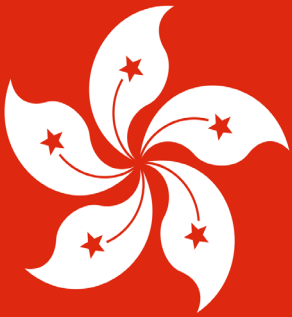


OPINION: HONG KONG POLICE BRUTALITY



"The actions taken by the HKPF show that their disproportionate and uncontrolled responses have created further divisions in the city through increased tensions between the police and the protestors."

Opinion, page 4

ARTS IN REVIEW

THE BEST OF THE DECADE

A&E, PAGE 8

CAPS

OUTDATED SERVICES

OPINION, PAGE 4

FORECAST



MONDAY
H 64 L 54



TUESDAY
H 63 L 57



WEDNESDAY
H 63 L 54



THURSDAY
H 63 L 53

VERBATIM

"If present-day feminism has become anything, then it is now more inclusive than before, moving past expanding rights for women alone but also tackling sexual violence that affects every identity."

Lanlily Nguyen
Feminism
PAGE 6

INSIDE

DECEMBER PEEKS.....10
WITHOUT A LAPTOP.....11
LIFESTYLE DECADE.....12
TRITON TIMEOUT.....15
SPORTS POSTER.....16



San Diego celebrates Wonderfront Music & Arts Festival by the sea // Photo by Hannah Rosenberg

RESEARCH

UCSD Researchers Evaluate Risks for Cannabidiol

BY SEPAD ROUZ CONTRIBUTING WRITER

The Center for Medical Cannabis Research at UC San Diego has been researching the risks and unclaimed benefits of using Cannabidiol, which is more commonly known as CBD. Recent findings from the CMBR have found a wave of interest regarding internet searches and unregulated tests regarding CBD oils.

Since Proposition 215 passed in 1996, medical marijuana has been accessible to medicinal users without any penalties. Following 2016's Proposition 64 that legalized marijuana for everyone in California, research regarding both medical and recreational use of the drug has been on the rise.

Currently, the CMBR awarded five teams grants to research a variety of different uses for CBD oils, including to treat cases of arthritis, alcohol dependence, and the abuse of other substances.

More studies are being planned by the CMBR to see the benefits of CBD oils in a controlled research environment. Igor Grant, the director of CMBR, has pushed towards more research opportunities regarding the benefits of CBD oils.

"Within the medical community, there is a lot of interest in the role of medical cannabis and CBD," Grant said. "There is a hope that it could be yet another useful agent in some of these conditions, which are difficult to treat or disabling."

Concern surrounding the benefits of CBD oils are starting to make the public interested in investing and trying out CBD oils at home for various illnesses. According to another UCSD study, CBD oils are being used to treat both alcohol dependence and physical pain illnesses

like arthritis.

The Food and Drug Branch of the California Department of Public Health allows food to be sold with marijuana contents, which makes it easier for people to get access to CBD oils without a prescription.

With more access to CBD oils, people are more interested in trying this method for various conditions. According to a study by UCSD, people are more willing to try out CBD oils and marking it as the "cure-all drug." However, researchers at Harvard University state that there are health benefits to using CBD oils, but it is not by any means a cure-all drug.

Even with this mixed information, there has been a massive increase in searches regarding the usage of CBD from 2017 to 2019.

John W. Ayers, Vice Chief of Innovation in the Division of Infectious Disease and Global Public Health at UCSD, voices how the public has gotten more interested in researching CBD oils for medical purposes.

"CBD has become insanely popular," Ayers said. "Three years ago, there was essentially no one searching about CBD online, but now there are an estimated 6.4 million unique searches each month."

The main area of concern with CBD oil is that people are trying it in place of conventional medicine, with no indication if the oil is working. While CBD oils have benefits in treating seizures in children with Dravet syndrome and Lennox-Gastaut syndrome, when it comes to pain relief, CBD oils need to be tested further to see if it is a viable option.

At this time, UCSD recommends not to try CBD as a replacement for medicine in cases that haven't been tested in a clinical trial.

UC SYSTEM

UC to Consider Changing SAT/ACT Requirement for Application

The potential change will be considered once the UC task force finishes their assessment of standardized testing

BY ANDREW HA
ASSOCIATE NEWS EDITOR

The University of California has created a task force to research the effectiveness of standardized tests to gauge prospective students' academic ability. Requested by UC President Janet Napolitano in July 2018, the task force will release their recommendations sometime in the 2019-2020

school year.

Over 900 universities throughout the country have already removed the standardized testing requirement and made the exams optional for prospective students to submit with their application. Many universities have dropped the requirement, citing that test scores often are skewed unfavorably towards low-income or minority students.

Taking the data from the College Board's 2015 Total Group Profile Report, there is a noticeable gap with average scores depending on the test taker's race. Further analyzed by a report from the Brookings Institute, the data reinforces longtime concerns that Scholastic Aptitude Test scores reflect race inequality. As a result of this and

See **TEST**, page 3

MEDICINE

School of Medicine Initiates Phage Study

The treatment will target alcoholic liver disease with minimal side effects

BY ZHOUYING LIN
CONTRIBUTING WRITER

In a recent UC San Diego School of Medicine study, successful mice trials for a new treatment show promising results on the use of phage therapy to target alcoholic liver disease. The researchers have been conducting such trials since Spring 2017.

Bacteriophages, or phages, are naturally present viruses that infect and "eat" bacteria. Unlike antibiotics, which also destroy bacteria in a "kill-them-all" manner, phages target a particular kind of bacteria strain with minimal side effects. Since phages live on bacteria, the phage degrades when the host bacteria dies. Due to the high specificity of the target bacteria, phage therapy is still a limited application in practice, which makes it a field of massive study for researchers.

At present, the most commonly used treatments for alcoholic liver disease include liver transplantation and corticosteroids, a hormone used to reduce liver inflammation. However, liver transplantation is not a readily available option as the national waitlist for a healthy liver is approximately 14,000 people long, and surgeries are offered at a select few medical centers. Likewise, corticosteroid treatment is not a guaranteed solution as the effects of the treatment vary among different individuals.

Liver damage accumulates over years of alcoholism. Once severe symptoms begin to show, up to 90 percent of patients die within 90 days of a diagnosis of severe alcoholic liver disease, known as alcoholic hepatitis.

With a focus on the relationship between liver disease and intestinal microorganisms, the Dr. Bernd Schnabl Lab at UCSD has identified and correlated bacterial infection with liver disease in their previous study.

Yi Duan, a postdoctoral student in Schnabl's lab group and the first author of the research paper, spoke to the UCSD Guardian about the correlation between liver damage and phage treatment.

"Alcohol can directly damage liver cells, therefore typically the liver injury in those patients was considered to be caused mainly by alcohol, not by bacteria infections," Duan said. "Because of this, phage treatment was not considered as a treatment for alcoholic liver disease before."

See **PHAGE**, page 3

DECADE REVIEW

The 2010s will certainly be remembered as a decade of newsworthy events, many of which will have lasting effects for generations to come. Below are a handful of the biggest news stories that have impacted UC San Diego students throughout the decade.

Compton Cookout

In Winter Quarter 2010, a racist fraternity party called "The Compton Cookout" was advertised in an effort to mock Black History Month and to stereotype African-American students. The subsequent demonstrations and protests came to be known as Black Winter, and included students and faculty protesting the administration to take a stand against on campus racism.

As a result of the protests, the Diversity, Equity, and Inclusion requirement was implemented into the core curriculum for all undergraduate students. Likewise, several student resource centers, like the Raza Resource Centro, and murals celebrating diversity were created around campus.

DACA

The Deferred Action for Childhood Arrivals program was signed into law as an executive order under the Obama administration in 2012. Authorized by the then Secretary of Homeland Security and current University of California President Janet Napolitano, the policy allowed individuals brought to the United States unlawfully as children to defer deportation and to allow them to obtain work permits, with the ability to renew their presence in the country every two years.

Under the Trump administration, however, the policy has been under attack, with plans to phase out the program entirely beginning at the onset of his presidency. Napolitano has led the UC system in suing the Trump administration to prevent the cancellation of the program, which has made its way up to the Supreme Court. A decision on the matter is expected in Spring 2020.

Trump Presidency

Arguably one of the most polarizing figures in modern American politics, the election of President Donald Trump sparked

numerous demonstrations from the start of his inauguration, including the now annual Women's March.

Trump has brought in a number of changes to the United States, as well as to the image of the presidency. Under his administration, Trump has removed the U.S. from the Paris Climate Agreement, implemented a travel ban affecting a number of predominantly Muslim countries, and has publicly encouraged the rollback of the Affordable Care Act. In Fall 2019, the House of Representatives began an impeachment inquiry against President Trump following a whistleblower alleging that Trump had abused his power by threatening to withhold previously approved military aid to the Ukraine if President Volodymyr Zelensky did not pursue an investigation into Joe Biden's son.

LGBT Rights

The 2010s saw a number of gains and losses for the LGBT+ community. While same-sex marriage was legalized in California following a federal court overrule of Proposition 8 in 2010 and a redefining of marriage in the state constitution in 2014, the same would not be legalized nationwide until 2015 with Obergefell v. Hodges, which saw the Supreme Court ruling in favor of same-sex marriage.

However, progress for LGBT+ rights has been slow for many other issues. Bathroom bills, which are aimed to prevent transgender individuals from using the bathroom that matches their gender identity, have popped up for debate throughout the decade in states and localities like North Carolina and Texas. Additionally, the Trump administration has banned transgender citizens from serving in the United States military.

Me Too Movement

While the phrase #MeToo was

first used in 2006 by activist and sexual assault survivor Tarana Burke, the movement against sexual harassment and sexual assault came to a boiling point in 2017 following reports from the New York Times and the New Yorker of widespread allegations of sexual-abuse against Harvey Weinstein.

Following the reports, many people were inspired to come forward with their own experiences of sexual-abuse calling out people ranging from coworkers to former NBC anchor Matt Lauer to Donald Trump. The accusations have sparked conversation throughout all levels of society, leading many workplaces to implement changes in the way that equity and inclusion are handled to ensure a safe workplace environment.

School Shootings

School shootings were devastatingly commonplace throughout the decade. Some of the more prominent, like the Sandy Hook Elementary School shooting in 2012 and the Stoneman Douglas High School shooting in 2018, led to national demonstrations calling for legislative action to prevent further violent attacks.

The results of the protests so far have been mixed on the Congressional level, where many legislators have close ties to the National Rifle Association, the largest national proponent of the Second Amendment. However, protests on the local level, including one in Winter Quarter 2018 at UCSD, have gained support from local leaders, with gun violence prevention being a winning campaign message in the 2018 midterm elections.

Marijuana Legalization

Cannabis became much more mainstream in the 2010s. Following the legalization of recreational marijuana in Washington and Colorado in 2012, excitement over the possibilities

to use the infamous drug without penalty, as well as the potential for the decriminalization of its use, quickly spread across the country. California, which was the first state to legalize medical marijuana in 1996, legalized recreational use of the drug in 2016 with Proposition 64, which went into effect in 2018.

At the start of the new decade, 11 states, along with the District of Columbia, the Northern Mariana Islands, and Guam, will all have legalized recreational cannabis in spite of its federal prohibition. Likewise, in January 2020, 15 states and the U.S. Virgin Islands will have decriminalized the drug.

Pradeep Khosla

Pradeep Khosla became Chancellor of UC San Diego at the beginning of Fall Quarter 2012. Since assuming the position, Khosla has brought in a number of changes to the campus, most notably pursuing the expansion of the university through numerous construction projects including the North Torrey Pines Living and Learning Community and Mesa Nueva. The chancellor also began the transition of UCSD being a Division 1 university, a process which began with the acceptance into the Big West Conference and will conclude with all sports teams transitioning to that level by the end of 2020.

More recently, Khosla has come under fire for allegations of exhibiting bully behavior towards campus employees in 2019. In spite of this, the chancellor has remained a controversial yet beloved figure amongst many in the student body, sparking numerous memes, including the Twitter account @UCScamDiego.

— Jacob Sutherland
News Editor

THE GUARDIAN

Daisy Scott Editor in Chief
Ranjani Shankar Managing Editor
Jacob Sutherland News Editor
Geena Younger Opinion Editor
Jack Dorfman Sports Editor
Lara Sanli Features Editor
Chloe Esser Jahreen Alam A&E Co-Editors
Colleen Conradi Annika Olives Lifestyle Co-Editors
Alexandra Fustei Photo Editor
Alex Rickard Design Editor
Luke Burbudge Mult media Editor
Alicia Gunawan Data Visualization Editor
Anthony Tran Art Editor
Divya Seth Copy Editor

Page Layout
Alex Rickard, Amber Hauw

Copy Readers
Divya Seth

Business Manager
Jennifer Mancano

Advertising Director
Heijin Shin

Marketing Directors
Carmelia Villejas

Advertising Design
Alfredo H. Vilano, Jr.
A.S. Graphic Studio

The UCSD Guardian is published Mondays during the academic year by UCSD students and for the UCSD community. Reproduction of this newspaper in any form, whether in whole or in part, without permission is strictly prohibited. © 2017, all rights reserved. The UCSD Guardian is not responsible for the return of unsolicited manuscripts or art. The views expressed herein do not necessarily represent the opinions of the UCSD Guardian, the University of California or Associated Students. The UCSD Guardian is funded by advertising. No comment, boomer.

General Editorial:
editor@ucsdguardian.org

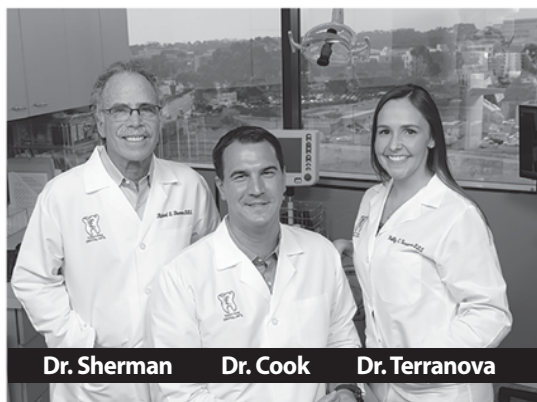
News: news@ucsdguardian.org
Opinion: opinion@ucsdguardian.org
Sports: sports@ucsdguardian.org
Features: features@ucsdguardian.org
Lifestyle: lifestyle@ucsdguardian.org
A&E: entertainment@ucsdguardian.org
Photo: photo@ucsdguardian.org
Design: design@ucsdguardian.org
Art: art@ucsdguardian.org
Marketing: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

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

Fax: 858-534-7035

The UCSD Guardian
9500 Gilman Drive MC 0316
La Jolla, CA 92093-0316

ALL UCSD STUDENT & FACULTY INSURANCE ACCEPTED



Dr. Sherman Dr. Cook Dr. Terranova

- General & Cosmetic Dentistry
- Oral Surgery & Implant
- Sedation Dentistry
- Microscopic Endodontics
- Comprehensive Periodontics
- Zoom™ Teeth Whitening
- Invisalign
- Care Credit Available

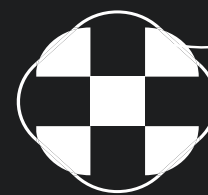


TORREY PINES
DENTAL ARTS

(858)453-5525

www.TorreyPinesDentalArts.com
9850 Genesee Avenue., Suite 720
(Scripps/Ximed)

what do
YOU
need?



let us
help.

as graphic
studio

price center east, level 3

asgraphicstudio.ucsd.edu ☒ 858.246.0972



@ucsdguardian

Testing will continue with human trials before a final review on the safety of the treatment is made

► PHAGE, from page 1

In both the human case studies and the mice experiments, the group found that the translocation of the gut bacteria, *Enterococcus Faecalis*, can cause bacterial infection in the liver. Additionally, proton-pump inhibitors or PPIs, a commonly used drug to reduce gastric acid secretion and acid reflux for patients with chronic liver disease due to alcoholism, create a positive feedback loop in patients which worsens the condition.

Postdoctoral student and co-author of the paper Cristina Llorente elaborated on the side effects of PPIs to the Guardian.

“[PPIs cause] expansion of *Enterococcus Faecalis*, and ethanol increases intestinal permeability, and then *Enterococcus Faecalis* [that]

translocates via portal vein arrives to the liver,” Llorente said.

The group’s previous study on the translocation of *Enterococcus faecalis* was published in October 2017, and the result provided motivation for the current project of phage therapy.

The researchers isolated four different phages from sewage water that target *Enterococcus faecalis*. They found that some *Enterococcus faecalis* can secrete a toxin called cytotoxin. In the mice trials, the team and collaborators transferred feces from people with alcoholic disease to the mice. The results showed that while not all *Enterococcus faecalis* are cytotoxin-positive, there is a positive correlation between cytotoxin-positive *Enterococcus faecalis* and the severity of the disease. Likewise, the presence of

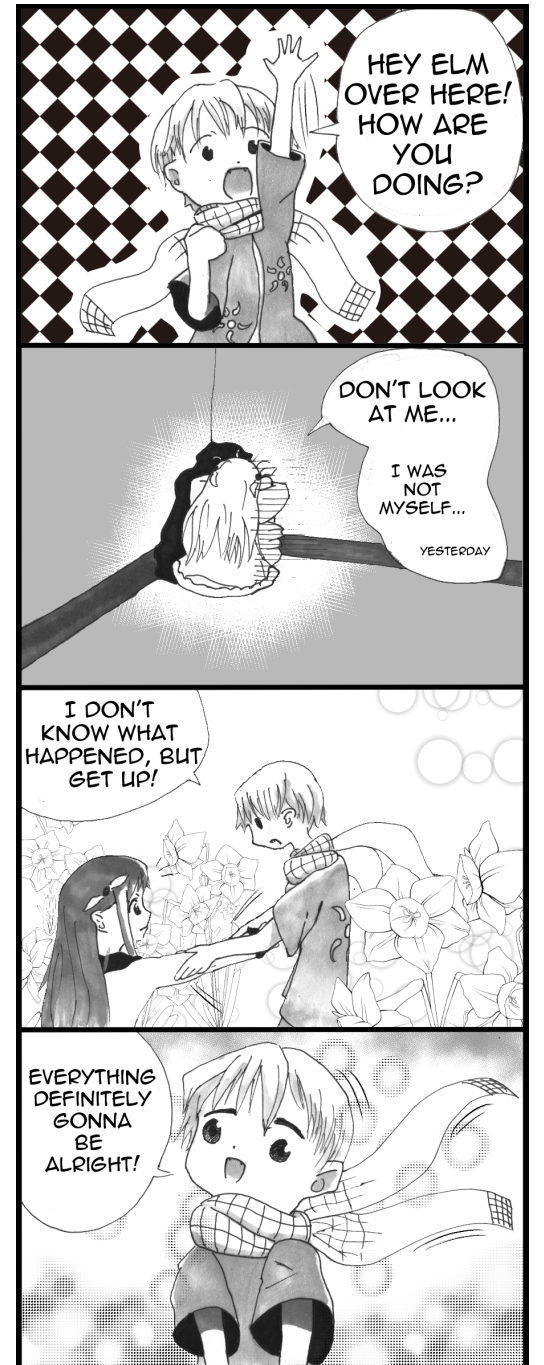
phage decreased cytotoxin and alleviated alcoholic liver disease in the group of mice overall.

Now that the researchers have found that phage therapy leads to an on-average positive result in humanized mice groups with alcoholic liver disease, the next step for Schnabl’s lab is to test the safety of phage therapy in humans to validate their findings in clinical trials. This research is a part of a long-term effort among multiple institutions over the past years, and continuous progress is made to move beyond simply identifying the problem.

READERS CAN CONTACT
ZHOUYING LIN ZHL509@UCSD.EDU

GONNA BE ALRIGHT

By Michi Sora



The UC will continue to use standardized tests until UCOP makes a decision on the matter

► TEST, from page 1

similar reports, the UC created their own body to assess standardized tests.

“The Senate has since established a Task Force to determine whether SAT and ACT tests are useful measures of academic performance for the admissions process,” UC Office of the President Director of Media Relations Claire Doan said to the UCSD Guardian. “The university is currently waiting for the assessment and recommendations from the Academic Senate’s Task Force before determining whether any steps should be taken on this important issue.”

Overall, a majority of United States

universities still use standardized testing in the application process. Schools, including all in the UC system and those who are test-optional, continue to work with the College Board for their recruitment and admissions process in varying capacities.

“The College Board’s 2019 National Validity Test, based on data from more than 223,000 students across 171 four-year colleges, confirmed that SAT scores are strongly predictive of college performance,” Director of Media Relations for the College Board Jerome White said. “We will continue to work

with the University of California as it addresses the challenging tasks of admitting students from among thousands of qualified applicants and supporting their success when they arrive on campus.”

The UC system will continue to use standardized tests in their application process and will reconsider once the task force’s assessment is complete.

READERS CAN CONTACT
ANDREW HA NEWS@UCSDGUARDIAN.ORG

LIKE US ON FACEBOOK FOR NEWS UPDATES!

VOTE
VOTE
VOTE

Sign up and register at

ucsd.turbovote.org

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

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

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

Learn

VOTERS REGISTERED WITH A POLITICAL PARTY
California’s Political Parties:



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

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

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

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

VOTERS REGISTERED AS NONPARTISAN
(also known as “independent” or “no party preference”)

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

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

ALLOWING NONPARTISAN VOTERS TO CROSSOVER:



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

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

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

NOT ALLOWING NONPARTISAN VOTERS TO CROSSOVER:



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

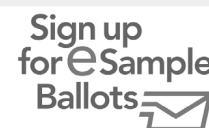
These parties are allowing **only** those registered with their parties to vote for their primary’s presidential candidates. Nonpartisan voters will not be able to select one of these ballots unless they re-register with that party.

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

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

Sign up

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



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

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

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

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

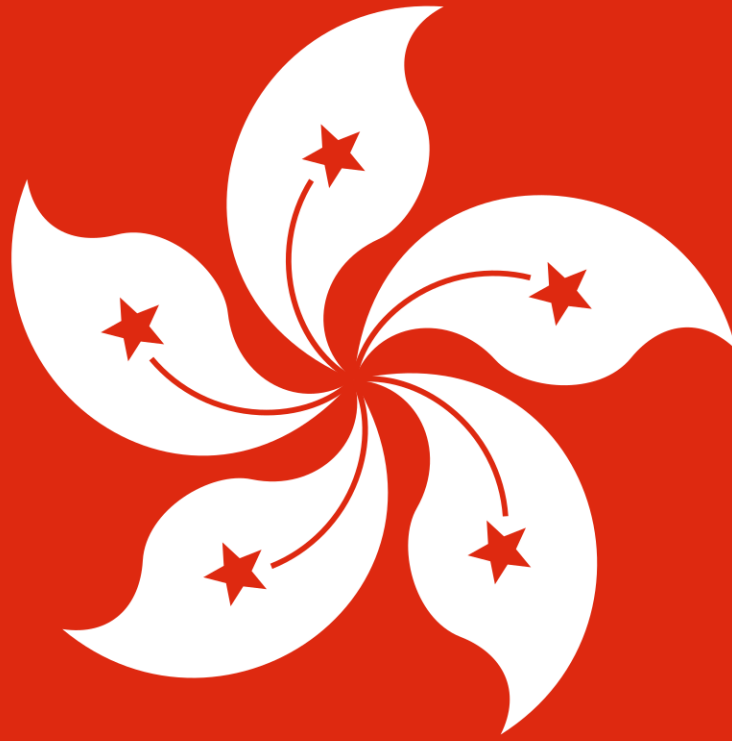
您若有任何疑問或需要詳細資訊，請致電聯絡，電話號碼是 (858) 565-5800 或 (800) 696-0136

OPINION

CONTACT THE EDITOR

GEENA ROBERTS

✉ opinion@ucsdguardian.org



Hong Kong: The Problem about Police Brutality

By: Sean Kim // Contributing Writer

On November 2019, President Donald Trump signed into law the Hong Kong Human Rights and Democracy Act, showing U.S. support for Hong Kong's protests and seeking to protect those fighting for democracy. Some people at home and abroad, however, criticize the law as well as the protests in Hong Kong for causing damage to the city. But while violence should never be an acceptable method of protest, if one is to look at the violence in Hong Kong, then one must look at the bigger picture of violence in the city and include the Hong Kong Police Force in this picture. The actions of the HKPF have not only escalated the protests but have also invited more violence in return. The HKPF have frequently escalated and continued to intensify the situation in the protests, from firing pepper spray at unarmed protestors to shooting live rounds at others. The violence occurring in Hong Kong, from both protestors and police alike, is not a product of protester terrorism — it is in part a direct result of disproportionate responses from the HKPF.

Police brutality has become all too common in the protests. On Nov. 22, the HKPF arrested Red Cross medical volunteers for “participating in riots,” an action criticized by the international community as unprecedented and unnecessary. But even before the protests and police responses escalated tensions in the city, a “small group of protestors threw bricks, bottles and umbrellas at officers” in the summer of 2019 when large scale protests began. The Hong Kong Police Department then began to use riot control ammunition on unarmed protestors, and also began to fire tear gas at peaceful protestors. The police department used the actions of a few violent protestors as a reason to attack everyone in the protests and not just the select

few who actually participated in the violence. This was disproportional by nature, and when the HKPF began to use these tactics on peaceful protestors, they sowed the seeds of resentment against the police that is so evident today. Ng Ying-mo was a victim of this kind of police brutality. In a video released by the New York Times, he is seen approaching the police line, unarmed, when he is shot with a pepper spray round by a police officer. He passed out from the pain and is later seen being dragged then beaten by other officers. Another man distributing water was tackled to the ground and beaten by multiple officers. Experts in riot control in the same video described their response as “an essay on how not to police a protest movement.” And when police shot a man with live rounds in mid-November, the police marked a new chapter of greater violence. Hence, the violence from protestors is at least in part a response to instances of police brutality and injustice. While violence as a response to violence only creates greater tensions, something that protestors and police are both guilty of, retaliation by untrained, frustrated protestors is understandable. Retaliation and brutality by trained officers, however, are not.

The actions taken by the HKPF show that their disproportionate and uncontrolled responses have created further divisions in the city through increased tensions between the police and the protestors. The disproportionate response of the HKPF, therefore, seems to have added fuel to the protests in Hong Kong.

The Hong Kong Cultural Society, a club at UC San Diego, reached out to the UCSD Guardian to provide us with more perspective on the protests. As Hong Kong natives, the HKCS students stated that while the damage to the city is regrettable, the protestors are fighting for

the survival of the city as they know it. Furthermore, the recent election in Hong Kong shows the democratic will in the city and reflects what the people want at the very least: the proper continuation of the “one country, two systems” principle as well as distance from the Communist Party of China. And while over 4,000 people were arrested for participating in the protests, not a single police officer has been punished for the brutality displayed in the city. The lack of transparency and accountability regarding unrestrained arrests — even of nearly a thousand children — makes the cessation of hostilities much more difficult. Such actions are only divisive and unproductive for the protests in Hong Kong. In order to address violence in the city's protests, the police force must also be part of the solution; it is not only the fault of the protestors. While those participating in violent protests may justifiably be brought to justice, if one is to punish violence in the city, then one must also punish the acts of violence by the HKPF that have escalated the severity of the protests.

The escalating violence of the protests is likely in part due to the direct result of the disproportionate responses of the Hong Kong Police. When trained officers of the city only create further divisions and hostilities in the city, greater protests are all but surprising. While violence should not be a facet of protest, the police responded to peaceful protests with violence first. The escalation of hostilities is a product of unnecessarily harsh policies and unrestrained arrests. In order to find a peaceful future for Hong Kong, protestors and police must seek to stop unnecessary escalations of violence and tension and be held accountable for their actions relative to their roles.

New Year, Same Outdated Mental Health Services

By: Chloe Esser // A&E Editor

One of this decade's key issues has been the fight against the stigmatization of mental health issues. More than ever, people have spoken out about their experiences with depression, anxiety, eating disorders, and all manner of other mental health concerns. In this way, it seems that UC San Diego should have been ahead of its time. As noted on its website, Counseling and Psychological Services has been a part of the campus since the late 1960s, a decade when college mental health services were still not particularly common. Given this long-standing relationship with student mental health, UCSD should have theoretically been able to keep up with the times by recognizing the critical need for mental health services as awareness

grows, especially at a campus known for its asocial, stress-driven, often lonely atmosphere. However, as almost any UCSD student could tell you, this is far from the case.

My own experiences with CAPS have been pretty par for the course. I first made contact with CAPS as a freshman struggling with feelings of loneliness at this new school, and the extreme stress all too common among overachieving first years. I came to CAPS in real need of meaningful help, naively optimistic about the seemingly comprehensive resources my new school offered. Instead, I was given a month-long wait for my first appointment and was sent off with no diagnosis and no directions after three sessions. Severely

underwhelmed by the help I had been given during one of the darkest times in my life, I did not try to get help again for over a year, when I, like many other students disillusioned by campus services, neared a breaking point.

My experience with CAPS is far from unique. The department, part of UCSD's Student Health Services, is well known for its long wait times, usually making students wait for weeks at a time for even a preliminary phone call prior to scheduling an actual counseling appointment. Despite advertising that all students paying tuition will have access to SHS programs, CAPS

► CAPS, from page 4

has been known to refer students with pre-existing mental health issues off-campus. Likewise, students with Reduced Access Fee for Tritons insurance rather than the Student Health Insurance Plan are usually only allowed three sessions with a CAPS counselor before being told to find help off-campus for long term therapy. In this regard, it seems as if CAPS is focused on short-term, single-issue counseling — but bizarrely, only for those with lax enough issues that they don't mind the weeks of waiting for an appointment.

In addition to sending students off-campus, CAPS generally provides very little help with the referral process. For students overwhelmed by the prospect of finding a good fit for therapy, hesitant to use a family insurance plan for fear of facing stigma, or without easy access to areas off-campus, this can often mean the difference between getting help or letting their problems fester. For students looking for immediate help through CAPS, the long wait times can be equally off-putting. The stakes of this issue are all too high. Suicide is the second leading cause of death among college students, and lack of assistance from counseling centers can often be a contributing cause. In one 2018 case at Brigham Young University, a student's suicide was directly linked to weeks-long wait times with school psychological services. UCSD is already well known for an isolated, competitive environment, issues that can easily lead to anxiety and depression. If UCSD isn't going to handle the root of this problem, then it is its responsibility to at least handle the effects before too many students are driven too far.

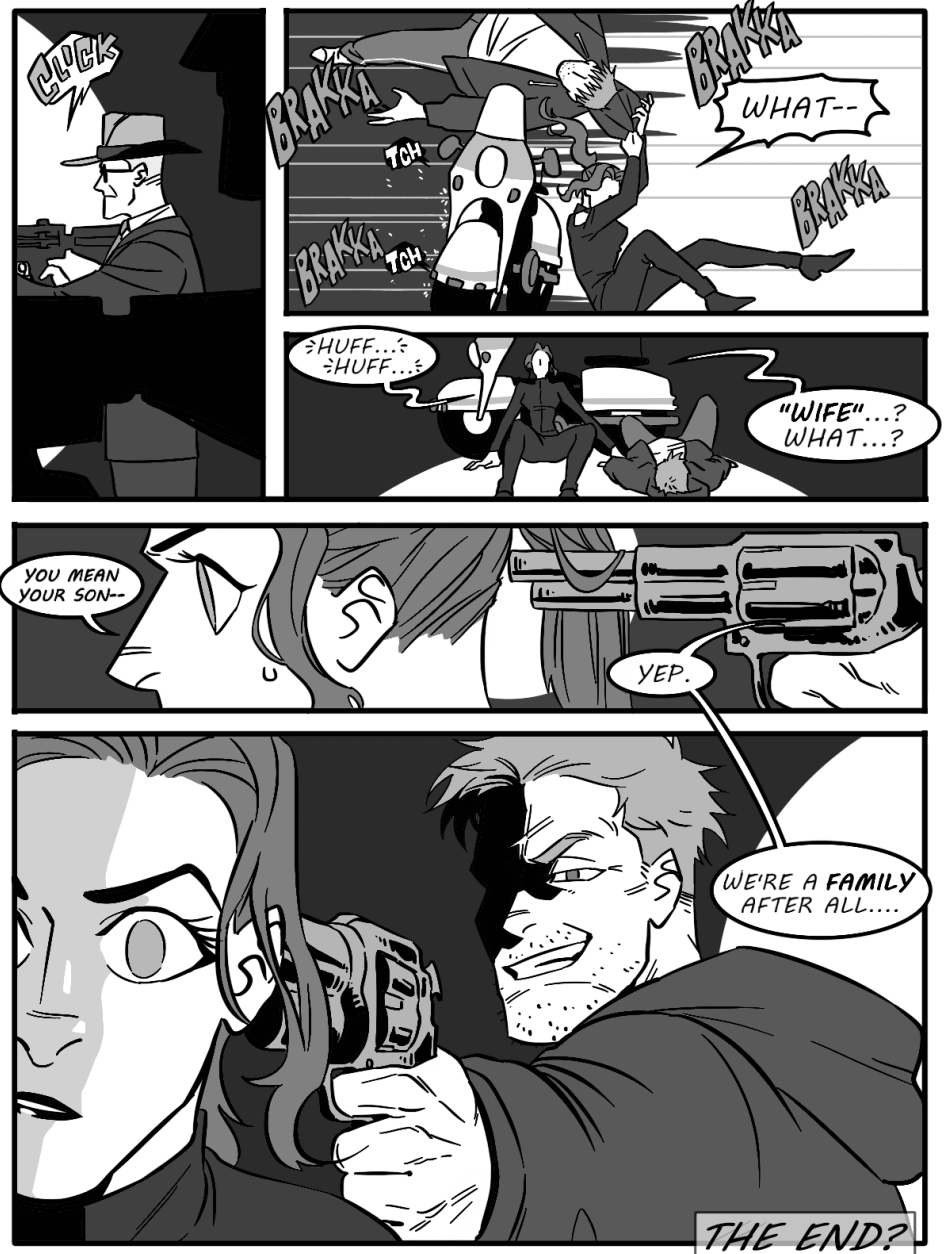
So what can it do? The most obvious solution is to allocate more funding to

CAPS so its services can finally match the needs of its massive student body. At the very least, CAPS needs to be able to cut down on its abysmal wait times, and hopefully allow for more long-term counseling options. And if these long-term options are unattainable, then UCSD needs to provide more guidance through the referral process, actually working with students to find counselors through their insurance plans that will be able to meet their needs. But there are so many more financially feasible options too. Several schools, such as the University of Colorado and Skidmore College, have set up programs for short, long-distance counseling through phone calls, video chat, and even online messaging. These options don't necessarily mean hiring more staff but would make all the difference for a student in need.

When I was facing my own struggles, I was eventually able to find help — but despite UCSD's services, not because of them. Many students haven't been so lucky. It's time UCSD takes responsibility for its students' welfare and gives them the help they deserve.

THE SYNDICATE

By Yui Kita



AS
ASSOCIATED STUDENTS
UC SAN DIEGO

FEEDBACK FORUM

Tuesday, December 2 • 7-9 pm
Multipurpose Room, Student Services Center, 1st Floor

TOPIC: STUDENT ORGANIZATION FUNDING

FREE FOOD!

To register:
bit.ly/ASFEEDBACK1219

Join Associated Students and voice your opinion on student organization funding. We will be focused on hearing back from principle members of student organizations.

For more information, contact AS Campus Affairs at asvpcampusaffairs@ucsd.edu.

FEATURES

CONTACT THE EDITOR

LARA SANLI

✉ features@ucsdguardian.org

THE DECADE IN REVIEW:

LOOKING BACK ON THE FEMINIST
EVOLUTION AND REVOLUTION OF
THE 2010s

As the 2010s come to an end, we review the celebration and expansion of gender equity and ask what can be in store for 2020 and beyond.

BY LANLILY NGUYEN CONTRIBUTING WRITER

Thirteen years ago, civil rights activist Tarana Burke founded the #MeToo movement on Myspace and what would be one of the most defining and impactful advances for gender equity regarding sexual violence across the globe. As a youth worker and sexual assault survivor, Burke started the movement to empower women by fostering empathy across a wider community, connecting sexual assault and harassment survivors to share their stories. But, it was not until 2017, when white actress Alyssa Milano called to the women of Twitter to write #MeToo to “give people a sense of the magnitude of the problem,” that Burke’s hashtag received substantial recognition — at the hands of someone else. Many celebrities such as Jennifer Lawrence, Angelina Jolie, and Gwyneth Paltrow responded to Milano’s tweet with accounts of their personal experiences, drawing popular attention to the stories shared by predominantly white women in Hollywood.

While it was mostly upper-class white women who brought attention to the issue, #MeToo at its start was designed by Burke to aid survivors of sexual violence, especially black women and women of color from lower-income communities. By offering resources such as those offered on the #MeToo website, the movement works to lead survivors on paths to healing. Since the #MeToo hashtag went viral on Twitter in 2017, a wide recognition had initiated a long-overdue conversation about sexual assault and harassment.

Feminism, defined by Nigerian writer Chimamanda Ngozi Adichie in her 2014 book “We Should All Be Feminists,” is the “political, economic, personal, and social equality of the sexes.” #MeToo is currently happening in fourth-wave feminism. Notably, a crucial characteristic of the fourth wave is its expansion of the people who should be included in the feminist fight. This inclusion sharply contrasts from previous waves such as the first when being a “feminist” in the 1800s was dictated by white middle-class women. In the second wave around the 1950s and ‘60s, the focus of the movement expanded beyond just voting rights and included topics of domestic violence and reproductive rights. However, this feminist wave was again largely led by middle-class white women, which alienated many women of color. If present-day feminism has become anything, then it is now more inclusive than before, moving past expanding rights for women alone but also tackling sexual violence that affects every identity.

What has made this movement so strong and substantial is its push to make everyone a part of the movement. Intersectionality has been the approach from the beginning and this was imperative to the long-term success of #MeToo with its goal for inclusivity of all survivors and those in solidarity. #MeToo helped survivors to share their experiences and allies to become a part of this larger community and choose to stand with others who have been victims of sexual harassment and assault.

The newest feminist movement of #MeToo separates itself from previous waves by leveraging mass communication to share ideas faster, making it open to more individuals everywhere. With its start on Myspace in 2006, Burke knew the importance of getting the word out as it was strength in numbers that would establish a community to progress the movement. And as social media platforms grew into the 2010s with the likes of Facebook and Twitter, so did the movement.

Before the upsurge of #MeToo tweets, expansion for gender equity has always been an ongoing battle. The 1990s up to the 2010s, deemed as the period of third-wave feminism, introduced new approaches to feminism with steps to be more inclusive of different races and generations of women. While this approach struggled to be fully inclusive, it was a necessary step to get where we are today. An important concept from this era was U.S. lawyer and civil rights advocate Kimberlé Williams Crenshaw’s theory on intersectionality, which addresses the overlaps in discrimination toward multiple economic, social, and political identities. The third wave also included U.S. lawyer and academic Anita Hill’s unforgettable aired testimony in 1991 on her sexual

assault accusations against Supreme Court Justice Clarence Thomas. Although Hill was generally dismissed during her Senate hearing and Justice Thomas remains in his seat today, Hill’s testimony sparked major debate and national protests on the issue of men in power abusing their positions. This would be a major step in how reactions to issues like this changed going into the 2010s.

It appears that the #Me Too movement itself made its broadest strokes in the later part of the decade since its founding. So how has #MeToo gotten so popular? What may have arguably been a turning point was the 2016 U.S. presidential election that came down to former Secretary of State and Democratic nominee Hillary Clinton and businessman and Republican nominee Donald Trump. Trump was elected president of the United States on the night of Nov. 8, 2016. Even during his campaign trail, Trump had been accused of touching women inappropriately and had notoriously been heard over a 2005 recording obtained by The Washington Post where he bragged about “grabbing them by the pussy.”

Trump’s conservative platform had declared excessive limits to women’s health rights such as defunding Planned Parenthood based on the “abortion factor” and proposing a global gag rule that would restrict U.S. family planning funds from going to foreign non-governmental organizations that provide abortion services. Trump’s win posed a threat to anyone who potentially needed access to an abortion procedure. Not only was this dangerous legally, but it also spoke to a threats toward respecting the bodily autonomy of individuals, especially of those who can carry children. Such threats to safety sparked outrage and mass

protests such as the Women’s March in 2017, a demonstration in Washington D.C. to push for civil rights and equality. It was one of the largest demonstrations in U.S. history and had displayed the massive population affected by the injustice.

Since then, the reputations and careers of many powerful men have been diminished as more individuals come forward about their personal experiences with sexual abuse. The likes of former USA Gymnastics doctor Larry Nassar, former U.S. film producer Harvey Weinstein, and a slew of other

Hollywood elites like Oscar-winning actor Kevin Spacey and director Brett Ratner have been called out publicly to face their sexual assault allegations. During Nassar’s trial in January 2018, more than 150 young women and girls, including Olympic gold-medalist Ally Raisman, shared their emotional testimonies before the Eaton County Court in Michigan. Judge Rosemarie Aquilina sentenced Nassar to 175 years in prison for seven counts of criminal sexual misconduct and left him with these words: “I hope you are shaken to your core; your victims are clearly shaken to their core. And I know there are still some who ask, ‘are you broken because you got caught?’”

A similar series of events happened to Weinstein, Spacey, and Ratner in some form or another, where more victims came forward with the belief that speaking up would be worth it. And for the most part, it has. Particularly in the Weinstein case, powerful Hollywood elites such as Ashley Judd, Cara Delevigne, Rose McGowan, Uma Thurman, and Kate Beckinsale accused the producer of sexual abuse or harassment. While they spoke up about it, they also had the resources and the confidence in their careers to more safely do so, which spells out differently for victims with much less. Weinstein is currently undergoing a series of trials and could possibly face life in prison. For other celebrities facing allegations, their careers have been severely damaged if not indefinitely suspended with Spacey being completely replaced in movies and actresses like Gal Gadot refusing to work with Ratner.

While Hollywood is often a world of its own, the topic of sexual harassment and assault are real world issues. And to deal with it, state legislatures in recent years have enacted a number of bills concerning sexual violence. Just this past year, Arizona enacted legislation to confront the issue of non-disclosure



GRAPHIC COURTESY OF DIAMONDLIERSHIP.COM

Equality is not a zero-sum game; pushing for the rights of one group supports the equality of other disenfranchised groups as well.

► **FEMINISM**, from page 6

agreements, previously signed contracts that could bar victims of assault from speaking out against their perpetrators. Republican State Rep. and cosponsor of the bill Maria Syms stated that the case against Nassar showed how non-disclosure agreements were being used to silence victims. One example of this was with U.S. Olympic gymnast McKayla Maroney who almost faced a \$100,000 fine for testifying against him in court.

#MeToo has also made its way to Congress with the success of the reformed version of the Congressional Accountability Act of 1995, which passed in December 2018. The act significantly improved the process for congressional employees to report allegations of sexual harassment, holding lawmakers financially liable for harassment settlements. The legislation was a direct response to the increasing number of congressional aides coming forward about their harassment by a member of Congress or a high-ranking aide, all done in a similar fashion to the Weinstein and Nassar cases.

Moving from large nationwide political turmoil, #MeToo has affected the everyday lives of men and women when it comes to the common workplace. The job market itself has introduced more women, with research showing that they make up nearly half the workforce. There has also been an improvement in the gender wage gap since 1980, but it has remained relatively stable for about the past 15 years. In 2017, it was reported that men had felt increasingly terrified about having to be alone with women at work. Fox News host Geraldo Rivera had claimed the movement was “criminalizing courtship” and conflates the issue with worse cases of predation. Simple things such as a friendly hug between colleagues or talking about personal lives posed a risk for many men as it could be taken the wrong way and they could potentially face similar consequences like Weinstein and Nassar.

As Hill put it in an interview on “This Week Tonight with John Oliver” where she was asked about the increasing trend of men terrified of being alone with women at the workplace, should they be scared? Hill replied keenly, “Not if they’re not harassers.”

But what’s next for #MeToo?

What may be in store for 2020 and beyond is building on this cultivated inclusivity. Looking at the history of feminism as a whole, it has been working

toward collapsing these rifts in the ideology of feminism. Criticisms as old as second-wave feminism are still apparent in #MeToo such as its greater attention to wealthier white women. There is also notably a great debate on how victims should deal with their experiences. One school of thought argues that women should endure the pain and not complain about their encounters but remain strong and independent as it is just part of the female experience. In contrast, others believe that a collective experience of sharing personal stories and banding together is the path to liberation, more in line with the strategy of #MeToo.

If we are to tackle the issue from all sides, we can start with educating ourselves more on the social expectations we put on different spectrums of identities, including gender and sexual orientation. #MeToo has also struggled with including transgender people as part of the conversation, keeping many in the dark as advances are made for cisgender identities. Having people view their pain and suffering as something they have to deal with on their own may detrimentally perpetuate the culture of gender discrimination. Saying sexual violence is just part of womanhood places intense pressure upon individuals to be “strong” and to just accept the pain, a particularly common experience for transgender women.

The goal into the next decade is to divert our attention from the isolation that makes us weaker and growing toward sharing the pain from sexual violence and gender inequity, as different as these specific encounters may be. #MeToo has been effective in gathering many people with increasing diversity than previous waves of feminism, but we can always do better. The diversity of the movement is key, and silencing the likes of gay women, transgender women, black women, Latina women, and anyone witnessing gender discrimination hurts the purpose of #MeToo by limiting the collective. Burke was right from the very beginning: It is the strength in numbers that will make the crusade against sexual violence succeed.

For now, we can appreciate the advances made for gender equity in review of the past decade. Even with the occasional losses, #MeToo needs to keep growing in numbers, diversity, and shared stories. Today, we can get angry. Tomorrow, we get together.



ORAL AND FACIAL SURGERY

BE WISE ABOUT YOUR WISDOM TEETH

NOT REMOVING WISDOM TEETH CAN RESULT IN:

- PAIN
- GUM DISEASE
- INFECTION
- TOOTH DECAY



DELTA DENTAL APPROVED PROVIDER

SPECIAL DISCOUNTS FOR UCSD STUDENTS

CONTACT US TO SCHEDULE YOUR APPOINTMENT!

WWW.LJOFS.COM | 858.459.0862 | 7855 FAY AVENUE, STE 240, LA JOLLA, CA 92037

ARTS AND ENTERTAINMENT: THE DECADE IN REVIEW

Game of Thrones. The Fault in Our Stars. BTS. Instagram. Moonlight. This list is just a handful of the phenomena that shaped our culture now and for the future. As 2019 draws to a close, the Guardian Arts and Entertainment staff reflects on what defined the 2010s in terms of music, television series, social media, books, and films.

MUSIC

The past decade in music has been so dramatic with the rise and fall of certain genres and the disbanding of some beloved pop groups, it can be hard to even think back to what the industry was like in 2010. But considering the state of the music scene now to when it first began, it's easy to pinpoint where major shifts have taken place, giving us a sneak peek to what the next decade in music might bring.

If there's one thing that defines the 2010s, it's the revitalization of the boy band. Formed in 2010 on the competition show "The X Factor," One Direction undoubtedly defined the pop scene for the first half of the decade. From its very first 2011 hit single "What Makes You Beautiful," fans were in a frenzy over the boy band, showcasing a special type of adoration on level with Beatlemania. While One Direction has split up now — Harry Styles and Zayn Malik have done the most with their solo careers — its impact on the boy band movement is undeniable, and we can see how it reappeared in the later years. Power pop group 5 Seconds of Summer demonstrated an edgier yet still palatable version of the boy band, proving that boy bands can play instruments and write their own music too. The diverse rap collective BROCKHAMPTON self-defines itself as "the biggest boy band in the world," completely turning the bubblegum pop boy band stereotype on its head. Now, the term "boy band" is bigger than ever, even extending to South Korean boy band BTS, which has found popularity in the West despite primarily singing in Korean.

Another major change in the 2010s was the dominance of rap music. In early 2018, Billboard stated that rhythm and blues/hip-hop succeeded rock for the first time as the U.S.'s most popular genre of music. With artists such as Drake and Kendrick Lamar consistently producing hits and bangers, viral hits by Nicki Minaj and Post Malone, and Cardi B's and DaBaby's consistent Billboard hits, it's hard to compete with the genre. Nowadays, even a typical pop song will have an underlying trap beat or rap-like verse to appeal to the general public, demonstrating the influence of hip-hop on other genres. Of course, with rap's prominence came the creation of an underground subculture of Soundcloud rappers, including the likes of Lil Uzi Vert and Juice Wrld.

However, some of the biggest shifts came from Latin America, from artists like Luis Fonsi and Daddy Yankee topping the Billboard Hot 100 for a record-tying 16 weeks with "Despacito" to the influence of Latin beats emerging in pop across the globe, even going into the new decade. While not being an artist from Latin America, Rosalía's flamenco-infused form of hip-hop has utilized these Latin beats as well, garnering her a 2019 Grammy nomination for Best New Artist, the first ever for an artist that only sings in Spanish.

One of the most changed landscapes was teen pop. The decade started out with the familiar domination of Disney Channel stars — Selena Gomez, Demi Lovato, The Jonas Brothers — and the country, diary-like confessions from Taylor Swift. Then Swift went pop, Justin Bieber went electronic, and Miley Cyrus went ... whatever you would call her in 2013. Viner-turned-pop artist Shawn Mendes and former Fifth Harmony member Camila Cabello are holdouts of the classic model, and Ariana Grande's roots in the teen idol machine as a Nickelodeon star remain despite her current trap sound. Yet the anti-pop darlings Lorde and Billie Eilish have ushered in a new era of music about teenage emotions that is darker, more ironic, and unflinchingly blunt.

Maintaining icon status without fading or derailing is difficult for any artist, but the fact that Beyoncé became more central in the public conversation about culture over the last 10 years is groundbreaking. By disregarding the traditional album release cycle with the surprise drop of her 2013 self-titled record and releasing 2016's "Lemonade" alongside a HBO film of the same name, Beyoncé's influence in music is unprecedented and her impact outside of music has expanded. Already a musical icon, Beyoncé became a social justice figure calling attention to issues like feminism and anti-black racism. "Pulling a Beyoncé" has become more than just dropping an album without warning — it's redefining the music industry as we know it.

— JAHFREEM ALAM, A&E Editor
 ASIYAH SYED, Staff Writer

TELEVISION

The 2010s undoubtedly held a variety of breakout moments in the realm of television. From the rise of streaming giants like Netflix to the explosion of adult cartoons, the unprecedented fandoms of sci-fi mystery shows and the encapsulation of audiences through longer-form dramas, television has not only increased in accessibility, but deepened the investments of its audience members through this greater access to its content.

Although Netflix was established before the start of the decade, the first Netflix Original Series were released in 2013. Netflix released "House of Cards," "Hemlock Grove," "Arrested Development," and of course "Orange is the New Black." "Orange is the New Black," created by Jenji Kohan, jump-started the modern notion of binge-watching, with 13 hours of content in its first season. As of July 2019, at least 105 million Netflix subscribers have watched at least one episode of the seven-season show, which had its final season released this year. The success of "Orange is the New Black" undoubtedly opened the door for the expansion of the streaming platform world, with original series now continually popping up on services such as Amazon Prime, HBO Now, Hulu, and, most recently, Disney+.

Another hallmark of the 2010s age of television is the massive push in adult cartoon creation. Previous decades may have seen the births of the still-running behemoths "South Park" and "The Simpsons," but this decade saw the beginnings of "Bojack Horseman," "Bob's Burgers," and "Rick and Morty." Like their animated predecessors, these shows infuse witty humor, breakneck-speed dialogue, dynamic character relationships, vulgarity, modern social commentary, and surprising messages of hope in their absurd yet relatable presentations. One of the most notably popular adult animation series is "Rick and Morty," which follows the story of a drunken sociopathic scientist, Rick, who has named himself the smartest man in the universe. He and his fidgety, basket case of a grandson, Morty, go on countless adventures together, each one more bizarre than the last. In an animated format adults are receptive to, the creators of "Rick and Morty" have managed to extensively captivate audiences with their unique blend of crude humor and legitimate scientific knowledge.

This past decade also gave rise to the fandom conglomerate that is the "SuperWhoLock" fandom. Comprised of fans of "Supernatural," "Doctor Who," and "Sherlock," this superfandom did not hesitate to make its presence known, especially on the popular social media platform Tumblr. These fans dominated the website with GIF content, fan theories, fan art, and fanfiction, and they epitomized the idea of the web-active, quirky 2010s science fiction and mystery connoisseur. This fandom was respected by some and feared by many, but ultimately provided a vast online community for fans of all ages, unmatched by other fandoms in the interconnectedness of the series represented and the pool of its fan content.

Additionally, few shows can compare to the large scale hype of longer-form dramas such as "Game of Thrones" and "Breaking Bad." Both HBO shows acquired massive fan bases around their high-tension situations, morally ambiguous characters, and complex plot maneuvering. The two shows ended on very different notes with audiences overall pleased with the outcome of "Breaking Bad" and sorely disappointed with "Game of Thrones," but "Game of Thrones" deserves some credit for achieving more mainstream success than anyone may have originally dreamed of for a high-fantasy series. The presence of "Breaking Bad" continues to be felt in the prequel-esque spinoff series "Better Call Saul" and most recently in the film "El Camino" as fans continue their investments in these longer-form dramatic television shows.

Online accessibility has strengthened the television show's hold on the modern audience in ways that previous decades weren't capable of. Binge-watching, animation validity, fandom solidarity, and dramatic envelopment are all collaborators in the immense impact of 2010s television, which is sure to be foundationally utilized for decades to come.

— MARINA LEE, Contributing Writer
 CAMILA MORALES, Contributing Writer

SOCIAL MEDIA

If there's one word that sums up social media during the 2010s, it would be "corporatization." Open up any social media app you have today and chances are, you won't make it far from the loading screen without a "suggested for you" post luring you in for a click.

The emphasis social media companies have placed on data collection and providing personalized advertising has transformed how well-known social media companies function. No other platform illustrates this change as well as YouTube does, which in a decade has metamorphosed from a fun, video-sharing service for family videos and comedy acts, like Smosh and Ryan Higa, to channels with high production values like Safiya Nygaard or James Charles, who capitalize on video blogs, also called vlogs, and product review videos to draw in audiences and generate revenue. Even household names like Pewdiepie appear to have succumbed to this trend, as Pewdiepie's most recent videos seem to very cleanly fit the "influencer" mold.

Influencer culture has permeated other media platforms too. The 2010s saw the rise and fall of Vine and Musical.ly, both of which utilized quick video skits and the relatability of the users to generate social clout, leading to the rise of new influencers like Danny Gonzalez and Drew Gooden. TikTok picked up when Vine and Musical.ly shut down, and because of its young audience, the ethics behind TikTok's child stars have recently been put to question.

All of this culminates in the necessity of a highly-wrought public appearance, where social clout and the ability to hone one's appearance, humor, and tastes to the dictates of the latest trends is king. Internet media giant, BuzzFeed, saw its prime in the 2010s, and capitalized on these internet ideals, as the concept of relatability and the formation of a cohesive internet identity began to peak. Famous for their zany videos on YouTube, and their "listicles" on their news and media website, BuzzFeed became notorious for chasing down (and taking for their own) the latest internet memes, challenges, and interests of its viewers. Today, BuzzFeed has numerous YouTube channels, all of which are owned by the BuzzFeed company, but take advantage of many widespread audiences.

Additionally popular to internet culture in the 2010s was the invention of the face filter, which, in the styling of older MacBook Photo Booth effects, tacked graphics ranging from silly to ethereal, that changed and enhanced the features of each user. Snapchat was the first platform to take advantage of such filters but was criticized for filters such as the "beauty enhancement" filter, which lightened skin tone and morphed faces to fit strict beauty standards. As a result, many users found themselves reliant on such face filters, which only grew and expanded in range, as Instagram picked up the trend in 2016. This, in addition to unattainable beauty standards set by the makeup artist community, made consumers particularly vulnerable to advertisements promoting beauty and lifestyle enhancement products.

Instagram led the way in advertisement-based content, relying on influencer culture in the 2010s. Like YouTube, Instagram began as an entertainment and social platform that grew into a corporate beast, with a number of "verified" Instagram members who post paid promotions and advertisements for numerous companies. As these platforms become more attractive advertising real estate, there is also a shift in these social media companies towards promoting "family-friendly" content creators and establishing tighter restrictions on the types of content that advertisements will be shown under, leading to the infamous "YouTube ad-pocalypses" that pushed many creators of more controversial content off the video-sharing platform. Time will tell if we will continue accepting the corporatized nature of social media or if we'll find something better.

— LAURA HATANAKA, Senior Staff Writer
STEVEN ZHOU, Senior Staff Writer

FILMS

The film scene of the 2010s was defined by a surge in mega-franchises and live-action reboots, with social movements like #MeToo and #OscarsSoWhite taking center stage. Here, we take a look at some of the highlights of the decade.

The decade's box offices were undoubtedly dominated by the superhero genre, spearheaded by Walt Disney Co.'s pop culture juggernaut, the Marvel Cinematic Universe. 2012's "The Avengers" laid the groundwork for a constant line of immensely successful movies, such as "Spider-Man: Homecoming" and "Black Panther," ultimately leading up to the universe-colliding "Avengers: Infinity War" and the highest-grossing film of all time, "Avengers: Endgame."

Disney's grip on the movie industry also tightened with its acquisition of Lucasfilm in 2012. The revival of the once-seemingly untouchable Star Wars franchise with "Star Wars: The Force Awakens" has led to sold-out theaters, a deluge of toys and memes (see: Chewbacca Mom and Baby Yoda), and several subsequent spinoffs and sequels. Old and new fans flooded the theaters — and soon, Disney+ — to revisit their beloved storyline and deepen Disney's pockets.

Before ending off the name drops of this decade's Disney highlights, what would the decade of 2010 be without the mention of the animated powerhouse "Frozen?" This film took flight the moment it was released. Disney hung on its laurels, selling out on Frozen merchandise all over the world after the influx of love the film received from children, kids, teenagers, and adults alike. With the premise of two sisters that must navigate ruling a country on their own, the filmmakers created songs that were easy to catch onto, a likeable sister who was clumsy and dorky, and a lovable snowman unaware of the dangers of the sun.

"Get Out" was released in 2017, turning the world on its head with its commentary on racial alienation and sci-fi elements to demonstrate the brutality of old America. Due to its commentary on old America and the

danger that society can fall into it, there was an added horror factor of reality. Not only does the film follow a black actor through the racism he always experiences, the film is a living satire on the accommodations white people believe people of color need. The disgusting truth behind the film's plot caused a massive wave of controversy: Some people were claiming reverse racism while others laughed and were scared along with the main character.

Awards season always causes some upsets, but none so greater than the 2017 Academy Awards. At a time when Hollywood faced intensified scrutiny for its lack of racial diversity with #OscarsSoWhite, the Best Picture mix-up between "La La Land" and "Moonlight" best embodied the tension between white, heterosexual narratives and racially and sexually diverse stories. While both critically acclaimed films, the surprise victory of "Moonlight" reflected a shift towards the public's greater desire for and acceptance of diverse representation in film.

The 2010s was a decade of both mass consumerism, represented by endless sequels and remakes and profits, and experimental filmmaking, with directors, writers, and actors ready to cross lines and break traditions. These films are only the beginning; there is a whirlwind coming for the film industry.

— HANAA MOOSAVI, Contributing Writer
NATALIE TRAN, Senior Staff Writer

BOOKS

Our first literary sensations for the 2010s are undoubtedly some of the most controversial: the rise of fanfiction and the self-published novel. Although the topic first took the world by storm in the early half of the decade when the 2011 release of the "Fifty Shades of Grey" trilogy swapped the vampires of "Twilight" for billionaire CEOs with very specific sexual appetites, the controversy recently reared its head again with "After," a series based off a popular One Direction fanfiction. Everything from the morality to the legality of these releases has been debated, but both novels earned their spot among the decade's most memorable titles by proving fanfiction's ability to turn a self-published story into a major franchise.

Next up is a genre that, while not exactly "Twilight" fanfiction, almost definitely owes its conception to that series. While the Twilight Saga finished releasing in 2008, it sparked a genre that was known to eat up entire Barnes and Noble bookshelves: teen paranormal romance. Many of us spent a decent chunk of middle school reading book after book about an unassuming but spunky teen girl falling for all sorts of magical monsters, such as the werewolves from "Shiver," the angels from "Hush Hush," and the vampires from "A House of Night" (that's right, with a "y"). Love them or hate them, the 2010s would never have been the same without this particular craze.

What follows is arguably the most popular genre of the 2010s: contemporary young adult fiction. These books featured a cast of teenagers, all unique in their interests and experiences, who through "coming-of-age" tales came to terms with the harsher realities of life. They also dealt with more intense topics such as substance abuse and mental health as well as typical teenage woes. A prime example of this genre is author John Green and his 2012 release "The Fault in

Our Stars." Practically every girl between eighth and 12th grade possessed a copy of this book and a piece of merchandise with "Okay? Okay" inscribed on it. Despite some criticisms that this novel romanticized being terminally ill, the romance between Hazel Grace Lancaster and Augustus Waters changed the game of young adult fiction, and many YA books in the last decade have veered toward that balance of serious topics and engaging youthful tone as a result.

And where would the 2010s be without dystopias? Prompted by the release of "The Hunger Games" in 2008 and its sequels in 2009 and 2010, dystopian literature became one of the most popular genres over the course of the following decade. These novels referenced many of the same themes as those discussed in YA literature, but then exaggerated the situations' stakes to provide social and political commentary via metaphor. The best example of this rising trend was "Divergent," the first book in a trilogy centering on a young girl exposing corruption in an oppressive, faction-based setting. The reason why this trend in literature was so successful in the 2010s was that it spoke to its teenage audience, who were growing increasingly aware of the injustice in the world. As the teens who grew up in this era become adults, hopefully that instinct to change the world stays with them.

— CHLOE ESSER, A&E Editor
DAISY SCOTT, Editor in Chief

December Peeks & Previews

by Annika Olives, *Lifestyle Editor*

It's finally December and the holiday festivities are upon us! Take a look at what San Diego has in store for this winter season.

Kick-off your holiday season with the 42nd annual **December Nights!** This festival on Dec. 6 and 7 turns Balboa Park into a holiday wonderland, complete with light displays, live music and dance performances, great food, and lots of shopping. For two nights only, many museums, like the

Fleet Science Center, the Museum of Art, and the Museum of Man, have free admission from 5 p.m.-9 p.m. You don't want to miss this San Diego classic!

Nothing brings the community together like a tree lighting ceremony. Head to Little Italy on Dec. 7 for the **Tree Lighting and Christmas Village!** While the permanent tree in Piazza della Famiglia is always the main event, this year, Little Italy will also be unveiling a new multicolored tree designed by artist Joshua Hubert in Piazza Basilone. Visitors can also stroll through the Christmas Village, where local vendors will be selling the perfect gifts for family and friends.

Santa is making a stop in our very own city for the **La Jolla Christmas Parade and Holiday Festival** on Dec. 8 from 1:30 p.m. to 5 p.m. The parade will feature floats, marching bands, community groups, drill teams, vintage vehicles, horses, and — apparently — a camel. This year's theme is "Christmas On The Moon" to commemorate the 50th anniversary of the moon landing, and a NASA astronaut, Robert Shane Kimbrough, will be in attendance!

The 47th annual **San Diego Bay Parade of Lights** will take place on Dec. 8 and Dec. 15! More than 80 boats will parade across the Embarcadero to Coronado, showing off their festive decorations. The rumored best viewing locations are the north and south ends of the Embarcadero, the pathway along Coronado, the park behind Seaport Village, Harbor Island, Shelter Island and the pier at Cesar Chavez Park.

What if Christmas, perhaps, means a little bit more? Watch **How the Grinch Stole Christmas** at the Old Globe, a show based on the popular Dr. Seuss story. It runs until Dec. 29 and tickets start at \$39. On Dec. 14, there will also be a sensory-friendly performance for children with special needs.

Skating by the Sea is back! Until Jan. 5, Hotel Del Coronado will feature their signature beachfront ice rink that is the epitome of winter in San Diego. New this year is "Frostbite," where visitors are able to reserve rink side lounges around a fire pit and can enjoy snacks and drinks. Tickets are a bit pricey at \$30 per person online or \$35 per person at the rink, but part of the benefits will go to Make-A-

Wish San Diego.

Experience the Christmas spirit from the comfort of your own car by driving around the neighborhood to see some brightly decorated houses. Here are a few locations that are well-known: Candy Cane Lane in Poway (Hickory Court), Christmas Card Lane in Rancho Penasquitos (Ellingham Street and Oviedo Street), and Garrison Street in Point Loma. For a truly special show, visit Belardo Lights in Tierrasanta at 5306 Belardo Drive, tune your radio to FM 106.1, and enjoy the light display by the Schimka family! Both sons were diagnosed with autism when they were young, and the lights began in 2006 after the older son, Brandon, became interested in holiday lights and decorations. Belardo Lights has now become a way to raise money for the Stein Education Center, which helps families and children with autism and other disabilities.



**TRILLION
DINE**

PC BALLROOM WEST

DEC 9

6PM

**FREE FOOD, SNACKS,
AND STUDY MATERIALS!**

How to Survive Without Your Laptop

by Zoe Wong, *Contributing Lifestyle Writer*

It is common knowledge that a laptop is essential in a college student's life because it allows busy students to work anywhere and at any time — which, in theory, allows for productive time to be maximized. As such, one of the greatest misfortunes a college student can experience is having their laptop stop working unannounced because then it becomes difficult to get work done.

Recently, my personal laptop not only abruptly crashed, but was unable to be recovered in time for me to finish important assignments. At the earliest, it would take three whole days for my laptop to be fixed. In a quarter-system college, that's almost the equivalent of missing a whole week's worth of materials. I was desperate but not enough to buy expedited shipping at 25 percent of the actual part that needed to be fixed. I knew that I would have to seek alternative paths to survive in the meantime. Weirdly enough, even after my laptop was fixed, I kept some of the temporary lifestyle changes I was forced to make sans-laptop simply because I felt that it was healthier and an even more productive way of living.

Tip #1: Work Online

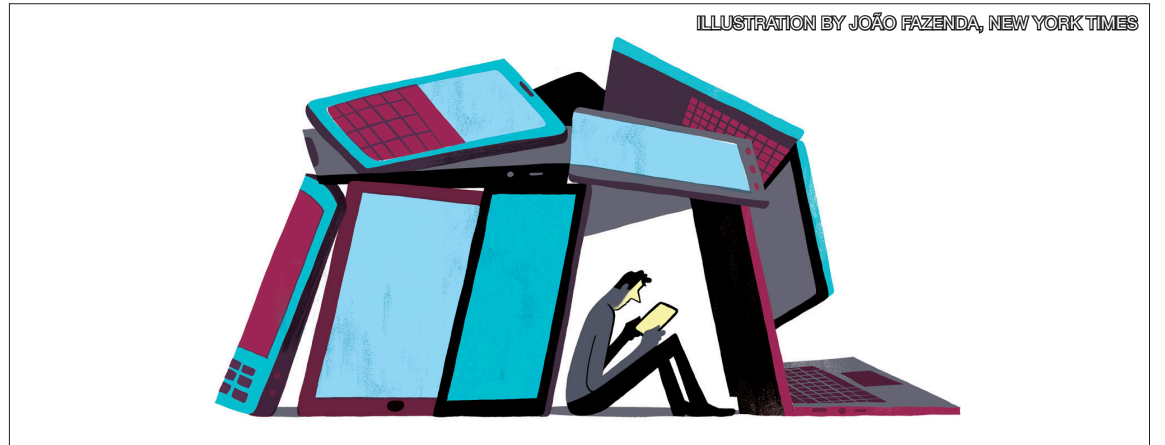
When I was in seventh grade, everyone in my grade was required to enter the district Science Fair. Accompanying the giant display we had to make for our projects, we were also required to type

up a report. I don't remember the exact length requirements anymore, but I recall the report being an emotional drudgery because it was considered a long report to me then. I had been working on that report and was just about done when the unspeakable happened: the laptop I was working on crashed. The worst part was that I never saved the document so I had to re-type the entire lengthy document as best as I could from memory. It was traumatic, but from that day onwards, I've developed the habit of saving and saving often.

Although technically not manually saved, since high school, I've chosen to work on Google Docs as much as possible because it automatically syncs and saves your work online. On the night that my laptop gave up, my habit would be my number one saving grace because although I was without a laptop and only half-finished with my assignment, I knew it wasn't the end of the world. My laptop has value mostly because it has all of my documents on it; however, if my documents can also be accessed online through any computer, any computer can act like my laptop. Essentially, working online makes me less dependent on my laptop. That being said, I still needed a computer, which brings me to my next point.

Tip #2: Know Your Computer Options

During this crisis, I acquired



so much knowledge about the on-campus technology available to students, particularly about the computer labs that are open late and the kinds of technology you can rent. While I could assure that my work would be saved and could be assessed from anywhere, I needed to figure out exactly where and how I would access said work.

One of the first options I considered was checking out a laptop from the Biomedical Library. For those who aren't aware, the Biomedical Library has Lenovo laptops that students can check-out for 24 hours. Although this could be a convenient option to replace my laptop, I did not go through with it simply because the Biomedical Library is really out of the way for a day-to-day commitment. As such, I continued to search for alternatives.

My solution of choice was to stay late at a computer lab

that wasn't crowded like Geisel's. The places of particular interest were the Biomedical Library, open Monday to Thursday until midnight; Digital Playroom in Pepper Canyon Hall, open 24 hours; Price Center Floor 1, open weekdays 24 hours; Roger Revelle College Commuter Lounge, open weekdays 24 hours, and the Sixth Commuter Lounge, open 24 hours.

Tip #3: Manage Your Time

Generally, I prefer to work in the comfort of my own apartment because I can work at my own pace. Since I had to work using the computers on campus, I could no longer work at a loose pace because the longer I took to work on an assignment, the longer I would have to stay at school. Further, because I take the bus to commute home, my time is limited until the last bus runs. As such, I needed to strategize when and for how long I would stay at the

computer lab. Essentially, I needed to up my time-management game and was forced to value the time I actually had with a computer. It wouldn't be wrong to say that I was extremely productive as a result.

Although I am fortunate that it was brief, the time spent without a laptop taught me to re-evaluate how I spend my time. I still spend a significant chunk of my day on my laptop but I am proud to say that I've taken strides to not be so dependent on it and I feel oddly liberated. It may sound like an unappetizing and overly simplistic way of thinking, but I challenge you to try living without your laptop for a day. It is definitely do-able and I guarantee that it will reveal things about your time habits that may not have been apparent.

FINAL STUDY JAM.

DECEMBER 3
5PM - 8PM

Eleanor Roosevelt College Room
Snacks + Starbucks | Free Scantrons

ALL CAMPUS COMMUTER BOARD

ALL CAMPUS COMMUTER BOARD

UC San Diego UNIVERSITY CENTERS

RUSH HOUR CINEMA

ELF

DECEMBER 5 5:30PM

DOORS 5:00PM | PC THEATER | FREE COOKIES AND SNACKS

A Look Through the Decade

by *Lifestyle Editors*

2020 is fast approaching, meaning that we're about to leave the 2010s behind. Before we step into the new year, let's take a look back at the most iconic moments and trends of the past decade.

Instagrammable

Instagram entered our lives at the very beginning of the decade, in 2010. While once a cute photo-sharing platform that encouraged the use of in-app filters and posting moments for friends and family, it has morphed into a social media behemoth that has changed the way we advertise, market, and consume. Whether you like it or not, Instagram has changed the way we think about influence and presenting ourselves.

It's Friday, Friday

Rebecca Black's hit song became everyone's favorite (or least favorite?) earworm back in 2011. With lyrics like "gotta have my bowl, gotta have cereal," and "party and party and yeah, fun fun fun fun," it definitely wasn't the best-written song, but we can't deny we still know all the words.

She Came In Like a Wrecking Ball

Miley Cyrus debuted her infamous "Wrecking Ball" music video back in 2013. For those of us that don't remember, it featured a scantily-clad Cyrus swinging on an actual wrecking ball, licking a hammer, and breaking things. As her first foray into more "adult music" after leading her double life as Hannah Montana for many years, it's safe to say that many were shocked by the video's release. Cyrus later admitted, in 2017, that she regretted the song and video — "Swinging around naked on a wrecking ball lives forever," she joked on the Zach Sang Show. Miley, it sure does.

The Podcast Life

While podcasts have existed for a while,

they shot up in popularity in 2014 with the release of *Serial*, an investigative journalism podcast that explores a nonfiction story over several episodes. As technology continues to improve and the barriers for making and listening to podcasts decrease, people walking around with headphones may only be listening to music. Podcasts have become a part of daily life.

Blue and Black vs. White and Gold

Are those color combinations enough to trigger you? In 2015, the internet got into a heated debate over the colors of "the dress" after the photo was posted on Tumblr. While it was later confirmed to be black and blue, one explanation for why some people perceived it as white and gold was due to the brain's judgment of the dress's light source.

Not Throwing Away His Shot

In 2015, *Hamilton* turned musical-haters into believers. Created by Lin-Manuel Miranda, who has since become a household name, the show about the United States first treasury secretary featured spunky hip-hop beats and raw rap battles previously unseen on Broadway. It was also notably known for its blind casting — the original cast featured Hispanic, black, and Asian-American actors as the leads.

Gotta Catch Them All

If you didn't spend the summer of 2016 playing *Pokemon Go*, were you really living? The augmented reality game took the world by storm when it was released, with people running around the streets in search of *Slyducks* and *Koffings* alike. While we were still all glued to our phones, at least it got us out of the house for once.

#OscarsNotSoWhite?

Representation in media was an issue that really came to light in the 2010s. The



PHOTO COURTESY OF VEVO

nominees for the 2015 and 2016 Oscars were all white, sparking outrage across Twitter. The Academy of Motion Picture Arts and Sciences since has tried to diversify by increasing their amounts of racial minority and female members, and artists of color and films with diverse storylines, like "Moonlight," "Black Panther," and "Roma," got Oscar attention. More diverse perspectives and experiences can now be found in other areas of media — take the successes of *Crazy Rich Asians*, *Fresh Off The Boat*, *Jane the Virgin*, or *Black-ish*.

#MeToo

"If you've been sexually harassed or assaulted write 'me too' as a reply to this tweet," actress Alyssa Milano tweeted in 2017, only a few days after *The New York Times* expose on Harvey Weinstein. Many women, including a number of high-profile celebrities, responded to Milano's tweet, setting the movement into full force. #MeToo originated from Tarana Burke on Myspace almost ten years earlier, in 2006, and the idea was to break the silence on sexual abuse, display the magnitude of the issue,

and empower women through strength in numbers.

Beychella Makes a Statement

In 2018, Beyoncé headlined iconic music festival Coachella, being the first African-American woman to do so. Her performance, dubbed "Beychella," was inspired by the culture of historically black colleges, universities and black feminism, and was regarded as historic by fans and critics alike. If you haven't checked out "Homecoming," her concert film about the experience, make sure to do so.

I Got The Horses In The Back

In 2018, Lil Nas X independently released "Old Town Road," a song in the new genre of country rap. After gaining popularity, it was re-released by Columbia Records in 2019, and a remix with Billy Ray Cyrus soon followed. The song held the number one spot on the Billboard charts for a record-breaking nineteen weeks, proving that Lil Nas' bop about taking his horse to the old town road was here to stay.

ASCE PRESENTS:

HORIZON

A CONCERT BEYOND

1.24.2020 | RIMAC ARENA

registration opens January - beyondthehorizon.ucsd.edu

2019 THIS WEEK

at UC SAN DIEGO

POWERED BY THE STUDENT EVENTS INSIDER AND THE UCSD GUARDIAN



DECEMBER 3 • 8pm

DEC 2 - DEC 8

AAKASH ODEDRA COMPANY
Jewish Community Center

Upcoming
UNIVERSITY CENTERS
UniversityCenters.ucsd.edu

GOOD LUCK ON FINALS! SEE YOU IN 2020!

National Cookie Day
WED., DEC. 4
Event: 11AM-2PM
Price Center Plaza
FREE for UCSD Students w/ID

Skip the Traffic with Elf
THURS., DEC. 5
Doors: 5PM • Show: 5:30PM
Price Center Theater
FREE for UCSD Students w/ID

Battles
THURS., DEC. 5
Doors: 8PM • Show: 8:30PM
The Stage Room @ The Student Center
FREE for UCSD Students w/ID

TV Dinner: Lady and the Tramp
FRI., DEC. 6
Doors: 6PM • Show: 6:30PM
The Stage Room @ The Student Center
FREE for UCSD Students w/ID

FOLLOW US ON: FB @UNIVERSITYCENTERS FOR DETAILS & TICKETS

theloft.ucsd.edu

Upcoming

I <3 Claire Saffitz
WED., DEC. 4
Event: 6-8PM
FREE for UCSD Students w/ID

Talk Talk Show
FRI., DEC. 13
Doors: 7:30PM • Show: 8PM
FREE for UCSD Students w/ID

YLJC All Ensembles Showcase
SAT., DEC. 14
Event: 11AM-3PM
FREE for UCSD Students w/ID

CHECK/FOLLOW: FB @THELOFTATUCSD FOR DETAILS & TICKETS

MON 12.02

10am
DESTRESS MONDAY - PC COMMUTER LOUNGE

DeStress Mondays....ahhh, Mondays.... Mondays can be stressful, so start your week on a high note with FREE tea and snacks! Come destress with us EVERY MONDAY this fall quarter! Time: 10:00 AM to 1:00 PM Location: Price Center Commuter Lounge FREE for UCSD Students w/ ID

12pm
THE SRC'S 10TH ANNIVERSARY - SUSTAINABILITY RESOURCE CENTER

Join UC San Diego Sustainability and the Student Sustainability Collective to help us celebrate 10 years dedicated to sustainability here at UC San Diego. There will be an open house, sweet treats, snacks and door prizes! Contact: chdonald@ucsd.edu

6:30pm
BSU'S ANNUAL 2019 KWANZAA EVENT - EAST BALLROOM, PRICE CENTER

Kwanzaa is a very important holiday that celebrates African heritage in relation to African American history. Traditionally, it is celebrated through feasts, gift-giving, gathering as a community and honoring our ancestors. For that reason, Kwanzaa is an annual event that the Black Student Union holds for its general body members. This is a community building event that attempts to educate students on black history and the principles of Kwanzaa and how to strengthen their connection to their black heritage. Contact: k2howard@ucsd.edu

THU 12.05

5pm
BLACK WOMEN'S COLLECTIVE - WOMEN'S CENTER

Join us for conversations about our experience as black women and connect with other women on campus. Light refreshments will be provided. Contact: Dr. Cat Thompson, Ph.D. 858-534-3987 or catthompson@ucsd.edu Contact: Tacorbett@ucsd.edu 8585349408

7:30pm
ELEKTRA - SHANK THEATRE

Come one, Come all! Step right up to see Elektra by Sophocles in a new, musical translation by Timberlake Wertenbaker. Elektra finds herself in an endless circus orchestrated by her fathers murderers: her mother, The Queen, and her mothers lover who masquerades as The New King. Elektra cannot take part in the charade of happiness and rages against the court, waiting for her exiled brother, Orestes to return and avenge their father. Through music, movement, and the female voice, Elektra takes us inside the toxic cycles of violence that plagued the Ancient Greeks and continue as national spectacle today. Contact: mmaltby@ucsd.edu 858-534-3791 Website: http://theatre.ucsd.edu/season/Elektra/index.htm

TUE 12.03

2pm
WEEK 10 INNER ZEN - MARSHALL FIELD

Does Week 10 have you feeling at an all time low? Are you sick of eating instant noodles every meal? Thurgood Marshall College Student Council (TMCS) is excited to present Week 10 Inner Zen!!! Don't be afraid to make happy little accidents and PAINT your heart out! Craft yourself a BRACELET! Enjoy FREE SAMBUSAS catered from Red Sambusas! Take care of your skin and grab a free FACE MASK! Create a goody bag containing GREEN or BLACK TEA BAGS, STICKERS, and MOTIVATIONAL NOTES for a friend or yourself!!! Enter a Giveaway with destressing prizes including a light therapy lamp, coloring book with pencils, and an aromatherapy plushie! Be sure to practice self-care going into Finals Week! Good luck and take care! Contact: e3wang@ucsd.edu

7:30pm
DAUGHTERS OF TRITON HOLIDAY CONCERT: SING IN THE NEW YEAR! - STUDENT SERVICES CENTER MULTIPURPOSE ROOM

Join Daughters of Triton, UCSD's premier female-identifying a cappella group, as we celebrate the holidays and bring in the new year! You won't want to miss our first concert of the year! Come de-stress during Week 10 by listening these some sweet bops. Free admission and first 100 attendees will receive a free Sprinkles cupcake too! See you there! For more information: dots.ucsd.edu Contact: the.dots@gmail.com

8pm
AAKASH ODEDRA COMPANY - DAVID AND DOROTHEA GARFIELD THEATRE AT THE LAWRENCE FAMILY JEWISH COMMUNITY CENTER

slipping between styles, effortlessly multilingual. -The New York Times One of the most exciting young contemporary dancers and choreographers in the UK, the simply breathtaking (Globe and Mail) Aakash Odedra takes the stage in the captivating solo Rising with choreography from acclaimed international artists Akram Khan, Sidi Larbi Cherkaoui, Russell Maliphant, and Odedra himself. In Rising, Odedra draws on his background in the classical Indian dance disciplines of Kathak and Bharatanatyam while remaining intrinsically contemporary in style and concept. Exploring different processes and aesthetics in the pieces created for Rising, Odedra highlights different aspects of himself to create a new personal language: lyrical and graceful, brutal and raw, edgy, and animalistic. Contact: artpower@ucsd.edu

FRI 12.06

7:30pm
ELEKTRA - SHANK THEATRE

Come one, Come all! Step right up to see Elektra by Sophocles in a new, musical translation by Timberlake Wertenbaker. Elektra finds herself in an endless circus orchestrated by her fathers murderers: her mother, The Queen, and her mothers lover who masquerades as The New King. Elektra cannot take part in the charade of happiness and rages against the court, waiting for her exiled brother, Orestes to return and avenge their father.

WED 12.04

8am
APPLE 1 DAY SALE: PAY NO SALES TAX - UCSD BOOKSTORE

ONE DAY SALE ON APPLE PRODUCTS PAY NO SALES TAX on all Mac, iPad Pro & Watch models Contact: boss@ucsd.edu 858-534-4291

2pm
SRC SEMINAR SERIES: WHAT IS RECYCLABLE ON CAMPUS? - SUSTAINABILITY RESOURCE CENTER

Stop by the SRC on Dec 4th from 2 - 3 PM to hear from Bob Hill, the Director of Recycling ad EDCO, the company which recycles the waste collected from our campus, as he goes into detail on what can and cannot be recycled here at UC San Diego. Contact: chdonald@ucsd.edu Website: https://www.facebook.com/events/1144608112396758/

6pm
NANCY LUPO GUEST LECTURE - VAF 306 PERFORMANCE SPACE, VISUAL ARTS FACILITY

Intricate networks of materials, objects, and spaces characterize Nancy Lupos complex installations. Her multisensorial and affective work often contains organic elements, such as quinoa, foil-covered chocolates, and fruit, and banal items, including dental floss, dog bowls, and folding chairs, in various states of rot or use. Her work addresses the ways in which we move through spaces, as if following latent scripts that punctuate and dictate the rituals and rhythms that shape our daily lives. In many cases, Lupu has installed works outside of the gallery or museum, in city parks, at the beach, on the telephone, and in other semi-private and public spaces. Contact: nlesley@ucsd.edu 858-822-7755 Website: http://visarts.ucsd.edu/news-events/20191204_nancylupo.html

7:30pm
RELAXATION SKILLS - CAPS CENTRAL OFFICE, 190 GALBRAITH HALL

Come Spend an hour learning a variety of basic relaxation skills that will help you deal with daily anxiety. You will leave with practical exercises you can apply immediately to manage and reduce the symptoms of stress in your life. Contact: Tacorbett@ucsd.edu 858-534-9408

7:30pm
ELEKTRA - SHANK THEATRE

Come one, Come all! Step right up to see Elektra by Sophocles in a new, musical translation by Timberlake Wertenbaker. Elektra finds herself in an endless circus orchestrated by her fathers murderers: her mother, The Queen, and her mothers lover who masquerades as The New King. Elektra cannot take part in the charade of happiness and rages against the court, waiting for her exiled brother, Orestes to return and avenge their father.

get listed...
every MONDAY in The Guardian Calendar
SUBMIT your EVENT for FREE!
calendar@ucsdguardian.org
more exposure = higher attendance

THE GUARDIAN CLASSIFIEDS & MORE



BIKES

2010-700c Specialized Transition Triathlon Bike - This bike was used for one month in total and in one Triathlon. My spouse broke her foot at the time and lost interest in the sport. The bike has been stored in my garage since that time. We are cleaning up and decided to sell it. I can take any images and gather any data available on the bike. If you are local, you can come ucsdguardian.org/classifieds for more information

Nirve 20" bmx bike - Up for sale is a rebuilt and very clean 20" Nirve bmx bike. The bicycle has been completely rebuilt with fresh Maxima grease, with some upgraded parts. Such as the new Wellgo chrome pedals, new brake cable, new grips, chain tensioner, new chain, etc. This bike is best suited ucsdguardian.org/classifieds for more information

57cm Giant 'RS940' 12 speed road bike - Giant RS940, size 57 cm (c-c) - large. Lightweight 4130 Cr-Mo triple butted frame and fork. All original Japanese made Shimano twelve speed indexed gearing, caliper brakes, 700 c Araya wheels, and SR pedals with Giant clips and ucsdguardian.org/classifieds for more information

PART-TIME JOBS

After School Helper - Looking for someone who can help me with picking my 12- year old son up from school and taking him to activities. I need help with driving and helping him start homework. Dinner prep is helpful but not required. Need to own a car and be ok with a dog. Pay would be somewhere between ucsdguardian.org/classifieds for more information

Seeking nanny to help with twin babies - Hi there! Located in Mission Valley, we are looking for an experienced, kind, and attentive nanny for our 4 month old twin babies 3-4 days/week, 4-6 hrs/day (roughly around 10AM-4PM). Days can be flexible ucsdguardian.org/classifieds for more information

HBM Supply - Part-time, entry level workers needed for growing company in Sorrento Valley. \$13-\$16/hour. Monday through Friday flexible hours between 8-12 am or 1-5 pm. Training provided in production, assembly work, packaging.... ucsdguardian.org/classifieds for more information

CARS

2016 Toyota Tacoma - 2016 Toyota Tacoma, 4D Double Cab, Recent Arrival! Clean CARFAX. TRD Sport RWD six Gear Automatic V6 19/24 City/Highway MILES-PER-GALLON. As your premier Pre-owned car dealer in San Diego County, Courtesy Chevrolet has a large inventory of pre-owned cars, trucks, and SUVs. With special finance rates and finance plans available, we make every effort to get customers ucsdguardian.org/classifieds for more information

2014 MINI Hardtop Cooper Cooper 2dr Hatchback - MINI Certified 1 owner with a clean Carfax. This new body style Cooper is nicely equipped with features such as Panoramic Moonroof, sixteen Victory Spoke Black Alloy rims, Automatic Climate Control, Bluetooth and USB connection, Dynamic Cruise Control, Electronic Stability Control ucsdguardian.org/classifieds for more information

2013 Volkswagen Passat SE PZEV SE PZEV 4dr Sedan 6A - Car shopping should be fun and easy. At CarMax it is! Our set prices mean you'll never have to haggle and you can concentrate on finding the right car for you. We stand behind each and every pre-owned car we sell with 5-Day Money-Back Guarantee and 30-Day Limited Warranty ucsdguardian.org/classifieds for more information

A.S. Safe Rides X Lyft

A.S. Safe Rides is back with 3 FREE LYFT RIDES up to \$10 each!

visit as.ucsd.edu/saferides for redemption details and restrictions.

SUDOKU

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

CROSSWORD PUZZLE

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
17				18							19				
				20				21		22					
23	24	25				26					27				
28					29	30					31				
32						33				34					
35				36		37			38	39		40	41	42	
		43		44			45					46			
47	48				49	50					51	52			
53					54						55				
56			57					58	59						
60						61		62					63	64	65
66						67							68		
69						70							71		

- ACROSS**
- Soothing salve
 - Metamorphic stage
 - Sportscast tidbit
 - Vast expanse
 - Circa
 - He opposed Caesar
 - Start of a warning to couch potatoes
 - New Orleans veggie
 - Piquance
 - Beatnik growths, perhaps
 - Smokey Bear's worry
 - First king of Israel
 - Flight has-been, briefly
 - Warning (Part 2)
 - Busy activity
 - Twain portrayer Holbrook
 - It may have a wordy welcome
 - Longings
 - Warning (Part 3)
 - One way to lose a sunburn
 - Poetic time of day
 - Org. based in McLean, Va.
 - She was Linda in "Singapore"
 - Warning (Part 4)
 - Mauna ____
 - Quarter deck?
 - With cunning
 - Word with days or try
 - Boat balancer
 - 1952 Winter Olympics site
 - End of the warning
 - Prexy's associate
 - They may reach a bit
 - Dopey dog
 - Outer limits
 - Ugly weather
 - Bright night light
- DOWN**
- It's for swingers
 - Flame proof?
 - Bad thing to get caught in
 - Passover fare
 - Vietnam War target
 - Border on
 - Loot
 - Crude
 - Gave the stove a rest
 - Sir William Wallace, for one
 - Chills
 - Like Newton's bodies, sometimes
 - Pleasantly warm
 - Carson City neighbor
 - Prof's visitor, maybe
 - Out
 - Go for a spin
 - Refused to answer
 - Ask earnestly
 - Upsilon follower
 - ____ de deux
 - Preschool activity
 - Baltic or Irish
 - McCourt memoir
 - Not look too lively
 - Stuntman Knievel
 - Dark one of Shakespeare's sonnets
 - The Big Board, initially
 - Small recess
 - Uncinch
 - Dextrose and fructose
 - Pump option
 - Like yard sale items
 - Obtained dishonorably
 - Hacks off, as tree limbs
 - "Citizen ____"
 - Once, once
 - Hurry
 - Exalted verse
 - Brazilian vacation destination, informally
 - This guy's a real doll

made to order

Your vision, our mission.

Create custom apparel to promote your student organization with Triton Outfitter's Made TO Order program!

GET A FREE QUOTE TODAY!

madetooorder@ucsd.edu

N	O	E	N	I	A	E	T	S	S	G	N	E		
E	I	O	O	S	N	I	E	R	d	E	E	A		
K	R	O	M	O	R	V	H	S	V	O	T	S	O	
A	T	A	T	S	L	I	N	S	V	O	L			
Q	S	I	N	P	S	I	O	S	A	V	M	T	V	
V	A	V												
L	E	E	d	S	L	I	S	I	S	N	E	A		
A	L	I	N	P	L	B	O	d	O	H	L	I	M	
L	S	S												
S	E	E	L	V	O	D	L	S	E	Z				
V	K	O												
O	L	V	C	L	N	O	B	V	V	I	S	A		
L	T	A	V	L	S	A	R	L	K	L	T	R		

CROSSWORD SOLUTION

WORD SEARCH

CHRISTMAS TIME

A	A	S	T	N	E	S	E	R	P	N	L	P	S
K	S	R	E	K	A	L	F	W	O	N	S	E	T
R	L	A	T	S	G	E	N	S	T	E	A	T	M
I	P	I	C	A	R	E	I	N	D	E	E	R	I
C	H	R	I	S	T	M	A	S	T	R	E	E	S
A	E	O	O	A	O	C	R	Y	E	E	E	T	T
C	O	O	K	I	E	S	T	N	E	N	L	E	L
C	A	N	D	Y	C	A	N	E	O	T	E	Y	E
M	I	W	P	O	I	N	C	E	T	T	I	A	T
N	A	M	W	O	N	S	S	C	N	N	F	S	O
N	E	S	A	N	T	A	N	A	W	N	L	S	E
A	C	E	O	I	O	S	A	I	G	K	E	K	D
N	N	E	S	E	S	E	S	E	L	P	P	N	
C	L	I	E	H	R	I	H	G	I	E	L	S	S

- REINDEER
- SNOWMAN
- CANDY CANE
- CHRISTMAS TREE
- POINSETTIA
- SNOWFLAKE
- MISTLETOE
- ELF
- PRESENTS
- SANTA
- COOKIES
- SLEIGH

SPORTS

CONTACT THE EDITOR
JACK DORFMAN
✉ sports@ucsdguardian.org 🐦 follow us @UCSD_sports

UPCOMING UCSD GAMES

W Volleyball	12/5	5PM	vs. Alaska Anchorage - NCAA West Regional
W Basketball	12/5	5:30PM	vs Chico State
M Basketball	12/5	8PM	vs. Chico State

TRITON TIMEOUT

*With Jack Dorfman,
Sports Editor*

Problems and responsibilities that come with a move into Division I

As we move from 2019 into 2020, the end of the decade will bring UC San Diego fully into NCAA Division-I Athletics. This is the final year where there will be at least one UCSD sports team in Division II.

With the move on the horizon, the university has already begun to position itself as a Division I-level program. This season, UCSD women's volleyball, women's basketball, and men's basketball home games have been broadcast on ESPN3 thanks to growing broadcasting facilities in RIMAC Arena.

As the university's athletics programs continue to become more of an integral piece of the NCAA, so to will the power of these programs in general. As a part of the top division of competition, the student-athletes will be a part of the California laws to pay NCAA athletes in a different way; UCSD will finally be on equal footing with San Diego State University and the University of San Diego in terms of NCAA status.

Ultimately, this sort of elevation will likely make UCSD a more desirable location for local high school athletes and for local sports fans, whose options for local collegiate sports have been closer to Old Town and downtown San Diego instead of up north in La Jolla.

With all of these potential added fans, recruiting points,

and revenue streams, UCSD Athletics will be a more powerful piece of the university as a whole. This presents responsibilities that I believe the school must fully address in order to make this new piece of the school's allure something that impacts the entire student body positively. In this vein, there will also be potential problems with going into Division I that both students and the university should be aware of.

In terms of responsibilities, UCSD needs to make sure that with a newly-minted athletics program that spending on this program does not solely benefit student-athletes, coaches, and other staff connected directly to the sports teams themselves. Students interested in communication, videography, and other sorts of sports media production should be emphasized in the hiring process, which already is a major positive going on within the program today.

Beyond the media side of the move into Div. I (which I am partial to of course), the university needs to be sure that any facility and quality of campus life improvements that student-athletes receive can be, at least for the most part, a shared benefit. Obviously, adding Division-I athletics means that students can be more entertained by the

competitions UCSD student-athletes are engaging in. But outside of a better fan experience students will likely receive, they also should be able to utilize any new gyms sports fields and/or courts the university creates to attract more Division-I-caliber athletes. Any additional dietitians, physical trainers, and other satellite staff that the university pays to help promote athletic success should also be able to be used by everyday students. This serves both to help these staff understand the student-athletes as students first and also to provide increased services to non-athlete students on campus.

Outside of these responsibilities, there are certain problems that Division-I universities can face as a result of increased media exposure that comes with athletics. The prevalence of scandals involving both major and minor college sports, admissions, and the NCAA has been demonstrated just this year. Admissions and athletics should be tightly knit and responsive to one another, even as athletics takes steps towards becoming even more important at UCSD.

Along with corruption threats increasing is increased media exposure. Division-I programs have more media coverage than Division-II programs. This will be great for coaches

and athletes looking to move into the professional ranks, but it will also provide a growing platform where UCSD student-athletes and student-fans will be shown to a large, potentially national audience. This, again, could be beneficial, as it could inspire students to apply here and student-athletes to want to play here. But on the flip side, it could also lead to protest and spectacles involving the media exposure surrounding sports to bleed into other issues, such as the climate injustice protest that took place on the field at Harvard Yard during the Harvard-Yale football game.

The university needs to be sure to handle any of these sorts of outcomes with respect for student rights and quality of experience over the monetary gains of athletics, for the good of the student-athletes, fans, and the rest.

READERS CAN CONTACT
JACK DORFMAN JDORFMAN200@UCSD.EDU

FALL 2019



TRITON OUTFITTERS LA JOLLA DREAMS

SHOP NOW • to.ucsd.edu

Denny Harper
Men's Water Polo

Patti Gerckens
Softball

Kris Lesovsky
Softball

Chris Hansen
Men's Basketball

REMEMBRING A SUCCESSFUL DECADE IN DIVISION II

The UC San Diego Tritons are ending the 2010s decade with one of their most solid in university history. UCSD student-athletes and coaches provided thousands of fans with exciting and memorable moments from 2010 to 2019, including Softball's 2011 NCAA Division-II National Championship and the runner-up finish in the Learfield Directors' Cup for the 2018-19 season.

UCSD made the switch into Division II from Division III in the fall quarter of 2000 and has become one of the powerhouses of the Division and the California Collegiate Athletic Association

conference that most of the Triton teams are a part of.

In this end of the decade poster, the focus is on both players and coaches. Starting on the left, men's water polo coach Denny Harper is featured. Harper is currently in his 40th season at UCSD, where he also created and coached the women's water polo team until 1999. During the 2010s decade, Harper continued his early 2000s dominance, with four top-five finishes in the NCAA tournament while also eclipsing the 600-wins plateau for his career. Since 2010, Harper has won six Western Water Polo Association Coach of

the Year awards.

Beneath Harper on the poster is basketball standout, Chris Hansen. Hansen was named the CCAA Player of the Year for the 2018-19 season and in the 2019-20 season became the UCSD Division-II era's all-time leading rebounder. The 6-foot-7-inch redshirt senior earned CCAA Freshman of the Year honors back in 2015-16, helping his team to the NCAA Division-II West Regional finals.

To the right of Hansen is UCSD softball standout Kris Lesovsky, who spent four seasons as a Triton after transferring out of

Florida Tech. From 2009 to 2012, Lesovsky began the decade with a bang for the softball program. For all four of her seasons as a Triton, she earned UCSD Athlete of the Year honors, as she did not miss a single game for UCSD and in 2011 she did not make a single error. Lesovsky finished her Triton career first in university history in batting average (.386), first in runs scored (183), first in runs batted in (130) and first in walks (146).

To her right is her head coach, Patti Gerckens. Gerckens spanned far more than just the last decade at the helm for the UCSD softball program, as 2020 will mark

her 28th season as head coach. Gerckens has eclipsed the 600-win plateau and won the entire UCSD Athletics program their only NCAA Division-II National Championship of the decade in 2011, while nearly going back-to-back in 2012. In the record-breaking 2011 season, Gerckens led her squad to a 45-win season (the best in school history) to go along with a perfect 9-0 record in the postseason, which saw her Tritons usurp the No. 1 seed in the NCAA Division-II tournament to take home the title.