

STRESS HAUNTS OUR STEPS AS WE MAKE OUR WAY THROUGH WEEK 10. HOMEWORK, FINALS AND PROJECTS PILE UP AND THREATEN TO CRUSH US. FIND THE ANSWERS IN STUDENT'S GUIDE TO STRESS.

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FORECAST









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VERBATIM

▲ ■ NO LONGER WILL YOU RUSH INTO A STORE OR WRESTLE AN IPAD OUT OF A FOUR-YEAR-OLD'S SMALL, CLINGY FINGERS. YOU'RE TOO GOOD FOR THAT. ASPIRE TO BE LIKE A YOUNG, GEEKIER VERSION OF BATMÁN, SAVING LIVES WITH THE HELP OF DISCOUNTED TECHNOGIFTS.

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AROUND CAMPUS



UC SYSTEM

Hall on Nov. 19 as part of International Education Week. Photo by Hazel Leung /UCSD Guardian

UCSA Proposes New Systemwide Membership Fee

o maintain the organization's current operations and political leverage, the University of California Student Association proposed a new funding model for itself on Nov. 18. The proposal, known as Student Advocacy, Governance and Engagement, introduces a "voluntary opt-out fee" that students can pay directly to UCSA rather than through the membership dues each campus's student government pays to UCSA.

Currently, membership dues gathered from UC campuses make up roughly two-thirds of UCSA's budget, according to UCSA President and UC Berkeley student Kevin Sabo. However, student governments are in control of how involved their respective student populations are in UCSA.

"The minimum level of contribution from each association to qualify as members is \$1.30 per student per year, which is the amount most associations do pay," Sabo told the UCSD Guardian. "However, some associations have elected to contribute above this minimum.'

Sabo explained that this has led to differences in representation among UC campuses when compared to their shares of the budget.

"Some associations, specifically ASUCSB, are contributing a far greater share of the budget's revenue than even associations who represent more students ... while still only maintaining the one vote on the UCSA Board of Directors each association gets," Sabo said.

The current pay model also allows student governments the option to not pay membership dues to UCSA at all, further skewing the premise of equal representation system-wide; some campuses are more actively involved than others depending on the size of their contributions. This, according to the UCSA website, has resulted in one in 10 UC students having no voter representation in the organization.

The UCSA's budget allows the organization to rally UC students across all campuses through social movements like UCSA's sexual assault campaign, UConsent and a slew of topical student conferences. The budget is also necessary for maintaining a political presence in State and National Governments, as well as on the UC Board of Regents. UCSA is responsible for advocating for the creation of the Student Regent position and for securing the two-year tuition freeze after administration threatened an increase just last year.

However, Sabo added that even in the case that all schools paid the minimum contribution level, it would still not be enough for UCSA to function in its current state.

See **SAGE**, page 3

CAMPUS

Suspect Steals \$17,000 in UCSD Parking Passes

According to a recent crime log, approximately 75 printed permits were stolen this year.

BY KEVIN SANTOS

STAFF WRITER

The UCSD Police Department is currently investigating an incident in which nearly 75 parking permits were embezzled from the Gilman Parking Structure, resulting in a loss of \$17,000. The case was reported

Transportation Services Associate Director Todd Berven explained that the permits involved were of the variety in which the parking information could be manually transcribed.

"Permits are allocated to individual cashiers and are tracked appropriately," Berven told the UCSD Guardian. "The permits in question are an older style which requires cashiers to write in information on

the permit that specifies what that permit can be used for."

According to the police department's online crime log, officials have identified a suspect responsible for the thefts, which have been reportedly occurring since March. The UCSD Police Department declined to comment on the case.

Berven explained that the university is in the process of implementing a new system that will use license plate numbers to differentiate between individuals who have and have not paid for parking instead of distributing physical parking permits.

"We are in the process of eliminating all permits and using technology to create a 'permit-less' system," Berven said. "We have already begun testing License Plate Recognition technology with parking customers and have added new pay stations throughout campus. Using License Plate Recognition technology will be a more secure and efficient way to handle parking on campus."

Transportation Services working with police officials on this ongoing investigation. Individuals with information regarding this incident can contact the UCSD Police Department's Detective Unit at (858) 534-4359.

Additionally, individuals whose permits have been stolen can download a missing permit report template from the Transportation Services website and turn in a physical copy to the office to receive a replacement.

> READERS CAN CONTACT KEVIN SANTOS KKSANTOS@UCSD.EDU

SCIENCE & TECHNOLOGY

Electric Chip Separates Nanoparticles from Blood

The microscopic particles can be used to combat cancerous cells and transport drugs to specialized areas of the body.

> BY OMKAR MAHAJAN STAFF WRITER

UCSD researchers developed an electric chip that uses electric fields to remove nanoparticles from blood more efficiently than existing methods. Led by Michael Heller, a nanoengineering professor at the UCSD Jacobs School of Engineering, the team published its findings in the scientific journal Small on Oct. 9.

Heller explained to UCSD News that it was necessary to discover a method to remove nanoparticles from the plasma in order to study the surface designs of plasma.

"We were interested in a fast and easy way to take these nanoparticles out of plasma so we could find out what's going on at their surfaces and redesign them to work more effectively in blood," Heller said.

According to scientific researcher Xavier Tadeo from the Institut Curie, nanoparticles are particles that are 1000 times smaller than the width of a human hair and are often difficult to separate from blood due to their small size and low density.

Nanoparticles are sometimes used in operations to target cancer cells and in complex drug delivery mechanisms to deliver drugs to certain targeted regions in the body, bypassing the cell membrane and entering through the cytoplasm.

Previous methods used to remove nanoparticles from blood included reducing the plasma, using a centrifuge to spin the particles out of the blood or adding agents to the exterior of the nanoparticles.

Stuart Ibsen, a postdoctoral fellow in the Department of NanoEngineering at UCSD and one of the authors of the study, explained that this technology requires less maneuvering than other methods.

"This is the first example of isolating a wide range of nanoparticles out of plasma with a minimum amount of manipulation," Ibsen said to UCSD News. "We've designed a very versatile technique that can be used to recover nanoparticles in a lot of different processes."

The technology used to remove nanoparticles from the blood is a dimesized electric chip that is made out of numerous electrodes which create an oscillating electric field that removes the nanoparticles from the plasma. This happens because of material property differences between the nanoparticles and the electrodes in the electric chip. Thus, as the electric field oscillates, nanoparticles are attracted to the electrodes and pulled toward them without pulling any plasma.

While some nanoparticles are able to dissolve in blood, some

See CHIP, page 3

AS PER USUAL By Dami Lee



BRIEF WRITTEN BY KRITI SARIN // NEWS EDITOR

University Plans Campus Events for World AIDS Day

UCSD will commemorate the 27th annual World AIDS Day tomorrow with a series of exhibits, presentations and performances across campus.

Students can view three portions of the largest international art project, the AIDS Memorial Quilt, from noon to 9 p.m. in John Muir College Room at Price Center. A physician from the Owen Clinic will be speaking about HIV prevention from 12:30 p.m. to 2 p.m. and a panel of individuals living with HIV will discuss their experiences from 7 p.m. to 8 p.m in the

The Raza Resource Centro, Black Resource Center, LGBT Resource Center, Women's Center and Cross-Cultural Center will also be giving informational presentations catered to specific audiences throughout the day.

Chancellor Pradeep Khosla expressed his support for the annual event and how UCSD will continue to pursue related scientific research in a press statement on Nov. 19.

"World AIDS Day is an opportunity for the UCSD community to join people worldwide to unite in the fight against HIV/AIDS," Khosla said. "We are dedicated to conducting innovative research and providing advanced care to treat patients and prevent the spread of HIV/AIDS."

In addition to the aforementioned activities, students will be able to learn more about the condition through interactive displays on Library Walk. Also, free STD and HIV testing will be available from 11:30 a.m. to

UCSD Representatives to Attend Conference in Paris

Sixteen researchers and students from UCSD are going to represent the University of California at the 21st Conference of the Parties from Nov. 30 to Dec. 11.

Led by Scripps Institute of Oceanography under the UC Revelle Program for Climate Science and Policy, the group will speak about climate research being conducted at UCSD in response to global climate shifts.

Director of Scripps and head of the UC Revelle program Margaret Leinen explained that the group from UCSD aims to make research the focus of the COP21 discussion.

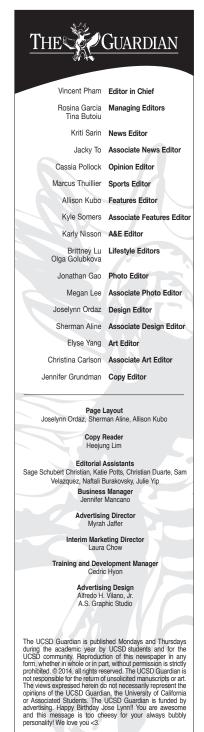
"Our role in these climate conferences is to bring science into the conversation as much as possible so that the strategies that may become national policies have the best chance to be effective in mitigating the changes in nature that human activities have precipitated," Leinen said in a Nov. 24 press release.

Mariela Brooks, a Ph.D. candidate in oceanography at Scripps, expressed enthusiasm at the chance to discuss climate change on an international scale.

"I'm excited for the opportunity to interact with people from all around the world and get to learn more about the wide variety of issues being faced in connection to climate change," Brooks said to UCSD News.

The delegation from UCSD is also planning a collaborative event with the Chilean government on Dec. 5, during which they will discuss how climate change affects marine environments and ways to protect these regions.

see more at



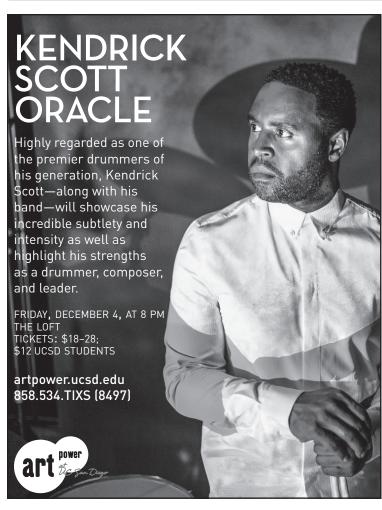
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News: news@ucsdguardian.org Opinion: opinion@ucsdguardian.org Sports: sports@ucsdguardian.org Features: features@ucsdguardian.org Lifestyle: lifestyle@ucsdguardian.org A&E: entertainment@ucsdguardian.org hoto: photo@ucsdguardian.org Design: design@ucsdguardian.org Art: art@ucsdguardian.org

Advertising: 858-534-3467 ads@ucsdguardian.org

Fax: 858-534-7035

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

Friday, Nov. 20 4:20 p.m. Information

Two to three skaters reported going down road to Blacks Beach. Information only.

7:57 p.m. Disturbance: Fight Intoxicated adult male causing

discomfort to passengers on bus near Gilman and Myers. Closed by adult arrest.

Saturday, Nov. 21 1:58 a.m. Citizen Contact

Elderly man asked reporting party to call 9-1-1 after a Price Center ATM machine took his debit card. Unable

Sunday, Nov. 22

Report taken.

to locate.

12:14 a.m. Noise Disturbance

Students reported playing loud game in the Douglas Hall living room. RSO contact card issued.

1:24 a.m. Assist Other Agency San Diego Police Department requested help breaking up offcampus UCSD fraternity party.

Dead animal in street near North Torrey Pines Road and La Jolla Shores Drive. Referred to other department.

Monday, Nov. 23 5:18 a.m. Information

9:41 a.m. Animal Call

San Diego Police Department reported possible kidnapping of older female at McDonald's.

Information only. 6:13 p.m. Injury

Female knocked unconscious in Geisel Library after hitting head on bathroom door as someone opened it. Transported to hospital.

Tuesday, Nov. 24

8:21 p.m. Citizen Contact

Bicycle found after two weeks of being missing, was never reported stolen. *Service provided.*

8:36 p.m. Noise Disturbance

Loud bass music heard in North Mesa apartments. Will cooperate.

- KRITI SARIN News Editor

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SAGE Dues Could Generate \$500,000 for Student Financial Aid

▶ SAGE, from page 1

"If all associations only contributed the minimum \$1.30, our budget would be nearly halved, and we would have to scale back our operations dramatically," Sabo said.

Sabo believes that the SAGE fee, which according to the UCSA website is projected at \$6 for all UC students, will allow the organization to have "a more sustainable and reliable budget that would marshal enough resources to ensure our voice was being considered in the budget negotiations."

Though \$6 may be an increase in contribution for some students, Sabo says that this amount is trivial when compared to the increased utility it will allow UCSA to have in negotiations with legislators.

"If the [University of California] did increase tuition by 5 percent for this year as it had proposed, students would be paying hundreds of dollars more than what we are this year," Sabo said. "Six dollars to be able to maintain the presence in Sacramento that was crucial for securing [the tuition freeze] seems worth the investment."

Sabo said that although the SAGE fee is not mandatory, it is important for students to contribute in order to ensure their needs are being met.

"The entire point of the reform is that students are provided choice," Sabo said. "It simply isn't effective to deal with system issues on a campus by campus basis. It requires more coordination between our different campuses, otherwise administrators will just legitimize their agendas ... We need a strong system voice because it serves as a full-time watchdog for student interests."

UC President Janet Napolitano and the Board of Regents are currently deliberating over the SAGE proposal. UCSA plans to host townhalls at each campus to hear students' questions and concerns regarding the proposal.

If passed, students can expect to encounter the SAGE fee during the online UC enrollment and registration process, during which students will be given the choice to opt out of paying

A portion of the revenue generated by SAGE will go toward student financial aid, as per the UC system's Return-To-Aid policy. This policy, originally suggested by UCSA, requires that a portion of all university fees charged to students go back to financial aid. According to the UCSA website, this is projected to generate half a million dollars in aid for students.

SAGE is not the first fee of its kind; UCSA's sister organization from the Cal State system recently passed a similar fee for its student body, known as Student Involvement and Representation Fee.

> READERS CAN CONTACT JOSH LEFLER JLEFLER@UCSD.EDU

New Chip Bypasses Chemical Dilution in Nanoparticle Extraction

▶ CHIP, from page 1

nanoparticles are insoluble which means they have to be removed.

Although methods to remove nanoparticles exist, these methods cannot readily be used in a medical emergency involving a person, according to Medical News Today. This new technology is able to remove nanoparticles from the blood efficiently and does not require chemical dilution.

Santosh Kesari, a professor of neuroscience at UCSD School of Medicine and one of the researchers on the team, described in a statement to the Press Trust of India News that this technology can help doctors determine whether patients are compatible with certain drugs.

"This nanoparticle separation

technology can also be used in the clinic to determine if the blood chemistry of a particular patient is compatible with the surfaces of certain drug-delivery nanoparticles," Kesari said.

Thus, this technology should help scientists observe more carefully what happens to nanoparticles traveling in a patient's bloodstreams and recover them quickly if necessary.

Ibsen remarked that this technology also does not require any additional alterations to plasma samples.

"It's amazing that this method works without any modifications to the plasma samples or to the nanoparticles," Ibsen said.

Eleanor Roosevelt College junior Katie Newcomer, a nanoengineering major, said that this technology is necessary since some nanoparticles remain in the liver after performing their necessary function.

"This is amazing because, while nanoparticles have fantastic drug delivery abilities, they tend to be hindered by the fact that they cannot be filtered out of the blood," Newcomer told the UCSD Guardian. "This means that while many nanoparticles reach their target cancer cell or hazardous bacteria, many more just end up filtered into the liver."

This study was funded by the National Cancer Institute.

> READERS CAN CONTACT OMKAR MAHAJAN OMAHAJAN@UCSDEDU



OPINION

CONTACT THE EDITOR

CASSIA POLLOCK

i opinion@ucsdguardian.org



he past few weeks have brought a great deal of civil unrest on college campuses around the country. Protests against racial discrimination at the University of Missouri compelled the school's president to resign and sparked similar protests at colleges across the United States, including at UCSD. Students are taking a stand, calling for equality, understanding and change. However, these movements have brought forward another interesting and disturbing development: Some white students are now proclaiming that Black Lives Matter protests have caused unjust treatment of all Caucasians. Following this, white student union Facebook pages have been created for more than 30 different colleges, including the University of Illinois, UCLA and UC Berkeley. These unions are making more turmoil on racially charged campuses, marginalizing the efforts made by students and other activists in creating a safe and diverse community.

The first of these pages to be noticed online was the "Illini White Student Union" created for students at the University of Illinois in direct response to a protest that occurred on campus, showing solidarity with "Mizzou" students. They stated that their mission is for white students at the university to "form a community and discuss [their] own issues as well as be able to organize against the terrorism we have been facing from Black Lives Matter activists on campus." This page is by far the most extreme, calling for students to report "suspicious black activity" to their local campus police. Although the original page has been removed

by Facebook, another has already been created, with even more disturbing commentary.

The question is why have these pages seemingly sprung up overnight, and what purpose could they have, other than to exacerbate racial tension on college campuses? With acts of international terrorism on the rise, it is possible that these pages are a direct result of xenophobia; white students are trying to keep a sense of their own ethnic identity. However, the issue can most likely be attributed to long-standing cultural and societal norms within the U.S. Inequality between races is a facet of U.S. history, and although tension and discrimination has arguably improved in recent years, it is still prevalent. Minority students are still underrepresented in all areas. Policies like Affirmative Action that are meant to bridge inequalities between students have caused many white students to feel like they were disadvantaged because of their own skin color.

Although it would be easy for universities to simply take down these pages and stop unions, their formations are protected under the First Amendment. Some will argue that white students too should be allowed to create unions, just as minority students have. In fact, in some cases, such as at UC Santa Cruz, the white student union page was created by a Latino student in response to what he said was unfair racial biases and stigmatization of being white, according to Breibart. More minorities are proclaiming that many white students have been subjected to unfair

See **WHITE UNIONS**, page 5

QUICK TAKES

WITH BLACK FRIDAY SALES BEGINNING AS EARLY AS 6 P.M. ON THANKSGIVING, THE COMMERCIALIZATION OF THE HOLIDAY SEASON HAS GENERATED CONTROVERSY, LEADING TO SOME ANTI-CONSUMERISM CAMPAIGNS.

The Spirit of Shopping has Dominated the Holiday Season, Despite Some Alternative Campaigns of Consumer Resistance

After a nice Thanksgiving dinner with family and close friends, many cut their festivities short for Black Friday, a day dedicated to shopping before the Christmas season. As another Black Friday has come and gone, it has become increasingly clear that the obsession with Black Friday and Cyber Monday only serves to highlight our materialistic culture.

Despite the media brouhaha of Black Friday sales, the number of Black Friday shoppers and the sales in dollars have been declining for several years, according to a commentary by CNBC. It seems that, as reported by U.S. News Money, the best deals are available only in limited quantities; sometimes only two of each item will be in stock per store. "If you're not one of the very first shoppers, you're likely to miss out," the article continues. With the decrease in effectiveness of these sales, not to mention the actual physical danger posed by pepper-spraying hordes of shoppers wearing rose-tinted glasses, it has been questioned why Black Friday is a tradition worth continuing. In fact, various initiatives to combat over-consumption are becoming popular, including REI's #OptOutside, a campaign to encourage spending time outdoors instead of shopping, and "Boycott Black Thursday," a Facebook page with roughly 140,000 likes, and the international protest demonstrated against consumerism, "Buy Nothing Day." With this criticism and some evidence that sales are decreasing, it would appear the Black Friday is less fashionable than it

Despite its name, Black Friday often begins on Thursday night for many stores nationwide. According to TIME Money, Macy's and Target open with doorbusters at 6 p.m on Thanksgiving night. These sales are intruding on the sanctity of giving thanks, and to force retail workers to work on Thanksgiving night is unfair to them and their families.

While initiatives such as REI's #OptOutside and "Boycott Black Thursday" demonstrate that there are alternative movements against materialism, it is clear that most people adhering to mainstream expectations will succumb to the societal pressures of consumerism. This is demonstrated through so-called holidays like Black Friday, Small Business Saturday and Cyber Monday. Discount prices and intense sales are no excuse for the excessive spending that completely dominates the holiday season.

— AARTHI VENKAT Contributing Writer

Customers Have a Right to Celebrate Black Friday, Even if it Means Waiting in Line on Thanksgiving

This past Thanksgiving night, the nation was once again confronted with a difficult choice: celebrate a romanticized, historically inaccurate holiday or nab a cheap steal at the mall. And people have increasingly been choosing the latter. However, the blame doesn't lie with the stores offering the deals. They showed us the door, but we are the ones who walked through it.

Over 140 million shoppers stormed the malls on Black Friday 2014, according to CNBC, and there was no indication of a slowdown for this year either. The critics of Black Friday claim it's killing a quintessential American holiday, but Thanksgiving is alive and well and very much a viable option. Lest we forget, a healthy amount of stores still do not open until Black Friday, such as Costco, Bed Bath & Beyond, GameStop, Home Depot, Staples and many more. After REI started an #OptOutside campaign, the massive sales did not prevent hikers from heading outdoors on Friday. If all the ingredients are there for a classic Thanksgiving to happen, yet some people opt to stand in line at 8 p.m., you cannot rest the blame on stores like Walmart for opening its doors at 8 p.m. The choice to celebrate this holiday is very much there; we simply now weigh it against a less sentimental alternative.

Another saving grace of Thanksgiving is a strong trend toward online shopping. The years 2013 and 2014 showed massive increases in online Black Friday traffic, with Amazon sales up 32 percent year-to-year in 2014. It's much easier to have a proper Thanksgiving dinner and a successful shopping spree if the latter takes place on the living room sofa. Perhaps one day in the future Thanksgiving dinner and shopping can co-exist peacefully together, just like the Pilgrims and Native Americans managed to put aside their differences for one day and share delicious food.

To take away Black Friday is an attack on free will and consumer choice. Those who argue against it have overestimated its importance in the country's psyche. Consumers may have lost something in favor of capitalism, but people have been making these sacrifices for the better part of two centuries. The lines wrapping around Target on Friday night might have been depressing, but they sure as hell didn't surprise anyone.

NIKHIL KANTHIContributing Writer

How-To Guru: Cyber Monday

Let's face it: We barely have the motivation to get up and go to our 8 a.m. and 11 a.m. classes. Waking up at 4 a.m. to wait in line for Black Friday is impossible. Thought the walk from Revelle College to Earl Warren College was too much? The jog from store to store at UTC in 50-degree weather is even worse. Don't get me started on how many students have risked their lives to find mall parking. If you're upset from not being able to warmly and conveniently make your money rain onto slightly discounted merchandise, fear not: Cyber Monday is here to save the day. Looking at all the deals online can be an overwhelming task. Thankfully, the How-to Guru, much like office hours the day before the final, is here to help.

Get all the deals and steals in stores, while sitting in the comfort of your own home. Don't feel compelled to put on clothes or brush off the crumbs from Thanksgiving dinner. After eating so much the night before, it's a miracle you were able to cram more food into your mouth than course materials before finals. In order to prepare for this enlightening day of online shopping, skip all your classes on Monday. Although we're only a week away from finals, remember that the investment in a new coffee maker will pay off with higher grades in the long run. Those Amazon Lightning Deals won't wait for you to catch up, and besides, you don't need the distraction of someone trying to explain complex concepts on a blackboard while you're trying to purchase the last Xbox or PS4.

When trying to prove your worth and merit to your family over Christmas vacay, you might be feeling down (like your grades). Cheer up. By choosing to shop on Cyber Monday instead of on Black Friday, you are no longer participating in a violent mob of shoppers. No longer will you rush into a store or wrestle an iPad out of a four-year-old's small, clingy fingers. You're too good for that. Aspire to be like a young, geekier version of Batman, saving lives with the help of discounted techno gifts. Hit the sales section on ThinkGeek. com. You can't go wrong with a discounted USB pet rock, green and blue Star Wars lightsabers and a Groot plush toy. Heaven knows how these gadgets may come in handy when you single handedly save the world.

Now give yourself a pat on the back for finding one of the best bargains on the web. Once again, the How-to Guru has given students more sleep, more savings and more deals. As Drake once said, "Once you go Cyber Monday, you'll never go Back to Black Friday." In a stressful time full of finals, essays, projects and deadlines, Cyber Monday serves as a source of relief for broke students nationwide. During this period of Thanksgiving, we should be thankful we can consume even more with less effort. If that's not being American, I don't know what is.

WORLDFRONT WINDOW By David Juarez



White Student Unions Deepen the Racial Divide on College Campuses

▶ WHITE UNIONS from page 4

treatment, just as they have for their skin color. For some of the less extreme pages, there seems to be a common message: Give white students at higher institutions a place to celebrate their own European ancestry, calling for peace between all races and welcoming students of all ethnic and racial backgrounds.

However, this is not the case for the majority of these Facebook pages. Instead of creating a serious and constructive dialogue between students of all racial backgrounds on the challenges students face regarding to race issues, they have created even

more racial conflict. These pages ignore the efforts made by students and other activists who strive to create a safe and equal community for all students to gain a higher education. These pages do not foster any sort of meaningful change or create a safe place to celebrate all students. They were created to intimidate student activists and divert attention from the real problems occurring on college campuses. This is a tremendous problem happening across the country, both on and off university grounds. University officials are unwavering in changing or even addressing the racial climates of their schools, students are being attacked and silenced for their race and/or religion and young

people are being shot on city streets. Something needs to be changed, and a dialogue on race relations desperately needs to be opened.

The point is that these student unions are not in fact helping unite white students. Instead, they are undermining the entire movement to promote equality. These Facebook pages and accompanying unions are adding fuel to an existing fire, worsening problems and building tension. In a time when college students need unity to form meaningful change, white student unions are deepening the divide.

readers can contact MEGAN MONGES mmonges@ucsd.edu

LETTER TO THE EDITOR

To the editor:

Several Islamophobic signs were posted around campus last weekend. Some targeted the Muslim Student Association (headline: "MSA TERRORIST") and others Students for Justice in Palestine. Hashtags, the obvious choice for a mature political statement, included #StopTheJihadOnCampus and #SJPJewHaters.

This is Islamophobia. From the imagery to the hashtags, these signs are designed to mislead and to twist fear into hatred of our classmates. Intolerance bred by religious, national and ethnic differences in the Middle East has led to war, terrorism, ethnic cleansing and thousands of refugees with nowhere to go. The malicious and ignorant signage at UCSD attempts to counter that intolerance with more intolerance. It's infantile and pathetic, but worst of all, it's malignant.

We are a group of Jewish UCSD students from the U.S., Israel and Mexico who dissent from Israel's inhumane policies toward Palestinian Arabs. We stand in solidarity with our Muslim friends and classmates here at UCSD, and we feel obligated to point out the obvious fact that being Muslim does not implicate

complicity in acts of terrorism.

As Jews, it is within living memory that our families were refugees, the targets of xenophobia and violence. We are disgusted that anyone would think to stand in solidarity with Jews by expressing hatred for another group.

We also feel obligated to point out that criticism of Israel does not implicate anti-semitism. We stand in solidarity with Students for Justice in Palestine, just as we stand in solidarity with Palestinian civil society in their call for peace, justice and equality between Jews and Arabs in Israel and Palestine.

We welcome new members, questions and productive conversation: jtpip.ucsd@gmail.com.

- Mario Attie

Thurgood Marshall College, Senior

- Adam Morgan

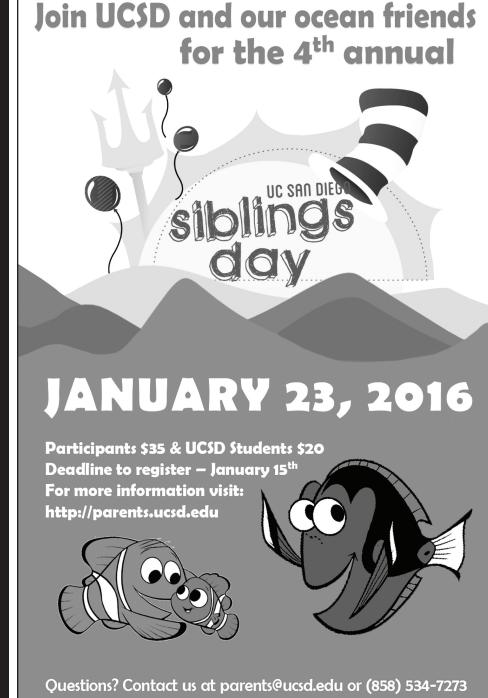
Muir College, Graduate Student

- Gal Raz Marshall College, Seniors

on behalf of Jewish Tritons for Peace in Israel and Palestine

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FEATURES CONTACT THE EDITOR ALLISON KUBO Features@ucsdguardian.d

student's guide to

by Oliver Kelton// Contributing Writer illustration by Christina Carlson

or many college students already haunted by the pressure to ◀ succeed and the consequences of failure, finals week will take a very real toll on mental health. According to a 2013 study by the American College Health Association, 51% of American college students felt "overwhelming anxiety" within the previous year.

Fortunately, there are many resources on campus to help combat stress, chief among them being the College Mental Health Program, provided by the UC San Diego Health System. Nancy Swerdow Downs, a Professor of Psychiatry at UCSD, is Section Chief of the College Mental Health Program (CMHP). She explained stress and anxiety to the UCSD Guardian in scientific terms.

"Physiologic stress is our body's response to fear-provoking or dangerous situations and the symptoms that accompany this response," Downs told the UCSD Guardian. "Anxiety is a feeling of unease, apprehension or doom that occurs when no immediate danger is present. Anxiety is the same feeling as fear, but without a specific danger, therefore anxiety can be a free-floating or vague feeling."

Although stress is normally regarded as harmful, Downs notes that it is also plays a very important role in the functioning of our body. Stress hormones such as glucocorticoids and prolactin cause our body to adapt in response to perceived threats, increasing blood flow to the brain and muscles and alerting the immune system to respond to potential injuries.

"Central to the stress response is how our brain interprets the threatening stimuli," Downs said. "There is an acronym, 'NUTS,' which encapsulates this process of threat assessment. Situations that are Novel, Unpredictable, Threaten our self/ego, diminish our Sense of control activate our biological stress response."

Although a certain amount of stress is normal, college students can find themselves overwhelmed by it due to their often heavy workloads, as well as the impact they feel their current decisions have on the rest of their lives.

Dr. Hickman, a licensed clinical psychologist and founder of the UCSD Center for Mindfulness, spoke with the Guardian about the challenges facing current UCSD students, which are different from those that previous generations faced.

"I think there's a lot of uncertainty in that age group of college students because we are a society in transition," Hickman said. "In the old days people went to college and were quick to find a job right after they graduated and moved into their own places, but now there is much more of a trend towards people having to take some time after they finish college to find a job; that's stressful too because that's not what parents and grandparents are used to seeing.'

Young adults are particularly susceptible to stress due to their relative inexperience in dealing with it. However, Dr. Downs notes that college students' youth and surroundings can be powerful tools to overcome it. For the most part, college is a very protected environment for students to live and study in, and the University provides multiple programs to treat students' mental health. Also, as a benefit of their youth, college students' have an advantage in adapting to new challenges.

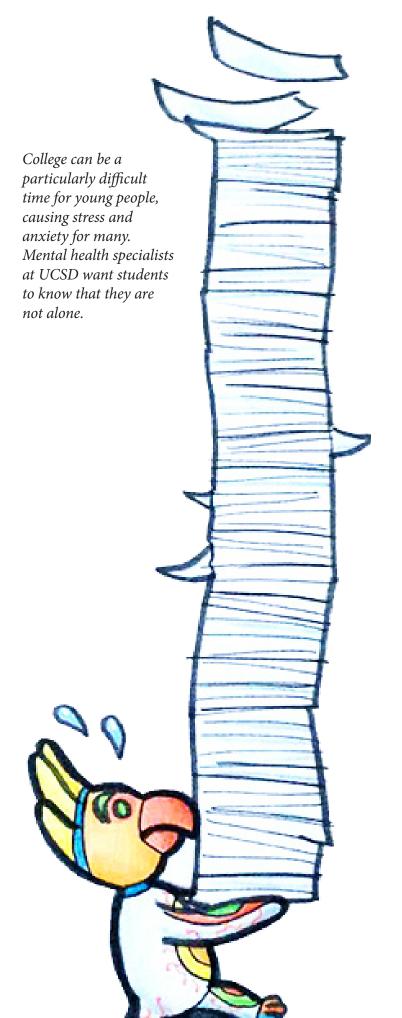
"We know that the connections to the frontal parts of the brain continue to form into early adulthood," Dr. Downs said. "These connections are responsible for complex cognitive tasks such as inhibition, attention and executive functioning. Some researchers think that experiences in [transitional age youth (ages 16-24)] such as emerging independence, college life, starting a career, and new family/social relationships may be partly responsible for continuing the process of frontal lobe development."

In addition to social and economic changes, the rapid development of digital technology is one of the major factors that has quickened the pace of modern life, and as "digital natives," today's college students are deeply connected to it. As the Internet and smartphones are fairly recent inventions, scientists and professionals are only beginning to understand the larger effects they have on mental health. For Dr. Downs, this new technology has both positive and negative influences on students' ability to manage stress.

"On one hand, the Internet can be an excellent source of information and psychoeducation," Downs said. "On the other hand, students may become addicted to certain video games or websites, and these addictions can carry many of the same harmful effects as addictions to substances, including reduced resilience to stress."

Dr. Hickman adds that modern technology can provide a means of practicing Mindfulness, which is his unique approach to stress reduction, with other people.

"The easier answer is to say that social media has made things more stressful because we're constantly on social media capturing everything, that it's just one more distraction," Hickman said. "But



STATE STATE OF THE PARTY OF

Nan Renner: From NAT to UCSD

BEHIND THE LECTURN

Alvin Chan, Staff Writer ALCHAN@UCSD.EDU

f there's anyone who is an expert on museums, it's Nan Renner. Taking on roles such as graphic designer, exhibit developer, and learning research associate, Renner worked at the San Diego Natural History Museum (NAT) for over 14 years. This quarter, she brings this experience to the Cognitive Science department and is teaching COGS 102A, a class on distributed cognition. To develop new insights and interests as a professor, Renner draws on her lengthy experience working at The NAT. These interests include how people learn through social interaction and engagement with objects, how the natural world works, past and present, as well as how people learn science and carry out scientific research.

"During my time at The NAT, I had to learn continuously to do my job in the best way possible," Renner said. "My work at The NAT compelled me to pursue a Ph.D. in Cognitive Science at UCSD, because I wanted to better understand how learning happens so we can better design environments that promote curiosity, creativity, and learning."

Renner's philosophy and way of teaching and learning is particularly important to her. While working with people diverse in age, expertise, and life experience, Renner has come to the conclusion that learning is most meaningful when it applies to the real world.

"I advocate for multimodal opportunities to enhance motivation, enjoyment, and learning," Renner said. "As an instructor, I commit myself to ongoing learning and I model genuine curiosity, respectful receptivity to others' ideas, and self-reflection."

Renner's latest work involves integrating mathematics with art and science, as well as directing San Diego's Art of Science Learning Incubator for Innovation. She is also conducting research with UCSD CREATE, the Center for Research on Education Equity, Assessment, and Teaching Excellence

Outside academia, Renner enjoys the outdoors, regardless of whether she is hiking, camping, or swimming in the ocean. She also likes to cook and eat good, healthy meals with her husband and two sons. However, she wishes she had more time for her hobbies.

"I practice yoga daily, and strive to live by the ideals of yoga including compassion, generosity of spirit, and equanimity," Renner said "This is an ongoing challenge! That's why we call it 'practice".

Through her experience and the work she does, Renner encourages people, who are passionate about anything, to be strong individuals.

"Find the things that you care about and love to do," Renner states. "Devote yourself to lifelong learning. Stop looking outside yourself for heroes- be a hero for yourself. Be kind, have fun, and create a world you want to live in.



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Mindfullness Meditation Techniques Offer Another Way of Managing Stress that is Accessible to Students

▶ STRESS, from page 6

it's also just a part of how people connect with each other. I like to think that when people pause long enough to notice what their food looks like, or where they happen to be and they take a picture, or they comment on something somebody says, that it's actually a way of practicing mindfulness."

Mindfulness, the guiding philosophy of Dr. Hickman's center, has experienced a surge in popularity in the last four years. Hickman attributes this to an increase in scientific research affirming its benefits. First developed as a part of Buddhist

meditation, the philosophy was brought to the attention of American researchers in the 1970s through the work of Jon Kabat-Zinn, a professor at the University of Massachusetts Medical School. Inspired by Kabat-Zinn's work, Dr. Hickman founded the Center for Mindfulness 15 years ago, after a career of treating chronically ill patients with more traditional therapeutic practices. He spoke extensively about how to practice Mindfulness, which he considers a lifestyle as much as a form of therapy. Leaning back in his chair and sipping coffee, he couldn't look more relaxed.

"The idea of Mindfulness is really to be in the present moment, because stress really doesn't come from what's happening right now, it comes from our minds going into the future and remembering things from the past," Hickman said. "That's when we find ourselves not present and tend to have more stress."

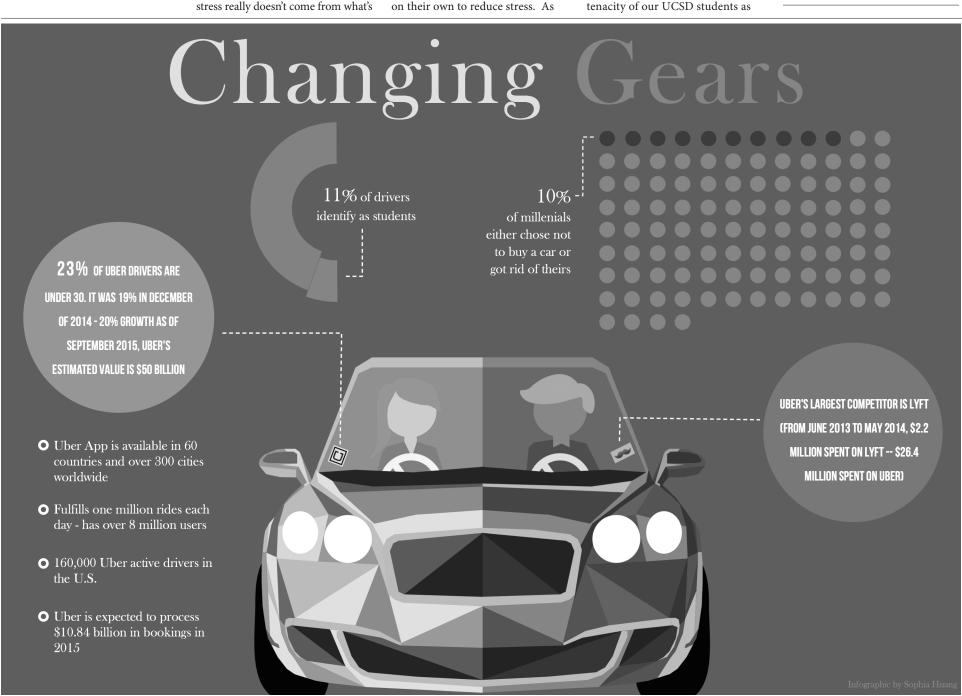
To help people practice Mindfulness in their daily lives, Dr. Hickman advises that, when overwhelmed by stress, one should ask themselves, "where are my feet?". This forces the person to focus on their immediate surroundings and nothing more which is the key to Mindfulness.

Although both specialists advise students to seek help when needed, they note that students can make important lifestyle changes on their own to reduce stress. As a long time scholar of psychiatry and counselor of individuals with mental health problems, Dr. Downs advises students to practice healthy eating and exercising, avoidance of addictive substances, and meditation or mindfulness to manage stress and anxiety. She has faith that, in spite of the many challenges and stressors facing today's youth, UCSD students are more than capable of overcoming their burdens.

"It's important to understand that stress is a natural part of life; you can learn from it and become a more resilient person," Dr. Downs said. "Over the years, I have been impressed at the resilience and tenacity of our UCSD students as they learn to accept, understand and cope with various stressors in their lives."

The CMHP provides many psychiatric services to students, going beyond simply prescribing medications to treat mental conditions. According to Downs, the program prioritizes non-pharmacological treatments such as changes in diet, exercise, sleep and hygiene, as well as cognitive-behavioral therapy. On campus, students can find help at The Zone, a lounge located at Price Center Plaza, and at Counseling and Psychiatric Services (CAPS).

READERS CAN CONTACT



Uber and their flexible hiring practices change and add to the traditional options for student workers.

Too little time, too little money. Problems many college students have become all too familiar with. After class, studying, internships and a variety of other facets that are part of the juggling feat of being a student, finding time to work is a daunting task. Paid internships are overly competitive, other jobs are demanding of time that is already in short supply, while tuition, rent and day-to-day expenses continue to accumulate in the background. With graduation on the horizon and an increasing reserve of debt to go along with it, you have to ask: What's a student to do?

While this question can be answered in a number of different ways, one solution has gained substantial momentum among college populations across the nation: Uber. The increasingly popular transportation service is changing the face of work for students on university campuses everywhere. Since its founding in 2009, the company's appeal to drivers has been centered on setting your own schedule, being your own boss and most of all, generating an additional stream of income. The business model is nearly a perfect fit for the

structure of student life.

In a conference call with the UCSD Guardian and other UC and Cal State campuses, Uber Chief Advisor and former campaign manager for the 2008 Obama Administration, David Plouffe, spoke about Uber, students and the changing face of work-study.

"Students find the Uber platform to be something that works within their class schedules and allows them to make additional money," Plouffe told the Guardian. "Whether that's to help pay for college, for room and board and other expenses."

The ability to add an additional source of income in a flexible manner is an easy concept to adopt. While the general population of Uber drivers varies in background, recently there has been an influx of drivers who are students.

"In our research, 11 percent of the people who drive for Uber are students, so that's double the proportion of students in the general population," Plouffe said. "When you look at the flexibility and convenience, it's not surprising. When I was in college, and I hate to say it was a very, very long time ago, there weren't opportunities like this."

The landscape of work-study is rapidly changing with the introduction of versatile positions that companies such as Uber aim to provide. A decade ago, having the ability to set your own hours, be your own boss and virtually dictate the conditions of your employment was an unimaginable concept; for college students today, it's becoming a reality.

However, Uber and other startup tech companies are under fire for the very freedoms they offer. In order to become a driver, the company requires prospective contractors to be over 21 years old, have certain liability insurances, drive a car made in 2000 or newer and, of course, pass a background check. All ridesharing contractors go through the background check from another independent contractor. This feature is also being criticized since multiple drivers in Los Angeles and San Francisco had criminal records that the background check failed to catch, according to a suit filed in August 2015 by the Los Angeles District Attorney. However, Uber has declared both claims as being unfounded, citing that its practices offer the most freedom for employees.

Since Uber hires its drivers as

contractors rather than employees, they are unlikely to receive benefits such as unemployment. These new hiring practices have come under fire since they are largely unregulated; Uber works by shifting the responsibility and initiative to the drivers and sharing the profits.

"For students, the ability to make money on your own terms is very powerful," Plouffe said. "Generally, people have two consistent observations about their life. They say they struggled because they had too little time and too little money. That's what's great about the Uber platform. You basically set your own schedule, you drive whenever you want or for whatever amount of time."

whatever amount of time."

Despite the controversy, the platform has certainly been embraced by not only drivers, but by young adults. The company currently has over 160,000 active drivers, eight million users, and as of September of this year, it was estimated to be worth 50 billion dollars.

"We're seeing a lot of younger people change their behavior around cars," Plouff commented. "Ten percent of millennials, according to our data, either chose not to buy a car or they got rid of one. You see so many young people living in cities, and with things like Uber, it's an inexpensive, reliable way to get around."

This statement becomes increasingly evident around areas like college campuses, where many students do not have automobiles or prefer using a service for convenience or as a safety measure to avoid drunk driving.

"We're very excited about the role that we're playing in helping to reduce drunk driving," Plouffe stated. "Drivers are making sure that people get home safely. They just press a button and they know they can get home."

The idea isn't a concept that was previously available as a student work option, and can prove to be incredibly valuable for students across the nation. As more startups like Uber hire on a contractual basis, the effects of this flexible yet unconventional business plan will ripple throughout the economy.

"We think it's a great trajectory for the future of the economy and the future of work," Plouff said.

> READERS CAN CONTACT JAMES LOMMER JLOMMER@UCSDEDU





FRI, 12.04 • 6pm

KENDRICK SCOTT ORACLE
THE LOFT, PRICE CENTER

Upcoming at





DANIEL BACHIVIAN W/ STEPHANIE RICHARDS ENSEMBLE

Tuesday, Dec. 1

Doors: 7:30pm · Show: 8pm The Loft · FREE UCSD Students: \$10 General



CHARLIE HUNTER TRIO FT. BOBBY PREVITE & CURTIS FOWLKES

W/ BOMB SQUAD
Thursday, Dec. 3
Doors: 7:30pm·Show: 8pm
The Loft·\$10 UCSD Students;
\$15 General



ARTPOWER PRESENTS: KENDRICK SCOTT ORACLE

Friday, Dec. 4
Doors: 7pm·Show: 8pm
The Loft·\$12 UCSD Students;
\$18 General; \$28 Reserved



SD3 - GUTTAR WORKSHOP AND PERFORMANCE

Saturday, Dec. 5
Doors: 1:30pm · Event: 2pm
The Loft · \$10 UCSD Students;
\$20 General

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MON11.30

5_{pm}

AA CAMPUS MEETING - THE ZONE

Open AA Meeting held at the Zone every Monday from 5:00 PM- 6:00 PM. Questions? Contact the Zone at zone@ucsd.edu

5pm

GLOBAL SEMINAR: DRUGS, BEHAVIOR, AND THE HISTORY OF NEUROSCIENCE IN GREECE – INTERNATIONAL CENTER LOUNGE

Interested in studying abroad in Athens, Greece next summer? Come to the info session to learn more about this amazing program and the application process!

8pm

FAMILY OF THE YEAR W/ KALEO - THE LOFT

Like many bands around the world, the origin of Family of the Year began in a garage. At times, the band often features acoustic strums, interwoven vocal harmonies, and textured melodies. Their mix of indie pop flavors with Joeâs earnest lyrics landed the band a huge hit with the pensive, acoustic-guitar driven single. Their rapid critical and popular acclaim earned them performances on The Tonight Show with Jay Leno, Jimmy Kimmel Live, and Conan. Extensive national and international tours followed, where the group's sound resonated in Europe, landing top 10 in Austria, Belgium, Germany, Netherlands and Switzerland. Their songs even appeared in films like Richard Linklater's Oscar-nominated, Golden Globe winning film Boyhood.

THU12.03

10am

MEDITATION - THE ZONE

Join us for a guided meditation where you can:
-Gain greater mental clarity -Achieve a peaceful state of being -Learn techniques to de-stress -Achieve harmony amid cognitive dissonance Workshop led by: a UCSD Recreation Instructor

1:30pm

THERAPY FLUFFIES - THE ZONE

De-stress with certified therapy dogs at The Zone!

3pm

R&R QUAD - THE ZONE

Drop-in and get a low intensity back rub from the R&R Squad!

5pm

GLOBAL SEMINAR: TWENTIETH CENTURY
WORLD HISTORY IN BERLIN - INTERNATIONAL
CENTER DINING ROOM

Interested in studying abroad in Berlin, Germany next summer? Come to the info session to learn more about this exciting program and the application process!

8pm

THE CHARLIE HUNTER TRIO FT. BOBBY PREVITE & CURTIS FOWLKES/ BOMB SQUAD - THE LOFT

Charlie Hunter introduces a new trio with "Let the Bells Ring On," a Program of evocatively greasy originals reuniting the 7-String guitar wizard with longtime collaborators -- trombone master, Curtis Fowlkes, and drum maestro, Bobby Previte. Special Guest: Bomb Squad, Tonga Ross-Ma'u - bass keys/organ, Ricky Giordano - guitar, Tim Newton -drums. Doors: 7:30pm, Show: 8:00pm GA Advance: \$15, UCSD Student: \$10.00 (with valid ID at doors). Advance Tickets On Sale!! www.ucsdboxoffice.com

TUE12.01

5pm

GLOBAL SEMINAR: MODERN GREECE INFO SESSION - INTERNATIONAL CENTER LOUNGE

Interested in studying abroad in Athens, Greece next summer? Come to the info session to learn more about this exciting program and the application process!

5pm

GLOBAL SEMINAR: REVELLE IN ROME INFO SESSION – INTERNATIONAL CENTER OCEANIDS PAVILION

Interested in studying abroad in Rome, Italy next summer? Come to the info session to learn more about this exciting program and the application process! Contact: globalseminar@ucsd.edu

7pm

OUTREACH TRIVIA NIGHTS - MIDDLE OF MUIR (MOM)

FOOD, FACTS, FRIENDS, & FUN! Come to Home Plate Cafe to meet new people and test your knowledge of various trivia categories! Free entry to all UCSD students and prizes for winning team! Make this a weekly event and turn up the competition! Happy hour prices on food and drinks for trivia participants!

FRI12.04

12pm

INTERNATIONAL FRIDAY CAFE - INTERNATIONAL CENTER PATIO

The Friday Cafe provides a venue where international and domestic students, scholars, faculty, staff and the local community can come together to celebrate cultural diversity and international education. Each week the Friday Cafe presents the opportunity to explore world cultures, cuisines, music and more. Price: \$5 per plate

6pm

MOONLIGHT KAYAK MISSION BAY – OUTBACK ADVENTURES

Imagine: Mission Bay, calm as glass, paddle drips break the reflections of the moon and city lights above the bay. This is a San Diego experience not to be missed. After a quick drive to the bay we will have a short skills session, launch for the sunset and enjoy the moonlit paddle. No experience required.

6pm

KENDRICK SCOTT ORACLE - THE LOFT

Kendrick Scott is highly regarded as one of the premier drummers of his generation, as shown by the New York Times naming him one of Five Drummers Whose Time Is Now. He has recorded and played with a host of music luminaries including Terence Blanchard, Kenny Garrett, Herbie Hancock, Pat Metheny, Gretchen Parlato, and Angelique Kidjo. His band, Kendrick Scott Oracle (KSO), showcases Scott's incredible subtlety and intensity and highlights his strengths as a drummer, composer, and a leader. The work of KSO focuses on what it takes to live, act, and love with conviction all through the language of jazz.

WED12.02

Winter Quarter Sign Up on Tritonlink

FRESHMAN SEMINAR PROGRAM – UC SAN DIEGO

Check out the Winter Quarter 2016 academic seminar list! The Freshman Seminar Program offers a wide variety of educational topics in a small class format for freshmen. "Get to know your professor "Meet incoming students "The small class size encourages class discussion "Receive one-unit of credit on a P/NP basis. Students enroll through WebReg during the freshman enrollment period with regular classes. Seminars are open to incoming freshmen (and freshmen with sophomore standing). Seminars can be a great educational experience and compliment your regular classes! Check out the seminar website for course descriptions, schedules and pre-enrollment instructions for incoming freshmen who have advance standing.

11am

BODY COMPOSITION - THE ZONE

Walk in for your free analysis which includes: body weight, percentage body fat, total body water, and blood pressure. One free assessment per quarter is available to registered UCSD students.

2:30pm

CAREER CHATS WITH CSC ADVISOR - THE ZONE

Chat with Roxanne Farkas, a CSC Advisor, about career objectives and goal setting so you can be more successful in obtaining your career goals

5pm

GLOBAL SEMINAR: SOCIAL COGNITION AND DRUGS IN ITALY – INTERNATIONAL CENTER DINING ROOM

Interested in studying abroad in Parma, Italy next summer? Come to the info session to learn more about this amazing program and the application process!

SAT12.05 & **SUN**12.06

10am

GARDEN HOURS – BEHIND LA JOLLA DANCE Building and Che Cafe

Interested in growing your own food? Want to work toward a climate resilient future? Well come to RCG behind the CHE Cafe and the Dance Building in Revelle to learn about our agricultural system, integrated agriculture and much more! Open to any major or student. Plot rentals open to all who want to grow their own food. We are a Student Run garden that believes in sustainability. Join us every Saturday and/or Sunday rain or shine.



THE GUARDIAN Guardian Classifieds are FREE for the UC San Diego community. VISIT www.ucsdguardian.org/classifieds

BIKES

Raleigh Road Bike, Thule Car Carrier, Clips, Stand, Cover - \$700. Great Christmas gift! Make a reasonable offer and it's yours! I bought it in fall 2013 and rode it very little in spring 2014 in MN before moving to SD fall 2014. It has not been ridden at all since I moved here. Carrier is top of the line, heavy duty, easy to put on any car and includes keys to lock it and your bike. I paid approximately \$1700 for all of it brand new. Listing ID: 210596750 at ucsdguardian.org/ classifieds for more information

Hollywood Bike Rack - \$75. Like new. Holds two bikes. Listing ID: 209969003 at ucsdguardian.org/classifieds for more informa-

Giant Talon Mountain Bike - \$800. This is a 27.5in Giant Talon mountain bike. I have ridden this bike three times and it is in terrific condition. No surprises or disap-pointments. Purchased from bicycle warehouse in Jan. of 2014 for \$1300. Listing ID: 209969002 at ucsdguardian.org/classifieds

ELECTRONICS

New 64GB iPad Air 2 - \$480. Brand new, unopened iPad Air 2. 64GB, silver. For pickup on campus. Listing ID: 209956810 at ucsdguardian.org/classifieds for more information

Samsung 32 Inch TV - \$50. In great shape.

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hours prior to their first ride.

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PS3 with Games and Gold Controller - \$100. I have a terrific condition PS3 backwards compatible system with games and a gold controller for sale. You can also play PS2 games on it. Price is firm. Not going lower. Listing ID: 210596813 at ucsdguardian.org/

FURNITURE

Luxury Top Leather Length - \$1200. This is one long, luxurious couch. Super rich top-grade leather with many extras like extra firm cushions so they won't get squishy and elbow/head length side-arms for super comfort sitting or lying down. Try it out, you'll love it. Was \$3800 new. No marks or scratches. Listing ID: 209690003 at ucsdguardian.org/classifieds for more informa-

Set of 2 Metal Chairs - \$40. Set of two metal chairs with wooden seats. Need a little TLC. Make an offer! Listing ID: 210596818 at ucsdguardian.org/classifieds for more

Silk String Lampshade - \$45. Silk string lampshade with hand-sewn soft lining. Soft white. 6-½ across top, 20 across bottom and 12 top to bottom. Made by Brown Lampshade Company. High quality. Paid \$150 new. Clean. Listing ID: 209969065 at ucsdguardian.org/classifieds for more





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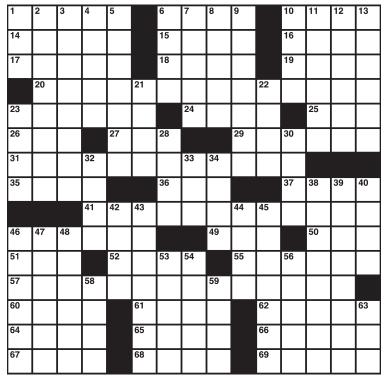
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Across

1 Thingamajig

6 Castaway's home 10 Unpaid credit card bills, e.g.

14 __ of the tongue 15 Celebrity chef Bobby

16 Provo's state

17 Trailblazer Daniel

18 Bad thing to yell in a crowded theater 19 Hosiery hue

20 Borax haulers, in classic ads

23 Best kind of situation 24 Annual period

25 Getting the job done, briefly

26 Pig __ poke

27 Santa staffer 29 Eager lip sounds

31 Cowboy's topper

_ saw Elba" 36 Sport __: versatile vehicle

37 LAPD alerts 41 Poker game where one might stand

pat

46 Sam's Club competitor

49 Confucian "path"

50 That, in Tijuana

51 Sculptures, oils, etc.

52 Sock-in-the-gut responses, in comics 55 Words of understanding

57 CBS sitcom since 2003

60 Darkroom images, for short

61 Radioer's "Back to you"

62 New Wave band __ Boingo

64 Settled on a branch, as a bird

65 Twistable cookie

66 Actress Mary-Kate or Ashley _ bargain: court deal

68 E-mail button 69 Salon colorists

1 Chew the fat 2 Big name in gloves

3 It's to the far right on freeways

4 Sal of "Exodus"

5 Where pirates prey 6 Far from certain

7 Covered with thick, icky liquid 8 Lash of old oaters

9 Place for mascara

10 Sonny and Cher song, e.g.

11 "Yada, yada, yada ... 12 President Obama

13 Hitchhikers' digits 21 Be a rat fink

22 Witty Bombeck

23 TV's Nick at

28 Chimney duct

30 Not much

32 Party invitee's buy 33 Non-Rx

34 Without ice

38 False appearance 39 Kim of "L.A. Confidential"

40 Whack, as a fly

42 Clickable PC image 43 Some West Indian religious cultists

44 Racetrack border

45 Alpo or Pedigree

46 Forty winks 47 "Animal Farm" author George

48 Inferior cigar 53 Quarterback Brett with a record 464

TD passes 54 Charlie of

57-Across

56 Etiquette author Post 58 "The Thin Man" dog

59 Yanks' third baseman, familiarly

63 Switch positions







Tritons to Open up CCAA Play this Week

► M. BASKETBALL, from page 12

NDNU Thanksgiving Classic
Game Two

UCSD 76 = 36
Notre Dame de Namu

On Saturday night, UCSD played its second game of the back to back against the host, Notre Dame de Namur and kept its five-game winning streak alive with a one-sided 76–36 victory. The Argonauts found it difficult throughout the night and continued their awful start to the season with a 0–5 record.

The Tritons continued their impressive team shooting for the season and ended the game 51 percent from the field while equally putting in a strong defensive effort, holding the opponent to a mere 26 percent from the field. It is the fifth straight time this season that the Tritons shot at over 50 percent, all combining for their best start to the season since joining Division-II.

Hansen recorded his second double-double of the season with 16 points and 11 rebounds. Senior guard Aleks Lipovic contributed with five three-pointers, accounting for 15 points, and Klie added 10 points.

Within the first five minutes of the game, the Tritons already had a 12–0 lead, and they never looked back after the outstanding start. Shooting 56 percent from the field during the first half, the Tritons held a comfortable lead at the half, 38–15. Quite differently, the Argonauts did not see their shots sink as frequently, only making four out of 23 shots in the half.

UCSD never faced a real challenge in the game and did not let up, scoring 38 points in the second half. With less than two minutes remaining, the Tritons led by an extraordinary 44 points, 76–32.

One bright spot for the Argonauts was a 12-point and fiverebound performance from junior guard Jalani Davis.

"I thought we played well for the second game of a back-to-back," UCSD Head Coach Eric Olen told the UCSD Athletics Department. "We had a lot of guys contribute, which is encouraging. We will need everyone to continue to play well as we start conference play next week."

The Tritons finished the tournament 2–0 and improved their overall record to 5–0. They will look to add to their win tally when they travel to Sonoma State on Wednesday, Dec. 2., and then on Friday at home versus Cal State Monterey Bay to open up their conference schedule. The two games are set to tip off at 7:30 p.m.

readers can contact DANIEL HERNANDEZ sports@ucsdguardian.org

UCSD Leaves RIMAC, takes on Sonoma State on Wednesday



▶ W. BASKETBALL, from page 12

enough offense and kept its cool to close the game out and earn a five-point victory, 76–71.

"The way our offense works, it opens up drives from the top of the key," Katuna told the UCSD Athletics Department. "Being able to go through all of preseason this year — it really makes me more comfortable, and I am really trying

to go all in this season."

Shokoor, the tournament MVP, had her third-consecutive double-double with 19 points and 11 rebounds, along with a game-high five assists. Katuna had a team-best 20 points, earning herself a spot on the All-Tournament team, along with Shokoor, junior forward Kelly Hardeman of Azusa Pacific, senior guard Chelsea Barnes from Cal State San Bernardino and Weatherd

of Dominican. MacLeod and sophomore guard Taylor Tanita also scored in the double digits, with 11 and 10 points, respectively.

The Tritons are back on the road this week to face Sonoma State on Wednesday, Nov. 2, in a California Collegiate Athletic Association matchup.

readers can contact SAMANTHA GLANTZ sglantz@ucsd.edu

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UPCOMING

W. Basketball 12/02 AT Sonoma State M. Basketball 12/02 AT Sonoma State M. Water Polo 12/03 AT Princeton

W. Volleyball 12/04 AT Sonoma State W. Basketball 12/04 VS Cal State Monterey Bay

Feasting on



W.BASKETBALL

Thanksgiving Classic Win

UCSD dominates Dominican and No. 25 Azusa Pacific.

BY SAMANTHA GLANTZ AND MARCUS THUILLIER

The UCSD women's basketball team went undefeated over the weekend during its sixth annual Thanksgiving Classic tournament held at RIMAC arena. The Tritons dominated the Dominican University of California in its first game of the tournament on Friday and pulled off a comeback win over No. 25 Azusa Pacific University on Saturday. The Tritons have now won four straight games and hold a 5-1 overall record.



Game One

The Tritons' unstoppable offense was too much for the Dominican Penguins to handle on Friday. Senior guard Jamie Katuna scored within three seconds to start off the game, giving the Tritons momentum. The Tritons' senior forward Farrah Shokoor combined with Katuna to quickly put up 10 points, igniting UCSD's offense. The Tritons ended the first period leading Dominican 20-10.

The Penguins cut the Tritons' lead to four after making two consecutive three-pointers to begin the second period. But the Tritons continued their offensive onslaught and put up 19 more points, making the score 43-25 going into the second half.

The Tritons kept the lead throughout the entire second half. Even though the Penguins were able to tally 45 points, UCSD outscored them and put up 52 points to secure the victory. The final score of the game was 95-72, resulting in the Tritons' third consecutive win.

The Tritons' junior forward, Cassie MacLeod, scored 21 points and grabbed a career-best 13

rebounds on the day. Shokoor, a 2014 All-CCAA selection, tallied 19 points and 11 rebounds. Both MacLeod and Shokoor recorded a double-double. Katuna finished off the day with 17 points, and junior guard Haley Anderson added 12 points.

"We're definitely faster running down the floor," MacLeod told the UCSD Athletics Department. "We're in very good shape. We have a better connection this year; there [are] more vocal players."

Junior forward Allyssa Weatherd of the Dominican Penguins recorded a game-best 25 points and grabbed

776 - 771 No. 25 Azusa Pacific

11 boards.

Game Two

UCSD took on No. 25 Azusa Pacific on Saturday at RIMAC Arena and came away with the upset after a second-half comeback.

The Cougars started out hot in the first quarter and led the Tritons by seven after 10 minutes of play. APU continued to build on its lead in the second quarter, with a three pointer putting them up by 10. However, the Tritons then went on a 15-5 run to even things out at 27 apiece. APU hit another three going into halftime to take a three-point lead at the break.

UCSD outscored Azusa Pacific 47-39 in the second half, behind a strong third quarter. Katuna had 10 points in the third frame, when the Tritons outscored APU 28-18. The Tritons tied the game up at 43-43 in the middle of the third quarter before going on a 14-7 run and entering the fourth quarter with a 57-50 lead.

UCSD never lost that lead, even with APU coming within one with 4:25 remaining. UCSD mustered

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M.BASKETBALL

Tritons Still Undefeated

Upset over No. 4 CBU is followed by tournament win.

BY DANIEL HERNANDEZ **Contributing Writer**

This past Tuesday night the UCSD men's basketball team produced a stunning upset against No. 4 California Baptist University, a 76-67 home victory. The Tritons then continued their impressive start to the season with a pair of dominant victories against Holy Names University, 74-50, and Notre Dame de Namur, 76-36, in the Notre Dame de Namur University Thanksgiving Classic held in Belmont, California over the weekend. UCSD improved its record to an unblemished $\bar{5}$ -0.

Game One UCSD | 76 - 67 No. 4 Cal Baptist

UCSD had a strong start to the game and led 39-29 at the half. Cal Baptist fought themselves back from a 12-point deficit in the fourth quarter and cut it down to a mere one point. However, the Tritons determinedly went on a 16-8 run to end the game, which helped them complete the upset with a 76-36 victory.

Overall, Cal Baptist struggled to find its shot on the night and finished the game shooting a poor 38 percent from the field. UCSD, on the other hand, shot an efficient 50 percent from the field, including a standout performance by freshman center Chris Hansen who recorded a 17 points and 11 rebounds, earning him a double-double. Junior guard Adam Klie put in a strong performance as well with a gamehigh 18 points while shooting 50 percent for the night, 7–14.

"We have been playing really well; what I like about it is that it's been a real team effort; everyone is contributing," Klie told the UCSD Athletics Department. "It's been a great start ... but what really counts

The victory gave UCSD its first win against a top-five nationally ranked team since 2006, when the Tritons defeated No. 2 Montevallo in Las Vegas.

NDNU Thanksgiving Classic Game One

7/4} = 5(0)

The Tritons travelled up north to the Bay Area for the weekend to compete in the three-team tournament and on Friday faced Holy Names. UCSD came out victorious with a 74-50 win.

UCSD controlled the game from the start with a 7-0 run and continued to put pressure on Holy Names. Holy Names never got into the game and trailed by 14 at the half, 41-27. With 3:14 left in the game, the Tritons grabbed their biggest lead of the night, leading by 24 points 70-46

Identical to earlier in the week, the Tritons finished with 50 percent shooting while they held their opponent to an inefficient 29 percent shooting. Also strong on the boards, UCSD out rebounded Holy Names 50 to 31. Senior forward Drew Dyer racked up a game-high 15 points with six rebounds, two assists and a block. Klie had a near double-double as he contributed with 13 points and nine rebounds.

Junior guard Joshua Crum and junior forward Jonathan Cortez both produced a couple of good individual performances for the Hawks, 14 and 12 points, respectively. Their team struggled from behind the arc, though, finishing with a very poor one of nine for the game. Holy Names continued with its bad start to the season and dropped to 1-5 record after the loss.

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The Big Red "S" of American Sports

THIS WEEK IN SPORTS **MARCUS THUILLIER** mthuilli@ucsd.edu

European sports are capitalist. Nothing new, you would say, but it is interesting to notice that American sports are typically socialist in their values. The Atlantic already underlined this peculiar difference a year ago, after Lebron James rejoined Cleveland (a small market team). In his piece, "Sports Paradox: America's Regulated Economy vs. Europe's Free Market," writer Noah Gordon goes on to show that "in wild, wild, Western Europe, anything goes. Unregulated capitalism is matched by unfettered competition. In the U.S., the major team sports are highly redistributive, or even socialistic."

Both systems have strong arguments as to which one is better. But American sports show an interesting, unclear zone between the American free market and the capitalistic system. In the four major American sports leagues — NFL, NBA, MLB and NHL — there is a cap, restricting the owners' power to go out of their way to bid higher for a player, like it happens in Europe. This just means that a team in Cleveland, the 45th largest city in America, has the same financial power in the NBA as Los Angeles.

The relegation system in Europe, where the bottom two or three teams go down a division and are replaced by the two best teams in the bottom division is also diametrically opposite to the draft system in America. The worst teams in America are "gifted" the best young players in an effort to give everyone the same chances to win the title in the long term. This, coupled with heavy taxation for the "rich" (or in this case overspender), makes the American sports system a socialist system.

The big red "S" of socialism — like my high school history teacher liked to call it — looms over the four major American sports, but what does it mean for the viewing experience? For one, according to Gordon, it means that a team like "Green Bay has as many Super Bowl titles as the Giants of New York. That's impossible in Europe, where the powerhouses from Barcelona and Madrid have won 64 of 83 Spanish league titles" or where Bayern Munich's financial power has been dominating the Bundesliga for the past four years.

Kirk Goldsberry wrote for FiveThirtyEight about it this week. He has an anecdote about his boss Nate Silver, who said, "It's kind of ironic. American sports are socialist." With salary caps, revenue sharing and drafts "that generally allot the best new talent to the worst teams, American leagues intentionally promote parity while suppressing the natural tendency for some clubs to dominate others."

The awkward mix of American capitalism and the American Dream led to the development of socialistic sports league. No matter which model is the most fair, I'll enjoy watching Bayern winning the Bundesliga and the Cleveland Cavaliers trying to bring back the first title to the city in 51 years.