

**CONCERT REVIEW:
STEVE LACY**



"Everybody in that room was completely hypnotized without any outside distractions. Us. Him."

A&E, page 9

OPINION: QUARTER CAP

CREDITS UNCAPPED

OPINION, PAGE 4

HEALTHY HABITS

LIFESTYLE TIPS

LIFESTYLE, PAGE 10

FORECAST



MONDAY
H 79 L 60



TUESDAY
H 71 L 57



WEDNESDAY
H 60 L 54



THURSDAY
H 59 L 49

VERBATIM

"Users of these filters should consider the underlying implications of these sugary-sweet, butterfly-adorned vehicles of weaponized insecurity."

Jillian Calilung
Beauty Filters
PAGE 4

INSIDE

LIGHTS AND SIRENS.....3
D&D.....5
STAR WARS.....8
STUDENT MEALS.....11
TRITON TIMEOUT.....16



Labor union worker and student members march together to end UC outsourcing. // Photo by Nithish Narasimman

LABOR

AFSCME Local 3299 Strikes to Protest UC Outsourcing

BY MADELINE LEON SENIOR STAFF WRITER

The American Federation of State, County and Municipal Employees Local 3299 held a strike on Wednesday, Nov. 13 across the University of California campuses and medical centers in response to six Unfair Labor Practice charges against the UC administration. The charges include outsourcing laborers and replacing low-paid UC employees with private contract workers without proper bargaining or consent of the union.

The summary of the six complaints outlines the trend of the UC administration replacing employees with privately contracted laborers, attempting to evade minimum wage policies, failing to notify the union of contract proposals, neglecting to provide the opportunity to bargain, and failing to provide information requested by AFSCME about new contract proposals via Request for Proposals.

AFSCME, the labor union representing UC employees, last went on strike in May 2019 over ULP charges. Only three had been made at that time, concerning illegal outsourcing, as well as a failure to bargain with the union.

In 2017, a state audit was conducted on the UC Office of the President's labor practices. It read: "Some university locations avoided competitive bidding by repeatedly amending contracts and through sole-source exceptions."

In Summer 2019, the UC Regents disclosed that expenses for outsourcing contracts had increased by 52 percent since 2016.

Ruth Zolayvar, an AFSCME Local 3299 Striker and UC employee who has been working in Patient Pharmacy Tech for 13 years, spoke on the outsourcing of labor at the rally in front of Thornton Hospital in the Jacobs Medical Center.

"A lot of outsourced workers work side by side with our workers, and these workers are cheap labor," Zolayvar told the UCSD Guardian. "They

don't have any voice, no insurance, no benefits, but they work side-by-side with us, and that's why we feel it should be equal pay. UC is massively hiring them and paying them for cheap."

Zolayvar also noted how outsourcing affects patient care.

"We want the best quality of care we can give them, but if they keep contracting workers there for cheap labor ... [patients and] students don't get quality service they need," Zolayvar said.

Eleanor Roosevelt College junior Azriel Almera, who is a core member of United Students Against Sweatshops and an intern for AFSCME 3299, was also at the strike.

"As students, we have a lot of political power since we pay tuition," Almera told the Guardian. "We have more leverage in terms of where we want our money to go. I've heard stories, especially in the dorms [about how] it's always the same person coming to clean. A lot of students, too, come from far away places so it's nice to have familiar faces. These workers have families and kids and understand struggles and want what's best for students and we want what's best for them."

David Page, who has been working as a respiratory therapist for 14 years, also attended the strike.

"It's a public institution," Page told the Guardian. "They're outsourcing jobs on campus and that brings down services that [students] rely on. UC is willing to go behind our backs and unions' backs and displace people who deserve to be treated fairly."

The 2017 state audit also revealed that UCOP had failed to follow its own fair contract policy guidelines and that the university lacked a database of service contracts across all UC campuses.

According to the audit, "low-wage services

See **STRIKE**, page 2

TRANSPORTATION

UCPD Proposes Regulations on "Micromobility" Devices

The proposed policy is intended to regulate devices and vehicles used by students to get around on campus

BY LUIS VALENTE
CONTRIBUTING WRITER

The UC San Diego Police Department announced a proposed policy that aims to change the way students get around campus on Nov. 5, 2019. Known as the "Micromobility Device Policy," the proposed rules are target to regulate "devices or vehicles [...] intended or used for human transport," which include bicycles, electric and manual scooters,

skateboards, roller skates, and any other wheeled vehicle that would fit the parameters listed in the policy.

Bicycles and similar methods of transportation have long been regulated on the UCSD campus in an attempt to ensure safety for all pedestrians and vehicle operators and to minimize the risk of accidents. However, the current policy enforced by the UCPD is brief in that it only states when and where it is acceptable to operate such micromobility devices.

This new policy, sent campus-wide on Nov. 5, is more detailed and ambitious in its goals than its predecessors: PPM270-3 Regulations (concerning Bicycles) and PPM270-2 Regulations (concerning Skateboards) — both of which were issued over 20 years ago on Dec. 1, 1997. If passed, the "Micromobility Device Policy" would become the new standard on campus.

See **SCOOTERS**, page 3

DACA

UCSD Students Demonstrate as Supreme Court Addresses DACA

UC President Napolitano spoke at the Supreme Court while students rallied

BY JACOB SUTHERLAND, VIVIAN YANG,
AND TROY TOQUERO
NEWS WRITERS

Students demonstrated in front of Geisel Library for the Deferred Action for Childhood Arrivals program while oral arguments for the program were being heard at the Supreme Court on Tuesday, Nov. 12. The lawsuit being heard was brought forth two years ago by the UC Office of the President in an attempt to stop the Trump administration from rescinding the program.

The students, chanting phrases like "cut their checks, fund our lives," and "up up up with liberation, down down down with deportation," showcased banners calling for the defunding of the U.S. military and the abolishment of U.S. Immigrations and Customs Enforcement.

Xelestial Moreno-Luz, a senior who is the leader and organizer of the protest, spoke to the UCSD Guardian about the message that she was trying to convey through the march.

"When we are talking about undocumented liberation and about the access for undocumented people, if we are only focusing on DACA, we are missing a lot of people who need opportunities and support to be free and live comfortably," Moreno-Luz said.

Moreno-Luz showed affirmation to University of California's support of DACA, but also expressed further aspiration.

"What I want to see UC do more of is a call to end deportation and a call to end detention" Moreno-Luz said.

Junior Gabrielle Nathanson spoke to the Guardian on why she was protesting.

"I'm here because a lot of things are happening very quickly," Nathanson said. "The border patrol is getting more aggressive ... dozens and dozens of families [and] hundreds of people are being detained for no reason ... so I wanted to fight against that."

Crystal Romero, another student protesting, told the Guardian that she felt like it was her duty as a U.S. citizen to support her fellow students.

"The reason why I am here is because, as a US citizen, I think that it is my responsibility to stand for those that do not have the same privilege as I do," Romero said. "Whether that is undocumented people or students that are under DACA, we have to stand and support one another."

While the students were protesting on the UC San Diego campus, UC President Janet Napolitano gave a speech on the steps of the Supreme Court Building while the oral arguments for the lawsuit were being heard.

"Our suit demands that the Trump administration abide by the

See **NAPOLITANO**, page 3

AFSCME stated that these unfair labor practices especially harm workers from marginalized backgrounds

► STRIKE, from page 1

contract workers received hourly wages that were \$3.86 lower than comparable university employees received.

An increasing trend towards hiring contract workers was one of the reasons for the formation of Wednesday's strike.

"Just within the past three years, the UC's outsourcing practices have increased from 7,000 to 10,000 workers which means more and more workers are getting lower pay, no benefits, and no job security," AFSCME stated on their event page. "This behavior is UNACCEPTABLE and the UC needs to be called out on their bulls--."

Rosa Hernández, an AFSCME member, also spoke at the strike at Thornton Hospital. She gave her speech in Spanish. An English transcription has been provided.

"Queremos que los nuevos empleados tienen beneficios porque tienen familias. Queremos que la gente tienen un trabajo a 40 horas. UC les falta de respeto por las familias ... Eso es un derecho que tener un seguro para darle un mejor futuro a nuestros hijos."

[We want new employees to receive benefits because they have families. We want them to work 40 hours [a week]. UC lacks respect for families ... It is a right to have security in order to provide

a better future for our children.] A statement by AFSCME on their Facebook event page for the strike claims that this outsourcing has disproportionately displaced minority workers. It states, "[Service workers and patient care workers] are the LOWEST PAID out of all jobs at the UC and not coincidentally, are 80 percent BLACK AND BROWN workers and mainly women of color!"

In October 2018, AFSCME Local 3299 released a research study that noted, "Black workers leave their jobs involuntarily, for reasons such as layoffs or dismissals, at a high rate — nearly double that of white men, and

more than double the rate for Asian/Pacific Islander women."

While an investigation into the six charges is still ongoing, California's Public Relations Employment Board claims that they have found substantial evidence that supports one of the complaints.

As of the time of writing this article, AFSCME Local 3299 has not announced the duration of the strike.

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LIGHTS & SIRENS

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

Friday, Nov. 8

12:24 a.m. Noise Disturbance - The Village East Building 2 Loud screaming. Will cooperate. 1:43 a.m. Information - Gilman Drive

Caller requesting someone be on the phone with her while walking through campus. Service provided.

2:17 a.m. Noise Disturbance - The Village West Building 8 Thumping on walls. Unable to locate.

3:00 p.m. Petty Theft/Fraud Report of attempted purchase on victim's credit card that was mailed out to victim but never received by victim. Online report.

12:40 p.m. Person Down - La Jolla Village Drive/Villa La Jolla Drive

Person laying on the sidewalk. Referred to the San Diego Police Department.

2:02 p.m. Fraud - UC San Diego Police Department Report of scam telephone calls. Logged event.

6:34 p.m. Injury - Asante Hall Female resident sustained injury when glass cup broke in hand while washing dishes. Report taken.

7:06 p.m. UC Policy Violation - Central Mesa Apartments Small group smoking cigarettes in parking lot. Unable to locate.

Sunday, Nov. 10

1:33 a.m. Drunk in Public - Lot 402

Intoxicated female seen vomiting and with unsteady gait. Transported to Detox.

12:23 p.m. Hazard Situation - Tioga Hall

Rental scooter knocked over in walkway. Service provided.

12:32 p.m. Citizen Contact - Off Campus

Reporting party was a victim of a scam that asked him for money; loss \$200. Service provided.

4:31 p.m. Injury - 64 Degrees Male with injury to tongue. Information only.

6:30 p.m. Battery - UCSD Medical Center - Hillcrest Combative patient kicked custodial agent. Hospital security report taken.

11:14 p.m. Marijuana Contact - South Mesa

Odor of marijuana, chronic issue. Unable to locate.

11:32 p.m. Quiet Hours Contact - Village East 1

Loud noise. Checks OK.

Monday, Nov. 11

1:30 a.m. - 6:30 a.m. Petty Theft - The Solar Chill on Scholars Drive

Unknown subject(s) stole four Bird chargers. Online report.

4:34 a.m. Noise Disturbance - Matthews Apartments

Loud music for last 30 minutes. Quiet on arrival.

10:15 a.m. Injury Report - Ché Café Parking Lot

Female's leg cut by tree branch, conscious and breathing. Report taken.

5:09 p.m. Report of Burglary - Mississippi Street, San Diego Caller reporting unknown subject removing items from their home. Referred to San Diego Police Department.

10:51 p.m. Disturbance - Mesa Nueva Building F - Marea

Caller reporting smoke from outside grill coming in apartment. Gone on arrival.

10:55 p.m. Suspicious Person - Sheraton Hotel, La Jolla

Unknown subject refusing to leave pool area. Referred to San Diego Police Department.

10:59 p.m. Smoke - Thornton Pavilion

Caller sees smoke and possible flames near bottom of building, hears fire alarm; advised it is steam from building and not smoke. Check OK.

Tuesday, Nov. 12

12:01 a.m. - 1:11 a.m. Suspicious Circumstances - North Point Drive/Scholars Drive North

Female motorist being followed by two vehicles who seemed to be trying to box her in or cut her off so occupants could talk to her.

Report taken. 5:25 a.m. Reckless Driving - Interstate 5

Two vehicles racing on I-5 North. Referred to California Highway Patrol.

8:39 a.m. Hazard Situation - Interstate 5/Carmel Mountain Road

Wheelbarrow in #2 lane on Interstate. Referred to California Highway Patrol.

12:26 p.m. Injury - Geisel Library

Skateboarder versus scooter rider, possible wrist injury. Gone on arrival.

1:06 p.m. Citizen Contact - Price Center

Report of post-it note with strange message. Check OK.

2:39 p.m. Marijuana Contact - Medical Teaching Facility

Report of male on beach smoking marijuana. Gone on arrival.

4:05 p.m. Disturbance - Geisel Library

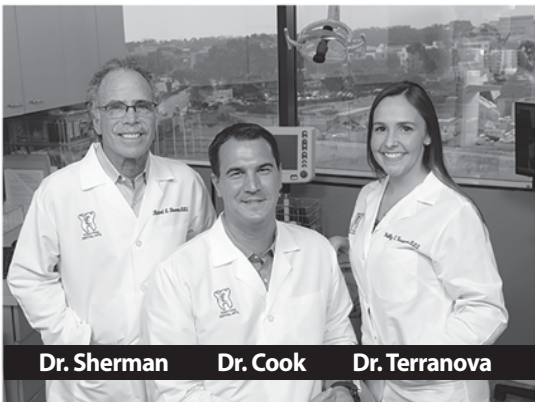
Three subjects trick skating in front of location. Gone on arrival.

4:18 p.m. Suspicious Package - Pepper Canyon Hall

Bag and other items inside lighting fixture inside men's restroom. Unable to locate.

— Jacob Sutherland
News Editor

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Becerra: “[Today’s hearing] was a fight for the values that have made America a beacon of hope...”

► **NAPOLITANO**, from page 1

law and abandon its attempts to upend the lives of young people who have been living with uncertainty and fear in the country they call home,” Napolitano said. “This case is not just a matter of what is legal — it is about what is right.”

In a teleconference following the oral arguments hearing, Napolitano explained further the importance of the lawsuit being brought against the Trump administration in regard to the protection of UC students.

“To remove [students] DACA protection in the way that the Trump administration has attempted to do and to make them subject to eviction from the only country they’ve known as home ... is inconsistent with good immigration policy and is

inconsistent with our values as a country,” Napolitano said.

California Attorney General Xavier Becerra, who has been active in trying to protect the program as well, spoke on the case in regards to the nation as a whole during the teleconference.

“[Today’s hearing] was a fight for the values that have made America a beacon of hope for America,” Becerra said. “I believe that the nine justices heard why we must continue to have that as our legacy.”

Napolitano has been a strong advocate for DACA recipients, having authorized the program while serving as the U.S. Secretary of Homeland Security under the Obama administration in 2012. She has led

the push for a lawsuit against the Trump administration since the initial attempt to rescind the program in 2017, filing a brief with the Supreme Court on Sept. 27, 2019.

As of 2017, according to the Public Policy Institute of California, more than 750,000 people are in the program, with over 200,000 of these individuals living in California.

While Tuesday’s oral arguments mark an important step for the case, the Supreme Court is not expected to reach a verdict on the fate of the DACA program until the Spring of 2020.

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A question and comment period is open through the Policy and Records Administration through Nov. 30

► **SCOOTERS**, from page 1

One of the hallmarks of the proposed policy is the prohibition of the use of cell phones and similar devices. It also prohibits the use of any devices or tools that would inhibit any of the operators’ senses, as university officials believe such devices make it harder for riders to notice pedestrians and hazards, potentially resulting in an accident.

The policy goes into further detail, stating, “Operators of micromobility devices may not wear a headset covering, earplugs in, or earphones covering, resting on, or inserted in, both ears while operating the device.”

This would affect students who like to listen to music throughout their on-campus commutes like Thurgood Marshall College sophomore Blythe Rinehart-Pimentel, who rides her bike to get around campus. While she’s willing to cooperate with the rules, she believes that this policy may not be enough to ensure campus-wide safety.

“I also think that there are a lot of other ways to make campus mobility safer including limiting pedestrian use of cell phones, [building] wider roads and pathways to accommodate more people, limiting hours or routes of certain larger carts, and enforcing the speed limit for bikes and other micromobility devices,”

Rinehart-Pimentel said.

She also considered the difficulty of enforcing this policy as she believes it is hard to force people to be mindful of their surroundings.

For example, students continue to ride their bikes and skate through Library Walk and other parts of campus, despite the fact that current policy prohibits it between the hours of 8 a.m. and 5 p.m. Using that logic, Rinehart-Pimentel believes there’s no guarantee that people will adhere to a new policy.

“Just like any other rule for bikes on campus, however, many people will not follow it,” Rinehart-Pimentel said.

Another rule introduced in the new policy states that micromobility vehicles “must use lights and reflectors when operating between sunset and sunrise, if such use would be required for operation on roadways under the California Vehicle Code.”

John Muir College senior Logan Dela Cruz and Roger Revelle College senior Alston Wong are skateboard enthusiasts, and believe skateboards are a different type of micromobility device, noting that some of the proposed policy notes may not seem appropriate for them.

“Skaters don’t go that fast in the dark,”

Wong said, who believes that the rule doesn’t necessarily apply to skateboard operators. “They need to see the terrain well for them to go fast so pedestrians would be safe from skaters anyway, in the dark.”

It is important to note that while regular skateboards may be exempt from this rule, users of electric skateboards may have to comply with this policy as the California Vehicle Code requires that electric skateboards be fitted with lights and reflectors.

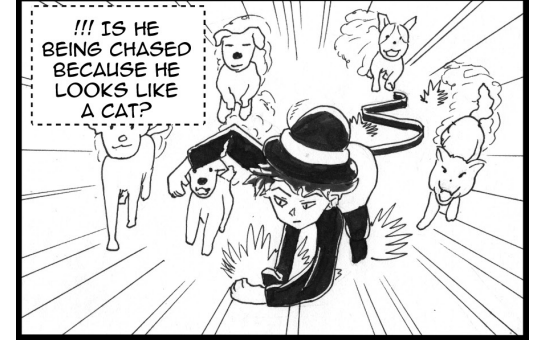
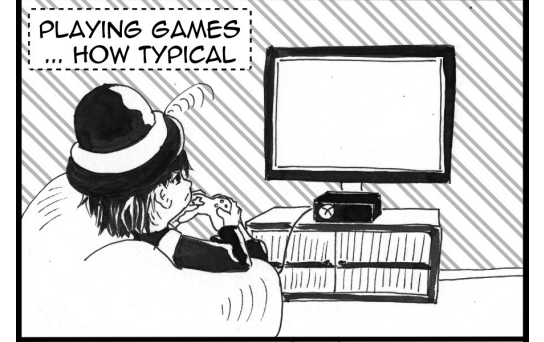
“I feel like [this rule is] necessary for bikes and scooters,” Dela Cruz said. “It’s hard to see after sunset as a biker and I can only imagine how much harder it is to see a bike or scooter without lights or reflectors.”

The UCSD administration is encouraging students to voice their thoughts on the proposed policy, which can be read in its entirety at <http://adminrecords.ucsd.edu/PPM/DraftMicromobilityPolicy.pdf>. Questions and comments regarding this policy may be directed to Paula Johnson in Policy and Records Administration at pjohnson@ucsd.edu no later than Nov. 30, 2019.

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INTO THE LIBRARY 6

By Michi Sora



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OPINION

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Dystopian Beauty Standards, But Make It Cute

By: Jillian Calilung // Contributing Writer

If you're also a user of the mind-numbing distraction machine known as Instagram, you've probably seen it on your story feed: the dramatic flushed cheeks, the inflated doll lips, the oh-so-cute virtual freckles. They appeal to the sparkling aesthetics of the internet age; they're absolutely adorable; and they're a widespread and invasive form of toxic beauty standards: Instagram selfie effects.

For the uninitiated, Instagram has introduced a feature that allows users to create their own selfie filters using augmented reality technology. With these effects, people can digitally modify their facial features with the Instagram camera, producing interesting — and sometimes disturbing — results. The advent of user-created effects allows users to project all the aesthetic tastes and preferences of Instagram culture directly onto their face, emulating styles that most frequently target young women. Recurring motifs by users @ilovediany and @alexandra kisa include designer prints plastered across glass-smooth skin, butterflies or Playboy bunnies stamped onto rosy-red cheeks, and, most prominently, inflated lips reminiscent of a Bratz doll, or perhaps the work of a Beverly Hills plastic surgeon. Basically, the filters can make your face look like it was submerged in a vat of bubblegum-pink social media influencer essence, and they're all the rage.

The popularity of these filters could be attributed to their appeal to the glitzed-out, cyber-glam sensibilities of Instagram users, but I'd say it goes deeper than an affinity for face tattoos. The beautifying effect of these filters is immediate and jarring; you'll likely end up resembling a stereotypical Instagram model.

In the more popular filters, eyes are elongated and narrowed like Kendall Jenner's, noses are slimmed down, all blemishes are blurred and eradicated, and lips are plumped to an extreme degree like the other Jenner sister. Despite these extreme, almost cartoonish distortions, many young women display their virtually-altered look proudly on their stories and posts. Perhaps it helps us get a taste of an unachievable beauty standard, even if it's just for a moment.

These filters don't derive all their popularity just

from preying on insecurities — they're actually pretty fun to use. In what other context would I get to sport Hello Kitty face tattoos without permanently ruining my employability? The selfie effects indulge my e-girl aesthetic fantasies and transpose them right onto my face, yet I simply don't feel right using them. With no makeup on and running on two hours of sleep, I took a selfie with the filter better than any other selfie I'd ever taken. It was a selfie I would never be able to achieve with my actual face, and yet I derived an odd sense of satisfaction from seeing that artificial doll-faced version of me. I couldn't help but think: What if I could actually look like this? The selfie filters had given me another person to compare myself to, but this time it was a hyper-beautified version of myself.

These filters, beyond the kawaii artifice, encourage the internalization of unrealistic beauty standards for social media users, and their impact can be disastrous for one's self-image.

It's one thing to see the highly-edited, Facetuned influencers on our feeds every day, but to see exactly how we'd look if we matched social media beauty standards perfectly is radically more destructive. Before social media and selfie filters, the only people who had access to edited, perfected photos of themselves were celebrities in magazine spreads or advertisements. Today, absolutely anyone has that same access, and absolutely anyone can utilize that access for likes and validation on social media. This is a practice that could potentially lead to a multitude of self-image issues when the filtered face on Instagram with hundreds of likes doesn't match the unfiltered face in the mirror.

Disregarding the Hello Kitty tattoos, the face that stared back at me when I tried the filter wasn't my own — it was an accumulation of every facial feature social media regularly tells women they need to be pretty. My eyes were enlarged, my nose was reduced, and my lips were engorged; I also had freckles though, so I guess that makes it look super natural! The function of the effects, beyond the glitter and fluff, is to distort an individual's face in order to emulate coveted beauty trends that are really only achievable through plastic surgery. If one is

unhappy with their appearance but regularly appeases their insecurities with these filters, it's easy to imagine that they'd eventually seek out something more permanent. So, using these selfie filters is more complicated than it may seem.

Once I got past the initial primal delight of resembling an influencer on the explore page more than what I see in the mirror, I began to feel uneasy. It wasn't the edgy dragon tattoo splayed across my right eye or the koi fish across my cheeks that left an impression. It was the fact that my face no longer belonged to me; it belonged to a larger system of influencers and corporations that profit off telling women that their appearance is inadequate. This isn't a new phenomenon — entire industries have made billions by inventing beauty standards that women are encouraged to meet at any cost.

These filters ultimately represent a new, particularly invasive, and damaging symptom of this disease. We catch a glimpse of what could be made possible only with plastic surgery and makeup, and then with an accidental swipe of the finger, it's gone.

The transition between using a cute Instagram selfie filter and undergoing extensive cosmetic surgery is admittedly steep and complex. I'm not trying to argue that these filters are wrong because there's a direct and unavoidable correlation; it's much more complicated than that. What I am trying to argue is that the use of these filters perpetuates the notion that the range of beauty is an incredibly limited one, and features that don't fall within this narrow categorization are not good enough. The filters send this message every single time they replace perceived "imperfections" with a marketable mold of the female ideal.

Users of these filters should consider the underlying implications of these sugary-sweet, butterfly-adorned vehicles of weaponized insecurity. Ask yourself: Why do I feel prettier?

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Academic Senate Quarter Caps Will Obstruct Student Success

By: Chris Robertson // Staff Writer

On Oct. 30, the UC San Diego Academic Senate submitted a now-controversial amendment to the campus-wide graduation requirements. The change imposes a 12-quarter limit on all non-transfer freshmen and a 6-quarter limit on all incoming transfer students. To compensate for the restricted time limits, the Senate also chose to strike down the 21 credit cap per quarter. While the decision intends to increase UC San Diego's 4-year graduation rates, it makes higher education even more inflexible and exclusive than it has historically been. It fails to acknowledge the various other facets of life that may interfere with a speedy degree process and encourages students to jam-pack as many courses into a quarter as need be. In recent years, UCSD has committed millions to construction projects meant to improve the university, but all it seems to have done is build a factory that churns out more and more graduates.

The UC system's desire to crank out students like an assembly line is hardly new. The UC Office of the President and the UC Regents tasked any campus that could feasibly accommodate more students to do so,

despite outcries that it will place increasingly large burdens on already-stressed resources. UCSD is one of the several campuses charged with expanding, hence the ever louder whir of construction equipment and the ever-larger deficit that UCSD is running. Coupled with the issue of over-enrollment, the new graduation requirements are yet another indication that the number of students squeezed through the system takes priority over the quality of the education they receive.

Capping the number of quarters will not affect every student, but considering that the average time for degree completion for UCSD undergraduates is 4.3 years, the change affects much more than a tiny fraction of students. The fundamental flaw with the change is that it assumes students should always graduate by a prescribed amount of time and that the quality of their education will not diminish if this time frame is overly short.

For various reasons, a 12-quarter limit is restrictively

See CREDITS, page 5



THE SYNDICATE

By Yui Kita

► CREDITS, from page 4

short. Students may extend their time-to-degree because of personal commitments like work or family, sports, illness, or simply because they value courses not included in their major requirements. UCSD's own structure may place an undue burden on students to graduate in 12 quarters. An engineering student at Roger Revelle College, with its notoriously time-consuming general education requirements, would have to ramp up their already-busy schedule with even more courses to finish in 12 quarters. UCSD seems to believe the quick fix is to just take more courses per quarter with the credit cap gone. As if academic and mental health resources aren't already overburdened, the stress of taking five or more courses per quarter and the burden it would place on existing resources went over the head of the Senate's voting bloc. That is all without mentioning how many students could not feasibly take a greater number of courses given their other commitments or how doing so would aggravate their already-precarious conditions.

Students already cite everything from massive class sizes to the quarter system itself as debilitations to their education. Quarter limits are yet another source of stress to stack on top. The Academic Senate underestimates how much such stress can interfere with a student's education, or it at least cares less about stress than student's graduation statistics.

Financially-struggling students, students with mental health issues, students of color, disabled students, and other disadvantaged groups have brought the issue up continuously for decades though. For most students, Plato takes a backseat during a mental health crisis, as does the latest robotics assignment when the student can't pay rent. Tacking on the element of speed in education sets yet another obstacle for students, distracting them from course material and active engagement with it.

To want a greater number of people to get an education and get that education efficiently is not a crime. UCSD does its students a disservice, though, when it approaches education as a one-size-fits-all commodity. Education is a process complicated by a million factors besides credit count and quarter limits, so UCSD's approach to it must have more nuance than the Academic Senate currently allows.

If the Academic Senate is insistent on instituting quarter limits, it must include exemptions for students who cannot graduate in 12 or 6 quarters, greatly expand its advising and mental health resources, and face acknowledge its responsibility to guarantee a consistent quality of education.



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FEATURES

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DUNGEONS AND DRAGONS: FINDING COMMUNITY IN FANTASY

A glimpse into the subculture of the role-playing game Dungeons & Dragons within the UC San Diego student body.

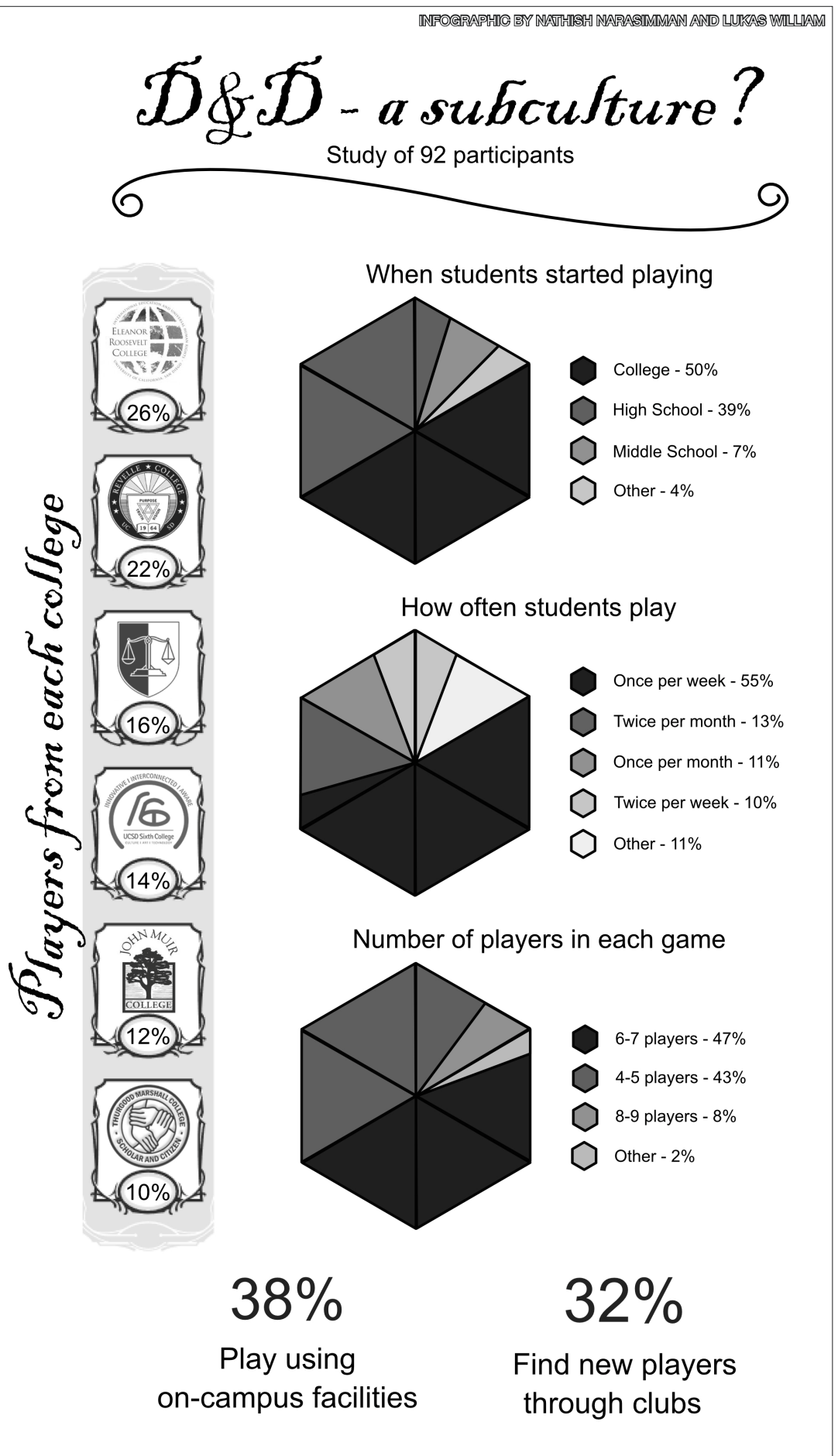
BY DAISY SCOTT EDITOR-IN-CHIEF

For a long time, as far as I was concerned, Dungeons & Dragons was that make-believe game the character Rowley Jefferson played in “Diary of a Wimpy Kid” that identified him as a social outcast. So when a couple of college friends asked me to join their D&D campaign in Fall Quarter 2017, I was a little surprised. It was my belief that D&D was an outdated, isolated game that was only played by die-hard fantasy enthusiasts. How wrong I was.

Over the course of the next two years, my group, known as a “party” in D&D, and I met about once a week. As we played, I not only became more entranced with the fantastical worlds and characters my party explored, but also grew increasingly aware of just how many UC San Diego students play D&D in their free time. It seemed that everyone I mentioned D&D to either was currently in a campaign, had been in a campaign, or was friends with someone who played. A whole campus subculture opened up to me, contradicting the “UC Socially Dead” label that suggests students don’t know how to properly socialize beyond school-related topics. Hearing about others’ D&D experiences as well as participating in my own campaigns have led me to wonder: What is so compelling about D&D for UCSD students? After further investigating student players’ experiences, it is clear that D&D not only offers a sense of community, but is also a welcome creative respite from the pressures of academic life.

D&D is a role-playing game, or RPG, typically set within a fantasy realm. It was created in 1974 by Gary Gygax and Dave Arneson, who were inspired by fantasy-based wargames they liked to play. Members of a campaign party create their own characters based on guidelines presented in the D&D Player’s Handbook, and then elaborate on those bases by creating backstories that will match with that campaign’s plotline and world. Some campaigns use physical statues on a tabletop grid to represent their characters, but it’s more common for players to fully role-play as their characters while playing. The players are guided by a Dungeon Master, or DM, who determines the course of the campaign’s narrative and the players’ battles and interactions with characters within the game’s world. According to the D&D official website, “the core of D&D is storytelling,” meaning that while the actual gameplay is guided by rules set forth in the handbook, each campaign’s world and story arch is a completely unique experience. What truly ensures this unpredictable, life-like element are the dice each player uses. Every major decision over the course of each session is determined via 6 dice, ranging from what is known as a d4, a four-sided die, to a d20, a twenty-sided die. Between these predominant elements of chance, open character development, and few restrictions on the type of world your DM builds, the creative opportunities for D&D campaigns are endless.

When D&D began to gain popularity in the ‘70s, many comments from non-players were speculative and negative. Some socially conservative and religious groups viewed the elements of magic and demons as potentially dangerous for young people, and due to



► **D&D**, from page 6

the game's imaginative nature, it was often labelled as a make-believe game for nerds. Yet, as information about the game spread and an increasing number of people started to play it, mentalities shifted to be more open-minded and focused on its positive elements of creativity and fun. Today, D&D remains a marker of nerd culture, but through its roles in the popular TV show "Stranger Things" as well as in multiple YouTube channels devoted to it, such as "Critical Role," it is growing ever more popular. A prime example of this popularization is its growing prevalence as a UCSD subculture.

In a straw poll of 92 UCSD students who play D&D, 50 percent of them said that they didn't start playing D&D until college. Campaign parties mostly range between four to five and six to seven players, and 32 percent of students met these fellow players through clubs. Fifty-five percent play once a week on average, and 38 percent use campus facilities to play. Eleanor Roosevelt College seems to have the most lively D&D student culture, although Roger Revelle College rests in a close second.

In addition to these smaller, individual campaigns across campus, there is a sizable D&D community online. The facebook page "UCSD RPG Club 2019-2020" currently has 799 members. According to Bonnie Chen, a UCSD graduate and former president of the RPG Club, the group's purpose is to help put students interested in D&D and other RPG games in contact with each other. Posts within this group include DMs with campaign ideas searching for players, student players searching for campaigns with available positions, general information about the RPG Club, and other D&D-related topics such as artwork and local events.

The RPG Club also holds quarterly general body meetings where DMs are able to pitch their campaign ideas and gather players. Darkstar, a science fiction and gaming club located above Taco Villa in the Old Student Center, also helps students by maintaining a close relationship with the RPG club and allowing student campaigns to play in the library during its operating hours. However, a number of Darkstar librarians also participate in their own D&D campaigns, and will open the club's fantasy library beyond the hours listed on the Facebook page so students can play for as long as they like. Between these campus-specific resources, all D&D handbooks and character sheet materials are available on the internet, and the existence of online platforms such as Roll20 that allow players to play with each other remotely, D&D campaigns are more accessible than many people realize.

Based on my interviews with current D&D players, the main reasons why D&D remains so popular among UCSD students is due to its inherently creative and social

nature. When playing in a D&D campaign session, players are no longer students with midterms and final projects to worry over — they are elves, bards, wizards, dwarves, dragon-borns, or paladins. The very nature of D&D as a role-playing game means that players need to immerse themselves not only within the knowledge of their campaign's world, but within the identity of their very characters. As such, a D&D session can be a restorative experience solely because it forces players to put aside their academic lives and channel their creative selves. This can be an especially fulfilling experience for students within Science, Technology, Engineering, and Mathematics majors, as it allows them to utilize creative skills but in a structured manner. Additionally, creating and playing as a D&D character is often a freeing experience,

“When playing in a D&D campaign session, players are no longer students with midterms and final projects to worry over — they are elves, bards, wizards, dwarves, dragon-borns, or paladins.”

allowing individuals to branch out beyond their comfort zones within a safe, fictitious environment. And since it is impossible to play D&D without at least a DM and another player, sessions often become a pivotal element of players' social lives. More often than not, spending hours on end with the same group of people while working together toward a common goal leads to strong bonds or even lifelong friendships developing between players.

“D&D is one of the best creative outlets I've found as I've gotten older because it's not just writing a story or designing a character; it's building a world and story with your friends that can span years and cover a multitude of different arcs,” ERC senior Wiley Bowen said. Bowen started playing D&D her first year at UCSD and acts as the DM for the campaign of which I'm currently a member. “It's something that allows you to create while having a wonderful time with your friends, and that's why I love it so much,” she said.

Graduate student Nevin Sarao first played D&D when he was in high school, but then began again only last year when several of

his friends on campus expressed interest in beginning a campaign. “My favorite part about D&D is the ability to make dumb and silly decisions with your characters,” he said, before going on to recount a time when his character, a sorcerer, was able to freeze a river so that his party didn't have to walk around it. Sarao is currently a student teacher at Olympian High School, but still plays with his UCSD undergraduate friends whenever their schedules allow. “I definitely see myself playing D&D for a long time,” he said. “It doesn't take a lot to play. Just a few good friends and a little imagination.”

Beyond its role as a creative outlet, playing D&D also attracts students due to its ability to serve as a tool in honing their storytelling abilities. Many students within the UCSD literature department play D&D not only because they are enchanted by the concept of actively inhabiting a character within a fictitious realm, but so that they may in turn be able to apply the game's skills to their own works.

Kimberly Pike, a senior majoring in biological anthropology and minoring in literature/writing, spoke with me about how she uses D&D to inspire and direct her writing. She was first introduced to D&D in 1989 while it was still an emerging trend, but was reintroduced about two years ago. Using the most recent D&D handbook, she updated her original character, Cassandra, a dwarf fighter, and created five more characters. This process helped her understand the importance of having a diverse group of characters who are able to work together within narratives as a strong team. She then began to write their fictional adventures, using D&D dice in order to dictate what direction the plot would take.

“I was writing a battle scene the first time I decided to use the dice to help sculpt my story,” Pike said. “I was struggling with how to make my battles more realistic ... Then I realized that I already had the answer: my dice.” Over the course of writing that battle, Pike rolled a d20, the die predominantly used for D&D decision-making, in order to determine each of the scene's events. Thrilled with the experience, she still uses D&D dice to direct her characters' actions when faced with critical decisions. “It was one of my favorite battle scenes ever and something I never would have come up with without the die rolls,” she said.

There is a reason why people still play D&D. It provides the chance to escape from the cares of academic and personal responsibilities, spend quality time with friends, and hone creative skills often underutilized in daily life. It's no wonder why UCSD students spend so much of their limited free time toward cultivating this subculture devoted to fun and imagination.



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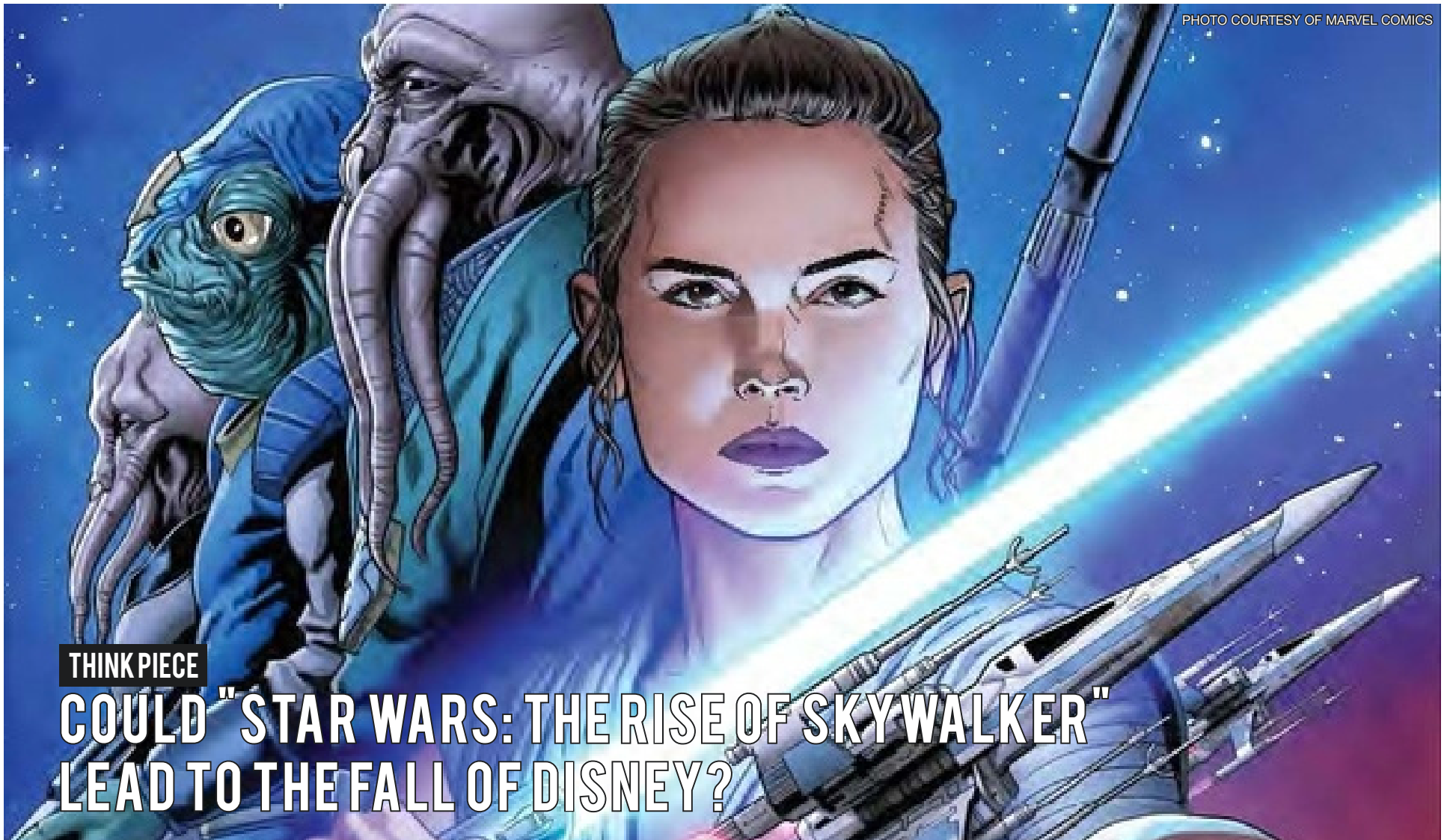


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THINK PIECE

COULD "STAR WARS: THE RISE OF SKYWALKER" LEAD TO THE FALL OF DISNEY?

“Star Wars” is one of the most iconic movie franchises of all time, becoming recognized worldwide through its score by John Williams and iconic characters like Luke Skywalker, Darth Vader, Princess Leia, Han Solo, and Chewbacca. George Lucas created an entire galaxy of wonder and possibilities through his original trilogy, leading to an expanded universe through books and animated TV shows, then eventually the questionable prequels. Needless to say, “Star Wars” has an immense presence in pop culture and in the lives of people who grew up watching these movies.

As Disney has done with most franchises in the past decade, their acquisition of Lucasfilm in 2012 marked a pivotal moment for the franchise. So far, Disney has released two films: “The Force Awakens” in 2015 and “The Last Jedi” in 2017. Disney’s third film of the saga, “Star Wars: The Rise of Skywalker,” is set to release in theaters this year just in time for the holiday season on Dec. 20. In the meantime, Disney recently released its final trailer for the movie on Oct. 21. To say the least, the trailers only led me to question if the foundation laid down by the first two movies would be adequate to give “The Rise of Skywalker” a fighting chance, especially in a time where “Star Wars” fans were so divided by “The Last Jedi.”

To understand the predicament that “The Rise of Skywalker” is in, we must look at the Disney films and compare them to the original films.

Firstly, “The Force Awakens” did very well in its presentation. The cinematography is jaw-dropping, especially with scenes involving the dog fights between space aircraft like the Millennium Falcon and the TIE fighters. Everything in the film looks stunning. Also, the scores by John Williams are great too. However, with so much flash, there is little substance to the movie itself. “The Force Awakens” is a glorified rehash of 1977’s “A New Hope.” By basically copying and pasting the plot of “A New Hope,” “The Force Awakens” lacks an identity as its own film, merely trying to cling onto the legacy of the original movies to get fans into theaters. Even then, the legacy of the original is spat on as Han Solo is simply killed off.

Also, “The Force Awakens” lacks any development of its central character, Rey. Rey is simply given everything to make her perfect. She instantly knows how to fly the Millennium Falcon, she knows how to use the force well enough to combat the interrogation by Kylo Ren and command others to do her will, and she knows how to use a lightsaber well enough to defeat Kylo

Ren. In comparison to “A New Hope,” Luke had to work towards becoming proficient in using a lightsaber and the force upon his will, which took him all the movies in the original saga. Also, Rey lacks any sort of motive to do what she does. Her only real motive is waiting for her parents, but then she is coincidentally swept into saving the galaxy. Turning Rey into such a perfect character facing no real adversity makes her boring, as there are no stakes for what is to come. This issue continues into “The Last Jedi” as Rey again manages to defeat Kylo Ren, among many other First Order thugs.

Speaking of “The Last Jedi,” this film had similar positives as “The Force Awakens.” “The Last Jedi” had amazing cinematography and scores. Scenes like the battle on the planet of Crait, when the white salt ground is walked or traveled on to reveal the ruby red dust beneath, made the film visually stunning. Yet, the problem of Rey persists as her motives switch throughout the film as the plot dictates. First, it’s finding Luke, then trying to save Kylo Ren, and lastly saving the Resistance. In this film, Rey is still an overpowered character who cannot lose, with no reason to do the things she does. Also, similar to the disrespect shown towards legacy character Han Solo in “The Force Awakens,” “The Last Jedi” features the massacre of Luke Skywalker’s character. Luke, in this movie, becomes an indecisive old man who holds no reverence for the old Jedi traditions. Also, “The Last Jedi” saw the death of Supreme Leader Snoke, who, from the last two movies, was appearing to be the main antagonist of this saga.

Thus, with a weak central character like Rey, no respect for legacy characters, and now no real supervillain, Disney is clearly scrambling to make the franchise work, best seen in the final trailer. The final trailer shows yet another battle between Kylo Ren and Rey. Why should the viewer even feel any threat when Rey has handily defeated him in the two prior films? Also, the trailer features a voiceover from Emperor Palpatine. Disney believes they can easily play this off as smart writing that it was him behind everything the whole time, but this is simply just poor foresight from killing off the main villain in “The Last Jedi.” Lastly, the trailer hints at C3-PO sacrificing himself for the main protagonists. As a viewer, why should I care about C3-PO in the context of the past two films? He has little to nothing in the entirety of this saga. Also, in a previous trailer, Rey is seen in a dark robe and a red lightsaber. Does Disney expect viewers to believe that the character who’s faced no real adversity



PHOTO COURTESY OF GAMES RADAR

to her “motives” would suddenly turn to the dark side? Oh please.

Disney has massacred the franchise that is “Star Wars.” They have tried to milk the nostalgia of the original films, all the while not respecting the original material. They have centered the film around a character who was gifted all the power of the galaxy with none of the struggles. They have managed to shoot themselves in the foot with one the biggest plot stretches with Emperor Palpatine coming back. All of this, yet I still want to see Disney succeed. I don’t want to see Disney succeed as a company, but rather to not see “Star Wars” die. Disney could care less if one franchise fails as they rule most of the entertainment industry. However, “Star Wars” is too beloved of a franchise to see

it go out like this. I know Disney can do a better job for “Star Wars,” as they have all the resources in the world to do so. “The Rise of Skywalker” is their last chance to do something great with this saga before it all comes crumbling down on them, and despite everything I have said in this article, I still have hope.

—HECTOR ARRIETA
 Contributing Writer

“Ford v Ferrari” manages to strike the perfect balance between octane-fueled fun and a compelling story about a team who fought their hardest against the odds.

In an age where car films have become synonymous with explosions and high-risk stunts, it's refreshing to watch a film that focuses on what automotive films should be about: cars. “Ford v Ferrari” tells the incredible story of American racing and automotive design legend Carroll Shelby (Matt Damon) and automotive racing legend Ken Miles (Christian Bale) as they partner with Ford to take on Ferrari at the 1966 24 Hours of Le Mans.

The 1960s saw one of, if not the worst, economic slumps in Ford's then-short history. People were losing interest in the boring everyday cars coming off the production lines, opting for the more sporty Chevrolet Impalas and Chevelles of the time. In an effort to rejuvenate the brand and bring back consumer attention, Lee Iacocca pitched a radical idea to Henry Ford II: — jump into the racing game. With no prior experience in the racing circuits, Ford decided to buy a small company famous for racing, who just so happened to be down on their luck. Who was this company? Ferrari. Upon learning that Ford would not let him race the Ferrari brand, were they to close the deal, Enzo Ferrari sternly rejected their proposal. And so began the war between Ford and Ferrari.

Ford approached Carroll Shelby to help pilot their new racing program. Shelby was , famous not only famous for designing the now- infamous Shelby Cobra, but for being the first American driver to win the 24 Hours of Le Mans in



FILM REVIEW

FORD V FERRARI

Director James Mangold

Starring Matt Damon, Christian Bale, Caitriona Balfe, Jon Bernthal

Release Date Nov. 15, 2019

Rated PG-13

B+

1959, to help pilot their new racing program. Shelby then enlists the help of Ken Miles, a British mechanic and racer living in the Los Angeles area, and off to the races they went.

“Ford v Ferrari” crafts a compelling story about two men with a shared passion for speed and their journey to make the best race car in the world as they face corporate interference and internal pressures. Director James Mangold has created a story that combines auto fanatics' passion for cars, while still being accessible to a more general audience. Ken Miles's passion for the building of this race car doesn't come across as forced or superficial. The audience truly believes that Bale is playing a character that genuinely knows

cars. Bale's portrayal of Ken Miles leaves the audience with a sense of giddiness as he blazes down the straightaways, sharing the joy and excitement of every downshift. Miles's love and care for his son is a nice touch as well. We're given glimpses into their close relationship as Peter Miles , played by (Noah Jupe), follows his father with wide eyes from the local races of LA to the biggest race in the world. It's clear that both Shelby and Ken Miles are men with flaws. Shelby has a hard time delegating and Miles has a hard time finding balance. Miles's relationship with his wife is continually tested, as he struggles to keep his love for racing from wrecking his marriage.

The film tells the story of two

men, who for better or for worse, cannot stay away from racing; Damon and Bale's characters both have this unbridled fire for what they do, and it's portrayed extremely well. Damon's cool-headed Carroll Shelby juxtaposes very well with Bale's hot-headed and fiery Ken Miles. At a glance, the two characters look as if they wouldn't fit well together, but it soon becomes apparent that they are yin and yang. Miles pushes Shelby to take risks, while Shelby pulls Miles back from becoming a risk to everything they've worked so hard for.

Through every downshift, every corner, and every lap, “Ford v Ferrari” will have audiences gripping their seats. It dives into the dirty of the corporate world, and

what can happen when corporate interests intermingle with the passions of people whose whole world is cars. It's clear that this film's biggest and most important characters are the cars; it doesn't simply use them as a plot device or object to propel the story forward. The Ford GT-40s and the Ferrari interact with Ken Miles and Carroll Shelby as any other character in the film would as if, they have their own distinct personalities. This film is not just any car film — it's a love letter to cars and to those who invest everything they have into them.

—ELIAS ROMAN
Staff Writer

Steve Lacy goes above and beyond in his performance at The Observatory North Park as he redefines what concerts are capable of representing.

“Thank you guys for supporting my album. And for those who hate the album, that's okay too. I still have your money,” Steve Lacy joked to a laughing crowd in between songs off of his latest album “Apollo XXI.”

“Your album sucks,” a voice humorously shouted in jest from the crowd, drawing out warm smiles and happy chuckles from both the audience and Lacy himself.

“I love you too,” Lacy replied.

Steve Lacy's show felt exceptionally intimate as hundreds of bodies crowded around a stage and actively interacted with playful remarks made by the artist. This kind of interaction between performers and their fans at shows is not a unique occurrence, and Lacy's engagement with his audience through light-hearted jokes and comments is not exclusive to him. However, the measures Lacy took to ensure that the entire arena felt fully connected to both him and his music felt particularly touching. Lacy is notably outspoken against the use of phones at his shows, and the amount of respect that the audience had for his wishes to simply enjoy the moment left me overwhelmed, to say the least. Although I believe there is nothing inherently wrong with using your phone to record a moment in time, the absence of screens is something that I rarely ever experience at shows. Everybody in that room was completely hypnotized without any outside distractions. Us. Him. A room full of people singing their hearts out and connecting over music. This was the purest possible bond that an artist and his listeners could be capable of having. That was all that was there. That was all that mattered.

Lacy's set felt refreshingly distinct from the direction that most performers turn to when they rearrange their songs. He decided to do something that is not entirely common in the music industry — he performed his entire album from start to finish. Typically, artists use their most recent album for promo and then name their tour accordingly to the title of their latest project. On these tours, performers tend to play a few songs off of their new album, but mix it alongside

previous hits and other favorite tracks. Lacy playing his entire album in order without any skips came as a shocking but welcome surprise. There was a sense of familiarity in hearing the album being played, but the live aspect of the show completely changed the listening experience. His live show was much like hearing “Apollo XXI” in your bedroom for the first time because there was such a strong sense of intimacy to within being able to hear an entire album — the entirety of a project someone has put their heart into creating and perfecting — without any skips. Artists painstakingly place their songs in the order in which they believe will make the most sense, and this purposeful arrangement is essential to fully understanding any album. This element of his album was not taken away from his show, and so the experience of being able to hear an entire live album live was truly unforgettable.

Steve Lacy began with “Only If,” the first track off of his debut album “Apollo XXI,” and tirelessly performed every song from the tracklist right after each other. Although it was the first track Lacy performed, the room immediately filled with loud voices starting from the first verse as hundreds of fans yelled along in unison to the lyrics of this self-healing song. Every single song gave off a different vibe and evoked contrasting reactions from the audience. “Like Me” helped us feel a little less alone in the world and gave us a connecting hand to hold onto. The peak of the show occurred during “Basement Jack,” where everybody in the crowd started to enthusiastically jump around and mosh as soon as the first few iconic chords played over the speakers. Shoulders slammed into shoulders and feet squashed the neighboring shoes of neighboring feet as the beat vibrated through the air. For the entire song, the floor was a ceaseless eruption of roars and laughs as stress melted away to a fun bassline. “Amanda's Interlude” was a beautiful instrumental piece near the end of the album that slowly brought down the energy of the room and made everyone collectively sway eyes-closed to the soft melody.

Steve Lacy is bigger than his music. He



CONCERT REVIEW

STEVE LACY

Location The Observatory North Park

Concert Date Oct. 29, 2019

A-

exudes confidence and self-expression in a manner that is inspirational to his listeners, and has become a symbol of unapologetic free expression. In that small venue with my body pressed against other kids who found

solace within his music, I was reminded of who I was and who I could become.

—ERIC CHUN
Staff Writer

3 Habits for a Healthy Lifestyle

by Tori Anderson, *Contributing Lifestyle Writer*

Between school, work, and student organizations, life as a college student can be a bit overwhelming. It may seem like you can't get a grip on your life and are barely afloat, but I have some news for you. You can take hold of your life and change those negative patterns and mindsets to one that prioritizes yourself. When you prioritize yourself, everything else falls together. These habits may seem obvious and you may already be practicing them but maybe not so efficiently. Incorporating these habits into your lifestyle and making them a part of your daily routine will create a reduction in your stress levels and a change in your mental and physical states. You should first get the basics down and then progress, because there is no quick fix to health and fitness. Taking care of your mental state will make it easier to maintain a healthy lifestyle.

Habit One: Write Out Your Schedule

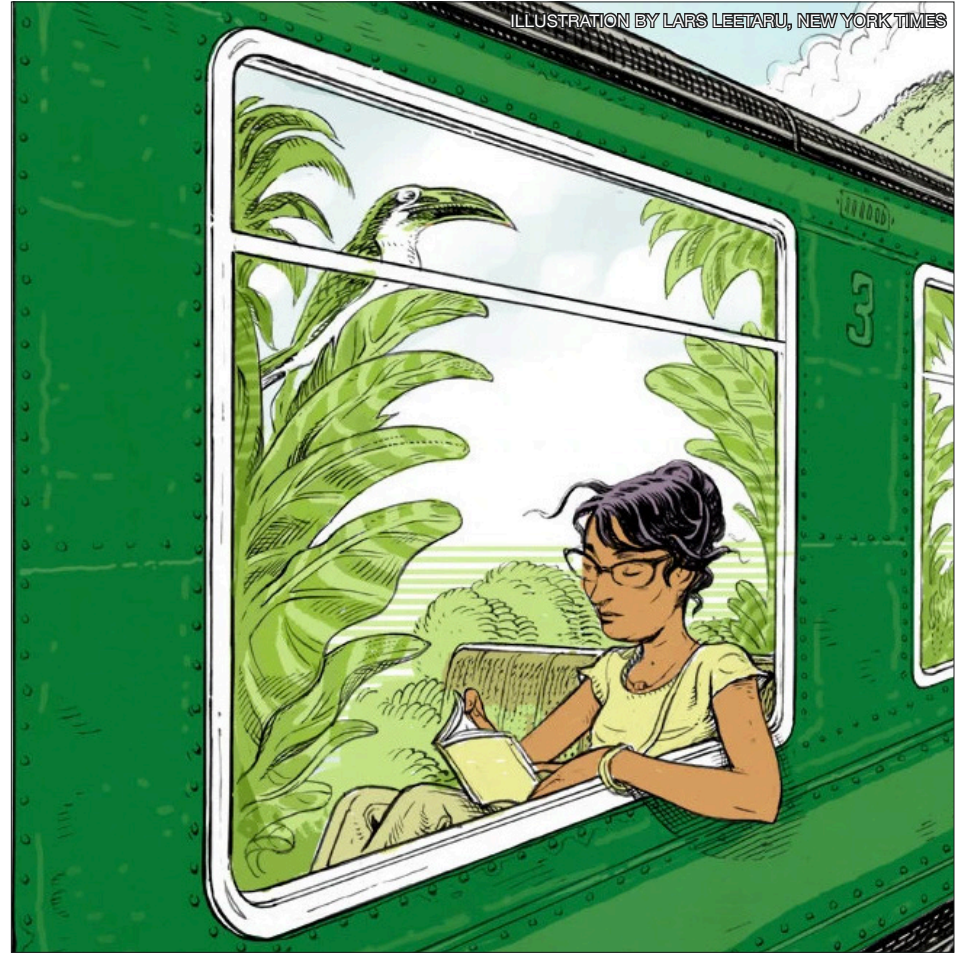
The first one seems obvious but isn't often executed properly for individuals, leading to an increase of stress, lack of sleep, or mood swings. So, create a schedule. Get a planner and write each day out. You may even need to do this by the hour depending on how busy your schedule is. Next, copy what you have written down into your notes and reminders on your phone so your schedule is always accessible and you have reminders to keep you on track. Although this seems like it will not give you as much "free time" as you want, in the grand scheme of things, it will save you from stress and mental breakdowns. Creating a routine helps you prioritize what is truly important and aligns your mindset to your goals.

Habit Two: Create a Sleep Schedule

The second is creating a sleep schedule. I know this may be hard because each day changes, but it could align with your scheduled out days/routine. Compared to your current sleep schedule, if you went to bed one hour earlier and woke up one hour earlier, it would give you that extra hour you wished you had. Waking up early reduces stress levels, helps with success, and stabilizes your emotions and mindset. In the article "The Scientific Argument for Waking Up Early," Stanford Psychologist BJ Fogg states that "willpower is not how you build good habits. Instead, you need to design your environment and life for them. You need to get small wins every single day, which stack on top of each other." Alter your "no time" mindset to a prioritized mindset.

Habit Three: Alter Your Mindset

The last habit, altering your mindset, is what stabilizes the change to a healthier lifestyle. This is the overall habit that will truly make any other habit stick. Essentially, if you get out of that negative mindset to a focused mindset, you will realize how much time you waste on unnecessary things. "Reset, readjust, restart, refocus as many times as you need to" is one of my favorite quotes because there is no pressure on getting it right the first time. Changing your lifestyle is hard and you might fail, but as long as you keep resetting, you will get a hold of it. By readjusting your mindset, it will essentially give you more free time to study, do homework, workout, nap, and then relax and watch TV. I personally schedule out my whole day by the hour and designate timeframes for naps, workouts,



and leisure time. Whenever I stray away from the schedule, I fall into this pit of doing nothing and it induces my stress, making me either lose sleep or put me behind. That is why it is important to have this altered mindset stick.

This all leads to the underlying theme: time management. Time management is so important because it will create schedules that will have extra time that you didn't realize exists. Create the life you want. Take life by the horns and control it. Save yourself from the mental breakdowns, anxiety attacks, spent money, and wasted time and

have that healthier lifestyle mentally and physically. Your mental health should be the main priority, so do yourself a favor and do anything that can benefit it. You only have one body, so treat it kindly.

FALL 2019



TRITON OUTFITTERS LA JOLLA DREAMS

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Easy Meals for Students Who Can't Cook

by Annika Olives, *Lifestyle Editor*

Cooking for myself has been one of the hardest parts of living independently, especially when I'm spending 10-hour days on campus and the last thing I want to do is spend time at the stove when I get home. Over the last year and a half, I've found that meal prepping and making sure I have certain staples in the fridge and pantry, like bananas, rice, bread, eggs, and spinach, are the best ways to make sure I'm always fed.

If you're like me and you identify as someone who "can't really cook," here are some easy and healthy-ish meals to prepare that I always fall back on when I'm in a bind.

For Breakfast

Avocado Toast

A tried and true classic. I always buy the "Teeny Tiny Avocados" pack from Trader Joe's — one avocado is the perfect size for a piece of bread. Top with salt, pepper, and a fried egg, and you've got your carbs, protein, and good fats all in one bite.

Banana & Peanut Butter Toast

This one doesn't need much of an explanation. If you're not the biggest peanut butter fan, swap it out for some almond or hazelnut butter instead. Drizzle on honey if you want some more sweetness!

For Lunch

Omelet

An omelet was one of the first things I learned how to make. It's super easy and one of those things you can build and add on. Throw on some spinach, mushrooms, and cheese for a balanced lunch on the go — if you don't feel confident in your omelet-flipping abilities, feel free to turn it into a scramble instead.

Fried Rice

This dish is filling and customizable! I use brown rice to try to be a little healthier, and I put mushrooms, zucchini squash, spinach, eggs, and chicken in mine. If you want to make it even easier, you can buy the frozen bags of peas, carrots, and green beans, and just throw them in!

For Dinner

Soba Soup

Making your own soup may seem a little daunting, but it tastes so much better than the canned version. You can cheat a little by buying broth at the store, and simmer some aromatics in it for a while to give it more depth. What's great about soup is that it's a "set it and forget it" situation: Dump everything you want — mushrooms, bok choy, garlic, ginger, onion, and chicken — into a pot and let it simmer while you do your homework. Add your noodles 30 minutes later, and you're ready to combat cold winter nights with a hot bowl of soup.

Roasted Veggies

This one is great because you can use any seasonal vegetables that are at the store; my favorite combination in the fall is butternut squash and cauliflower. All you have to do is cut them up, place on a sheet tray, drizzle with olive oil and add any spices you like (salt, pepper, Italian seasoning, etc) before popping them into the oven.



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Eleanor Roosevelt College Room
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ALL CAMPUS COMMUTER BOARD

Alternatives to Secret Santa

by Annika Olives, *Lifestyle Editor*



Christmas is only a month and a week away and the season of gift exchanges is upon us. Don't get me wrong, I love the classic Secret Santa — it's the perfect way to make certain that everyone will get at least one quality gift — but I am participating in three or four rounds of it this year across my different organizations. So, here are some ideas for different gift exchange games if you'd like to spice it up this holiday.

Stocking Stuffers

If the group is small enough, you can give stockings to everyone; if the group is larger, pull names like Secret Santa. The only difference is that you're confined to buying things that will fit inside a stocking. You can even define a theme, like self-care or movie night, that all the items have to center around.

Hot Potato

Make sure your presents are tightly wrapped for this one! Gather your group into a circle, put on some Christmas bops, and throw the gift from person to person like a hot potato until the music stops. Continue until everyone has a present!

Mug Exchange

You can never have too many mugs. Have everyone come with a mug, or, if you have enough time, buy some plain mugs and hold a decorating party, where people are free to draw or write anything they wish on said mug. Then, assign a number to each mug and have each person pull a number out of a hat. You'll all have new receptacles for hot chocolate in no time.

Scavenger Hunt

This one is especially fun if you have young kids in your family. Hide gifts around the house and offer some clues to where the gifts are hiding. If you have multiple clues, you'll keep the children entertained long enough to watch *Love Actually* in peace.

Cocktail Swap

Give the gift of Christmas spirits. For the 21+ crowd, fill a bag with the items used to make a specific cocktail (like vodka, ginger beer, and lime for a Moscow Mule, or rum, sugar, a lime, soda water, and mint for a Mojito) and exchange the bags at your holiday party.

Cookie Tins

This one is for all the bakers out there: everyone comes with a batch of their favorite homemade cookie recipe and Tupperware or a cute cookie tin, if you have one! Pass the cookies around and take a few cookies from everyone else's batches, leaving you with a full, varied cookie tin

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Upcoming
UNIVERSITY CENTERS
UniversityCenters.ucsd.edu

8-Ball Doubles Tournament
FRI., NOV. 22
Check-in: 6PM • Games: 6:30
Price Center Game Room
FREE for UCSD Students w/ID

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

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

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theloft.ucsd.edu

Upcoming

Fika Friday
FRI., NOV. 22
Event: 10AM-12PM
FREE for UCSD Students w/ID
\$3 for UCSD Faculty & Staff

La Chamba
FRI., NOV. 22
Doors: 8PM • Show: 8:30PM
FREE for UCSD Students w/ID

Furry Bingo: FursGiving
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

CHECK/FOLLOW: FB @THELOFTATUCSD FOR DETAILS & TICKETS

MON 11.18

10am
MOVE YOUR BODY, TONE YOUR MIND - THE ZONE

Interested in a moving meditation? Join us in learning postures to help reduce stress and anxiety and improve your mood. This practice will lead you to a sense of peace and general well-being. Dr. Dianna Quach is a clinical psychologist and a certified yoga instructor, RYT. All levels are welcome! Yoga Mats are provided! Contact: Tacorbett@ucsd.edu 858-534-9408

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

4pm
\$500 STUDENT GRANTS FOR COURSES AND/OR TEST PREPARATION AT UCSD EXTENSION - UC SAN DIEGO EXTENSION

We are committed to enhancing the UC San Diego student experience by providing opportunities to enroll in UC San Diego Extension and Test Preparation courses at little or no cost. In partnership with the University, UC San Diego Extension offers a limited amount of student grant funds to full-time UC San Diego students. Each grant is good for up to \$500 off of one Extension course and/or one test preparation course and you are responsible for paying anything over the grant amount at the time of enrollment. Applications for winter available November 18 22, 2019.

THU 11.21

10am
GREAT AMERICAN SMOKEOUT (GAS) - LIBRARY WALK

The Great American Smokeout (GAS) is an annual nationwide campaign put on by the American Cancer Society dedicated to helping people towards a smoke-free life. It starts with asking people to stop smoking for one day and emphasizes that if they can stop smoking for a day, then why not a lifetime? SHA helps with this event every year which will take place on November 21st, 2019.

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

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

7:30pm
MAN IN LOVE - WEISS THEATER

Midwestern Metropolis during the Great Depression is severely segregated. If you're from 'The Spread' you are trying to survive another eviction notice, soup line, or night on the street. If you're from the segregated Black area called 'The Zoo' you are literally fighting for your life. The bodies of Black women are turning up dead all over the city. It's not even safe to stay inside. Christina Anderson's play Man in Love is about race, love, and terror, all living side by side.

TUE 11.19

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

12:30pm
INTERVIEWING ACROSS CULTURE - CAREER CENTER - HORIZON ROOM

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>

3:30pm
CAMPUS TO CAREER: HOW TO PITCH YOUR STRENGTHS AND STRIKE A JOB - THE ZONE IN PC PLAZA NEXT TO JAMBA JUICE

It can be hard to build connections with professionals in your field. How do you break the Networking ice? Come out to solidify your stand-out elevator pitch and professional email and phone skills! Make sure future employers, professors, and professionals will know who you are and what makes you a strong candidate. Presented by the Academic Internship Program.

7:30pm
CAMBODIAN ROCK BAND - LA JOLLA PLAYHOUSE, SHEILA AND HUGHES POTIKER THEATRE

Dubbed fierce, gorgeous and heartwarming by the Los Angeles Times, this epic play/rock concert thrusts us into the life of a young woman trying to piece together her family history thirty years after her father fled Cambodia. Featuring a cast that performs a mix of contemporary Dengue Fever hits and classic Cambodian oldies, playwright and UC San Diego alum Lauren Yee brings to vivid life the Cambodian rock scene of the 60s and 70s, a movement cut short by the Khmer Rouges brutal attempt to erase the music (and musicians) once and for all. A story about survivors, the resilient bond of family and the enduring power of music.

FRI 11.22

6pm
8-BALL DOUBLES TOURNAMENT - PRICE CENTER GAMEROOM

University Centers Presents: 8-Ball Doubles Tournament Date: Friday, November 22 Check-In: 6PM // Games: 6:30PM Location: Price Center Gameroom FREE for UCSD Students w/ID Have you mastered playing 8-Ball on your phone? Here's your CUE to show off your skills in real life! Take a BREAK from studying, and come out to our 8-Ball Doubles Tournament! This is your SHOT to win big! --> TOP 3 TEAMS WIN A PRIZE <--

7:30pm
MAN IN LOVE - WEISS THEATER

The bodies of Black women are turning up dead all over the city. It's not even safe to stay inside. Christina Anderson's play Man in Love is about race, love, and terror, all living side by side.

WED 11.20

1pm
TRUE COLORS - BEAR ROOM

This workshop is a fun and interactive activity that will provide participants insight of their individual personality Color(s) and how to best utilize their strengths and opportunities when collaborating with others to achieve a goal.

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!

2pm
PARTY IDEAS - RED SHOE ROOM

Learn about party safety, alcohol and other drugs, and bystander intervention in preparation for campus parties and social events. Contact: ccl@ucsd.edu

4:30pm
NOVEMBER DEMOCRATIC PRESIDENTIAL DEBATE WATCHING - PRICE CENTER THEATER

Join the Krinsk-Houston Law & Politics Initiative as we host a November Democratic Presidential Debate watching party. We have rented out the Price Center Theater and will be live-streaming the event. Refreshments will be provided so please RSVP using the link so that we may order enough:
https://ucsdsocialsciences.co1.qualtrics.com/jfe/form/SV_78w06gGADZQfzyB

5:15pm
SPIRIT ART RECEPTION - CROSS CULTURAL CENTER ART SPACE

Introducing SPIRIT: a reception highlighting the art & craft of Carmen Linares-Kalo, a muralist/artist, fourth-generation spiritualist and practitioner of the Uto Nahua Mexica/Aztec traditions. Carmen's work centers oral traditions and healing arts of native folks of Mexico. The healing arts include songs, flower, herbal and feather working, poetry, painting and mural production. These ancient teachings offer preservation of the sacred traditions through blessings and help to keep a spiritual balance with the material world. Come through to hear more about her work and observe her art & mural! Some artwork along with prints and crafts will also be available for retail. Light refreshments provided!

7:30pm
MAN IN LOVE - WEISS THEATER

Midwestern Metropolis during the Great Depression is severely segregated. If you're from 'The Spread' you are trying to survive another eviction notice, soup line, or night on the street. If you're from the segregated Black area called 'The Zoo' you are literally fighting for your life. The bodies of Black women are turning up dead all over the city. It's not even safe to stay inside. Christina Anderson's play Man in Love is about race, love, and terror, all living side by side.

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Systems Engineer-Sustainment Data Quality and Integration Management - The selected candidate will be a member of a high-performing team supporting F35 Data Quality and Integration Management (DQIM) and will be responsible for providing technical Engineering knowledge and skills supporting F-35 Sustainment Data Product Integration & Delivery (SDP I&D). The candidate must be self-motivated with a strong work ethic, time-management, and interpersonal skills. The successful candidate ucsdguardian.org/classifieds for more information

Sales Management Trainee - The Opportunity: Help families in your community while working in a lucrative industry. The roofing repair industry enjoys consistent, rapid growth due to annual storms and expanding residential sprawl that create bigger targets for severe weather. You could earn six figures while helping homeowners recover from storm damage. Premier Roofing Company provides an award-winning Sales Management Training program. We offer quality products and services to homeowners ucsdguardian.org/classifieds for more information

CARS

2015 Ford F150 Platinum - 2015 Ford F-150, 4D SuperCrew, White Platinum Metallic Tri-Coat 2015 Ford F-150

Platinum 4WD 6-Speed Automatic Electronic EcoBoost 3.5L V6 GTDi DOHC 24V Twin Turbocharged EcoBoost 3.5L V6 GTDi DOHC 24V Twin Turbocharged, 4WD, White Platinum Metallic Tri-Coat, ABS brakes, Adaptive Cruise Control & Collision Warning, Alloy wheels, Compass, Electronic Stability Control, Equipment Group 701A Luxury, Front dual zone A/C, Heated door mirrors.... ucsdguardian.org/classifieds for more information

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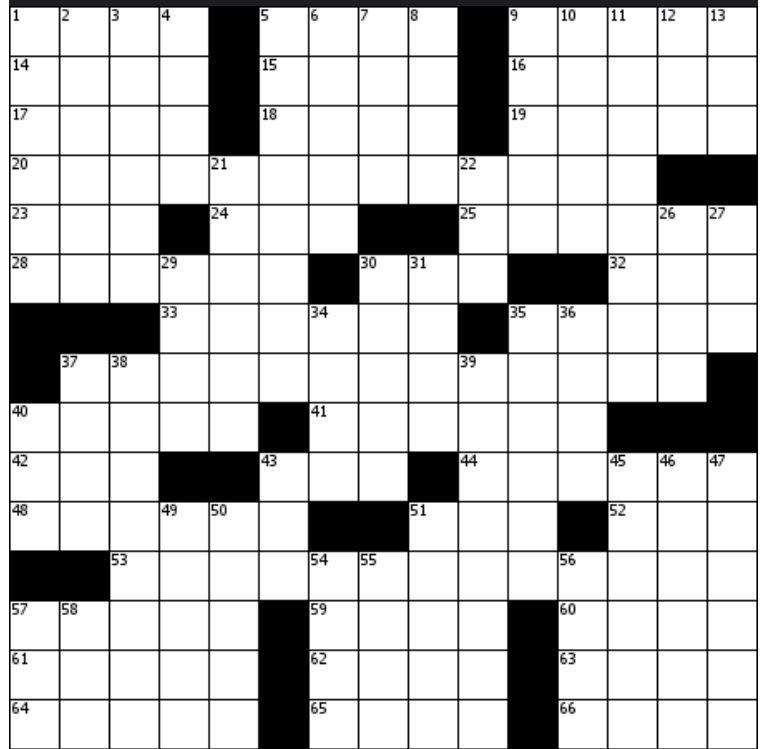
BIKES

Motobecane Mirage Road Bike, Carbon Fork - Superb condition, Like New, always garaged. \$290.00 or best offer 2015 FEATURES: 54cm - 5'8" to 5'10" NEW Semi-Compact Frame NEW Shimano STI Drivetrain ALUMINUM BRAKE CALIPERS SHIMANO FRONT + REAR DERAILLEUR ALUMINUM ucsdguardian.org/classifieds for more information

Litespeed C3 Ultegra M(54cm) - Litespeed C3 Ultegra M(54cm) 2011. <http://www.litespeed.com/bike.asp?content=c3-ultegra>. RATE = \$1550 OBO. Perfect competing disorder. Pedals not featured. Minor paint chip on appropriate side as shown in close-up picture. Serious inquiries.... ucsdguardian.org/classifieds for more information

Vintage 1950 Women's Beach Cruiser 26" Columbia Bicycle - I am regretfully lastly ready to let go of my really 1st vintage bicycle, a Womens / Girls 1950 (serial number matches 1950 precisely !!) Columbia 26" Five Star Superb. I purchased it about a decade back, and at the time it was a rust bucket !! We did an overhaul of the bicycle and cleaned/greased everything. The bicycle was sanded down and completely repainted with a custom-made professional paint task (Blue pearl / white combination). We had the gear, handlebars, and some.... ucsdguardian.org/classifieds for more information

CROSSWORD PUZZLE



Solutions at bottom of page

ACROSS

1. Cattle mover
5. Goes bad
9. Hatfield's foe
14. Crescent shape
15. "Hear no ____, speak no..."
16. Ray blocker
17. Cruising
18. Muscularity
19. Three-legged and drag
20. First course at the prison?
23. Start for day
24. 16 1/2 feet
25. Not all there
28. Australia's national blossom
30. Trail
32. Type of hold
33. Like Christmas shopping
35. Asian capital
37. Second dinner course at the prison?
40. Potato unit
41. Become more complicated
42. Time of the 75th meridian
43. Part of FYI
44. Appeased thirst
48. SAT taker
51. Pussycat's partner
52. Chef's phrase
53. Dessert course at the prison?
57. Range
59. Lo-fat
60. Hurt expression
61. Male seal's devotees
62. Modern summons
63. The first chip, usually
64. It could be on the board
65. Takes into a count?
66. Bonnie bairn

DOWN

1. Vein filler
2. Log cabinish
3. Lake in upstate New York
4. Highly valued
5. Act in opposition
6. Out of round
7. Antler point
8. Rosebud, famously
9. Dummkopf
10. Autocrats
11. Crested bird
12. It's "for the money"
13. Da, somewhere
21. Joey or Ross, e.g.
22. Snowball, famously
26. It's not always proper
27. Sniggler's catch
29. Pull up to the bar
30. He's in for good
31. Coyote's company of choice
34. List heading
35. Blanche's sister
36. It's active in Sicily
37. San ____, Calif.
38. Leave your opponent with love?
39. Old hairdos
40. Term of endearment
43. Swampy land
45. Hawaiian medicine man
46. Sends to Washington
47. Track events
49. Narrow
50. Foe
51. Was decisive
54. Corsica neighbor
55. Conked out, as a car
56. Scuttle's contents
57. Petal-plucker's word
58. Part of a rotating shaft

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WORD SEARCH

CANDY BARS

M	I	L	K	Y	W	A	Y	A	Y	O	I	K	C
U	H	E	S	T	D	S	S	S	O	R	P	I	K
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A	H	L	L	E	R	K	R	T	N	T	K	A	L
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I	K	T	T	D	L	C	A	L	L	F	N	R	D
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H	E	K	E	T	C	U	Y	R	L	L	H	E	U
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- TWIX
- SOURPATCH
- TOBLERONE
- GOODBAR
- KITKAT
- ALMONDJOY
- ROLO
- CRUNCH
- REESES
- KRACKLE
- SKITTLES
- PAYDAY
- MILKYWAY
- SKOR
- MOUNDS
- CHUNKY
- HEATH
- TRUFFLES
- DOVE
- ZERO



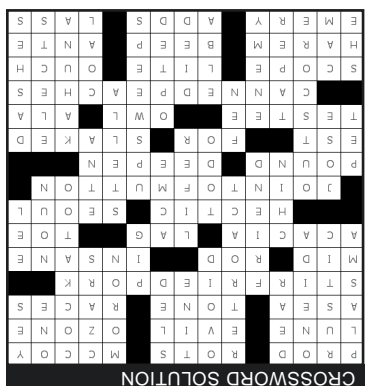
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Men's Soccer's ends season with loss to rival Cal Poly Pomona

The UC San Diego men's soccer team ended their California Collegiate Athletic Association tournament run early on Friday, Nov. 15 in a 1-0 loss in the semifinals to the California State Polytechnic University Pomona Broncos.

It did not take long for the Broncos to get on the scoreboard. Within the first three minutes, Cal Poly Pomona found the back of the net, putting the Tritons in an early 1-0 deficit. Though there were over 80 minutes left in regulation, UCSD was never able to climb out of that hole.

In a post-game press conference, UCSD head coach Jon Pascale gave a lot of credit to Cal Poly Pomona for an impressive performance. "It was two good teams going head-to-head and I give credit to Pomona. They are a very good group and had some really good moments in the game, especially in the first half."

Though he was disappointed with the loss, Pascale was proud of the resilience his team showed. "Obviously, I'm not thrilled with the result, but I am happy with the response our team had throughout the game and the effort [they] put in. I thought through large stretches we were on them, at them, and had them penned in a little bit, and against that team that's not easy to do."

The tournament got off to a

promising start for UCSD with a 4-2 victory against its first-round opponent the San Francisco State University Gators. The Tritons and Gators exchanged goals early in the game, leading to a 2-2 tie with a little over 70 minutes left to play. Junior forward Brett Jones got off to a hot start, providing the Tritons with their first two points to keep the game tight. The teams stayed deadlocked until in the 61st minute, junior forward Jonathan Sabouri found the back of the net off a pass by freshman midfielder Cooper Lachenbruch to put the Tritons on top, 3-2. Lachenbruch would follow up his key assist with an unassisted score of his own in the 67th minute. With that, UCSD was able to hold off SFSU to take the game 4-2 and advance to the next round of the tournament.

With their elimination from the tournament, the 2019 UCSD men's soccer team's season comes to a close. The Tritons end with a 15-4 overall record with 8-3 in conference play.

READERS CAN CONTACT
WESLEY XIAO WEX057@UCSD.EDU



PHOTO COURTESY OF MIKE MCGINNIS

FALL 2019

TRITON FOOD PANTRY

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

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GAMES

W Volleyball	11/21	12 PM
W Basketball	11/21	5:30 PM
M Basketball	11/19	7 PM
W Soccer	11/21	TBD

vs. Sonoma State (CAA)
vs. Cal State San Marcos
vs. Point Loma Nazarene
NCAA DII West Regionals (vs TBD)

Women's Soccer Headed to CCAA Finals with Overtime Win

In a nail-biting defensive standoff, the No. 2 UC San Diego's women's soccer team snatched a 1-0 California Collegiate Athletic Association semifinal victory over the No. 22 California State Polytechnic University Pomona Broncos on Friday with an overtime goal from sophomore midfielder Christina Oddone in the 109th minute. The win set up a Sunday CCAA finals matchup with No. 10 Sonoma State University — the only team to have beaten UCSD this season.

The semifinal win was impressive considering how smoothly things were going for the Broncos of late. UCSD had already defeated Cal Poly Pomona once in the season, in a 1-0 home win on Oct. 4. However, the Broncos hadn't lost a match since, including a 3-1 win over California State University, Los Angeles this past Tuesday to secure their place in this semifinal. The Tritons, meanwhile, were coming off 13 days of rest since a 2-1 overtime win over the same CSULA squad.

Throughout the match, UCSD generated far more chances than the Broncos, but couldn't find the back of the net. In the 35th minute, sophomore defender and midfielder Ashlynn Kolarik crossed the ball into the box to freshman defender Erika Braun, but the pass was behind Braun and all she could manage was a weak volley off her extended left foot. But UCSD immediately regained possession, and Kolarik sent another cross into the box that sophomore midfielder Emily Killeen sent into the left post, inches from the net.

The second half again featured many unconverted UCSD chances. In the 70th minute, Kolarik delivered a cross to the far post where Braun rocketed a left-footed shot towards the bottom-right corner, but sophomore goalkeeper Sydney Williams of Cal Poly Pomona made a diving save. The end of regulation saw a series of corner kicks, including one with four seconds remaining from freshman midfielder Mika Celeste; Celeste found the head of redshirt senior defender Kelsey Kimball, but the attempt missed wide right.

The first 10-minute period of extra time was mostly uneventful, as both teams sought to prevent an opposing goal to end their tournament. Nine minutes into the second overtime, the Tritons finally broke through. Junior defender and midfielder Delaney Whittet passed the ball to Killeen at the corner of the penalty area, where she was tackled by a Cal Poly Pomona defender. But no whistle was blown, and Killeen stood back up before crossing the ball to junior midfielder Michelle Baddour, who redirected it to Braun. Braun tapped the ball to Oddone, who stepped right and unleashed a shot that deflected off a defender, past Williams, and into the bottom-right corner.

"It happened really fast," Oddone said after the game. "Emily [Killeen] worked hard to get the cross off, and Michelle [Baddour] and I just made the correct runs, and I was lucky enough to get on the end of it."

The home crowd of 434 erupted, and the Triton bench streamed onto the field in



PHOTO COURTESY OF DERRICK TUSKAN

celebration as their spot in the finals was assured.

Despite the close result, the Tritons were much better on the offensive end, with 17 shots to the Broncos' 7, and 6 corner kicks to the Broncos' zero. After the match, UCSD's head coach Kristin Jones said, "It was an incredible game, which we knew was going to happen ... It was a fast-paced game, and it was dynamic. I thought we controlled

most of the tempo."

The Tritons face the Sonoma State Seawolves on Sunday, having lost their last matchup on the road on Oct. 25 — but the extra minutes from Friday's match pose a challenge.

"Defensively, that was one of our best games of our season, and we're going to need to have that again against a tough opponent in Sonoma," Jones said. "A lot of our players played a lot of

minutes, so there's going to be fresh faces that step up on Sunday and do the same job."

The finals game ended after the Guardian's publication deadline. For an updated recap, visit <http://ucsdguardian.org/category/sports/>

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TRITON TIMEOUT

With Jack Dorfman,
Sports Editor

Coming To Terms with Cheating in Sports

It's been 18 days since the Houston Astros lost to the Washington Nationals in Game 7 of the 2019 World Series. In that time, the Nationals had their parade in Washington D.C. and a small contingent visited President Trump. And yet, baseball is still in the news. In fact, the losing team has been all over the media over the last week.

If you've missed it, the Astros have been accused of using technology to steal signs from their opponents during the 2017 MLB season during both the regular season and the postseason. They won the World Series this season over the Los Angeles Dodgers, infuriating their fans.

With each passing day, more and more damning evidence comes out against Houston. Former players are exposing the team's practices, and players who competed against them are taking to Twitter to assert that they felt like something was suspicious that season too.

While this certainly serves to give the Astros' franchise yet another black eye (remember their bout with female reporters and domestic violence less than

a month ago?), the Astros are not the only team that has been wrapped up in this scandal.

Yu Darvish, arguably the pitcher most affected by the Astros' cheating, has been the face of the forgiveness movement, though his opinions seem to be a little contradictory to say that least. After telling Dylan Hernandez of the Los Angeles Times that he forgave and respected the Astros organization, he took to Twitter to call out the 2018 National League MVP and his Milwaukee Brewers teammates for potentially stealing signs from Darvish.

No matter where you stand on the Astros cheating scandal, you certainly agree that cheating is bad for baseball, and is bad for sports in general. You either think that the Astros should not have cheated because cheating is wrong, or you're angry that people would accuse your team of cheating because of the negative connotation surrounding that accusation.

Cheating is something you're taught not to do from the first time you begin to have social interactions with people. It's right up there with lying as one

of the first moral teachings you're given. In baseball especially, cheating has been a hot topic for years. First, it was spitballs and throwing games for gamblers; then it was pine tar and steroids; now it involves stealing trade secrets (this time the Astros were the victims) and stealing signs using technology.

For me, I hate to see cheating in sports. However, the two seem inseparable.

As long as cheating goes relatively unpunished, and as long as its benefits mean that the benefactors have the chance to make millions and millions of dollars, it is unlikely to ever stop.

The MLB, and professional sports leagues in general, have seen their revenues soar over the past decade. This has led to record-breaking contracts and ever-increasing salary caps and luxury tax penalties. Multi-billion dollar television contracts have allowed for teams to spend millions on players that aren't even playing that season.

As long as professional sports are lucrative industries, there will be an incentive to cheat, because cheating will lead to millions of dollars, even if it has the potential

to ruin reputations and end careers. Capitalized versions of sports, a set of children's games, have led to the creation of massive communities of fans that have in turn led to monetized versions of collegiate sports as well, thanks to recent legislation set in motion by California.

While paying collegiate athletes will help correct inequities between the NCAA's wealth and the poverty of players, it may also open collegiate athletes up to wanting to cheat even more than in the past thanks to increased benefits. Ultimately, sports are important drivers of the economy, but as long as this is the case, don't be surprised when the purity of sports is questioned after cheating scandals are exposed because the purity of sports was lost long ago, as much as we try to preserve it.

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