

## A.S. COUNCIL



### TAKING THE REIGNS

The new A.S. Council held its first meeting Wednesday night. Above (from left): A.S. President Robby Boparai, Speaker Colin King, A.S. Advisor Hayley Weddle, and A.S. Director Heather Belk at the meeting. Read our hopes for the new council in *OPINION*, page 4.

## SAN DIEGO

# Researchers Advocate a “Frictionless Border”

The report lists changes at the U.S.-Mexico border that encourage economic growth in both countries.

BY KARENTO  
SENIOR STAFF WRITER

According to a report issued on May 1, Global CONNECT, UCSD Extension’s research division, partnered with Creative Class Group, an urban-studies consulting firm based in New York, to advocate for the establishment of a “frictionless border” to encourage binational economic growth between the United States and Mexico.

The report, called “From Border Barriers to Binational Promise: What the Future Could Be With a Frictionless Border,” lists several demands that include improving cross-border infrastructures at ports of entry, diminishing the role of the U.S. Department of Homeland Security in border patrols and increasing the role of the U.S. Departments of State and Commerce.

Co-author of the report and Dean of UCSD Extension Mary Walshok explained that the term “frictionless” represents the researchers’ vision of a border that supports economic development between the U.S. and Mexico.

“By ‘frictionless,’ we are referring to the need for management, security and monitoring systems that will allow travelers and delivery trucks to cross the border more fluidly,” Walshok said. “In doing so, we will not lose the economic opportunities we are losing today.”

According to the report, the inadequate transportation infrastructures at ports of entry restrict the flow of traffic, resulting in the loss of job opportunities and billions of dollars in economic activity.

The co-authors of the report, Walshok and the founder of the Creative Class Group Richard Florida, cited a study conducted by a San Diego-area government organization in 2007 revealing an estimated loss of \$2.9 billion and 40,000 jobs in the region between San Diego County and Baja California.

On a larger scale, the study showed that the U.S. and Mexican economies lose about \$7.2 billion and 62,000 jobs.

Walshok addressed the concerns regarding illegal drugs, undocumented citizens and potential terrorists against relaxing border restrictions.

“Research has shown that, as a percentage, very few drugs have been apprehended in cars at the border,” Walshok said. “Additionally, terrorists tend to travel by air, not by car, so there is a concern that the U.S. has significantly over-responded to security issues without recognizing the economic benefits.”

Former San Diego director of field operations for U.S. Customs and Border Protection Rudy M. Camacho

See **BORDER**, page 3

## IT’S HAPPY HOUR



It’s always happy hour somewhere. Check out the Guardian’s take on a handful of locations to visit for the next time you’re looking for food and drinks at a deal.

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## VERBATIM

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- Hilary Lee  
**RHYME OR REASON**  
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## UC SYSTEM

# UC Berkeley Undergoes Federal Investigation

The university may have violated Title IX provisions pertaining to gender discrimination in cases of sexual violence and harassment.

BY TINA BUTOIU CONTRIBUTING WRITER

Several California schools have been named to a recently released list of higher education institutions that are under investigation for potentially violating federal Title IX provisions pertaining to gender discrimination in sexual violence and harassment complaints. The U.S. Department of Education Office for Civil Rights included UC Berkeley on the list, released May 1, along with 54 other public and private universities and colleges.

Thirty-one female students made three federal complaints against UC Berkeley, citing that the university failed to protect them against sexual assault. The first complaint was a Clery Act complaint issued in May 2013. The students later issued a second Clery Act complaint in addition to a Title IX complaint on February 26 through the Office for Civil Rights after not hearing back from the federal government for almost nine months.

According to California State Auditor press contact Margarita Fernandez, four California public schools — UC Berkeley, UCLA, San Diego State and Chico State University — have also been under investigation by state auditors since August 2013. The full report will likely be available this June.

Title IX of the Education Amendments of 1972 prohibits discrimination on the basis of sex in education programs and activities, including the manner in which sexual assault complaints are addressed. The Clery Act, which only applies to postsecondary schools, requires full disclosure of sexual assault proceedings to both parties and cannot require complainants to abide by non-disclosure agreements.

In a press release, the U.S. Department of Education defined sexual violence, as referred to by federal law, as “physical, sexual acts perpetrated against a person’s will or where a person is incapable of giving consent — including rape, sexual assault, sexual battery, sexual abuse and sexual coercion.”

According to the White House “Know Your Rights” fact sheet on Title IX, “if a school knows or reasonably should know about possible sexual harassment or sexual violence, it must promptly investigate to

determine what occurred and then take appropriate steps to resolve the situation.”

In a statement published in UC Berkeley News Center on Feb. 25, UC Berkeley Chancellor Nicholas Dirks said the university will expand sexual assault policies and resources available to students.

“I have allocated resources to create a new position that will assist victims in navigating the reporting process and help survivors secure emotional support and resources in the aftermath of an assault,” Dirks said in the statement. “The Confidential Survivor Advocate position will be a central and confidential point of contact.”

Media Specialist of the UC Office of the President Brooke Converse said UCOP began a process of updating sexual assault policies last year after President Obama enacted the Violence Against Women Reauthorization Act, which focuses on ensuring proper wording in sexual assault policies and raising awareness on how to prevent and handle sexual assault.

“The federal government did not specify how to implement new requirements, and there are a couple of state bills that may affect UC sexual assault policies,” Converse said. “We foresee continuing to make changes.”

The UC system established a Title IX Compliance Advisory Committee, which includes UC students, to ensure UC Title IX policies are aligned with federal regulations. In addition to the committee, prevention and awareness education programs have been established across UC campuses, along with changes to the wordings of the sexual assault policies.

“It is very important that sexual assault is taken seriously,” Converse said. “We want students to know that we are here to help and that we will continue to review policies and work with them.”

UCSD Title IX Coordinator Lori Chamberlain said communication among departments regarding sexual assault cases contributes to proper compliance with Title IX regulations.

“We have tried to be proactive, both in ensuring

See **INVESTIGATION**, page 3

## SILLY MUMENTS By Annie Liu



## JENNY AND THE JETS By Jenny Park



## SCIENCE AND TECHNOLOGY

# Researchers Study Cancer Treatment Recovery Mechanism

A previously overlooked protein, beta-catenin, may counteract both medical and accidental radiation exposure.

BY ANDREW HUANG  
SENIOR STAFF WRITER

UCSD School of Medicine researchers discovered that beta-catenin, a previously overlooked protein, plays a crucial role in promoting hematopoietic stem cell recovery after cancer treatments. These findings were published in the May 1 issue of the *Genes and Development* journal.

Traditional cancer remedies usually involve large chemotherapy and radiation doses, both of which can be fatal due to accidental destruction of exposed hematopoietic stem cells — bone marrow cells that produce blood cells. To counter this, patients are usually given replacement transplants to help replenish their blood stores, although success is not always guaranteed.

UCSD pharmacology professor Dr. Tannishtha Reya and colleagues

from several institutions used mouse models at Duke University to further study radiation's effects on these stem cells. They observed that radiation exposure triggers a critical cellular signaling pathway called Wnt in hematopoietic stem and progenitor cells, thanks to the body's self-monitoring mechanisms that detect when tissues are damaged.

"The Wnt pathway and its key mediator, beta-catenin, are critical for embryonic development and establishment of the body plan," Reya said in an April 30 UCSD News Center release. "In addition, the Wnt pathway is activated in stem cells from many tissues and is needed for their continued maintenance."

According to Reya, lower organisms often use the Wnt pathway for regenerative purposes. The team tested this pathway to see if it could be utilized in human clinical treatments. In their models, the research-

ers found that the mice, which were made deficient in the beta-catenin protein, could not activate the Wnt pathway, leading to poor bone marrow recovery from radiation therapy.

The study confirmed that the Wnt pathway can significantly increase its activity after sensing radiation damage, therefore increasing the rate that destroyed stem cells are replaced. The team now looks toward ways of applying the discovery in real-life scenarios.

"Our work shows that Wnt signaling is important in the mammalian hematopoietic system and is critical for recovery from chemotherapy and radiation," Reya said to the News Center. "While these therapies can be lifesaving, they take a heavy toll on the hematopoietic system from which the patient may not always recover."

She added that the research could have implications for improv-

ing cancer cures because the risk of collateral damage to normal tissue limits radiation's effectiveness, and even patients that successfully undergo treatment may not recuperate in time to fight off secondary infections or anemia. The work on beta-catenin contributed to a larger project focused on developing countermeasures to both medical and accidental radiation exposure.

"Understanding how the body regenerates normally might allow us to devise ways to enhance recovery in times of need, and that was the driving rationale for our work," Reya told the UCSD Guardian.

Future research will help create effective methods to mimic or accelerate the positive effects of the Wnt signaling pathway and its beta-catenin proteins in patients.

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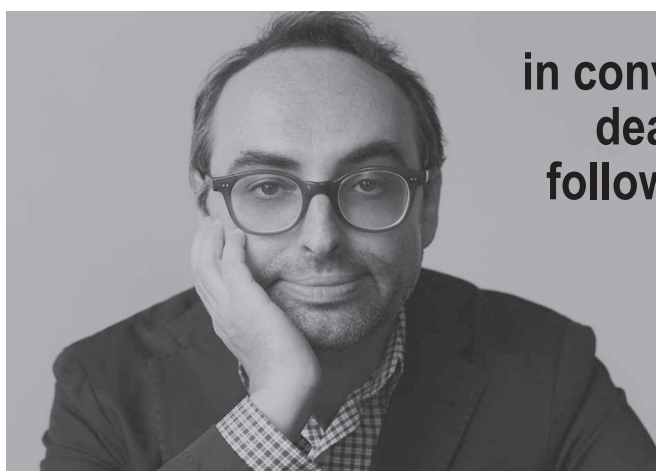
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in conversation with SETH LERER  
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followed by Q&A + book signing

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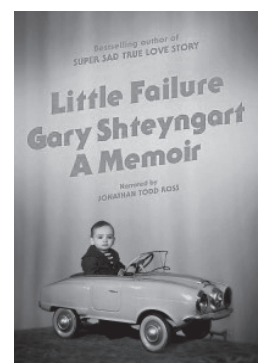
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## New A.S. Council Talks Binge Drinking, Che Cafe Changes

This week at the A.S. Council meeting, I was very excited to see all the new faces!

Former A.S. Council President Andy Buselt, along with former VP Student Life Linda Le, presented their new "R.A.P." video which spoke about drinking safely on campus and what procedures to take if a friend has alcohol poisoning:

Call 911 and tell your RA! A representative from the Panhellenic

Council, Carolyne Chen, came in to discuss how Greek Life collaborated with Council for the video.

Outgoing AVP Concerts and Events Sarah Harley explained how A.S. Safe Rides will be in operation the day of Sun God Festival 2014 and that UCSD students should sign up early because they will not be able to sign up on the day of.

"Shuttles will be running at least an hour longer than usual, and this year we have a partnership with Uber...to go wherever you want to go off-campus," Harley said. "Tell [your friends] that they are stupid for thinking about drinking and driving — there's always other options."

Outgoing AVP College Affairs Meena Kaushik stressed the need for collaboration and positive relationships with other student governments on campus.

"We need to respect each other to have a unified voice, which is definitely what we need on this campus," Kaushik said. "You can start this year differently and amend these bridges for us to move forward."

University Centers Advisory Board Chair Sammy Chang hosted spoke on the 2014-15 campus budget and finances, along with planned construction at UCSD.

The Che Cafe Cooperation, which hosts many concerts and events on campus, is not updated on all the necessary renovations such as ramps for the handicapped, additional exit doors and fire safety systems like sprinkler alarms and a fire alarm system. Due to the lack of funding for those renovations, the fire marshal is threatening to shut it down completely if UCSD does not comply with the fixes.

Therefore, the Che Cooperative will be moving to the Student Services Center and scheduled Che Cafe concerts will be held at Porter's Pub until the building has been renovated.

A new program called UEO3 is also a high priority for the Student Fee Advisory Committee due to the fact that UCSD has the same binge drinking rate as San Diego State University. Sadly, I'm assuming we only establish that rate every year during the Sun God Festival.

Consistency, people! Chang explained how all parking permit money will be funneled into new parking areas and structures. He also introduced new renovations for Sixth College.

"Capital planning wanted to convert Pepper Canyon Hall into an auditorium so they would call it 'Pepperbowl,' like the Hollywood bowl," Chang said. "The Capital Planning also wanted to remake Sixth College and renovate Camp Snoopy and the apartment area, but I'm not sure how much of it will happen."

Each of the colleges have their individual master plans on the UCSD website. I welcome all the new Council members and look forward to a productive year in A.S.!

### NEW BUSINESS

MERYL PRESS  
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## UCSD Policies Are in Accordance with Office for Civil Rights

► **INVESTIGATION**, from page 1

that UC San Diego has policies and practices in accordance with [the] Office for Civil Rights guidelines and in encouraging any reports of potential violations of our sexual harassment or sex offense policies," Chamberlain said. "We have also worked hard to be sure that all of the right offices communicated well with each other regarding particular

cases so that investigation and potential discipline processes were fair and efficient."

The UCSD Sexual Assault and Violence Prevention Resource Center provides immediate and persistent response to sexual assault complaints in order to create a safe environment for students.

"When we learn about an incident, either from a victim or someone affiliated with them, we immediately

contact the victim," SARC Director Nancy Wahlig said. "Then we reach out and make sure they know what resources are available to them and ensure that they get help."

Wahlig added that SARC is available to students and anyone else assaulted on campus at all hours, seven days a week.

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## Camacho Argues Homeland Security Should Oversee Decisions

► **BORDER**, from page 1

told the San Diego Union-Tribune that he opposes the establishment of a frictionless border and believes that a consensus must be reached among the U.S. agencies overseen by Homeland Security to efficiently set policies.

"You cannot set policy unilaterally," Camacho said. "Working cooperatively is how policies and operations are designed."

Florida regards border congestion as a major issue hindering economic growth that must be addressed sooner, not later.

"Place, not statehood, is the

central axis of our time and of our global economy," Florida said in an online May 1 PR Newswire article. "In this age of epochal economic challenges, we need to open doors, not close them."

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## BRIEFS

BY JACKY TO CONTRIBUTING WRITER

► **NASA Funds UCSD Twin Space Study**

NASA awarded UCSD School of Medicine professor Brinda Rana funds to study fluid flows in the brains to determine how long-term space flight affects fluid pressure in the brain and its implications for vision during and after space travel, according to a UCSD News Room report.

The project will begin in March 2015 with identical twin astronauts Scott and Mark Kelly serving as its subjects. Scott will spend one year on the International Space Station while Mark, the husband of former Arizona Congresswoman Gabrielle Giffords, will remain on Earth. This will be the first time that any human will stay in space for an entire year.

Professor Rana hopes this project will impact health care on Earth by shedding light on potential new treatments for traumatic brain injuries, glaucoma and "water on the brain."

► **Chancellor Releases Strategic Plan**

UCSD Chancellor Pradeep K. Khosla announced the university's first-ever Strategic Plan at a Town Hall on April 24. The plan outlines five goals and thirteen strategies to help UCSD "transform California and a diverse global society by educating, generating, and disseminating knowledge and creative works, and engaging in public service... to be a student-centered, research-focused, service-oriented public university."

The Chancellor explained that several steps have already been taken, including a commitment to hire 80 new full-time faculty over three years and investing in 100 seed grants for interdisciplinary projects that pair faculty with students. UCSD has also established the Graduate Student Growth and Excellence Initiative, created and expanded the Chancellor's Associate Scholarship program. Finally, administrators reorganized UCSD's administrative structure, evaluated its existing revenue sources and reviewed the current budget resource and allocation model.

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# OPINION

CONTACT THE EDITOR  
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## Our 2015 A.S. Council Wishlist

Now that the newly inaugurated A.S. councilmembers have held their first meeting, they bring high expectations with them for the new term. The Guardian Editorial Board compiled a wishlist of the changes we hope to see.

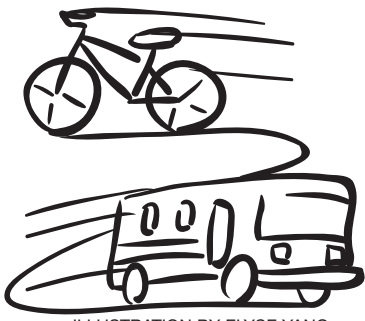


ILLUSTRATION BY ELYSE YANG

### 1. Promote the Transportation Referendum

The ridiculously long lines at shuttle stops around La Jolla are becoming too commonplace now, and now is the time that our student leaders prioritize fixing them. Unfortunately, far too much of campus remains insulated from the gravity of the crisis — last year's A.S. Council made an informative video, but many students still don't know just how many transportation services will be lost should the transportation referendum fail. While we have seen stirrings of an awareness campaign, Council needs to take a more proactive role in the referendum process to get voter participation up. Thousands of students depend on the buses and shuttles to get to class every day and we need to ensure that they get the transportation resources that they need. The new A.S. Council has the power to mobilize the student vote — we hope that they make good use of it.

### 2. Find Solutions to Fund Sun God Festival

The most wonderful day of the year (on the UCSD campus, at least) is just around the corner, though we very nearly missed out this year. While health and safety concerns have been the theme leading up to Sun God Festival 2014, the issue of adequate funding also threatens the future of the event. A combination of the new safety measures and the lack of guest passes caused a \$195,000 hit on A.S. Concerts and Events' budget, and if the Vice Chancellor of Student Affairs hadn't stepped in, we might have lost our best campus tradition this year. Council needs to take action to guarantee that ASCE will have the funding it needs to keep Sun God Festival going strong next year and for years to come.



ILLUSTRATION BY ROCIO PLASCENCIA



ILLUSTRATION BY ANNIE LIU

### 3. Increase Student Org Funding

We've witnessed student organization funding dip from \$500 to \$100 over the years, and we hope that A.S. Council knows that dipping into the Mandate Reserves to fund student org programming is not at all sustainable. Whether we need to consider a minor fee referendum, cutting funding for Pancake Breakfasts or giving away fewer free teddies at Bear Gardens, Council needs to improve the ways in which it organizes and supports funding for our 600 student organizations on campus. Student organizations bring life to UCSD, and it should be an utmost priority to find a solution for bringing funds back to those student groups.

### 4. Improve Relationships With College Councils

Due to the issue of backfunding to college councils coupled with unnecessary, sassy comments, the outgoing A.S. Council and college councils did not maintain friendly or even professionally cordial relations. That is not to say that the fault rested entirely on either A.S. Council or on college councils, as both sides exhibited blatant displays of pettiness. We hope and expect that this new A.S. Council and the incoming college councils leave the petty tendencies behind and seek a civil and even collaborative relationship this year.

As this A.S. Council is largely without council experience, they do not have bad memories or vested animosities toward college councils, and thus are expected to begin on good terms with them. For those with previous council experience — both in A.S. Council and college councils — we hope that these negative feelings can be forgotten.

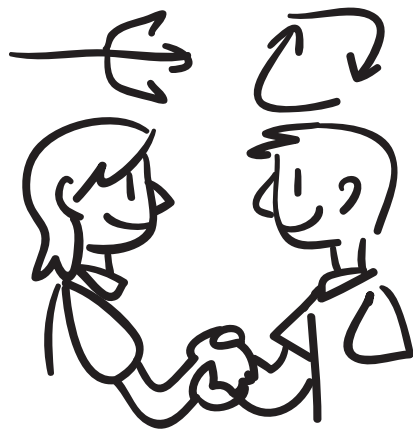


ILLUSTRATION BY ELYSE YANG

### 5. Avoid Slate Politics in Council Appointments

After the well-publicized feud between outgoing VP External Affairs Vanessa Garcia and much of the Keep it REAL slate winners last year, A.S. Council's productivity faltered tremendously as a result. With a rare sweep of all campuswide and academic positions, Tritons Forward has a strong opportunity to implement the Council unity and productivity that it promised during the campaign. As the selection process for Associate Vice Presidents gets underway, we hope, for the second year in a row, that slate politics will not dictate Council appointments and that a pluralistic group of AVPs can find their way to the fourth floor of Price Center.

With the new AVPs in place, we hope that Council meetings can focus exclusively on community building and campus initiative and that members will not succumb to the same political divisiveness that wasted a large chunk of the Fall 2013 sessions.

### 6. Ensure Accountability & Complete Senator Projects

Accountability was a large component of the Let's Act! campaign, and we think that the suggestion of releasing a regular A.S. report card is one Triton's Forward would do well to adopt. One of the disappointments of the past term was that, in the midst of a divided council and the ongoing struggle to settle the transportation issue, many senator projects fell by the wayside. While there were some commendable efforts like the Study Space Map, completed projects this past term were a little sparse. During election season, Triton's Forward members also had some intriguing ideas that we would definitely like to see implemented. A quarterly report card would not only ensure transparency, but it would also hold these new senators to their word.



ILLUSTRATION BY ANNIE LIU



ILLUSTRATION BY ROCIO PLASCENCIA

### 7. Start a Realistic Push for D-I Sports

We also hope to see a push to bring Division I sports to UCSD. Seeing as the average amount of debt for UCSD graduates has risen 20 percent in the last 10 years, however, A.S. Council would need to find a way to introduce a referendum that is still within the average student's budget. A move to Division I would reward athletes for their achievements and also establish UCSD as a university known for both its athletic and academic excellence. But perhaps most importantly, becoming a Division I campus would foster greater school spirit for the student body as a whole. During elections, several members of Tritons Forward voiced strong support for the idea of bringing Division I athletics to UCSD. Now that they won the election, we are eager to see the steps that Council will take to raise support for a D-I referendum.

## Channel Churchill and Start a Journal

**RHYME OR REASON**  
 HILARY LEE [HL009@UCSD.EDU](mailto:HL009@UCSD.EDU)



When most people think of writing in a journal, images of prepubescent girls scribbling in colorful Lisa Frank notebooks come to mind. However, this schema only perpetuates the problem of journaling becoming an increasingly dying art. Far from being young and immature children, many great thinkers such as Charlotte Bronte, Winston Churchill, Ralph Waldo Emerson and Virginia Woolf were all avid keepers of the book. Numerous presidents have also kept them for posterity, while others, such as Lewis and Clark, used them to log their travels.

Journaling has many benefits: It sharpens writing skills, helps you to keep track of goals and ideas, allows for self-reflection and serves as a time capsule of mundane details you will be grateful to revisit in the future. Forbes personal brand writer William Arruda asserts that successful people habitually keep journals that allow them to assess both personal and work-related strengths. UCLA psychologists have also found that penning thoughts onto paper reduces activity in the amygdala and makes people happier, a finding they term the "Bridget Jones effect."

To begin, pick a medium. This can range from a simple spiral-bound notebook or a fancy Moleskine (for the elitist hipsters) to Tumblr or even Google Drive. Next, choose a consistent place and time of day and make this a non-negotiable. No matter if I am travelling in Hong Kong, pulling an all-nighter, cramming for a midterm or coming back in the wee hours of the morning after a night out, I make it a point to always fit in a couple of lines before bed. Lastly, you need to make it routine. Starting a journal — like those laughable New Year's resolutions to become a RIMAC rat — is easy, but the hard part is preventing yourself from fizzling out. It is advisable to add a reminder to your to-do list or calendar until the task becomes hardwired into your brain.

Your entries need not be verbose or philosophical either. On days in which you may not have the energy or desire to write, a simple statement attesting to this sentiment will suffice. I have gone through volumes of journals since I was 9 and currently keep a low-maintenance "One Line a Day" journal that only allots me space enough to write a line or two every day over a five year timespan. The beauty is that, similar to Twitter, concision is key — the most powerful statements are oftentimes the shortest. On the day Theodore Roosevelt lost both his mother and his sister, he simply and poignantly wrote: "The light has gone out of my life." It is sufficient to just jot down brief descriptions of the activities you did and the people you did them with or a single sentence that encapsulates how you felt that day.

The next time you are at Barnes & Noble, linger in the journal section and consider making a leather-bound book your new companion for the next few years. You'll thank yourself later, after the pixels of your memory burn out and the old people haze starts to creep in.

**FUNGLY** By Kyle Trujillo



**EDITORIAL**

**New Campus Cards Promote Spirit and Safety**

Incoming freshmen and transfer students will all receive newly designed campus ID cards, which will feature an image of the Triton statue instead of Geisel Library. Aside from the major aesthetic change, the reverse side of each student ID card will also include campus emergency contact numbers. A.S. Council, the Office of External and Business Affairs and the Campus Card Office are hopeful that incorporating our university mascot on an item so regularly used by the entire student body will help promote campus spirit. Whether this change in design will actually inspire real school pride is still to be determined, but the new contact information and the inevitable safety benefits that come with it definitely seem promising.

The new ID cards will serve as tools to increase student awareness about resources that are designed to establish a safer campus. For a majority of students, their student ID is the key to their dorms, provides them access to study rooms and library loans and is with them at almost every moment. Its ubiquity is such that if a change is being made to promote spirit and safety, this may be an ideal medium through which to do it. Since every incoming freshman will receive the new card design, they will immediately have the opportunity to become familiar with on-campus resources such

as the UCSD Police Department, Community Service Officer Escort Hotline and Counseling and Psychological Services contact numbers. Continuing students who have lost or broken their cards are also eligible to get the new one. This new design promotes accessibility to student services and will encourage more students to utilize campus resources.

The addition of emergency contact information is not only convenient but will also promote campus safety. UCSD police reported 12 incidents of forcible sex offenses last year, 11 of which were reported on campus and nine of which were in student housing, according to the 2013 Annual Security Report. The report also noted 27 incidents of burglary — 24 of which took place on campus. By including emergency contact information on student ID cards, bystanders can easily contact authorities in times of crises and encourage crime reporting to the campus police. Ultimately, this addition could potentially help report and reduce crime at UCSD.

The aesthetic appeal of the new design is up for interpretation, but most students care more about their awkward orientation day photo rather than their Geisel Library backdrop. Changing the image on the student ID card won't necessarily lead to a tangible increase in school spirit, but increasing campus

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resource accessibility will definitely promote campus safety. Ultimately, this new ID card is a step in the right direction to make UCSD a safer community.

**LETTER TO THE EDITOR**

*Pledge CALPIRG to Help Reduce Global Warming*

Dear Editor,

As the summer heat begins to roll in and that itch to skip class for the beach becomes all the more tempting, let us not forget that we are in one of the worst droughts in California's history. Statewide snowpack is now 82 percent lower than average, reservoirs are at 64 percent of their normal capacity and the cost of produce is expected to rise by as much as 34 percent. Talk about summertime sadness!

The drought is in line with a number of increasingly erratic weather patterns that we are seeing around the country — weather that we can attribute to global warming. Scientists overwhelmingly agree that climate change is caused by human production of greenhouse gases. As an economy, California is the 12th largest emitter of this pollution in the world, with the largest source of that pollution coming from our cars and trucks.

Something must be done to curtail our emissions. But how can we do it?

Pledge CALPIRG, that's how. For the past year, CALPIRG has been mounting a giant grassroots campaign called Charge Ahead California to jumpstart electric vehicle sales by expanding funding for existing EV rebate programs, charging stations and car sharing programs. We have been working with a broad coalition of consumer, traditional environmental and environmental justice groups to pass SB 1275 here in California. CALPIRG students have collected and delivered over 20,000 public comments from students across the state, held over 50 individual meetings with legislators in Sacramento and

engaged well over 100,000 students on the issue. Thank you if you have supported us!

Unfortunately, despite our success, our fight to protect California's future is far from over. The funding for the Charge Ahead California policies will not come from taxpayers but from fees levied on California's biggest polluters. These are some of the wealthiest and most powerful special interests in the world, and they have done and will do everything in their power to stop progress from being made.

That is exactly why college students founded CALPIRG over 40 years ago: to stand up to powerful special interests to protect the public interest and the interests of students. As students, we cannot match the oil industry's funds when it comes to campaign contributions and lobbyists. For the last four decades, we have been harnessing the power of the grass roots to make big changes, and that's where you come in.

This week, you will doubtlessly see CALPIRG volunteers around campus and in your classrooms asking you to join us in this fight by becoming a member and pledging \$10 a quarter on your tuition bill. In order to stand up to these powerful special interests, we need the funds to hire professional staff to do the necessary research, organizing and advocacy it takes to win. So when you see a CALPIRG volunteer, stop and fill out the card so that you can help clean up our air and stop global warming. Come to our clean car show from 10 a.m. to 3 p.m. on Thursday, May 8 on Library Walk too!

— **Natasha Luther**  
CALPIRG Intern  
**Alex Acuna**  
CALPIRG Campus Organizer

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# WEEKEND

ARTS | FOOD & DRINK | MOVIES & TV | MUSIC | THINGS TO DO

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## Get Psyched: Tripping Through Psych Rock

UNDERSOUND  
JONAH YONKER  
JYONKER@UCSD.EDU



Given life by The Beatles (no big deal) and immortalized in the music of artists like Jimi Hendrix and Pink Floyd, psychedelic rock is a genre that dips into blues, folk and plain old rock 'n' roll. Not only is it historically diverse, but the genre also established the forward-thinking elements that gave rise to progressive metal and post-rock as well as helped introduce the concept of successful fusion between genres. One might assume that this drastic evolution had rendered psychedelic rock a memory, but in actuality, it has only expanded to include a startling variety of subgenres.

**Causa Sui:** What would this list be without an instrumental group? Hailing from Denmark, Causa Sui (Latin for "cause of itself") plays a rollicking brand of psychedelic rock that wanders and jams for around seven minutes a song without losing an ounce of your interest. Like its namesake, each new melodic idea (whether it is funk, jazz or straight-up shredding) grows organically from the last, building sweeping tracks of deceptive complexity. Tracks to try: "Homage," "Euporie," "Latte Rock."

**The Drones:** The inclusion of Perth, Australia's The Drones might make it seem as though I have some kind of international quota to fill, but this band sincerely rules. Lead singer Gareth Liddiard brings his raw howl to a busy procession of blues, rock and garage, and the mix yields a surprising vulnerability to the sweeping guitars and pattering drums. Add the off-key riffing of punk — and a distinct knack for slowing things down — and you've got the kind of rock that pulls at all sorts of heartstrings you didn't know you had. Tracks to try: "How to See Through Fog," "Shark Fin Blues," "A Moat You Can Stand In."

**Red Fang:** The term "stoner rock" can be easily misunderstood; as a subgenre of psychedelic rock, the name refers to the hazy, distorted wash of guitars and often — goofy, good humor of any band that embodies it. While Oregon's Red Fang certainly has these qualities in spades, what sets it apart from the moniker is its knack for crafting catchy melodies and racing leads, as well as a kind of high energy that approaches the roar of metal without losing its grip on rock. Tracks to try: "Prehistoric Dog," "Wires," "Night Destroyer."

**Have a Nice Life:** Far from the high-velocity rumble of stoner rock, "shoegaze" is an ambient form of the genre that drifts and meanders through startling and often dingy landscapes. A fine example is Connecticut's Have a Nice Life, which weaves layers upon layers of industrial rumblings, dissonant chords and churning melodies over drifting vocals to create a kind of bare intimacy that builds quiet introspection just as readily as foot tapping. Tracks to try: "Hunter," "The Big Gloom," "Burial Society."

The disparities between each group presented here reveal the depth and range of this genre. Just as their psychedelic forebears did, these artists push and twist the definition of the entirety of rock, adapting fragments of convention into a sound as unique and vibrant as the genre itself.

## IT'S HAPPY HOUR

If you're strapped for cash but still want a good deal on food and drinks, look no further than the many bars and restaurants in the Greater San Diego area. Have a sip and take a bite out of the Guardian's Happy Hour.

BY AVI SALEM STAFF WRITER DESIGN BY ZOE MCCRACKEN

### Barrio Star



**HAPPY HOUR:** Daily from 5 to 7 p.m.  
**REGULAR HOURS:**  
Mon. to Thurs.: 11 a.m. to 3 p.m., 5 p.m. to 9:30 p.m.  
Fri.: 11 a.m. to 3 p.m., 5 p.m. to 10:30 p.m.  
Sat.: 9 a.m. to 10:30 p.m.; Sun.: 9 a.m. to 9:30 p.m.

3112 University Ave.  
San Diego, CA 92104

Barrio Star is a hidden gem on the western side of Balboa Park in Banker's Hill. Reminiscent of an adobe hut, the striking reddish-orange exterior of this small corner restaurant stands out on a mostly residential street.

Barrio Star's fresh and healthy take on traditional Mexican foods and drink is worth trying during happy hour, which takes place daily from 5 to 7 p.m. While the prices are a bit steep for students during regular hours, patrons can take advantage of \$5 margaritas and sangria and a host of appetizers and tacos — all under \$6. The restaurant offers unique takes on classic drinks including a blood orange margarita with freshly squeezed blood orange juice, which makes it tangy and replaces the ordinary lime quite nicely. Other margarita flavors include roasted jalapeno and blackberry and strawberry-banana. The organic potato taco (\$3) was filled with lightly fried potato, spices, queso blanco and veggies, and the Pequeño Bowl (\$5) was a mini version of a traditional taco bowl with frijoles de la olla, carnitas, queso blanco and house-made chips and salsa. Both items were delicious and healthy — the beans from the Pequeño Bowl were full of fresh garlic and tomato flavors but were not greasy or heavy. Barrio Star's food was appropriately portioned for its reasonable happy hour prices. The restaurant is also vegetarian and vegan friendly — most of the happy hour menu includes tofu or soy chorizo as meat alternatives.

### U31

**HAPPY HOURS:** Mon. to Thurs. 5 to 8 p.m.  
**REGULAR HOURS:**  
Mon. & Wed.: 5 p.m. to 12 a.m.  
Tues., Thurs., Fri. & Sat.: 5 p.m. to 2 a.m.  
Sun.: 10 a.m. to 12 a.m.

3112 University Ave.  
San Diego, CA 92104



Located in the center of North Park, U31 is mostly known as "that one bar in North Park with a mechanical bull." U31 is more than just a bar — it's also a concert venue that hosts a slew of local bands and has weekly karaoke; it's a great place to get cheap food to go along with cheap happy hour drinks. Bar food usually has a bad reputation, but this bar has perfected simplicity with great taste. Nothing is extraordinarily unique about the menu — the normal "bar fare" of burgers and fries, wings and tacos are served daily. That said, these foods are served at a discounted price and are worth the couple bucks for the large portion sizes. Happy hour is from 5 to 8 p.m. on Monday through Thursday, 4 to 8 p.m. on Friday and 12 to 6 p.m. on the weekends. Happy hour foods and prices vary during the week and include \$2 tacos and draft beers on Tuesdays and 31-cent buffalo wings on Wednesdays in addition to a large specialty drink and beer menu, with prices ranging from \$4 and up. Saturdays are the best time to go for U31's half-off burgers, which are reduced to \$3 to \$5. The American burger was well worth its \$4 — full of fresh lettuce and tomato, the classic burger is cooked perfectly and comes with a side of fries for an extra \$2. Come Sunday morning when you're feeling rather hungover, head to U31 for its "brunch burger" (\$5), a breakfast burger with eggs, bacon, avocado and jack cheese, \$3 mimosas and \$5 Bloody Marys.

### Oscar's Tacos



**HAPPY HOUR:** Mon. to Thurs.: 2:30 p.m. to 5:30 p.m.  
**REGULAR HOURS:**  
Sun. to Thurs.: 10 a.m. to 9 p.m.  
Sat. to Sun.: 10 a.m. to 10 p.m.

646 University Ave.  
San Diego, CA 92103

Oscar's famous seafood tacos have been a staple in Pacific Beach for years. Its new Hillcrest location delivers the same great taste but has more than adequate seating, air conditioning and even accepts credit and debit cards, unlike its sister store. The menu at Oscar's is simple, but its standard item is one worth talking about: the battered fish taco. The best part is these hearty tacos are only 99 cents Monday through Thursday from 2:30 to 5:30 p.m. This happy hour deal is one of Oscar's best kept secrets as it's not advertised anywhere on the menu or in the restaurant. These fish tacos are always piping hot and are loaded with freshly chopped lettuce, tomatoes and onions. Patrons have the choice to decorate them with an array of hot sauces including red chili, habanero and chipotle. Ask for a fresh lemon on the side to give a refreshing and tangy kick to your taco!

### El Camino

**HAPPY HOUR:** Mon. - Fri.: 5 to 7 p.m.  
**REGULAR HOURS:**  
Mon. & Wed.: 5 p.m. to 12 a.m.  
Tues., Thurs., Fri. & Sat.: 5 p.m. to 2 a.m.  
Sund.: 10 a.m. to 12 a.m.

2400 India Street  
San Diego, CA 92101



El Camino has perfected the intersection between great food and great ambiance. The bar is reminiscent of a scene out of a Quentin Tarantino film, adorned with vintage-inspired art and brightly colored vinyl furniture. On weekdays from 5 to 7 p.m., patrons can enjoy half off of all nachos and quesadillas, in addition to \$3 beer, sangria and margaritas, while Tuesdays also include half off tacos all night. The Camaron Asado tacos at happy hour price (\$7.50) are delicious and priced fairly given the large portion size. Pan seared in garlic and chili, the tacos came out piping hot and loaded with fresh cilantro. The tacos (along with the rest of El Camino's happy hour meals) are less like appetizers and more like full-sized entrees that can easily be shared between two people. The margaritas (\$3) are tangy and fresh, decorated with chili and salt and were served promptly. Extra bonus: Free chips and salsa are served all night!

FILM REVIEW



Frat boy Teddy Sanders (Efron) first meets new parents Mac (Rogen) and Kelly (Byrne) after moving in next to them. Photos courtesy of AceShowBiz.



NEIGHBORS ★★★★★

In this latest outrageous comedy, Rogen and Efron battle it out over a neighborhood and will keep audiences laughing long after they have left the theater.

Directed by Nicholas Stoller

Starring Seth Rogen, Zac Efron, Rose Byrne, Dave Franco, Christopher Mintz-Plasse, Lisa Kudrow

Rated R

Release Date May 9

If "Neighbors" is what happened when Zac Efron's "High School Musical" character went to college, then it's no wonder it didn't make the Disney Channel cut.

Teddy Sanders (Efron) is president of the Delta Psi Beta fraternity, which has recently moved next door to new parents Mac (Seth Rogen) and Kelly Radner (Rose Byrne). When the boys first move in, Mac and Kelly are invited to party with the college students and

indulge in their fraternity lifestyle. By the end of the night, Mac and Teddy are "crossing swords" in the fountain and off to start a beautiful bromance. Their relationship quickly dissipates, however, after the fraternity throws a party that keeps the Radner family up all night, forcing the Radners to call the police on their neighbors, incurring Delta Psi Beta's wrath.

"Neighbors" begins by using the common trope of exhausted, new

parents at a social low point that can't even stay up late enough to go out to a concert. Disappointed with themselves for their suddenly introverted lives, they quickly accept when Teddy asks them to go to a party. The couple is thrilled to be traveling back in time to the college party scene — with the baby monitor strapped to their side, of course, as any responsible parent would do.

At this point, the movie departs from any cliché themes by giving a fresh demonstration of what the term "frenemy" means.

Teddy is another role Efron may be using to distance himself from his early acting years, but he succeeds in portraying a hilarious frat boy (with a hot bod). Efron shows that he can do comedy well enough to keep up with notoriously funny man-child Rogen. Making no attempt to move away from his previous films, Rogen has returned to his pot smoking, immature, father-figure character from "Knocked Up." Rather than coming across as a redundant part, he plays the role flawlessly.

Rogen's portrayal of Mac is a perfectly executed comedic act that keeps the audience constantly cracking up.

The movie keeps the audience rolling in laughter with over-the-top shots of the wild fraternity. During the day, Delta Psi Beta just looks like another house on the block. However, at night, this film takes no shortcuts in order to create multiple epic parties. The house is hot boxed and has black lights streaming all over underdressed college students who are drinking and doing whatever drugs they can get their hands on. The cinematography perfectly encapsulates the feeling of a college rager, solidifying this movie's status as one to be remembered. It is humorous as a parody to college life and a visually engaging film.

In addition to throwing parties to drive the Radners from the neighborhood, the boys pull a series of pranks on the unsuspecting parents. The family of three is not as docile as expected as they get revenge by trying to get Teddy and

his brothers thrown out of their house by using the dean to ban the frat and by destroying their house. In order for the undergraduates to earn money to repair the damage from the prank war, which involves a sudden, suspicious water leak (very sneaky Mac), the frat engages in unorthodox money-raising techniques such as selling dildos. "Neighbors" pushes the boundaries of entertainment with numerous dirty jokes throughout the film but never overdoes it enough to make the comedy feel forced onto the audience.

It is easy to mock Greek college life in a movie — and yes, there is some of that — but what this film does well is creating actual connections between the characters that the audience can relate to. The combination of Mac's need for approval from the college boys and Teddy's need for a friend culminates in an unorthodox yet funny relationship that viewers will enjoy.

— DEVON MUNOS  
STAFF WRITER

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The James K. Binder Lectureship in Literature Presents

SERENELLA IOVINO:

Death(s) in Venice: Bodies and the Discourse of Pollution from Thomas Mann to Porto Marghera

There are many ways to imagine the death of a city. Death is the end of a cycle, both an episode and a rule in the ecology of matter's transformations. Death in Venice can have many faces, and many names. It has the face and the name of Gustav von Aschenbach, the German nobleman who acts as the protagonist of Thomas Mann's novel—or the face and name of Tazio, his beloved 14-years old boy. It can have the face and the name of hepatic Angiosarcoma, a cancer form spread among industrial workers by the Montedison, a petrochemical factory located in Porto Marghera, just one mile from the city. It can have the face of the waters, and tides and fluxes of energy generated by global warming. These latter elements are coupled with the engineering systems implemented to control the ever-increasing high tides affecting Venice (the so-called MOSE barrage), with the unsustainable tourism of humongous cruise ships, and with the polluting activities normally caused by human everyday life in a delicate ecosystem such as the Venetian lagoon.

In this lecture I will concentrate on Venice as a *text* made out of embodied stories—a *material* text, in which natural dynamics, cultural practices, political visions, and industrial choices are interlaced with human bodies in issues of justice, health, and ecology.

Taking literary works, theatrical plays, and "living" cases as my focus, I will show how ecocriticism can amplify the (often unheard) voices of Venice's reality. This discourse is part of my current book project. Titled *Ecocriticism and Italy: Ecology, Resistance, and Liberation*, the book attempts to collect the "material stories" of some particularly dense places in Italy as segments of the vast ecological and eco-cultural horizon of this country. The idea is that, in this (local) scenery of (global) crisis, literature and critical practices enact forms of ecological resistance and cultural liberation.

Thursday, May 15, 2014

6:00pm

The Atkinson Pavilion at the Faculty Club

UC San Diego

A reception will follow the lecture

Free and open to the public

The James K. Binder Lectureship in Literature is made possible by Mr. Binder's generous bequest and honors his wishes that we bring leading European intellectuals to UC San Diego to provide a forum for rigorous discussions of literary topics.

BINDER LECTURE SERIES

Contact Samantha Barlow for reasonable accommodations to enable your access and participation sbarlow@ucsd.edu

Night parking permits may be purchased for \$4.00 at vending stations (exact change or credit card). A few parking spaces may be available in Lot P-206 outside the Faculty Club; Lots P-207 and P-208 can be accessed from Muir College Drive off Torrey Pines Road. Please see campus maps at <http://maps.ucsd.edu> or <http://yamhill.ucsd.edu/tps/pdfs/PayStationMap.pdf> for pay stations.

**SHOWDOWN****DELICIOUS DUEL OF DELECTABLES**

BY THUY PHAM EDITORIAL ASSISTANT

The Guardian visits two similarly themed dessert bars, samples their best offerings and decides which will win a culinary duel for the last man standing. This week's dessert bars:



D BAR, E=MC<sup>2</sup>  
PHOTO BY MICHELLE LOUIE /GUARDIAN



EXTRAORDINARY DESSERTS, CHOCOLATE CAKE  
PHOTO BY ALWIN SZETO /GUARDIAN

**D Bar**

3950 5th Ave., San Diego, CA 92103

Mon.: Closed

Tue.: 5 p.m. to 10 p.m.

Wed. to Fri.: 11 a.m. to 10 p.m.

Sat.: 10 a.m. to 12 a.m.

Sun.: 10 a.m. to 9 p.m.

Located in the thriving Hillcrest area, D Bar sells entrees and appetizers on top of its well-known gourmet saccharides and ethanol combination. The glass sunroof and the large glass windows that make up the entrance filter in sunlight and create an open atmosphere for family and friends. The bar is mostly dependent on natural lighting during sunlit hours because the interior lights are weak; however, this lighting creates a romantic, warm glow at night. At D Bar, the food is slow to arrive, but the wait is worth it. The Cake and Shake (\$10) is a slice of three-layer chocolate cake paired with a vanilla, chocolate or raspberry shake of your choice. If you prefer a minimalistic artistic dish arrangement, try the  $d=mc^2$  (\$10), which tastes like a combination of Reese's peanut butter and a chocolate bar. The Poco Coco Loco (\$10) is a mouth-bursting, multi-layered fusion of coconut panna cotta, basil, passion fruit cloud and tapioca pudding and a vanilla macaron on top. Depending on the dessert, eating one of these by yourself after a full meal may overwhelm your taste buds and appetite. Instead, grab a couple of different ones to share with a group, such as the tart Poco Coco Loco with the almost too-decadent Cake and Shake. Down it all with \$3 mimosas during happy hour.

**Extraordinary Desserts**

2929 5th Ave., San Diego, CA 92103

Mon. through Thu.: 8:30 a.m. to 11 p.m.

Sat.: 10 a.m. to 12 a.m.

Sun.: 10 a.m. to 11 p.m.

The original Extraordinary Desserts shop in Banker Hill is the smaller, albeit cozier, of the only two locations in San Diego. In contrast to D Bar with its larger, open space, this particular Extraordinary Desserts maintains a more intimate cafe setting, as it was one of San Diego's original espresso coffee houses. The indoor lighting is warmly lit yet bright enough that you can see the food and people around you. Rather than being seated before you order, you order first, where you can see and choose the desserts you want, all presented and laid out while you're in line to the cashier. The presentation of the desserts is beautiful — their signature edition of flowers (and in some cases gold flakes) is of a simpler design, and hence getting the food to go won't diminish its aesthetics. This is definitely preferred for those who can't devour their delicious dessert in one sitting after a full meal. There are varying levels of epicure confections depending on what you order. The Linzer Danish (\$5) is a buttery pastry topped with fresh raspberry preserves and pink flower petals. The Lemon Bar (\$3.50) is a bit on the tart side, lessened with a fine dusting of powdered sugar and some gold flakes on top of the lemon custard fill. Their ice cream (\$4.50) — from Bailey's to pistachio to blackberry cheesecake — is another delectable option from the endless tirade of sweets. However, the Passion Fruit Napoleon (\$8.95) takes the cake with its three layers of puff pastry, tart lemon cream and just the right amount of passion fruit whip cream in between; all of this is topped with fresh seasonal fruit, flowers and cream. Extraordinary offers a huge selection of tea and coffee instead of alcoholic beverages, and the aroma of tea, coffee and sweets adds to the warm cafe atmosphere.

**WINNER EXTRAORDINARY DESSERTS**

Extraordinary Desserts wins for its relatively cheaper price, its quality desserts, its ability to cater and be taken to go and its not-as-overwhelmingly decadent options on the menu. For the average college student, D Bar dishes out a heftier tab, from a close range of \$8 to \$12 while Extraordinary has a larger range from \$3.50 to \$10 for dessert that's just as good. Nevertheless, both gourmet dessert places can be frequented by all types: couples, friends and families.

**Q&A: CHRISTOPHER ASHLEY**

Tony Award-winning director Christopher Ashley attends a meeting to discuss his new rock 'n' roll musical "Chasing the Song." Photo used with permission from The La Jolla Playhouse.

With the 2012 Tony Award-winning Broadway play "Memphis" under his belt, Christopher Ashley, artistic director of the La Jolla Playhouse, returns to the scene to direct yet another smash musical. Ashley opts to follow the

period of rock 'n' roll music following the Vietnam War with his play "Chasing the Song," which reflects his and his team's penchant to explore the evolving American genres of music through time. The play will run from May 9 to June 15 at the playhouse.

**Guardian:** What can you tell us about "Chasing the Song"?

**Christopher Ashley:** For me, this play is a reunion of sorts; this is the team [who] created the musical "Memphis" getting back together. But this musical ["Chasing the Song"] is about a moth-

er and daughter who are both breaking into the male-dominated world of making music in the 1960s. And it takes place right before the British Invasion of The Beatles when they came over [to the U.S.]. It's rock 'n' roll; it has a big dance life. But it's also about a glass ceiling, how music gets written, how people express themselves through music and [about] cultural change. Especially from the Vietnam War, American culture is changing, and the musical looks at that change through a mother-and-daughter group of Jewish songwriters.

**G:** Who are the mother and daughter characters, and what are their respective backgrounds?

**CA:** Edie, who is the mother, owns a music-publishing business at the epicenter of new American music writing in the 60s. She chose to have a work life instead of being a stay-at-home-mom, and her daughter Jinny shows up really wanting to be a songwriter as well, but she's been turned down all of her life, so her last choice is to work for her mom, who is also the only one willing to give her a shot.

**G:** What was the process of creating the musical?

**CA:** In terms of the process, this is a musical that began its life in a concert reading in our DNA series a year ago. It really just exploded off the page,

which led me to spend the last few years working it out.

**G:** What sorts of discussions do you hope the audience will have after seeing this play?

**CA:** We have talkbacks every single night. This play is about the 1960s and music and gender, and I hope that the discussion is about [how] the world is really staged and in what ways civil rights issues and equality issues stand today.

**G:** You've been a part of many productions. In what ways has this differed?

**CA:** I think this one has been about the artists and audience together finding a piece and reworking it and discovering it straight through the route. This time, it's all about that process and discovery about what is working and not working from an audience.

**G:** What were some of the obstacles you faced going into the production?

**CA:** Finding the cast has been complicated because we need them to act, dance and play an instrument really well — they're the band themselves. It's a lot to ask for from one person, but the casting process was heroic.

— CHRISTIAN GELLA  
STAFF WRITER



## WELL-BEING

# Your New Home Gym, Just a Few Clicks Away

Staying in shape is difficult when going to a gym becomes too much of a time commitment, but thanks to Youtube, that doesn't have to be the case.

BY MONICA MCGILL STAFF WRITER

Between classes, midterms and Netflix marathons, it is hard to find the time to go to the gym. But with summer fast approaching and no foreseeable end to the crop-top trend, many believe that the gym is their only option to get in shape. However, there is a way to still get in shape without having to walk to RIMAC or the Main Gym. YouTube gives you the option to stay in the comfort of your own room while still having access to a virtual personal trainer.

Besides the vast amount of music, homemade and cat videos on YouTube, there are a number of fitness channels with certified instructors that have workouts that are not only effective, but don't require you to actually leave your house. Here are three channels that will get you started on getting fit without having to go to the gym.

First up is Lionsgate's BeFiT channel which offers videos that

feature well-known trainers such as Jillian Michaels, Jane Fonda and Billy Blanks. The channel has nearly 700 workout videos and releases new workout routines every week, which offers you a vast variety of options. In addition to the dance, yoga, abs and cardio workouts available on the channel, there are both 30 and 90-day workout systems that keep you on track with your program, allowing you to get fit in a time frame that works best with your schedule.

Second, Blogilates offers both workout and healthy lifestyle videos created by Cassey Ho, a certified fitness instructor and creator of Pop Pilates. Cassey creates all the videos, which include Pilates, abs and legs, herself. The variety of videos allows you to target the parts of your body you want to work on. Besides being informational, Cassey is extremely motivational in all her videos, pushing you to finish the workouts.

Finally, Tone it Up features

complete arm, abs, yoga, legs, butt and cardio workouts. Certified personal trainers Katrina Hodgson and Karena Dawn create all the content which, besides workouts, include fitness tips and lifestyle videos. This channel is so popular that Bravo TV has picked it up, but if you can't catch them on TV, they still put out new videos every week on their YouTube channel.

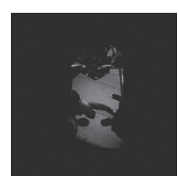
The variety of options available on YouTube allows you to choose both the instructor and workout that you like. Most of the videos are less than 20 minutes, which makes it easy to fit into your schedule. Getting in shape doesn't have to be some big ordeal that involves complicated machinery and the feeling that everyone is watching you work out. Instead, with the use of these YouTube channels, it is something that can be done in your own room at your own convenience.

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## ALBUM REVIEW



The members of Toronto jazz fusion group BadBadNotGood, from left, Matt Tavares, Alex Sowinski and Chester Hansen. Photo courtesy of Chart Attack.



## "III" BY BADBADNOTGOOD

Release Date MAY 6



Up-and-coming trio blends jazz, hip-hop and electronic music for a dark, yet consistent quality.

If jazz hasn't died, it's at least been in a vegetative coma since Miles Davis released "Bitches Brew" in 1970. Everything released after that was largely ignored by the general public and was listened to almost exclusively by jazz musicians and those old enough to have experienced jazz when it was widely popular.

Then 40 years went by and a trio called BADBADNOTGOOD started releasing music that was influenced just as much by Odd Future as it was by Herbie Hancock. The band's third studio release, "III," is sharper and more controlled than its previous releases, making the strongest case for jazz music's modern relevance in years.

In "III," BBNG continues to turn away from the smooth boredom of elevator jazz in favor of dark and brooding grooves. The open-

ing song, "Triangle," builds from the beginning a creepy piano line reminiscent of Tyler the Creator's darkest beats.

The effect is a perfectly executed downer of a song. In previous years, the drummer, Alex Sowinski, would have gone off on a bombastic solo mid-track, but he holds back and keeps everything sounding tight and cool as a cucumber. It was difficult to notice in their older work, but this kind of maturity was exactly what BBNG was missing.

The album's easiest track to get into is "Confessions," a slick saxophone feature that shows BBNG's willingness to entertain the idea of a melody. It might also be the album's strongest track because of its confidence. While other songs dabble with experimental electronic sounds and purposefully complex and dissonant piano, "Confessions"

struts with ease, taking BBNG's unusual ideas and making them sound cool and relatable.

The downside to music that's mostly groove and not much melody is that it tends to get painfully dull. Even parts of the latter half of the album are bound to see some disinterested expressions, like "Closed Eyes," which has the dark, layered BBNG-ness of all of the other songs without any interesting or defining features.

However, the album's eclecticism goes a long way toward keeping things interesting. "Kaleidoscope" is a seven-minute monster that builds to a massive, improvised cymbal feature at its peak, while "Since You Asked Kindly" and "CS60" are almost purely electronic, playing like souped-up soundtracks to an SNES game. The synth loops keep the album well-rounded, especially when so much of it is dominated by piano and upright bass.

Constantly experimenting and mixing sounds, BBNG works hard to defy genres, but in "III," it sounds like they know exactly where they are, even if no one else does.

— KYLE SOMERS  
STAFF WRITER

## LA JOLLA INSTITUTE BLOOD DONOR ALLERGY RESEARCH STUDY:

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If eligible, generally in good health, and 18-65 years of age, you will be asked to provide a blood donation (similar to what is provided at a blood bank) and compensated \$100 for your time and trouble.

Contact our study coordinator at (858) 752-6979 or email (study@lji.org), and mention the Sette-Allergy study to find out more information.

## LA JOLLA INSTITUTE ALLERGY RESEARCH STUDY (Volunteers from Japan)

Have you lived in JAPAN?  
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Do you suffer from ALLERGIES?

We are looking for people that have allergies such as stuffy nose, watery eyes, sneezing, or asthma. We are also looking for healthy, non-allergic volunteers. You must have lived in Japan for at least 5 years. The focus of this research study is to learn how seasonal pollens from Japan induce allergies. We hope to better understand how the immune system causes allergies and why non-allergic people don't get sick.

If eligible, generally in good health, 18-65 years of age, and have lived in Japan for at least 5 years, you will be asked to provide a blood donation (similar to what is provided at a blood bank). You will be compensated \$100 for your time and trouble.

Contact our study coordinator at (858) 752-6979 or email (study@lji.org), and mention the Sette-Allergy study to find out more information.

## LA JOLLA INSTITUTE BLOOD DONOR ALLERGY RESEARCH STUDY:

Do you enjoy the smell  
of fresh-cut grass?

Is a picnic under a newly  
blossoming tree enjoyable?

We are looking for people that do not suffer from allergies to donate blood to help us study how seasonal pollens cause allergies. The focus of our research is to better understand how the immune system causes allergies and why non-allergic people don't get sick.

If eligible, generally in good health, and 18-65 years of age, you will be asked to provide a blood donation (similar to what is donated at a blood bank) and compensated \$100 for your time and trouble.

Contact our study coordinator at (858) 752-6979 or email (study@lji.org), and mention the Sette-Allergy study to find out more information.

THE GUARDIAN

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Amazing. Unrivaled. Ours. Sun God Festival is all these and more. However, hype and attendance aren't the only things that have grown over the years. As health and safety incidents increase the future of the festival is in jeopardy. We turn to some facts that will dispel myths and raise awareness about the current state of our favorite campus tradition. The future of the Sun God Festival is up to us.

**MYTH** It's Sun God Festival, so anything goes! Enforcement officials and authorities won't do anything. They can't do anything!

**FACT** A blind eye won't be turned to irresponsible actions. 146 arrests made at the last Sun God Festival, outnumbering those made at Coachella and EDC.

increasingarrests

Sources: [https://students.ucsd.edu/\\_files/vcsa/sun-god-task-force/SGF-Preliminary-Report-131101.pdf](https://students.ucsd.edu/_files/vcsa/sun-god-task-force/SGF-Preliminary-Report-131101.pdf) // UCSD Police

SUN GOD FESTIVAL	COACHELLA FESTIVAL	ELECTRIC DAISY CARNIVAL
<b>146</b> arrests 20,000 in attendance OVER THE COURSE OF 1 DAY	<b>30*</b> arrests 180,000 in attendance *AVERAGE PER DAY: 3 DAYS	<b>53*</b> arrests 330,000 in attendance *AVERAGE PER DAY: 3 DAYS

Sources: [https://students.ucsd.edu/\\_files/vcsa/sun-god-task-force/SGF-Preliminary-Report-131101.pdf](https://students.ucsd.edu/_files/vcsa/sun-god-task-force/SGF-Preliminary-Report-131101.pdf) // ASCE  
<http://www.abcsanangelo.com/news/ucsd/Coachella-Music-Festival-Whats-2nd-Weekend-With-Few-Arrests-20140811.html> // <http://www.mysdnet.com/2013/04/20/how-many-people-go-to-coachella-and-stagesuch>  
<http://www.smgp.com/news/1768/news/1768/2013/04/20/Coachella-Music-Festival-2013-Statistics.aspx>

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# SUDOKU

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

Level: 1

4						9		6
3	1		4					8
2		6			1			7
1	9		8	2		6	4	7
		7				8	6	
	2			7				3
	8						1	9
	4	3						

Level: 2

4	7	2		8				3
3	5						8	1
2				3	9	5		
1				1			3	6
				5	7			
	3	5			6			
			4	6	9			
	6	1						7
				1		6		5

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## Ballpark Set to Open By 2015 Season

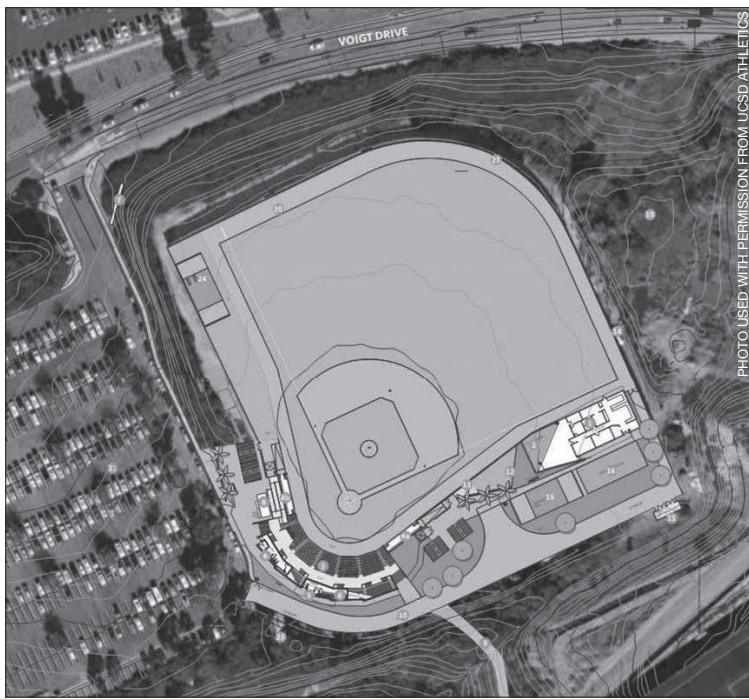


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### ► BASEBALL, from page 12

of the Triton Clubhouse, located behind the field's right foul line. This clubhouse will include a brand new locker room, a players' study lounge, a multipurpose room and a patio facing the outfield. There will also be a Triton "Wall of Fame," making the clubhouse not only a student-athlete construction but also a symbol of the history and legacy of UCSD athletics.

"We've been talking about this type of project for literally more than ten years, probably fifteen, twenty years," Associate Athletics Director Scott Flanders said.

The new ballpark also intends to enhance the fan's viewing experience, as plans include new permanent seating behind home plate and a picnic area adjacent to the player clubhouse. Sunken dugouts will allow seats to be placed closer to the field, giving spectators a closer view of games, and

the picnic area provides a more family-friendly atmosphere to enjoy games.

"For [the sake of] recruiting and fan experience, we like to have excellence for all of our facilities, and [the current ballpark] is not doing it," Flanders said.

With a more modernized layout, the new Triton Ballpark can serve as a key component in attracting top national prospects for UCSD in the years to come. Additionally, the new facilities are meant to increase program visibility and encourage more student and spectator participation in the sport.

While construction has not begun, the UCSD Athletics Department hopes to have the new Triton Ballpark ready for the 2015 season. Detailed renderings of the ballpark's designs are posted on the UCSD website.

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## UCSD Will Face Humboldt in First Round of NCAA Regionals



PHOTO BY NHAN NGUYEN GUARDIAN

### ► SOFTBALL, from page 12

Edwards only allowed Humboldt State five hits and struck out four in the night. However, Humboldt State capitalized on Edwards' missed pitches in the bottom of the third, resulting in two runs from three hits. The pair of runs would prove fatal in the 2-1 UCSD loss.

"Offensively, we weren't making adjustments fast enough, but a lot of the team [members] were making adjustments at the end of the game," Edwards said.

Saturday's elimination game marked the first meet between No. 3 Cal State Monterey Bay and UCSD this season. Edwards returned to the mound to start off the game but failed to repeat Friday night's performance. In a short two-inning outing, Edwards allowed five runs off of six hits to give the Otters an early 5-0 lead.

"I was only a little fatigued, but I would have to say that I just needed to spin the ball more because I wasn't pitching as fast as I usually do," Edwards told the UCSD Guardian. "Unfortunately, I did not make that adjustment fast enough."

Despite the early deficit, the Tritons constructed a gradual comeback to climb back into the contest. Sophomore catcher Katie Saunders tallied the Tritons' first run after stealing home. In the fourth, a

single from senior outfielder Kirsten Willmon brought in sophomore Emma Schneider for another run. During the fifth, UCSD brought in three runs to close the deficit and bring the Tritons within one run at a 6-5 score.

However, Monterey Bay answered right back the following inning with three runs and another run in the seventh to extend the lead to 10-5. The Tritons gave a worthy comeback effort at the bottom of the sixth but came up two runs shy of tying the game in a 10-8 loss.

"It was a disappointing finish in that game," senior outfielder Kirsten Willmon told the UCSD Athletics Department. "Definitely we wanted to keep going in this tournament. [To] put up eight runs is a feat in itself, but we were lacking in some components that game, and we just couldn't quite put it together and get that one more hit we needed to really go ahead."

Grant led the way with four hits in five at-bats and was named to the CCAA All-Tournament Team. Willmon and senior shortstop Mya Romero also tallied a pair of hits.

"This was our best offensive performance in about a month," UCSD head coach Patti Gerckens said. "We're missing the one big hit, though. We finished with 12 hits on the night with single after single to set the table, but we need someone

going forward to come up with that clutch hit that cleans the table. Unfortunately, we just fell a couple of runs short tonight."

Despite the disappointing outcome in the CCAA Tournament, the Tritons discovered Monday that they still received a bid for the NCAA Tournament, being seeded sixth in the West Regionals. UCSD will try to get even with Humboldt State when it faces off in the opening round of the NCAA Regionals on Friday, May 9 at Dixie State University in Utah.

"I think we've seen some of the best teams that we are going to face in the west region," Gerckens said. "Our team believes we can compete and win against the best of them. If we could get our hitting and our pitching in sync, I think we'd be unstoppable."

Willmon is confident in UCSD's pitching and hitting but believes there are some aspects that the Tritons can improve on in order to compete in the NCAAs.

"We're really missing that one breakout, clutch hit and were looking for that to come sooner in the game and not waiting for it to come in the sixth, seventh inning," Willmon said. "That's something we're going to work on and look to take into next weekend in regionals."

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# SPORTS

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## UPCOMING UCSD GAMES

Baseball 5/08 AT CCAA Championship  
 Softball 5/09 AT NCAA Regionals  
 W. Crew 5/09 AT Dad Vail Regatta  
 W. Water Polo 5/09 AT NCAA Championship  
 Track & Field 5/09 AT Occidental Invitational

### NCAA CHAMPIONSHIP PREVIEW

# FIRST UP: BEAT THE BRUINS

The No. 12 Tritons will head to Los Angeles to compete in the NCAA Championship Finals in the hopes of forcing an upset against No. 2 UCLA in the first round of tournament play this Friday.

BY BRANDON YU SPORTS EDITOR  
 PHOTO BY ALWIN SZETO DESIGN BY DOROTHY VAN

Coming off of a thrilling 13-9 defeat of Pitzer College in last Saturday's NCAA play-in game, the No. 12 UCSD women's water polo team will now head to Los Angeles as one of the nation's top eight teams in the NCAA Finals to compete for the 2014 national championship. The Tritons are the No. 7 seed and will play No. 2 seed UCLA in the first of three rounds in the single-elimination tournament on Friday at USC's Uytengsu Aquatics Center.

Going to nationals for the second consecutive year and the third time in four seasons, UCSD enters this year's tournament on a 10-game winning streak and has scored in the double digits in nine out of those 10 contests. However, in spite of the momentum coming off of their recently impressive play, the Tritons will face perhaps their toughest challenge yet in UCLA.

Holding a 25-4 record overall on the season, the Bruins are not only second-seeded in the finals bracket but are also the second-ranked team in the country. Of their four losses, three came against No. 1 Stanford University, while the other defeat came at the hands of No. 3 University of Southern California.

"They're a consistent and very solid team," senior utility Sarah Lizotte said. "Any of the top three, top four teams [in the nation] are kind of that way. They don't let room for error, so it's hard to play against teams like that."

However, in spite of the Bruins' sterling record, the Tritons know they have what it takes to find an upset. In the one match played between the two squads, UCSD nearly bested UCLA in a tight 8-6 loss on Feb. 22.

"They can be overconfident and overlook us," senior center Melissa Bartow told the Guardian. "[We] were beating them in the fourth quarter when we played them earlier in the season. We just hope that they don't have one of their best games, and we have one of ours."

Yet although the Tritons know a victory is within reach, UCSD will have to pull

out its best performance of the season in order to find a way past the tough Bruins group.

"We need to play really good defense," Bartow said. "They're probably the fastest team in the nation, so we [have to] play good defense and not allow them to counterattack us."

The Tritons will rely on the likes of their top scorers Lizotte (84 goals) and junior attacker Jolene Guiliana (69 goals), along with top defenders, such as senior utility Leah Gonzales. Sophomore goalkeeper and All-Western Water Polo Association first team member Courtney Miller will mind the cage for UCSD.

For four seniors, co-captains Bartow and senior two-meter defense player Allison Delgado, along with Lizotte and Gonzales, the NCAA tournament will most likely serve as their final moments in competitive collegiate waters.

Lizotte, who surpassed former Olympian Julie Swail earlier this season to claim UCSD's scoring record, intends to lay it all out in L.A. as she ends a remarkable collegiate career, which includes a UCSD Athlete of the Year award and a two-time WWPA Player of the Year award.

"This is it for me," Lizotte said. "It's kind of a sad thing. It's a weird feeling. But at the same time, I'm still going to go out and play with as much energy and as much enthusiasm as I can [because] I want to go out with something I can be proud of."

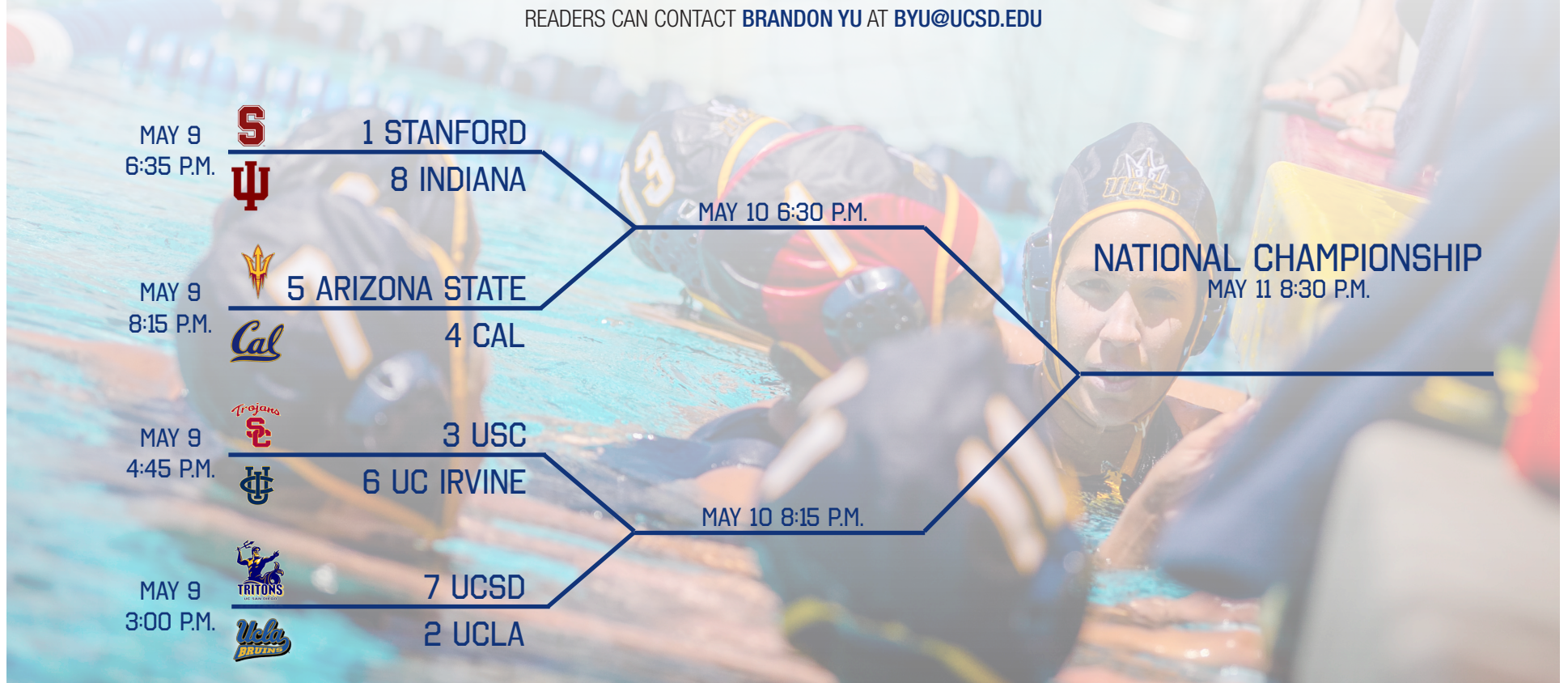
If the Tritons do win against UCLA, they will move on to face the winner of game two between No. 3 seed USC and No. 6 seed UC Irvine. The semifinals are slated for Saturday at 8:15 p.m., and the championship match is set for Sunday at 8:30 p.m. If the Tritons are to lose at any point, they will be relegated to a loser's bracket to fight for places three through eight. The ball will drop at 3 p.m. on Friday for the Tritons' first-round battle.

"If we can come out again with a lot of energy, it's going to be an interesting game," Lizotte said. "We're all really excited, and we know that there's potential to beat them."

"If we can come out again with a lot of energy, it's going to be an interesting game. We're all really excited, and we know that there's potential to beat them."

— Sarah Lizotte, Senior Utility

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## BASEBALL

### UCSD Unveils Plans for New Stadium

A new, modernized Triton Ballpark aims to be ready for the 2015 baseball season.

BY JOHN STORY  
 ASSOCIATE SPORTS EDITOR

While the No. 18 UCSD baseball team is on its way to Stockton to face No. 9 Chico State tonight in the first game of the California Collegiate Athletic Association Championship tournament, big plans for the next season are already under way as efforts to build a new Triton Ballpark have recently begun.

Judging from the architectural layout by the UCSD Athletics Department, new facilities will boast sleeker, more modern features. The biggest addition comes in the form



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See **BASEBALL**, page 11

## SOFTBALL

### Softball Finishes Fourth at CCAA Tournament

Tritons lose 2-1 to Humboldt, before falling short of a comeback in 10-8 elimination game against CSUMB.

BY DANIEL SUNG  
 ASSOCIATE SPORTS EDITOR

The UCSD softball team returned to the California Collegiate Athletic Association tournament for the fourth year in a row last Friday but had the worst finish in as many years with a fourth place outcome. The Tritons were eliminated from contention after falling 2-1 to Humboldt State and 10-8 to Cal State Monterey Bay.

On Friday night, the third-seeded Tritons came up just shy

to second-seeded Humboldt State, losing a low-scoring affair in their postseason opener. UCSD took the early lead at 1-0 in the top of the first inning after sophomore outfielder Callie Grant hit a line drive to left field for a double before moving to third from an error and eventually stealing for home.

Sophomore southpaw Alexis Edwards had a solid performance at the mound for the Tritons.

See **SOFTBALL**, page 11