

HUMANS OF UCSD

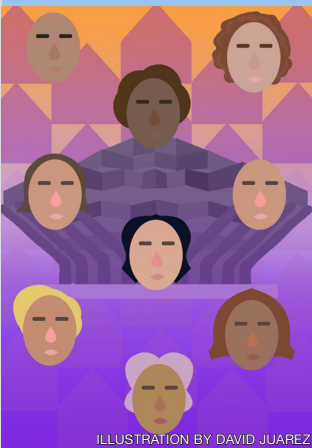


ILLUSTRATION BY DAVID JUAREZ

The Humans of UCSD Facebook page elicits more than just a scroll through your notifications bar. It provides a pathway to meeting people, and more importantly, knowing the strangers that make up our vast student body.

FEATURES, PAGE 6





FOOD INSECURITY

UCSD BUDGET SURPLUS
OPINION, PAGE 4

BEHIND THE CURTAIN

INTERVIEW W/ MARIO BARRICELLI
A&E, PAGE 8

FORECAST

	
MONDAY H 19 L 12	TUESDAY H 20 L 13
	
WEDNESDAY H 27 L 15	THURSDAY H 27 L 15

VERBATIM

"The nonprofit sector needs to quantitatively approach all aspects of its day-to-day operations by researching which modes of fundraising it will use, implementing programs with the highest reach and success rates and regularly re-evaluating its latest approach to philanthropy."

- SUZANNE GOLSHANARA
ECONOMIZE IT
OPINION, PAGE 5

INSIDE

LIGHTS AND SIRENS...2
QUICK-TAKES.....4
HEALTHY EATING.....10
CROSSWORD.....14
W SOCCER.....15



The band Courtship performs at Hullabaloo in Matthews Quad. Photo by Francesca Hummler // UCSD Guardian

UCSD

CAMPUS

UC Regents Makes Decision on UCSD Construction

Chancellor Khosla sought to approve a \$118 million budget from the UC Board of Regents.

BY TYLER FAUROT
CONTRIBUTING WRITER

The UC Board of Regents approved three major developments for the San Diego campus last week during a Finance and Capital Strategies Committee meeting in San Francisco on Nov. 15. UCSD Chancellor Pradeep Khosla attended, as well as Vice Chancellor and Chief Financial Officer Pierre Ouillet and Campus Architect Joel King.

The first item that was approved was the budget for the Ridge Walk Academic Complex, which would function as a new building for both arts and humanities as well as social sciences. In the past five years about 30 faculty members have been hired for the departments, but no additional space has been added to the campus to accommodate this personnel increase.

In July, the Regents endorsed the project for funding. During last week's meeting, Khosla sought the approval of a budget of over \$118 million, about \$68 million in external financing and about \$50 million general funds from the state. In March of 2018, the design's environmental impact will be reviewed, in accordance with California Environmental Quality Act regulations.

The next two items that were approved were designs for redevelopment in the Mesa Nueva graduate student housing project. Khosla cited a growing student body as well as an increasing demand for campus housing.

"In a locality where the housing prices are going up eight to 12 percent a year ... I am convinced that it is in our interest and our responsibility to really try to become as much of a residential campus as we possibly can with a promise to the students of rental values that are below market," Khosla told the Regents.

The projects would be an extension of Mesa Neuvo and would redevelop low-density buildings in East Campus to accommodate more graduate and professional students. Six existing apartment buildings would be demolished. The goal is to build housing complexes that allow for more units in the space.

One of the Regents questioned whether the redevelopment would be more effective in reducing costs per foot, so the UC San Diego

See [CONSTRUCTION](#), page 3

SAN DIEGO

One Dead in Smuggling Attempt off La Jolla Coast

BY MADELINE LEON
CONTRIBUTING WRITER

A dead body was found in the waters by Pacific Beach in La Jolla after another man was pulled from the ocean in the same vicinity. Both men were allegedly participants in a Mexican human smuggling attempt on Saturday, Nov. 18.

Human smuggling is the "illegal entry of a person across an international border" under the person's own will, in the hopes of gaining some benefit.

According to an article by NBC 7 San Diego, La Jolla resident Phoenix Coberley found the man in the water around 11 p.m. on Saturday when she "could hear a man screaming out of her window" in her home.

Coberley called for lifeguards who pulled the 32-year-old Mexican national out of the water. Shortly afterward, the policemen and an ambulance arrived. A Channel 7 report noted that the man "told [lifeguards] there were still five other people in the ocean on boogie boards" who had also jumped off the boat. He was "one of six immigrants" who had allegedly attempted to cross the American-Mexican border via boat in a case of human smuggling.

"It is believed that they were told to swim to shore [by the driver]," Border Patrol Agent Tekae Michael told ABC 10 News.

"The San Diego Police Department, U.S. Border Patrol, and U.S. Coast Guard were notified," San Diego Fire-Rescue Department spokeswoman told

The San Diego Union-Tribune.

The 32-year-old Mexican was taken to the hospital due to hypothermia.

Just a few hours after the man was pulled from the water, lifeguards found a lifeless body in the water at 1 a.m. on Sunday, Nov. 19. As stated in The San Diego Union-Tribune, Michael confirms that "he was pronounced dead at the scene."

Despite the discovery of these two bodies, investigators were unable to find the boat itself or the remaining members.

"It is believed that the driver of the boat did return back to Mexico," Michael said.

The San Diego Coast Guard sent a helicopter Saturday night and a rescue boat on Sunday morning in search of the other members. However, according to a report by ABC 10 News, "lifeguards determined that the other people swam ashore and disappeared."

Treasurer of the UCSD College Republicans Travis Gilbert is concerned about the effectiveness of immigration policies in regard to the safety of the immigrants and proper border control. He sees the "loss of human life" as "tragic," but also recognizes that "the incident comes from a distinct issue in overall immigration policy."

Gilbert believes that "the U.S. should further work with Mexican authorities to properly control [its] sea-borders and continue patrols off the coasts to ensure that incidents like these can be prevented. Law must be maintained, but catching

See [IMMIGRATION](#), page 3

UC REGENTS

UC Regents Rebuke Janet Napolitano's Role in State Audit

After receiving much backlash, UC President Napolitano still receives support for her leadership.

BY ARMONIEMENDEZ
EDITORIAL ASSISTANT

University of California President Janet Napolitano has been admonished by the UC Regents at their last meeting for allowing her top aides to interfere in a state audit, making surveys of the UC Office of the President less critical.

State Auditor Elaine Howle publicly denounced Napolitano

and announced she believed her offices mishandled the surveys, thus leading the regents to commence a full-fledged investigation, which was led by State Supreme Court Justice Carlos Moreno and the Huesten Hennigan Law Firm. The criticism received by Napolitano followed the conclusion of the investigation, which found that the UC president had given the green light to her chief-of-staff, Seth Grossman, and

her deputy chief-of-staff Bernie Jones, to repress responses from the confidential surveys regarding operations in the UCOP on order to make them less critical before being returned back to Howle.

The UC Regents met for nearly five hours discussing possible disciplinary actions to be taken against the UC President along with

See [NAPOLITANO](#), page 3

TIMMY TRITON

By Andrew Diep



LIGHTS & SIRENS

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

Thursday, November 16

12:59 p.m. - 6:16 p.m. Information

Male possibly exposing his personal body parts. Report Take - Checks OK.

2:27 a.m. - 4:13 a.m. Attempted Suicide

Transported to Hospital.

12:52 p.m. Medical Aid

Female having reaction to procedure. Transported to Hospital.

4:03 p.m. Medical Aid

Female having seizure. Transported to Hospital.

9:43 p.m. - 10:49 p.m. Threaten Crime with Intent to Terrorize

Male made a threat to physically harm reporting party. Report Taken.

Friday, November 17

2:01 p.m. Medical Aid

Male having severe allergic reaction. Transported to Hospital.

8:32 p.m. Petty Theft

Unknown person seen possibly leaving the laundry room with reporting party's clothes, loss \$500. Service Provided.

8:52 p.m. Excessive Alcohol

Male student found incoherent during Hullabaloo event. Transported to Hospital.

Saturday, November 18

12:17 a.m. Disturbance

Transient attempting to get medication using a false identification. Service Provided.

1:56 a.m. Excessive Alcohol

Female student found lying on ground vomiting. Transported to Hospital.

9:25 p.m. Missing Person

Male with Alzheimer's walked away from wedding. Service Provided.

9:20 p.m. - 11:45 p.m. Grand Theft

Unknown suspect(s) took laptop, charger, and headphones from backpack, loss \$2330. Report Taken

Sunday, November 19

1:53 a.m. Quiet Hours Contact

Loud Talking. Student Conduct Referral.

5:35 p.m. Injury

Ceiling panel fell and struck male non-affiliate on top of head, causing injury. Transported to Hospital.

— **Armonie Mendez**
Editorial Assistant

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Janet Napolitano released a statement apologizing for her actions.

► **NAPOLITANO**, from page 1

officials cited the low cost of using the land, as well as a proportionate saving in costs between this project and the first Mesa development.

"We're seeing a savings due to the economies of scale of just under five percent project to project, versus the escalation in the economy that's happening with an increase in building materials ann labor," King said. "We're able to keep the prices marginally lower than the escalation that's in the economy."

The redevelopment project is expected to be completed by November of 2019.

Following these approvals, Khosla and his associates proposed the development of a new "Triton Pavilion" to house student services. The pavilion would be built along Gilman Drive between Center Hall and the Conrad Prebys Music Center.

"There is [currently] no location called 9500 Gilman [Drive]," Khosla said. "It is a made-up location, it is a made-up address." The new structure's address would officially

be 9500 Gilman, and serve as the "gateway" to the campus, as Khosla called it. If approved, the project is expected to reach completion before the fall of 2021.

Videos of the Regents' most recent meeting can be viewed online. The next meeting will be Jan. 24 and Jan. 25 at UC San Francisco.

READERS CAN CONTACT
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Both men were originally told by the driver to swim their way to shore.

► **IMMIGRATION**, from page 1

and turning back these boats would also maintain the safety of those on it."

Graduate student Jonathan Yost is the Water Drop Route leader for the Border Angels, an organization that provides supplies and improves safety for the Mexican immigrants crossing the border, specifically through the desert.

Through his work, Yost has familiarized himself with the dangers of crossing the U.S.-Mexico

border, such as those faced by the boat group.

"This is not at all uncommon," he stated. "People are risking their lives and doing really extreme things in order to get a better life."

Yost describes the method of "funneling" that he believes may have pushed the group into attempting to enter the U.S. via boat.

"One thing the government has done is [use] a lot of ways to militarize safer urban crossing."

Yost believes that in urban areas immigrants are not so prone to

"face a lot of those risks" they may face in desert crossings. "That means people [are] pushed into the extreme areas."

As of Nov. 22, the whereabouts of the other four immigrants, as well as the driver of the boat and the boat itself, remain unknown to authorities. The hospitalized man was released to California Border Patrol.

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Project is expected to be completed by 2019.

► **CONTRUSCTION**, from page 1

those involved in the interference. In the end, the regents rebuked Napolitano's actions as well as her staff's.

"The President is responsible for setting an appropriate tone from the top and fostering a culture of transparency and accountability on behalf of the University, which operates as a public trust for the State and people of California," George David Keiffer, Chair of the UC Regents, said. "She is also responsible for the conduct of her staff, particularly her direct reports, including her Chief of Staff and Deputy Chief of Staff."

While the UC Regents criticized Napolitano's actions, some believed the statement was insufficient and that more serious consequences should result from the findings of the investigation. UC Regent John A. Pérez believed that the actions taken by Napolitano are worthy of more serious disciplinary action in order to serve as a disincentive from potentially happening in the future, as the offense obstructed Elaine Howle's capabilities and prevented the public from receiving truthful responses regarding operations within UCOP.

However, after receiving much backlash regarding the matter, Napolitano released a statement apologizing for her actions and her role in the interference.

"I would like to assure the Board of Regents, the students, faculty and staff of the University of California, state legislators and the people of California that I hear them loud and clear," said Napolitano. "I regret deeply that I

did not show better judgment in connection with this matter. I have already taken steps to ensure that this does not happen again and together with the Board will work to implement the additional changes being recommended by the Board to further strengthen our processes in this regard."

In light of recent events, however, the UC president's leadership is still supported by her fellow regents.

"It is important to note that, in directing that the State Auditor's campus surveys go through the Chancellors and also to her office for review, the President relied on the advice of counsel," Keiffer said. "We are also mindful of the context for the actions taken, including the lack of trust between the Office of the President and the State Auditor based on a previous audit. Finally, we view the President's conduct in the context of a long record of public service and leadership, including strong leadership of this University. The Board continues to have confidence in and fully supports her continuing leadership."

Effective Jan. 1 will be a new legislature making obstruction to state audits and offense and subject those who do to fines. Furthermore, UC Regents announced that more reforms are being created to combat things like this from occurring once more.

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UNIVER(CITY)

MAKE AN
IMPACT

BECOME A COMMUNITY PLANNER

The Associated Students Office of the President is looking for students to join the UNIVER(CITY) Campus Planning Committee. Members of this committee will be asked to think creatively and holistically as UC San Diego campus enters a period of transitions and changes. As we welcome new housing projects, new academic buildings, and the light rail transit, the Campus Planning Committee will attend student town hall meetings as well as other planning meetings to collect student input. Ultimately, the goal of this group is to create a more effective and hands-on approach to have students be part of the community planning process at UC San Diego.

For more information, email Lesly at aspresident@ucsd.edu



OPINION

CONTACT THE EDITOR
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UC San Diego Lags Behind Other UCs In Tackling Food Insecurity

By Clarisse Vazquez // Contributing Writer



Everyone has seen some joke on social media depicting ‘college student struggles,’ and many of these jokes revolve around students’ inability to acquire nutritious food. However, these jokes underline the important issue of food insecurity that is found across all college campuses in the United States. Each UC campus is doing what it can to help combat this issue, but when compared to other UC campuses, UC San Diego is falling behind in solving the problem of food insecurity. This is due to an inefficient allocation of funds, which is inhibiting the on-campus Basic Needs Hub from securing a more varied array of food resources, instituting a larger building to host these resources, and having regular and consistent hours.

UCSD Basic Needs Report estimates that one in four students have “somewhat to very often” skipped meals to save money, and four in 10 UC students have “very little” access to high quality nutritious food. This topic has recently come to light in 2015 with UC President Janet Napolitano launching the Global Food Initiative and disbursing a \$151,000 grant to every UC campus. With this increased funding to combat food insecurity, many UC campuses have already utilized these funds to combat the widespread problem. However, while each campus has already broken ground in this problem, it seems that one campus in particular is leading the pack and becoming the pioneer in minimizing food insecurity. Unfortunately, it is not UCSD.

On Oct. 2 of this year, UC Irvine launched a 2,318-square-foot FRESH Basic Needs Hub offering a fully stocked pantry with dried and canned goods, large baskets of fresh fruits and vegetables, refrigerated items, and emergency toiletries. The

pantry is the largest, most comprehensive food pantry in the UC system and is open to all students for regular business hours days. In addition to the pantry, multiple programs are available to every student such as the Emergency Meal Swipes Program; applicants who qualify for this program receive 10 free meal swipes per quarter from the UCI dining services.

UCSD also has a Basic Needs Hub and a food pantry open to all students, but they operate on a much smaller scale. The Triton

“UC San Diego is falling behind in solving the problem of food insecurity. This is due to an inefficient allocation of funds, which is inhibiting the on-campus Basic Needs Hub from securing a more varied array of food resources.”

Food Pantry is located in the Old Student Center and can be described with one word: cramped. The actual size of the space cannot be more than 500 square feet. While the actual Basic Needs Hub is slightly larger, it is currently under construction and is rarely accessible. The hours of the food pantry are also sporadic since it is not open the same time each day. In addition, the majority of the Triton Food Pantry’s food products are

processed items, and while this allows for a longer shelf-life, the food lacks the type of nutrition that fresh produce and other varied non-perishable items can provide.

The total budget of the UCSD Basic Needs Hub is \$127,828.03 and its expenditures cost \$100,066.59, with a surplus of \$27,761.44. With such a large surplus, the Hub could strategically use it to secure a larger space to host the Triton Food Pantry, invest in more sustainable produce, and hire more managers to extend its hours. As of now, the Hub is somewhat fixing the on-campus food insecurity issue by providing free food, but it is only acknowledging half of the problem. The food supplied by the Triton Food Pantry does not always equate to a nutritious healthy meal, due to the fact that most of their products are non-perishable items. This is hardly a nourishing meal for students that rely on a healthy mind and body to accomplish day-to-day tasks. Therefore, the Hub should utilize the budget it was allotted to purchase more sustainable and variable foods such as vegetables and fruits instead of investing in foods with longer shelf lives. Only then would UCSD be able to fulfill its status as conquering food insecurity like UCI has. Until then, many students will be substituting dry produce for nutritious meals, which do not retain any sort of valuable nutritional value except extreme salt content.

As the cost of living prices continue to rise, more students will continue to struggle in finding the financial resources to meet their basic needs. With universities continuing to accept our tuition payments, it is their responsibility to ensure the security and prosperity of every single student attending that school.

QUICK-TAKES

Starting in Fall 2018, Students Will No Longer Be Able to Drop a Class by the End of Week 9. Instead, Dropping a Class after Week 6 Will Result in an F in the Class. Does this Change Incentivize Students to Engage More with the Material or Does It Disadvantage Students who Need More Time?

The New Deadline Fails to Return Grades Faster, but Succeeds in Intimidating Engaged Students

The decision to shift forward the deadline to drop with a “W” is founded on two points: First, it intends to compel professors and teaching assistants to return grades more quickly, and second, it means to increase student attentiveness by obliging self-evaluation. It fails both goals.

Returning graded midterms to students earlier is an admirable goal but not a realistic one. The new deadline assumes that the time it takes to properly grade midterms is dependent upon how effortful TAs and professors happen to feel that week. In reality, grading is an uphill battle where the hill consists of stacks upon stacks of midterms. So, it unfortunately takes as long as it takes. Also, the deadline change ignores the second round of exams that many courses administer after Week 6. This forces students to drop with fewer scores by which to measure their comprehension of the material. The timeline for administering exams cannot feasibly change in response to the new deadline either. Midterms test the material covered in class, so exams would either have to become more frequent but test less content, or happen rarely but become very content-dense. The first alternative would actually increase time to grade — as the stacks of midterms grow ever taller — and the second would give students even fewer opportunities to gauge their comprehension of the material.

The other argument — that students who would otherwise drop a course will be compelled to drop earlier — ignores the fact that students learn at different rates. It’s certainly true that some students who drop do so because they chose not to put in a meaningful effort. The new deadline will decidedly address some of these students. However, some students simply find themselves unable to keep up with the speed of a class. In that case, not only would the deadline intimidate well-intentioned, engaged students into dropping, it would disproportionately disadvantage students who face issues with family, mental health, and financial struggles. The current, more prolonged deadline gives students significantly more time to accommodate their needs while still working towards the end goal of learning and retaining the knowledge needed from the course.

The “W” deadline change represents one of the fundamental flaws in the way UC San Diego makes academic decisions — changes often occur without student input. Many students vehemently oppose this new rule, not because we demand more wiggle room with our grades, but because any argument operating under the assumption that students and faculty are actively ineffectual is ignorant of the individual struggles students face.

By Chris Robertson // Associate Editor

The New Deadline Trains Students to Stay Attentive and Effortful in their Coursework

College is a time where we learn to develop into fully functional human beings. And while the knowledge gained in the classroom is important, it is the lessons learned outside of the classroom that are most important. One such lesson is how to prioritize our various obligations, specifically in regard to how we can utilize our time efficiently. The recent change in the course drop deadline has this lesson in mind; we must learn to gauge our abilities in the classroom in a timely fashion in order to succeed. Even so, this lesson is a hard pill to swallow, with many students outraged by the recent change.

However, this change is vital to the Triton community. First, this change will put pressure on our professors to grade assignments in a timely manner. Many of us are frustrated that for most of the quarter, we have no grades. This new legislation will encourage professors to reformat how they allocate their time in regard to grading, allowing us to better gauge our progress.

Further, this change will encourage students to put in the maximum effort possible into a course if they are truly determined to succeed in the subject. Often times, students who drop so late in the quarter do so because they are not pleased with their grades. However, attending college is not about getting the grade you want: It is about getting the grade that reflects your effort. With this change, students will be forced to make these tough decisions early on, rather than being allowed to wait until Week 9 without ever learning this concept. Additionally, this will teach students to understand their own capabilities in the classroom, teaching us what our maximum workloads are based on our individual learning speeds.

While it may not appear to be this way, college is a place to make mistakes. In the long run, not getting the grades we want in a handful of classes will not affect our life trajectories. This change may seem alarming now. However, because we will learn to self-evaluate our performance in our classes prior to Week 6, we will eventually accept and welcome this new deadline.

By Jacob Sutherland // Contributing Writer

ECONOMIZE

By Suzanne Golshanara //
Contributing Writer



DATA DRIVEN DONATIONS

The holidays seem to trigger everyone’s altruistic side. Indeed, many charities have dubbed the months of October to December as the Giving Season, since that is when most charities receive the majority of their donations. Yet despite their good intentions, a large majority of charities are not using their money effectively. While corporations have incorporated data into their decision making processes in order to ensure efficiency and productivity, philanthropic organizations have lagged behind.

According to a survey done by the Nonprofit Technology Enterprise Network, only one in four nonprofits uses data to influence its organization’s strategies and programs. Often, charities will simply spend funding in the same ways they always have without looking for better alternatives, or they will choose to run an initiative that sounds appealing without checking if it is numerically the best choice for their cause. Unlike businesses, nonprofits are not directly affected by the free market and the creative destruction that it brings. Thus, the root of the stagnation seen in the nonprofit sector mostly comes from the fact that charities do not need to innovate in order to stay operational.

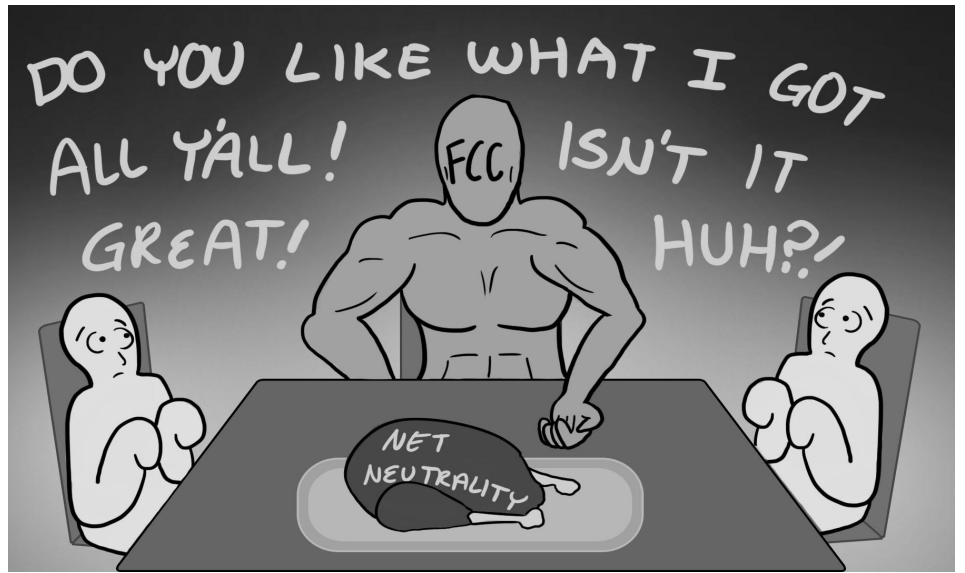
Collecting and analyzing data will take time and may incur additional costs, but such actions would more than pay for themselves in the form of increased efficacy of charities. For example, Friends of the Earth thrives due to the “data-centric

culture within their organization” that was achieved as a result of its fundraising team “tracking outcomes, testing channels and measuring supporter response.” With their data analysis,

“The nonprofit sector needs to quantitatively approach all aspects of its day-to-day operations by researching which modes of fundraising it will use, implementing programs with the highest reach and success rates and regularly re-evaluating its latest approach to philanthropy.”

Friends of the Earth saw that its Street Fundraising Program was costing them more than it was worth and ditched it in exchange for more advantageous forms of fundraising.

WORLDFRONT WINDOW By David Juarez



In Pro Bono Economics, economists are even willing to help assess a charity’s impact and improve their existing programs for free. Sue Holloway, former director of PBE, recognizes that its economists had “worked with a number of charities where the evidence had not been conclusive that they [were] having a big impact.” So yes, data may show charities that their current approach to addressing humanitarian issues just is not working. Yet, instead of fearing and ignoring the news that data may bring, charities need to welcome it as it may lead them to come up with new methods of helping that are far more effective. Charities do not deal with the competition corporations face, leading to stagnation and a lack of innovation. Given that philanthropy is a multi-trillion-dollar market, higher standards must be held by both charities themselves and by donors who can show preference to charities that have more transparency when it comes to data.

The aid charities supply is no excuse for them failing to spend the public’s donations with fiscal responsibility. The nonprofit sector needs to quantitatively approach all aspects of its day-to-day operations by researching which modes of fundraising it will use, implementing programs with the highest reach and success rates and regularly re-evaluating its latest approach to philanthropy. Philanthropic organizations undoubtedly already help society a great amount; taking a factual approach to giving would only help them help more.



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[tritonfoodpantry](#)



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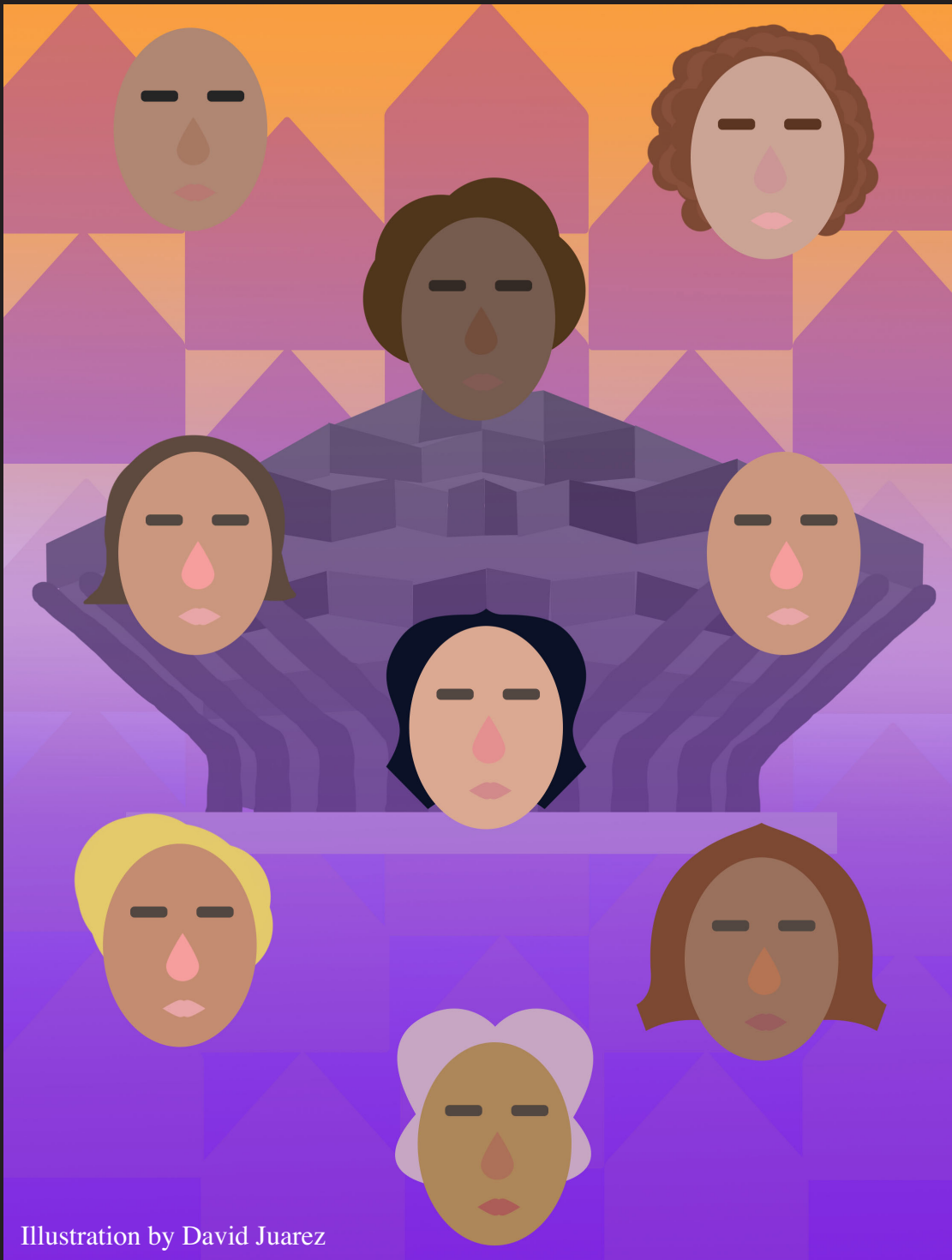


Illustration by David Juarez

RESTORING THE HUMAN IN US: HUMANS OF UCSD

by Madeline Park // Staff Writer

The Humans of UCSD Facebook page elicits more than just a scroll through your notifications bar. It provides a pathway to meeting people, and more importantly, knowing the strangers that make up the vast student body, with touching and relatable stories of the interviewees helping take readers to a place of genuine human connection.

Amid the hordes of students that bustle down Library Walk each day, it can become very easy to lose one's sense of self.

With headphones on and hands shoved in pockets, the typical UC San Diego student goes unnoticed amongst the 35,000 that make up our student body. Something about the way that people have become numbers — an iClicker vote, a statistic on university records, and an indistinct face among the masses — has created a crowd of non-humans living in a non-human world.

Strangely, it is this very sense of anonymity that propels the beauty of Facebook pages such as “Humans of UCSD.”

Created in 2014, “Humans of UCSD” (HoU) has sought to illuminate the diversity and culture that is present within the very individuals who dwell on campus. Its mission: to show that people are more than just the sum of their GPA.

Yet, this page is not entirely original by nature. Rather, it is considered to be a subsidiary of journalist and photographer Brandon Stanton's “Humans of New York”

— a Facebook page that has garnered over 18 million followers since its origins in 2010. Capturing pieces of New York through its inhabitants, “Humans of New York” has inspired “Humans of UCSD” to do the same. By going around and seeking out random people to interview on a weekly basis, the HoU team has been able to showcase many of the unique individuals that constitute our campus.

So who makes up this team of people? Hidden behind the simple white Facebook photo runs a group of around six active members, each brand new to the team this school year. For them — with all old members having graduated — one of the biggest difficulties has been having to start with virtually no experience.

“When we're starting off, we're just trying to figure out what [the page]

is,” commented Nick Lin, a Revelle College sophomore data science major. “We don't know what to ask. We don't know exactly how conversations are supposed to go. And we learn out of experience. We're also trying to figure out our own styles of interviewing and all that other stuff. And it's the beginning that's the most difficult, I believe.”

However, hard it may be though, it is this sense of a “fresh start” that has allowed for new goals and ideas to develop. To remedy the lack of activity and involvement characterizing the page in the past, the new team seeks to up its posts to around one per day. Alongside this, there have also been other substantive goals.

Meet Daniel Walker, a Marshall junior and soon-to-be anthropology major. Despite joining the team only about a month ago, Walker already has big ideas for the page. For him, HoU has the potential to be more than just a news site or a professed community. Instead, it should constitute an actual connection.

“One thing I've noticed with ‘Humans of New York’ is that, every now and then, someone

in my friend group will comment, like, or see a post from three to four years ago. All of a sudden on my news feed, it will be like, so and so liked this post from ‘Humans of New York’ back in 2013. And then I go look at what they liked, and it's this emotional story, and what they were commenting was how it resonated with them or it got them through because they were having a similar scenario — things like that,” Walker said.

It is this sense of connection that really displays what the Humans of UCSD page is about. In a school filled above and beyond the capacity of the resident halls, Humans of UCSD takes a unique approach to meeting people. In a way, it gets to the heart of what it means to be human. By

See **HUMANS OF UCSD**, page 7

► HUMANS OF UCSD, from page 6

sharing painful moments like the loss of a loved one, or even by expressing the simple joys in life — such as the interviewee who talked solely about rice — HoU takes the reader to a place of deep connection, one that is genuine and sweet. It shows that any given person you sit next to in lecture, stand in the endless Starbucks line with, or work out beside in RIMAC has a story to tell. It celebrates our differences, all the while highlighting what connects us. It is this that makes Humans of UCSD so special: that we, as readers, are invited to take part in that.

Yet, there are challenges in bringing out this unity without the attempt being fake. As mentioned by Eleanor Roosevelt College junior Kyoka Matsunaga, “Some people have some inherent quality in them or something about them that is very unique, very different from everyone. But at the same time I don’t want to choose them because of that, because I don’t want them to feel like some sort of symbol or something. The last time we did interviews, we were going to chase down this one guy that we saw on Library Walk, and he was blind and he had a walking cane. We were thinking of interviewing him, but at the same time it seems like we’re interviewing him just because he’s blind. We’re not seeing beneath all that, we’re not seeing him just as a person. And I’m trying to come to terms with how we should go about that. I guess it’s

in the kind of questions we’re supposed to ask.”

In the end, the Humans of UCSD page creates more than just a bridge — it enacts a full and complete story. And hopefully, it is this very story that creates the sense of community that “UC Socially Dead” seems to be lacking. Perhaps it is best summed up by Walker when he explained the effect he wants the page to have. “What I’m hoping happens is after interviewing and showcasing so many points, people start feeling those points, and it helps them one way or another. It could just be a laugh at a time when they really need a laugh or a deep connection with somebody they’ve never met before,” he said.

In order for UCSD to become a well-rounded community, more interactions and conversations such as these need to take place. For our school as a whole, Humans of UCSD can be that first step.

If you would like to learn more about Humans of UCSD, please visit their page here: <https://www.facebook.com/Humans.UCSD/>.

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Coping with Eating Disorders and Overcoming the Social Stigma to Treatment

Growing awareness and research surrounding the prevalence of eating disorders, the deadliest psychological disorders, point toward a neurological basis. The UCSD Guardian sat down with Dr. Erin Parks, clinician and director of outreach at the UCSD Eating Disorders Center, to discuss what “causes” an eating disorder, how current research influences treatment, and how enduring social and cultural barriers can problematize treatment.

By Shirelle Mizrahi // Staff Writer

About 10 minutes away from UC San Diego, in a nestled area by Westfield Shoppingtown-UTC, is the UC San Diego Health Center, a research and treatment facility. The UCSD Eating Disorders Center, which has three separate areas for pediatric, adolescent, and adult treatment, is one such facility. Entering the clinic reveals rows of patient chairs and a reception desk, with “UCSD Eating Disorders Center” written overhead, alongside an artistic composition of a brain. The clinic has multiple offices for personal therapy as well as group therapy rooms. In the adolescent facility, the walls are covered with art projects and statements with personal goals, whereas the pediatric facility has school desks with rows of elementary school children.

The Guardian sat down with Dr. Erin Parks, director of outreach and clinical psychologist, to learn more about the research and treatment that makes the UCSD Eating Disorders Center unique.

“People travel from all over the world to get treatment here. We are regarded as one of, if not the, top treatment center, in the world, for eating disorders,” she said.

She continued to explain the three aspects of the center: research, clinician training, and treatment. Together, all three work “synergistically” to treat patients that are admitted. For example, “research is constantly informing treatment.”

According to Dr. Parks, one major problem concerning eating disorder treatment is the enduring barriers that discourage people from seeking treatment.

“Eating disorders are different from other mental health disorders in many ways. One way is that it seems to be the last place where we [the greater public] blame the person who’s ill, and we still blame the families of the people who are ill.”

Dr. Parks also elaborated on how, as a society and as a field of psychology, we’ve come a long way in moving past stigmas of blame to better understand the neurological underpinnings of mental illness, but we still have work to do.

“Eating disorders are the deadliest of all mental health disorders; about 10 percent of people will die of eating disorders out of those afflicted.”

But what causes eating disorders? According to Dr. Parks, it cannot simply be the effects of our culture. While it may seem convenient to connect the growing social media influence with the onset of eating disorders in adolescents, it is important to note that while everyone in westernized societies are exposed to media and cultural influences, only about 1 percent of people are affected with an eating disorder.

“[There are] plenty of people who don’t like their bodies, and plenty of people who diet ... who are exposed to our culture that overemphasizes unattainable ideals ... so there’s got to be something going on [neuro-biologically]. For most of us, if we try to not eat, strong biological mechanisms override everything else.”

Investigating and researching more about what exactly happens on the neurological basis is what the UCSD Eating Disorders Center is known for. Part of understanding eating disorders — how they come about, who is more affected by them, and how differing experiences and traumas play a part in disordered eating involves recognizing that eating disorders don’t discriminate according to age, gender, or race.

“Something that a lot of people don’t know is how many males suffer from eating disorders, there are now estimates that up to 40 percent of those suffering are males,” explained Dr. Parks.

Eating disorders also affect people of all ages; the UCSD Center for Eating Disorders treats patients from seven years of age, up to about age sixty-five. So why are eating disorder patients often depicted in one standard way: 18-25 years of age, white, and female?

“We have a lot of barriers to treatment ... a male goes to a doctor, and they might be praised for being so physically fit ... that behavior in men tends to get labeled as ‘dedication’ or ‘willpower’ as opposed to really unhealthy or disordered,” she said.

Eating disorder clinics can also perpetuate this stereotype, as the majority of “treatment centers only treat 18-25 year olds,” which can alienate someone who does not fit this cutoff but is suffering from an eating disorder.

“A lot of our adults say ‘I look at these websites, and it’s all a bunch of white girls who are between the ages of 18-25, and I don’t see me.’ [At the UCSD Eating Disorder Center] we’re proud to offer treatment to everyone.”

The broad realm of people who are affected by eating disorders does not mean to indicate that people are equally susceptible to developing an eating disorder, however. According to Dr. Parks, there are temperament traits, indicating underlying neurological features, that can make someone more susceptible. Traits include proneness to anxiety, perfectionism, and the capacity to feel heightened emotions. Importantly, these traits are not inherently positive or negative; the way an individual translates features of their temperament into actions and daily life is what determines its positive or negative impacts.

Someone who uses their penchant for perfection to purvey their own bodily “imperfections,” for example, are aiming their focus inward in a judgmental and negative light. Part of what the Eating Disorders Center aims to help accomplish among patients is the ability to direct these traits “outwardly,” in the form of hobbies or passions, instead of “inwardly” in a self-critical light.

Furthermore, college students are drastically more likely to develop an eating disorder; while eating disorders affect about three percent of Americans, they affect as many as 10 percent of college students. According to Dr. Parks, there are many features inherent in the college process and lifestyle that could account for this large percentage.

“A lot of people who struggle with anorexia have [certain] temperament traits; they tend to have tunnel vision, tend to have a very high attentive to detail, and high error-detection rate ... a lot of them can also study through fatigue, play sports through the pain.”

Ultimately, she clarifies, these are traits of people who go to college. “... so [college] is already a self-selective sample, and while they are definitely people with eating disorders that don’t go to college, the temperament traits for anorexia really prime you to do well in our American school environment.”

A school system that rewards students based on proof of dedication often resonates with students that associate success with sleepless nights, stress-induced anxiety, and unhealthy lifestyle choices as positive — something to be praised. This mindset is inherently harmful, as it correlates unhealthy traits with positive outcomes but can be dangerous or life-threatening when outlets for stress turn toward self-harming practices, such as restricted eating.

UCSD, a highly competitive school that lends to an over-stressed environment, is no exception. While there are a

few students who do reach out to Counseling and Psychological Services or find treatment in the Eating Disorders Center, the vast majority of students that struggle with unhealthy and self-harmful behaviors do not receive the treatment they need.

A system and structure that also drives students to constantly compare themselves to peers can create an environment of competitiveness and comparison; an environment that is inherently judgemental. For people who are already prone to holding themselves to these unreasonable standard of competition, this type of environment can be especially toxic.

The foundation of treatment used in the center is based off Dialectical-based therapy (DBT). This form of therapy encourages treatment through “mindfulness and distress-tolerance.” More specifically, DBT gives patients the skills to accept certain “paradoxes,” such as acceptance for their current self and the ability to embrace change. This form of therapy also emphasizes teaching patients skills for how to deal with distressing situations that trigger the feeling of needing to restrict or binge.

One such skill is called “opposite action.” “[Patients are encouraged to] do the opposite of [their] emotion all the way through,” explained Dr. Parks. This starts with physically altering how a patient might be sitting, their facial expressions (turning a frown into a smile), and considering opposite thoughts (supportive instead of self-demeaning). Eventually, patients are encouraged to engage in opposite action — going out with friends if they are by themselves at home, for example.

Other skills include “accumulating the positive,” or creating a supportive, positive framework, and “riding the wave” of negative emotion without reverting back to compensatory behaviors.

“It’s not just about eating, usually it’s the large emotions that get in the way of doing what you need to do around eating ... for some people, eating brings about great anxiety, and we try to use these skills to lower the anxiety,” Dr. Parks said.

The UCSD Eating Disorders Center has a range of different treatment options for patients, from intensive 10-hour daily commitments for six days a week to one-hour per week sessions. Dr. Parks explains that treatment is most effective when patients start at a more intensive level of care, if necessary, and gradually decrease the amount of hours they spend in treatment as they gain more skills and show improved behaviors. Jumping from one level to the next without adequately “graduating” to a lower level of treatment is not as effective, and can lead to relapse. Students in treatment can work with doctors and nutritionists to tailor a schedule that allows them to attend school while enrolling in intensive treatment in order to maintain the level of treatment necessary for them. Dr. Parks explains that the Eating Disorders Center works with UCSD, especially, to make this possible.

“A lot of people, not just from [UCSD] but all around San Diego don’t realize is that they’ve got this gem in their backyard,” Dr. Parks explained. If a student or member of the San Diego community is struggling with an eating disorder, seeking treatment that fits their needs is easier now more than ever.

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BEHIND THE CURTAIN WITH MARCO BARRICELLI

Marco Barricelli is bringing 1700s France to UCSD with sophistication and style.

By Maya Kleiman // A&E Editorial Assistant

For Marco Barricelli, “The Green Cockatoo” has been a long time coming. The actor-director first came across the play as a student at Juilliard School. Despite his repeated attempts to arrange a production, the enormity of the play’s cast (and the associated expense) proved too formidable a roadblock to overcome. Now, as the head of UC San Diego’s graduate acting program and director of this year’s fall production, Barricelli has overseen the fruition of a passion project.

“The Green Cockatoo” is the name of an underground tavern [and] performance space in Paris, France,” Barricelli told the UCSD Guardian. The tavern hostess, Prospère, acts as a stage manager to an assembly of amateur actors who perform improvisational theater in exchange for food, wine, and meager salaries. The actors use real-world happenings as improvisational inspiration, and the performances allow them to vent their frustrations to the nobility while recusing themselves from legal repercussions under the guise of entertainment. The French nobility receives the improvisations with fascination and great amusement. “The aristocrats come to this place because they get titillated by the types of improvs that go on there,” Barricelli said. The parallels between the performance content and the outside world create a palpable tension that pervades the play from start to finish. “There’s a confusion always about what is illusion and what is reality, and that really excites me,” Barricelli said.

The play takes place on the night of July 14, 1789 — the storming of the Bastille. “It’s happening at this cataclysmic time,” Barricelli said. “It’s the disintegration of the monarchy.” The battle in the Paris streets becomes a direct echo of the sentiments expressed inside The Green Cockatoo. “On this particular night this improvisation is going on and right outside the doors, unbeknownst to the nobility that are in [the tavern], the Bastille is being stormed, the peasants are taking over, and so the improvisation becomes real.”

The meta nature of “The Green Cockatoo” blurs the line between theatrics and reality — even the characters themselves experience varying levels of uncertainty. Barricelli stressed the importance of proper distinction for his actors, but hopes that the play’s ambiguity lingers with his audience. “I hope that they’re struck by the levels that this writer has been able to examine without being sure of all the answers to what they’ve seen,” he said. “I’d love if they walked out with questions and not answers.”

The multi-award-winning director is drawn to theater that is driven by human exploration. “I like something that is not focused on event, but is focused on the human condition,” he explained. Despite its historical premise, Arthur Schnitzler’s “The Green Cockatoo” satisfies this classification for Barricelli. “I honestly don’t believe that Schnitzler’s writing a play about the French revolution,” he said. “I think he is more interested in the idea of [...] human beings’ response to that historical event.” However, the play’s period-specific vernacular was a deciding factor for Barricelli in selecting the work. “I am more drawn to plays that have some muscularity of language,” he said. “I wanted to do something not contemporary, something that would require of the actors a sense of scope and size and plain, and sort of panache.”

The sheer size of the cast came with its fair share of challenges for Barricelli. “At times you feel like air traffic control,” he remarked. As a director, he takes care to ensure the total

development of each character. “I’m trying to make sure that each one of them has a full life, that even the ensemble that don’t actually have lines ... that they’re alive, that they’re living in the space, they’re not just filling up space in a period costume,” Barricelli said. The director included students from all three years of the graduate acting program in the cast and even recruited undergraduates, fostering a diverse learning environment. “You have to balance the different levels of acting that are present on stage,” he said.

Barricelli, whose performance credits include titular roles in “Cyrano de Bergerac,” “Hamlet,” “Richard III” and many more, has a keen understanding of the theatrical process as a whole — including when to extricate himself from it. His sensitivity to his students’ work is bolstered by his own onstage experience.

“Being an actor is important because I’m sympathetic to their process,” he explained. “It’s as important to know when not to give a note as it is to know when to give a note. So, I can tell that an actor isn’t quite there yet, but if I step into this process at this moment, and define it for [them], it will lose its organic specificity. It will be something they’ll create to please me, rather than something they will eventually get to on their own, which is a thousand times more valuable.”

Barricelli’s acute consciousness of the balance of power in the theater extends to his relationship with playwrights, including Arthur Schnitzler. Barricelli doesn’t view his directorial position as an opportunity to tamper with original material. Instead, he devotes himself to delivering the authorial vision.

“I’m all about the playwright,” he said. “It’s not a vehicle for me to make a statement about the French revolution or revolutions in general or the nobility of the 18th century or the proletariat of the same time,” he said. “I take what I think Schnitzler wants, and I try to realize that. So my guidance is really him.”

Barricelli, who teaches Shakespeare and heightened text in addition to serving as head of graduate acting, revels in his time at UCSD. “I get to do Shakespeare everyday of my life,” he said. The renowned theater faculty was one of the primary factors that drew him to the department. “There were some people that I had known in my professional life who were on faculty here and other people that I’d known of and admired throughout my professional life, and this was a chance to collaborate with them and that’s terribly exciting to me.” As an added bonus, Barricelli’s side-hobby of riding motorcycles perfectly suits San Diego’s temperate climate. “I can ride almost 365 days a year,” he enthused.

Barricelli’s advice for young actors and directors: “Don’t expect too much too soon [...] Be patient about a career and let it evolve.” Barricelli also stressed the importance of cultivating a passion outside of the theater. “You’ve gotta find your joy in life because it’s a hard, hard road [...] Make stuff that has nothing to do with theater. Just create, alongside the training.”

With “The Green Cockatoo,” Barricelli hopes to make a lasting impact on the lives of his students. “What I really hope is that they can close this show being that much better of an actor than they were at the first read-through,” he said. “That’s really the goal. So they have something they can take with them.”



THE GREEN
COCKATOO

CONCERT REVIEW



GARY NUMAN

PHOTO BY ESRA ELHENDY

He has dropped his new wave persona and styling in favor of some much closer to those found on lead singers for industrial rock bands.

One-hit wonders were a curiously common phenomenon in the 1980s. Arguably, one of the best examples of this occurrence was Gary Numan's "Cars," which released in 1979 and served as a harbinger of the New Wave movement. Numan's smash hit featured synthesizers, drum machines, and agoraphobic lyrics, extolling the virtues of living in one's car — where Numan feels safest of all. The music video demonstrates the aesthetic Numan was going for — he stands on a dark set, complete with densely caked makeup and a spacesuit-esque costume. Despite its promise, "Cars" remains Numan's most well-known work; his subsequent releases have failed to garner the same attention.

Because of this, a concert by Numan in 2017 had a certain appeal — what had become of this new wave alien in the course of the past 30 years? The opening band, Me Not You, gives a hint. It is markedly dark — backed by moody guitars and heavy sci-fi-inspired synthesizers. Lyrics are largely concerned with mental health and paranoia. Me Not You is a punk band that puts on an archetypal punk show — it has an attitude reminiscent of the early days of Garbage. In short, it doesn't seem like the type of band that would open for a music-scene veteran, especially one who is most well known for an '80s pop tune. Overall, its performance was solid but out of place.

However, it made more sense once the headliner began to perform. The moment Numan walked out on stage, he began to show how much he has changed during his long career. This tour was done in support of his 2017

release, "Savage (Songs from a Broken World)," and many of his songs he performed come from that album. This album was heavily influenced by alternative and metal music and reflects a darker outlook from the singer. He has dropped his new wave persona and styling in favor of some much closer to those found on lead singers for industrial rock bands. His performance followed suit; Numan growled his lyrics and hovered around the microphone on a dark stage. It was evident he was doing his very best to embody the apocalyptic survivor featured on the cover of his newest release.

The album's lead single, "My Name Is Ruin," stood out brightly from the rest of the set. This song is much more synth and drum machine heavy, pairing better with his earlier releases. Numan's pained vocals complimented the darker tone and got the crowd moving — a few even headbanging. Ultimately, the energy Numan tried to convey in his album is present in equal measure in his performance, and it gives his music a new life. It doesn't hurt that he closed out the show with his biggest hit, "Cars," to many cheers from the crowd. This was a great concert that I would highly recommend to anyone looking for a blast from the past a la 1980. It felt almost like going back in time. Numan and the audience have left the apocalyptic wasteland and landed squarely back in the neon New Wave clubs.

— BAILEY CHABOT
Contributing Writer

CONCERT REVIEW



TWIABP

PHOTO COURTESY OF WIKIMEDIA

The band sounds just as good as on its albums, a rare feature in the emo/pop punk genres.

Few venues provide the level of ear-deceiving sound quality and atmosphere as The Irenic. A small concert venue made out of a renovated church, The Irenic hides away in a residential neighborhood just off the main drag in North Park. The location gives the shows performed there a special intimacy rarely found in venues of larger scale. Therefore, when a band with a big sound visits, its performance is even further amplified. This is exactly what happened at the "The World is a Beautiful Place and I Am No Longer Afraid to Die" show on Oct. 23. The sextet released "Always Foreign" in September of this year, and this show was one of its last stops on the promotional tour for the album. However, any post-tour fatigue was well hidden as the group made jokes with the audience, turned the amps up to 11, and played an hour-and-a-half-long set full of energy and angst. Though most widely known for

"Harmlessness," its most major 2015 release, TWIABP's newest album, "Always Foreign," is grander and more well-rounded. With the departure of the previous guitarist, the band clearly feels freer to modify and play around with its sound. It is also feeling free to poke a little fun, as "The Future," the second track, proclaims "Execute the queen!" — a thinly veiled allusion to the departure of former bandmate. "Always Foreign" relies heavily on themes of alienation and loneliness without falling into the bleakness that many emo bands are wont to find. Instead, the band focuses on a more optimistic stance for this album, contrasting the darkness with lighter lyrics like those found in "The Future."

The opening artist was Rozwell Kid, an indie rock band that manages to stand out from the indie music crowd. It had a great energy with the audience, establishing a running gag having to do with sunglasses and their effect on rockstar personalities.

The band's biggest hit, "Kangaroo Pocket," was also their biggest hit on the stage. When they started playing the banger, the crowd formed a mosh pit — or the closest thing possible in such a small venue. Their set was short but sweet, leaving everyone in the room clamoring for an encore.

When the headliners took the stage, the room was already hyped up from Rozwell Kid. TWIABP took that energy and ran with it. The frontman, Josh Cyr, wailed his lyrics in the same manner as its recorded work, earning points right away. The band sounds just as good as on its albums, a rare feature in the emo/pop punk genres. When it began to play its current biggest hit, "Marine Tigers," the energy of the band picked up in concert with the energy in the room. The World is a Beautiful Place imbued its live performance with all the emotion promised by every album in its catalogue thus far. It's rare that a musician or group of musicians creates music of

the quality and sincerity they have and their live performances continue the trend.

Overall, both acts were fantastic. Rozwell Kid played as if it was headlining a major festival. They surprised with a performance that delivered all of the enthusiasm of a rock band and all of the chill of a local indie band. TWIABP showed emotion and vulnerability unlike any other act touring. Each song segued into the next in what felt like a story unwinding — the night started with its slower songs and crescendoed into its most emphatic. The show started off slow and quiet, showcasing the band's emo roots, and ended on a mix of pop punk and hard rock uniquely their. The band's sound sets them apart from the rest of their growing genre and makes the group an act to see.

— BAILEY CHABOT
Contributing Writer

A San Diego Holiday

By Annika Olives // Lifestyle Editor

UC San Diego's 60-degree weather can usually put a smile on anyone's face. But, come December, sometimes we wish for something a bit colder to pair with peppermint mochas and Christmas sweaters. While San Diego can't give us actual snow, here's a list of places to see and things to do to get you into that holiday spirit.

Balboa Park December Nights [Dec. 1-2]

For two nights, San Diego's famous Balboa Park transforms into a Christmas wonderland. Featuring entertainment showcasing local talent and a plethora of food, drink, and shopping, it's the perfect way to mark the beginning of the holiday season. And for those that would rather be indoors, all museums in the park are free from 5 p.m. to 9 p.m. each day.

Skating by the Sea [Nov. 23 - Jan. 1]

If you thought San Diego couldn't bring you both snow and sea, think again. Skate under the twinkling lights of the Hotel del Coronado's beachfront skating rink as the sounds of the Pacific fill your ears. The \$30 ticket includes skates and a portion of the sales go to Make-A-Wish San Diego.

The SD Union-Tribune Gaslamp Holiday Pet Parade [Dec. 10]

In the need for some puppers to cheer you up before finals week? Head down to Gaslamp to see all kinds of pets, furry or scaly, donned in their holiday best. The parade begins at 3 p.m. — but make sure you go early to get a good spot to watch.

Christmas Lights [Dec. 10 and Dec. 17]

Stand at the bayfront to watch this year's San Diego Bay Parade of Lights. The event will feature over 80 boats decorated in this year's theme: "Arrrgh! A Pirate's Christmas." Or, check out the local light displays — a Google search usually provides ample lists of houses in your neighborhood that have decked out their front porches and yards for all to enjoy.

See a Performance

Experience a classic Christmas story with "The Nutcracker," put on by the California Ballet, the City Ballet, or West Coast Ballet. Or, if Geisel Library isn't giving you enough Dr. Seuss, take a trip down to the Old Globe to see a live performance of "How the Grinch Stole Christmas."

Healthy Ways to Eat During the Holidays

By Rebecca Tsang // Contributing Writer

With the holiday seasons bombarding us, we are constantly presented with some delicious foods we have not seen for a while. However, this might lead to overeating patterns and overindulgence. Here are some tips for eating mindfully.

Never arrive to dinner with an empty stomach.

Drink a cup of water before the meal and snack on some food high in protein if you feel hungry. When you are hungry, your brain craves sugary foods to fill your stomach, which will lead to a spike in blood glucose levels.

Be aware of the beverages you consume.

Whether drinking good, old classic apple cider or your favorite beer, bear in mind that these beverages are loaded with hidden calories that will also fluctuate blood sugar levels. Do drink—but limit the amount you consume.

The utensils and tableware you use do matter.

Trick your mind into thinking that you've taken enough food simply by using a smaller plate. Additionally, using a blue color plate will suppress your appetite as our brains do not perceive blue as a safe color to eat. Chopsticks are usually not the first utensil you use when eating turkey; however, that will actually slow down the rate you eat, thus avoiding bloating.

Pay attention to what and how much you eat.

There is a reason why vegetables and fruits are encouraged to be eaten — because they contain better nutritional values compare to a bowl of mac n' cheese, or a slice of pecan pie. Ensure that your plate is filled with vegetables, like brussel sprouts or green beans, and lean protein like turkey breast. Instead of cutting a regular-sized slice of that pumpkin cheesecake you've been eyeing since the beginning of the dinner, cut it into a smaller portion, and you will be amazed that you are already full. Finally, you are not in an eating competition so take your time to eat, chewing slowly and thoroughly.

Take a break.

You have done the deed and eaten more than you can handle. First, do not feel guilty or disappointed at yourself — this happens to numerous people. Change to some loose-fitting bottoms and take a stroll around the neighborhood or try herbal teas as that will help with digestion. Also, avoid lying on your back as this may cause heartburn.

Disclaimer: I am not a professional, and I am not restricting you from enjoying your holiday meal. The purpose of this article is simply to inform you ways to healthy eating.



A City That Gives

By Brittney Lu // Associate Lifestyle Editor

Now that Black Friday has come and gone, and you've been able to pick up that Vanilla Bean Noel candle along with other unnecessarily necessary items, extend the season of gratitude and giving into the rest of 2017. Here are some ideas to practice some compassion and spread a little love around our city of San Diego and UC San Diego campus.

Local Hands for Global Neighbors

Be a part of International Rescue Committee's team, whose vision hopes to assist the transition from "harm to home." For eighty-three years, the IRC has provided refuge to humanitarian crises at different sites around the globe. In San Diego — a major site for refugee resettlement in the City Heights and El Cajon areas — IRC helps with tax preparations, after-school tutoring, and immigration processes. Offer some time or donate to their #givingtuesday fund online. Another way to lend a hand is to participate in the Border Angels' water drop. This organization places jugs of water around the desert border region between San Diego and Mexico to prevent dehydration as well as provide immigration counseling and advocacy. Check the website for upcoming dates, events and other ways to help.

Food for Thought

With food insecurity affecting nearly 500,000 children and adults in the city of San Diego, Feeding San Diego is a community organization looking to restore resilience and dignity through the distribution of nutritious food. Become an advocate, donate a can or two, or help volunteer to sort, clean, and share food. Or, consider checking out and helping with non-profit The Hub. Hosted at City Heights Coffee House on Monday nights at 6:30 p.m., The Hub hosts a free meal for those in City Heights.

Fulfill Another Wish List

On Dec. 21, head over to the nearest San Diego Fire Department Station to donate toys for this holiday season with the organization Toys for Tots. Make it a communal effort and invite classmates and suitemates to spread some cheer for children in need. Or, consider Rady Children's In Kind Program by donating toys, books or movies for children who might be spending the holidays in hospitals. Donate on Mondays 10-11:30 a.m., Wednesdays 3-4:30 p.m., or any Friday in December from 4-6 p.m at Rady Children's Hospital.

Cleaning Up the Coastline

Check out Surfrider Foundation's San Diego chapter to help with cleaning up the shores we call home. In the past year, 135 beach cleanups took place to get rid of 4,000 plastic bags, 18,000 pieces of styrofoam, and nearly 9,000 pounds of litter. So before hitting the waves, prevent litter from harming marine life and help spiff up the sand.

No time or car to go around San Diego? Opportunities to be a neighbor are aplenty at UCSD. Offer time or food to the Triton Food Pantry at the Old Student Center or leave some snacks in study spaces for fellow students to spread some campus compassion.

Self Care During the Holiday Season

By Colleen Conradi // Contributing Writer

Ah, holiday season; the most wonderful time of the year. We are now entering the familiar season of family, gift giving, and good spirits. As students, we'll trudge through our finals, keeping the long-awaited hometown arrival in our minds for inspiration. Soon, we'll just be couch potatoes without a care in the world. For a few weeks, anyway.

In the midst of holiday cheer being thrust upon us by nearby stores, TV ads, or radio stations, it's too easy to get caught up in it all. I can honestly say I love to see the jolly decor, twinkly lights outside of houses, and watching "Elf" or "The Polar Express" in my coziest pajamas. However, sometimes it can feel like we only get one option during the holidays: be cheerful, merry, and bright at all times. Though it may be ideal, that's not always the case.

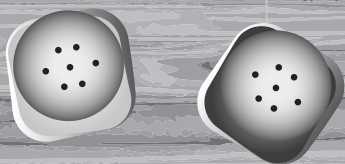
For many, holidays can bring stress. We stress over buying the perfect gift for the perfect person. We stress over all of the family gatherings we go to, where we wrack our brains for all the highlights of the school year so far. As we catch up with relatives, we want to sound as good as our Instagram pages make us look. Who actually wants to hear how many times we've doubted our choice of major, debated adding on that minor, or how that essay we wrote last week caused a slight existential crisis, anyway? We even stress over the fact that our nearest Rite Aid starting putting holiday decorations out before Halloween had even passed (I know I can't be the only one!).

The holiday season comes fast and furious; this time of rest and relaxation over break can still make us feel tired or worn out. And that's OK. In addition to the normal stressors, this season can also be hard in other ways. Holidays, especially those when we celebrate what we have and what we're thankful for, often serve as reminders of what we're missing.

This will be my third Christmas since my dad passed away in 2015. I love Christmas and all the fun that comes with it, but I'd be lying if I said it didn't hurt, too. Last year, my family didn't even bother buying a tree. Often times I find myself wishing I could just sleep through October to January. It can be hard to feel present and authentic without being the Debbie Downer of your friend's white elephant party. However, what I've learned in the past three years is that we don't need to be in happy holiday mode 24/7. More importantly, if we feel the opposite of merry, it's crucial that we take time for ourselves.

Over this upcoming break, go to all of the holiday parties, watch all your favorite holiday classics, and check in with your family and friends. In between those moments though, do what you feel you need to do, too. If you find yourself feeling ambushed by holiday spirit, take a drive by yourself. Play your favorite song too loud and sing along even louder. Go for a walk. Call a friend. Buy a fancy bath bomb, and take the most luxurious bath you've ever taken. Whatever it is you need, do it! A major part of this year involves giving, but, as cheesy as it sounds, make sure you're giving back to yourself, too.

THREE-COURSE MEAL,
STUDY MATERIALS,
SNACKS
AND PRIZES...
ALL FREE!



Monday
Dec. 11th
10pm
PC Ballroom West

ASSOCIATED STUDENTS

Triton
DINE

ASTROLOGY 101: ASCENDANT SIGN

By *Natasha Vandamme*
// *Contributing Writer*

Sometimes people may seem like their sign and have characteristics that oppose those of their sign; this primarily has to do with their ascendant (or rising) sign. One's ascendant is how they come off to others. It is their public face, the mask they wear every day. It shows one's innate defenses and initial responses to the environment.

Aries:

Aries ascendants are very straightforward and forthright. They crave immediate gratification and are somewhat childlike in their actions. Always moving on to the next fun thing, Aries ascendants do not hold grudges and get over past dramas easily.

Taurus:

Taurus ascendants are stable and loyal. They do not enjoy change, though. This rising sign will find it challenging to immerse themselves in entirely new situations. They also enjoy the finer things in life. However, this extravagance can do more harm than good at times.

Gemini:

Gemini ascendants can be spotted by their classic curiosity. Being fun, witty, and talkative people, they have a special interest in people and social phenomena. They need intellectual stimulation and always ask questions.

Cancer:

This ascendant sign is more understated. They are gentle and timid. When entering foreign situations, they stay back and observe first. Cancer risings come off as kind and caring. Surprisingly, they value security just as much as an earth sign would.

Leo:

Loud and proud, Leo ascendants demand everyone's attention. Despite their air of confidence, they are quite self-conscious; image is everything. Being very emotionally driven, rising Leos can let their feelings carry their actions too far.

Virgo:

Virgo ascendants are analytical, but reserved. Their attention to detail sets them apart. They can be controlling at times, but it is only because they aspire for perfection. Their standoffish attitude does not show how truly modest and helpful they are.

Libra:

Libra ascendants are generally very likeable. They are kind, pleasant, and easy to get along with, explaining their many friendships and relationships. They need balance in their lives and have a talent when it comes to intervening and mediating.

Scorpio:

Strong and intense, Scorpio risings demand attention and respect. Because of their tuned emotional intuition, they can see through a person's image and see the real them. Scorpio ascendants are genuine and honest.

Sagittarius:

Sagittarius ascendants are characterized by a child-like exuberance and wanderlust. They want to learn through experiences; at times it seems as if they are running away from something instead of running toward it.

Capricorn:

Competent and confident, Capricorn ascendants can achieve whatever they put their mind to. They are quite serious, and not the most emotionally expressive. Their high level of responsibility is obvious to anyone and everyone they meet.

Aquarius:

The quirky Aquarius rising keeps everyone on their toes. They have seen it all and are hardly ever shocked. Their humanitarian interests and kindness can throw people off. They are strangely unique and different than anyone else you have ever known.

Pisces:

Pisces ascendants are very gentle and adaptive. They are soft-hearted and compassionate. Though they are perceived as timid and quiet, this is not always the case. Rising Pisces are dreamy and sure to put anyone in a daze.

That's all for this week's addition to Astrology 101. Make sure to check back in next week, Astro-lovers!



**BREAKFAST
WITH
ACTA**
DEC. 8 | 9AM-11AM | THE VILLAGE
GAMEROOM

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Breakfast Burritos, Bagels, and Coffee.**



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WITH

ASCE

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WHO We are responsible for some of the largest events and traditions at UC San Diego, ranging from You at The Loft and Bear Gardens, to Fall Y'all and Sun God Festival. We pride ourselves in providing large range of events for our diverse student body

WHAT Become a member of the associated students behind events like Fall Y'all, Hullabaloo, Sun God, Bear Gardens, and all of the events in between.

WHY Learn the behind-the-scenes of music festivals and event planning, help create and plan future events alongside trained staff, gain experience in the world of entertainment, and make lifelong friends and connections.

WHEN General Body Meetings are held every Monday at 4PM on the 4th floor of Price Center. Open to ALL undergraduates.




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2017 **THIS WEEK** at UC SAN DIEGO
 POWERED BY THE STUDENT EVENTS INSIDER AND THE UCSD GUARDIAN
NOV 27 - DEC 3





FRIDAY 12.01 • 8pm


ARTPOWER PRESENTS FEUFOLLET
 THE LOFT, PRICE CENTER EAST

Upcoming at 

 **CSI PRESENTS: MORE THAN A WORD**
 Tuesday, Nov. 28
 Event: 6PM
 The Loft
 FREE for UCSD Students w/ID

 **GSA PRESENTS: KARAOKE NIGHT**
 Wednesday, Nov. 29
 Event: 6-8PM
 The Loft
 FREE for UCSD Students w/ID

 **MUSICIAN'S CLUB: NEW KIDS ON THE WALK**
 Saturday, Dec. 2
 Event: 7PM
 The Loft
 FREE for UCSD Students w/ ID

 **GROCERY BINGO**
 Wednesday, Dec. 6
 Event: 5-7PM
 The Loft
 FREE for UCSD Students w/ID

theloft.ucsd.edu

MON 11.27

10am
UC SAN DIEGO BLOOD DRIVE - BLOODMOBILE ON LIBRARY WALK
 BLOOD DONORS - LIVES DEPEND ON IT!
 Appointments will be honored first. Schedule an appointment with the San Diego Blood Bank by logging onto <http://www.sandiegobloodbank.org>, click on "Donate Blood" select "Appointments", Provide Sponsor Code: UCPC *Walk-ins are welcome as openings are available. Picture identification is required. Donors are eligible to give blood every 56 days. Earn points for each blood donation and shop online at the Donors 4 Life Store. Sponsored and Coordinated by the UC San Diego Human Resources Department

7pm
LIVING A TOBACCO-FREE LIFE - GREEN TABLE ROOM, PRICE CENTER WEST
 LCTs are one of I-House's most popular programs and this year they'll occur every Monday, Tuesday, and Friday! Come to learn and practice languages, exchange culture weekly, and to connect with students from all over the world! Anybody is welcome to come, so we hope to see you there! See the URL to see which languages are offered when. Please RSVP on Eventbrite: <http://tinyurl.com/LCTfall>. Contact: ihouseprograms@ucsd.edu

TUE 11.28

10am
6TH ANNUAL TAIWAN FILM SHOWCASE - PRICE CENTER THEATER
 BLOOD DONORS - Lives depend on it! Contact: hrdccc@ucsd.edu

6pm
LANGUAGE CONVERSATION TABLES WEEK 9 - GREAT HALL
 LCTs are one of I-House's most popular programs and this year they'll occur every Monday, Tuesday, and Friday! Come to learn and practice languages, exchange culture weekly, and to connect with students from all over the world! Anybody is welcome to come, so we hope to see you there! See the URL to see which languages are offered when. Please RSVP on Eventbrite: <http://tinyurl.com/LCTfall>. Contact: ihouseprograms@ucsd.edu


6pm
MORE THAN A WORD FILM SCREENING AND DIALOGUE - THE LOFT, PRICE CENTER EAST
 Join us for a film screening of More Than a Word and dialogue following the film. The dialogue will include a deeper discussion of the films themes with insight from film creators. Specifically attendees will: Learn constructive dialogue skills, explore policy implications, engage in cross-cultural communication. View the film trailer: <https://www.youtube.com/watch?v=A86QFzpz7s8>. Contact: getinvolved@ucsd.edu

WED 11.29

10am
UC SAN DIEGO BLOOD DRIVE - BLOODMOBILE ON LIBRARY WALK
 BLOOD DONORS - Lives depend on it! Contact: hrdccc@ucsd.edu

4pm
DR. YINGXI LIN FROM MIT - SANFORD CONSORTIUM, DUANE J. ROTH AUDITORIUM
 How are transient experiences converted into long-lasting memories? How do experiences modify behaviors? How do similar experiences elicit drastically different behavioral responses in the healthy and disease states? The key to answering these important questions is to understand how sensory information is processed and stored in the brain. My research aims to address these questions at the molecular and cellular level, by exploring the mechanisms by which experiences are coupled to synaptic modifications of neural circuits that lead to long-term behavioral changes.

7pm
LIVING LIKE LORDE - OFF-CAMPUS
 This month marks the 25th anniversary of Audre Lorde's passing. The legacy of this self-described Black, feminist, lesbian, poet, and warrior has much to teach us about living in this moment in time. We invite you to join us as we celebrate the life and work of Audre Lorde. The free screening of "A Litany for Survival: The Life and Work of Audre Lorde" is open to the San Diego community and will be followed by a brief film discussion and open mic. We invite everyone in attendance to share their original works, read their favorite works by Lorde or simply share their reflections on Audre Lorde. Refreshments will be served. Digital Gym, 2921 El Cajon Blvd, San Diego, CA 92104. Contact: cgs@ucsd.edu

Upcoming at 

 **IT**
 Thursday, Nov. 30
 Doors: 6:30PM // Show: 7PM
 Price Center Theater
 FREE for UCSD Students w/ID

 **NATIONAL COOKIE DAY**
 Monday, Dec. 4
 Event: 11AM-2PM
 Price Center Plaza
 FREE for UCSD Students w/ID

universitycenters.ucsd.edu

THU 11.30

5:30pm
UCSD WOMEN'S BASKETBALL VS. CAL STATE SAN BERNARDINO - RIMAC ARENA
 Come support your UCSD Women's Basketball team as they take on Cal State San Bernardino! Contact: tritonfrontdesk@ucsd.edu

6pm
TEFL CERTIFICATE PROGRAM INFORMATION SESSION - UC SAN DIEGO EXTENSION, ROOM 106
 UC San Diego Extension offers a high-quality certificate program in Teaching English as a Foreign Language (TEFL), which can open doors for you to teach around the world. The information session will include a brief overview of the program, instructor presentations, and a question and answer period. *Special benefits available for full-time UC San Diego students. A light snack and refreshments will be served. Contact: tefl@ucsd.edu

6pm
ILEAD: MORE THAN A WORD SCREENING AND DIALOGUE (DOUBLE STAMP) - THE LOFT, 2ND LEVEL OF PRICE CENTER EAST
 Join us for a screening of More Than a Word and dialogue following the film. The dialogue will include a deeper discussion of the films themes with insight from film creators. Full attendance at this workshop will grant you 2 stamps. Presented by Jenny Kressel, Student Org Advisor, Center for Student Involvement. Contact: ccl@ucsd.edu

SAT 12.02

ALL DAY
SEAS 'N' GREETINGS - BIRCH AQUARIUM AT SCRIPPS
 From December 1 to 31, Birch Aquarium at Scripps Institution of Oceanography is transformed into a holiday wonderland full of SEAsonal activities for the whole family. Deck the Hall (of Fishes) and get into the holiday spirit every day from 9 a.m. to 5 p.m. and check the schedule for special appearances by Scuba Santa, crafts, activities, as well as live holiday music on weekends. All holiday activities are included with admission. Please check our website for the full calendar of Seas 'n' Greetings events.

get listed...
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SUBMIT your EVENT for FREE!
calendar@ucsdguardian.org
 more exposure = higher attendance

7pm
UNIVERSITY CENTERS PRESENTS: IT - PRICE CENTER THEATER
 University Centers is bringing the horrors of Pennywise and the hilarities of The Losers Club to campus on Thursday, November 30th! The record-breaking film "It" is now the highest-grossing R-rated movie of all time. Doors Open: 6:30 PM. Film Starts: 7:00 PM. FREE for UCSD Students with valid ID. Contact: ucenmarketing@ucsd.edu

7:30pm
UCSD MEN'S BASKETBALL VS. CAL STATE SAN BERNARDINO - RIMAC ARENA
 Come support your UCSD Men's Basketball team as they take on Cal State San Bernardino! Contact: tritonfrontdesk@ucsd.edu

FRI 12.01

6pm
LANGUAGE CONVERSATION TABLES WEEK 8 - ASANTE CLASSROOMS
 LCTs are one of I-House's most popular programs and this year they'll occur every Monday, Tuesday, and Friday! Come to learn and practice languages, exchange culture weekly, and to connect with students from all over the world! Anybody is welcome to come, so we hope to see you there! See the URL to see which languages are offered when. Please RSVP on Eventbrite: <http://tinyurl.com/LCTfall>. Contact: ihouseprograms@ucsd.edu

8pm
FEUFOLLET - THE LOFT
 Feufollet is Americana at its finest reverential but wholly nonconformist. The young and vibrant southwest Louisiana band takes Cajun, honky-tonk, and string-band music as starting points, keeping an open mind about where their songcraft will lead them next. On their most recent album, Two Universes, Feufollet prove their Cajun roots don't define them as much as propel them forward. The band accomplishes the unusual feat of creating a sound that is at once familiar and fresh, classic and yet unmistakably original. Contact: artpower.marketing@ucsd.edu

SUN 12.03

2pm
UC SAN DIEGO PUBLIC TOURS: HIGHLIGHTING CAMPUS HISTORY, ART AND ARCHITECTURE - PARKING LOT P103
 UC San Diego's Visitors Tour Program offers free tours to local residents, new faculty and staff, first-time visitors and the general public. These Sunday afternoon tours are led by knowledgeable adult volunteer guides who are eager to show you the most notable features of our beautiful 1,200-acre campus.

THE GUARDIAN CLASSIFIEDS

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www.ucsdguardian.org/classifieds

UNIVERSITY CITY MOBIL IS LOOKING FOR A PROMPT AND COURTEOUS INDIVIDUAL FOR PART-TIME CASHIER WORK.

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HOUSING

La Jolla Crossroads. \$1875- \$3050. 9085 Judicial Drive, San Diego, CA 92122. Picture yourself in a Mediterranean village- the aroma of fresh food, the chatter of people in the park and an easy stroll to shops and fun. We welcome you to visit La Jolla Crossroads. You'll be minutes from the beach, UCSD, major employers, shopping, movie theaters and fine dining! Our stylish studio, one, two and three bedroom apartment homes feature washers and dryers, modern appliances, fireplaces, roman tubs and cathedral ceilings. La Jolla Crossroads offers amenities that are truly one of a kind pools, spas, a tech lounge, movie theater, modern clubhouse with kitchen. You can work out in our fitness facility and then hang out in our picnic areas with BBQ's. We offer services to our residents including a shuttle, package acceptance, concierge services, 24-hour courtesy services and so much more.....ucsdguardian.org/classifieds for more information

La Jolla International Gardens. \$1645 - \$2555.3417 Lebon Drive, San Diego, CA 92122. The art of living comes alive at La Jolla International Gardens located in La Jolla/UTC area of San Diego, CA. La Jolla International Gardens treats you to a wealth of executive appointments featuring our Newly Renovated 1 & 2 bedroom apartment homes. Your backdrop: dramatic vaulted ceilings, a romantic wood-burning fireplace, breezy patios (on select units) and large master suites with walk-in closets; all providing an open and airy canvas to complement your lifestyle. A resort-style fitness haven has been designed to meet your quest for fun and activity. Work out in our complete gym with Nautilus and aerobic equipment, swim in our heated lap pool, or simply relax in a bubbly jacuzzi. Entertain guests in our game room, complete with wet bar, kitchen and pool table.....ucsdguardian.org/classifieds for more information

Costa Verde Village. \$1800 - \$325. 8720 Costa Verde Boulevard, San Diego, CA 92122. We welcome you to visit our luxury community in the beautiful La Jolla/UTC area of San Diego, California. Costa Verde Village has everything to offer including studio, one, two and three bedroom apartment homes that include full size washers and dryers, central air and heat, private

balconies and patios, modern kitchen with pantry and in select homes we have fireplaces available. Costa Verde Village offers spacious floor plans, fitness center, billiards and game room, refreshing swimming pool with spa, playground and planned resident activities. You are convenient to La Jolla beaches, UCSD, UTC Mall, and much more.....ucsdguardian.org/classifieds for more information

BICYCLES

Hampton Cruiser Bicycle. Looking for a nice Cruiser for back to school /College / University without paying too much? this Hampton Cruiser is light mauve/ Gray.. new inner tubes lots of tread on tires good back brake easy with comfortable Fuji seat as the other 1 got stolen.....ucsdguardian.org/classifieds for more information

Vintage Orange Bicycle. The "Excerciser". Good condition, Bronze copper finish. From the 60's or 70's. Asking \$89 or best offer. Measures approximately 40" tall x 45" long x 19" wide. Adjustable seat and handlebars. Please email, text, or call with any questions between the hours.....ucsdguardian.org/classifieds for more information

MTB Trek Fuel. Selling my 2009 Trek Fuel EX 6.5 Full suspension Mountain bike. Size medium 17.5. Front fork is RockShox Recon 335 SL Air 130mm of travel rear shock is Fox RP2 120mm of travel Bike is in a attractive shape and recently has been serviced. Shock and Fork..... ucsdguardian.org/classifieds for more information

JOBS

Gas Station Cashier needed in University City. University City Mobil is looking for a hard-working cashier. Experience preferred but not necessary. Must be courteous and prompt. Please apply in person at University City Mobil 3861 Governor Drive San Diego, CA 92122.....ucsdguardian.org/classifieds for more information

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

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CROSSWORD PUZZLE

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
17					18				19			
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45			46				47					
			48				49			50	51	52
53	54	55					56			57		
58							59	60			61	
62							63				64	
65							66					67

- ACROSS**
- Fertile desert spot
 - Concluded
 - Messy fellow
 - Razor _____
 - Ascend
 - Roman garment
 - Comic _____ DeGeneres
 - Christmas carol
 - Bakery item
 - Not year-round
 - Showed feelings
 - Finale
 - Kept
 - Flower container
 - More sharply inclined
 - Most skillful
 - Pause
 - Legendary boxer
 - Sulk
 - Maiden name indicator
 - Grinding machine
 - Pitcher's stat
 - Bottomless
 - Raspy
 - Get together again
 - Wish
 - All people
 - Bustle
 - Make attractive
 - Jeweler's helper
 - Placed
 - Smelling organ
 - Make right
 - Window ledge
 - Pub potables
 - Succinct
 - Fashion magazine
 - "_____ we forget"
 - Computer key
- DOWN**
- Overweight
 - Woody or Tim
 - Mixed greens
 - "Beware the _____ of March"
 - Spanish women
 - Elaborate
 - Fiddle's kin
 - Compass point (abbr.)
 - Eases up
 - Took long steps
 - Burglar's booty
 - Stare
 - Hairless
 - Bird's home
 - Track event
 - Words of comprehension (2 wds.)
 - Animal doc
 - Couple
 - House additions
 - Agitate
 - One who mimics
 - Tedious one
 - Hawaiian feast
 - GOP member
 - Not ever, poetically
 - _____ West of Hollywood
 - Opera star
 - Unending
 - _____ Kong
 - Perform surgery
 - Sewing item
 - Not lying
 - Positive answers
 - Turn aside
 - Compact
 - Command
 - Ultimatum word
 - Brad
 - Pickle seasoning
 - Prayer close
 - Bullring cheer

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SUDOKU

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

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DID YOU KNOW?

DECEMBER 1 NATIONAL PIE DAY

Women's Soccer Fails to Make the Final Four, Falls to No. 23 University of Colorado Colorado Springs

After opening up the score in the first fifteen minutes through Katie O'Laughlin's right footed shot, the Tritons conceded the equalizer on a penalty kick with ten minutes left in regulation. The score remained tied through overtime, and UC San Diego ended up losing 4-3 on penalty kicks.

BY MADELINE LEWIS
STAFF WRITER

Amid a season that felt like no one could find a way to beat them, the UC San Diego women's soccer team dropped a penalty-kick heartbreaker to No. 23 University of Colorado - Colorado Springs Sunday evening in the NCAA quarterfinals.

The Tritons hit the ground running early, scoring the first goal of the game about 15 minutes into the first half. UCSD senior forward and All-CCAA First Team honoree, Katie O'Laughlin, picked up her ninth goal of the season on a right-footed strike to the left side of the net. Assists were granted to senior forward Mary Reilly and freshman midfielder, Caitlin McCarthy.

Several aggressive plays led to multiple bodies flying left and right as both teams would go down in a dogfight tonight. UCSD

carried its one goal advantage into halftime.

The second 45-minute period opened up with back-and-forth shots from both sides of the pitch. In spite of six corner kick opportunities and an additional 10 shots on goal in the second half alone, the Tritons still failed to push one past six-foot UCCS senior goalie, Taylor Proctor.

With 11:02 left on the clock in regulation, UCSD committed a careless foul inside the goalie box that gave the Mountain Lions a penalty kick and direct shot at the Tritons' goal, which UCCS capitalized on.

Even at one goal apiece after 90 minutes, the audience sat at the edge of their seats filled with angst and excitement. Following two scoreless 10-minute overtime periods, the match was set to conclude in a five-round penalty kick shootout.

UCSD sent forward All-American and team captain, O'Laughlin,

Saddic, Barber, and two freshmen midfielders, Michelle Baddour and Delaney Whittet. Unfortunately, the Tritons came up one goal short as the Mountain Lions prevailed 4-3.

Despite the loss and in just her third collegiate game, Wilkes performed spectacularly, recording five stunning saves including two full-body extended stops. As a true freshman, Wilkes' talented blocks prolonged the match for the Tritons multiple times.

UCCS commanded in shots on goal 23-20, saves by period 8-5, and fouls 15-13.

Despite the tough atmosphere following the game at Triton Soccer Stadium, UCSD finished the season at 17-2-3 and celebrated the finale of seven outstanding Triton senior careers.

READERS CAN CONTACT
MADELINELEWIS@UCSD.EDU



PHOTO COURTESY OF UCSD ATHLETICS

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CYBER MONDAY SALE • 11/27

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SPORTS

CONTACT THE EDITOR
ALEX WU
✉ sports@ucsdguardian.org

UPCOMING
UCSD
GAMES

W Basketball	11/30	5:30 PM	Cal State San Bernardino
M Basketball	11/30	7:30 PM	Cal State San Bernardino
Swim & Dive	12/1	2 PM	AT San Diego State
W Basketball	12/2	5:30 PM	AT Cal State San Marcos
M Basketball	12/2	7:30 PM	AT Cal State San Marcos



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WOMEN'S BASKETBALL

Tritons Split Weekend Matchups

After the Thanksgiving Classic, UC San Diego looks ahead to CCAA season.

BY DELANEY WHITTET AND WESLEY XIAO
STAFF WRITERS

UC San Diego vs. Dominican University of California

Last Friday, the UC San Diego women's basketball team played in and hosted the eighth annual UCSD Thanksgiving Classic. The Tritons started the tournament with a bang, soundly defeating Dominican University 75-57.

The Tritons established their lead

early in the game, earning the first points of the game with a layup by senior forward Dalayna Sampton. Though the Tritons never lost their lead, the game remained close through the first half of the first quarter. However, three-pointers by junior forward Joleen Wang and guard Marcella Hughes brought UCSD out to a more commanding 16-8 lead. The Tritons remained dominant, closing out the first quarter 20-12.

For the rest of the game, the Tritons continued to add onto their lead.

In the second half, junior forward Rebecca Williams and sophomore forward Mikayla Williams had nice performances, tying each other for a team-high eight points. A three-pointer by senior Paige Song gave the Tritons a 10-point lead midway through the fourth quarter; after that point, the Tritons lead never dipped below double-digits. UCSD easily handled Dominican for the rest of the game, coasting to a decisive 75-57.

In both halves, the Tritons consistently outscored the Penguins

by at least 10 points. Through all four quarters, the Penguins were never able to hold a lead. A key to the Tritons' victory was their depth and balance. UCSD managed 41 points off the bench and, while no single player had a dominant game, they played excellent team basketball.

UC San Diego vs. Azusa Pacific

The UC San Diego women's basketball team fell to Azusa Pacific in the fourth game of the Thanksgiving Classic tournament on Saturday afternoon. The two teams struggled to maintain a lasting advantage until the Cougars managed to pull ahead one final time in the fourth quarter, winning 82-76.

Azusa Pacific took the lead early in the first quarter as the Tritons were unable to capitalize on their shots. The Cougars stayed ahead, challenging UCSD's defense with hard pressed layups.

Although the Tritons continued to trail throughout the half, they steadily rose until they were behind merely 12-14 in the last two minutes. Junior guard Marcella Hughes sank a three pointer in the final minute of the quarter, securing a 15-14 lead.

Senior forward Dayana Sampton kicked off the second quarter with a layup, making the score 17-15 in the first 30 seconds of play. The Cougars quickly clawed their way back to the top, utilizing their strength in layups to regain the lead, 19-18, within the next two minutes.

The Tritons responded almost instantaneously, tying the game at 20-20 before pulling ahead yet again. A three pointer by senior guard Paige Song and two by Hughes kept UCSD's advantage, ending the second quarter 37-36.

The lead bobbed between the two teams 8 times throughout the entirety

of the third quarter. The Tritons managed to score their layups while the Cougars continued to bury threes until they gained a steady advantage over UCSD.

When it looked like Azusa Pacific might hold onto its lead, UCSD put its foot on the gas and continued to drive to the basket. Another crucial layup by Sampton in the final four minutes gave the Tritons the push that they needed to recapture the lead.

The Tritons odds at taking the final quarter looked promising, ended the third quarter with a layup by Mikayla Williams and regaining the lead, 60-59.

The fourth quarter did not fall in the Tritons favor as the Cougars took back the lead with a layup in the first two minutes. The Cougars kept their advantage for the remainder of the game. UCSD was unable to find its momentum, turning over the ball and struggling to get shots off.

Although Azusa Pacific dominated the scoreboard for the majority of the half, the Tritons didn't go down without a fight, staying right on the Cougars heels and utilizing Hughes's three pointers to eventually pull ahead in the last three minutes. However, Azusa Pacific struck yet again, scoring a three pointer and five free throws in the final 40 seconds to secure their victory, 82-76.

The loss moved the Tritons to 4-2 overall. The women will begin their California Collegiate Athletic Association season at 5:30 p.m. on Nov. 30 at home against Cal State San Bernardino.

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Christian Oshita Leads Tritons to Chuck Randall Classic Win

UC San Diego evens up its season record with back-to-back victories over Western Washington and Alaska Fairbanks.

by Richard Lu and Daniel Hernandez//
Associate Sports Editor and Senior Staff Writer

PHOTO COURTESY OF UCSD ATHLETICS



MEN'S BASKETBALL

UC San Diego vs. Western Washington

The UC San Diego men's basketball team defeated Western Washington, 81-73, on Friday, Nov. 24 in its first game at the Chuck Randall Classic. With the victory, the Tritons improve to 2-3 on the season with one more game to go before the California Collegiate Athletic Association season begins.

The first half was a back-and-forth affair with neither team able to gain a significant lead. The teams traded baskets, until the final minute of the half. Subbing in for redshirt freshman Mikey Howell, senior guard Anthony Ballestero sank a three-pointer to put the Tritons up 41-38 going into halftime.

The Tritons came into the second half with a head full of steam. Senior forward Michael Shomaker grabbed an offensive rebound, finished a layup, and knocked down a three-pointer within the first two minutes of the half. His energy fueled the Tritons, as UCSD never lost the lead.

However, the Vikings were persistent, closing the lead to just

two points in the final two minutes of the game. With the Vikings on their tail, the Tritons called again on Shoemaker. After a 30-second timeout, Shoemaker sank a basket from behind the arc to stall the Viking momentum and put the Tritons up 78-73 with 0:42 left to go. Feeling the pressure, Western Washington hastily chucked three-pointers and were fortunate enough to grab two offensive rebounds for more opportunities. They were, however, unable to convert on any of their attempts. Free throws by junior guard Christian Bayne and senior guard George Buaku sealed the game for the Tritons, giving them the 81-73 victory.

UC San Diego vs. Alaska Fairbanks

In its last game at the Chuck Randall Classic, UC San Diego defeated Alaska Fairbanks 80-56 to earn its second win of the tournament. The second consecutive win improves the Tritons' overall record to 3-3.

The Tritons had a solid shooting afternoon as they shot 51.7 percent (31-60) from the field, including an impressive 47.1 percent (16-34)

from the three-point line. Sophomore forward Scott Everman had seven of the team's three-pointers on the afternoon, piling up a game-high 24 points on eight for 16 shooting. Everman was one of four Tritons in double-figures: Senior guard Anthony Ballestero and junior guard Christian Bayne added 17 and 16 points respectively, while junior forward Christian Oshita ended with 12. Ballestero had the most efficient game of all the Tritons, as he earned his 17 points off of six-of-eight shooting, including five threes from behind the arc.

Alaska Fairbanks never looked to pose an issue to UC San Diego, as the Tritons dominated throughout and had "...another quality win" according to head coach Eric Olen. Within ten minutes of tipoff, UCSD already held a double-digit lead and never looked back as the team consistently shot the ball from the three-point line. Over half of the Tritons' shots came from three-point land and their high-percentage shooting really gave them the upperhand in the game.

Another category that UCSD held

the advantage was in turnovers, as they minimized turning the ball over to 10, while their opponents had 19. The Tritons made sure to make the most out of the 19 turnovers, with 27 points coming off of those opportunities.

For the second consecutive game, the Tritons hit the 80-point mark. Most importantly, both games resulted in wins. The success in the tournament served as a good tuneup for the start conference play, which starts later this week for the Tritons.

Oshita was named MVP of the Chuck Randall Classic, averaging 17 points, all while shooting 59.1 percent from the field. Bayne and Ballestero also were included in the All-Tournament team.

Up next for the Tritons is the start of the California Collegiate Athletic Association season as they are set to take on Cal State San Bernardino at RIMAC Arena for their home opener on Thursday, Nov. 30. Tip-off at 7:30 p.m.

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