	O	O	S
E	I	X	U	M	I	U	F	M	C	A	H	P	M
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L	E	E	E	R	E	C	N	I	S	N	P	N	S
Y	R	S	L	I	M	E	X	C	U	S	E	M	E

POLITE
RESPONSIBILITY
SURE
PLEASANT
PERMISSION
FUNNY
SMART
FAITHFUL
EXCITABLE
EXCUSE ME
HAPPINESS
CHARMING
SMILE
CARING
PLEASE
SINCERE
KIND
FRIENDLY
LOVING

TRITON TIMEOUT

With Jack Dorfman,
Sports Editor

**Kobe Bryant filled
the hearts of my
generation far
beyond sports**

Major sports figures are the subjects of so much passion. Entire generations of people draw unquantifiable amounts of emotion from the exploits of the stars of their favorite teams. When they fail, they are the subject of derision and burned jerseys; when they succeed, statues are erected and banners unfurled.

For the many legions of Los Angeles sports fans, there may be no more fervently followed figure than Kobe Bryant.

His name is synonymous with winning, with unmatched confidence backed by unbelievable results, and with the game of basketball as a whole. Thousands of fans named their children after him, millions made his jersey the first their child ever owned, and his shoes their most cherished gift. An entire city lifted him up when he beat the Boston Celtics in 2010, giving many young LA fans the first championship for their city that they could remember, cementing his place as the favorite basketball

star of at least one fifth grader, who told anyone who would listen that there was no chance Kobe would lose. Kobe starred as the centerpiece of an entire decade of city-bonding teams, from his days with Shaquille O'Neal to those with Pau Gasol.

As a Lakers fan who grew up during the prime of Kobe's career, there was no day during my time in elementary school or middle school where he didn't make an appearance. Every time someone got up to throw anything away, despite desperate pleas from teachers to simply drop it in the can, all of us aspiring Lakers fans would yell "Kobe!" while flailing around in an uncoordinated attempt at a signature Kobe fade away with our balled up piece of paper.

Bryant, 41, and his 13-year-old daughter GiGi passed away Sunday morning on their way to basketball practice, and the basketball world will never be the same. Tens of millions will

never forget where they were that morning, and many millions more will be unable to shake the dark chills that came with finding out the news for the first time.

The pair embodied so much of what makes sports so special, even in their tragic death. Kobe would bring GiGi to NBA games, sitting courtside with her and breaking down the game with his oldest child. He was her basketball coach, dedicating his post-NBA days to spending time with his biggest fan.

His death came in the news first, along with reports that his family was not in the helicopter with him. Then, reports told the already-mourning sports world that his daughter had passed as well.

That's when the chills began to hit me hardest.

I immediately began to think of how many times my parents and grandparents have taken me to practices and games. There is so much love embedded within

these acts. Taking a child to practice over and over goes so underappreciated, and yet parents, with so much support and love in their hearts, continue to repeat the act, with no need for recognition.

Kobe and GiGi's connection through basketball is mirrored within the parent-child relationship of so many billions of people over hundreds of years. Seeing videos of Kobe running through drills with GiGi and then seeing GiGi hit a Kobe-style shot in her own games reminds me of playing catch with my grandpa or dad and trying to throw as hard and as perfect as I could to make them proud. Hopefully, his death inspires fans to keep their loved ones closer, even just for today, and helps bring the city together one last time, just as he did in his life.

READERS CAN CONTACT
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SPORTS

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UPCOMING
UCSD
GAMES

M Volleyball	1/28	6PM	vs Princeton
W Basketball	1/30	5:30PM	vs Humboldt State
M Basketball	1/30	7:30PM	vs Humboldt State
Softball	1/31	11:30AM	at Northwest Nazarene

Bringing Generations of Triton Baseball Together Heading into the DI Era

It's not about the game anymore. Baseball takes a back seat to renewing old friendships and absorbing all of the knowledge you can from the past generations of UC San Diego baseball players during the program's Alumni Game, a tradition that goes back more than 30 years. Now, with the move into the NCAA's Division I on the horizon, the game bridges three distinct eras of Triton baseball for one relaxed and meaningful night.

Some of the alumni come donned in jeans with their families in tow, content to simply be around the program that meant so much to them growing up; others relish the chance to lace the spikes up and take the field at Triton Ballpark once again.

"I don't think I've ever missed a game," said Rick Nowak, class of 1990. "It's really about getting together with the guys; This is the one time where a lot of us get together and see each other."

The game is almost entirely an excuse to bring together the older generations, the 'Founding Fathers' of the program from the Division-III era of dirt roads and hidden fields and the College World Series teams of the Division-II era with the current team. And even though a few decades divide the playing careers of the two teams involved in the game, so much of their experiences can be relatable. Even without scholarships or televised games, Tritons of the '80s and '90s were being drafted into the MLB, just as they are today.

"Every year we had guys getting drafted from Division III, now we're Division II and clearly moving towards Division I, but [over the years we've had] pro ball-players. I was drafted by the Phillies out of here. We had two other guys from my team play minor league baseball," said Erik Judson, who graduated from UCSD in 1990 after being drafted by the Philadelphia Phillies.

Alumni get the chance to be a part of something that helped formulate their identity back in their college days, and current collegiate athletes, even if they don't quite grasp the gravity now, get a chance to pick the brains of men that had moved through the program and had manufactured a future for themselves based on some of the principles picked up on the field at UCSD. Without the contributions of the many generations of alumni, Triton baseball would not have the foundation it has today that will allow for a smooth transition into Division I.

"When I look at all of the accomplishments we had, I think we made baseball recognizable [on campus]," said Nowak. "It's a real sense of pride to know that I helped build that."

Even if the event is less about the actual baseball being played

than a normal game, that doesn't mean those involved don't care about competing, or that they won't remember the score or deciding moments from the game decades later. Current players and alumni alike fanned out over the field just as the sun began bathing the field in pink, taking batting practice, playing catch, and working on fielding ground balls almost two hours before first pitch.

Despite all of the catching up and sharing how their lives have gone in the interim between their playing days and the Alumni Game amongst teammates, moments from the games themselves still stand out to some alums. Those who got a chance to watch former-MLB catcher Bobby Natal, the 'Babe Ruth' of Triton baseball as Nowak refers to him, distinctly remember his shining moment in the Alumni game decades ago.

According to legend, Natal and alumni team were chasing the current players heading into the bottom half of the final inning. Despite having downed a 12-pack of beers, Natal, the star of his squad, was called upon to try and extend the contest. Like Kirk Gibson of the 1988 Los Angeles Dodgers, Natal stepped onto the field without the physical abilities of his prime (though unlike the injured Gibson, Natal's hindrance was that his inhibitions were low and that he had swapped his cleats for tennis shoes prior to his at-bat). But despite the odds, Natal carried his team just as he'd done back in the day for UCSD. After being armed with an aluminum bat, the program's brightest star rewarded his club by hammering a home run to straight away centerfield, over 400 feet away, to end the game and give the Alumni the win.

"It's about what happens on the field, but really it's what happens outside the field and the events that surround it that give us the most legendary moments," said Judson, who's been able to get out to more than 20 Alumni games over the years even while working for the San Diego Padres organization.

But the program has moved far beyond the days of Natal's dominance at UCSD. The glittering 'palace' that is the Triton Ballpark of today, which Nowak refers to as a "monument to baseball," is nothing like the field that the teams of the '80s and '90s competed on. Far away from classrooms, the old field was tucked in the middle of a grove of Eucalyptus trees, much like everything was back in the days when the student population never approached today's surplus of over 30,000.

"First of all, we used to have to tell people there was a baseball team," said Nowak, class of 1990. "Second of all, they'd ask us 'Where's the field?' because you

couldn't see it. There were no lockers [either], so we changed in the parking lot or came dressed from our dorms."

With the beautiful facility and an imminent move into Division I, there is a general feeling around the program that the baseball team is prepared, in large part due to alumni contributions, to make the jump into the highest level of competition.

"I think Division II baseball is one of the best-kept secrets in the NCAA," said Kellen Lee, a member of the College World Series teams at UCSD back in 2009 and 2010. "Since there are so many quality teams at the Division II level, it's preparing all of these guys for when they become Division I athletes next year."

Even with all of the talk of moving into Division I, the Alumni Game provides a perfect example of why sports make a university special, regardless of the NCAA distinction. Every alumnus I talked to was so visibly happy to be around the team and to be able to, in talking to me, express just how much the program means to them even though they are so far removed from their days as students.

"You see an intermingling of the generations, which gives way to building stronger bonds in the program and it helps people to realize that they're part of a bigger thing," said Nowak. "It feels really good to get the recognition and to be able to continue to be a part of this team."

Alumni from the baseball program, years after moving on from their playing days, still participate not only in this game, but with the baseball program and with the Athletics Department more broadly.

Judson is on the Triton Athletes Associate Board and he helped develop Triton Ballpark. Nowak helped design the new clubhouse at Triton Ballpark and was named to the UCSD Hall of Fame back in 2016. Lee provides UCSD baseball players with the same mental skills lessons he provides minor league ball players in the San Francisco Giants organization.

"When I was a player, I made it a point to connect with the alumni, learning about life and leveraging their willingness to give their time," said Lee, who has never missed an Alumni game since graduating. "Now, as an alumni, in the other dugout, I take pride in sharing whatever I can for them. I want to pay it forward to ensure that Triton baseball stays the way it is."

Without the baseball program and the upkeep of the Alumni game, players of eras past would not get a chance to reconvene and stir up memories of their golden years. Without the Alumni game, old players would lose their chance to pay forward the gifts the game and the school gave them during their formative



PHOTOS BY MARIYAH SHAD



years.

"The greatest benefit that they'll get out of this is just seeing what it's like to be on the other side, when they're gone" said head coach Eric Newman, who has kept the alumni event going since he took over eight years ago. "It's good for our players to see the guys that came before them that helped build the tradition of the program and know that one day they're going to be on that side and feel that same sense of pride."

All of the emotion and thoughtfulness of the alumni signifies just how important not only the game or the baseball

program, but collegiate athletics at UCSD has been over the years. And now that the school is moving into the Division-I era, a whole new generation of athletes will have a chance to bring that same culture of thankfulness and respect captured within the Alumni Game to an even wider audience, something that the players toiling on the secluded field in the '80s, separated from the main campus by a freeway and a forest, could never have imagined.