

A BUNCH OF SMOKE AND MIRRORS



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UCSD student DJ Edric opens the DVC music event along with other student artists Bex, ZAN, and Scales // Photo by James Song

ASSOCIATED STUDENTS

Analyzing AS — The Fund Allocations in Detail

\$112,035.98 was allocated to 57 different undergraduate student organizations to provide funding for a number of programs.

BY JACOB SUTHERLAND
NEWS EDITOR

A.S. Council rolled out 162 written reports to allocate a total of \$112,035.98 to 57 on-campus student organizations using a portion of its budget funded by student fees. These funds were allocated to allow a variety of groups, including Greek life, religious groups, and academic organizations, to put on 162 different events or projects over the course of Fall Quarter.

The funding for programs provided by A.S. Council is available to every undergraduate at UC San Diego who is a principal member of a registered student organization. These funds can go to a number of projects, including hosting a speaker, putting on a concert, throwing a cultural event, or having a general body meeting.

While available to everyone, student organizations are only allowed to request up to a certain amount of funding depending on how many undergraduate students are expected to attend the said program. This ranges from up to \$150 for events with a predicted attendance of anywhere between one and 25 students to a potential total of \$9000 in funding for events with over 501 students in attendance.

There are a number of ways to break down how this large budget was allocated. The largest allocation of all was \$13,818.48 to the Multicultural Greek Council, which will fund three different events — Summerfest, the Multicultural Greek Council Fraternity and Sorority Life Conference and the MGC Info Night. Greek life, in general, received the largest plurality of the funds, with 10 different organizations falling under the greek category receiving \$43,738.87 to fund 22 different projects.

Science, technology, engineering, and math groups took home another large chunk of the budget — receiving \$25,422.85 to fund 70 different programs. The groups receiving these funds include the Association for Computing Machinery, the Institute of Electrical and Electronics Engineers, the Health and Medical Professionals Preparation Program, the Triton Engineering Student Council, the Biological Sciences Student Association, the American Chemical Society Student Affiliates, the Alpha Epsilon Delta Pre-Health Professional Honor Society, the Biomedical Engineering Society, the Medical Educational Missions and Outreach, the Cognitive Science Student Association, the American Institute of Chemical Engineers, the Pre-Pharmacy Society, Society of Undergraduate

RESEARCH

Researchers at UCSD Study the Extreme Lives of Tardigrades

BY ANDREWHA EDITORIAL ASSISTANT

UC San Diego scientists have recently discovered the mechanism that allows tardigrades, a microscopic animal species, to survive extreme conditions. Published on Oct. 1, 2019 in the eLife journal, the study established how Dsup, a protein found only in tardigrades, functions in the animal's body.

Tardigrades, commonly known as water bears or moss piglets, are aquatic micro-animals that live almost everywhere on Earth. Considered extremophiles, tardigrades have been found to even be able to survive in space against the vacuum and radiation of low-Earth orbit. When not in the water, tardigrades go into a dehydrated state, allowing them to be much more resistant to outside conditions.

With the scientific community's increasing interest in tardigrades over the years, distinguished professor of biological sciences Dr. Jame Kardonaga found that his lab could be well-suited to do the research.

"[Dsup] looked like a protein that had to do with chromatin (natural form of DNA packaged with proteins)," Dr. Kardonaga said to the UCSD Guardian. "We've been working on chromatin for the last 30 years and it looked like Dsup was a chromatin protein. So when Carolina Chavez, who was an undergraduate here, contacted me to find a lab to work in, I let her start working on it."

The tardigrade study was written by undergraduate Carolina Chavez (now a Ph.D. student at UCLA), Postdoctoral Fellow Grisel Cruz-Becerra, Assistant Project Scientist Jia Fei, Research Scientist George A. Kassavetis, and Distinguished Professor James T. Kardonaga.

Previous research on tardigrades had already made the connection between Dsup and its protection against X-rays, but research had yet to indicate how this mechanism works. Through this new study, the UCSD scientists were able to fill in this gap of knowledge.

"X-rays create hydroxyl radicals that hit the DNA," Dr. Kardonaga said. "We found that the Dsup binds to [units of chromatin], creating a protective cloud that protects the cell from hydroxyl radicals. That explains how Dsup proteins make cells resistant to X-rays."

With this link, the scientists were able to understand how Dsup functions in tardigrades and how the protein creates a protective barrier. This barrier in turn would make possible practical applications when applied to humans.

"Theoretically, if you add Dsup to [human] cells, it could promote cell longevity and durability," Dr. Kardonaga said. "Some pharmaceuticals are made with cultured hamster cells; [with Dsup], you might be able to make the cells tougher. It might even be possible to use [Dsup] in cell-based therapies for cancer by modifying blood T cells to be tougher."

The study also made an additional discovery but has yet to fully fathom those results. It turns out that Dsup has a particular binding pattern that is very similar to a binding protein for chromatin that is found exclusively in vertebrates. The connection between the binding protein in tardigrades and vertebrates has yet to be explained. For now, the scientists are continuing to study Dsup to better understand the protein's functions.

"Our immediate goal is to get a more precise understanding of what the protein does," Dr. Kardonaga said. "We want to narrow down exactly what part of the protein binds to the [chromatin unit]. We also wanted to understand each of the functional regions of Dsup. This could be useful for the applications of the protein I talked about: if we really understood all the working parts, we might be able to engineer an improved version of Dsup."

Following the release of the paper, tardigrade experts from around the world reached out to the team to commend their work and provide positive feedback.

MEDICINE

UC San Diego Surgeons Use New Technology to Repair Aneurysms

UC San Diego Health is the third medical institution in the nation to implement this 3D technology.

BY ZHOUYINGLIN
CONTRIBUTING WRITER

UC San Diego Health recently became one of the first health centers nationwide to adopt the 3D imaging technique, Dynamic Morphology Correction, in aortic aneurysm surgery. This new procedure offers greater efficiency for the treatment of aortic aneurysms while also lowering the difficulty of

the operation and minimizing human exposure to medical radiation.

The aorta is the main blood vessel that carries blood from the heart to the rest of the human body. "Aortic aneurysm" refers to the weakening and bulging of the aortic wall typically due to aging or disease. Without surgery, damaged aortic tissues may rupture and cause life-threatening internal bleeding.

In surgeries of an aortic aneurysm, surgeons implant a stent graft made of plastic and a fabric-coated tube with wires wrapped around it. This device serves the function of carrying blood instead of the damaged aortic tissues. Meanwhile, the implantation process must be handled with extra care as the stent graft must be oriented

See ANEURYSMS, page 3

See FUNDS, page 2

The programming funds are available to all undergraduate students who apply six weeks before their event date

► **FUNDS**, from page 1

Mathematics Students, Insight Pre-Optometry, Microtomes, and Out in Science, Technology, Engineering, and Mathematics.

Religious student organizations took home \$6,331.50 to fund 11 different programs. These groups

include the Catholic Student Community, the Muslim Student Association, Reedemer's Grace Church, Navigators, and 4Corners Christian Fellowship at UCSD.

The Associated Students programming funds are available

to be applied for six weeks prior to the event date, with applications either being approved or denied five weeks before the prospective event date. Students interested in applying for programming funds through Associated Students

can learn more about the funds in the updated online Associated Students Funding Guide.

READERS CAN CONTACT
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LIGHTS & SIRENS

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

Sunday, Oct. 6

12:08 a.m. Injury - Muir Tennis Courts

Male slammed into another player while playing volleyball. Report taken.

1:44 a.m. Disturbance - Vehicle - The Village East

Loud vehicle driving around with passengers screaming inside. Unable to locate.

7:14 a.m. Medical Aid - Brennan Hall

Female drank too much alcohol, elevated heart rate. Transported to hospital.

10:56 a.m. Welfare Check - The Village East

Mother concerned about daughter, hasn't heard from her in a while, acting unusual; contact made. Checks OK.

12:52 p.m. Water Leak - Price Center

Water leaking from ceiling. Referred to Facilities Management.

2:42 p.m. Petty Theft - One Miramar

Bicycle stolen; loss \$600. Report taken.

9:19 p.m. Petty Theft - Mesa Nueva Building D

Individual heard using grinder tool being used to cut bike locks. Unable to locate.

Monday, Oct. 7

12:41 a.m. Possession of Marijuana - Village East Building 3

Odor of marijuana near laundry room. Unable to locate.

1:27 a.m. Noise Disturbance - Tamarack Apartments

Hears subjects yelling inside apartment.

Referred to Student Conduct.

4:43 a.m. Medical Aid - Argo Hall

Adult female with heart palpitations, dizzy with headache; conscious and breathing; Transported to hospital.

Referred to San Diego Fire Department.

11:21 a.m. Medical Aid - Goody's

Adult female conscious, having trouble breathing; medics enroute.

Referred to San Diego Fire Department.

11:49 a.m. Hazard Situation - I-5 southbound between Genesee and La Jolla Village Dr

Male on freeway riding bicycle. Referred to California Highway Patrol.

8:39 p.m. Welfare Check - Mesa Nueva Building A

Reporting party has not heard from son tonight, requesting son give her a call.

Service provided.

10:32 p.m. Possession of Marijuana - Revelle Apartments

Reporting party smelled odor of marijuana when they saw four residents run into apartment refusing to answer the door. Referred to Student Conduct.

Tuesday, Oct. 8

12:18 a.m. Disturbance - Domestic Violence - Via Mallorca

Dispute over child custody. Referred to San Diego Police Department.

2:51 a.m. Citizen Contact - Meteor Hall

Four subjects found sleeping in lounge. Will cooperate.

4:30 a.m. Illegal Camping - Deep Sea Drilling Program West

Transient male sleeping outside custodian locker. Field interview.

8:26 a.m. Information Only - North Torrey Pines Ct

Report of fumes coming into building. Referred to UC San Diego.

12:25 p.m. - 1:50 p.m. Petty Theft - Bicycle - RIMAC Bike Rack

Front and rear lights stolen off bike; loss \$12.99. Online Report.

2:00 p.m. Illegal Parking - Koman Family Outpatient Pavilion

Female parked and left vehicle in valet blocking other vehicles; female threw keys on ground and went inside the building. Service provided.

7:07 p.m. Psych Subject - Frankfurter Hall

Reporting party concerned about son having suicidal ideations. Report taken.

Wednesday, Oct. 9

12:48 a.m. Noise Disturbance - Douglas Hall

Hears people talking loud and shouting.

Referred to Student Conduct.

9:49 a.m. Information Only - 64 Degrees

Report of male transient talking to himself. Information only.

11:06 a.m. Disturbance - Verbal Argument - Rady School of Management

Male refusing to leave; subject is now leaving building. Cancelled.

Unknown time. Vandalism - Humanities and Social Sciences Building

Unknown subject(s) painted graffiti and used an unknown object to put a hole in a wall. Report taken.

2:34 p.m. Medical Aid - Carlsbad State Beach

Female was bitten by something in the water. Referred to City of Carlsbad Lifeguards.

3:40 p.m. Stay Away Order - Price Center

Transient male took item away from janitor's area and causing a disturbance. Report taken.

8:10 p.m. Attempted Battery - UCSD Medical Facility - Hillcrest

Psychiatric patient attempted to strike medical staff in the face. Hospital security report taken.

— Jacob Sutherland
News Editor

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This new 3D technology, developed by Cydar Medical, cuts surgery for aortic aneurysms in half

► ANEURYSMS, from page 1

correctly and in an upright position to connect to the other blood vessels.

Contrast dyes composed of radioactive iodine are necessary to show blood vessels in an X-ray image due to the black and white nature of the image. By adding iodine into patients and taking X-rays continuously throughout the operation, surgeons could locate blood vessels and position the stent graft in the right place. However, this process is highly complex and challenging, as the radioactivity of both iodine and X-rays can cause harm to both patients and surgeons.

"Aorta becomes tortuous as we get old," Dr. Mahmoud Malas, the first vascular and endovascular surgeon to operate aortic aneurysm with 3D imaging at UCSD Health, said to the UCSD Guardian. "It moves when you put the stiff wire [in] ... X-ray doesn't show you the aorta, so you just keep shooting dyes to see where the vessel is."

Now with Dynamic Morphology Correction, which was originally developed by Cydar Medical, the

need for contrast dyes is significantly reduced. Prior to the day of operation, surgeons use the technology to build a computerized 3D model of the patient's aneurysm using a CT scan. Surgeons then take an X-ray of the patient on operation day and align this image with the previously built 3D model using two bone landmarks marked in the CT scan. This then gives back a real-time image of a patient's blood vessels.

"Cydar incorporates machine learning, it adjust itself and you can also manually move [the image]," Malas said.

Malas mentioned that holes connected to other blood vessels are also colored on the Cydar model. He explained that this helps surgeons locate visceral vessels in a shorter time, and noted that the procedure time has been cut in half because of this new technology.

UCSD Health is the third medical institution in the nation and the first on the west coast to apply 3D imaging in aortic aneurysm. Despite paying thousands of dollars as annual fees

to Cydar Medical, UCSD currently does not charge its patients with an aortic aneurysm an extra fee for the incorporation of the new technology.

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By Michi Sora



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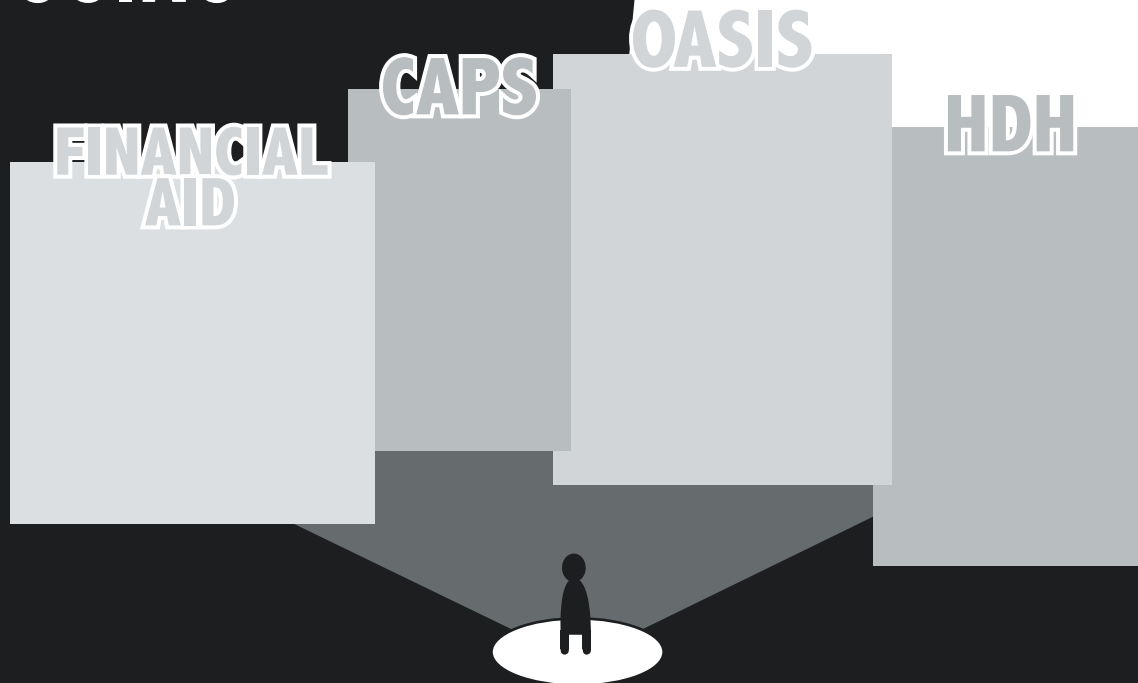
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OPINION

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GOING, GONE: GOING

RESOURCE CENTERS NEED LOVE TOO



By: Chris Robertson // Senior Staff Writer

After a decade of rapid expansion and another record-breaking year of admissions offers, UC San Diego will be home to nearly 39,000 students this year, all of whom will need help with some combination of housing, financial aid, academic advising, mental health counseling, tutoring, and social integration. UCSD has introduced a number of developments to compensate for such rapid population growth: new parking structures, nearly 2000 new beds and more classrooms, all introduced in the North Torrey Pines Living Learning Community currently under construction where the long-dead Muir parking lots once lived.

UCSD is pouring millions of dollars into the NTPLLC trying to meet the basic requirements to accommodate such a large student body, but these developments have some blind spots. Each addresses universal obstacles to higher education — those that affect the campus population as a whole but do not include unique challenges faced by certain communities. Minority groups on campus confront the same barriers to higher education as the rest of the campus, but with additional challenges on top for good measure. Yet UCSD has not addressed how rapid expansion will affect these communities or how new developments will incorporate minority student's needs.

Minority groups already have enough barriers to success in higher education just as the campus is now. Black and Hispanic students at UCSD have markedly lower retention rates than their White and Asian counterparts. Undocumented students are unable to access resources for financial aid and housing for fear of exposure. LGBT+ students are more likely to experience violence and harassment than other students. Resource centers exist on campus to bridge the gaps in the college experience groups like these, but UCSD

has yet to expand these institutions anywhere near the rate that they are expanding the campus.

Resource centers perform functions that universal projects and resources can not: they offer counseling and education as it relates to their target students, they help students navigate campus and local bureaucracies to identify other useful resources, academic or otherwise. And perhaps most importantly, they concentrate increasingly diffuse communities around a set point within an impersonal campus.

“Resource centers ensure modest but vital accommodations that make higher education more accessible and more sustainable experiences. They will be the first to feel the pressure of over-enrollment, though.”

Resource centers ensure modest but vital accommodations that make higher education more accessible and more sustainable experiences. They will be the first to feel the pressure of over-enrollment, though.

Just numerically, more students on campus means more people putting pressure on existing resources. Many institutions, like the financial aid office or Housing-Dining-Hospitality, serve very large populations and always have. Comparatively, resource centers reach much smaller audiences, so increases to campus populations create relatively more strain. Shocks to HDH result in longer lines at dining halls — a complication for students but more an inconvenience

than a necessity. Shocks to resource centers, especially given that they do not expand based on the number of students they serve, can mean a failure to provide the resources to UCSD's most vulnerable students.

Treatments for stress on resource centers are not financial or physical necessarily; more money and bigger spaces will not inevitably close gaps in retention rates or acclimate students to their campus communities. UCSD needs to adopt a more comprehensive approach to meeting the needs of its students by specializing typically universal resources for specific audiences.

Tutoring, housing aid, financial aid, mental health counseling, and a whole host of resources exist on this campus but usually at a universal level; They often do not address the ways that membership in a minority group might affect these needs. Counselors in mental health services may not be equipped to tackle issues of race or legal status, and a universal approach to financial aid may not lift queer people to an economic place where higher education is an option at all, for example. Expanding resource centers will become more and more necessary; UCSD should focus on filling those gaps between the universal issues faced by all students and the niche issues faced by social and economic minorities.

Resource centers are the forgotten institutions getting lost in all the planning and development committees. For most of the campus, the existing plans will meet their needs, but for members of UCSD's smaller communities, the campus will likely become an increasingly alienating and stressful place. Expanding resource centers can mean the difference between enabling these students to thrive or losing them in the crowd.

THE INVISIBLE HAND OF DEMOCRACY

Free marketers want us to believe their rationale for halting assault rifle sales and divesting from fossil fuels. We don't buy it.

By: Niall Twohig // Guest Writer

Don't be misled. We, the people, have won two small victories in the struggle for democracy: We forced Colt to stop selling assault rifles to the public. We forced the UC system to divest from fossil fuels.

Reading statements from Colt and UC financial planners, however, you might think another hand was at play. For them, the invisible hand of the market dictated their decisions. The market compelled them from unprofitable sectors to more viable and equally profitable ones. For them, the choice to halt sales and divest just makes sense, economic sense.

But that's all nonsense. The free marketers at Colt and UC are misdirecting us from the hand that really compelled them to halt sales and divest: the hand of democracy.

That hand is composed of real people, invisible to corporations and corporate media, but visible to those at the grassroots. It is made up of ordinary folk who refuse to numb themselves to mass shootings and the pillaging of the earth: Parkland students and parents; sustainability collectives within the UC system who protested or lobbied for fossil fuel divestment; students striking for climate justice; indigenous communities who continued a long tradition of stewardship and resistance by blocking pipelines and bulldozers; queer, feminist, Chicana and BLM activists who refuse to have their people, communities, and ecosystems marked as disposable.

That hand is composed of real people, but it is propelled forward by the dead, by those who died prematurely from gun violence, environmental catastrophe, warfare, or because the market didn't see value in giving them the medicine, food, or working conditions needed to live.

That hand labors for the future, for those who will inherit our earth. It strives to hand them a democracy no longer hijacked by industries of death and destruction. It strives to hand them a living, egalitarian world.

The free marketers want us to forget all that. They want us to focus, instead, on the invisible hand of the market.

Have faith in that hand, they tell us. It will guide us to a promised land where we can have our profits, second amendment rights, and planet too.

But we, at the grassroots, don't buy it. Like Dorothy in Oz, we see through the financial wizard's smoke and mirrors. We see that their God is really a machine built and operated by an elite class of men who is willing to spill blood, drain oil, and burn forests so they

can reap a profit.

Their machine — capitalism — is broken. The physics that drives their machine — endless consumption and endless profitability — can no longer be sustained.

This becomes more evident each day.

The last trick the neoliberal wizards have up their sleeve is to fool us into thinking that the broken machine is our only option. That we must bow down to it as if it were God. That we must keep faith in its laws. That we must continue to operate by its rules.

This is precisely what the financial wizards of Colt and the UC are telling us to believe. That's precisely what Trump and Bolsonaro are telling us to believe.

But their God is dead.

Or rather, we at the grassroots of democracy, know that God never existed. We've always seen the men behind the machine. We've always known it was our hands and labor that restrained their inhumane markets. We've always known it was our hands and labor that held back the fascism they turned to when their machine faltered. We've always known greater freedoms than the ones they sold us.

No. We won't be fooled by the free marketer's rationale. Their hands were tied.

The hand of democracy halted Colt's public sales of assault rifles. The hand of democracy divested the UC from fossil fuels. That hand will continue to break free of obsolescent industries. It will do so, not to maintain profits, but to sustain this priceless and fragile spark of life endowed to each and every one of us.

Niall Twohig teaches systemic analysis in Warren College Writing.

This piece was originally published in the Ob Rag <https://obrag.org/2019/09/the-invisible-hand-of-democracy-wins-two-small-victories-over-colt-and-the-university-of-california/>



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FEATURES

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A BUNCH OF SMOKE AND MIRRORS

There are still a lot of unanswered questions about the true health risks of vaping, but its unwavering popularity is scary.

BY NELSON ESPINAL CONTRIBUTING WRITER

Popular culture has the ability to make anything mainstream. From certain fashion trends to the hoverboard, there are always new developments waiting to infiltrate the general public. Some of the trends, like the now fossilized hoverboard, have short lifespans and are quickly replaced with the newer and trendier. Other products can evolve into cultural staples and are pushed to the forefront of a new generation.

Vaping has reached these heights. Vaping is the action of inhaling and exhaling the vapor produced by an electronic cigarette or a similar device that may look like a flash drive. Vapes are now most commonly associated with Generation Z, which is the demographic group of those born in the mid-1900s to early 2000s, because vape companies target younger age groups. It is impossible to walk around any major city without seeing at least someone 25 years or younger vaping to their heart's desire. There is a lot of advertising by way of TV commercials and billboards that promote vaping as a tool to quit smoking cigarettes. A lot of these ads simply promote it as a cool thing to do, especially with the availability of all of the different flavors. The variety of flavors gives the vape a taste that will appeal to pre-teens or children who might view it more as a toy with a sweet taste rather than something that could damage their lungs.

Juul Labs, a company established 2015 in San Francisco, is the face of the vaping movement. The company created and sold 17 million units of a vape fittingly called the juul. The juul is the most popular commercial vape, and the company has taken over the whole nicotine scene by being one of the first companies to target the youth rather than adults who are looking for an alternative source of nicotine. The branding of the juul as a modern cigarette alternative took the whole vaping industry to a higher status within party and popular culture. It isn't just Juul Labs — a variety of other vape companies like Suorin or Smoktech are benefiting from the popularity of e-cigarettes as well.

The start of the now-established vaping industry can be traced to a marketing campaign that began when Juul launched and ended in late 2018. It featured a social media heavy campaign to reel in the youth at the high school level. This campaign was described in a Vox article by Julia Belluz which stated that “Juul launched a “Vaporized” campaign. Again, its colorful ads — blasted out on billboards, in magazines, and on social media — featured happy, playful 20-something models.” The slogans that were featured in Juul marketing campaigns featured tag lines like “simple, smart, intensely satisfying” or promises to “improve the lives of the world’s 1 billion adult smokers by eliminating cigarettes.” By promoting the juul in a fashion that implies it carries less consequences than smoking a cigarette, Juul entered the mass market with more innocence than big tobacco companies, which are legally required to provide a health warning statement upon sale. Once the ball started to roll when it came to marketing, it led to the youth maintaining the marketing as it became cool to vape, especially to use a Juul. All that it takes for a nicotine product to stick is for some audience to use it. Following the start, people become hooked for life and the companies receive marketing from the people as they will promote the product themselves. This was the manner in which Juul Labs is able to sustain momentum in the marketplace.

This targeting of a younger audience soon became apparent to regulators and it led to a response from the Food and Drug Administration. It issued the following statement on September 9, 2019.

“The U.S. Food and Drug Administration issued a warning letter to JUUL Labs Inc. for marketing unauthorized modified risk tobacco products by engaging in labeling, advertising, and/or other activities directed to consumers, including a presentation given to youth at a school.”

The warning did result in a halt of the marketing towards the younger audience as they toned down the social media usage. Still, the popularity established prevented the warning from affecting the sales.

Many argue that only strict legal regulations will lead to the product losing steam. So far the states that have banned vaping sales or pursued policy for vaping regulations include New York, California, Washington, Massachusetts, Rhode Island, and Michigan. Most of these come as a response to the aftermath of the incidents related to vaping.



The rising dominance of vaping is a cultural phenomenon that can be traced back to societal rejection of traditional cigarettes. Will vapes see the same fallout in the future?

With the recent media coverage, the politicians have felt the pressure to push some sort of policy.

Their audience has reached high schools, college campuses, and even middle schools alike as stress and party culture has led it to uncharted popularity even on a smoke-free campus like UC San Diego. The possible health risks are still up in the air, but there have been enough studies done in order to establish some risks that are known and others that are simply being projected by the stigma of smoking.

According to the Center for Disease Control and Prevention, there have been 1,299 probable lung injury cases since 2016 that have been a result of vaping. Thirteen percent came from products that only contain nicotine and 58 percent came from nicotine products that have THC, the main ingredient in cannabis, in them. Fifty-four percent of these patients were 24 years or younger, the typical age of a college student. There have been 26 deaths from these cases. Although it appears to be that the cartridges with THC infused with nicotine have been the cause of most lung injuries, there some of the injuries have been caused by extreme usage of juuls. Introducing vaping into a young audience itself

See **VAPING**, page 7

► VAPING, from page 6

does contribute to the vaping injuries to some extent and Juul Labs can't avoid the blame by pointing to the THC as the problem itself. The making of the vape mainstream does lend them liable to all of these injuries.

These incidents have led to political measures being seriously considered. The city of Los Angeles is considering a ban of all e-cigarettes.

"The city of Los Angeles is not content to wait and do nothing as the numbers of illnesses and even deaths associated with unregulated vaping devices increases daily," Councilmember Paul Koretz stated in USA Today.

His announcement came a couple of days after President Donald Trump called for the banning of e-cigarettes.

"We want to discuss the situation because not only is it a problem overall but, really, specifically, with respect to children, we're getting some stories that we don't want to hear," he said at a White House hearing. "And we may very well have to do something very, very strong about it."

The recent activity from these politicians, especially Trump, symbolizes a murky future for Juul Lab and other companies, as they may have their products pulled until there is definitive proof that vapes do not cause significant harm.

The solution to the vaping problem is not as simple as restricting vape sales. Some good has come from the rising popularity of vapes: e-cigarettes have helped cigarette smokers quit by knowing that there are other ways of receiving nicotine and they are even more accessible. The lack of long-term studies on vaping effects is concerning due to simply having a lack of information, but it is known that cigarettes are directly linked with lung cancer. A UCSD student who wished to remain anonymous explained how vaping helped him significantly cut back on his once-heavy cigarette use.

"Vaping fills the need for nicotine that cigarettes created," he said. "As a whole, it's more pleasant and accessible at all times. With a cigarette, you have to smoke the whole thing at once, but with a vape you can pace yourself. It just became more practical and I am still getting nicotine."

There is a lot of value in transitioning people away from cigarettes into an alternative method of receiving nicotine. For adults who struggle with smoking cigarettes, vaping provides a way to buy time until they can possibly quit smoking all together. A study done by the New England Journal of Medicine showed that e-cigarettes allowed for 18 percent of smokers to quit while other methods like nicotine gum only yielded 9.9 percent of people that stopped smoking. It concluded that, "E-cigarettes were more effective for smoking cessation than nicotine-replacement therapy, when both products were accompanied by behavioral support." The demonization of vaping could potentially lead people who have transitioned to go back to cigarettes and erase some of their progress via bans on vapes.

The question looming over the vaping industry is about the long-term effects of vaping and whether it is definitely better than smoking a cigarette. Although the chemicals and carcinogens are different when it comes to vaping, that doesn't make them better. There is a lack of answers when it comes to this question as there are a lot of studies that contradict each other in different fashions.

A now infamous study conducted by Public Health England concluded that "the results of the demonstration visually illustrate the stark contrast between the impacts of smoking and vaping. Research estimates that while not risk-free, vaping is at least 95 percent less harmful than smoking." The results should be promising for vaping, but there was a lot of backlash based on these findings as they were commonly criticized. Dr. Albert Rizzo, Chief Medical Officer for the American Lung Association, told the New York Times that, "To say that something is safer than a product like cigarettes that kills seven million people in the world each year because of tobacco-related disease, and half a million people in this country, is not saying a lot." Contracting findings like these are commonplace throughout the scientific community as there simply hasn't been much time to analyze the effects that vaping has on people and their bodies. Making very extreme claims on either side would be unfair to the scientific method.

"Although the chemicals and carcinogens are different when it comes to vaping, that doesn't make them better."

On the other hand, a study by Dharma N. Bhatta, and Stanton A. Glantz published in the Journal of the American Heart Association concluded that the "Effect of e-cigarettes are similar as conventional cigarette and dual use of e-cigarettes and conventional cigarettes at the same time is riskier than using either product alone." This finding would coincide with studies that show nicotine causes problems with blood pressure and the heart as a whole. Finding a direct link to lung cancer has not been cemented yet as it is early in the life of vaping, but there is risk of heart problems in the future via consumption of nicotine. The combination of these potential cardiovascular risks and the lurking threat of the chemicals found in vape leads to an alternative to cigarettes that can be potentially just as dangerous.

At the end of the day, vaping will remain as a prevalent feature of culture for our generation going forward. It has been normalized among Gen Z and has a good portion of teenagers already hooked. Significant evidence argues that e-cigarettes are not safe to use and that they actually provide detrimental health risks. The following steps of the government and other regulators will prove to be important as more studies are done into the health risk of vaping. Until then, there will be just as many questions about vaping as about the exact concerns for anyone who is already vaping or looking to start. There is potential for the marketing of vaping products to cause serious health problems for those that are already hooked, or it may end up being a legitimately viable tool for those looking to turn to a healthier way of smoking.

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MUSICAL REVIEW

KISS MY AZTEC

Director Tony Taccone

Starring Angelica Beliard, Chad Carstarphen, Julio Catano, KC De La Cruz

Runs Sept 3 to Oct 13, 2019

Location La Jolla Playhouse

B

PHOTO COURTESY OF LA TIMES

“Kiss My Aztec” from the La Jolla Playhouse is a fun, unapologetically silly re-imagining of Aztec history.

In the first musical number of the chaotically fun play “Kiss My Aztec,” our ancient Aztec protagonists leap onto the stage to sing about the invading Spaniards (“White People On Boats”). During the song, the male lead Pepe (Joel Perez) says in an uncanny President Donald Trump imitation, “They’re bringing disease. They’re bringing crime. They’re rapists. And some, I assume, are good people.”

Pepe is, of course, referring to white Europeans. The moment receives a big laugh, but it also serves the purpose of drawing a line between the past and present. “Kiss My Aztec” asks the audience to consider: What might have happened if the Aztecs had won against the Spanish in the 1500s? And what would that look like as a comedy?

The story starts with a prophecy from the witch Tolima (Maria-Christina Oliveras): If the Aztecs do not defeat the Spanish before the coming of the blood moon, the Aztecs will be doomed to extinction. The Aztec chief (Chad Carstarphen) plans an attack on the citadel,

where the wealthy Spanish viceroy resides with his children. The resulting story explores the day before the attack, and it is equal parts dramatic twists and splashy dance numbers.

When at its best, “Kiss My Aztec” is an enjoyable and unapologetically silly musical with exceptional choreography, rap music, and Latinx actors showing off their comedic chops. Zachary Infante, who plays the viceroy’s son Fernando, is a particular standout among the cast. A subplot involves Fernando’s enormously entertaining relationship with his gay lover, the leader of the Inquisition. In one memorable number (“Tango in the Closet”), the conniving yet sweetly endearing couple dance across the stage and sing, “God must be gay!” The close of the song brought well-deserved, ear-deafening cheers from the giddy audience.

Also of note are the charmingly anachronistic costumes. The Aztecs first burst onto the stage wearing a mix of modern clothes and battle gear — colorful tank tops and animal masks, Converse high tops and furs. Meanwhile, their Spanish

enemies are dressed in frilly royal clothing with puffy sleeves. There is no question about who the good and bad guys are. The good guys are the ones who look cool as hell.

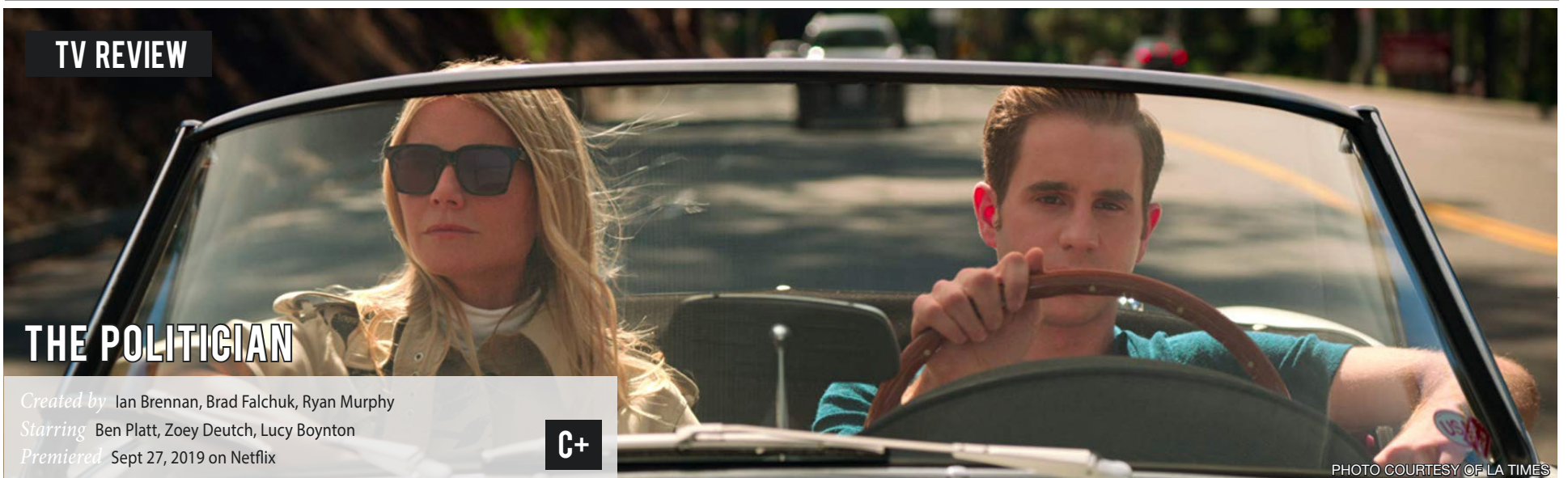
Writers John Leguizamo and Tony Taccone, both of whom have won Tony Awards, clearly have the know-how to tell a compelling story. There is rarely a slow moment in the plot. From epic battles to delightful romances, every scene is packed with drama and jokes at every corner. Not all the jokes succeed — there is a recurring gag involving puppets that gets tiresome after the third or fourth or ... tenth time — but on the whole, the play is a pleasure to watch.

And yet, as humorous as the musical is, the tragedy of its true history cannot help but hang over the story like an insidious cloud. Recent years have brought plenty of historical fictionalized stories told from the perspectives of marginalized peoples, and rightly so. “Kiss My Aztec,” though, eschews history and attempts to change the past altogether. What if the Spanish conquistadors had been ridiculous, bumbling

fools instead of a terrifying imperial power with guns? What if magic and fate and the gods had been on the side of the Aztecs? What if worldwide imperialism could have been defeated by a small, ragtag team of heroes? What if?

Perhaps the play intends to be purely escapist, a pleasant fantasy where history had been kinder to our heroes. If that were the case, though, the characters wouldn’t be making continuous references to Trump’s wall or to the current horrors of immigration law. The play frequently tries to be both escapist and relevant to modern issues, and so it doesn’t fully succeed at either. Still, that doesn’t change that “Kiss My Aztec” is genuine fun. The Aztecs may not have actually won against the Spanish, but it sure is nice to pretend, just for a bittersweet couple of hours, that they had.

— TANYANGUYEN
 Staff Writer



TV REVIEW

THE POLITICIAN

Created by Ian Brennan, Brad Falchuk, Ryan Murphy

Starring Ben Platt, Zoey Deutch, Lucy Boynton

Premiered Sept 27, 2019 on Netflix

C+

PHOTO COURTESY OF LA TIMES

“The Politician” is a disaster — I love it.

When “The Politician” seduces you, it does so loudly, with firm direction and vibrant color. In its first 15 minutes, it promises a show that is clever and current, but light enough for a weekend Netflix binge. We start off with Payton Hobart (Ben Platt), a high school senior who has been set on one goal his whole life: becoming president. Every aspect of his life has been mapped out through his careful study of all presidents, past and present. The next step in his plan is clear: become class president of his upper-class Santa Barbara high school. The catch? His newly-announced opponent, River Barkley (David Corenswet), a golden boy with shocking depth, is the boy that Payton has also been having a secret affair with for months.

“Ah,” you might think, contentedly, at this point in the show. “I see what this is going to be about. This is a relevant show exploring the wild ins and outs of our current political world through the microcosm of high school. This campaign will go to ridiculous lengths to achieve success, but we, the viewer, will still be fully invested in all the twists and turns and subterfuge. In the end, our heroes will learn an important lesson about sexuality, and ambition at the price of being yourself.”

Well, you thought wrong. “The Politician” is a delightful mess, happily picking up possible plot threads and

then dropping them moments later in favor of something shinier. Are we talking about Payton’s self-detrimental ambition now? His mother’s lesbian affair? An assassination attempt staged through a school musical? His vice-presidential candidate’s (possibly not real) cancer and her domineering grandmother? Characters are disinherited and reunited seemingly at the whims of a bored god with a short attention span. They attempt to poison each other in one episode and appear as the best of friends in the next. Despite its concise eight-episode season, “The Politician” still finds the time to completely forget that it’s about a school election, spending episodes on unrelated side drama, before anxiously remembering and picking up that plotline with a renewed fervor.

The show’s creators are Ryan Murphy, Brad Falchuk, and Ian Brennan. Murphy, Falchuk, and Brennan are also known for their work on “Glee,” which certainly seems to make sense at first glance. There is definitely a ghostly resemblance to “Glee” that runs through the heart of the show — in its Type A, endearingly terrible protagonist, its penchant towards bizarre storylines and overblown drama, and of course, the musical numbers. “The Politician” is no “Glee” though, which for all its infamy, was at least purposeful and competent in its first seasons. “The Politicians” stylized over-direction

far overshoots “charming” and nearly lands in “headache-inducing” territory. Payton’s character and growth are often left by the wayside, only for the show to pretend it was central by its end. The musical numbers exist on an inconsistent basis that feels like it depended less on narrative pacing, and more on someone in the writer’s room suddenly remembering that they had Ben Platt as the lead.

But here is the key: It is very fun. Yes, the plot is convoluted and poorly paced, but it hardly seems to matter as the constantly moving machine of stray plot threads constantly provides something to keep you excitedly clicking on the next episode. It would be wrong to call “The Politician” a particularly funny show, but there’s a light-hearted feeling even in its darker moments, and enough well-placed jokes to keep the viewer entertained despite anything else. Ben Platt shines especially as he brings both his musical and acting talent to the show, adding an endearing and even relatable element to Payton, who otherwise could have easily been made unlikeable due to his ambition and privilege. Gwyneth Paltrow appears as Payton’s mother, a woman formerly disillusioned by love who must choose between her own happiness and her family’s, and does a fantastic job with a relatively small role. Jessica Lange, of course, absolutely kills it as Dusty Jackson, an unstable

woman caring for her sick granddaughter while struggling with her tendencies towards narcissism and control. What “The Politician” lacks in subtlety and nuance, it seems to make up for in a strong cast and good humor.

The final episode of “The Politician” is a bizarrely paced epilogue, in which we catch up with characters four years in the future and wonder why we are until the very end. But finally, there it is: The promise of a season two and another election, this time against an incumbent New York state senator whose scandalous sex life may provide the key to her downfall. And wouldn’t you know it, those b----- did it again! I know that season two of this show isn’t going to be the witty, satisfying, overblown political drama it so artfully has already set itself up to be. But part of me, the part that has been trained by a history of media generally making some sense, still expects it to be that. But I know it won’t be. But I also know that it will be beautiful, it will be ridiculous, it will be entertaining, and, most of all, it will be bad. But I will still be watching.

— CHLOE ESSER
 A&E Editor

FILM REVIEW

DOWNTON ABBEY

Starring Michelle Dockery, Maggie Smith, Hugh Bonneville, Laura Carmichael, Elizabeth McGovern, Jim Carter, Allen Leech, Sophie McShera, Rob James-Collier
Premiered Sept 27, 2019 on Netflix

B+

PHOTO COURTESY OF LA TIMES

“Downton Abbey” reimmerses fans into the lives of the Grantham family and staff, offering celebration and resolutions nearly four years after the show’s finale.

The following review contains spoilers for the “Downton Abbey” show, although not for the film.

For six years, “Downton Abbey” won over the hearts of fans with its drama, beloved characters, and tongue-in-cheek humor, the latter mostly provided by the infamous Maggie Smith. Set in the 1910s and 1920s, this show centered on the Grantham family and their staff to provide a glimpse of how society functioned during the final years of British grand estates. Now these same characters and their stories appeared on the big screen for the first time, allowing fans the chance to revisit Downton one more time. It should be noted that this is a movie clearly made for its fans, opting to spend its runtime focusing on progressing past the show’s finale instead of bogging itself down with explanations and appeals to unfamiliar audiences. As such, I would advise anyone considering seeing the film “Downton Abbey” to watch the series first (the whole show is free with Amazon student prime accounts).

The film “Downton Abbey” takes place in 1927 — almost two years after the show’s finale — and opens with the Grantham family receiving a letter that King George V and Queen Mary are going to visit Downton Abbey as a part of touring country estates. This throws the household into a whirlwind of eager anticipation as the family and staff prepare to host their finest guests yet. However, several days before the royals are to arrive, their own household staff precedes them and tries to usurp the Downton staff. The rest of the movie chronicles the misadventures that take place over the course of this royal visit, all the

while weaving in the personal lives of both the Grantham family and staff. The most prominent of these subplots involves, per usual, the Dowager Countess of Grantham (Maggie Smith) as she confronts her estranged relation Lady Bagshaw (Imelda Staunton) about her choice to leave her entire fortune to her lady’s maid. Additionally, Tom Branson’s (Allen Leech) past as an Irish Republican with anti-monarchical values catches up with him over the course of the royal visit. Other notable side stories include relationship drama for Daisy Mason (Sophie McShera), Edith Pelham’s (Laura Carmichael) adjustment to marriage, and Thomas Barrow’s (Robert James-Collier) continued efforts to find an accepting community as a closeted gay man.

While many other critics accuse the film “Downton Abbey” of not being intricate or engaging enough — with a review in The New York Times even going so far as to claim “the movie is mainly empty calories” — I feel that this is an unfair assessment of what the film was trying to accomplish. The movie “Downton Abbey” is as much a celebration as it is a continuation of the Grantham family and staff’s stories. It’s apparent from the way that the camera lingers on certain scenes, inviting viewers to examine the rooms and actions in a more stylized, slow manner that we’re supposed to feel a part of the Abbey. Of course the plotline and character development can’t be as rigorous as the show; here they’re working with two hours to showcase the characters’ progress in two years rather than spending a whole season on that same amount of time. If anything, watching this movie felt more like watching an extended

episode than a stand-alone film. And that’s all we needed: just a little glimpse back into the lives of the Downton household to see how they’re faring as the roaring 20s slow to a close. “Downton Abbey” is a reunion, a commemoration, and a farewell — assuming the producers don’t fall into the aforementioned trap of churning out sequels.

The element of “Downton Abbey” that truly cemented my thoughts that its goals were celebration and further resolutions was the further character development witnessed for both Tom Branson and Thomas Barrow. At the time of the film’s plot, nearly seven years have passed since Sybil, Tom’s beloved wife, died due to childbirth complications. There were two occasions where Tom could have moved on and developed further romantic relationships, but he never pursued them seriously. As much as it saddened me to watch Tom’s loneliness and grief, I appreciated that the show allowed his character to process his loss and come to terms with being a single father. Yet in this film, fans finally get a chance to witness Tom in a more optimistic, healed light, exchanging adorable glances and whispers with Lady Bagshaw’s lady maid. Furthermore, we witness a reexamination of Tom’s staunch Irish Republican politics and overall identity as he has to interact with the king of England. How Tom conducts himself in these pivotal moments of the plot illustrate that while his views and manners have changed significantly due to his time at Downton Abbey, he remains individualistic.

Turning to Thomas Barrow’s character development, audiences get the chance to observe similar themes of relationships and coming to

terms with one’s identity. Since the show’s first episode, fans have been aware that Thomas is a closeted gay man. Over the course of the following six seasons, Thomas faced ostracization and threats of prison sentences, tried phony medicinal cures to make himself straight, and even attempted suicide in the final season. I’ve always felt that his character development and storyline were the most important additions to “Downton Abbey” because they touch on the harsh realities gay men had to navigate living in both the 1920s and sadly still to this day. In this film Thomas’s journey is continued, and while he doesn’t get to have the promise of a perfect “happily ever after” due to historical circumstances, there is a message of hope. Thomas in this film is a far cry from the vindictive and depressed character he was in season six, and he takes active steps toward accepting his identity as he encounters more gay men who have come to terms with their sexualities.

Overall, “Downton Abbey” is a joy to watch and a must-see for fans. This is due largely to its continued characterization, but it’s also worth mentioning its musical score and cinematography blend perfectly, allowing this film to be as aesthetically pleasing as ever. In the words of the Dowager Countess, “If I were to search for logic, I would not look for it among the English upper class” — but I would certainly look for a great deal of entertainment.

— DAISY SCOTT
 Editor-in-Chief

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On the Hunt in SD: Pumpkin Spice Latte

by Jacob Sutherland, News Editor

Growing up in the Midwest, I never realized how much I took autumn for granted. Feeling the colorful leaves crunch under your feet, finding the best pumpkin in the patch, and biting into a warm apple cider donut on a cool Saturday morning are all nostalgic joys that are not easy to come by in the everlasting summer of San Diego.

That being said, one universal #ChristianGirlAutumn staple is the pumpkin spice latte. The warmth (or cold, if you like it iced like I do) of the pumpkin mixed with the amazing buzz of the espresso is truly a fall classic. So in the spirit of #thotumn, I went around San Diego to find the very best pumpkin spice lattes the city has to offer.



S3 Coffee Bar

Iced Pumpkin Spice Latte with Housemade Almond Milk: \$5.00



This latte was not my personal favorite, however, I can understand why someone may enjoy it. S3 combines espresso, pumpkin butter, pumpkin spice, and your choice of milk to put their own spin on the fall classic. Where it falls short for me is the pumpkin butter — it makes the drink a little too rich and creamy for my taste. However, if you are looking for your PSL to have a little bit more of a fruity and grounded taste to it, then S3 Coffee Bar is the spot for you!

Take the 41 to Fashion Valley Mall, then hop on to the Green Line Trolley toward Santee, getting off at Grantville. From there, take the 13 toward Kaiser Hospital, getting off at Mission Gorge Rd & Vandever Ave. The shop is in the plaza across Vandever next to Subway.

Dark Horse Coffee Roasters

Pumpkin Spice Latte with Oat Milk: \$4



If you are a big fan of the flavor of espresso, then Dark Horse's fall favorite is going to slap for you. Their take is coffee first, pumpkin second, which makes sense considering that they are known in the San Diego area for their coffee beans. This was also the most affordable option on the list, and one thing that I really appreciated was that they offered this iced version of the drink in a small (something most coffee shops do not have as an option). Definitely give this one a try if you want something both refreshing and energizing.

Take the 150 south towards downtown, getting off at Front St & B St, transferring to the 2 towards North Park. Get off at Broadway & 25th, and the shop is 4 short blocks south.

The Forum Coffee House

Iced Pumpkin Latte with Coconut Milk: \$4.50



A campus favorite, the Forum Coffee House offers a number of drinks and snacks, including a solid fall favorites menu. In regards to their Pumpkin Latte (no spice advertised in this version), the drink is definitely a hit! This version is not super heavy, especially with the coconut milk addition, but the pumpkin flavor along with the light espresso flavor is a solid drink to add to your list of PSLs to try.

Take the 41 south, getting off at Genesee Ave and Derrick Dr. The



Holsem Coffee

Iced Pumpkin Spice Latte with Oat Milk:



Everyone loves their pumpkin spice lattes prepared in different ways. Some want to have the fall beverage elevated to new heights, while others are looking for a safe and familiar option. Holsem Coffee's take on the fall beverage is definitely the latter, and that is not at all a bad thing. Their take offers a strong espresso and spice flavor, with a subtle pumpkin after taste. While certainly nothing crazy, this drink is something to write home about if you are looking for a basic (and tasty) version of the pumpkin spice latte.

Take the 150 south towards downtown, transferring at Old Town to take the 10 to University Ave. and 30th St. The shop is just a few steps behind you.

Better Buzz Coffee Roasters

Iced Pumpkin Spice Latte with Oat Milk: \$6.25



On presentation alone, this drink stands out. A minimalist glass cup with a paper straw in an open-air aesthetic really elevates this PSL to a whole other level. However, what matters most is how the drink tastes, and it's safe to say that Better Buzz hits the mark for fitting all of the best flavorstastes of fall into a 16-ounce glass. The pumpkin flavor is very refreshing, and the coffee is subtle enough as to not overpower the drink, while still allowing you that caffeine buzz we all crave. Getting it with oat milk definitely adds a certain level of creaminess to the drink that I found to be worthy of five stars.

Better Buzz has several locations throughout San Diego, with the closest (and newest) being in La Jolla. Take the 30 towards downtown, getting off at Silverado St. and Herschel Ave. Walk down Silverado St, making a right on Fay Ave, and the shop will be on your right on Prospect St.





Bite-Size Reviews **Monello**

with Annika Olives, Lifestyle Staff Writer

Located in the heart of downtown San Diego's Little Italy, modern Monello stands apart from the other restaurants in the neighborhood. I headed here with a group of friends on a Friday night, and it did not disappoint.

The Food

Monello's claim to fame is their cheese wheel, which involves tossing hot pasta — sauce and all — in the middle of a carved wheel. This dish changes weekly, but our night it was spaghetti in a lobster bisque sauce, topped with prawns. It was good, but definitely very indulgent and filling because of all the parmesan, so I would only recommend getting it if you know you can handle the richness. I chose the Spaghetti Neri, which also came with the lobster bisque sauce but had sauteed octopus. I loved it; the octopus was cooked to just the right tenderness and was the perfect balance to the lobster.

There were other pretty inventive dishes on the menu, like gnocchi with brown butter and beef bone marrow or ravioli filled with ricotta and shrimp, but there were also classics like ragu or carbonara. Monello also offers "fai da te" for certain items, where you can customize your dish to the type of pasta and the type of sauce you'd like. No matter what you're getting, all the pasta is housemade and organic.

Everyone at my table got pasta, but Monello also has pizza options if you're feeling like a different type of carb, and a range of appetizers if you're hungry enough.

The Ambiance

Monello does not resemble your typical Italian restaurant. They've ditched the white tablecloths for sturdy wood and

marble tables and there are few decor pieces, though I was facing a picture of the Milan Cathedral for the duration of my meal. The concrete, the pipes running along the ceiling, and the full wall of windows made it feel sort of industrial, which I thought was kind of a weird vibe. I missed the homey feeling you get when you walk into an Italian restaurant, and it felt like Monello was trying too hard to be casual and chic at the same time.

The Price

For the quality of the food, I thought the prices were reasonable. Pasta dishes ranged from \$19-26, with the most expensive options being seafood and the cheese wheel. Drinks are a bit pricier at \$11-13 for a glass of wine, but that's to be expected in downtown. It's definitely not a place you can go to often on a college student's budget, but it's a nice choice for a date, dinner with visiting family, or a special occasion.

Why You Should Go

I'd come back for the food, since there were other things on the menu that seemed interesting. If you're 21 or older, I'd recommend trying the Happy Hour, which takes place from 4 p.m. to 7 p.m. The drinks won't be cheaper, but their Milanese aperitivo features a rotating menu of complimentary small bites, so you can enjoy your vermouth and get a little taste of Monello along with it.

Bite-Size Reviews is a short column featuring local eateries all over San Diego.





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So What's the Tea (and Coffee)?

Caffeine Cravings: A Guide to the best Coffee and Tea in San Diego

by Natalie Duprey, Lifestyle Staff Writer

On Campus

Roger's

While this might be an unpopular opinion I think the drinks from Roger's are actually pretty good. When I lived on campus, it was the perfect mix of convenience and caffeine. There were plenty of good options in the fridge and pantry if you needed a snack. They also have more baristas working, so the order was usually done pretty quickly. I know the other markets on campus offer the same drinks, but there's something about the student workers at rogers that gives it a seal of approval for me (especially the worker that gives everyone nicknames!)

Art of Espresso

While Roger's is good if you have left over dining dollars, Art of Espresso is the place to go for the best quality coffee and experience. The reason it's my favorite is that it's cheaper and I love the outdoor area by Mandeville. It's the perfect place to sit outside, soak up the sun, and enjoy an iced chai latte, one of my favorite drinks. Plus, you can watch all the cool art by the graffiti park change throughout the year.

Off Campus

Refill

This has to be one of my favorite places to get away from campus to fuel my caffeine addiction. Its layout is so aesthetically pleasing and I could die for the caramel macchiato. They also serve crepes and omelets, so if you need a new place to try for Sunday brunch, this is the place to go. Like all good coffee shops, it's usually pretty crowded, but between the amazing smell of coffee and the Instagram-worthy meals, it's worth the wait. They also have a happy hour and game nights that I have yet to try, but I've seen plenty of good reviews about them as well. Refill is a bit far

from campus, but I assure you it's worth the trek to North Park.

Franchise

Peet's

I have had many long days at Peet's because it is the true neutral of coffee shops. It has a wholesome yet soothing atmosphere, with a smell of coffee that just hits differently. The baristas are also the most relaxed and always seem genuinely happy to see you if you frequent there as much as I do. Peet's is simple yet satisfying for the average coffee lover.

Dunkin' Donuts

I've said it before and I'll say it again, but the West Coast is sleeping on Dunkin' Donuts! Not only do they have amazing drinks (if you haven't tried a Coolata, you're missing out on so much frozen sugary joy), they have so many fun flavors of doughnuts. I love the classics like Boston Creme and Strawberry sprinkle but they also have some bold flavors, too. Since it's Spooky Season (formerly known as Fall) they have their limited edition pumpkin flavored doughnuts. During other holidays such as Valentine's Day, they sell pink heart-shaped doughnuts! If you are not a doughnut person, don't fret because they also have a full breakfast menu with everything from croissants to hashbrowns. Whenever I want to be reminded of home or just want to look at the magical rows of doughnuts, I always get Dunkin' Donuts.

Where Should I Go next?

I still have a year to go until I graduate, so I'm still looking for new coffee shops to try and would love to get suggestions. I already have my eyes on Better Buzz and Lestat's. But until my next coffee run I think I will save my money and get energy the old fashioned way by sleeping in next weekend.

Like the average college student, I am running on 50 percent motivation and 50 percent caffeine. While I can't necessarily help you find motivation, I can recommend some of my favorite places to get your caffeine fix in San Diego.

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HOMECOMING

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Upcoming
UNIVERSITY CENTERS
UniversityCenters.ucsd.edu

Rocky Horror Picture Show
THURS., OCT. 17
Doors: 8:30PM • Show: 9PM
Price Center Theater
FREE for UCSD Students w/ID

Calavera Workshop w/ Raza
TUES., OCT. 22
Event: 5PM - 8PM
Price Center, West Ballroom
FREE for UCSD Students w/ID

Bülow
TUES., OCT. 22
Doors: 8PM • Show: 8:30PM
The Stage Room @ Student Center
FREE for UCSD Students w/ID

Sustainable Food Expo
THURS., OCT. 24
Event: 11PM - 2PM
Price Center, East Ballroom
FREE & Open to All

Scary Stories to Tell in the Dark
THURS., OCT. 31
Doors: 6:30PM • Show: 7PM
Price Center Theater
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Upcoming

TLC TV Roulette
TUES., OCT. 15
Doors: 6:00PM • Show: 6:15PM
FREE for UCSD Students w/ID

KAZU
SAT., OCT. 19
Doors: 8:30PM • Show: 9PM
FREE for UCSD Students w/ID / \$17 GA

Taylor McFerrin
THURS., NOV. 7
Doors: 8:30PM • Show: 9PM
FREE for UCSD Students w/ID / \$15 GA

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MON 10.14

10am
MOVE YOUR BODY, TONE YOUR MIND - THE ZONE
Interested in a moving meditation? Join us in learning postures to help reduce stress and anxiety and improve your mood. This practice will lead you to a sense of peace and general well-being. Dr. Dianna Quach is a clinical psychologist and a certified yoga instructor, RYT. All levels are welcome! Yoga Mats are provided!

11am
JOUSTING RING FUNDRAISER - SUNGOD LAWN
Need to relieve some stress? Is a friend getting on your nerves? Come participate in our jousting ring! Open to everyone! Bring a friend to compete with or come on your own and well pair you up Get 3 rounds for \$5 Compete in a pull-up competition to win a t-shirt and free Jamba Juice

2:30pm
GAY MEN'S RELATIONSHIP FORUM - WOMEN'S CENTER, SMALL GROUP ROOM
Starting Week 2, join CAPS and LGBT Resource Center for conversations about our experiences as gay men. This forum addresses relationships, sexual health, community building, and more! Contact: Dr. Greg Koch 858-534-3585 or gkoch@ucsd.edu

7pm
BIRCH AQUARIUMS PERSPECTIVES LECTURES: BIOMIMICRY: INNOVATING USING NATURE - BIRCH AQUARIUM AT SCRIPPS
Dimitri Deheyn, Integrative Biologist and Bioinspired Researcher. Over millions of years of evolution, organisms on earth have developed and perfected complex adaptations that allow them to survive and eventually thrive under specific environmental conditions. Join Dimitri Deheyn who will unveil how his laboratory is working to understand and replicate these highly refined biological properties for development of sustainable and economically valuable technologies.

TUE 10.15

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

12pm
GRADUATE AND PROFESSIONAL STUDENT SUPPORT FORUM - GSA GRAD LOUNGE, ORIGINAL STUDENT CENTER
A supportive drop-in space for graduate and professional school students seeking strategies or resilience, perseverance, and flourishing. Common themes include: stress management, sustaining motivation, recovering from set-backs, work/life balance, and navigating interpersonal challenges (personal and professional). Contact: Dr. Miriam Adrianowicz, Psy.D 858-534-7710 or diquach@ucsd.edu. Contact: Tacorbett@ucsd.edu 8585349408

2:30pm
THE COMING OUT GROUP - THE WOMEN'S CENTER
The Coming Out group is a place to meet and gain support while discussing your sexual and/or gender identities in a confidential setting. This group is for lesbian, gay, bisexual, transgender, straight, or questioning folks who are coming out, considering coming out or may already be out. For more info, please contact Cat Thompson at cathompson@ucsd.edu or Luis Legaspi at llegaspi@ucsd.edu. If you are an individual with a disability who requires an accommodation, please contact Maribel Gomez at 8588223493 or at mpgomez@ucsd.edu. Contact: Tacorbett@ucsd.edu

3pm
FLOURISH @ UC SAN DIEGO - CAPS CENTRAL OFFICE, 190 GALBRAITH HALL
Want to find ways to belong, be you, and be well at UC San Diego? Dr. Julie Badaracco and a Wellness Peer Educator provide fun ways to help you flourish! Topics will include: managing stress, building social confidence, mindfulness, and self-compassion. Contact: Tacorbett@ucsd.edu 858-534-9408

WED 10.16

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

3pm
HOMECOMING: GAME NIGHT - PRICE CENTER EAST BALLROOM AND JOHN MUIR ROOM
Are you interested in interning in Washington D.C. for a quarter but want to know more? Come to our Fall 2019 information session on October 9th at 4PM in the Red Shoe Room, PC West. More information for this information session can be found on the Facebook @UCSanDiegoUCDC event page. In this info session our UCDC team will tell you what the UCDC program encompasses, how you can apply, and answer any questions you may have. If you're interested, please attend! Contact: ucdc@ucsd.edu Website: <https://aip.ucsd.edu/programs/ucdc/index.html>

5pm
STRUCTURAL ENGINEERING MAJOR INFO SESSION - STRUCTURAL AND MATE
Learn about the Structural Engineering major. Structural engineers design & analyze buildings, bridges, aircraft, ship hulls, marine structures, automobiles, & essentially any structures that carry loads to ensure their safety, serviceability, cost-efficiency, & sustainability. Choose one of four focuses: civil structures, aerospace structures, geotech, or structural health monitoring. Dept has world-class faculty with expertise in civil, mechanical, and aerospace engineering. Please RSVP: <https://forms.gle/sMGuBdNfjRD3PZVo6> Contact: jmeller@ucsd.edu Website: <https://forms.gle/sMGuBdNfjRD3PZVo6>

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THU 10.17

2pm
COPING WITH STRESS - STUDENT HEALTH SERVICES, MURRAY'S PLACE
Learn research-backed strategies to manage the stress of being a student, including time management, self-compassion, conquering unhelpful thoughts, and mindfulness and relaxation.

5pm
OUTSIDE THE BOX FORUM - CROSS CULTURAL CENTER
This informal group is a safe space for students, faculty, and staff of mixed/multiracial/multiethnic and other non-dominant identities to share their experiences and discuss issues in an open and supportive, community atmosphere. This group is co-sponsored by the Cross Cultural Center. Contact Dr. Cat Thompson, Ph.D. 858-534-3987 or cathompson@ucsd.edu Contact: Tacorbett@ucsd.edu 8585349408

FRI 10.18

3pm
UCDC SPRING 2020 APPLICATION REVIEW - RED SHOE ROOM, PC WEST
Are you interested in applying to UCDC for the Spring Quarter? Would you like information on internship interests and resources to improve your resume and cover letter? Come to this event to have your questions answered and learn more about the UCDC application process! UCDC is an academic program that allows students to continue their studies and gain valuable on-the-job experience. Open to all majors, Washington, DC hosts extraordinary internship opportunities in every field. Contact us at: ucdc@ucsd.edu <https://aip.ucsd.edu/programs/ucdc/Contact:ucdc@ucsd.edu> Website: <http://aip.ucsd.edu/programs/ucdc/index.html>

SAT 10.19

9am
HOMECOMING: TRITON SPIRIT RUN - STONEHENGE LAWN
Sprint from one signature campus landmark to the next in the most spirited Triton run ever! The fun will start and finish at Stonehenge. Pick up spirited swag at each stop as you build your Triton-inspired wardrobe. Then race to the finish linedecked out in your Triton blue and gold gear for the win! Prizes will be given for individuals and teams: most spirited, fastest (first, second, third place), and social media. Participants must cross timing pads at each location to qualify for prizes. Enjoy a lively start and finish line experience, featuring a DJ, photo booth, spirit stations, and fun refreshments. \$10 for students. Contact: jtgrantham@ucsd.edu 8583539754

THE GUARDIAN CLASSIFIEDS & MORE



BIKES

HARO Mirra 20" bmx freestyle bicycle/ XL frame /chro-moloy. Up for sale is an excellent freestyle bike which can easily handle; Park, Street, Track, Trails, and Ramp riding. I search Southern California for BMX bikes that I like to collect, and also sell. What I like about this bike, is that the XL frame size makes the bike easy to control for me (I'm 5'10" with long arms). Another feature is the short rear end of 14", which makes manualing much easier. The balance point is so much more controllable with a shorter ucsdguardian.org/classifieds for more information

92 Robinson SST Loop Tail BMX Bike. SST LOOP TAIL '92 Robinson Chromoly BMX BIKE "VINTAGE" almost like New Condition good enough for collectors edition Must See to appreciate Pro Style Chromoly FRAME, Oversized Axles, Super Grip Pedals, Pro Heavy Duty Crank, 20" BMX Wheels, asking \$ 250.00 Cash or bank check or Paypal account any ucsdguardian.org/classifieds for more information

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INTERNSHIPS

Supply Chain Planner at Starbucks. This job contributes to Starbucks success by developing tactical and strategic supply

plans, and establishing inventory levels for assigned production materials or finished goods to achieve customer service, supply chain and financial objectives. Ensures that the right product is in the right place at.... ucsdguardian.org/classifieds for more information

R&D Beverage Specialist at Starbucks. We are seeking someone to join one of the world's most admired innovative companies and contribute to Starbucks' vision of being a performance-driven company, through the lens of humanity. We are courageous in our pursuit of innovation to deliver products and experiences that win the hearts and minds of our customers and our baristas. We are always curious and eager to learn and know more. We are looking for an engaging and energetic partner.... ucsdguardian.org/classifieds for more information

Income Tax Analyst at Starbucks. This job contributes to Starbucks success by preparing required tax filings for a global multinational corporation and assisting with quarterly & annual tax compliance processes, projects, and technology to ensure Starbucks compliance with tax laws and to minimize overall tax liabilities. Models and acts ucsdguardian.org/classifieds for more information

CROSSWORD PUZZLE

1	2	3	4		5	6	7		8	9	10	11
12					13				14		15	
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61				62			63			64		
65				66						67		
68							69				70	

Solutions at bottom of page

ACROSS

1. TSite of the Taj Mahal
5. Faux --- (blunder)
8. "Edward Scissorhands" star
12. Tries for the prize
13. Exhorts
15. Malarial fever
16. Start of a Yogi Berra quip
19. Disco guy on "The Simpsons"
20. Hooded snake
21. Weigh heavily on
22. Jr.'s son
23. Poison ivy problem
25. Darling
26. U.S. visitor since 1976
27. Part 2 of the quip
31. Once again
32. Highway bailout
33. Society newsmaker
34. Low point
36. Choose
38. Lacquer ingredient
42. --- cit. (where cited)
44. "___-la-la!"
46. Puerto ---
47. Part 3 of the quip
52. Time of note
53. Nice notion?
54. Musical Tommy
55. Irving or Grant
56. Circus safeguard
57. Blow it
58. Good place to get in hot water
61. End of the quip
65. Debussy's "Clair de ---"
66. Silence breaker
67. Became frayed
68. Cartesian conjunction
69. Grassy expanse
70. Apt name for a guy in debt?

DOWN

1. Ovid's bird
2. Kind of wrap
3. Came full circle
4. Grate stuff
5. Make ready
6. Long trailer
7. Nasal partition
8. '50s sitcom staple
9. Snob
10. Discipline
11. Fashionably small
13. End result
14. On the agenda
17. Manhattan border river
18. City in SW England
24. Freely
25. Ranch hand
27. Pallid
28. Santa --- wind
29. Soft murmur
30. King of the fairies, in folklore
35. Rodeo feat
37. Truck scale unit
39. Supplement to the main event
40. Hostile, as a reception
41. Turn-downs
43. Officers in training
45. Souped-up wheels
47. Short-legged hound
48. "Knight Without ---" (1937 Marlene Dietrich film)
49. Hen's work
50. Upgrade the machinery
51. Baby's output
57. Sicilian landmark
59. A Dumas
60. Revival cry
62. Prefix with classic
63. "A Boy Named ---"
64. Afternoon hour

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WORD SEARCH

TEAMWORK

C	S	Y	N	E	R	G	Y	O	O	I	S	T	F
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N	E	T	A	R	O	B	A	L	L	O	C	T	C
I	M	U	T	U	A	L	I	T	Y	O	I	I	E
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FAIR
COLLABORATE
COORDINATED
SPIRIT
SYNERGY
RELATIONSHIP
ALLIANCE
PARTNERSHIP
ACCOUNTABLE
RESOURCEFUL
HARMONY
INCLUSIVE
EMPOWERED
UNITED
MUTUALITY
SHARING
HELPFUL

TRITON TIMEOUT

With Jack Dorfman,
Sports Editor

The troubling
contradiction
of playoff emotion
in sports

When you play a team sport, your number one goal is to help your team make the playoffs, and once in the playoffs, your goal is to win a championship. When you win a championship, you are flooded with emotion; it's bittersweet. The happiness that you accomplished what you set out to do with the teammates you love is exactly why you play sports.

And the same goes for fans. When you're following a team for your entire life, you can feel a very similar connection to the team and its successes and failures, especially in the playoffs.

For me, a hopeless Los Angeles Dodgers fan, the recent loss in Game Five of the National League Division Series to the Washington Nationals definitely left me feeling defeated and a little bit empty.

I poured so much of my attention and energy into rooting for the team all season long, just as I have done for over 15 years, and now what do I have for the fruits of my labor and love? An empty feeling in the pit of my stomach and a few months to brood on the



PHOTO COURTESY OF UCSD ATHLETICS

details of the defeat before February rolls around and pitchers and catchers report to Spring Training? At the end of it all, I find myself wondering: Was that all worth it?

And imagine if I was one of the players, whose livelihood literally depends on my performance in such games. My successes and failures directly correlate to the happiness of millions of fans, many of whom pay for a jersey with my last name prominently embossed across the upper back and pay to see me and my teammates play — sometimes every single night we're at home.

How does one cope with that pressure and the emotion that surely must come with it? And is it worth it to you? If it really is just a job you do to get a salary, then would you want to be on a team with no playoff aspirations just to keep your fans shielded from the possibility of a playoff loss, or from a playoff drought that has — in the case of many franchises — extended across generations and lifetimes?

For me, the playoffs are what sports are all about precisely because they elicit so much emotion. I don't garner much emotion from my day-to-day life outside

my interactions with family and friends, and none of that emotion is consistently as raw as what I've experienced after playoff losses. Some of my most poignant memories are those involving playoff sports, from Dodger wins and losses experienced with my family and friends to playoff wins in recreational league baseball with my teammates.

Last year though, I got to experience college playoff losses for the first time from the perspective of a reporter. UC San Diego playoff wins and losses hit me just as hard as any I'd experienced previously even though I'd been at the school

for less than six months at the time, especially when I saw how hard they hit the teary-eyed players and coaches.

As tough as they can be, sports bind people together and create commonalities and meaning out of thin air and a little bit of sweat. Isn't that something worth feeling sad about once a year during the playoffs?

READERS CAN CONTACT
JACK DORFMAN JDORFMAN200@UCSD.EDU

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 FACEBOOK.COM/TRITONFOODPANTRY
 The Hub
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HUNGER AND HOUSELESSNESS AWARENESS WEEK

NOVEMBER 11-15, 2019

SPORTS

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

UPCOMING
UCSD
GAMES

W Volleyball	10/18	7PM	vs Chico State
M Water Polo	10/18	6PM	vs Santa Clara
M Soccer	10/18	4:30PM	vs Chico State
W Soccer	10/18	7PM	vs Chico State

Tritons Explode for 5-2 Win

UC San Diego Women's Soccer kicks off the season, continuing with their four-game streak.

BY PRAVEEN NAIR
 STAFF WRITER

In their highest-scoring performance of the season, UC San Diego women's soccer (9-0-1, 4-0-1 in conference) defeated the California State University, Humboldt Lumberjacks (1-6-2, 0-4 in conference) in a 5-2 rout that saw redshirt senior midfielder Natalie Saddic notch her second two-goal match of the season. The win is the second-ranked Tritons' fourth straight, keeping them undefeated on the season.

UCSD opened the scoring in the 10th minute with a beautiful display of teamwork. Junior mid-

fielder Maddy Samilo made an incisive through pass to find junior midfielder Michelle Baddour down the right flank; Baddour crossed the ball to redshirt sophomore midfielder Kameryn Hoban, who booted it into the back of the net to make it 1-0. But the Lumberjacks countered in the 16th minute as Humboldt State's freshman midfielder Kelsey Bess stole the ball from Hoban and passed to freshman forward Selena Osorio in space, who cut right and equalized the game at 1-1.

In the 30th minute, a collision left UCSD junior defender and midfielder Natalie Widmer down on the field for a couple of minutes with an apparent leg injury. Widmer eventually had to be helped off the field and carted off. "Structurally, it looks like it's OK, so we're going to see how she feels in the morning and go from there," head coach Kristin Jones

said post-match.

The Tritons would finally get that go-ahead goal in the 37th minute off a corner from freshman midfielder Mika Celeste that was deflected to the feet of Saddic, whose shot ricocheted off a defender into the top of the netting.

After a relatively uneventful beginning to the second half, Celeste and sophomore midfielder Emily Killeen pulled off a textbook one-two pass in the 66th minute to fool the Humboldt State defenders, giving Celeste an open shot that she nailed, making it 3-1. "It's good because it means they're having fun," Coach Jones said about UCSD's teamwork. "When they can play with a little more freedom, they tend to pull things out like that."

The final 10 minutes of the match saw three goals, beginning when an 80th-minute cross from UCSD sophomore defender and

midfielder Ashlynn Kolarik hit the outstretched hand of a Humboldt player, giving the Tritons a penalty kick. After Saddic's first attempt was waved off by the referee, she finished the next one to notch her team-leading fifth goal this season and her second of the night. A minute later, UCSD defenders were caught unaware as a Lumberjack cross found Bess all alone, and her goal made it 4-2. In the 84th minute, a Tritons cross was intercepted in front of goal, but sophomore forward Marissa Ray immediately made a great tackle and finished from close range to up the score to 5-2.

Although the Tritons snatched their fourth straight home win, Humboldt State snapped a six-game shutout streak by UCSD's redshirt senior goalkeeper Angelica Ramos. "I think that was the most mistakes we'll make [on] the defensive half all season," Coach

Jones said. "But when those mistakes came, we ha[ve] done well enough [on] the offensive half to give ourselves a bit of a cushion, so there was never really a need to panic."

UCSD remains second in the California Collegiate Athletic Association behind California State University, Sonoma (5-0) in conference play. The Tritons have three more home games on the schedule before they go to Sonoma State on Oct. 25 in what could be a match with CCAA tournament implications.

READERS CAN CONTACT
 PRAVEEN NAIR PRNAIR@UCSD.EDU

Women's Volleyball Falls at Home Against Top-seeded San Bernadino

BY WESLEY XIAO
 SENIOR STAFF WRITER

This week, the UC San Diego women's volleyball team lost 3-0 in a challenging match against California State University, San Bernardino. After getting steamrolled 12-25 in the first set, the Tritons demonstrated their mettle by grinding through a long second set before losing 26-28. But despite the close score in the second, UCSD came no closer in the third, dropping the final set 20-25.

Head coach Ricci Luyties came out of the game disappointed with the result, but not defeated. "We've had a couple of weeks that have been up and down," he said. "We knew it was going to be a lot of tough games in a row so I was hoping to win all of them, but we knew that they were going to be tough to win."

Luyties is experimenting with new lineups and making use of the entire roster. Looking to next week, Luyties commented, "We've switched around the lineup quite a bit, so there's always possibilities for other things to happen." Junior Emily Hubbard seems to have supplanted senior Alyson Penrose as the team's starting libero. At the starting libero position, Hubbard led the team with 13 digs. Penrose was still rotated into the game to serve. Luyties also made a point to involve the team's younger talent for significant portions of the game. Freshman outside hitters Sarah Rieble, Marin Willick, and Josie Collier all recorded time in the loss. The three freshmen combined for 31 attempts, 8 errors, and 5 kills.

Despite the loss, the Tritons still have a path, albeit challenging, to a playoff bid. To qualify for the postseason, UCSD would need to place at least second in the California Collegiate Athletic Association South Division. With the most recent loss against San Bernardino State, UCSD drops to fourth place in CCAA South

Division, but the Tritons are not far behind the three teams ahead of them.

It is unlikely the Tritons make a run for the top spot in the division — San Bernardino State is in solid possession of first place with an undefeated 16-0 record (9-0 in conference play) — but UCSD does have a shot to get into second and making it into the postseason.

Third place California State University, San Marcos is tied with UCSD in conference play at 5-4. With one more conference win, the Tritons would find themselves in third place. California State University, Los Angeles, who the Tritons were swept by earlier this week, currently sit in second place. Right now, UCSD (5-4) only trails CSULA (6-1) by one conference win.

With only eight regular-season games left, the final leg of the season is incredibly important if the Tritons want to contend for a championship. In the final four games of the season, the Tritons will play conference rivals San Marcos State twice and CSULA once and jockey for a playoff spot. Those late-season matchups could decide who makes it into the playoffs and who ends their 2019 season early.

Next week, the Tritons face off against California State University, Chico and California State University, Stanislaus in back-to-back home games for homecoming weekend on Friday and Saturday night.

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