

WRITING & WRITING



Which college has the most demanding writing requirements on this campus? Eleanor Roosevelt College? Maybe. Muir? Nope. Warren? No. Revelle? Probably. Read ahead for our analysis.

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VERBATIM

"It is unacceptable, in a country like the U.S., to have so many people who lack some form of government identification as they become easy victims to a system which actively disadvantages them to push a political agenda."

- MARCUS THULLIER
ACROSS THE GLOBE
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UCSD



Students hold signs at the San Diego Women's March on Saturday. Photo by Francesca Hummler // UCSD Guardian

LOCAL

San Diegans, Students Turn Out for Second Women's March

The march, which was attended by a number of UCSD students, promoted voting in the 2018 elections and other key issues.

BY MADELINE LEON
CONTRIBUTING WRITER

In a gathering of nearly 37,000 people, activists marched the streets of San Diego with a mosaic of homemade signs to advocate for women's rights. This year's Women's March was entitled "Hear Our Vote" in support of the midterm elections taking place in November. Hosted by the Women's March Organization, the event ran between 10 a.m. and 1 p.m. on Saturday, Jan. 20, one year since President Donald Trump's inauguration.

According to the Women's March San Diego's official Facebook page, "Hear Our Vote is designed to engage and empower voters to support women's rights, human rights, social and environmental justice, and to encourage participation in 2018 midterm elections."

Speakers and marchers also showed support for action on debated issues. Hoping to spark an increase in voter turnout on these issues, California Assemblywoman Shirley Nash Weber said in a speech, "Are you going to continue to march about it? What are you going to do about it? We represent over 50 percent of the population. Women have the power to change."

Several other public officials who were present at the event included San Diego Councilmember Georgette Gómez, Senator Toni Atkins, Assemblywoman Lorena Gonzalez, San Diego Councilmember Barbara Bry, and Congresswoman Susan Davis.

Speaker, stylist, and manager of Le Red Balloon, Skyler McCurine acted as the master of ceremonies, and prior to the march itself, performances were provided by musician Veronica May and the San Diego Women's Chorus.

Members of the Kumeyaay Nation, the original inhabitants of the land in the San Diego and Baja California region, blessed the event goers and the march.

Shortly after, as the marchers walked a 1.29-mile route on North Harbor Drive and looped back to Waterfront Park on Pacific Highway, cover band The Resizers provided a performance.

Beatrice Zamora-Aguilar, lead dancer for the Chicano-Aztec dance group Danza Mexicayotl, believes the march is important for everyone

See **WOMEN'S MARCH**, page 3

CAMPUS

Students Hold Demonstrations Against Possible Tuition Hikes

BY REBECA CAMACHO CONTRIBUTING WRITER

The Fund the UC campaign has organized several events to mobilize protest against placing further educational costs on students. This is in response to the vote on the potential tuition increase for the upcoming academic year, that will take place at the University of California Board of Regents' next set of meetings later this week (Jan. 24 to 25) to be held at UC San Francisco. A measure following the state legislature's denial of the University of California's petition for a four-percent increase in state general funding, raising debate on where the additional resources will come from.

In January 2018, the UC Office of the President reported the need for institutional cost adjustments, if it is to maintain the exceptional level of service while meeting with state pressure to accommodate more California residents.

For the fiscal year of 2018-19, the California legislature approved a three-percent increase in its budgetary allocation to the University of California. This is one percentage point short of the original four percent the UC Office of the President had requested, serving mainly to account for the rising 2.1 percent inflation rate with regards to last year. This would estimate into a 2.7-percent tuition increase for in-state students, translating into

approximately a \$228 markup and a \$54 one-time service fee.

The decision ultimately falls upon the shoulders of the UC Board of Regents, the governing body of the UC system, who represent the aggregate sum of more than 200,000 students. The board is comprised of 26 voting members, 18 of which are nominated by the state Governor, and confirmed by the California Senate to serve 12-year terms, seven ex-officio members, and one student regent appointed by the Board per academic year.

This past week, UCSD's Fund the UC, a UC system-wide campaign that gained momentum last year when the first talks of tuition hikes appeared after a six-year freeze, hosted a variety of social gatherings to raise awareness and provide students with a platform for dissent.

On Tuesday, Jan. 16 and Wednesday, Jan. 17 advocates of the campaign tabled on Library Walk to alert students of the developing news that would directly affect them.

Kelly Morris, UCSD sophomore and Fund the UC coordinator, spoke on behalf of the importance of student mobilization.

"The state is divesting from the UC and the UC is compensating by raising tuition, resulting in a slow move towards privatization," she told the

See **TUITION**, page 3

CAMPUS

Alleged Coffee Cart Arsonist Found Mentally Unfit to Stand Trial

Kay Lyn Williamson was arrested for supposedly setting fire to four Fairbanks Coffee carts last year.

BY LAUREN HOLT
NEWS EDITOR

Kay Lyn Williamson, the woman who was arrested for allegedly setting fire to four Fairbanks Coffee Carts last spring, was deemed mentally incompetent to stand trial back in July, court records recently obtained by the UCSD Guardian show. Charged with four felony counts of "arson of a structure or forest" and four felony counts of "arson of property," Williamson initially pled not guilty on April 20 but was sentenced to a mental competency evaluation, which was

completed on June 22.

Although the records do not disclose the nature of her mental health issues, they state that San Diego County Superior Court Judge Margie Woods sentenced Williamson to a maximum three-year stay at Patton State Hospital and authorized physicians to administer Williamson antipsychotic medications without her consent if they are prescribed by her psychiatrist.

Deputy District Attorney Kyle Sutterley, who is a prosecutor on Williamson's case, explained to the Guardian that should Williamson

be deemed mentally competent at any point during her court-ordered psychiatric treatment, criminal proceedings will resume.

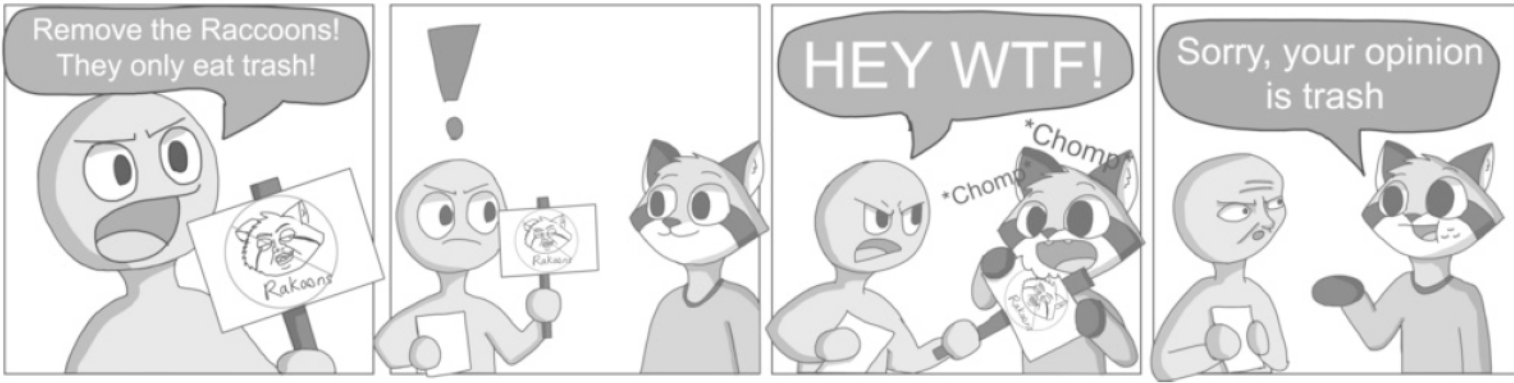
"Once criminal proceedings are reinstated, the ultimate result would be a jury trial; unless she chooses to plead guilty before getting to the trial stage," Sutterley said. "It is also possible that once criminal proceedings have been reinstated she could decompensate and be returned to the state hospital."

Sutterley also noted that "the state hospital will treat Ms.

See **ARSON**, page 3

TIMMY TRITON

By Andrew Diep



UC SYSTEM

Governor Brown Increases UC System Funding by Three Percent in 2018-2019 California Budget

Brown also warned the UC and CSU systems that there will not be enough Cal Grant money to support a tuition increase.

BY TANAYA SAWANT
CONTRIBUTING WRITER

Gov. Jerry Brown proposed a \$131.7 billion state budget for the 2018-2019 fiscal year on Jan. 10. Along with six other primary aspects of the budget like transportation and climate change, Brown outlined several changes to California's higher education.

The budget pushes for a completely online community college, helping offer affordable education to those who don't have direct access to California's community college system. The budget allocates a four percent increase in funding for community college. The budget also proposes increased support for the University of California and California State University by three percent.

The UC system received \$1.2

billion in funding since 2013. The new budget allocates an additional \$92.1 million to the university for the coming year compared to last year's funding.

A statement from the UC Board of Regents Chair George Kieffer and UC President Janet Napolitano on Brown's budget plan explained that the budget allocated less funding to the UC system than expected.

"This three percent increase, however, is less than we anticipated under the framework we established with the governor," the press release stated on Jan. 10. "That agreement acknowledged the need for ongoing, predictable state funding to maintain UC quality and access while requiring the university to lower its cost structure."

The statement also mentions that the budget does not take into account the increased enrollment the UC

system will be facing during the next year.

"The governor's budget plan does not include funding for UC enrollment growth," it stated. "The university is committed to adding an additional 2,000 California undergraduates in Fall 2018, including 1,500 that it will fund from its own resources. We have also requested support to add 500 more graduate students, who are critical to the university's research mission and to meeting the state's workforce needs."

In order to receive \$50 million in funding, the UC system must continue to adhere and progress toward the recommendations made last year by the California State Auditor. By May 1, 2018, evidence of expectations placed on the university must be shown by the Regents in order for the funds to be allocated.

According to the budget summary,

UC officials plan to increase tuition later this month, which would increase the Cal Grant costs beyond what is stated in the current budget.

"The Administration remains concerned about the impact of tuition increases on lower income students and families and believes more must be done to reduce the universities' cost structures," the summary stated. "Further reforms should be implemented before the segments consider charging students more."

The UC officials are still in negotiation with the governor and legislature about the funding mentioned in the framework.

The UCSD Guardian reached out to the A.S. Office of External Affairs for a comment, but they did not respond.

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There Will Be a Protest the Day Before the Vote

► **TUITION**, from page 1

UCSD Guardian. “Student action is very effective against the Regents, as we saw at the 2009 student protests and 2014 tuition freeze.”

On Thursday, Jan. 18, Fund the UC held a special Q&A at Raza Centro on campus with Devon Graves, the Student Regent Designate of 2018-19 to “provide an opportunity for student leaders to engage with the University of California’s Office of the President.”

He acknowledged that the UC Regents are wary of the students’ disapproval of an affirmative vote, but believes that more devoted attention needs to be directed at the development and finalization of the

state budget in the coming months.

The appropriation and distribution of such funds, however, would be at the discretion of the UC Office of the President and conduct of designated officials from the 10 UC campuses.

It is customary for Chancellors to release statements with how they would be utilizing the incoming funds.

This Wednesday, the day of the vote, from 11 a.m. to 2 p.m., more actions will be taking place near Silent Tree to promote the petition that Fund the UC is sponsoring against the tuition increase.

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The Women’s March Was One of Hundreds Occurring Across the Nation

► **WOMEN’S MARCH**, from page 1

because it “[builds] awareness and consciousness that we have a lot of issues we still have to deal with in this country. We need to get the vote out. We need to fight for fairness, equality, and justice for all.”

The wide variety of subjects highlighted in the event by speakers and marchers included education, health care, women’s health, the environment, and immigration. The full list of causes supported by the Women’s March Organization are listed on their website, as well as the specific organizations designed for those causes, some of which held booths at the San Diego march.

SanDiego350 board member Angela Deegan believes climate disruption is important to the women’s march because “climate affects everybody. It’s a big overarching issue and obviously

Trump is very bad at it. He wants to pull us out of the Paris Agreement, although I heard recently that maybe he won’t. You don’t know what he’s going to do.”

The marchers themselves expressed an array of issues they deemed relevant by decorating rally signs. Some posters seen in the march read, “The future is female,” “America, we are better than this,” “There is no Plan(et) B,” “I stand with Planned Parenthood,” “Impeach the peach,” “Love, not hate, makes America great,” and “A woman’s place is in the resistance.”

A number of UCSD students also attended the march.

Thurgood Marshall College junior Kol Chaiken explained to the UCSD Guardian that she attended to show unity with women of all backgrounds.

“I marched because I wanted to participate in an event organized

by hundreds of powerful women of many different races, religions, and backgrounds coming together to speak out about the injustice towards women of color, immigrants, low-wage workers, victims of sex trafficking and so many other profound intersectional issues,” Chaiken said. “The choir was beautiful and the speakers got me pumped up for the midterm elections. It made me excited to be helping register students to vote with the [Student Organized Voter Access Committee] and the [California Public Interest Research Group] in the next two quarters.”

There was an estimate of over 250 “sister marches” nationwide and several were held in cities in other countries such as Italy, Germany, and Canada.

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Sutterley: I Agree With the Doctor’s Determination

► **ARSON**, from page 1

Williamson for up to three years. If competency is not restored in that three-year period, she will be placed on a conservatorship in a locked facility. The conservatorship would be renewed yearly after that.”

According to statements released by the UC San Diego Police Department at the time of the incident, Williamson supposedly set fire to four Fairbanks Coffee carts located at the Social Sciences Building, Warren Lecture Hall, Reville Plaza, and Center Hall during a 40-minute time frame starting shortly before midnight on April 16. The total damage was estimated at approximately \$30,000.

One indication that Williamson may have mental health issues occurred at her arraignment after

the judge forbid Williamson from going within 100 yards of the UCSD campus. When the judge asked if Williamson understood this restriction, Williamson responded, “Do you understand that I am the acting president of the United States, right now?”

Based on his knowledge of the case, Sutterley agrees with the doctor’s determination of Williamson’s mental incompetency.

The Guardian reached out to Williamson’s attorney from the Public Defender’s Office, but he did not respond by the time this article was published.

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OPINION

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Connecting Courses: Sharing Funds & Space



UCSD CSE
 Computer Science and Engineering



By: Jason Nideffer // Contributing Writer

After two full weeks of instruction, the waitlists for CSE 100 exceeded 25 students, a large number that excludes those who dropped from the waitlist, rationalizing their near lottery odds of winning a seat. More than likely, if you were able to enroll in CSE 100 this time around, it's because you're a computer science major and you were fortunate enough to reap the luxurious benefit of priority enrollment. Otherwise, if this is not the case, it's probable that you're a cognitive science major who's been here for four years with just a couple more to go, having beaten the waitlist by virtue of your many credits. But, it's not your fault! After all, the enrollment process can be quite nefarious, perhaps so much as the devil himself. At its core, the enrollment challenges that so many cognitive science, mathematics-computer science, and bioinformatics majors face stems from an over-admission of students and a crippling insufficiency of resources to meet their needs. For those who study economics, this is a prime

example of high demand and relatively low supply.

As it stands, the computer science and engineering department provides ample opportunity for students studying CSE-associated majors to take computer science courses. However, after these students are escorted into the lecture hall, the free-for-all brawl ensues as cognitive science, mathematics-computer science, and bioinformatics majors vie for the remaining five or so seats. But, if the CSE department took into consideration those students affiliated with the cognitive science, math, and biology departments when admitting students into CSE, there would be much greater opportunity for students seeking to enroll in CSE classes, particularly those whose major coursework requires said classes. Of course, cooperation is a two-way street, and this solution places the entire burden on the CSE department, as the department's administration would necessarily have to make greater cuts with respect to the number of students it admits.

So, in order to establish a mutually beneficial, cross-departmental relationship that serves a diversely educated student body, financial contributions from the cognitive science, math, and biology departments are essential.

By contributing financially to help provide CSE courses, the cognitive science, math, and biology departments would effectively increase the number of seats offered per quarter and minimize the necessary reduction in CSE admissions. In exchange for their support, the cognitive science, math, and biology departments would receive equal representation for their students who require enrollment in CSE courses. Notably, the accessibility to these courses is a crucial necessity, as many fields progress toward greater computer science dependence and the demand for programming know-how increases, even in fields that were once entirely distinct from computer science. Thus, interdepartmental cooperation centered around the vision of making courses in

See CSE, page 5 ▶

ACROSS THE GLOBE

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The State Of I.D.s

If you live in the U.S., one in nine people around you does not own a valid government-issued photo identification card. This number, which amounts to about 35 million people across the country, is both shocking and easily explainable. However, it is unacceptable, in a country like the U.S., to have so many people who lack some form of government identification as they become easy victims to a system which actively disadvantages them to push a political agenda.

One of the most common forms of ID in the U.S. is a driver's license, with many — myself included — using it to travel between states. It turns out that the elderly, the poor, and minority groups are more likely to not own a valid driver's license, making them subject to discrimination by laws requiring the possession of such ID. Another demographic affected is young urban people, or even college students, who either cannot afford or do not need a car and thus have not acquired a driver's license. Even worse, a study estimated that "[eight] percent of Hispanic adults and 17 percent of African-American adults had no current license but had a recent suspension or revocation," highlighting the precarity of owning a driver's license as your sole means of identification. This often comes down to money issues, as almost half of suspended driver's licenses were due to failure to pay outstanding fines, but an overblown fee should never be a justification for losing one's sole source of ID.

Sadly, for some people, the expense associated with getting a valid ID prevents them from completing the process. Many Americans lack valid birth certificates, prohibiting them from getting an ID in the first place. Sometimes, trying to authenticate that document involves going to court, which only heightens the cost of an already expensive and time consuming process. The many court cases raised against the process itself in many states have gotten too caught up in legalities to expect change anytime soon.

Across the pond in France, a high percentage of citizens own either a passport or a "Carte d'identité" — a document proving your French nationality — allowing them to travel across the Schengen area in Europe. Although filling for those documents is not mandatory, many own them simply because of convenience. Lacking this card is problematic though, with government officials judging you on "how French you are." This process just discriminates against poor people as well as immigrants. But overall, the phenomenon of citizens not owning government-issued IDs seems next to non-existent there.

So why don't more Americans own state issued IDs? A simple answer is that Americans simply do not travel as much outside the country, as William D. Chalmers writes in the Huffington Post. This, coupled with irregular voting laws in some states allows one to go through adult life without needing one. Or maybe it's that some states purposefully created a process that disadvantages elderly people and minorities to push a political agenda that these groups oppose. Regardless, it remains hypocritical that a country so opposed to illegal immigration is so lax when it comes to its own citizens' papers.

A Filtered Image of UC San Diego

By: Clarisse Vazquez // Contributing Writer

An octopus wrapping its tentacle around a cliff, a cheese wheel rolling through Revelle College, and a fish swimming through study rooms might seem like random and dissimilar images, but it is how UC San Diego chooses to advertise itself to prospective students and employees. UCSD's slogan is "break things better" and therefore it uses these images on its main website to convince people that they would discover the unimaginable if they attend UCSD, which is something they might not achieve at another university. However, the images UCSD uses do not represent the experience of attending this university, so why would they choose these images to advertise the university if it cannot live up to this?

UCSD is just one actor in this wide social trend. The ease of photography has led to its popularization in our modern culture as any photographer can alter what they see and manipulate the subjects in the photo to fit their visions or agendas. This can end up deceiving the viewers and persuade them to take at face value what the photo represents. In this way, photography offers insight into just one of the ways in which UCSD misrepresents images of its own campus to recruit students.

Photography allows us to sell a certain representation of ourselves by carefully selecting which photos to post or share. However, it could become problematic when we leave the virtual reality and actually interact with our friends and loved ones who might have developed erroneous expectations of us due to our portrayal on social media. Similarly, in order to advertise

its innovation and originality, UCSD uses classic structures like Geisel Library and the "Fallen Star" house to introduce the illusion that the university is pushing the boundaries of what is normal. UCSD's advertising is so saturated with these two images, that they have become the university's defining factors. However, upon visiting the campus, students could become disillusioned to find the rest of the structures are

"The images UCSD uses do not represent the experience of attending this university, so why would they choose these images to advertise the university if it cannot live up to this?"

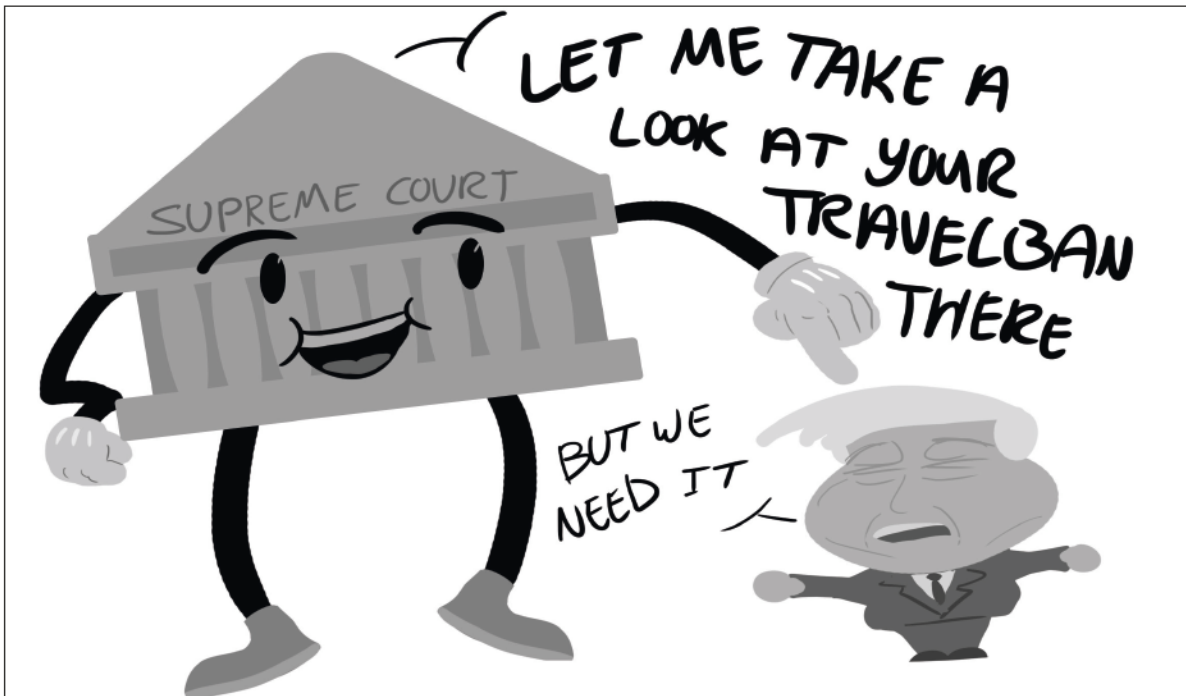
not as avant-garde. Even further, we could become disappointed to find a lack of the common theme of innovation at UCSD, when in fact its architecture is incompatible and inconsistent. If UCSD wants to have divergent themes across campus in relation to its architectural structures, the advertisements and photos used should present the full range of UCSD's appearance whether it's as photogenic as Geisel Library or not.

Furthermore, photography could be

manipulated to influence or dissuade people from embarking on an experience. People can idealize or demonize an experience or location based on images which convey only a choice, hand-selected view of the subject. Maybe a photo puts a certain location in a bad light and can dissuade someone from going and experiencing it for themselves. Or the opposite: a photo can be altered and intensified to portray a bluer beach or a prettier landscape and deceive the viewer into having false expectations upon their arrival. UCSD's "campus life" page is full of photos of compacted students at a certain event or concert. Whether it be at The Loft or at a sports event, UCSD uses photos of students bunched together to showcase the popularity of these events despite the fact that many of their campus events do not receive such a big turnout. Many times UCSD uses outdated photographs to advertise certain occasions because of the turnout received at that time. Students can end up being disenchanted by the sparse attendance which could discourage them from attending another event.

Photography is one of the most pervasive art forms, and anyone with a smartphone or a camera can be considered an amateur photographer. Photography is an amazing art form that can introduce us to something that we might not have thought existed and thereby broaden our view of the world. However, we must always be on guard of what a photo depicts and recognize the ease of manipulation to prevent it from guiding our actions or beliefs.

WORLDFRONT WINDOW By David Juarez



► CSE, from page 4

computer science more available to students ought to be UC San Diego's newest upcoming renovation.

In the 2015-16 fiscal year, UCSD raised \$213 million in private funding, \$46 million of which was allocated for departmental growth and support (not specifically for research or campus improvement, which separately received \$142 million of UCSD's private endowment). This money was generously donated exclusively for departmental use in addition to the money that was sufficiently allocated by UCSD to pay the salaries of professors and administrators. Thus, it is grossly

improbable that departments require this endowment to retain their employees. So it would seem that a project aimed at facilitating students' interdisciplinary educations by making computer science more accessible is well within the budget.

No progress has been made yet, however, and the fact that greater interdepartmental cooperation has not been established portrays departments' neglect for preparing students to enter a modern workforce. For, if the cognitive science department has acknowledged its students' enrollment congestion but done nothing about the issue, it appears to students as though the problem's solution is not worth the financial and logistical stress that must be made by department

administrators. On the other hand, if the department has failed to even consider a solution, students might feel as though administrators do not perceive their disadvantaged education as an issue in the slightest.

But it is an issue. Fields in science, math, and technology are moving toward a greater connectedness that necessitates interdepartmental understanding and communication. Furthermore, tasked with preparing young minds for the world of the future, UCSD must not only foster its students' interdisciplinary understanding but also set an example with effective interdepartmental cooperation.

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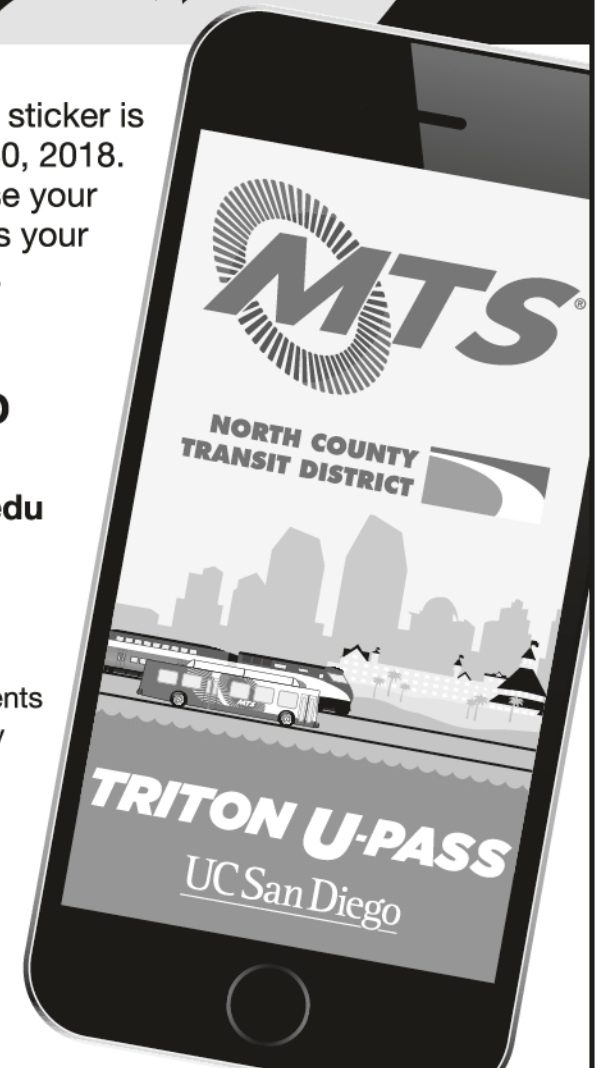
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UCSD WRITING REQUIREMENTS: WHO HAS IT THE HARDEST?

Each of UC San Diego's six undergraduate colleges has its own writing program with differing numbers of units and learning outcomes required of students, inspiring countless arguments over which is the most difficult. Drawing from public records providing writing programs' grade distributions from the past several years, the UCSD Guardian settles the age-old debate: Which college has the hardest writing sequence?

by Jade Knows
 His Gun-Wong
 // Senior Staff
 Writer

Whether you're a science, technology, engineering, mathematics, or humanities major, transfer or non-transfer student, international or local, one thing is for certain: You will take writing courses during your time at UC San Diego. Writing requirements can be expected at any university, but what sets UCSD apart is the fact that students must complete different writing sequences based on their college. Through their particular writing curricula, the six colleges emphasize their philosophies and foster the types of scholarliness they hope for their students to achieve.

John Muir College, for instance, features a two-course writing sequence for non-transfers and one course for transfer students. Muir College Writing Program students learn the elements of argument and analysis, completing analytical essays and research papers relating to a central topic.

The Earl Warren College Writing Program similarly requires non-transfers to complete two writing courses and transfer students to complete one. It focuses on the ability to make academic arguments, providing students with a strong research foundation. Like Muir, its courses are centered on a certain topic.

Thurgood Marshall College's Dimensions of Culture Program requires a three-course writing sequence exploring the topics of diversity, justice, and imagination. While the first course is worth four units, the second and third are heavily writing intensive, six-unit classes. DOC not only strengthens students' writing and research skills, but also their understanding of history, politics, and culture.

The Culture, Art, and Technology Program is Sixth College's writing sequence. It requires a total of four writing courses examining the intersection of culture, art, and technology. Sixth College is also the only college to require a Practicum, which is any department-approved, four-unit, upper division course that features hands-on learning and a final project.

In stark contrast to Muir and Warren's two-course sequences, Eleanor Roosevelt College's writing program, Making of the Modern World, requires a five-course sequence for non-transfers and a two-course sequence for transfer students. These courses span the history of human civilization from pre-history to the 20th century.

Finally, Revelle College's Humanities Program is, like ERC's, a

five-course sequence focusing on subjects such as literature, history, and philosophy. In each course, students examine humanities disciplines from time periods ranging from Ancient Israel and Greece to modern Western civilizations. While Revelle students who entered as freshmen in Fall 2016 or earlier have the option of transferring two approved courses from another institution, the incoming class of 2017 and beyond may only transfer one course.

In terms of the number of units required of each student, the ERC, Revelle, and Sixth College writing programs are the most rigorous, all being tied at 24 units. A five-quarter writing sequence also arguably takes up valuable space in students' graduation plans — time that could instead be spent on classes students are actually interested in, or electives that would boost one's resume. The Muir and Warren writing requirements are also tied for the least rigorous at eight units. Marshall's requirement falls in the middle at 16 units.

In terms of the average class GPA of all courses within each writing sequence, however, Revelle's humanities sequence appears to be the most rigorous. Based on grade distributions obtained from Course and Professor Evaluations results and public records requested from UC San Diego's Policy and

Records Administration, the average class GPAs of each HUM course from Fall 2007 to Spring 2017 is 2.918. In spite of its low unit requirement, Muir holds the second lowest GPA with 2.964. ERC places third with an average GPA of 3.134, followed by Warren's 3.197 and Sixth's 3.231. This renders Marshall the college with the least rigorous in terms of GPA with an average of 3.235.

Although GPA is an indicator of students' general academic performance, it is also influenced by the different instructors and teaching styles of each writing program. For example, while DOC courses feature both lectures and discussions and have TAs grade students' papers, MCWP classes are seminar style courses led by one instructor who grades all of their students' work. In courses where students' grades vary greatly among instructors (such as CAT 1, which ranges in GPA from 2.718 to 3.57), the average GPAs are more representative of the graders' difficulty than the difficulty of the writing sequence as a whole.

One anonymous Muir sophomore commented on this subjectivity in grading, saying, "Sometimes the TA's requirements

"Differentiating writing programs between colleges is unfair," said Reddy. "College writing courses either act as severe GPA-droppers or GPA-boosters. And which one you get to do is based a lot on luck. This is overall detrimental to one's college education."

► **WRITING REQUIREMENTS**, from page 6

are so unclear that you never know what they are expecting of you. So I do feel that MCWP's grading system is a bit unfair."

Since the average GPAs of Revelle's HUM classes are consistently lower than the other colleges and less variable, we can conclude that the writing sequence is difficult for students due to both the harshness of the grading and the heavy workload. An anonymous Revelle sophomore even felt that HUM is so difficult it places students at an unfair disadvantage.

She said, "It's impossible to get an 'A' in HUM. People in other colleges have a much easier time getting an 'A' in their writing classes compared to Revelle. HUM is a writing requirement, not a class that people actually chose to enroll in, so it should be the same difficulty and be on the same grading scale as the other colleges' writing GEs."

Warren junior Nainika Reddy reinforced this opinion. "The grading is very harsh. It seems like TAs come in with a predetermined number of 'A's they are willing to give and don't give deserved marks to their students."

MMW and CAT classes may be just as difficult as HUM in terms of the number of units required, but HUM students are more likely to score lower writing grades. While MCWP and WCWP are worth the same number of units, WCWP students are more likely to score better grades than MCWP students, which points to harsher grading within Muir's writing program.

So which college has the hardest writing sequence? Based on both the number of units required and likelihood of scoring a high grade, Revelle's Humanities sequence is undoubtedly the most difficult for UCSD students. However, the definition of difficulty in the context of writing sequences is subjective — some students may find MMW's history-centric subject matter harder to grasp than that of the HUM sequence.

For example, Revelle junior Sydney Preston did not find the HUM sequence unfairly difficult, and thoroughly enjoyed her experiences in the courses.

She explained, "I actually really love the HUM sequence! I think in large part because I've had some fantastic TAs who do their utmost to encourage genuine discussions of the readings we do. It's also great because the professors have a lot of

personal input that can make the classes a cool experience."

Preston went on to defend HUM's grading system, saying, "I think HUM's grading and workload get an undeserved bad reputation. Yes, there are a lot of books to read and papers to write, but the TAs always thoroughly discuss the reading so you have a good sense of what's going on, and the grading isn't too terribly hard as long as you actually take their comments and suggestions to mind."

Despite the HUM sequence being, in general, the most rigorous writing requirement, it is also the only writing sequence that allows non-transfer students to fulfill their credits at another institution. This gives Revelle students the advantage of potentially scoring a higher HUM grade elsewhere, but when solely comparing grades received at UCSD, HUM is the most difficult.

It is harder to judge which writing sequence is the least rigorous. While WCWP requires less units than DOC, students have scored higher grades in DOC than in WCWP classes. Either way, both Warren and Marshall's writing programs fall on the easier side of the spectrum.

While it is understandable that the six colleges have individual writing requirements designed to fit their philosophies, certain programs consistently scoring lower GPAs than others shows that these differences exist for reasons beyond students' control. Instead, they arise from some programs having heavier workloads and harsher grading systems than others, showing that UCSD GE requirements do not offer a level playing field for students. It brings forward the possible necessity of changing a long-standing system that seems to give some a leg up and others hours of stress at the library.

"Differentiating writing programs between colleges is unfair. Some colleges are less demanding in workload, some colleges offer better grades for less work, and some colleges just have a boring course load," Reddy said. "College writing courses either act as severe GPA-droppers or GPA-boosters. And which one you get to do is based a lot on luck. This is overall detrimental to one's college education."

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BEHIND THE LECTERN

By Lara Sanli // Contributing Writer

Liam Clancy: Movement as Inquiry

Dance Professor Liam Clancy shares what he values about dance and describes his unorthodox path to becoming a professional dancer.



PHOTO COURTESY OF LIAM CLANCY

Liam Clancy was the Massachusetts state champion pole vaulter in 1986. But, as agile and athletic as he was, no one thought his love of movement would take him down the unorthodox path of becoming a professional dancer.

Raised in suburban Massachusetts during the '70s and '80s, Clancy played football and ran track, often putting his athletics before his academics. Sports were a crucial aspect of his social life, but also carried a deeper meaning because they helped him find an outlet in movement itself.

"I liked the organized part of sports less than I liked just moving," Clancy remarked.

Because he never went through formal dance training as a child or had any sort of exposure to art, Clancy becoming a dancer was especially unexpected. In fact, his only childhood dance experience came from participating in the dance contests kids held in junior high.

"We would have these contests, dance contests, and I would win them — which was amazing," Clancy recalled, laughing at the memory. "Very informal, right? You're just doing your own thing. But I would listen to funk, and soul, and disco ... And I remember I won the last dance contest! The first prize was Michael Jackson's album 'Off the Wall,' so I cherish that album. I felt like I had some creative inclinations but never knew where to put them, I didn't really know what the outlet was in a consistent way."

Clancy had planned to attend college because it seemed like the appropriate path to take, but he still didn't truly know what he wanted to do with his life. He received a partial scholarship to Northeastern University for pole vaulting, only to turn it down after the Navy called him offering multiple financial benefits and time to think about his future. Clancy ended up joining the Navy and taking some of the academic courses available to him there.

"It felt like I made this switch toward being interested in the arts and learning about art," he said, acknowledging one of the Navy's literature courses as the turning point that piqued his interest in the arts.

After three years in the Navy, Clancy started college at Rhode Island College, a liberal arts school. Although he took Modern Dance 101 to satisfy a general education requirement, he saw the beauty of dance and ended up discovering his affinity for it.

"It was moving, it was physical, but it was also creative," he said. "And that changed everything. I was dancing, dancing, dancing."

College provided him with the opportunity to work with the choreographer Elizabeth Streb, who invited him to audition for her national dance tour in his senior year. Out of the 150 dancers who auditioned, Clancy managed to earn one of the four slots in the show. He immediately arranged to hand in his final papers to graduate Rhode Island College in 1995 and moved to New York in just three days to pursue life as a professional dancer. Eventually, he pursued his master of fine arts degree in choreography at UCLA, graduating in 2005.

Because Clancy grew up as a working-class boy, he never thought a career in the arts would be a possibility for him. He cited his involvement in the military, how it's "the most machismo, sort of male place," as well as discussing the unfortunate stigma around male creativity and involvement in the arts. Health-wise, he didn't have exemplary dietary role models growing up — the men in his family lived in poor health and passed away at early ages. Dance was a new, healthy change in his lifestyle that taught him how to take care of himself.

"Dance felt like I could be differently, in ways that made more sense to me. I just felt like it saved me in lots of ways."

Although he lacked the financial stability

one would expect of someone who just uprooted his life to move to New York, Clancy worked hard to make his dance career happen by taking multiple jobs and by building a stable network of friends to support each other in their various artistic endeavors.

When asked for his advice to aspiring professional dancers at UC San Diego, he enthusiastically encouraged them to pursue their dreams responsibly.

"If you really want to dance, go," he said. "What I think would be more of a disaster would be to feel like it's impossible to do because of some practical things. I'm also not advocating being irresponsible — I worked hard. But I had a good network of friends, we took care of each other. That's what I would say. Worst case is it doesn't work out. But then you know. This idea of not experiencing it, I think, would be a shame."

Despite his position as a dance professor at a university better known for its achievement in STEM than its achievement in the arts, Clancy retains an optimistic outlook on the substantial gap between the two disciplines and their seemingly separate methods of thinking. In Clancy's opinion, the gap has actually lessened in the 13 years he has been teaching here. He believes science and art actually have a lot in common.

He referenced multiple projects at UCSD that demonstrate the interdisciplinary nature of the two fields of study, including the 2009 collaboration between the famous British choreographer Wayne McGregor and the cognitive science department researching creativity and the making of dances.

"There's this overlap of inquiry, of trying to understand what else is possible for looking at different ways of thinking about the world and being in the world," he said. "And both scientists and artists share that — that they always have."

In Clancy's own work, he focuses on

contemporary approaches to dance, which comes out of broader ideas that developed during the period of '60s counterculture. Similar to the counterculture's effort to develop a less hierarchical world, postmodern dance focuses on maintaining equality and non-hierarchical relationships. It questioned the typical conventions of

performance in new and unique ways. There is no single definition of preferred technique or one perfect way to move. Instead, dance can be anything, and anyone with any body type can do it.

As a professor, Clancy focuses on postmodern dance by "teaching the study of somatics, moving somatically, which means experiencing the body — making dance from sensation."

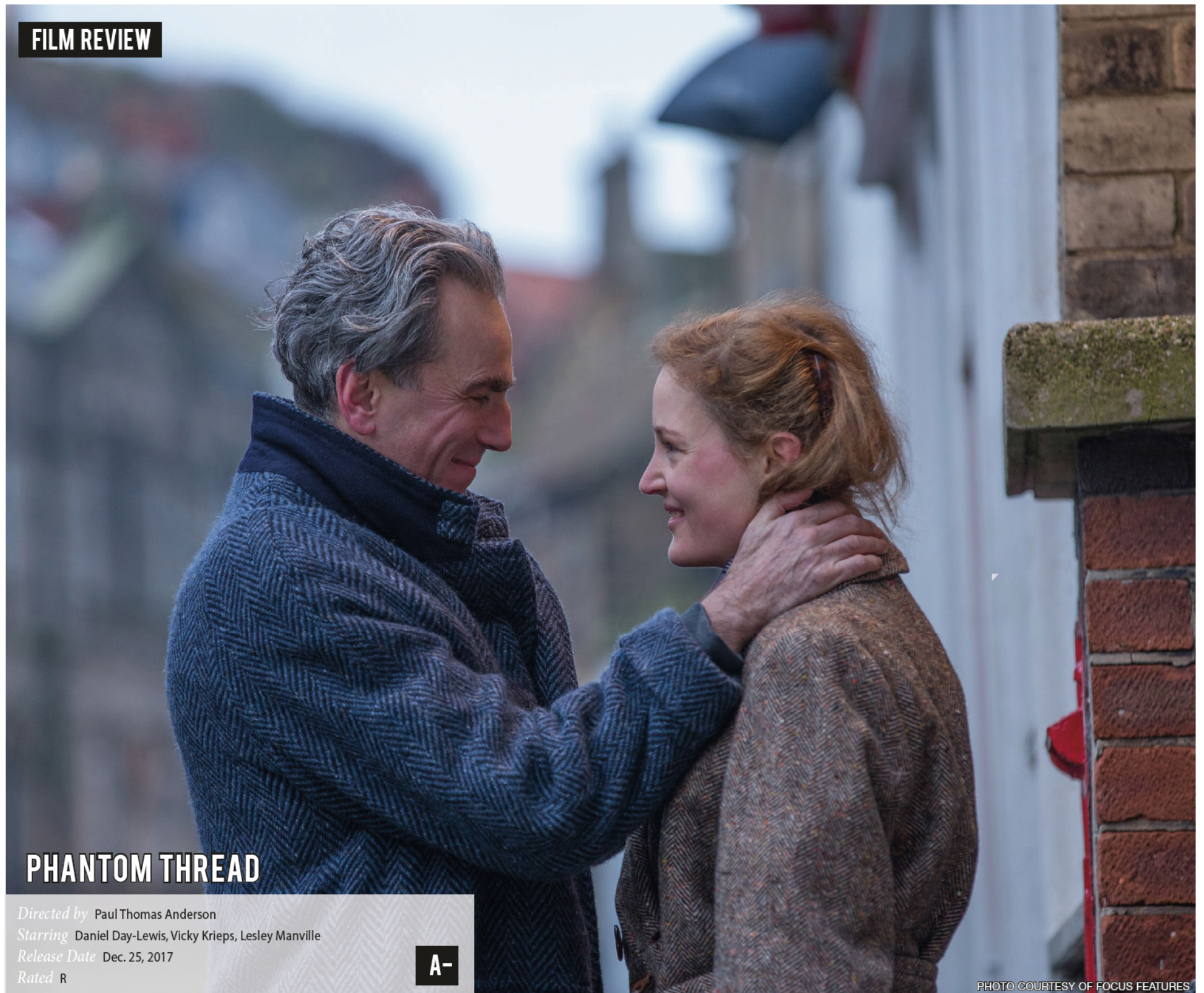
Somatics is essentially mind-body integration that allows the dancer to find an inner connection through his or her movement. Clancy believes this visceral experience gives the dancer opportunity to explore what they can do because each individual's unique way of movement is what becomes their choreography. He encourages students to notice how their bodies feel as they move. This awareness allows for growth, which leads to discovery.

Clancy argues that students don't have to change anything about themselves to be better dancers, but just have trust in their moving bodies. He hopes his classes teach students to stop judging themselves and realize just how sophisticated they already are.

As Clancy himself said, "You don't have to separate yourself from yourself. My approach to dance is that you honor and you celebrate this body."

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FILM REVIEW



PHANTOM THREAD

Directed by Paul Thomas Anderson
 Starring Daniel Day-Lewis, Vicky Krieps, Lesley Manville
 Release Date Dec. 25, 2017
 Rated R

A-

PHOTO COURTESY OF FOCUS FEATURES

“Phantom Thread,” Daniel Day-Lewis’ last feature film, weaves a deliciously intoxicating romance set in the 1950s’ fashion world.

“Phantom Thread” is not your average gothic romance. For one, it stars veteran actor Daniel Day-Lewis as Reynolds Woodcock, a man whose dressmaking skills are so revered that a fan tells him how she hopes “to be buried wearing one of [his] dresses.” It’s in a scene, made memorable by his interesting breakfast order, that he meets and charms a young waitress named Alma, wonderfully played by Vicky Krieps. He’s never been one to settle down, but perhaps it’s time that he lets someone crawl into the whirlwind world of his life’s work.

The chemistry between the unlikely duo flies off the screen in the forms of upturned lips, gentle touches, and warm laughter. As described by director Paul Thomas Anderson, the scene where Woodcock takes Alma’s body measurements, for example, feels like a sex scene without the sex. Passion burns as Woodcock molds this simple, modest girl into a model for the British elite, but conflict (and even hilarity) brews as both grow closer and unveil their true natures. Their relationship — and ultimately the movie — is a gradual but fascinating analysis of the human psyche, and the movie’s kicker is when the true dynamic between them clicks into place. One can only wish that the movie would dare to explore the more intriguing, if unconventional, dynamics of their relationship. Instead, the film draws

itself out at times, creating an uneven pace that might put off a more impatient viewer.

Narratively, it may not be everyone’s cup of tea, but the movie is a technical marvel. The opening sequences are downright entrancing, leaving one to simply sit in cold, raw silence and awe throughout them. With minimal introductory dialogue, the task falls to Jonny Greenwood’s score to weave a beautiful, lush symphony of pianos and violins and thereby fill the narrative silence. It’s not often that a movie’s music becomes its defining characteristic and considerably lends itself to the overall plotline. It richly intermingles with the “Downton Abbey”-esque elegance oozing off the screen, creating an immersive viewing experience in which you feel that you are quite literally in 1950s London, living and breathing and moving amongst the models and dressmakers of the House of Woodcock.

As always in Paul Thomas Anderson’s films, the production is immaculately detailed. Light streams skillfully yet naturally upon the characters, basking their features in glowing illumination. Richly colored dresses and crisp suits are purposeful paint strokes against the backdrop of bustling restaurants and creamy-white rooms. In signature Anderson style, the camerawork in the movie is admirable too. It fluidly transitions between shots and doesn’t stick to a single type of camera angle

or movement; there are moments where the camera bounces behind a driving car, looks up at flowing fabrics and hands, and tracks characters passing through crowds.

“Phantom Thread” marks Day-Lewis’ final installment in his filmography. According to *W Magazine*’s interview with Day-Lewis, the film’s production had taken an extreme toll on the method actor. Ten years ago, Day-Lewis and Anderson collaborated in the widely-acclaimed “There Will Be Blood,” and anticipation for yet another powerhouse collaboration between them ran high in the film community. The question: Is “Phantom Thread” as good as “There Will Be Blood”?

The short answer is, unfortunately, no. It lacks the ingenious brevity of “There Will Be Blood,” a flaw that may be attributed to its limiting subject. “Phantom Thread” may be Anderson’s most thematically simple work — but it’s admittedly still a mile above many other films. We’ve seen countless stories of an obsessive man whose life is driven by his work and who becomes infatuated with a beautiful muse, but on the other hand, we’ve never seen it done this well.

The narrative simplicity bleeds into the characters and thus the acting. Day-Lewis is a master of his craft — his three “Best Actor” Oscars attest to this — and he does a fine job with the material he is given in

“Phantom Thread,” but the material itself isn’t challenging enough to bring the very best out of him. One almost feels underwhelmed, especially considering that this is his last work. Lesley Manville (Woodcock’s sister, Cyril) and Vicky Krieps stand their ground against Day-Lewis’ powerhouse performance, with Krieps going above and beyond in certain scenes. Her charming, sweet-faced disposition hides her character’s inner-workings well. Nonetheless, Day-Lewis is a formidable competitor in many award races. It only takes his eyes to brim with tears, or a wistful smile to cross his face, to make one feel the aching loneliness and insecurity buried deep inside his character.

When it comes down to it, “Phantom Thread” is truly a cinematic experience. It has the right dialogue, cast, score, cinematography, and design — though altogether they may not reach as high as they aim to be. But this film is a case in which the sum of the parts don’t matter as much as the parts themselves. If you want to see filmmaking at its near-best, watch “Phantom Thread.”

— NATALIE TRAN
 Staff Writer

FILM REVIEW



JUMANJI: WELCOME TO THE JUNGLE

Directed by Jake Kasdan

Starring Dwayne Johnson, Jack Black, Kevin Hart, Karen Gillan, Nick Jonas

Release Date Dec. 2017

Rated PG-13

B

PHOTO COURTESY OF SONY PICTURES ENTERTAINMENT

With a cast as wacky as its narrative, “Jumanji: Welcome to the Jungle” is a remake made in remake heaven.

Feeling nostalgic? Well then, we have good news for you! Recently, a remake was released of the 1995 childhood classic, “Jumanji.” Reconnect with your inner child with the new-and-improved version, “Jumanji: Welcome to the Jungle,” which features an unexpected group of notable actors. The main cast consists of Dwayne “The Rock” Johnson, Karen Gillan, Jack Black, and yes, Nick Jonas himself. All of the cast does a phenomenal job of portraying their characters thoroughly. The casting is impeccable — one could not have chosen anyone better than Jack Black to play a popular teenage girl trapped in the body of an overweight middle-aged man. Similarly, no one could have done a better job than Johnson at playing the strong, heroic Dr. Smolder Bravestone. Simply put, the acting in this film has just the right amount of excitement, humor, sincerity, and irony.

The plot of the story is quite similar to that of the original. However, in order to accommodate the interests of a younger generation, the game of Jumanji transforms itself from its original board game style into a video game format. Each person has to pick a character to play the game and they proceed to get sucked into the virtual reality in their chosen character’s body. Four high school kids with differing personalities are trapped into the game of Jumanji, in which they ironically embody a character completely different from themselves. The object of the game is to return a stolen jewel to its rightful place in order to save the land of Jumanji from peril. Each player starts out with three lives that they can use, but if all three lives are lost, the person inhabiting the character also dies in real life. Throughout their quest to save Jumanji, the crew battles monsters

and ‘bad guys,’ but in the process, also learns to overcome their inner demons. Despite the intensity of the plot itself — you know, with all the battling monsters and coming face-to-face with death — there is also a medley of funny, sweet, and heartwarming moments.

The juxtaposition of all the players embodying their literal opposites in the game is a humorous spectacle because we can relate to how awkward and confusing it would be for us if we were in their situation. The characters in the movie are relatable to the viewers because watching them make mistakes and embarrass themselves allows us to reflect on and laugh at ourselves. We can view these characters as sort-of representations of ourselves to help us realize that people are complex creatures: nobody is always brave, or always confident, or always funny. The players eventually realize that, while having

their character’s superhuman strength or the ability to dance-fight may help in the game, much of the grit that is required to win has to come from within themselves.

While many remakes of classic films often fail to deliver the same level of gratification that the original did, “Jumanji: Welcome to the Jungle” is an exception. The movie was well cast, funny, and relatable, with just the right touch of nostalgia. Treat yourselves to a movie night at your local movie theater, use your student discounts, kick back, and enjoy watching Jack Black crush on Nick Jonas.

— LORENA ESPINOZA
Senior Staff Writer

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For When Shame Gets in the Way

Written by Colleen Conradi // Lifestyle Contributing Writer

If someone were to ask me what my thoughts are on mental health, I'd feel as though I could go on for days. I could talk about the stigma and how detrimental I believe it is for those who may want help but never seek it out. I'd go on about how I wish therapy was more accessible to those who may need it or how having a therapist shouldn't feel like it needs to be kept secret. I'd say it's a tough subject, but I encourage people to start conversations around it.

Recently though, when a friend asked me why I felt so strongly about this topic, I tripped over my words. Feeling the heat rising in my face, I told her I'm not very sure. I told her it just captures my interest.

As I went on with my day, that interaction wouldn't stop bothering me. Instead of mumbling a response, I could have told her that given my own experiences, it feels important to be an advocate. I could have told her how I know firsthand that counseling is awesome because I've actually been in and out of counseling for the past few years. I could have been honest, but I wasn't. Why had I felt so embarrassed to share the truth?

Since that day, I've come to realize that it was the shame talking, not me. Shame is the big, ugly thing that too often gets in the way. In our society, we've been taught that when it comes to our mental health, we've got to keep quiet. We've been given the message that if someone goes to counseling or takes medication, there must be something "off" about them. Because of this, shame and embarrassment creep up on us during times when we wish we could be honest with others. For many, it stops us from getting help when we may need it most. It's because of these reasons that I find it so important to start conversations around mental health. However, looking back on the conversation I had with my friend, clearly I am not immune to falling into the stigma that I've been vocally campaigning to end.

I've come to learn that pushing past shame isn't easy, but it also isn't impossible. If you ever find

yourself scared of asking for help, embarrassed to be honest with others, or scared to speak up, here are a few things to keep in mind:

The cheesy, overused, yet completely true statement: You are not alone. Shame loves to tell us we're the only one who feels this way. We should keep quiet in order to avoid judgement or embarrassment. In order to push through this, remember that even here at UC San Diego, other students feel the same pressures and stressors that you do. Sometimes, juggling life as a student alone can feel like too much. Know that everyone handles this stress and pressure differently. If you feel a trip to Counseling and Psychological Services is in order, go right on in. There will be others sitting in that waiting room that feel the exact same way, guaranteed.

You never know how your story may touch someone else. Often times, just listening to someone share and then being able to say, "Me too," can be incredibly powerful. Try not to silence yourself; your own honesty with someone can provide validation for them as well.

Self-compassion! I know it's overused and obvious to sit here and say "Don't be so hard on yourself," but it's way too easy to forget to be kind to ourselves. Give some credit for doing the best you can. One of the best ways to combat shame is to not let it take control, so try to own where you're at because whatever you feel is real, and it's valid.

I'm no master at mental health. I don't have perfect answers for taking away shame, but I do believe the more we talk about it, the closer we are to pushing it out of the way. As I continue to work on my own feelings with shame and overall mental health, I encourage you to do the same. For now, continue to ask for help. Reach out to friends and family for support or become a support system for them. Give counseling a shot. Start a conversation. Do whatever you need in order to keep silencing the stigma and shame around mental health for yourself and everyone else.

Coloring for Mental Wellness Challenge

Written by Samirah Martinez // Lifestyle Contributing Writer

Adult coloring books have been a recent trend among those looking for new ways to destress, but is it really worth the time of a UC San Diego student? I decided to make a deal with myself: I would color every day for a week, then decide if I should incorporate coloring into my daily routine.

Before beginning my challenge, I decided to take a look at the research on coloring for adults. Across online articles, there was a consensus that coloring is a loose form of art therapy. Coloring is said to reduce anxiety, increase focus, and promote mindfulness. Many studies have found that coloring every day was correlated with less anxiety and depression. Art therapy can be expensive and difficult to find (San Diego does not have a sole facility dedicated to art therapy), so it might be worth spending a couple extra dollars on an adult coloring book instead. While coloring as a child was a stressful experience (I was strictly a color-outside-the-lines child), maybe coloring as an "adult" would help me deal with the daily stresses of being a college student.

To get started, I purchased a coloring book called, "Tropical Wonders Color Art for Everyone," because it had an aesthetically pleasing picture of palm leaves, but I failed to flip through and see if there were any other pages that intrigued me. When selecting a coloring book, I would strongly suggest picking a coloring book that is interesting to you. I also decided to invest in some good colored pencils (Prismacolor colored pencils are around \$15 at most retailers) because of my childhood trauma of coloring with school pencils that needed to be forcefully pressed for the color to show. This purchase is unnecessary if you're not impatient like me.

The first few days were rough. I was mostly thinking about all the work I could be doing instead of coloring in the corner of my room on a Sunday night. Initially, I did not put a time limit on the coloring, so I spent over an hour trying to finish one page of what felt like a billion toucans. I also found that my colored pencils were not as easy to work with. The next day, I broke my promise and refused to color because I was "too tired."

I initially did not want to set a timer on the coloring process because I felt like it would make this challenge feel more like a chore, so I decided to assign a small section to each day. This way, I only colored for about 15 minutes, but I was immediately less stressed out compared to the first day. I was still a little annoyed at the toucans and questioned the design, but I felt that if I had not taken years of art in high school, I probably would not be thinking in this way.

Things began to get a bit easier a few days into the challenge. While it was a bit difficult to find the motivation to begin, coloring was more enjoyable once I was settled down. I began to focus less on the way my coloring looked and more on keeping my mind calm.

So, is adult coloring bogus or totally worth it? I would say somewhere in between. If you're artistically inclined but do not have much experience in art, this could be for you. But for people who don't like art, or for people who have spent years making art, this can be a little stressful. While I will not be jumping to incorporate this into my everyday routine, I would encourage everyone to try it at least once to see if it works for them.



By Natasha Vandamme
// Contributing Writer

Welcome back! Hopefully, this new year has been full of positive vibes and great experiences so far, bringing you back into the swing of things. This week we will be addressing wellness, which emerges uniquely in each sign, so keep reading to treat yourself!

Aries

Aries, you may have a bit of a temper problem, whether you are aware of it or not. Everyone loses their cool sometimes, but this has been a recurring problem. Try meditating when angered. Daily meditation may just cool that hot head.

Taurus

You really do hate change, Taurus. Sure, sticking to the same old routine probably feels safe, but you're not doing yourself any favors. Try a food you've never had before, hang out with new friends, go to the beach, or take a hike! The world may surprise you.

Gemini

Gemini, I know you're not quite used to having many close friendships. You are a social butterfly, and never truly stick with the same one or two people. Recently though, this has been bothering you. Allow yourself to get closer to another person and possibly make a lifelong friend.

Cancer

Your emotional health is exceptional, Cancer. However, there is more to wellness. Perhaps you haven't been feeding your body the best food, or are slacking on a workout you used to love. Whatever it may be, make sure to love and care for your body the way you do for your soul.

Leo

Leo, your self-confidence is incredible, maybe even too much at times. To balance this out, you need to show your love for others, too. You could treat your friends every once in a while or do some volunteer work. Who knows? You could really enjoy yourself!

Virgo

You always have control over what is going on in your life, Virgo. And for the most part, this is great, but if you always keep yourself within such strict limits, it can be unhealthy. Allow yourself to break the rules sometimes. Yes, have that piece of chocolate, and yes, absolutely go out tonight.

Libra

Libra, a phase of uncertainty has crossed into your life at the moment, but do not fret. You will overcome this soon. For the moment, stay positive and focus on the good in your life. Give yourself mental health days and do not let stress overcome you.

Scorpio

Scorpio, you have a tendency to overreact and potentially lose friends in the process. Anger management could go a long way with your relationships. Instead of immediately becoming furious, try to keep a cool head and solve the problem straight on.

Sagittarius

Insecurities get the best of you at times, Sagittarius, but remember that they do not have to define you. You can choose to give into your insecurities, or you can overcome them and become stronger. I strongly suggest you push toward doing the latter.

Capricorn

Capricorn, the busy-bee of the zodiac. You are almost always working or doing something mentally strenuous. Newsflash: you need to manage this stress! Different things work for different people but, perhaps going to the gym, reading a book, or meditating could help your situation.

Aquarius

Having to go out and put on a face is something you experience all too often, Aquarius. Sometimes you love being around friends and loved ones, but everyone needs alone time, as well. Don't be afraid to take a couple days to just relax and wind down.

Pisces

Pisces, you have a habit of constantly putting others before yourself. It's not your fault; you just have an insanely strong desire to nurture others. However, you have to put yourself first sometimes, too. Remember that part of wellness is self love! You are entitled to the same love that you give to others.

Wellness is different for everyone, and I hope that in this week's article you have found a way to improve your mental, physical, and emotional health. Remember that you are the master of your fate, so love yourself and live well.

Peace is One Click Away

Written by Lizzy Adams // Lifestyle Contributing Writer

As the seasons shift the students into a dreary (and lately, foggy) stupor, it isn't shocking to be stuck in a similar mental mindset. The winter atmosphere can bring increased mental strain for many, and being a full-time college student can add even more unneeded stress. Mental health days are important to consider throughout the quarter — even taking an hour off whenever possible can help recharge motivation and (at least) lower some stress levels for the day.

As the midterm influx begins, time to take care of oneself can seem scarce. Luckily, there are more methods to promote mental relaxation via online sites and applications that are perfect to check on-the-go or in between study hours. Here are some of my personal favorites:

Headspace

Headspace is a free app available for both iOS and Android products. My own personal recommendation, Headspace effectively teaches meditation and mindfulness even during times of intense stress. The app offers meditation techniques for all types of people and situations — from those having trouble sleeping to students suffering over an upcoming midterm. Personally, the app has taught me valuable and quick lessons in managing stress, such as taking 30-minute breaks in between long periods of reading or allowing myself to go through breathing routines when I am having an especially difficult time doing homework. Cleansing the mind for even just a minute will rejuvenate the soul and work ethic. This app will give a framework or routine for better thinking patterns and stress management.

Moodnotes

Moodnotes is a low-cost app (\$3.99) for both iOS and Android products. The app gives someone the capability of tracking their own mood throughout the months and write notes on why they may be feeling that way. Understanding where

one's emotions originate from will increase mental awareness of one's own mood and how to better manage emotions in the long-run. For example, I could identify that I feel stress when attending my harder classes on Wednesdays; realizing this is where my stress is at its highest, I can begin to develop healthy coping mechanisms in order to combat it effectively. This way, I can keep up with my work and stay focused on the material that I need to absorb. Additionally, this app can also assist in identifying negative patterns to develop more positive outcomes for the future. It all serves to promote a better understanding of oneself and create an easier internal environment.

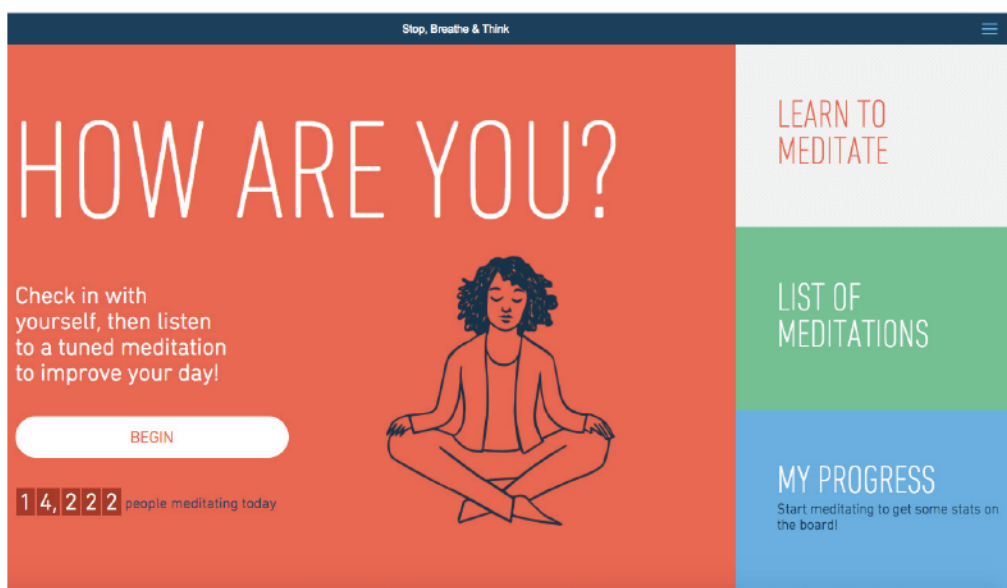
Stop, Breathe & Think

Lastly, one more free app for iOS and Android products, Stop, Breathe & Think is another helpful meditation app that recommends certain exercises based on how someone feels at the moment. They can practice short exercises in between tasks or just check in on their current emotions. This app can also be accessed via web browser, making it accessible on the run and during those late Geisel hours. Each exercise is marked with time limits and information cards that can give the reader an understanding of how this will improve your emotional wellness. Additionally, there is a step-by-step guide on learning the basics of meditation and how it can be incorporated into the most hectic of schedules.

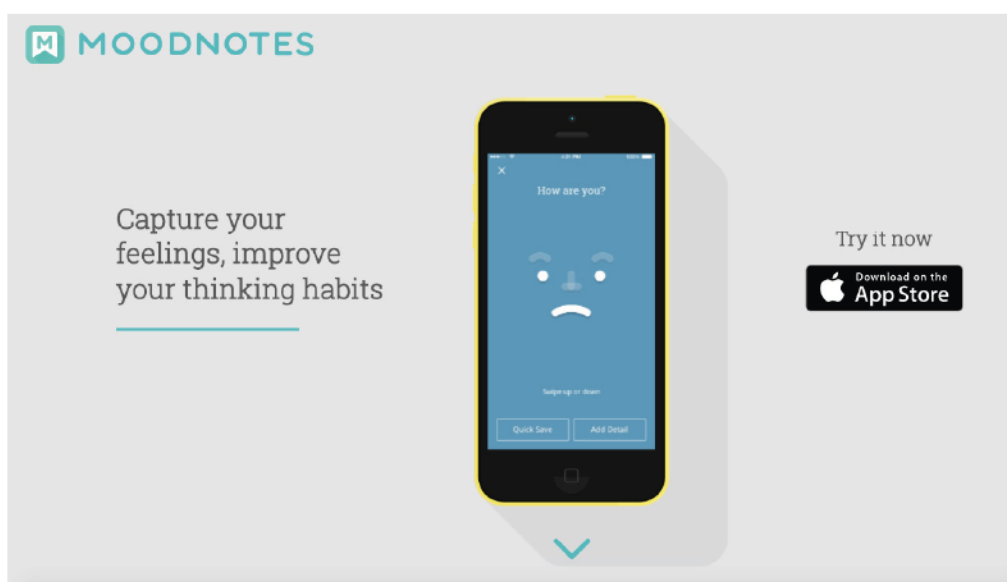
Other noteworthy apps that can be found on the app store include :

- Calm (Free to download)
- Pacifica (Free to download)
- Rain Rain (Free to download)
- Centered (Free to download)

Finally, always remember: just breathe in slowly and remember who you are. You have made it through all the hardships in life thus far, and you are certainly going to overcome whatever life throws at you. I believe in you!



PHOTOS COURTESY OF LIZZY ADAMS








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SATURDAY, JAN. 27

PC Ballroom West

Dance Marathon @ UCSD Presents

Triton Dance Marathon

A night-long dance event for a cause

Meditative Methods

Written by Fred Grier //
Lifestyle Contributing Writer

As a college student, managing academics, finances, and relationships while attempting to maintain a well-balanced work-life seems inconceivable. An effective way to improve wellness and healthy living is to practice daily meditation. Although meditation practice is linked to many different religious teachings, meditation is less about faith and more about developing awareness and achieving tranquility.

Many people argue that “meditation requires too much time” or that “it is too difficult to think about nothing.” This is not true; generally, the practice ranges from 10 to 15-minute sessions and there are many different styles of meditations. Not all styles are for everyone, and each practice requires different skills and mindsets. The key is discovering a practice that is tailored towards one’s personality and suits best with one’s lifestyle. Below is a list of a few most common meditation practices used around the world.

Mindfulness Meditation

Mindfulness meditation consists of being completely present in the moment, detaching from all thoughts and achieving calmness. Combining awareness with concentration, one is forced to simply observe and mentally take notes on ideas without judgment. This practice is a great starting point for beginners and can easily be practiced despite a busy lifestyle.

Movement Meditation

Movement meditation is essentially meditation while moving, but its attention is solely focused on presence. The main components involved in this process involves honing into one’s intuition, body, and breath. Although this is applicable to any exercise, it still requires some level of competence. The mind is notorious for its meandering thought-process and apprehension; sticking with the tried and true movements will sync the mind into full relaxation.

Mantra Meditation

In mantra meditation, a repetitive sound is used to desolate the mind. Typically it is a word or sound — a commonly used one is “Om.” Although it does not necessarily matter whether this phrase is spoken out loud or softly, the goal of the mantra is to access deeper levels of consciousness. This is a popular style for those who find it easier to concentrate on a word rather than meditating in silence.

Headspace App

This isn’t technically a meditation practice, but I personally found this application very beneficial to my life. Essentially, Headspace is a free app for both IOS and Android devices that allows users to log in daily 10-minute sessions of guided meditation. Headspace makes this relaxation and mindfulness technique accessible for regular people who yearn for internal peace and wellness.



ILLUSTRATION BY DAVID JUAREZ

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FRIDAY, JAN. 26
Doors: 8PM • Show: 8:30PM
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Musician's Club: Open Mic Night
SATURDAY, JAN. 27
Doors: 7PM • Show: 8PM
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MONDAY, JAN. 29
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FRIDAY, JAN. 26
Doors: 5PM • Show: 5:30PM
Price Center Theater
FREE for UCSD Students w/ID



Black History Month Movie: Marshall
THURSDAY, FEB. 1
Doors 6:30PM • Show: 7PM
Price Center Theater
FREE for UCSD Students w/ID

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MON 1.22

2pm INTERFAITH DIALOGUE - PRICE CENTER WEST, ROOSEVELT ROOM

Join us for an interfaith dialogue as we discuss our lived experiences and spiritual journeys. Come prepared to learn from others, ask questions, and honor our shared humanity. Contact: getinvolved.ucsd.edu

THU 1.25

10am MEDITATION - THE ZONE, PRICE CENTER

A practice to help increase focus and concentration, reduce stress and gain a sense of well-being. Whether or not you have ever meditated, you may enjoy this sampling of techniques as they guide you to the blissful silence behind thoughts. Seated, standing, lying down and moving techniques may be covered. Suitable for all levels of experience. Contact: zone@ucsd.edu

11:30am STARTUPS & PIZZA: SOURCE FUNDING FOR NEWCO - FUNG AUDITORIUM - BIOENGINEERING HALL

UC San Diego Office of Innovation and Commercialization is partnering with Dentons and Tiber Creek on a seminar series on what you need to know about forming a startup company. Contact: innovation@ucsd.edu

12:30pm EQUITY-MINDED LEADERSHIP - MARSHALL COLLEGE ROOM

Participate in interactive activities and discussions over the course of 7 sessions to explore what it means to be an Equity-Minded Leader. Engage in social justice, develop strategies for Equity-Minded Leadership, and apply skills to contemporary issues. Contact: falvear@ucsd.edu

1:30pm THERAPY FLUFFIES - THE ZONE, PRICE CENTER

Come de-stress by playing with and petting therapy dogs at The Zone! This ongoing stress reliever happens every Thursday from 1:30 PM to 2:30 PM. Contact: zone@ucsd.edu

8pm LIZ VICES - THE LOFT, PRICE CENTER EAST

Gospel, soul, and R&B inspired artist Liz Vices music features dynamic, beautiful vocals and classically influenced lyrics that reference her deep-rooted spirituality. After overcoming a debilitating autoimmune disease in her youth, Vices found music offered a new lease on life. I didn't think I was going to live past 20 years old, she says. It's a surprising revelation considering the vitality and energy she exudes on stage, but it brings context to the utter joy, gratefulness, humility, and magic that imbue her soulful voice throughout There's a Light, her debut album.

Contact: artpower.marketing@gmail.com

TUE 1.23

11:30am FLU CLINIC AT THE ZONE! - THE ZONE, PRICE CENTER

Come get your flu shot at The Zone! Cost of vaccine is FREE for students with SHIP. Walk-ins welcome. No appointment needed. Tdap vaccines are also available. Costs for students without SHIP: Injectable: \$20. This service is for registered students ONLY. Contact: kshui@ucsd.edu

12:30pm EQUITY-MINDED LEADERSHIP - MARSHALL COLLEGE ROOM

Participate in interactive activities and discussions over the course of 7 sessions to explore what it means to be an Equity-Minded Leader. Engage in social justice, develop strategies for Equity-Minded Leadership, and apply skills to contemporary issues. Contact: falvear@ucsd.edu

4pm REMEMBRANCE & VISION: IMAGINING FUTURE MONUMENTS AT UC SAN DIEGO - GEISEL LIBRARY, MAIN FLOOR, WEST WING

Join us for an opening reception to celebrate this exhibit which presents proposed monuments created by undergraduate students in a Fall 2017 Communication seminar entitled Politics & Culture of Display with Professor Brian Goldfarb. Contact: gasingh@ucsd.edu

5:30pm UCSD BASKETBALL DOUBLEHEADER VS. CAL STATE SAN MARCOS - RIMAC ARENA

Come support your UCSD Basketball teams as they take on Cal State San Marcos! Contact: tritonfrontdesk@ucsd.edu

FRI 1.26

12pm INTERNATIONAL FRIDAY CAFE - THE GREAT HALL

Finish the week off right at the International Friday Cafe! Meet people from around the world, enjoy international music, and explore world cultures all while enjoying a delicious meal from featured countries around the world. All students, staff, faculty, and community members are welcome! Contact: j1soong@ucsd.edu

11:30am UNIVERSITY CENTERS PRESENTS: AOBPEATS - THE LOFT

Andrew Okamura otherwise known as the multi-hyphenate artist AObeats is quickly becoming a name to know in the international crop of forward-thinking producers. Drawing inspiration from revealed beat smiths like Just Blaze and The Neptunes, AObeats' self-taught skills blend the styles of pop, electronic, club, grime, and more with a wholly unique sound design and hip-hop flair. AObeats is currently earning his masters degree at Goldsmiths University of London's esteemed music program, and he cannot wait to share his collection of work with the world.

Contact: ucenmarketing@ucsd.edu

WED 1.24

5pm CURBING INEQUALITY - SCHOOL OF GLOBAL POLICY AND STRATEGY ROBINSON AUDITORIUM

What is the case for curbing income inequality in the U.S. and other nations? How would doing so affect economic growth around the world? Do we have the policy and business tools to address inequality? Eduardo Porter, economic scene columnist at The New York Times and CGT Pacific Leadership Fellow, will discuss the power and limits of redistribution and assess other tools to mitigate inequality in market incomes. The event will start with a talk at 5 p.m., followed by a reception at 6 p.m.

SAT 1.27

8am SIBLINGS DAY - UCSD CAMPUS

It's time for a sibling reunion! Invite your family to Siblings Day, a wonderful campus tradition for UC San Diego undergraduate students and their young siblings. With loads of activities you can compete in our Sibling Rivalry games, tackle the Challenge Course or Rock Wall, or master the annual Sibling Scavenger Hunt. Contact: baledesma@ucsd.edu

9am SOCIAL INNOVATION SPRINT - MANDEVILLE HALL AND RADY SCHOOL OF MANAGEMENT

Want to learn about design thinking and entrepreneurship, develop solutions to pressing social issues, earn a UCSD certificate, and compete for prizes? Then check out the Social Innovation Sprint, a collaboration between the Jacobs School of Engineering and the Rady School of Management. Faculty will guide teams of high school, undergraduate, and graduate students to define, prototype and pitch solutions focused on tackling climate change to a panel of CEOs, educators, and city officials. Applications are now open for the W18 offering. Contact: breynante@eng.ucsd.edu

SUN 1.28

3pm LYTLE SCHOLARSHIP CONCERT 2018 - CONRAD PREBYS CONCERT HALL

The 22nd Annual Lytle Scholarship Concert will feature a unique solo improvisation set from visionary musicians Cecil Lytle, Kei Akagi, Mike Wofford and Tobin Chodos, capped off by a show-stopping finale that merges the talents of all four performers. The campus and local community are invited to the concert, entitled Jazz Piano Summit, on Sunday, Jan. 28. All proceeds will benefit undergraduate scholarships at UC San Diego.

6pm DANCE MARATHON AT UCSD PRESENTS: TRITON DANCE MARATHON - PC WEST BALLROOM

Dance the night away (for a cause) at the second annual Triton Dance Marathon! Featuring live music, dance performances by UCSD dance teams, free food and special appearances by patients of Rady's Children's Hospital to remind you to keep "Dancing For The Kids!" Contact: tladmirault@ucsd.edu

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JOBS

Retail Sales Associate. Cox Communications. Chula Vista, CA 91910. As a Retail Sales Associate, you will play a pivotal role in the continued stability and growth of our organization, by serving as a front-line ambassador of the Cox brand. Working in a Cox Solutions Store, you will guide customers through the purchase decision, installation process and education of Cox product and accessory offerings while providing an exceptional customer experience.....ucsdguardian.org/classifieds for more information

Swim Instructors and Lifeguards. Aqua Pros Swim School. 4635 Clairemont Mesa Blvd., San Diego 92117. We are seeking those who love children, swimming and want to make a difference in the lives of others. Our warm 90*indoor swimming pool and year-round swim program has opportunities for you!.....ucsdguardian.org/classifieds for more information

San Diego AP Chemistry Tutor Jobs. Varsity Tutors. San Diego, CA 92130. Varsity Tutors is always looking for bright individuals in San Diego who are passionate about mentoring others. Aside from having knowledge in a subject area, tutors should also be friendly, articulate, and punctual. Working with Varsity Tutors in San Diego includes several benefits, such as the flexibility to schedule your own sessions, and to set your own tutoring load. We put forth great effort to match students to the right tutors, resulting in relationships that provide for great learning environments.....ucsdguardian.org/classifieds for more information

BIKES

Saris 3 Bicycle Rack (Bones RS). San Diego, CA 92101. Like new. Used only 2-3 times max! Moving must sell. Specifications: Ratching system eliminates straps and fits wide range of vehicles, Rubber-coated clips and steel-belted bands secure the rack to your vehicle, Pivoting anti-sways and hold downs easily adjust to secure your vehicle, integrated locking system adds security, Easy to load up to three bikes, Designed for a family of bikes - from smallest to the biggest.....ucsdguardian.org/classifieds for more information

Vintage 1950 Women's Beach Cruiser 26" Columbia Bicycle. San Diego, CA 92116. We did an overhaul of the bicycle and cleaned/greased everything. The bicycle was sanded down and completely repainted with a custom-made professional paint task (Blue pearl / white combination). We had the gear, handlebars, and some various metal pieces rechromed. Included new white wall tires, brand-new customized metal grips, new white pedals, new white seat, new decals, brand-new front fender light, and so on. At this time, the bike requires some TLC (absolutely nothing significant). The paint has actually held up well, however there are some dings/imperfections from breaking down the bicycle and moving it for many years, but small as you can see in the wedding photos on the kick stand and near the decal on the chain guard.....ucsdguardian.org/classifieds for more information

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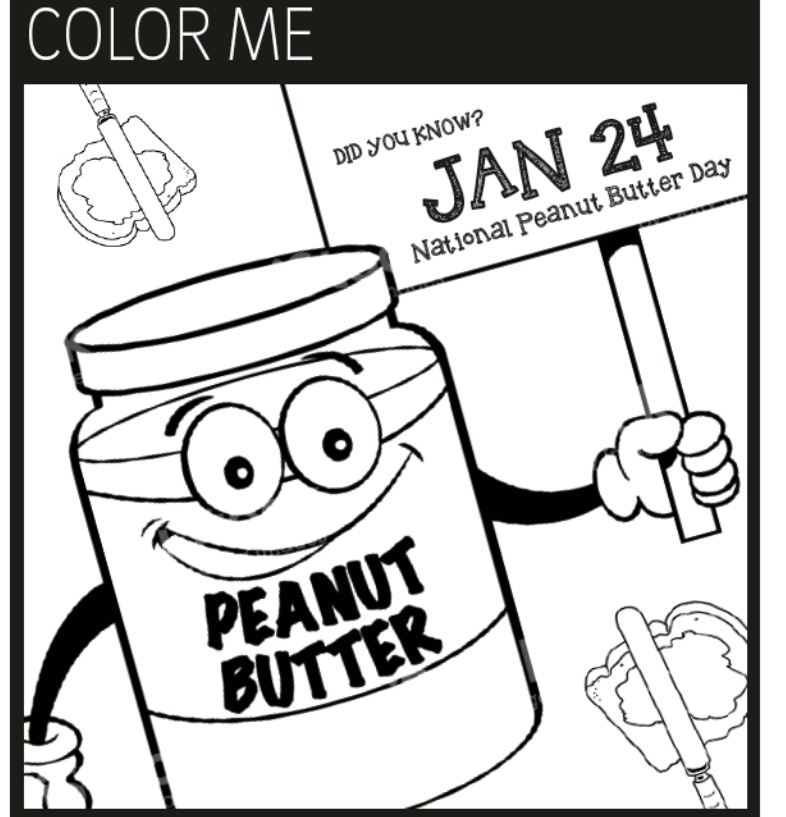
CROSSWORD PUZZLE

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- ACROSS**
- Stride
 - Bugle call
 - Edgar ____ Poe
 - Title
 - Bed board
 - Pioneer Daniel ____
 - Circle sections
 - Mideast bread
 - Map word
 - Verse makers
 - Meant
 - Sharply inclined
 - Chocolate drink
 - Impolite
 - Oriental
 - Sis's sib
 - Gambling city
 - Artist's workshop
 - Talk wildly
 - Walk pompously
 - Essence
 - Admittance
 - Prepare tea
 - Kicker's prop
 - Tailors' needs
 - Grating
 - Make disappear
 - Trick or ____!
 - Second largest ocean
 - Actress ____ Berry
 - Give way
 - Light source
 - 5,280 feet
 - Delight
 - Bread spread
 - Power source
 - Spanish gentleman
 - Lease
 - Makes a dress
- DOWN**
- Breaks suddenly
 - Fortuneteller's card
 - TV host
 - Annoy
 - Chef's measure (Abbr.)
 - Renowned fighter
 - Barbecue site
 - Position
 - Side by side
 - Diving bird
 - Ear-splitting
 - Opening bet
 - Want
 - Prod
 - Breakfast appliance
 - Lincoln's coin
 - Meal ender
 - Harbor boat
 - Correct copy
 - Go up
 - Quick letter
 - Muffin type
 - Track event
 - ____ upon a time..."
 - Ball
 - Danson or Koppel
 - Egg on
 - Skinny
 - Accompanying
 - Popeye, e.g.
 - Serious plays
 - Weighing instrument
 - Upper crust
 - Let
 - Abounds
 - Yes votes
 - Ceramic piece
 - Tilt
 - Choir member
 - Fellows
 - Plant holder

SUDOKU

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Tritons Fall In Overtime Game

Hoping to improve on a six-game win streak, UC San Diego could not claw out a victory on the road against Stanislaus State.

BY RICHARD LU
ASSOCIATE SPORTS EDITOR

In a harrowing overtime game, the UC San Diego men's basketball team fell to Stanislaus State, 66-76. The loss snaps a six-game winning streak and puts the Tritons at 9-3 on the season for California Collegiate Athletic Association play. With a little over half of the season completed, the Tritons still have a number of games to play. Hopefully, this loss is only a small road bump on UCSD's path to the playoffs.

UCSD opened up the game with a flurry of three-pointers, quickly securing a 10-point lead, 14-4. However, the Triton offense slowed down as the half progressed and Stanislaus State quickly cut down the lead. Missed shots and turnovers by the Tritons gave the Warriors a chance to get back in the game. By the end of the half, UCSD was only up two, 27-25.

Stanislaus State tied the game in the opening seconds of the second half, but UCSD answered right away with a jumper by junior guard/forward Christian Oshita. Later in the quarter, aggressive play by the Tritons gave UCSD the opportunity to increase its lead with free-throws. The Tritons started crashing the boards, trying for rebounds with more intensity. A number of offensive rebounds and Stanislaus State fouls later, UCSD sat with a comfortable 10-point lead with 8:54 left to go. However, turnovers and missed shots by the Tritons led to a run by the Warriors to close the gap. With 0:33 left in the half, Stanislaus State made a layup to give them the lead, 57-55. UCSD continued to fight, however, and senior forward Michael Shoemaker somehow secured an offensive rebound off of redshirt freshman guard Mikey Howell's missed layup. Shoemaker was fouled and sent

to the line, where he sank both free-throws to send the game into overtime.

The Tritons were unable to jumpstart their offense in the overtime period and Stanislaus State capitalized on it. UCSD turned the ball over twice with a little over two minutes remaining, and Stanislaus State scored off both turnovers. With 1:34 left and the score at 61-68, UCSD tried to make a push to catch up. By then, the Warrior lead was too much, and the Tritons fell to the Warriors 66-76.

Oshita, senior guard Anthony Ballestero, and sophomore forward Scott Everman all scored in double-digits (21, 19, 11, respectively).

UCSD looks to shake off this close game with a game against Cal State San Marcos on Tuesday, Jan. 23. Tipoff is set for 7:30 p.m.

READERS CAN CONTACT
RICHARD LU rl1014@ucsd.edu

UCSD Drops Exhibition

In a close match, the men's tennis team fell 3-4.

BY MADELINE LEWIS
STAFF WRITER

UC San Diego v. University of Nevada

The 15th-ranked UC San Diego men's tennis team fell 3-4 to the University of Nevada, Reno in a competitive exhibition match at home last week.

While the Tritons' singles play put on a strong performance, the doubles teams struggled a bit more. Three individuals came out on top of the six singles matches that took place. On the doubles side, only one pair of Tritons was able to secure a victory out of the three opportunities.

The young No. 2 and No. 3 teams of UCSD's double squad, consisting of one freshman and one sophomore on each, lost the first two matches to get things underway. Despite no chance of winning the overall doubles point, Triton seniors Justin Zhang and Eric Tseng defeated sophomores Julien Evrard and Kostya Nesterenko 6-4, supporting their well-deserved No. 1

ranking.

UCSD's No. 5, junior Richard Han, prevailed over Wolf Pack member Jonathan Aremon in two sets, both finishing at a score of 7-5, giving the Tritons their first lead in the singles category.

No. 21 Tseng and No. 39 Zhang also earned individual victories in addition to their doubles success.

Nonetheless, the Wolf Pack continued to one-up the Tritons following each UCSD win and halted each potential chance to break away. All but two singles matches went a full three sets.

In a back-and-forth fight, the Tritons could not hold on. With another exhibition match set for Sunday, Jan. 21, UCSD will continue to work out early season jitters and improve in areas of weakness when it will go face-to-face against UC Irvine at 2 p.m.

READERS CAN CONTACT
MADELINE LEWIS ml1014@ucsd.edu

PHOTO COURTESY OF UCSD ATHLETICS/KEN GROSSE



Triton Spirit Week is February 5-9, 2018. Celebrate by decorating your office to win up to \$250 in prizes for your department.

Judging will take place on February 6-8, 2018. Office Decorations will be judged based on creativity, Triton Spirit, and how they communicate the purpose of the department. Each department will be notified the date when judging will take place. The winners will be notified by email.

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SPORTS

CONTACT THE EDITOR

ALEX WU

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UPCOMING
UCSD
GAMES

W Basketball	1/23	5:30 PM	VS Cal State San Marcos
M Basketball	1/23	7:30 PM	VS Cal State San Marcos
M Volleyball	1/26	5 PM	AT Grand Canyon
W Basketball	1/27	5:30 PM	VS Sonoma State
M Basketball	1/27	7:30 PM	VS Sonoma State

Tritons Have Seven Game Winning Streak Snapped At Home

Despite Mikayla Williams and Kayla Sato scoring 20 points apiece, the Tritons lost a conference game for the first time this season.

BY WESLEY XIAO
STAFF WRITER

UC San Diego v. Stanislaus State

Coming off a win against Cal State East Bay, the UC San Diego women's basketball team stayed at home to face off against Stanislaus State. Undefeated in divisional play and riding a seven game win-streak, hopes were high for UCSD as they played the Warriors. Instead of extending their consecutive wins to eight, the Tritons had their win-streak snapped and were handed their first conference defeat of the season, falling 78-82. With this loss, UCSD's overall and conference records drop to 15-3 and 11-2, respectively.

At the end of the first period,

the Tritons lead by seven (27-20). A layup by senior forward Dalayna Sampton marked the first points of the game and also gave UCSD their first lead. From there, the score was continuously flip-flopping; the score stayed within three points for the majority of the period. A three pointer, with two minutes left in the period, by sophomore guard Sydney Sharp, followed by shooting by Dalayna Sampton, allowed the Tritons to pull ahead and end the period with a lead. Through the second period, the Tritons maintained their lead, despite many determined challenges by the Warriors. The first half closed with the Tritons still leading by seven; the score was 39-32.



PHOTO BY KYOKA MATSUNAGA

In the third period, the Tritons saw their seven-point lead drop to a three-point trail. Stanislaus outscored UCSD 19-9 in the third; they were also much more accurate, recording a shooting percentage ten points higher than UCSD's. UCSD was never able to climb out of that hole; the Tritons lost by four, ending the game 78-

82.

Despite the loss, the Tritons had solid statistical game. The offense was lead by redshirt sophomore forward Mikayla Williams and junior guard Kayla Sato, who combined for a team high 40 point, each scoring 20 points; senior guard Tanita Taylor and junior guard Joleen Yang both

had 6 assists. On defense, Dalayna Sampton had a game-high 16 rebounds.

The Tritons continue their season this Tuesday, playing Cal State San Marcos at home. Tipoff is at 5:30pm at RIMAC Arena.

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PHOTO COURTESY OF UCSD ATHLETICS

UC San Diego Closes Out Homestand on a High Note

After dropping their first match of the season to No. 2 UCLA, the Tritons handily defeated both UC Santa Cruz and Concordia in back-to-back nights.

BY DANIEL HERNANDEZ
SENIOR STAFF WRITER

After getting off to a 3-0 start, the UC San Diego men's volleyball team encountered its first test early in the season going up against UCLA on Tuesday night. As a result, UCLA handed UCSD its first loss of the season to put them at a 3-1 record after four games. The Tritons had a three-match week, playing UC Santa Cruz and Concordia Irvine on Friday and Saturday. UCSD bounced back well from the loss against UCLA, getting back-to-back wins to end the week and improve its record to 5-1. Saturday's win against Concordia Irvine puts an end to the Tritons' four-game home stand, the most consecutive games at home this season.

GAME v. UCLA

The Tritons had a tough task attempting to knock down the Bruins and were unable to succeed as UCLA took the match in straight sets with scores of 25-23, 25-18, and 25-18. A healthy crowd of 671 was in attendance on Tuesday night,

and it was a competitive match throughout, especially in the first set.

In the first set of the match, the teams went back and forth, making runs with there being five tied scores in the set. The Tritons had the opportunity to take control of the match as they leveled the score at 23-23, however the Bruins came back with an answer of their own by scoring the ensuing two points to take the set.

As the match ended with identical score lines of 25-18 in the final two sets, the apparent firepower of UCLA seemed to take over the match, with the Bruins going on to lead the entire second set, taking real command of the match. Although the final set was a bit more competitive in terms of the Tritons keeping up in points, the Bruins were able to step their game up to ultimately put the match to bed.

GAME v. UC Santa Cruz

Coming off its first loss of the season, UCSD got back to its winning ways with little problem,

dispatching UC Santa Cruz in straight sets, 25-15, 25-22, and 25-16. UCSC got off to an early lead in the first set; however, it did not take long for UCSD to get on top of the score after trailing 6-3. In the next few minutes, the Tritons went up 10-7 and took over the set from there.

The second set started similarly to the first as the Tritons would fall behind early, however the Banana Slugs would be more competitive throughout as they kept the set neck and neck until the end. The last tie score in the set would be 16-16 and from there UCSD kept just enough distance from its opponents to take the set. In the final set, the Tritons put up a much more commanding display as they put their opponents away much earlier than in the previous sets.

GAME v. Concordia Irvine

On Sunday night, Concordia Irvine was the next guest at RIMAC Arena and the Division II opponents for a competitive match. UCSD, at the end of the night, edged out Concordia for its first loss of the

season, with scores of 26-28, 28-26, 25-18, and 25-23.

The match was tightly contested, and it was Concordia that got off to the start it wanted coming into the night. Concordia was able to quickly snatch away the first set from the hosts. After trailing 15-13, the Tritons were able to get back on top at 19-15, but the Eagles rallied and tied the score at 23-23. With the score at a stalemate, the Eagles made crucial blocks at critical moments in the first set to take the set.

In the second set it would be much of the same with both teams unable to take command of the set, instead trading blows back and forth with the crucial plays coming at the end of the set. This time around, the winning plays would be made by the Tritons to take the second as senior opposite Tanner Syftestad and redshirt senior middle blocker Bryan Zhu got a kill and block.

The third would be the most commanding set by the Tritons from the night, as they were able to get away from Concordia later in the set with a 6-0 run to lead 21-14 and

take the set a few minutes later.

In the fourth set, the Tritons trailed 10-5 and it seemed to be an uphill game. However, the team's fighting spirit was there and it ended up leveling the score at 18-18. The Tritons then took the lead with a score of 22-20 moments later to be in command of the set and the match. The Eagles would show resilience and not let up, somehow fighting their way back into the game and evening it up once again at 23-23. The Tritons finally put the game away with two points to win the match.

Next up for the Tritons is a road trip to Arizona to face Grand Canyon University and Ottawa on Friday, Jan. 26 and Saturday, Jan. 27 at 5 p.m. and 1 p.m., respectively. The team will try to maintain its winning ways in the team's first road trip of the season.

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