

MEN'S BASKETBALL: BEATING SAN MARCOS



"Starting the second half, the Tritons came out of the locker room with much more assertiveness and energy on both sides of the ball."

A&E, page 9

JESUS IS KING

ALBUM REVIEW

A&E, PAGE 9

PG PRINCESS

ANTI-METROSEXUAL

OPINION, PAGE 5

FORECAST



MONDAY
H 65 L 52



TUESDAY
H 65 L 53



WEDNESDAY
H 62 L 53



THURSDAY
H 57 L 49

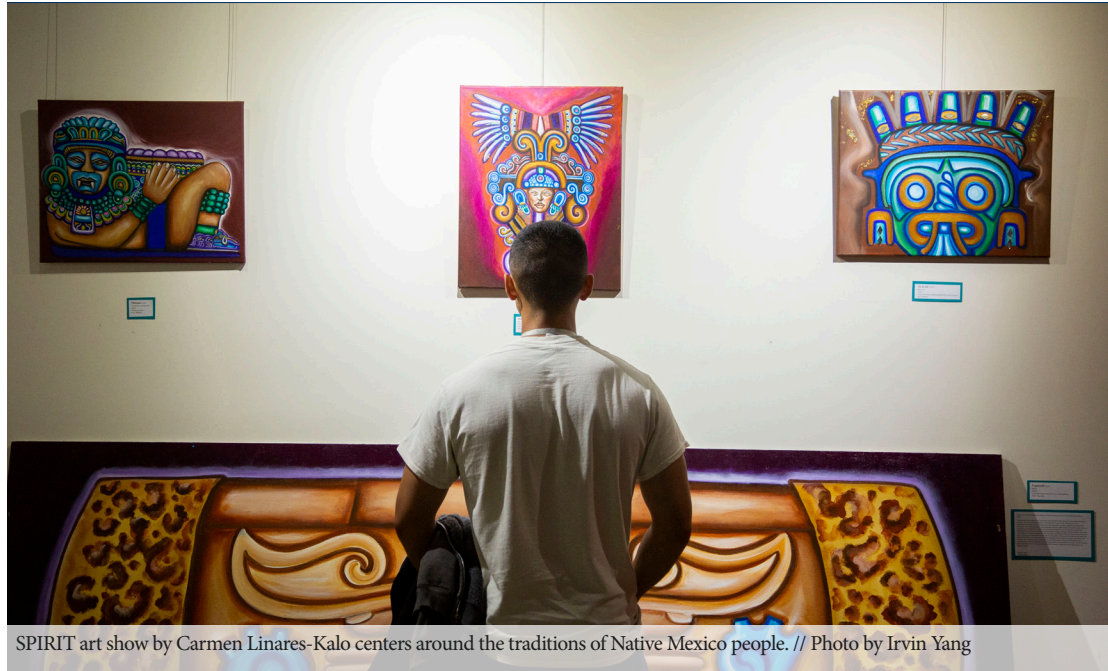
VERBATIM

"Environmentalism is an act of self-preservation, not charity, and until that is understood we all remain at risk."

Lukas Makrakis
Environmentalism
PAGE 6

INSIDE

CLICKBAIT.....	4
BLACK FRIDAY.....	4
FROZEN II.....	8
HOLIDAY RECIPES.....	10
TRITON TIMEOUT.....	16



SPIRIT art show by Carmen Linares-Kalo centers around the traditions of Native Mexico people. // Photo by Irvin Yang

CAMPUS

Bookstore Employees Threatened Strike Over Alleged Misconduct

BY JACOB SUTHERLAND AND LARA SANLI NEWS EDITOR AND FEATURES EDITOR

Several UC San Diego bookstore student employees and staff members have come forward with allegations of management misconduct and a sexual harassment cover-up, which led to a student staff letter being released internally threatening a strike in September 2019. These allegations come after the Triton broke a story in October 2019 about the UCSD Bookstore Operations Manager resigning without penalty after violating the University of California Sexual Misconduct Policy.

Former Bookstore Operations Manager Alan Labotski had a complaint filed against him in May 2017 by a bookstore employee after it had been brought to the Office for the Prevention of Harrassment and Discrimination's attention that a student employee had allegedly been sexually harassed by Labotski.

According to several student employees and staff members who spoke to the UCSD Guardian anonymously for fear of management retaliation, Thomas Bonetati, then the bookstore director and currently the director of Auxiliary Business Services in the Resource Management & Planning department, covered up the complaint against Labotski by allowing him to retire quietly without any notice to bookstore staff members or student employees. These same employees also claimed that Bonetati and Labotski were close friends.

Bonetati and the bookstore management conducted an internal investigation on the complaint, but most staff members and student employees were unaware as to what was taking place. Labotski was placed on leave during this time period in Fall Quarter 2017, but the nature of his absence was not relayed to staff members or student employees.

See **BOOKSTORE**, page 3

According to one bookstore staff member, "There was concern and attempts to contact [Alan Labotski] because he had some health issues, and there was concern that that health issue or issues got worse. And the speculation went on for, I don't know, perhaps six, eight weeks."

Following these staff speculations on Labotski's absence, Bonetati announced in a January 2018 bookstore staff meeting that Labotski would be officially retiring March 1 but would be on vacation up until that point. There was no mention as to why he was retiring.

Labotski allegedly retired before he could face official termination for his sexual misconduct.

In addition to Labotski's departure, Bonetati, who reports to Vice Chancellor Gary C. Matthews, left his position as bookstore director in November 2018.

"I don't think I would be the only one to say that Tom's management style is [to] pretty much put you in your place and ... not have any regards for your opinion," the staff member said. "There were more than one high fives, if you will, when Tom left."

However, Bonetati soon returned to work at the bookstore late Spring Quarter 2019 in an elevated position as the director of Auxiliary Business Services in the Resource Management & Planning department.

"When he came back it was like, here we go again," the staff member said. "The morale of the bookstore is extremely low."

Bonetati is currently in the six-month probationary period for being hired on to his current position. During this time period, his performance and behavior will be assessed, which places Matthews, who oversees Resource

ART

Cross Cultural Center Hosted SPIRIT Art Showcase on Nov. 21

Art prints, paintings, and sculptures by local Carmen Linares-Kalo were featured at this on-campus event

BY LUIS VALENTE
CONTRIBUTING WRITER

The Cross-Cultural Center hosted SPIRIT, an art showcase featuring the work of Carmen Linares-Kalo, who is a muralist, artist, fourth-generation spiritualist and practitioner of the Uto Nahua Mexica/Aztec traditions on Thursday, Nov. 21, 2019.

Based in San Diego, Linares-

Kalo has painted since the early 1990s, but it was her experience growing up with her grandmother in Mexico that impacted her art style and shaped the spiritual and personal aspects of her work. She became an artist in her grandmother's garden, the place where Linares-Kalo says "her true heart belongs."

"Everything is heartfelt; I come from an oral tradition," Linares-Kalo said, explaining

the delicacy behind each piece she creates. Describing herself as "guarded" about her work, Linares-Kalo was reluctant to showcase her art somewhere as public as an open university campus.

However, Linares-Kalo was encouraged to bring her art by fellow peers at the CCC. Her long bond with the university

See **ARTWORK**, page 2

LINGUISTICS

Linguistics Department Hosts Inaugural Symposium

Representatives of tribes from Southern and Baja California attended

BY TROY TUQUERO
SENIOR STAFF WRITER

UC San Diego held its inaugural Symposium on Indigenous Language Communities of the Californias on Thursday, Nov. 21, in The Forum at Price Center. The event, co-sponsored by the UCSD department of linguistics, the Division of Global Education, the Intertribal Resource Center, the Graduate Student Association, the Division of Social Sciences, and the San Diego chapter of the Fulbright Association, included panel discussions and presentations by Native American scholars and community members with a focus on language reclamation and revitalization strategies.

Representatives from the Cupeño, Luiseño, and Cahuilla tribes of Southern California and the Kumeyaay tribe of both Baja California and Southern California attended. The event was inspired by the United Nations, declaring 2019 as the International Year of Indigenous Languages.

UCSD linguistics graduate student and Cahuilla tribe member Raymond Huaute, who specializes in linguistic description and documentation of the Cahuilla language, noted that the event had been in the works prior to the UN's announcement.

"There have been many different conferences and symposiums that are celebrating [2019 as the International Year of Indigenous Languages], but they seem to not have any specific outcomes other than acknowledging the declaration," Huaute told the UCSD Guardian. "We wanted to set ourselves apart ... by doing an event that had the goal of [achieving] deliverable outcomes."

The symposium began with a Kumeyaay prayer delivered by Dr. Stanley Rodriguez, a member of the Kumeyaay tribe and a UCSD Ph.D. graduate.

"We ask that with this meeting that we gain power," Dr. Rodriguez translated. "Many of our languages are becoming like embers, which we wish to fan them like a flame again. Make [the languages] strong again."

Native American academic researchers and tribe member speakers presented research and offered their perspectives on indigenous issues at the symposium. A key focus of these presentations was on native perspectives and how native languages have evolved to their current state.

See **LANGUAGE**, page 2

Linares-Kalo: "It's a huge honor to hold and share my little ceremonies in this space with everybody"

► **ARTWORK**, from page 1

and the CCC also swayed her, as these spaces have allowed her to grow as both a UC San Diego staff member and as a person.

The center has become a space for Linares-Kalo to think, create, and be herself. In 1992, she performed her first blessing on the grounds of what used to be Price Center, the facility the CCC calls home.

Linares-Kalo also recognizes that the land the university is housed on is sacred, belonging to the Kumeyaay Tribe that once lived there before it was dispossessed. For those reasons, Linares-Kalo feels comfortable showcasing her work on campus, as the sacred ground holds meaning that aligns with her art's inspiration.

"I wouldn't just do it anywhere," she said.

A number of art prints and

over 20 paintings and sculptures were displayed at the reception in the CCC Artspace, with some of the pieces available for purchase. Certain paintings were priceless, with Linares-Kalo believing that some could not be sold out of respect.

One of these paintings was "Xochiquetzal," named after the Aztec goddess of love. The inspiration came from the September 2014 mass kidnapping in Iguala, where 43 male students hoping to become teachers were abducted from the Ayotzinapa Rural Teachers' College in Guerrero, Mexico. She was involved with a project that brought together 43 artists for each of the students that were kidnapped. As a sponsor of one of the students, she donated her paintings to support the parents of the student she sponsored and

the rebuilding of the school.

Shortly after in the spring, Linares-Kalo began to paint "Xochiquetzal." While painting, Linares-Kalo's granddaughter asked about the student and the events that occurred in Iguala. She wanted to keep the 43 students guarded in Xochiquetzal's carriage and it prompted Linares-Kalo to paint "43" in the goddess's carriage. Linares-Kalo considers the carriage a safe space for Ayotzinapa's missing students.

Because it was a family effort, "Xochiquetzal" will not be up for sale. However, every piece in the showcase has Linares-Kalo's care and attention to detail.

"A lot of the work ... here belongs to different seasons, different ceremonies," she said. "They have different prayers. They have different meanings."

Linares-Kalo stated that 100 percent of the proceeds from the event's sales will be used to support the CCC and the Intertribal Resource Center, two campus community centers that she works with closely.

"It's a huge honor to hold and share my little ceremonies in this space with everybody [...] and I'm very happy to share those with you," she said.

Linares-Kalo's artwork can be viewed at the CCC ArtSpace on the second floor of Price Center until the second week of Winter Quarter 2020.

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The symposium was held in corespondence to the United Nation's International Year of Indigenous Languages

► **LANGUAGE**, from page 1

The Symposium also included a cultural performance by bird singers from the Kumeyaay and Cahuilla tribes. The lyrics of the songs were about stories of indigenous oral history and native traditions that date back to the pre-Columbian era.

Near the end of the event, a panel discussion of tribemembers and scholars was moderated by Elena Hood, the director of the ITRC. The panelists included Dr. Rodriguez, Huaute, Yolanda Meza from the Kumeyaay tribe of Baja California, Diana Duro from the Cupeño tribe, and Amy Admire and Ed McEnespy from the Luiseño tribe. The panelists talked about a wide range of indigenous issues including cultural revitalization and external factors such as poverty that have impacted these efforts.

San Diego County has 19 federally-recognized Native American reservations, the most of any county in the United States. UCSD itself is built upon the lands of the indigenous Kumeyaay people.

Kumeyaay remains were unearthed in 1976 under the Audrey Geisel University House, the UCSD Chancellor's private residence located on the seaside cliffs of La Jolla. There was controversy over whether to examine the remains for scientific research or to return the remains to the Kumeyaay community, and whether the federal government or tribal nations had final say on the decision.

The event organizers discussed potentially hosting future symposiums in order to

shine a light on indigenous issues and actions that can be done on-campus to create awareness for the student body.

Nina Hagen Kaldhol, a UCSD linguistics department graduate student and co-organizer of the event, said that one potential idea could be placing Kumeyaay translations of signs around campus.

"This is inspired by something that I saw at the University of British Columbia," Kaldhol said. "They have [this] with [their local language Musqueam] and it's a very powerful thing to see all these signs everywhere in the local language. It's a way to [show that] we are on the land of the Kumeyaay nation, and we should acknowledge that, and respect that and know what that means."

On the same day of the Symposium, Thurgood Marshall College held a ceremony unveiling the new Kumeyaay community garden in front of the Thurgood Marshall Administration Building. The garden is intended "as part of building representation and community that center the Kumeyaay and the native plants that are central to their way of life."

Slides, photos, and videos for the Symposium on Indigenous Language Communities of the Californias will be made available on the department of linguistics's website in the upcoming weeks.

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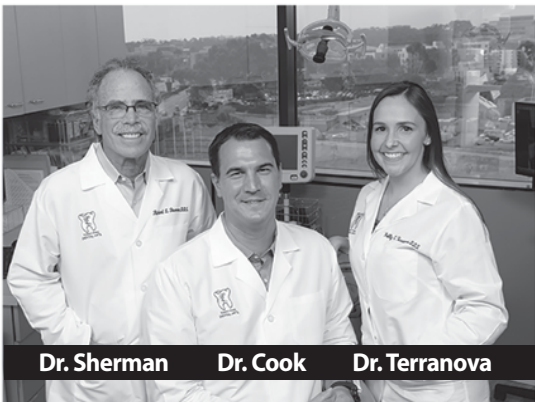
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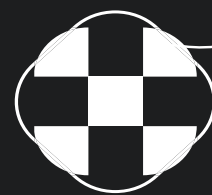


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The letter contains student accounts of managerial mistreatment, discrimination, and misconduct.

► **BOOKSTORE**, from page 1

Management & Planning, in a position to encourage further investigation on Bonetati's behavior.

Several bookstore employees have told the Guardian about Bonetati's management style, alleging that it comes across as inappropriate for a workplace environment. However, the concerns toward upper management were not limited to Bonetati.

Several student employees and staff members expressed how various managers would engage in conversations with employees that were both unprofessional and inappropriate in the workplace environment, such as complaining about other managers and staff members.

"A lot of the problems really do stem from a lack of communication," said senior Garrett Crotty, a bookstore student employee. "Not just lack of communication between student [employees] and their own bosses but students and all full-time staff."

The majority of the student staff collaborated to write two letters protesting the daily abuse of managerial power. The first letter, which was put on the desk of the bookstore's Business Office Receptionist Gale Hill on Sept. 1, 2019, did not receive formal acknowledgement from management.

This lack of overall change motivated students to write a second letter in October 2019 in hopes of improving the negative work environment and student relationships with management.

An internal management meeting was held on Oct. 5, 2019 to address the second letter. Several solutions were discussed, with Interim Bookstore Director Sandie Sears and Bonetati deciding to move forward with a student employee forum to voice grievances.

Student employees were informed via an Oct. 15 email from Sears that she and Bonetati were working to address the

content of the letter, and were planning on hosting a forum with Resource Management & Planning that would include leadership outside the bookstore.

In a follow-up email on Oct. 25, Sears informed student employees that private sessions with Student Employee Manager Mary Lewis and Employee Relations Specialist Supervisor Nooria Faizi would be held on Oct. 30 from 9 a.m. to 10 a.m., 1:30 p.m. to 2:30 p.m., or by appointment. Sears also mentioned that a forum was in the works, but no such date was ever disclosed.

In a Nov. 5 bookstore staff meeting, a staff member brought up the forum, to which Bonetati claimed that invitations were emailed to the student employees, but none had shown up. This surprised many of the staff members, and when several questioned him further on the matter, Bonetati became irritable and dismissive.

Sears emailed student employees on Nov. 20 reiterating that appointments could be made with Lewis and Faizi and that a forum would be held sometime during Winter 2020. There was no mention of a forum having previously taken place.

The Guardian obtained a copy of the seven-page second letter, which was ghostwritten by a student who has since left bookstore employment. It contains individual excerpts of student accounts of managerial mistreatment, discrimination, and misconduct. Some of the issues are due to the current construction in the bookstore and the fact that it has had to condense to one floor in order to make room for a Target store set to open in 2020.

The letter also asserts that the bookstore has no internal human resources position with the power to intervene on behalf of staff members and student employees with concerns.

This means that management is directly responsible for handling employee grievances. However, several bookstore employees agreed that there is a collective fear of both retaliation and dismissiveness if any concerns or complaints are brought to upper bookstore management.

The lack of a HR position with the power to intervene has driven students to take action themselves by threatening formal protest if their demands are not met. They listed five options of retaliation: a student strike, collaboration with local media outlets, spreading the second letter to all college provosts and resident assistants, mass printing and posting of the letter on all bookstore entrances, and using social media to dissuade student interaction with the bookstore.

"It's your choice," the letter's conclusion read. "Either improve your current modicum of respect WITH A FULL APOLOGY or the students will exercise freedom of speech rights and any media outlets to the fullest extent."

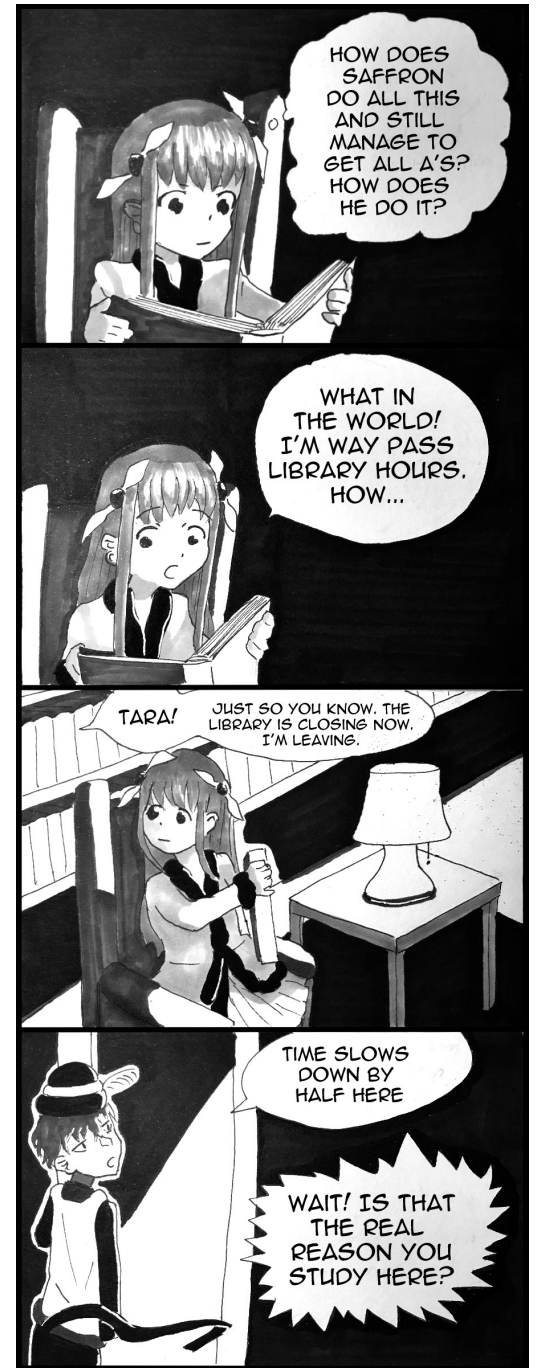
Bonetati, Sears, and Matthews did not respond to requests for comment from the Guardian.

As of the time of writing this article, no bookstore student employee or staff member strike has been reported to be in development. Likewise, Bonetati is currently in the final weeks of his probationary period for the position of the director of Auxiliary Business Services in Resource Management & Planning department. No date has been given for the upcoming student employee forum.

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INTO THE LIBRARY 7

By Michi Sora



**VOTE
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VOTE**

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

California's presidential primary election takes place March 3, 2020. Political parties decide who can vote for their presidential primary candidates. In the March 3, 2020 primary election, voters will nominate one presidential candidate from each party to run against each other in the November 3, 2020 general election. You may need to take certain steps to vote for the presidential candidate you want in the primary election.

Learn

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



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

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

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

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

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

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

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

ALLOWING NONPARTISAN VOTERS TO CROSSOVER:



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

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

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

NOT ALLOWING NONPARTISAN VOTERS TO CROSSOVER:



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

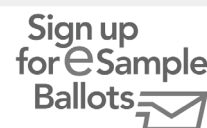
These parties are allowing **only** those registered with their parties to vote for their primary's presidential candidates. Nonpartisan voters will not be able to select one of these ballots unless they re-register with that party.

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

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

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OPINION

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Why Social Media Companies Should Ban Clickbait

By: Julia Nee // Contributing Writer



It is not uncommon to be scrolling through any type of social media and come across countless clickbait hyperlinks. Clickbait, as defined by Dictionary.com, is a sensationalized headline or piece of text on the internet designed to entice people to follow a link to an article on another web page. The use of clickbait as a scheme to get more views is a widespread issue that should be banned on social media platforms.

One of the first examples that come to mind when thinking about clickbait is on Instagram's search page. This page allows users to scroll endlessly on pictures and videos that the Instagram algorithm has created for the individual user. Often, you tap on a video with an eye-catching cover photo only to be shown a video that has absolutely nothing to do with the cover photo itself. Not only is this an inconvenience to the viewer, but this also creates a sense of distrust between the viewer and the uploader.

Clickbait can be seen as a harmless ploy to rack up more views, but in more severe cases, clickbait has

been proven to be tied to the spread of fake news. Fake news is defined as "news articles that are intentionally and verifiably false designed to manipulate people's perceptions of real facts, events, and statements." Essentially, clickbait is used to make fake news go viral. This can lead to misinformation, confusion, and can potentially influence popular perception on a specific issue. New studies also show that fake news not only leads people to believe false accusations but also makes individuals less likely to consume or accept information. This presents a unique issue, as audiences are made increasingly unlikely to believe information whether it be fake or trustworthy, creating an uninformed society. This becomes not only a personal inconvenience but also a nationwide threat that can and has affected political stances. Thus, it is important for social media platforms to ban clickbait from their platforms.

During the 2016 presidential election, more than half of U.S. adults agreed that fake news causes deep confusion. In fact, during the 2016 election period, nearly one-in-three U.S. adults said they often saw fake political news online.

Now, as the primary elections arise, more politically charged articles circulate through social media platforms. It is important to be able to avoid fake news and not fall into clickbait traps. This means not clicking on the first catchy article that crosses the screen, but rather, gathering information from credible news sites. The easiest way to not fall for fake news is to fact-check by evaluating other credible sites to get a fuller understanding on the news being presented.

While fake news and clickbait can be seen as detrimental to society and a national security issue, some may argue that clickbait should be protected under free speech. More specifically, individuals argue that fake news and clickbait should not be banned on social media platforms since the U.S. Constitution, and thus American values, protect this speech.

Unsurprisingly, social media platforms like Facebook have opposed restricting clickbait and fake news due to issues regarding free speech. Mark Zuckerberg, CEO of Facebook, says Facebook will not police political speech, because it impinges on freedom of speech. Zuckerberg holds a strong

belief that Facebook must continue to stand for free expression. Many, however, argue that Zuckerberg's firm belief in freedom of expression has resulted in detrimental effects such as long-term damage to our democracy as fake news has left Americans confused about basic facts. Yet, these sources fail to see that the intention of censoring clickbait and fake news is not to ban controversial ideas and topics, but rather to protect viewers from false information. This not only creates a sense of reliability between social media users and uploaders on social media platforms but a better-informed society. Thus, the freedom to express ideas should still be permitted on social media platforms as long as they are based on factual information.

While freedom of speech is necessary for protecting contrasting ideas, there should be restrictions on social media platforms in regards to clickbait and fake news. Removing clickbait and fake news not only prevents the potential spread of fake news and protects viewers from false information, but also provides a more transparent, trustworthy social media platform.

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Say No to Black Friday

By: Zara Irshad // Contributing Writer

For some, the last Thursday of November marks a day of gratitude and love, but for many, this day has come to represent something different: a day of insane shopping deals. Many consider Black Friday to be one of the best days of the year to go shopping, as businesses across America run extreme sales and make insane profits as a result. According to a study run by Snapchat, about 70 percent of Generation Z users plan to shop on Black Friday this year, and most are expected to spend around \$250 during the sale.

As a fellow broke college student, I more than understand the appeal of bargain hunting, especially during the holidays as there are always so many gifts to buy for people. But at what cost?

In recent years, large stores, like Walmart and Best Buy, have begun starting their Black Friday sales on Thanksgiving night, thus dragging those in search of a good deal away from their loved ones on the holiday and towards overcrowded stores. Rather than leaning into the corporate manipulation that fuels early Black Friday sales, however, people should spend Thanksgiving getting thanks and in turn relieve retail workers from the burden of working when they could be spending time with their loved ones.

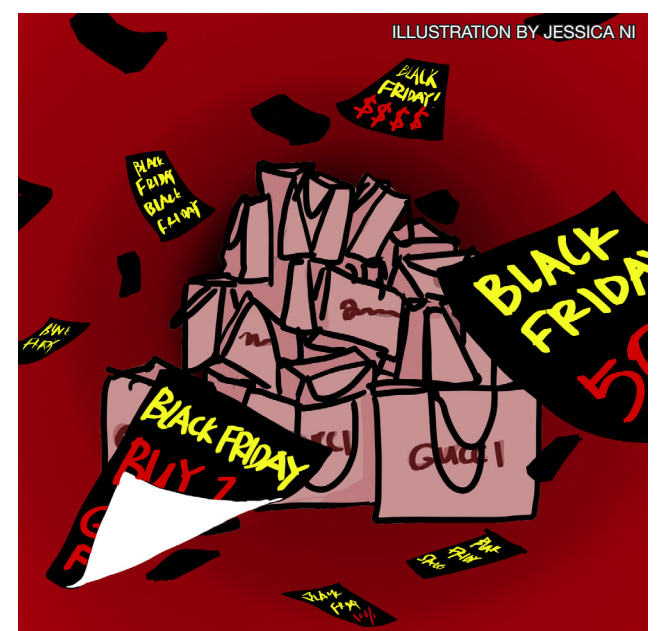
Undoubtedly Thanksgiving itself was built upon problematic values. Thanksgiving actually marked the beginning of the genocide of millions of Native Americans due to colonialism. Despite this history, the holiday now focuses on fostering the values of togetherness and gratitude, and it is important that these values remain

intact despite Black Friday so that we are able to take a moment to ground ourselves. Time is rare, and as busy college students, it's important to make the most of that time. More importantly, spending time with loved ones or showing gratitude in some way on Thanksgiving, rather than shopping, also takes the pressure off of retail workers who are forced to work the holiday.

The recent shift to having Thanksgiving day sales has exploited retail workers who need the money and job no choice but to spend the day at work. While some major retailers, such as Costco and T.J. Maxx, have started closing on Thanksgiving in order to allow their employees more time to celebrate, the list of stores starting to open earlier on Thanksgiving day seems to keep growing.

This is in part due to increasing corporate manipulation and greed, both of which ironically undermine the societally adopted "values" of modern Thanksgiving. According to Business Insider, companies make the conscious decision to begin their sales earlier, praying on consumer anxieties of missing out on deals. A Wall Street Journal study even found that many stores mark up the regular price of an item a few weeks prior to the sales so that the sale price seems more discounted to customers.

In doing so, these companies are pulling in more customers and as a result require more workers to run the stores. These companies fail to take into consideration the plight of workers on Thanksgiving, and many force employees into working the holiday. This gross display of greed is the reason why many people from low



socioeconomic backgrounds are unable to celebrate Thanksgiving with those they love, as they need the money and can't afford to take a day off.

Ultimately, we should strive to avoid Thanksgiving day sales not only so that we can spend time with our loved ones, but also to support the millions of retail workers who are forced to spend the holiday at a cash register instead of with the people most important to them.

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PC Princess: The Problem with Metrosexual

By: Jacob Sutherland// News Editor

Last week, I was scrolling through Twitter, minding my own business, liking Ilhan Omar's latest tweets and retweeting about Mercury coming out of retrograde, when I came across a tweet poking fun at the term "metrosexual." I had not heard that word for a number of years, but reading the tweet brought forward mixed emotions from my high school years when that term was much more commonplace.

"Metrosexual" is a term that was created in the 1990s, but that came to prominence during the mid-2010s to nine times out of ten refer to straight men who maintained a "more refined" or "urban" appearance.

This definition was put into practice throughout my high school five years ago — while I struggled with learning to accept my own sexuality in the face of a midwestern suburb known for its "family values," a good number of my peers would use the term to refer to either certain straight men or themselves on account of dressing "gay." Something about the word seemed wrong to me at the time, but only now upon reflecting on it half a decade later do I fully realize how problematic and offensive the word "metrosexual" truly is.

The problem with the term "metrosexual" is that it is built upon internalized homophobia. Out of fear of being perceived as anything other than heterosexual, many of my stylish straight male classmates clung to the made up "metrosexual" identity for fear of anyone even breathing the word "gay" in reference to them. They acted like having folks think you are gay was the absolute worst thing in the world.

Instead of trying to defend themselves

against the queer label, my peers' efforts should have been redirected towards something more substantial — being a good ally to the LGBTQ community by helping to destigmatize identities outside of the cisgender, heterosexual norm would have been a good start.

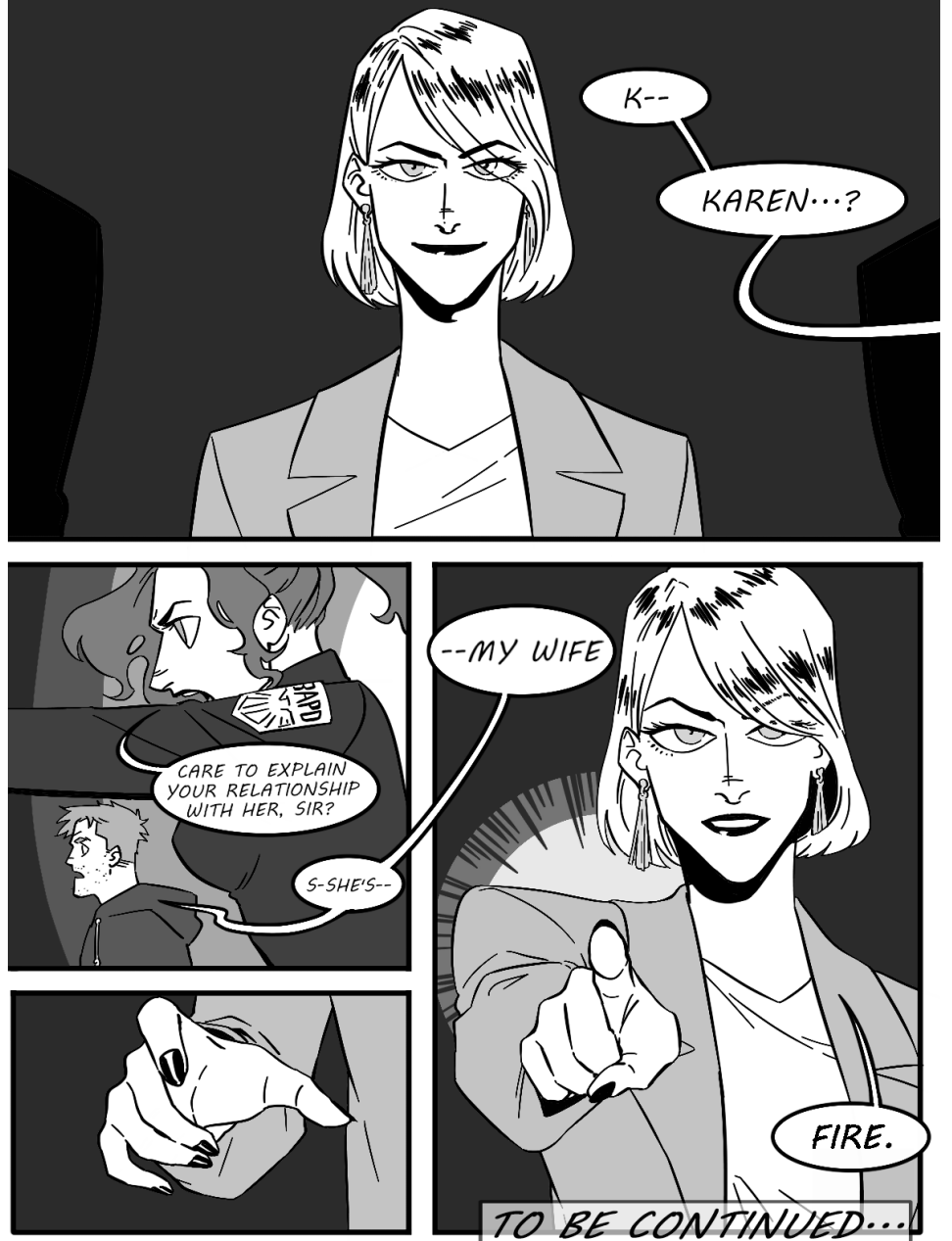
I recognize that this term is more commonly used now in jest rather than in seriousness. However, it is important to remember the history of such phenomena from time to time to make sure that we do not make the same mistakes in our own daily lives.

Straight cisgender people, like anyone else, likely will encounter a moment where their sexual orientation or gender identity is questioned. Rather than rushing to state: "I'm not gay, I'm an ally," what would be more supportive to the LGBTQ community would be to center the conversation around deligitimizing the stereotypes of what makes one queer. You don't need to fall outside of the hetero-cisgender norm to be an ally, but you do need to be comfortable with having conversations on LGBTQ issues beyond defending your own non-marginalized identities.

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THE SYNDICATE

By Yui Kita



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A DISPOSABLE CULTURE: THE ENVIRONMENTALIST PROBLEM

The meaning of “environmentalism” is dependent on context, but it is important to realize that environmentalism intersects with race, class, politics, and gender.

BY LUKAS MAKRAKIS CONTRIBUTING WRITER

Today’s environmentalist movement can find its roots within the pages of “Silent Spring,” a 1962 book written by experienced marine biologist and zoologist Dr. Rachel Carson about the detrimental effects of pesticides on our planet. The book resulted in the banning of the lethal pesticide DDT and was thus seen as a great victory for the environmentalist movement during this time. Never before in the U.S. had public opinion believed so strongly that industry needed to be regulated to preserve the environment, creating what we know as environmentalism.

Depending on context, environmentalism can hold many different meanings. The general definition of environmentalism is “concern about and action aimed at protecting the environment.” While this definition is a simple one, there is a lot of ambiguity about what exactly “concern” and “action” might look like. Environmentalist action means something different to people in different places, and it’s important to understand that environmentalism is not the same everywhere you go. Therefore, environmentalism is dependent on context.

Within the broader U.S. context of environmentalism, there seems to be two main ways we view and act on behalf of environmentalism. Within one context, environmentalism is seen as a method to help impoverished communities that lack the resources to be environmentally sustainable on their own. Within the other — which most San Diegans are probably accustomed to — environmentalism means buying organic groceries, recycling as much as possible, driving an electric car, and overall just changing the way we consume goods to make our consumption less impactful on the environment. According to Dr. Alexander Huezo, a professor of ethnic studies and currently teaching a course on environmental racism at UC San Diego, there is a major problem within this two-context paradigm. He labeled it as a “false dichotomy” of what environmentalism fundamentally represented.

A significant portion of the U.S. has largely been oblivious to environmental racism, or “the disproportionate impact of environmental hazards on people of color.” Environmental racism means that people of color often face environmental injustice and the more hazardous effects of environmental policy. It is not uncommon for lower-income communities of color to be located near industrial facilities and to be frequently exposed to unhealthy air pollution due to where they live. The connection between race and class in the U.S. means that not everyone has the same picture of environmentalism.

An example of this is the water crisis in Flint, Michigan, which remains unresolved to this day. In 2014, it was found that the residents of Flint were being poisoned by their water supply, which contained abnormally high amounts of lead. This problem began when Flint’s drinking water source was changed from the Detroit system to the Flint River to save the county money. As a poorer community, Flint did not have the financial or political power to resist this drastic change, which resulted in the poisoning of their entire community. Even though complaints were sent by the residents of Flint, they were ignored until the community of Flint, made up of political activists, scientists, doctors, and normal citizens, broke this story. This problem is ongoing and an unfortunate example of the devastating effects of environmental racism. If the community had been more affluent, more white, or had more political power, it would have had more access to resources, in which case, this problem would have been addressed much earlier or more likely would never have occurred at all.

While it is important to understand the story of Flint to help ensure other communities do not suffer the same fate, it must be understood that this case study represents only a single form of environmental racism. Other forms exist in and outside the U.S.



Disposable plates and utensils provide convenience at the cost of environmental health.

and we must be aware of this in order to identify and prevent future catastrophes.

Environmental racism is also more complex than it may seem. Environmental racism overlaps with classism, gentrification, and other issues.

“When we say environmental racism, you also have to be cognitive of the fact that it’s not always just, ‘the rich white people did this,’” Huezo said. “It’s how the U.S. treats the rest of the world. It’s also how people in communities of color can abuse their own power and privilege. It needs to be problematized. I would say a potential pitfall is to see it as purely a racial thing and not see how it intersects with class, gender, and religion. There’s a potential for you to create different hierarchies instead of eliminating them.”

Environmental racism also overlaps with environmental gentrification. Environmental gentrification is defined as “the process whereby the seemingly progressive discourse of urban sustainability is used to drive up property values and displace low-income residents.” Displacement due to gentrification has become an all-too-familiar pattern in poor and financially weaker communities. Paradoxically, wealthy people working to further “urban sustainability” by providing expensive green amenities actually does more to further environmental inequality than help it. Once poorer residents are no longer able to afford their homes due to the heightened price of living in a gentrified area, they are driven out of their homes.

“Last week in class we were discussing green gentrification,” Huezo said. “For example, they’ve had to live with pollution in their town, and now that you’ve improved it, they won’t be able to afford it anymore.”

In fact, green gentrification is occurring presently in San Diego. From February to March 2019 the UCSD University Art Gallery featured the exhibit, “Reclaim! Remain! Rebuild! Posters on Affordable Housing, Gentrification, and Resistance.” On the opening night, Feb. 7, of the exhibit, keynote speakers San Diego City Council President Georgette Gomez and Dr. Eric Avila, the UC Los Angeles César E. Chávez department of Chicana and Chicano studies chair, spoke about San Diego’s past and present gentrification problem. Gentrified communities, such as North Park, and rebuilding projects in City Heights serve as perfect examples of the devastating effects of gentrification. Of course, cleaning up neighborhoods, cleaning up water lines, and creating a healthier, more sustainable environment on its own is not a bad thing. The underlying problem is the fact that once these changes occur, the original residents that lived there can no longer afford it. This forces displacement and the movement

See **ENVIRONMENT**, page 7



As our climate crisis becomes increasingly urgent, it is important for environmental issues to be at the forefront of the cultural consciousness.

► **ENVIRONMENT**, from page 6

of poor communities and is a discriminatory consequence of environmentalism.

“[Classist environmentalism] isn’t new at all ...,” Avila said. “A lot of these environmental discourses erase people.”

Unequal environmentalism can also play out on an international scale. Garbage collection in the U.S. is the perfect example. The U.S. is an incredibly wasteful country, but as a society we are lucky enough that we rarely deal with the repercussions of our own trash. Once the garbage is picked up or brought to the dump, we don’t have to worry about it anymore. This privilege only exists because, for decades, other countries have been buying our waste, most notably China. But as China’s economy and world position has grown, they no longer need the capital that buying our garbage provides. Recently as of last March, China announced they would no longer be buying our waste. But in the U.S., large amounts of people still have their trash picked up every week. Cities aren’t drowning in their own garbage, so what happened? Simply put, the U.S. just began selling our waste to other countries like Vietnam and Malaysia, creating a short-term, unsustainable solution to the problem.

Environmentalism also has political repercussions. A political repercussion was felt across the world in 2017 when President Trump announced that the U.S. would be leaving the Paris Agreement. Many claim that Trump’s reasoning for leaving the agreement was purely political, but this just reinforces the idea that environmentalism is a political issue instead of one that affects everyone. Because this issue is not agreed upon across both sides of the aisle in Washington D.C., it puts us all at risk. Even though the announcement was a little over two years ago, President Trump was not allowed to officially start the U.S.’s exit on the agreement until Nov. 4 of this year. But on Nov. 4, formal procedures for U.S. withdrawal

from the Paris Agreement officially began, making the U.S. the only country to have left the agreement.

Environmentalism, with all its different contexts, can be approached in many different ways. Huezo emphasized that the question of combating environmental injustice has no single, correct answer. It is important, he argued, to have the motivation to ask questions about environmental injustice, even if a perfect solution isn’t readily available.

“To do nothing would be just as foolish,” Huezo said. “What we need to do is to keep an open mind and communicate with one another. It’s not a one-size-fits-all situation, and the first step is realizing that.”

He stated, “The key piece to [environmentalism] is to not see nature as something separate from this room or right outside. If people see environmentalism in some far off rainforest or some turtle that needs to be saved, then they are avoiding the reality that their own habits

contribute to climate change.”

Environmentalism is an act of self-preservation, not charity, and until that is understood we all remain at risk.

Environmentalism is not simple. The first step is to come to terms with the fact that the environment and humanity are not separate entities, and to understand that it’s going to take a whole lot more than us all having electric cars to fix the climate crisis we face. It needs to begin with us communicating and discussing with one another the problems we see and face in our communities. And together we can tackle these problems.

As a potential way to move forward in combating green gentrification, Huezo said, “The key is always including people in the conversation and making sure they have some kind of agency in the conversation.”

“Environmentalism is an act of self-preservation, not charity, and until that is understood we all remain at risk.”



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FILM REVIEW

PHOTO COURTESY OF IMDB

FROZEN II

Created by Chris Buck and Jennifer Lee

Starring Idina Menzel, Kristen Bell, Jonathan Groff, Josh Gad

Release Date November 22, 2019

Rating PG

B+

Frozen II doesn't quite reach the heights of its predecessor, but it still manages to tell a moving, lushly beautiful story for children and adults alike.

It's difficult to believe that "Frozen," the Walt Disney Co.'s massively successful monster of a movie, came out over six years ago. Six years ago, the world was introduced to Queen Elsa and Princess Anna for the first time. Six years ago, little girls and boys refused to stop screeching "Let it Go" to their tired parents in cars. Six years ago, Disney made a massive, massive amount of money, and frankly, continues to.

When the sequel was first announced, some fans rejoiced, and some fans considered it another nostalgic Disney cash grab. It made financial sense to make a sequel; the first "Frozen" made over a billion dollars at the box office and was the highest-grossing animated movie, until it was dethroned by "The Lion King" remake this year, and those box office numbers aren't even counting the money gained from selling toys, costumes, and other merchandise. There is certainly something frustrating about Disney's constant reliance on remakes and sequels rather than new original content, but it doesn't change the fact that millions upon

millions of children, teens, adults, and elderly are going to go see "Frozen II" in theatres in the next few months, whether it's good or not. The question remains, though. Is "Frozen II" good?

The answer is yes. Mostly.

The film starts out in a sunny Arendelle three years after the events of the first film. Elsa is still a widely loved magical queen, Anna and Kristoff are still happily in love, and Olaf is still ... off doing goofy Olaf things. Not much has changed during those three years; Anna and Olaf even start out the movie singing a cheerful duet together, "Some Things Never Change" (spoiler alert: things change). One day, though, Elsa starts hearing a mysterious singing voice that no one else can hear, and in her attempt to find it she accidentally awakens sleeping elemental spirits who wreak havoc on the kingdom. The citizens of Arendelle are forced to evacuate their homes, and Elsa, Anna, Kristoff, and Olaf set out to save the kingdom and discover the mysterious source of Elsa's magic abilities.

It's true that the soundtrack of "Frozen II" isn't quite as good as the first one. The movie's marketing seems to be advertising the sequel's song "Into the Unknown" as the spiritual successor of "Let it Go," and though the song is certainly enjoyable, it's sung by Idina Menzel, after all, it comes too early in the film to have nearly the same level of emotional resonance. All I'm saying is if you're walking into the theater with any expectations of a new "Let it Go," let them go.

Soundtrack aside, "Frozen II" hits a sweet spot as a sequel, keeping fans' most beloved characters while simultaneously putting a twist on setting and aesthetic. The sweeping icy mountains of the first film are replaced by the autumnal Enchanted Forest, lush with reds and violets and mysterious fog. All of this adds up to a film that feels fresh and exciting but keeps the themes of familial devotion that fans fell in love with six years ago.

There are admittedly some problems with plot and pacing. "Frozen II" feels quite

stuffed, filled to the brim with tangential storylines and new characters to the point of becoming confusing. The characters seem to have so many different goals when they ought to have just one combined goal — Elsa wants to find the source of her powers, Kristoff wants to propose to Anna, Olaf wants to keep his friends together, and Anna wants to save Arendelle from doom. It seems a bit of a coincidence when all these parallel storylines are resolved at the end at the same time. Despite all these problems, though, Anna and Elsa's relationship remains the emotional core throughout the film, and the story is filled with enough love to make your heart melt. Fans of the original will likely forgive the somewhat bloated plot in the face of the film's enduring sincerity.

Did we really need a sequel to the critically acclaimed first film? Probably not. Did I enjoy the sequel anyway? Absolutely.

— TANYA NGUYEN
 Senior Staff Writer



FILM REVIEW

THE LIGHTHOUSE

Directed By Robert Eggers

Starring Robert Pattinson, Willem Dafoe

Release Date October 18, 2019

Rating R

A-

PHOTO COURTESY OF IMDB

"The Lighthouse," is a maritime fever dream filled with mermaid sex and forbidden twinkling lights.

"The Lighthouse" is a psychological horror film directed and produced by Robert Eggers, his second film following his directorial debut "The Witch." "The Lighthouse" had its world premiere at the Cannes Film Festival earlier this year and received high praise from critics highlighting the career-defining performance from Robert Pattinson and the equally riveting performance from Willem Dafoe.

The film is set in the 1890s on a remote island in New England and follows two lighthouse keepers and their tumultuous and feverous descent into madness. The film was shot in black and white with 35 mm film and a 1.19:1 aspect ratio, evoking an aesthetic remnant of 19th-century photography. The expressionist lighting and honed-in framing of shots were accompanied by a haunting soundtrack of wailing ocean sounds and foghorns, adding to the claustrophobia that the two characters feel after spending an indefinite amount of time with one another.

The film begins with Ephraim Winslow (Robert Pattinson) arriving on a small island where he meets Thomas Wake (Willem Dafoe). Winslow is tasked with helping man the lighthouse alongside Wake. The film chronicles their time on the island and we soon learn that they are incompatible, which leads to the tension and chaos that inevitably unfolds as they work together on this desolate island.

Wake is the veteran keeper of the lighthouse. He is a stickler for tradition and rules, delegating the strenuous and menial tasks onto Winslow, which Winslow soon begins to hate doing. Winslow begins to resent Wake, and their antagonism is further fueled due to boredom of being on the island and fundamental personality differences. Wake is very animated and chaotic. Wake's thick Northeastern accent makes what he says almost incomprehensible, like a drunken pirate bellowing every sentence. When Wake and Winslow eat dinner together, Wake delves into storytelling about his time as a sailor or other folkloric tales of mermaids and sea creatures. He begins to aggravate Winslow who is more concerned with getting his job done and getting paid rather than bonding with Wake. Winslow has to tolerate Wake's terrible cooking, farting, and general lack of hygiene while trying to maintain some distance from him for the sake of his own sanity.

The film touches upon themes of masculinity as shown through Winslow and Wake's continual bickering and fighting over whether Winslow is doing his job correctly or not. Wake is constantly barking orders at Winslow and at times is verbally abusive. Winslow constantly challenges Wake's authority, trying to undermine him. Winslow oversees the daytime tasks while Wake oversees the night shift. Wake guards the key to the lantern room, a glowing

beacon of mystery to which Winslow is banned from entering. Their adversarial chemistry is fueled by the inequity of power that exists between them. Wake effectively owns Winslow's labor and has no real respect for him, causing Winslow's morose affect toward Wake to grow increasingly worse. One night, Winslow follows Wake to the lighthouse and watches Wake strip naked as if to bathe in its light. The mysticism of the light and its morbidity further intrigues Winslow as it becomes his sole goal to be able to see the light himself. He becomes enamored with the light and begins having hallucinations about the lighthouse and the stories of mermaids Wake had shared during their late-night talks. These hallucinations were vivid and often occurred when he was completing his daily tasks or while he was asleep. His repressed sexuality manifests throughout these hallucinations, often times participating in sexual acts with the mermaid or sexual acts as he basks in the glory of the lighthouse light.

Winslow's irritation with Wake grows deeper every night and their dwindling existentialism ensues as days blur together and the nights are filled with drunken rapport. Winslow becomes unhinged, and a toxic blend of rage, alcohol, and loneliness leads to intimate yet depraved moments between the two. Each night, the two share moments of harmony, singing gibberish, dancing, and laughing with one another, but

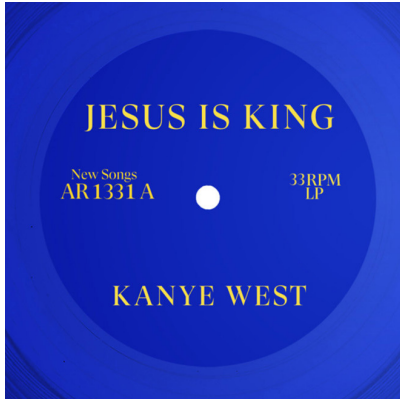
often turn swiftly into argumentative banter or a physical tussle.

When tensions are at their peak, a storm strikes the island the day they are meant to leave and they are physically trapped on the island with no freedom in sight. Their further descent into madness is expedited with lack of food and lack of sunlight to keep track of time.

Dafoe and Pattinson's performances are chilling, showcasing the mental spiral that one can face when hardships meet hallucinations. Although this film has been described as a horror film, it expounds upon multiple genres from drama, thriller, and even humor as a way to mitigate the venomous tension and hostility between the characters. The meaning of the film is at times hard to decipher. On the surface, it is the story of two men living on a rock but it also touches on themes of masculinity, fantasy, Greek mythology, nature, and more. But what makes it so intriguing and darkly exciting is the cinematography that transports you to this eerie and depressing lighthouse. "The Lighthouse" is a strange, mesmerizing, cruel, and ambiguous journey that will leave you as mad as the characters.

— JULIANNA COVARRUBIAS
 Staff Writer

ALBUM REVIEW



JESUS IS KING BY KANYE WEST

Release Date October 25, 2019

C Kanye West's latest album is far from a religious experience.

Finally, Kanye West released his greatly anticipated album “Jesus is King.” Keeping true to his reputation, West failed to meet the initial Sept. 27 album release deadline announced by his wife Kim Kardashian via Twitter. After a long period of silence, the new release date was set at 12 a.m., on Oct. 25. Fans like myself stayed awake in anticipation, constantly refreshing our streaming platforms, but were once again disappointed. West addressed his anxious followers in a tweet, thanking them “for being loyal & patient,” explaining that he and his team were “specifically fixing mixes on ‘Everything We Need,’ ‘Follow God,’ & ‘Water,’” and finally promising, “we not going to sleep until this album is out!”

Throughout the night, increasingly impatient fans began to analyze his notoriously unpredictable behavior, speculating whether or not the album would truly be finalized. West himself has addressed the recent changes to his persona, attributing it to a religious transformation of both his personal and professional life. In a controversial appearance on “Keeping Up with the Kardashians” he ranted, “I just feel like I went through this transition from being a rapper, like, looking at all these girls and

looking at my wife like, ‘Oh, my girl needs to be just like the other girls showing her body off, showing this, showing that.’ I didn’t realize it was affecting, like, my soul and my spirit.” The newly religious rapper, who once had his wife star completely nude in his infamous music video for “Bound 2,” now claims that he has seen the light.

Apparently, to West, this newfound piety also means a newfound advocacy for misogyny, which is blatantly apparent in “Jesus is King.” Perhaps he and his team should have further delayed the album release; despite his claims of “specifically fixing” tracks such as “Water,” West somehow overlooked the anti-feminism within his lyrics, and for some reason thought it was okay to rhyme “Chick-fil-A” with “Chick-fil-A.”

The album does begin with a cheerful piece sung by a gospel choir, and sounds as if it were pulled directly from one of West’s highly popularized Sunday services. “Every Hour” is inspired by the Gospel hymn “Sing ‘til the Power of the Lord Comes Down,” and the two share similar if not identical lyrics. This introduction to his ninth album sets an unprecedented religious tone, which remains unmistakable throughout the rest of the work.

However, as the album continues, West’s overall message becomes clouded, as his

lyrics grow increasingly contradictory. In the next track, “Selah,” he repeatedly references Biblical verses, such as John 8:33 and John 8:36, which state “We be Abraham’s seed, and were never in bondage to any man: how sayest thou, Ye shall be made free,” and “If the Son therefore shall make you free, ye shall be free indeed.” The Biblical references in his lyrics serve as an unfortunate reminder of his controversial remarks on TMZ, where he claimed that slavery was a choice. Despite his declaration of undergoing a religious transformation, the outspoken rapper still seems to be making the same outrageous claims but is now attempting to distract listeners from his problematic lyrics by including a gospel choir singing the word “hallelujah” forty-one times.

Arguably, the most questionable track of “Jesus is King” is “Water” — its alleged “fixing” one of the stated reasons for the album’s delayed release. The chorus is made up of the lyrics “we are water, pure as water, like a newborn daughter.” What exactly is so “pure” about a newborn daughter, in comparison to a newborn son? The misogynistic undertones aren’t subtle in this piece, and its lyrics appear to support the idea that young girls, like West’s daughters, are only considered “pure” by society so long as they remain virgins.


This piece, which clocks in at a mere two minutes and 48 seconds, resembles a prayer, pleading for Jesus to “heal the bruises ... clean the music” and “give us strength.” These lyrics follow West’s recent dismissal of the rap genre as being “the devil’s music,” despite his countless hits in which he glorifies strippers, drug use, premarital sex, adultery, etc. His previous praise for a sinful lifestyle is undeniable, yet he now begs for cleaner music, even though he had just called on us to “pour the lean out slower” in the aforementioned song, “Selah.” In yet another verse from this contradictory album, in the piece titled “Hands On,” he exclaims that there is “nothing worse than a hypocrite.”

Okay, Kanye.

Despite his many claims that he is a newly transformed and devout Christian, it appears as though West still holds the same controversial and detrimental beliefs. In “Jesus is King,” he vents about personal issues, using religion as a tool to simply hide his radical misogynistic views behind energetic beats, powerful drums, and a gospel choir.


— CAMILA MORALES
Contributing Writer

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Lifestyle's Holiday Recipe Cards

by Carla Altomare, Colleen Conradi, and Annika Olives

Feta-Spinach Melts

My favorite recipe for Thanksgiving is an appetizer that I have been making for years. I probably found the original recipe online, but I memorized it and tweaked some things. You will need a few French baguettes, a bag of frozen spinach, diced red onions, diced tomatoes, feta cheese, about a half of a cup of sour cream, salt, pepper, and dill. This recipe is not only delicious, but simple. All you need to do is cut up the baguettes and bake the small slices for three to four minutes until they are a little browned. Then, cook the spinach and mix all of the other ingredients into it. Place a tablespoon of the mixture on top of each piece of bread. Then put it back in the oven on broil for a few minutes until the topping is warm. It is the best appetizer!

Recipe Link

<https://www.tasteofhome.com/recipes/feta-spinach-melts/>



Irish Soda Bread

Coming from a big Irish family, Irish soda bread has been a staple in all of our households. This recipe is one I got from my grandma, who got it from her mother, and so on. Every Thanksgiving my grandma makes sure to bring a loaf with her, especially since my sister likes to jokingly announce that if there will be no Irish bread available, she will refuse to attend. So in order to try it out for yourself, here's what you'll need: 4 cups of flour, 1 teaspoon of baking soda, 2 teaspoons of baking powder, 1 teaspoon salt, 2 eggs, 1 cup sugar, ½ cup of margarine (melted), 1 cup of raisins, and 2 cups of buttermilk. First, preheat the oven to 350 F and mix the flour, baking soda, baking powder, and salt into a large bowl. Next, add in the eggs, sugar, margarine, and buttermilk and beat the mixture. Finally, stir in the raisins and you're ready to bake! Bake for about fifty minutes, or until an inserted knife comes out clean. Though it is possible to use other types of pans, it is really meant to be made in a cast-iron pan, so if you own one, then use that. Once



out of the oven, you can enjoy it for the rest of the day or save it to toast and butter in the morning for breakfast.



Banana Bread

I am a self-proclaimed stress baker, so I happened upon this recipe a few years ago when I was in need of a break from studying and was wondering what to do with my multiple overripe bananas. It doesn't call for anything spectacular, with the main ingredients being your pantry essentials, but it all comes together in this beautiful, moist bread that your roommates or family will be able to smell as soon as they step through the door.

To make this glorious bread, cream together ½ cup of softened butter and one cup of sugar. You can sub out white sugar for brown sugar if you like the molasses taste. Mash

your bananas (I always use four), add 2 eggs, and mix all the wet ingredients together. In a separate bowl, sift together 1 and ½ cups of all-purpose flour, 1 teaspoon of baking soda, and ½ teaspoon of salt. Mix the wet and dry ingredients together — here you can add ½ teaspoon of vanilla extract or other add-ons, like nuts or chocolate if you'd like! Make sure to only mix until combined, though; you don't want to overmix. Pour mixture into a pan and bake at 350 F for 55 minutes. Serve it for dessert as a perfect nightcap or have it warmed and buttered for breakfast.

Recipe Link

<https://www.food.com/recipe/best-banana-bread-2886>

La Jolla Locals: Mysterious Galaxy by Natalie Duprey, *Lifestyle Staff Writer*

When I find myself drowning in homework, reading is my escape from the stress of everyday life and I love to do so in beautiful bookstores. The feeling of curling up with a cup of hot chocolate and a good book next to a window on a rainy day is the East Coast aesthetic that I dearly miss. So last week when I got a frantic text from my dear friend about our favorite bookstore being in danger, my heart broke. Mysterious Galaxy, a local independent bookstore for over 26 years, is being forced to move and find a new owner or face closing its doors down for good. While I can't impulse purchase a bookstore, I can share my story as a customer and that of the people who work there, in hopes of keeping the spirit of independent bookstores alive.

I first came across Mysterious Galaxy in my sophomore year of college during Independent Bookstore Day, a bookstore crawl to support local businesses. This delightful bookstore specializes in science fiction and mystery but welcomes readers of all genres. The beautifully curved shelves are packed full of new finds. I personally love the handwritten notes on the shelves from both the staff and visiting authors about their personal favorites. It's such a small yet thoughtful touch that makes Mysterious Galaxy a little more cozy. They also host lots of fun events with authors who are both extremely popular or need a platform to start their career. When I went with my friend to a book signing with Lauren Shippen, I wasn't too familiar with her work. But the staff encouraged people to ask her questions and others who attended the event welcomed me into this community. I left impressed by the genuine love shown by staff and a new series to start reading. Mysterious Galaxy has this way of

bringing readers together in a way that is both unexpected and delightful.

While I am heartbroken over the news of possible closure, I could only imagine what it must be like for the people who work there. I stopped by to talk to Store Manager Kelly Orazi to get her perspective on what is happening behind the scenes. While she and the staff are just as upset, she still has hope that a new owner will carry on the legacy of Mysterious Galaxy. To her, what sets Mysterious Galaxy apart is not just that it's an independent bookstore, but also the people. She said, "Before 'Game of Thrones' and mainstream media, it wasn't very cool to like dragons and stuff, but places like Mysterious Galaxy provided a sense of home for those who felt they had a weird love for science fiction and fantasy." Orazi also loves the community that the staff has formed because, "[She has] worked at many other bookstores before but never has there been this close-knit family anywhere else; [they] hang out all the time even on weekends after work!" She and her staff are really dedicated to giving customers the best possible experience when they come in, and they love to give recommendations. The store receiver, Gary, loves helping one particular patron who comes in asking for advice on everything from Star Wars to Shakespeare. They also look forward to the events they have. Orazi's personal favorite was when they hosted Patrick Roth, Brandon Sanderson, and Bruce Campbell all within one week. It was a time when she and her team worked so hard and successfully hosted multiple huge events. While it was stressful, Orazi and the Mysterious Galaxy staff are accustomed to this because they also organize book signings at San Diego Comic-Con. While



PHOTO COURTESY OF THE SAN DIEGO UNION-TRIBUNE

cosplayers are mingling on the main floor, her team is behind the scenes, preparing for the hundreds of people waiting to purchase signed copies of their favorite books and comics. Mysterious Galaxy is such a success because of the people who run it.

When I asked Orazi what she wanted people to know about Mysterious Galaxy she said, "You as a patron mean everything to us and that when you spend your money here it makes a difference; your choice is your vote." It's up to us as consumers to support small businesses if we want these types of bookstores to still exist. While it is easy to choose large online retailers,


think about the incredible, personalized experiences you get to have in-person at these types of stores. As students, I don't expect you to impulse purchase a bookstore either, but definitely stop in to visit the magic that is Mysterious Galaxy before they inevitably move or possibly close. If you are looking for a great reason to stop in, this coming weekend they will be a part of Indies First & Small Business Saturday, Nov. 30, as well as a holiday party on Dec. 7. So if you love the smell of freshly printed books and the feeling of getting lost in a plot, stop by Mysterious Galaxy for a new read and possibly a new friend.

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RUSH HOUR CINEMA

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DECEMBER 5

DOORS 5:00PM | PC THEATER

5:30PM

FREE COOKIES AND SNACKS



FINAL


DECEMBER 3

STUDY

5PM - 8PM

JAM.

Eleanor Roosevelt College Room
Snacks + Starbucks | Free Scantrons



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PHOTO COURTESY OF NATURE

A Grad App Recap

by Divya Seth, Copy Editor

Graduate school application season is in full swing and like many others at UC San Diego, I have spent the last six months of my life taking exams, asking professors for letters of recommendation, and writing personal statements. On top of that, I still had to attend lectures, submit assignments on time, and make sure that I was still showing up to all of my other commitments. All of this was extremely stressful, especially considering how competitive these graduate programs can be, and how selective they are. I've definitely had my fair share of panicked calls to my mother after looking at the statistics for all of the law schools I've dreamed of attending for years. Around two weeks ago, I finally finished my law school applications, ending this stressful season. For months, I remember wishing that this whole process could be over. But now, I realize that I have to face the most

terrifying part: moving on.

These past six months have been one of the most difficult periods I've experienced. While studying for the Law School Admissions Test, I would get excruciating headaches every time I started a timed practice test. I would break down to my mother on the phone because I was afraid that I would not do well in a class and destroy my GPA. I lost touch with a lot of my friends because I didn't have time for them and frankly, I thought they had more important things to deal with than my stress-induced anxiety. I would cry, I would binge eat, I would occasionally stop functioning entirely and just watch TV shows because I couldn't bring myself to stare at my applications any longer. It was hard. Yet, this idea of moving on after this is infinitely more terrifying.

I want to get into law school, begin a new chapter of my life, make my parents

proud, and prove to myself that I'm a worthy candidate. However, now that my applications are submitted, I've had to ultimately come to terms with the fact that there's nothing I can do other than hope for the best, and keep my grades up in case I have to go through this whole thing again next year.

I've also realized that I want my goals in life to be more than just getting into law school, getting a job, and getting promotions. My life is not a series of checklists. I think it's important to deal with stress in a healthy way, have experiences outside of your career, and genuinely enjoy life. I've learned that I am terrible at dealing with stress, especially when it comes to matters and decisions that are extremely important to me. However, I think that's what application season is all about: learning about yourself, especially your weaknesses. There's always room to grow, whether you need to work on reaching out when you need a friend, balancing your workload, or just believing in yourself. Despite our lifelong dreams and the hard work we put into our academics and extracurriculars,

the ever-increasing competition makes the results unpredictable.

Everyone wants to live a fulfilling life in the future, where they can manage both career-related stresses, their life at home, and still have fun once in a while. We need to be able to get through hard times like this and learn from them. After some deep self-reflection, I've learned that even though I believe I deserve to get into law school, things don't always work out. Now, I'm ready to see the results, apply for jobs in case I don't get in, and study for the LSAT again. I'm ready to move on. If that means applying all over again, then maybe that's what's best for me because it doesn't matter that I need to do a million things to get into law school, I just need to learn to do those million things at my own pace.

FALL 2019

TRITON FOOD PANTRY
HELPING TRITONS IN NEED

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

AT THE ORIGINAL STUDENT CENTER, LEVEL 1


ASCE PRESENTS:

HORIZON

1.24.2020 | RIMAC ARENA

2019 THIS WEEK
 at UC SAN DIEGO
 POWERED BY THE STUDENT EVENTS INSIDER AND THE UCSD GUARDIAN
NOV 25 - DEC 1

UC SAN DIEGO BOOKSTORE
HOLIDAY SALE
 NOVEMBER 25 - DECEMBER 20



Upcoming
 UNIVERSITY CENTERS
 UniversityCenters.ucsd.edu

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

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

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

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

FOLLOW US ON: FB @UNIVERSITYCENTERS FOR DETAILS & TICKETS

theloft.ucsd.edu

Upcoming

Fursgiving: A Furry Bingo
 TUES., NOV. 26
 Doors: 6:30PM • Show: 7PM
 FREE for UCSD Students w/ID

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

Lo-Fi Study Jam
 THURS., DEC. 5
 Event: 6 - 10PM
 FREE for UCSD Students w/ID

CHECK/FOLLOW: FB @THELOFTATUCSD FOR DETAILS & TICKETS

MON 11.25

8am UCSD BOOKSTORE ANNUAL HOLIDAY SALE - UCSD BOOKSTORE
 UCSD Bookstore Annual Holiday Sale November 25 - December 20 Savings of 25-50% Off
 Contact: marketing@bookstore.ucsd.edu
 Website: https://ucsdiebookstore.com/Images/Event/s/HolidaySale/HolidaySaleInfo.png

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

12pm ASIAN AMERICAN COMMUNITY FORUM - CROSS-CULTURAL CENTER
 An informal drop-in group designed for Asian American students to discuss topics relevant to their experiences in a supportive environment. Bring your lunch and join us! Contact: Tacorbett@ucsd.edu 8585349408

1pm POLITICAL CLIMATE AND COMMUNITY IMPACT: CASE STUDIES - CROSS CULTURAL CENTER
 A glance and interactive discussion on political policies that affect particularly vulnerable communities. Topics may include immigration, technology, healthcare, toxic masculinity, pop culture. Contact: ccl@ucsd.edu Website: https://getinvolved.ucsd.edu/ccl/leadership.html

TUE 11.26

11am FLASH FITNESS WITH BRANDON - RIMAC STRETCHING AREA
 Empower your fitness in a flash (only 20 minutes!) with Brandon on Tuesdays at 11am in RIMAC. Walk in basis, FREE, located in at the RIMAC stretching areas. topics include: 10/29/19 SINGLE LEG EXERCISES 11/5/19 COMPLETE CORE 11/12/19 SHOULDER PAIN 101 11/19/19 THE KETTLEBELL SWING 11/26/19 THE PERFECT DEADLIFT & SQUAT

12pm GRADUATE AND PROFESSIONAL STUDENT SUPPORT FORUM - GSA GRAD LOUNGE, ORIGINAL STUDENT CENTER
 Do you want some interview experience? Do you want to learn about interview culture in America? Join Outreach & the Career Center for an interview workshop specifically catered towards international students to learn about tips and tricks for that perfect interview. RSVP now to secure your spot!
 https://forms.gle/49HS28eLqFb5649MA

WED 11.27

2pm TRAIN YOUR BRAIN, DE-STRESS WITH BIOFEEDBACK - THE ZONE
 Learn how to incorporate state of the art technology for stress management. Come to The Zone for a one-on-one Biofeedback demonstration with one of the CAPS Wellness Peer Educators! Learn about biofeedback, deep breathing, and progressive muscle relaxation techniques that all help to reduce stress. And if you have time, get a free de-stress massage from the R&R Squad too! Check out The Zone calendar for info on this and other free wellness programs! Contact: Tacorbett@ucsd.edu 858-534-9408

FRI 11.29

3pm RELAXATION SKILLS - CAPS CENTRAL OFFICE, 190 GALBRAITH HALL
 Come Spend an hour learning a variety of basic relaxation skills that will help you deal with daily anxiety. You will leave with practical exercises you can apply immediately to manage and reduce the symptoms of stress in your life. Contact: Tacorbett@ucsd.edu 858-534-9408

SUN 12.01

9pm BIRCH AQUARIUM'S SEAS N GREETINGS - BIRCH AQUARIUM AT SCRIPPS
 Deck the Hall (of Fishes) and get into the holiday spirit at Birch Aquarium. Enjoy holiday decorations throughout the aquarium, and don't miss Scuba Santa during special dive shows. Holiday activities are included with admission and free for members. See the full schedule of activities, Scuba Santa appearances, and more at aquarium.ucsd.edu.
 Contact: aquariuminfo@ucsd.edu 8585343474
 Website: https://aquarium.ucsd.edu/experiences/events/seas-n-greetings

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

HAPPY THANKSGIVING!

"And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be **THANKFUL.**" Colossians 3:15 ESV

I am **THANKFUL** for:

Help the turkey get to the acorn!

You did it!!

color these!

Word Search

N	N	R	O	C	T	N	C	G	A
S	T	U	F	F	I	N	G	R	C
N	I	K	P	M	U	P	D	A	J
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corn Squash
 Gravy Stuffing
 Pumpkin Turkey

Tic Tac Toe

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CARS

2020 Chevrolet Colorado Work Truck-2020 Chevrolet Colorado, 4D Crew Cab, Recent Arrival! ***TOUCHSCREEN***, ***MEDIA HUB***, ***APPLE CARPLAY/ANDROID AUTO***, *** WI-FI ***, ***BLUETOOTH FOR PHONE w/ STREAMING***, ***REAR BACKUP CAMERA***, 6-Speaker Audio System Feature, Am-fm radio, Body-Color Door Handles, Chrome Beltline Moldings, Electronic Automatic Cruise Control, Extended Range Remote keyless entry, Exterior Parking Camera Rear, EZ-Lift & Lower Tailgate, Front & Rear.... ucsguardian.org/classifieds for more information

2019 Chevrolet Silverado 2500 hd - As your premier New car dealer in San Diego County, Courtesy Chevrolet has a large inventory of New cars, trucks, and SUVs. With special finance rates and finance plans available, we make every effort to get customers into a discounted New vehicle for the lowest payment possible. Plus, if you have a trade-in, we can beat CarMax on its value. All pre-owned cars purchased from Courtesy Chevrolet have lifetime free refills of nitrogen for \$199, 3M door and.... ucsguardian.org/classifieds for more information

2011 Honda Insight Base 4dr Hatchback - Car shopping should be fun and easy. At CarMax it is! Our set prices mean you'll never have to haggle and you can concentrate on finding the right car for you. We stand behind each and every pre-owned car we sell with 5-Day Money-Back Guarantee and 30-Day Limited Warranty (60-Day in CT and MN; 90-Day in MA, NY, and NJ). See our store ucsguardian.org/classifieds for more information

BIKES

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

57cm Giant 'Rs940' 12 speed road bike - Giant RS940, size 57 cm (c-c) - large. Lightweight 4130 Cr-Mo triple butted frame and fork. All original Japanese made

Shimano twelve speed indexed gearing, caliper brakes, 700 c Araya wheels, and SR pedals with Giant clips ucsguardian.org/classifieds for more information

55cm Centurion 'Dave Scott Iron Man Expert' 12 speed road bike - 55 cm (M/L) Centurion 'Dave Scott Expert' twelve speed road bike. All original equipment: Wolber (France) rims/ 105 hubs, 'Centurion' saddle by Vetta, Shimano 105 cranks, brakes, levers, and derailleurs, and ucsguardian.org/classifieds for more information

FULL-TIME JOBS

Amazon Delivery Driver - We are currently hiring for Full-time Driver Associates with AMAZON in two of our Amazon Hub locations: Rancho Bernardo and National City. If you enjoy working in an independent, fast-paced working environment with potential advancement opportunities, our Driver Associate position may be the per-

fect ucsguardian.org/classifieds for more information

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

Customer Service Representative - Meet, Greet, and Survey retail customer about their water quality while they shop in the store. This is a great opportunity for a mature and friendly person who enjoys talking and meeting with people. Part time and Full time positions are available. We are int the process of expanding our local office. This is an entry level.... ucsguardian.org/classifieds for more information

CROSSWORD PUZZLE

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Across

- 1 Place for papers
- 11 Caesar's partner
- 15 Pharmacist
- 16 Son of Judah
- 17 Ballet turns
- 18 Flat fee?
- 19 Get a whiff of
- 20 Livestock tidbit
- 21 Summon to court
- 22 Sicilian volcano
- 25 Tuneful
- 27 Chandler novel, with "The"
- 31 Team spirit
- 32 Boston hockey great
- 33 ___ Rice Burroughs
- 35 Blanched
- 36 Abbr. on folk music
- 38 Ab exercise
- 40 Section of a basilica
- 41 Silent
- 43 Steps over a fence
- 45 "One Flew over the Cuckoo's Nest" writer Kesey
- 46 Black Sea port
- 48 Unskilled
- 50 Mail by mistake
- 52 Gratify completely
- 53 Masculine
- 54 Practical joke
- 56 Of the kidneys
- 60 Of the ear
- 61 Disembowel
- 64 Offshoot group
- 65 Facial features
- 66 Clucking sounds
- 67 Took the first step

Down

- 1 Catches forty winks
- 2 Heroic in scope
- 3 Had on
- 4 Rocks
- 5 Airport connector
- 6 PGA peg
- 7 Put on a performance
- 8 W. alliance
- 9 Kind of team or boat
- 10 Methodology
- 11 Washington D.C. art gallery
- 12 Body of water near Syracuse
- 13 Type of bridge
- 14 Cause
- 23 Beatty and Buntline
- 24 Sponsorship
- 26 Hang in loose folds
- 27 Lowest
- 28 Casts light upon
- 29 Jefferson Airplane singer
- 30 Page or LaBelle
- 34 Spoils
- 37 Examines in minute detail
- 39 Not guilty or guilty
- 42 Half a fly?
- 44 Off the charts
- 47 Anaheim baseball team
- 49 Gazed intently
- 51 Shipboard crane
- 55 Gershon of "Bound"
- 57 One-billionth: pref.
- 58 Westernmost of the Aleutian Islands
- 59 For fear that
- 62 Sun. speech
- 63 Garfield or Felix

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SUDOKU

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WORD SEARCH

THANKSGIVING

C	P	U	M	P	K	I	N	P	I	E	A	G	T
A	U	T	U	M	N	I	P	L	N	F	S	H	M
K	F	W	Y	H	L	W	F	M	P	U	A	V	A
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T	S	R	I	G	L	R	L	M	K	E	R	T	F
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V	I	S	T	U	F	F	I	N	G	M	A	A	M
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- PILGRIMS
- BLACK FRIDAY
- FALL
- GRAVY
- AUTUMN
- CORN
- PUMPKIN PIE
- TURKEY
- STUFFING
- FAMILY
- THANKSGIVING
- MAYFLOWER
- FEAST
- CELEBRATE
- HARVEST



Men's Team Stays Hot Against San Marcos in CCAA Home Opener

The No. 4 UC San Diego Tritons men's basketball team came out of the gate ready to go against the California State University, San Marcos Cougars this past Friday. With three different starters connecting from long range and redshirt senior center Chris Hansen's menacing play inside the paint, the Tritons built a 32-13 lead early on. Redshirt junior guard Mikey Howell, a San Marcos native, facilitated the Tritons' offense in the first half, notching 5 assists and constantly finding teammates for easy buckets. The second half was a lot of the same for the Tritons as they won the game 81-54, pushing the team's record to 5-0 on the year.

After a late surge by the Cougars to end the first half that cut the lead to just nine points, UCSD head Coach Eric Olen urged his team to clean up their defense by trying to "contain their penetration" to the rim. He also noted that the Cougars scored 22 of their 25 first-half points in the paint and that "controlling the ball would make it harder for them to score."

Starting the second half, the Tritons came out of the locker room with much

more assertiveness and energy on both sides of the ball. And just as Olen called for, the Cougars were limited to just 12 points in the paint and a 39-percent field goal percentage in the second half. Hansen tallied a game-high 17 points and added 8 boards, while redshirt sophomore guard Tyrell Roberts also contributed 13 points and 2 steals, including a 3-7 line from three-point range.

With a perfect start to the season so far, Olen said that going forward, execution and consistency are still some little things where this Tritons team can improve upon. Since the Tritons have a bunch of talent, Olen said sometimes they can "get away with not having perfect execution because they make a tough shot or make a play for each other."

UCSD will look to improve upon these details when they travel up to California State University, San Bernardino to take on the 3-3 Coyotes this Sunday to kick off their three-game road trip.

READERS CAN CONTACT
HAYDENWELLBELOVED@UCSD.EDU



PHOTO COURTESY OF EMILY MCGINNIS

FALL 2019



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TRITON OUTFITTERS LA JOLLA DREAMS

SPORTS

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

UPCOMING
UCSD
GAMES

W Basketball 11/29 11AM
 M Basketball 11/19 5PM

vs Minnesota State-Moorhead
 in Honolulu, HI
 vs Holy Names
 NDNU Thanksgiving Classic
 in Belmont, CA

Women's Soccer DII Era Ends after Upset in West Regional

Postseason elimination games provide some of the most intense moments players will face in their entire careers. Each moment literally defines a season. Undeclared teams and scrappy underdogs find themselves on equal footing in these situations despite vastly different regular season performances. Sometimes the better team wins, and sometimes the team that has faced more adversity and more tough losses has a better shot at dealing with this sort of pressure.

As the visiting Point Loma Nazarene University Sea Lions shut out the hosting UC San Diego Tritons 1-0 in the second round of the NCAA West Regional on Saturday, Nov. 23, a crowd of nearly 500 fans in attendance at RIMAC Field saw that storyline play out to a tee, as PLNU gave UCSD its second loss and ended both its season and the program's stint in NCAA Division II.

The Tritons had a chance to score in the 31st minute with some solid momentum and with control of the ball just outside the box. But after junior midfielder Caitlin McCarthy's shot was corralled and California Collegiate Athletic Association All-Second Team redshirt freshman midfielder Sophia Bruno and junior midfielder Michelle Baddour were removed from the game, PLNU regained control. After a save on the other end, the Sea Lions earned a free kick just in front of midfield at the 29th minute by senior midfielder Abbi Swanson, which was knocked in during the ensuing scrum by freshman defender Chase Bibbey.

After that goal, UCSD would continue to push, but turnovers



PHOTO COURTESY OF MIKE MCGINNIS

and barely-missed touches kept the home team from putting the equalizer in the back of the net.

The speed of the fourth-seeded Sea Lions kept the top-seeded Tritons on their heels for much of the game. Streaking forwards and seemingly unbeatable defenders and midfielders kept the Tritons from making many consecutive touches, which led to very few real scoring chances. All of these small victories from PLNU combined to keep the Tritons scoreless for the third time this season.

The main problem was that the Tritons' offense had little answer for the one-on-one defenders of the Sea Lions, who were really never beaten by UCSD forwards. PLNU's own forwards, on the

other hand, did a great job all afternoon in getting to the net and earning free kicks and corner kicks. This both limited UCSD's time of possession and also got its fans into the game. For much of the game, it seemed the stands were packed with PLNU fans rather than UCSD faithful, which helped keep the Sea Lions comfortable during a tough final stretch of Triton offensive attacks.

Overall, UCSD's backline did a solid job, as the only goal came off a broken play. Despite the speed and skill of the Sea Lions' forwards, the defense never really faltered, and the main reason for this can be found in a trio of redshirt seniors whose careers ended at the final horn. Midfielder Natalie Saddic,

defender Kelsey Kimball, and goalkeeper Angelica Ramos all have reached the ends of their careers at UCSD just as the program makes its transition into Division I. The trio each earned All-Conference First-Team honors in the CCAA, with Saddic being named Defensive Player of the Year and Ramos being named Goalkeeper of the Year.

While Kimball and Saddic made their biggest contributions on defense, their best efforts were still not enough to keep Ramos from making acrobatic diving saves throughout the entire match, including one full-extension sprawl with just a few seconds left to end her reign in the CCAA on a dominant note.

With the loss, the Tritons

cede their historically perfect record against the crosstown rival Sea Lions, and also end UCSD's chances of ending the Division-II era with a regional crown.

Even after the heartbreaking loss, the team's senior leaders and head coach Kristin Jones were not ready to give up on each other. Instead, in their postgame press conference, they stressed love for one another that goes far beyond the bounds of four years playing soccer, and that's exactly how it should be.

READERS CAN CONTACT
 JACK DORFMAN JDORFMAN200@UCSD.EDU

TRITON TIMEOUT

With Jack Dorfman,
Sports Editor

Considering
competitive eating
when defining
activities as
sports

Over the course of my maturation (which is certainly still ongoing), I've generally been the person who polishes off people's leftovers. Whether it's cold veggies and rice, or a slice of birthday cake that is mostly colorful frosting, there is an above-average chance that I'll finish it off for you.

These last couple of years, I've decided to try and utilize this "skill" to be able to eat more food than most of the people I know through food challenges. I have tried to conquer a 4-pound burrito named Big Bertha; I've eaten a whole loaf of bread without water or butter in one sitting; most recently, I attempted to devour a 30-inch pizza within an hour with a friend. I've failed more often than I've succeeded, and each time I feel like I'll never try to eat that much food ever again.

Now that I'm done bragging, here are my takeaways from my few bouts with big food as an amateur eater: Competitive

eating is not easy. It involves being physically able to consume large amounts of food, which involves a lot of bloating and a lot of chewing. Not everyone can do it. After we failed the pizza challenge, the restaurant consoled us by informing us that only around 2 percent of people succeed in consuming the entire pizza.

The difficulties surrounding competitive eating got me thinking about sports (as pretty much everything does). Mainly, I began wondering how a sport gets categorized as a sport, using competitive eating as my test case.

Is anything that's a competition essentially a sport? Is anything that's challenging a sport? Is anything physically taxing a sport? Do all of these conditions need to be satisfied or are there other more important considerations?

Obviously, there are a lot of considerations surrounding defining something as a sport.

A few weeks ago, I discussed esports and the struggle of comparing them to the more established sports that exist in the U.S., and a lot of the same problems arise with competitive eating. Both are televised and have large followings, yet both are not considered anywhere near mainstream sports.

People who are fans of the major sports probably want to keep that definition as restrictive as possible, and people who love these sorts of fringy sports want to expand the term to cover as much as possible. Defining an action as a sport has real economic impacts, as it helps it earn more media coverage (such as esports and cornhole tournaments making it onto ESPN and other major networks) which brings recognition, and with recognition comes money.

As Bernie Sanders demonstrated this week, sports are important. They are drivers of the economy. Local teams in small towns bring fans and jobs

that otherwise would not exist in the community, which helps keep small neighborhoods alive. Large franchises and professional leagues have plenty of political and economic sway, and they can provide important markers of social progress.

For me, the answer is to consider more things sports. Broadening the definition only means including more and more different types of people in a global community that could always serve to be more diverse at all levels, from the owners who run the teams to the athletes who compete to the media who cover them. As long as sports continue to bring positive things to communities and individuals, they should not be limited discursively.

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