

**SEPARATING THE ART FROM THE ARTIST**



*"That is, pay attention to how we are to consume art, and who it is coming from ..."*

Features, page 6

**ASIAN FILM FESTIVAL**

10 FALL FILMS

A&E, PAGE 8

**HONG KONG**

UCSD'S LACK OF STANCE

OPINION, PAGE 4

**FORECAST**



**MONDAY**  
H 64 L 56



**TUESDAY**  
H 68 L 56



**WEDNESDAY**  
H 69 L 58



**THURSDAY**  
H 67 L 58

**VERBATIM**

*"Although UCSD is moving in the right direction of implementing policies to reduce the amount of waste that ends up in landfills, the university needs to take into account their contribution to plastic pollution."*

**Julia Nee**  
Environmentalism  
PAGE 4

**INSIDE**

SHUTTLES.....3  
TERMITES.....5  
ASMR.....9  
NOVEMBER PEEKS.....11  
TRITON TIMEOUT.....16



Dia de los Muertos in Old Town San Diego honors the celebration of life with its annual festival. // Photo by Brendan Wilson

**STUDENTS**

**UCSD ITS Attempts to Address Exceptionally Poor Wi-Fi Quality**

BY SHUNGO NAJIMA CONTRIBUTING WRITER

The UC San Diego Information Technology Services team has worked to improve Wi-Fi access in response to student complaints about poor Wi-Fi quality thus far through Fall Quarter 2019. Students and faculty alike have experienced Wi-Fi quality issues throughout campus, most notably in lecture halls, Price Center, and Geisel Library.

A recent poll conducted by the UCSD Guardian also indicated that 49 percent of respondents have had to wait for over 10 minutes just to connect to the Wi-Fi and that 88 percent of respondents have had detrimental effects on their studies due to the slow connection.

Those experiencing such issues have voiced their frustrations, using the popular discussion website Reddit. Over 30 threads have been made since the beginning of the school year to complain about the quality of the Wi-Fi.

James Seddon, the enterprise network operations manager of ITS at UCSD, spoke to the Guardian about the Wi-Fi quality issue and why it has been particularly major this fall.

"There was a combination of three back-end issues that hasn't occurred in previous years," Seddon said. "The Wi-Fi service this fall has not lived up to our expectations, nor provided what our customers need."

The three back-end issues that Seddon brought up were a major problem with the back-end Wi-Fi hardware that serves half the campus. Authentication servers were overloaded due to the increased number of devices, from 45,000 to 60,000 in just the last three years, attempting to log in. There was also an intermittent routing problem that disallowed devices from getting the Wi-Fi address, preventing users from connecting to the network at all.

Nonetheless, Seddon said that all the problems listed above were considered resolved by the end of last month by the staff team.

"The number of service desk complaints have dropped by about 75 percent since peak times in October," he said.

Despite the improvements to the Wi-Fi system, many students have continued to experience Wi-Fi quality issues. According to Seddon, high student density in small areas is the number one culprit for the continuing issue.

"It's not a coverage issue — it's a capacity issue," Seddon said. "Places like big lecture halls, Geisel Library, and Price Center are difficult to manage because they're so populated. The more devices that are connected to an access point, the less bandwidth for each device to use."

Between Fall 2016 and Fall 2019, 1,282 new Wi-Fi access points have been made available throughout campus, bringing the current total number to 7,290. Additionally, Seddon said that older access points have also been prioritized with being replaced.

Pedro Cruz, the enterprise director for network at UCSD, spoke to the Guardian about prospective projects that could potentially fix the problem.

"We are working on developing an app that allows users to press a button to report Wi-Fi problems so that the ITS can get data on where people are encountering the most problems," Cruz said. "We are also trying to make a map to show where Wi-Fi is so that people are more aware of where they should get an Internet connection."

While the aforementioned poll results indicate that the majority of users have had issues with the Wi-Fi network UCSD-PROTECTED, fewer had

See **WIFI**, page 2

**CAMPUS**

**New UCSD Health Clinic to be Built in Chula Vista Area**

The clinic will provide numerous health services to the Chula Vista area and its surrounding neighborhoods

BY VIVIAN YANG  
STAFF WRITER

On Oct. 28, UC San Diego Health announced the opening of a new 12-hour clinic located at Eastlake. The new clinic aims to provide health care for the local community and establish closer locations for those in need.

The new clinic is situated at 2295 Otay Lakes Rd, Suite 110 Chula Vista. It is open from

8 a.m. to 8 p.m. seven days a week and offers express walk-in options for urgent situations. Patients can click the "save my spot" option on their website for express care, which enables them to check their wait-time online and reduce the waiting time to 0 to 15 minutes.

"We have been expanding into neighborhoods from North County to East County to ensure that we are there when

our patients — and our own team members — need us," Patty Maysent, CEO of UCSD Health said.

Health care faculty in the clinic are board-certified nurse practitioners who can address common health problems such as flu, simple bone fractures, as well as providing health checks. The clinic also plans to add

See **CLINIC**, page 2

**CALIFORNIA**

**Academic Senate adds Quarter Limit for Students**

The new requirements aim to increase the university's 4-year graduation rate

BY SEPAND ROUZ  
CONTRIBUTING WRITER

UC San Diego's Academic Senate submitted a change to the campuswide graduation requirements in an effort to increase four-year graduation rates on Oct. 30, 2019. The updated requirements affect incoming students beginning in Fall 2019, removing the 21 credit cap per quarter and limiting freshman admits to a total of 12 quarters and transfer admits to a total of six quarters.

However, students have the option of submitting a submission plan, reviewed by their college, if they would like additional quarters to study at the university. But the rules state that there needs to be a good reason, such as illness or near completion of a degree, to be offered an extension.

According to UCSD's institutional research, the class of 2014 had a 63.3 percent four-year graduation rate. Although the four-year graduation has been increasing slightly with each class, this new policy aims to further this trend. This decision was passed by the Academic Senate and supported by multiple advisors from UCSD, who are promoting a streamlined process of graduation.

"Several years of deliberation that involved the Academic Senate, the colleges and academic advisors went into creating this policy," Chancellor Pradeep Khosla said. "This was partly in response to efforts to increase the number of students who complete their degrees in four years for first-time full-time students and in two years for transfer students. Also, the previous maximum unit limit was complicated and difficult to understand."

Currently, the average time it takes for a UCSD student to obtain their bachelor's degree is 4.3 years. Chancellor Khosla stated that with this new change, students will be better able to focus on what they want to study and to pursue it more efficiently.

"As more students finish their degrees more quickly, space is created for new students to pursue their education at UC San Diego — this is beneficial for the state and for the university as a whole, as it will increase accessibility," Khosla said. "The increased advising should also improve the student experience."

Students who are affected by this change are starting to plan their schedules ahead of time to meet this new time limit. Transfer student Benedict Tannady was admitted to UCSD as cognitive science, and was looking to switch to computer science. He stated that he wanted to take an extra year to have adequate time to switch

See **UNITS**, page 3



# UCSD Health plans to continue to expand its presence in the San Diego community

► **CLINIC**, from page 1

primary care physicians.

UCSD Health is the only academic health system in the local area and aims to provide health support for the community. UCSD Health offers

multidisciplinary teams with the faculty on board involved in research at the same time. It has become the forefront of research development through the wide variety of medical cases it has

access to.

UCSD Health also has clinics at Hillcrest, La Jolla, and 10 other locations. In the next four years, UCSD Health will open additional clinics with express

and primary care services.

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# Students, faculty, and staff have complained about poor Wi-Fi quality throughout the university

► **WIFI**, from page 1

problems with UCSD-GUEST or eduroam. Seddon said that the two networks were spared from the back-end issues suffered by UCSD-PROTECTED this fall. By

addressing the three problems, UCSD ITS hopes that all networks sharing the same hardware, bandwidth, and coverage will have similar Wi-Fi performances.

ITS has stated that they plan to continue to improve Wi-Fi access for everyone at UCSD. Students with persistent issues are encouraged to email [servicedesk@ucsd.edu](mailto:servicedesk@ucsd.edu) if they need assistance and to report the problem.

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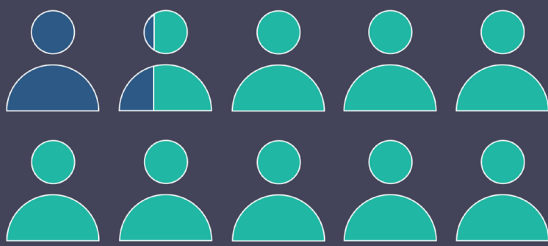
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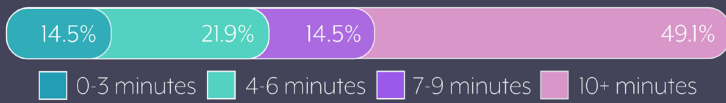
# Wi-Fi in UCSD

We asked 297 UCSD students about the wifi in UCSD! These are the results.

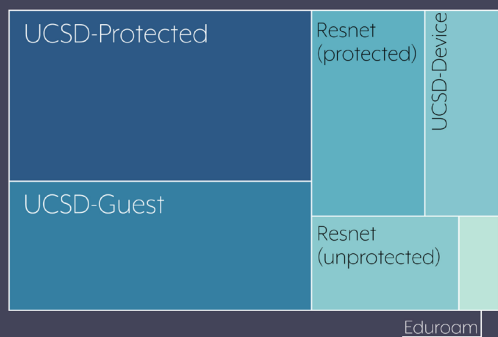


Nearly 9 in every 10 students have had slow-connecting wi-fi **negatively impact** studies and/or class time this quarter.

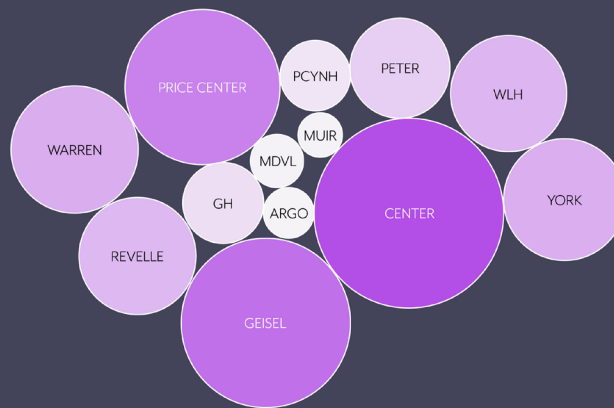
## Time it takes to connect



Servers students have most often experienced problems with:



## Locations with the worst wi-fi as experienced by respondents



Alicia Gunawan & Tae Kun Kim

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## UCSD

## New Route for the Shuttle Will Allow Students to Shop for Groceries at Kearny Mesa

The new Saturday shuttle route will give easier access for students to go to Claremont and Convoy in order to shop and buy groceries from more diverse markets.

BY ZHOUYING LIN  
STAFF WRITER

Since Oct. 5, the new Saturday grocery shuttle service has offered a grocery run for all UC San Diego students to Convoy St., Kearny Mesa. The shuttle picks up students at Mandeville Lane Loop and runs every 30 minutes from 12 p.m. to 8 p.m. every Saturday. It drops off students near 99 Ranch Market, H-Mart, Target, and surrounding shopping plazas.

Back in the summer, a Saturday grocery committee was created in June to start up the project. Led by Associated Student with the help of Housing, Dining, & Hospitality, Transportation Services, and Basic Needs, the project aims to increase access to affordable and culturally diverse grocery stores. The committee gathered student opinions, mapped grocery store locations, and designed the routines to travel off-campus.

"For fall we have stable funding," Manu Agni, the AS associated vice president on transportation and transformation, said. "The state gave funding to Basic Needs, and Transportation Services for weekend

services."

Before initiating the project in fall, the committee ran a one-day pilot in the summer. The shuttle followed the designed routine and asked for students' riding experience. "87 percent student feedback was positive," Manu said. "That went well so the project followed up in fall quarter. The first Saturday had more than 1,300 riders, which was well beyond the capacity and the following Saturdays averaged between 600-700 passengers."

The committee also cooperated with some grocery stores to offer merchant discount. With valid student ID present at checkout, students can receive a 5-percent discount on weekends at 99 Ranch. Balboa International Market also applies a 5-percent discount for every item purchased.

"It's convenient and free," commented freshman Yin Huang on the grocery shuttle. "You get to go out to eat and buy groceries ... [However] with each stop, the bus takes on more people, so some [people] had to stand ... If you have bags of groceries, it's better to Uber or Lyft 'cause you will most likely be standing."

According to Manu, the project's continuation and possible expansion will depend on three factors: ridership, merchant participation, and student feedback. As Manu explained to the UCSD Guardian, the committee will receive feedback from the cooperating grocery stores regarding the number of student customers increases after the initiation of the grocery shuttle service. At the end of the quarter, the committee will also gather student feedback through a survey.

"[The project] is student effort [and] student-focus ... It's the first one among UC." Commented Manu. The committee wants to evaluate and improve upon their project by primarily taking in student feedback.

If students would like to take the grocery shuttle, they can track the shuttle's real-time location on the UCSD Shuttle Website.

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### The new policy allows students to stay for more than 12 quarters upon approval from UCSD

► UNITS, from page 1

his major and finish the classes needed to graduate.

"I had originally planned to attempt the major change into computer science, but because of the newly enforced 'six quarter limit' policy, suddenly I feel this is less of a realistic possibility for me," Tannady said. "This policy does affect me quite a bit, [and] I have also heard numerous concerns from many of my transfer peers who have similarly just entered UCSD in Fall 2019. Many of them, STEM majors especially, express high anxiety and confusion as to how they will manage to pull off completing their heavy course

load with less flexibility and freedom on their side."

Even though it is still possible to stay past the 12 quarter limit, Tannady states that it still creates stress to finish the classes needed for graduation on time. Although UCSD has communicated with faculty and students about the rule change, Tannady wishes that the topic could have been brought to light to students while applying in order for them to plan ahead.

"However, despite this, I do still expect that UCSD will also still keep 'the students' educational experience' in mind while they enforce new policies such as this one, [one]

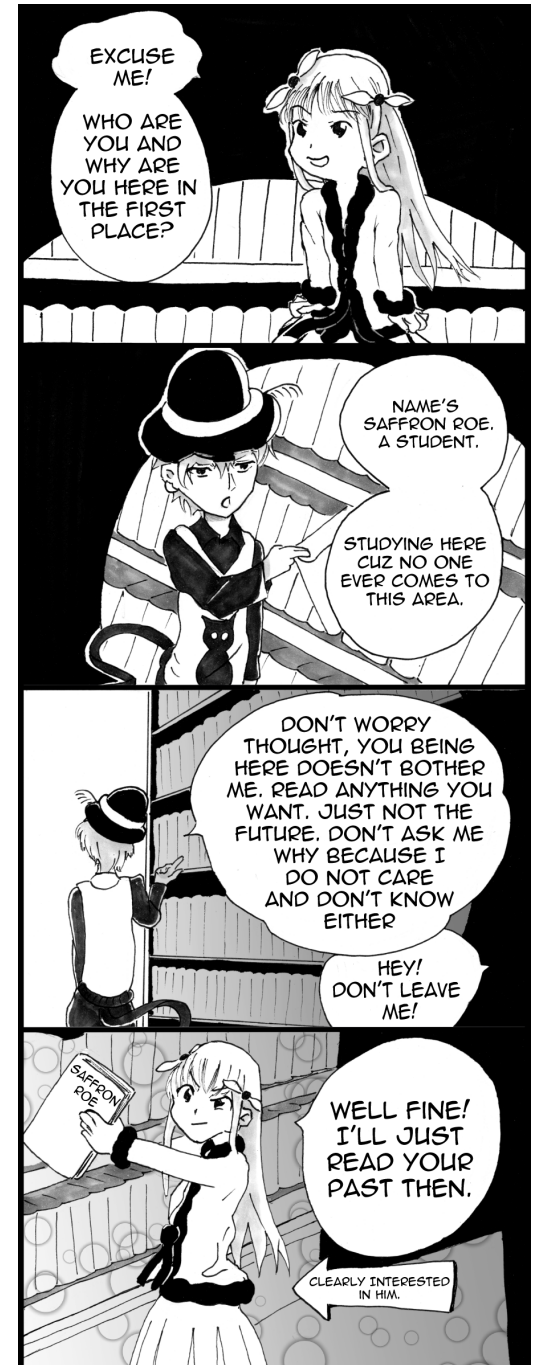
that produces a huge impact on a student's course load," Tannady said. "One extra quarter in a student's arsenal can make all the difference."

Chancellor Khosla stated that newly admitted students should meet with an academic advisor to plan their class selections and to make sure that they are on the right track for graduating on time.

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## INTO THE LIBRARY 5

By Michi Sora



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# OPINION

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## UCSD Should Stand Up for Hong Kong

By: Sean Kim // Contributing Writer



In June 2019, a controversial extradition bill sparked mass protests in Hong Kong. With hundreds of thousands of protestors on the streets nearly every day, the Hong Kong protests have received massive international attention and coverage, creating a fire that Beijing has not yet been able to put out.

In light of this, some dismiss the protests by saying that the protestors are terrorists, or that they are paid. This is unequivocally false. In perspective, 1.7 million people are estimated to have attended the protests in August — nearly a quarter of Hong Kong's population. To argue that a quarter of Hong Kong's population is paid by a mysterious entity or that all of them are terrorists ignores what these protests are fundamentally about just as well as it denies basic facts.

But when the extradition bill was officially pulled, the protests did not end. It has since evolved into a larger scale movement against China and the future of Hong Kong under Chinese rule. And this may be for good reason. The Communist Party of China has been in the international spotlight for rampant human rights violations numerous times in the past and present, such as putting its ethnic Uighur muslim populations in concentration camps, where more human rights violations occur. From forcing Muslims to eat pork to sexual violence and forced sterilization against women, the CCP will cross any line to maintain its iron grip within its borders.

This is the very reason why the administration and student body of UC San Diego should make a statement in support of Hong Kong — the protests in Hong Kong is not only a fight for democracy, but also a fight against tyranny.

Beyond the goals of democratic rule in Hong Kong, the buildup of Chinese troops in Shenzhen points to an ominous potential response from Beijing. This adds to the reason why UCSD should make a statement in support of Hong Kong — maintaining international pressure and visibility could provide significant barriers to a potentially deadly response. While some argue that the presence of Chinese troops in the area is routine, which is true, the number of troops have nearly doubled to 12,000 since

the protests began. The Chinese government historically has not responded to mass dissent peacefully, and the escalation of violence in the protests, from both protestors and police alike, point to a potential brutal crackdown unseen since Tiananmen Square. And in the face of a potential brutal crackdown, it is the moral duty for those who support the rights that protect us everyday to support those fighting for those same rights abroad. This is not to say that everyone should go and participate in the protests — but a simple, vocal statement of support is the very least we should do.

Outside of Hong Kong, the CPC has successfully tried to strong arm influential entities to bend to their will to protect their image and interests abroad regarding Hong Kong. The NBA, Apple, and Blizzard have all appeased the Chinese government, from silencing support of the protests as Blizzard did, to removing a police tracking app that the protestors used as Apple did.

UCSD has similar economic incentives as Blizzard and Apple — 18.6 percent of the student body are international students, many of whom are dependent on financial aid from Beijing. And the CPC has demonstrated that actions that it does not approve of will be met with pecuniary punishment, when it cut off China Scholarship Council funding for Chinese UCSD students in light of the Dalai Lama's appearance at UCSD. This is a dangerous path. Appeasing the CCP for the sake of economic gain not only weakens the protests fighting for basic human rights, but also demonstrates to the rest of the world that the dollar is more important than our principles.

UCSD could also face something other than just financial punishment, such as a mass backlash on campus. But a backlash did not stop the Dalai Lama from speaking in the commencement address in 2017, and it should not stop anything now.

If a backlash were to happen, the Chinese Students and Scholars Association on campus would be the most vocal actor. The CCP and CSSA both opposed the Dalai Lama's commencement speech at UCSD in 2017. Prior to their statements, the CSSA had reached out to the Los Angeles Chinese Consulate on the matter.

This situation is not unique to UCSD, however. According to the New York Times, China, through its 150 chapters of the CSSA across the United States, is attempting to draft a pro-China narrative and silence opposition abroad. At Columbia University, the CSSA mobilized its members to protest a presentation about human rights violations in China, and to "resolutely defend the honor and dignity of the Motherland". Another incident at Duke University alleged that the group was responsible for a harassment campaign against a Chinese student who attempted to mediate sides in a protest about Tibet.

Thus, a backlash from the CSSA would simply be a part of a larger scale effort to stifle free speech in order to better suit a foreign power's interests. A foreign power should not dictate for us what people can discuss and protest on our own campuses; UCSD should not allow a fear of the CSSA or a fear of a backlash keep them from protecting free speech by staying silent.

Ideas win because of the merit of its arguments, not by who can yell the loudest. A backlash is simply loud; it does not have any inherent merit. While we can disagree with the method of Chinese governance in their territory and still coexist, we cannot allow the exportation of forced silence. We especially cannot when it is being exported to U.S. campuses. Some may disagree, and say that it is hypocritical to support foreign protests, and thereby influence foreign events, while criticizing Chinese efforts to attempt to influence foreign events itself. But is a statement in support of those facing an ongoing brutal crackdown on the same level as an effort to stifle free speech and criticism through harassment? The principles we live by are only really principles if we stand by them even when it is difficult. The student body and administration of UCSD should support free speech when it matters, and that is now.

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## Containing Our Environmental Impact

By: Julia Nee // Contributing Writer

As a Thurgood Marshall College student that lives in the Marshall residence halls, I eat at OceanView Terrace more than I care to admit. After a while, I started to notice how many times I have asked for a take-away container and just how many people ask for a take-away container. The more I thought about it, the more I realized how silly it was the students did not have the option to reuse the take-away containers given by the dining hall, or the ability to bring their own reusable containers. UC San Diego students should be able to bring their own container, specifically at OVT's salad bar, due to the overwhelming call for action on climate change and marine wildlife pollution.

UCSD has shown initiative to make a positive impact on the world's ever-changing climate by implementing policies like achieving a 90-percent waste diversion from landfill by 2020. To fulfill this quota, UCSD has ensured that to-go containers

are fully recyclable, but even though this diverts waste from landfills, it does not do enough to protect the environment from plastic pollution. The fact is, 8 million tons of plastic end up in oceans. Plastic pollution harms wildlife, increases air, land, and water pollution, and disturbs food chains. In addition, recyclable materials are only able to be used two to three times. Simply put, the Housing Dining Hospitality initiatives implemented are not doing enough to protect the environment when it comes to the use of single-use containers which likely add to plastic pollution. Letting students use personal containers would help combat the single-use containers ending up as plastic pollution.

Unfortunately, the use of personal containers introduces valid concerns. For example, the ability to use personal containers could affect the way the salads are priced, as the salads are typically

weighed after they are put into the takeaway containers or bowls. This, I believe can be solved by re-calibrating the weighing system to allow the salads to be weighed in the mixing container before being put into one's personal container.

Additionally, using personal containers could draw in sanitary health concerns. However, if students were notified of this change and were able to sign a waiver that lists all concerns or liabilities, this change could be a viable option. In fact, one of the most internationally known coffee chains implements the option to allow customers to bring their own mug: Starbucks.

Starbucks has rewarded their customers with a discount for bringing their own personal cups or tumblers since 1985. This ability to bring one's own cup, might seem like a small freedom, but has generated a notable decrease in the amount of waste Starbucks produced. If Starbucks's bring-your-own-mug policy can make

a difference in the amount of waste that would end up in landfills, then UCSD students bringing their own container can too, make a difference. According to Starbucks, it is their responsibility to reduce the amount of waste produced from their stores, as it is the university's responsibility to reduce the amount of waste produced on campus.

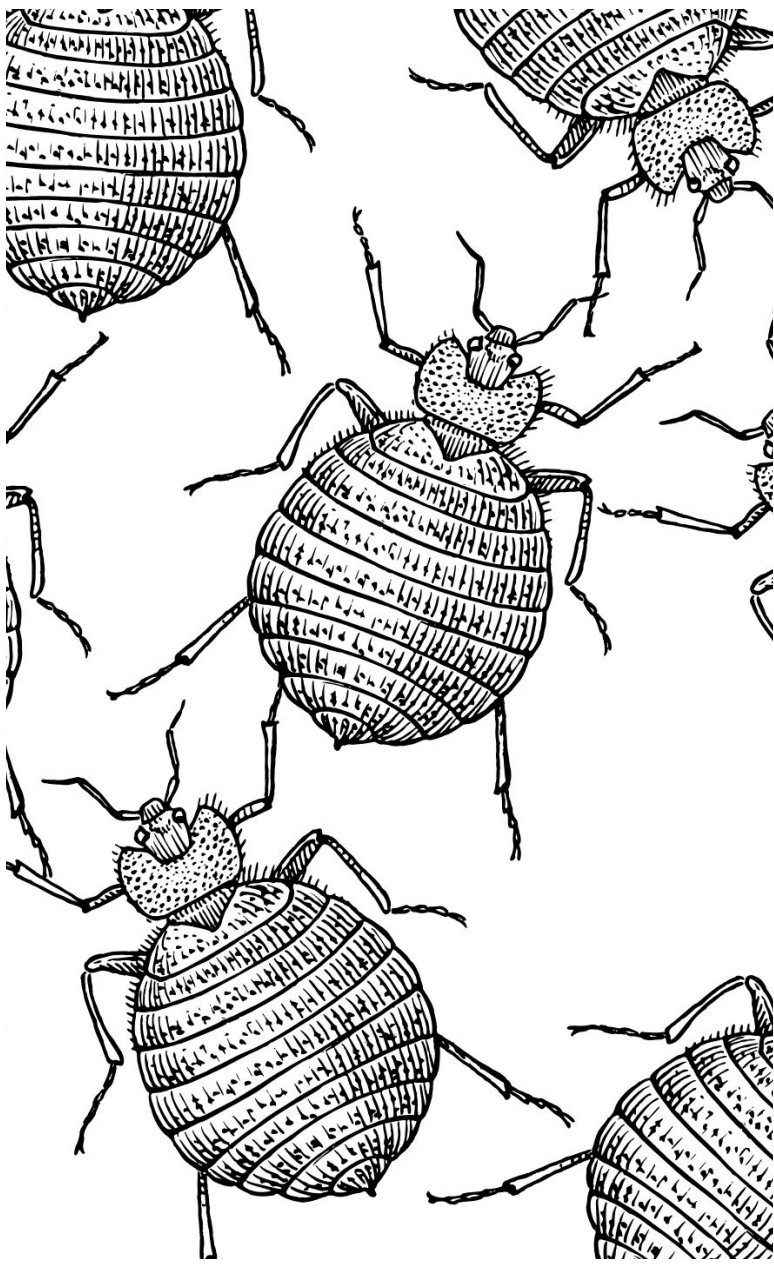
Although UCSD is moving in the right direction of implementing policies to reduce the amount of waste that ends up in landfills, the university needs to take into account their contribution to plastic pollution. Bringing your own container could make a major impact, but in order to make that change, the students need to have the option to make that change.

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# Fund EH&S, not Pests

By: Zara Irshad // Contributing Writer



After a long day of studying for midterms last Tuesday night, nothing sounded better than my warm cozy bed, but as I walked into my room, I saw something peculiar on my pillow: a large black dot. As I walked closer my heart dropped as I saw tiny wings emerge upward from the blobs. There were termites on my pillow.

I later learned that many of my suitemates and people from my building had also discovered termites in their rooms. I called Environment, Health, and Safety pest control right away, but was frustrated when it took a week for them to send a representative to deal with the infestation. My suitemates and I spent the past week vacuuming up dozens of termites every hour, shaking out our sheets before sleeping in them, and even sleeping on the common room couch at times. Considering the fact that many of us spend an excessive amount of money, around \$12,000, to live on campus, it is unacceptable that EH&S let the conditions get so bad that we were unable to use our rooms. EH&S needs to take more initiative when it comes to recurring pest issues to ensure that they can handle them in a timely manner moving forward.

While it is admirable that EH&S eventually sent a representative out, they need to implement stronger protocols to improve their responsiveness, as thousands of students rely on them. It isn't just termites that are plaguing students, there have been recent reports of bedbugs in The Village at Torrey Pines lasting about two weeks. Students have been waking up with bug bites all over their body and were simply told to wait for the bugs to go away. Seeing as the EH&S offices are closed during the weekend and about 38 percent of students live on campus, the least they could do is deal with pest issues promptly, by sending out representatives to assess the situation rather than leaving students to fend for themselves, so that these issues don't affect students ways of living.

After speaking to an EH&S pest control representative, I sympathize with EH&S to an extent. It isn't easy to care for acres upon acres of campus. The person I spoke to explained how they often get around 60 calls a day. Given this workload, one of the

main things that would likely allow EH&S to be more responsive to students is more funding from UC San Diego. This would allow the organization to hire more representatives, and in turn more people to address issues, and buy stronger pesticides, to avoid recurring issues, so that students will not have to live among pests for weeks at a time.

The current underfunding of EH&S is likely the reason why there are so many recurring pest issues on campus. Rather than dealing with the issue from the root, EH&S has simply been putting a Band-Aid over the wound. In turn, pests keep returning to haunt students year after year. It's clear that there's always going to be a bug or two roaming around, but large-scale infestations are a different story altogether.

As of this past March, San Diego county was ranked 11th out of 50 of America's biggest cities for termites, so it seems as though the termite issue on campus is predictable. Infestations occur on campus every October due to the extreme heat, according to EH&S representatives. If they had the funding to tent the buildings that regularly get termites during the summer, then they would avoid displacing students during the school year and prevent the panic and disgust that come along with a termite infestation. Termites are technically harmless, as they don't bite or poison humans, but students should not have to live with termites in rooms that they have paid thousands of dollars for, not to mention deal with the anxiety that comes along with them.

The blame for the slow responsiveness of EH&S pest control does not rest on the shoulders of the representatives, they have been helpful and are just doing their jobs. Rather, it likely rests on UCSD as an institution. UCSD clearly is not providing the EH&S pest control department with sufficient funding to keep pest related issues on campus under control.

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## FEATURES

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# ON THE ETHICS OF SEPARATING GOOD ART FROM BAD ARTISTS

*With Kanye West's latest album release, what do listeners make of his new image and how do they reconcile with good art from artists who make bad decisions?*

BY LANLILY NGUYEN CONTRIBUTING WRITER

“You’re my number one, with the lemonade,” is the lyric that makes Earl Warren College senior Kaitlyn Campbell laugh when listening to “Closed on Sunday” off Kanye West’s latest album, “Jesus is King.” “Wow, this really is about Jesus isn’t it?” she states.

“Jesus is King,” released on Friday Oct. 25, is West’s ninth consecutive album to debut at No. 1 on the Billboard Top 200 charts — a record he shares with Eminem. The highly-anticipated album delivers its gospel promises, and it arrives at the finish of West’s weekly Sunday service tour, the invite-only festival gathering in which West plays gospel renditions of his early songs. The new album starkly contrasts previous work of the 21-time Grammy winner. This change is especially notable in comparison to his sixth album, “Yeezus,” which featured a controversial song called “I am a God,” in which West claims have the status of a god himself.

Incorporating religious themes into his work is nothing new for West. It was early in his career with “The College Dropout” and “Late Registration” albums that he set an image for himself as the rapper who would bring the church to the club. His faith-based hit single “Jesus Walks” song off “The College Dropout” album makes obvious religious references in lyrics such as “God show me the way because the Devil’s tryna break me down,” all rapped to a mid-tempo beat and drum and choir backdrop. This song in particular was commentary on the theme of struggle both in American society through forms of racism and terrorism as well as struggle within ourselves. This was an artistic decision notably meant to contrast the more common themes in hip-hop of sex and violence. West takes this issue head-on singing, “They say you can rap about anything except for Jesus / That means guns, sex, lies, videotape / But if I talk about God my record won’t get played, huh?”

West since then would maintain themes of Christianity in his career but not in the way many would expect. Instead of following the way of God, it appeared West took on a new interpretation and found Jesus in himself, literally. It was shortly after his 2005 Grammy win for Best Rap Song for “Jesus Walks” West would appear on a Rolling Stones cover adorned with a crown of thorns, an image coined as the “Passion of Kanye West.”

Fast forward to 2013 after “Graduation,” “808s & Heartbreak” and “My Beautiful Dark Twisted Fantasy,” comes West’s sixth album “Yeezus.” This would be a major era where West would take religious appropriation to

a whole new level. More than just producing songs like “I am a God,” the rapper would maintain an egotistical image such as revealed in an interview with W magazine: “I made that song because I am a god ... I don’t think there’s much more explanation. I’m not going to sit here and defend s---. That s--- is rock ‘n’ roll, man. That s--- is rap music. I am a god. Now what?”

Whether such an elaborate persona was in earnest, or to gain publicity for his footwear business, West in his “Yeezus” album years was still popular despite the artist’s previous controversies. He was as famous as ever. The surprise comes from not just the themes of his latest album but his new approach to Christianity. It appears that there is room for praising more than just “Yeezus.” For fans, does his return to religiosity mean some sort of atonement for previous mistakes? Or is it a distraction to keep producing sales under a new guise? Or perhaps, is it that despite whatever West does, his die-hard fans are still loyal.

These questions tie to the greater, all-too-familiar theme of powerful and influential artists doing outrageous and controversial stunts that leave their audience members uncertain of the validity of their art. Many old fans often struggle to cope with the musician’s sudden image change, sometimes either turning to “cancel culture” or choosing to remain unconditional fans, nonetheless. The only way for mid-ground fans to combat the onslaught of “cancel culture” — the social practice of reneging support for public figures due to their problematic behavior — against such beloved artists is to simply “separate the art from artist.”

With West’s new religious image, what changes for fans and what does this mean today? From his 2009 intrusion on Taylor Swift’s acceptance speech at MTV’s Video Music Awards to tweeting “BILL COSBY INNOCENT !!!!!!!,” West has been very productive at alienating some of his listeners.

Other documentation of his outrageous behavior includes his released song “Famous” off his “The Life of Pablo” album, prolonging the public drama he had with Taylor Swift. Over the years, the two artists had gone back and forth on their relationship as friends or public enemies, but this all erupted when West released the “Famous” lyrics, “I feel like me and Taylor might still have sex / Why? I made that bitch famous.” Swift had denied she gave West permission to use the lyrics, but was later discredited in a stream of Snapchat videos revealed by West’s wife,

See **ETHICS**, page 7



PHOTO COURTESY OF DIMITRIOS KAMBOURIS, GETTY IMAGES

West performs for Kanye West Yeezy Season 3 on Feb. 11 2016 in New York.



## ► ETHICS, from page 6

Kim Kardashian, over a phone call between the two artists discussing the song. The music video itself featured nude wax figures of celebrities of not just Swift but also the aforementioned “innocent” Bill Cosby, George W. Bush, Anna Wintour, and Caitlyn Jenner, among others.

What might have been the most divisive factor for fans is West’s support for President Donald Trump. During his “Saint Pablo Tour,” which was already suffering criticisms due to his rants and tirades during live shows, West revealed that if he had voted during the 2016 presidential election, his vote would have gone to Trump. The tour was eventually cut short and The New York Times reported that the artist was later hospitalized due to a psychiatric emergency.

Later opening up about this incident, West had made it a well-known point that he suffered from a mental illness, eventually pasting the words “I hate being Bi-Polar, its awesome” onto the cover of his album “Ye.” Many took West’s decision to vocalize his struggles with mental health as a chance to decrease the stigma around bipolar disorder and mental health, especially in the black community. In his 2018 interview with “Breakfast Club” radio host Charlamagne Tha God, West had commented on wanting to “take the stigma off the word ‘crazy’” and “change the stigma of mental health.” However, this all changed when it appeared West was tweeting about no longer taking his psychiatric medication because it hindered his creative process. “I cannot be on meds and make Watch the Throne level or Dark Fantasy level music,” West tweeted, referring to his previous albums, “My Beautiful Dark Twisted Fantasy” and collaboration album with Jay-Z, “Watch the Throne.” He eventually characterized it as a misdiagnosis altogether. Of this topic, Kiana Fitzgerald, a staff contributor for Complex, writes that “Not only did [West] make it more difficult for me to even talk about being bipolar anymore, he has now chosen to strip himself of the label altogether.” West’s new direction on the issue had upset many after creating so much buzz around his bipolar disorder and creating false hope on wanting to make changes about the culture surrounding mental illness.

Familiar dramatic episodes would happen later such as on West’s 2018 musical appearance on “Saturday Night Live.” Instead of offering a final performance, the rapper held the captive audience to listen to him deliver a pro-Trump speech while wearing the iconic red Make America Great Again baseball cap. West would later be found publicly visiting the President and having lunch with him. Such affiliation with the historically racially-insensitive figure had listeners question what West was doing for black people when supporting a man who clearly had no intentions to serve the black community. The controversy took a nose-dive during West’s newsroom interview with TMZ in 2018. West had commented “When you hear about slavery for 400 years ... For 400 years? That sounds like a choice.” The rapper received intense backlash for his statement including from TMZ’s own Van Lathan. “While you are making music and being an artist and living the life that you’ve earned by being a genius, the rest of us in society have to deal with these threats to our lives,” Lathan said. “We have to deal with the marginalization that has come from the 400 years of slavery that you said for our people was a choice.” Though immediately after the comment West admitted he was taking opioids before the interview, which some took as the reason he would make such a controversial statement, many took his words as unacceptable and lead to West’s public condemnation by several black cultural figures. Musician will.i.am said it was “one of the most ignorant statements that anybody who came from the hood could ever say about their ancestors.” Director Spike Lee had encouraged West to “WAKE UP” on Instagram. The controversy, however, did not seem to do much damage to the rapper’s clothing brand sales. Shockingly for some, Adidas remained with the Yeezy shoe brand even after West’s comment on slavery. And although Adidas did not reveal any sales data during that time, the Yeezy brand was ranked ninth of the “hottest brands” according to Business of Fashion magazine.

West even later apologized for his comments on slavery on the air of 107.5 WGCI in his hometown of Chicago, stating, “I don’t know if I properly apologized for how that slave comment made people feel, so I want to take this moment right now to say that I’m sorry for hurting, I’m sorry for the one-two effect of the MAGA hat into the slave comment.” His emotional response appeared to make the issue fizzle out of the spotlight with the promise to be better. But the particular act done in the first place



West at a White House luncheon on Oct. 11, 2018, showing his support for Trump and expressing his opinions on prison reform, jobs for African-Americans, and Chicago violence.

was nonetheless disappointing.

This pattern of controversies that are met without much punishment when handled with the right amount of PR control can be seen with many male artists across the hip-hop industry. Take Chris Brown’s abuse against Rihanna, or Drake’s allegedly touchy behavior with younger girls. Both instances, which are only two examples limited to the confines of the hip-hop world, are exemplars of unacceptable behavior. This is especially contentious when considering the #MeToo era where sexual assault and sexual harassment are being systematically combatted to end the mistreatment. But what is so abhorrently common is how these artists still survive. Though it may depend on the magnitude of the act committed and the publicity of the deed, their careers appear to be hardly damaged. There may have been temporary setbacks in sales, but these artists still stay at the top of music charts and gain publicity. They even collaborate on musical projects with each other.

So how do people reconcile with listening to

*“Perhaps the best we can do is at least pay attention. That is, pay attention to how we are to consume art, and who it is coming from, but most importantly pay attention to what we make of it.”*

good art made by questionable people? Choosing to ignore the fact that some of these artists have done rather atrocious things is a bit naive. But also, “cancelling” entire artists or genres can be overkill. Other people wonder, “What’s the big deal?”

“Kanye is still one of the biggest influences in hip-hop of all time,” Thurgood Marshall College junior Anna Brown said. “You can’t just disregard that. No matter what, he’s important and ... he’s made mistakes in his life but it’s not like it’s solely what he promotes in his music.”

Some fans will easily defend questionable artists based on their groundbreaking achievements. In line with Brown’s reasoning, West positively changed the landscape of hip-hop music forever, and his personal mistakes or choices should not erase his achievement. When making judgements on an artist’s character, perhaps we should take a more holistic approach and consider their stronger attributes. Others disagree.

“You really can’t [separate the art from the artist],” Marshall College senior Michael Gomez said. “When you listen to them, the art is part of their ideas, it’s part of them. You are also contributing to their success.”

It may be for some that there is no way to think about the art and artist as different entities. Such as in the case for Gomez, the artist’s business is an extension of the artist and thus, if the artist is someone to no longer condone, then the art should suffer as well.

From both sides, there seems to be an understanding that the complete separation may

not be feasible. It may be that one mistake, or even several, may not wholly determine the artist’s character. Additionally, choosing to consume art from questionable artists does not always mean approval of their harmful actions; it might simply demonstrate an appreciation for the art itself.

There is an implication that both consumption and appreciation may be a different story. One can argue that our consumption of music does not change much about the ethics of an artist’s behavior. As a form of punishing the artist, we may tune out to personally contribute to falling sales, but that’s about it. Opposingly, we can still consider how a listener can contribute to a culture of the artist, or that consumption of the art holds some meaning on how we may condone the behaviors of the artist. However, consumption does not entirely mean approval. As often as we hear overbearing denunciations of any form of partaking in a problematic artist’s success, it ignores the fact that people are more complicated than that.

We can, for one, shame people as much as we like for liking problematic artists and contributing to their success, but that would require fully understanding the artists whose art which we consume. This is not always possible, or even desirable, as many people are not invested enough to research the matter. We can also ignore any atrocious behavior of artists. However, this is hardly justified and says something about how we allow exceptions for moral boundaries merely based on aesthetics.

Perhaps the best we can do is at least pay attention. That is, pay attention to how we are to consume art, and who it is coming from, but most importantly pay attention to what we make of it.

There is no moral high ground when it comes to finding out who is an appropriate artist and who is an inappropriate artist. Completely separating the art from the artist is virtually impossible. But not being able to separate the art and artist does not mean one is unethical or one is absolutely condoning every choice ever made by an artist. It can just mean someone is listening to a song, and are taking it up to themselves to choose how they experience it.

West, along with other problematic artists, can be perceived as more than just his missteps. Celebrities and figures in the public eye who make those mistakes, however, must also realize the consequences of those actions. Who is to judge?

Today, we can judge what West is doing to change the hip-hop game with gospel. While this is not particularly new for the hip-hop genre — artists who have been around for some time like Lecrae, KB, and Trip Lee have worked to change hip-hop on their own terms as well — this is definitely a change for the Chicago-based rapper.

“From what I’ve heard on the track, it really is theologically sound,” Campus church member Kyle Vo, who has been studying Christian theology his whole life, said. “I’m surprised. I am a little familiar about his drama but this is a huge turnaround. It’s different.”

West’s “Jesus is King” is available on iTunes, Spotify, and most places where you get your music, but you probably already knew that if you were interested. And could not care less otherwise.

*\*All interview subjects requested to appear under pseudonyms.*



## SAN DIEGO ASIAN FILM FESTIVAL SHOWCASE

The San Diego Asian Film Festival runs this week from November 7 to 16, showing a wide variety of films from around the world. But don't get too overwhelmed by your options — our A&E writers have helpfully compiled our thoughts on many of this year's films.

PHOTO BY SDAFF.ORG



**HEAVY CRAVING**  
 DIRECTED BY PEI-JUHSIEH

"Heavy Craving" is a drama about Jiang Ying-Juan (Tsai Jia-yin), a passionate cook whose obesity is often criticized by those around her. In an effort to force her to lose weight, Jiang's mother enrolls her in an intense weight-loss program. Throughout her journey to lose weight, the audience witnesses the daily cruelty Jiang faces from the remarks of others. It is only her friendships with Wu (Yao-Jen Chang), a charismatic delivery man, and Xiao-Yu (En Wei Chang), a bright transgender student at her mother's school, that keep her hopes up. Despite her efforts, however, the weight-loss program doesn't seem to work, and Jiang is pressured to lose more and more weight until it becomes too much to handle.

This film manages to explore the topic of body shaming with a surprising amount of nuance. Familiar examples of fat-shaming and the criticism of strangers are very realistically portrayed, to the point that it can be hard to watch. One of the best aspects of the film is its intersectionality; there is a very accurate portrayal of the ways that overweight and obese people are affected by social criticism. Jiang is not only ridiculed and bullied for her weight — she is also not taken seriously as a victim of sexual assault and is perceived by others as lacking femininity. The film also tackles such serious issues as extreme dieting and food disorders in a realistic and complex manner. That being said, I did wish that there was a greater amount of clarity and exploration of the transgender student's story, as they only receive a small amount of focus throughout. I was, however, ultimately satisfied at the lack of an overwhelmingly optimistic ending, as it portrayed that the problems that the main characters face are serious and an ongoing, constant battle.

— LAURA HATANAKA  
 Senior Staff Writer

PHOTO BY SDAFF.ORG



**JOHN DENVER TRENDING**  
 DIRECTED BY ARDEN ROD B. CONDEZ

It only takes one click of a button to change somebody's life. "John Denver Trending," the directorial debut of Arden Rod Condez, follows the disastrous fallout that occurs when a video of a 14-year-old Filipino schoolboy, John Denver Cabungcal (Jansen Magpusao), beating his classmate over a false accusation goes viral. Accused of stealing his classmate's iPad, Cabungcal becomes targeted by his entire community.

The marks of a new director are obvious in the rough sound editing and camerawork, but the film shines through its two main characters: Cabungcal and his mother. Scenes of Cabungcal quietly and steadily bearing the vitriol of his peers are peppered with small moments of grace and heartbreak. Whether it's through a scene where his mother is the only person to defend him or one where he symbolically fails to rub a stain out of his shirt, the film both genuinely and effectively manages to tell a story of a young boy's pain and a society's cruelty.

While the film delivers a striking anti-bullying message, it also cuts deep into the toxicity of call-out culture, fake news, and even the abuse of power by authorities and police officers. Yet, "John Denver Trending" works in a subtle and careful enough way that it never comes across as preachy or emotionally manipulative. It's a film that, set in our age of social media, asks you to not only reevaluate your behavior but also the things that you read and hear. As Cabungcal writes, "Please don't judge the book without knowing what really happened first."

— NATALIE TRAN  
 Senior Staff Writer

PHOTO BY SDAFF.ORG



**IT'S A MAD, MAD, MAD SHOW**  
 DIRECTED BY HSIEHNIEN TSU

A wacky comedy with an undercurrent of romance, "It's a Mad, Mad, Mad Show," is a fun watch with a good premise, but falls incredibly short of most of its goals as a film. The concept is promising from the get-go. In a "Producers"-esque gambit, a Taiwanese TV station pulls the ultimate get rich quick scheme — illegally turning low ratings into more money. The rest unfolds as you might expect. The station underfunds the shows, fires its employees, and puts a low-ranking and unpromising employee in charge. However, there is one problem: Yeh, the new and underprepared head of programming, is actually very good at his new job and uses a ragtag team of interns to try to pull the station to new heights.

While definitely entertaining, the film simultaneously does too much to easily follow the story and has too little to say to justify its more serious moments — the elements of humor and sentimentality are there, but none of the real heart. The premise itself is also severely underplayed. The most compelling story thread is tracking Yeh's own development throughout the film, and while that's enjoyable enough, it has little to do with the film's original draw: its concept. This all culminates into an entirely bizarre final act, which on top of an under-directed and over-acted action sequence, attempts to make a half-hearted comment on the importance of television in viewers' lives. "It's a Mad, Mad, Mad World" is a zany ride and an interesting look at the world of Taiwanese television, but it ultimately fails to deliver much beyond its basic premise.

— CHLOE ESSER  
 A&E Editor

PHOTO BY SDAFF.ORG



**FAGARA**  
 DIRECTED BY HEIWARD MAK

In "Fagara," Acacia (Sami Cheng) lives a typical life working an office job until she receives a call that her father has passed away. Still resentful of her estranged father, Acacia juggles the emotions of his death along with finding out that she has not one, but two half-sisters that her father kept secret from her. Acacia, Cherry (Li Xiaofeng), and Branch (Megan Lai) seem like an unlikely trio, comprised of a travel agent, a live-streamer, and a competitive pool player. However, despite their different upbringings and lives, they may not be as different as they once thought. When the three meet for the first time, while burning their father's funeral rites, it feels like the creation of something new within the ashes. It's at this moment where the three promise to save their father's fagara hotpot restaurant, and the journey begins.

Watching Acacia, Cherry, and Branch navigate their newfound friendship is heartwarming as the audience is taken to Hong Kong, China, and Japan to catch glimpses of what their respective lives were like before. The trio comes to realize that it's not about who their father met first, married first, or ended up with; it's about reconciliation, and living with his choices. The three sisters pick up the pieces their father left behind and put them back together; ultimately, "Fagara" captures a beautiful story of sisterhood, found family, and, of course, hotpot.

— JAHFREEM ALAM  
 A&E Editor



PHOTO BY SDAFFORG

**LOVE BOAT: TAIWAN****DIRECTED BY VALERIE SOE**

“Love Boat: Taiwan” is a nostalgic trip through six weeks in the lives of young adults as they navigate freedom and identity in Taiwan. The documentary-style film compiles the stories of many second-generation Taiwanese individuals who experienced the program including the director herself, Valerie Soe, and the majority of those interviewed took part in the program in either the 1990s or early 2000s. The film immerses audiences in a palpable atmosphere of 1990s popular culture as it interweaves still photos, home videos, collages, and more recent interview footage, divided by colorful caption shots. Discussions of these topics are made to feel all the more genuine through the recorded readings of former students’ postcards, journal entries, and letters, as they recounted what they felt during their stay in Taiwan, and how those feelings contributed to their pride over their own identities today. While at times, the editing of the different narratives is disorienting in organization, the film was ultimately successful in its ability to capture root flavors of young adulthood, with the added layer of exploring ethnic identity and its role in the other exploratory aspects of youth culture, such as alcohol use, sexuality, activism, and educational liberation.

— **MARINA LEE**  
Contributing Writer

PHOTO BY SDAFFORG

**THE 12TH SUSPECT****DIRECTED BY KOM YOUNG-SUNG**

Set in post-colonial Korea, the Oriental Teahouse in Myeong-dong, Seoul finds itself wrapped up in a murder case; as the film progresses, the mystery slowly unravels to unveil Korea’s underlying political turmoil after the Korean War. Ko Myoung-sung’s “The 12th Suspect” begins through the interrogation of 11 artists and poets who happen to be in the teahouse at the time of the questioning. This tension inside of the Oriental Teahouse exponentially heightens as suspicion continues to grow and more shocking truths become uncovered. Although at first glance it may appear to closely resemble Agatha Christie’s murder mystery story “Murder on the Orient Express,” Ko’s film morphes into an unexpected yet highly contested socio-political commentary. The film’s message is greater than the murder plot the audience becomes distracted by, and this initial storyline is only the first layer viewers must peel back in order to appreciate the complexity of its message. “The 12th Suspect” provides a window into the brokenness of the country after the Korean War and the ways in which this period of struggle had detrimental ramifications for individuals on all spectrums of class, regardless of their political beliefs.

— **ERIN CHUN**  
Senior Staff Writer

PHOTO BY SDAFFORG

**GOODBYE MOTHER****DIRECTED BY TRINH DINH LE MINH**

“Goodbye Mother” is a story of warmth. From shots of steaming food to buzzing portable fans to scorching looks between lovers, Trinh Dinh Lê Minh’s debut feature looks at the warmth of love within family and romance, giving an equally deserved weight to both. The film follows Nâu Vân (Lân Thanh), a young man from Vietnam who has been living abroad in the States for several years and who comes back home for the anniversary of his father’s death. Excited to see home again, he decides to introduce his boyfriend Ian (Võ Điền Gia Huy) to his family — without revealing the true nature of their relationship.

Equal parts tender, earnest, and heartbreaking, “Goodbye Mother” ends up feeling like a nostalgic memory of that simple but nourishing comfort dish your mother made for you as a child. By traveling back and forth between the perspectives of Nâu and Ian, the film explores weighty themes of filial obligation and love with startling nuance. In one particularly heart-wrenching sequence, after sleeping beside each other during the night, Nâu wakes up to his phone alarm in the early morning — a reminder to move back to his own bed before his family sees the two young men together. Meanwhile, Ian may be pained by watching his boyfriend struggle with coming out, but there is empathy, understanding, and love there as well. At the same time, the film is not without comedy. Nâu’s grandmother, in all her absentmindedness and loving acceptance, is a joy to watch. Through its masterful direction, exceptional actors, and a script bursting with sincerity, “Goodbye Mother” manages to feel gentle and transcendent all at once.

— **TANYA NGUYEN**  
Senior Staff Writer

PHOTO BY SDAFFORG

**BALLOON****DIRECTED BY PEMA TSEDEN**

Played as part of the San Diego Asian Film Festival’s spotlight on Tibetan films, “Balloon” is the latest marvel of director Pema Tsenden’s work. The film follows a small Tibetan family and their daily lives — getting drunk, breeding goats, confronting ghosts of romantic pasts, and playing in the vast plains of the Tibetan landscape. Set in the backdrop of strict Chinese family planning policy and a local shortage of available condoms, everything takes a dramatic turn once the family’s two sons innocently steal their parents’ condoms, using them as balloons, and the mother finds herself pregnant. Additionally mediated by the death of the grandfather and a belief that he will reincarnate as the mother’s next child, Tsenden brilliantly depicts the tension between tradition and the mother’s autonomy in the face of state power. Tsenden’s camera, with its pallid gray palette, is both haunting and poetic, capturing the mundanity and spectacular of everyday people, confronted with great odds.

— **JUSTIN NGUYEN**  
Senior Staff Writer

PHOTO BY SDAFFORG

**EMPTY BY DESIGN****DIRECTED BY ANDREA WALTER**

“Empty by Design” strives to evoke the disconcertion of being out of place where one should feel at home, but ultimately falls short of its target. When Eric (Osric Chau), a Manila-born Hollywood stuntman, returns to the Philippines to shoot a movie, he finds that he’s become a foreigner to a country that he once considered home. As he struggles to come to terms with this, we also begin to follow Samantha, a local returning from studying abroad who similarly feels out of place in Manila, though it’s never made clear why. She’s hinted to have had some sort of relationship that she had to leave behind, but outside of a few missed phone calls, the film doesn’t really make an effort to explain why this person has such an effect on Samantha. Gradually the film brings both Eric and Samantha together, giving glimpses into a story that could have been great, had it been developed more thoroughly. However, while it is inconsistent at points, “Empty by Design” holds many great moments that will leave the viewer reflecting on what it truly means to be at home.

— **ELIAS ROMAN**  
Staff Writer

PHOTO BY SDAFFORG

**DRIVEWAYS****DIRECTED BY ANDREW AHN**

Released this past February, “Driveways” is a heartfelt film that examines the nature of friendship across generations and life experiences. The film centers on a shy boy named Cody (Lucas Jaye) who is traveling with his mother, Kathy (Hong Chau), to clean out the house of her recently deceased sister. However, once they arrive it becomes clear that this already emotionally charged task will be more difficult than they anticipated, as Kathy’s sister was a hoarder. Due to her cutting ties with her sister while Cody was younger, though, Kathy is confronted with the reality of her sister’s life while simultaneously examining the nature of their relationship through the items she kept. In all of this, Cody strikes up a relationship with Del (Brian Dennehy), a retired Korean war veteran who lives in the house next door. Del immediately begins to care for Cody, and what starts with simple gestures quickly evolves into more meaningful moments. This in turn leads to a fast friendship that helps both Cody and Del reflect on their own lives and relationships with others.

What makes “Driveways” such a touching experience is its cinematography. Each scene is carefully constructed so that viewers are able to linger in the setting and the characters’ feelings according to their emotional importance. The cinematography seems to emphasize life’s smaller moments as well as it’s more memorable ones, allowing viewers to feel as if they’ve briefly stepped into the scenes as an invisible observer. This technique also allows the perspectives of Kathy, Cody, and Del all to be shared with the same weight. Cody is revealed to be a boy struggling with the realities of being more sensitive and thereby isolated from children his own age. Kathy’s perspective shows her life as a grieving sister, but moreover, a single mother trying her best to offer her son a childhood. The depictions of Del’s relatively lonely life as a retiree and widower offers greater understanding as to why he bonds with Cody so quickly. By showing each of these unique viewpoints in the same narrative, a well-rounded story forms and expresses its themes of love, friendship, and family all the more powerfully. Overall, this film is a must-see for San Diego Asian Film Festival attendees for its heartwarming yet poignantly real tone.

— **DAISY SCOTT**  
Editor-in-Chief



# ASMR, Explained

by Zoe Wong, *Contributing Lifestyle Writer*

Like most people, I thought that ASMR was weird. I couldn't see how the prospect of listening to a stranger chew food or invasively whisper in my ear could be enjoyable. Unlike most people, however, weird or unconventional things pique my curiosity. Much like how pressing on a bruise can be strangely satisfying, having knowledge on the things I find weird is oddly stimulating. Thus, I found myself inclined to delve into the world of ASMR.

But first, what is ASMR? The term ASMR was only recently coined in 2010 as an abbreviation for autonomous sensory meridian response, but it existed even before it was called ASMR. On Oct. 19, 2007, a thread on Steady Health titled "Weird Sensation Feels Good" was started by an individual who claimed that they've been experiencing a phenomenon since childhood where they could feel a sensation similar to tracing fingers against their skin without being physically touched. Although the claim sounded strange, the many affirmative replies on the thread suggested that a significant amount of people have experienced the same phenomenon or at least, something similar.

To this day, there hasn't been any heavy scientific research trying to explain or refute the nature of ASMR, but the community has rapidly grown and has left many personal commentaries on their own experiences with ASMR. While not everyone can actually feel physical touch through sound, most, including myself, can still agree that ASMR is an overly scientific term for eliciting a brain massage or euphoric feeling through sounds occasionally accompanied by visuals. Many people have turned to ASMR to cope with

insomnia, stress, and anxiety.

When I searched for ASMR on YouTube for the first time, I was overwhelmed by the amount of content available. I saw videos with the word "trigger" in the title, whisper-type videos, and roleplay videos. There were also cooking videos that had no music in them which I had watched even before I realized it was ASMR. Now that I'm more knowledgeable, I think ASMR can be separated into two broad categories: intentional and unintentional. The types of videos with weird, new content can be categorized as intentional ASMR while videos like cooking are unintentional ASMR.

Intentional ASMR was what I was least informed about, so I challenged myself to educate myself on the matter and form an informed opinion on it. I learned that the people who make these types of videos refer to themselves as ASMR artists who try really hard to "trigger" the listener. A trigger is supposedly an experience where you can "feel" the sound or visual not only in your ears but on other parts of the body. There are tons of videos that are titled something like, "100 triggers," or "Video for people that don't get triggers." The idea is that after you find something that "triggers" you — such as tapping, typing, whispering, and hand movements across the screen that mimic caressing fingers — you can look up other ASMR videos of just that one particular trigger in order to maximize relaxation.

Another really common intentional ASMR is what I call the service-type ASMR, for example, "ear-cleaning" and "scalp massages". Regardless of the trigger though, it's really common for these videos to span



Illustration by Brittany England, *Heathline*

from 30 minutes to an hour because they are often created for the listener to gradually fall asleep to. Having actually fallen asleep a couple of times, I can personally confirm that these videos can be effective, especially after you find triggers that work for you. For me, it's a combination of slow hand movements across the screen, a soft-spoken voice, and mundane tasks. I would actually recommend these kinds of ASMR to people who have trouble unwinding enough to fall asleep. That said, there are also intentional ASMR videos that aren't necessarily meant to fall asleep to such as ambient ASMR meant for improving focus and content like dogs eating vegetables meant to spread happiness.

On the flip side, there's unintentional ASMR. These videos have natural sound — no music or sound effects — that tend to be on the quieter side. As aforementioned, this includes cooking videos, but more interestingly, some music covers and even Bob Ross's painting videos would qualify

for ASMR.

While it was uncomfortable at first, ASMR has grown on me. I've been using ASMR before actually sleeping to de-stress my brain and even for changing my environment's sound. I can see now why it has become so popular on an international scale — it is an effective way to soothe your mind. For sure, you'll find me using it on long nights and during finals season. ASMR is incredibly diverse and once you find something you like, it can and will grow on you. If you're interested in exploring ASMR, my biggest tip is to explore and find an artist that you like. Sometimes, you may not like a trigger simply because you don't vibe with the artist. I'd also suggest easing yourself into the world of ASMR if you're apprehensive but curious. Overall, I hope that my endeavor to understand ASMR has helped dispel some misperceptions of it while encouraging support by providing examples as a starting point in one's ASMR journey.

# BEAR GARDEN

## Fall Into Magic



**NOVEMBER 15**  
**3-6PM**  
**REVELLE PLAZA**

ASCE.UCSD.EDU



# Peeks & Previews

by Colleen Conradi, *Lifestyle Editor*

## Resident Free Day at Balboa Park

Nov. 12

Every Tuesday at Balboa Park you can head over and check out a few museums for free! This week, the Museum of Photographic Arts, San Diego History Center, and Veteran's Museum and Memorial Center are free to residents. Get out there and get more connected to the city of San Diego!

## Ramen Festival

Nov. 14th

Back for its 4th annual event, the Ramen Festival is here to fulfill all of your craziest ramen dreams. With lots of restaurants and chefs, there will be lots of different ramen restaurants to try. Go for the ramen and stay for the ramen eating contest, ramen inspired art, and live entertainment!

## The Mad House Open Mic

Nov. 15

For those Tritons who are 21 and over, head over to The Mad House comedy club for a free admission open mic night. With late-night drink specials and the kitchen open late, get yourself a drink, some good food, and get ready to laugh (or cringe) at some budding comedians! As the website says, "Come watch careers start and dreams die, 5 min at a time."

## Cold Brew City Fest

Nov. 16th

Calling all coffee lovers! Head over to San Diego's largest coffee festival to try over 20 different samples of cold brew. Upon entry, you'll receive your own custom Cold Brew City Fest glass so you can get right to tasting until you've found the superior cold brew. In addition to coffee tastings, there will be cold brew making demos, a live DJ, and raffle prizes!

## SD Art Institute Art Sale

Nov. 16

Every year the San Diego Art Institute has a sale to the public with lowered prices for those who wish to purchase any of the art they see displayed inside! Even if your college student budget doesn't exactly allow you to buy any art, still head over and check out lots of cool pieces.

## Taco TKO

Nov. 17th

If you love tacos, then say no more! This is an entire event dedicated to finding the ultimate taco. There will be restaurants and chefs giving their all to win over your support. Once you've tried enough of them to know which one is the best, make sure to submit your vote to see who gets crowned as the winner!

## Doggie Street Festival

Nov. 23

Do you love dogs? Cats? Rabbits? Parrots? If so, then this is the event for you! This year will be the 11th annual Doggie Street Festival, where there will be lots of animals just waiting to be adopted. In addition to that, there will be music, food, speakers, and vet tips. Contact them now if you'd like to go up another step and volunteer!

FALL 2019



to.ucsd.edu

TRITON OUTFITTERS  
LA JOLLA DREAMS

COMM  
UTER

NOVEMBER 15  
9AM - 11AM

Price Center Loop | Food from Einstein's Bagels

BREAK  
FAST

ALL CAMPUS  
COMMUTER BOARD



## Bite-Size Reviews: Oscars Mexican Food

with Annika Olives, *Lifestyle Editor*

Because nothing's more San Diego than good fish tacos.

### The Food

My favorite item to get here is the Surf and Turf taco, which has skirt steak, shrimp, cabbage, onion, tomato, cilantro, avocado, and cheese. It's the perfect balance of salty and a little sweet and both the steak and shrimp are seasoned to perfection. I also get their Battered Fish taco, which is pretty standard, but what really sets Oscars apart is their sauces: distinctive red and green bottles that visitors can grab from the nearest table. While the creamy red sauce is a chipotle and the darker red is a pepper salsa, I can't quite tell what the green sauce is, but you're going to want to put it on your taco.

If you're not in the mood for tacos, their ceviche and fish stew are also amazing. If you happen to be around in the mornings, they serve breakfast burritos as well.

### The Ambiance

Oscars has four locations in San Diego: two in Pacific Beach, one in Hillcrest, and one in Downtown. I've only been to the PB locations, and they have that easygoing, chill vibe you'd expect from a taco joint on the beach. The Emerald St. location is on the larger side and packs a more assertive aesthetic, with reclaimed wood tables, metal barstools, and a cool octopus mural on the back wall. The Turquoise St. location, which is the one I frequent, shares the same tables and barstools but only has outdoor seating. The aesthetic at this location is a bit hole-in-the-wall, but I actually think they season their food a little better on Turquoise than on Emerald.

Both places can get really busy and it can be hard to find a seat sometimes, so if you're in a hurry, this may not be the place for you.

### The Price

The cheapest tacos you can get are the Battered Fish at \$2.25 or the Battered Shrimp at \$3.29. The rest of their tacos average at around \$5, which, I'll admit, isn't the greatest deal in the world, but a filling and delicious meal for under \$10 is still a win in my books. Oscars is a great place to go for a casual lunch or dinner with friends; if there are no seats available, you can always walk to the beach and eat your food with your toes in the sand.

### Why You Should Go

I discovered Oscars my freshman year at UC San Diego; I'm a fourth-year student now and it's one of the places I keep coming back to. If you're a big seafood lover, you definitely have to try this place — also, did I mention that you can take the bus there? To get to the Turquoise location, hop on the MTS 30 and get off at Turquoise St. and La Jolla Blvd.!

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



PHOTO COURTESY OF GREG GLASS



PHOTO COURTESY OF THE DISHELIN GUIDE

VOTE  
VOTE  
VOTE

Sign up and  
register at  
[ucsd.turbovote.org](http://ucsd.turbovote.org)

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

California's presidential primary election takes place March 3, 2020. Political parties decide who can vote for their presidential primary candidates.

In the March 3, 2020 primary election, voters will nominate one presidential candidate from each party to run against each other in the November 3, 2020 general election. You may need to take certain steps to vote for the presidential candidate you want in the primary election.

### Learn

#### VOTERS REGISTERED WITH A POLITICAL PARTY

California's Political Parties:



American Independent Party



Democratic Party



Green Party



Libertarian Party



Peace and Freedom Party



Republican Party

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

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

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

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

#### VOTERS REGISTERED AS NONPARTISAN

(also known as "independent" or "no party preference")

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

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

#### ALLOWING NONPARTISAN VOTERS TO CROSSOVER:



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

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

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

#### NOT ALLOWING NONPARTISAN VOTERS TO CROSSOVER:



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

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

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

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

### Sign up

Have you signed up to receive your Sample Ballot and Voter Information Pamphlet electronically? You can do so now at [sdvote.com](http://sdvote.com).

Sign up  
for eSample  
Ballots

Questions? Contact the Registrar of Voters Office at (858) 565-5800 or (800) 696-0136 toll free.

Para solicitar información sobre los servicios de votación disponibles en Español, llame al 858-565-5800 o gratis al (800) 696-0136.

Turnawag sa (858) 565-5800 o (800) 696-0136 upang magtanong tungkol sa mga serbisyo sa pagboto na makukuha sa wikang Filipino.

Xin gọi số (858) 565-5800 hoặc (800) 696-0136 để hỏi về các dịch vụ bầu cử bằng tiếng Việt.

您若有任何疑問或需要詳細資訊，請致電聯絡，電話號碼是 (858) 565-5800 或 (800) 696-0136



**2019 THIS WEEK**  
**at UC SAN DIEGO**  
 POWERED BY THE STUDENT EVENTS INSIDER AND THE UCSD GUARDIAN

**NOV 12 - NOV 17**



**NOVEMBER 13 • 8pm**

**THE LOFT & KSDT PRESENTS SALES**  
 The Loft at Price Center

**Upcoming**  
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**SALES**  
**WED., NOV. 13**  
 Doors: 8PM • Show: 8:30PM  
 The Stage Room @ Student Center  
**FREE for UCSD Students w/ID**

**WAVES**  
**Sneak Peek Movie Screening**  
**THURS., NOV. 14**  
 Doors: 6:30PM • Show: 7PM  
 Price Center Theater  
**FREE for UCSD Students w/ID**

**DIY Mason Jar Snowglobes**  
**FRI., NOV. 15**  
 Event: 1-3PM  
 The Stage Room  
**FREE for UCSD Students w/ID**

FOLLOW US ON: FB @UNIVERSITYCENTERS FOR DETAILS & TICKETS

theloft.ucsd.edu

**Upcoming**

**Soleil Ho & Mark Padoongpatt**  
**WED., NOV. 13**  
 Event: 5-7PM  
**FREE & Open to the Public**

**Spelling Bee**  
**THURS., NOV. 14**  
 Doors: 6:30PM • Event: 7PM  
**FREE for UCSD Students w/ID**

**SASSY Evening of Storytelling**  
**SAT., NOV. 16**  
 Doors: 6:30PM • Show: 7PM  
**\$8 tickets**

**Alessandro Cortini**  
**SUN., NOV. 17**  
 Doors: 7:30PM • Show: 8PM  
**FREE for UCSD Students w/ID**

CHECK/FOLLOW: FB @THELOFTATUCSD FOR DETAILS & TICKETS

**TUE 11.12**

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

**12pm**  
**GRADUATE AND PROFESSIONAL STUDENT SUPPORT FORUM - GSA GRAD LOUNGE, ORIGINAL STUDENT CENTER**  
 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

**2pm**  
**YES, NO, MAYBE? CLARIFYING CONSENT - RED SHOE ROOM**  
 This interactive workshop focuses on communication, consent and healthy sexuality. Learn what consent is and how to ask, listen, and respect.

**FRI 11.15**

**1pm**  
**IDENTITEA: NAVIGATING WHO WE ARE AND HOW WE LEAD - WARREN ROOM**  
 Who are you? A simple question with a complicated answer. Through this workshop, we will explore our own identities and how they may have had an impact on who we are, how we think, and how we lead.

**2pm**  
**INTERNATIONAL AND OUT-OF-STATE SIXERS IN LEADERSHIP - UCSD SIXTH DOGG HOUSE**  
 Want to get involved in Sixth? Want to know different leadership opportunities that Sixth College has to offer? Have questions about application processes and deadlines? Join the Outreach to hear about experiences from student leaders and professional staff in Sixth College! You will also have the opportunity to network 1:1 with them! Free snacks and drinks will be provided.

**7:30pm**  
**BALM IN GILEAD - FORUM THEATER**  
 The setting is an all-night coffee shop on New York's upper Broadway, where the riff-raff, the bums, the petty thieves, the lost, the desperate of the big city come together. The movement of the kaleidoscopic in effect, a surging mosaic of overlapping and interrelating speeches and action as separate goals and characters are blended together around a common center. At the core of the play are Joe and Darlene, two young people who would seem to have the strength and the need to transcend the turmoil and ugliness of the life in which they found themselves but are, instead, crushed by it.

**WED 11.13**

**12pm**  
**STUDENT LUNCHEON WITH VCSA - FREE LUNCH! - RED SHOE ROOM**  
 You are invited to quarterly luncheon with VCSA Dr. Alysson Satterlund on 11/13! Join us in this informal setting to learn more about topics identified as topics identifies as important issues to our students. This upcoming luncheon on 11/13 will focus on Civic Engagement. Please see the attached flyer for more information. Space is limited! To reserve your spot, please RSVP to Kirby Knipp (kknipp@ucsd.edu).

**12:30pm**  
**ZAC MONDAY: A WAYS AWAY - SME 142 GALLERY, STRUCTURAL & MATERIALS ENGINEERING BUILDING, UC SAN DIEGO**  
 Monday's crochet costumes and drawings are animated through performance experiences that are intended to direct how both the viewer and the maker interact. When performed, characters are focused on guiding viewers through art/and everyday spaces, where our emotional and spiritual sensations can be expressed through textile touch: an enigmatic significance, as well as storyline.

**2pm**  
**R&R SQUAD AND BIOFEEDBACK - THE ZONE IN PC PLAZA NEXT TO JAMBA JUICE**  
 Join us for a de-stress power hour on Wednesday from 2-3pm. Learn some muscle relaxation techniques and practice deep breathing exercise with Biofeedback. Receive low intensive body works (back/shoulder rubs) from the R&R Squad. Questions? Contact the Zone at (858) 534-5553 or zone@ucsd.edu

**5pm**  
**LAS HERMANAS IGLESIAS: SIXTH COLLEGE'S - VAF 306 PERFORMANCE SPACE, VISUAL ARTS FACILITY**  
 LAS HERMANAS IGLESIAS is the project-based collaboration of artists and sisters Lisa and Janelle Iglesias. As the children of Norwegian and Dominican immigrants who grew up in Queens, New York City, their project-based, trans-disciplinary work explores issues of hybridity, social participation and transnational identities.

**7pm**  
**ATE NIGHT WITH THE ZONE: GLOW FLOW - THE ZONE IN PC PLAZA NEXT TO JAMBA JUICE**  
 Soleil Ho is the San Francisco Chronicle's restaurant critic. She's written for multiple food and pop culture publications like Bitch, Food & Wine, Taste and Wine Enthusiast, and hosted the podcasts Propaganda and Racist Sandwich. Mark Padoongpatt is associate professor of Asian-American Studies and interdisciplinary Studies in the Department of Interdisciplinary, Gender and Ethnic Studies at the University of Nevada, Las Vegas. This event is free and open to the public.

**8pm**  
**SALES AT THE STAGE ROOM - THE STAGE ROOM**  
 SALES is an American guitar-based pop band from Orlando, Florida. The band's members are musicians Lauren Morgan and Jordan Shih. They are joined on tour by Malcolm Martin, who serves as the live drummer and percussionist. UCSD Students - Free UCSD Staff/Faculty - \$10 General Admission - \$20

**THU 11.14**

**11:40am**  
**BUSINESS PROGRAMS FOR INTERNATIONAL STUDENTS FREE INFORMATION SESSION - UC SAN DIEGO EXTENSION ROOM 150**  
 Learn about UC San Diego Extension's business certificate programs for international students. Find out about Business Management, Project Management, Digital Marketing programs and more! Designed for international students looking for a full-time study experience, attendees of this informational session will learn about the program courses and benefits, internship opportunities, Optional Practical Training (OPT) and much more. Whether you want to advance your career or develop your business knowledge and skills while studying alongside both international and American students, UC San Diego Extension has a variety of program options available. Join us to learn more about these unique opportunities to acquire skills for today's global business environment. For more information, email bpis@ucsd.edu.

**12pm**  
**BEYOND SYMPATHY: MOVING TOWARDS FEELING WITH OTHERS - BEAR ROOM**  
 Ever been told or have said the words I feel sorry for you? Wish you had a different response in unfortunate situations? In this workshop, we will explore the difference between Empathy and Sympathy by examining 2 short clips and sharing our own experiences. Full attendance at this workshop will grant you 2 stamps.

**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.

**2pm**  
**THE FUTURE OF THE UNIVERSITY ART GALLERY - PANEL & RECEPTION - UNIVERSITY ART GALLERY**  
 How can an art gallery transform a campus and community? The Arts and Community Engagement (ACE) program invites you to a discussion with notable museum curators from across the US to discuss campus galleries and what the future holds for UC San Diego's own. Come join the conversation! Panel from 2-5pm. Reception with food/drinks to be held from 5-7pm. Seating is limited - please RSVP!

**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

**7pm**  
**IRIDOCYCLITIS: SPELLING BEE AT THE LOFT - THE LOFT**  
 Come out to The Loft to relive your glory days before blue books and scantrons! Contact: ucenmarketing@ucsd.edu

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**Entry Level Teacher (K-12).** As a Teach For America Corps Member, you will have the privileged and unique opportunity to inspire and impact the education of young children by serving in a full-time salaried teacher in a low-income community within the US. Each year, thousands of diverse leaders across the country, from Graduating College Seniors across all majors to Experienced Professionals from both the public and private sector and across all professions including (but not limited to) education, nonprofit, management consulting.... [ucsdguardian.org/classifieds](http://ucsdguardian.org/classifieds) for more information

**Program Planner Associate- College** - DESCRIPTION:\xa0This position provides planning/scheduling support on the F-35 program. Candidate will assist in the development and maintenance of components of the Program Integrated Master Schedule while learning about the major aspects of overall program support. Candidate will analyze and integrate schedules delivered to Lockheed Martin from .... [ucsdguardian.org/classifieds](http://ucsdguardian.org/classifieds) for more information

**Business Development Associate in NYC** - We are looking for a Business Development Associate to join our team! Responsibilities include: Own company's initiative to build new customer base and drive revenue growth, Oversee day-to-day operations of on-going outbound campaigns, Primary user of company's growth acceleration platform to identify potential clients and decision makers within the client organization, Research, evaluate, and recommend new.... [ucsdguardian.org/classifieds](http://ucsdguardian.org/classifieds) for more information

## BIKES

**2011 Giant TCR Advanced 1** - Brand: 2011 Giant TCR Advanced 1Frame Size: Medium (5.7" - 5.11")Price: \$2650 (OBO) - Serious Inquiries only, no trades.You are bidding on a Lightly Used Giant TCR Carbon Ultegra Build. Bike is in exceptional condition protected by Frameskin protective 3M frame wrap. Specifications below;Retail Price \$3200.00Frame - Giant Carbon Frame & Fork. Color- Carbon Black & Blue - Giant Full Carbon Rims/Hubs - DT Swiss R1800 Limited Edition WheelsetTires - Vittoria Rubino Pro 700x23c Cranks - Shimano Ultegra Chain - Shimano Ultegra Derailleurs - Shimano Ultegra Shifters - Shimano Ultegra Handlebar - Giant Contact 420mmStem .... [ucsdguardian.org/classifieds](http://ucsdguardian.org/classifieds) for more information

**Nirve 20" bmx bike** - Up for sale is a rebuilt and very clean 20" Nirve bmx bike. The bicycle has been completely rebuilt with fresh Maxima grease, with some upgraded parts.

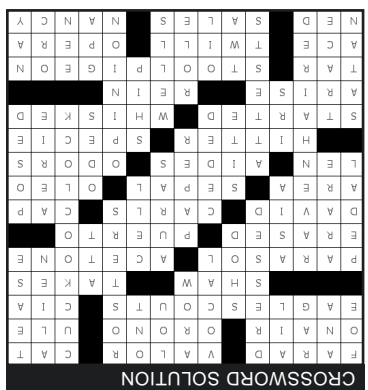


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Such as the new Wellgo chrome pedals, new brake cable, new grips, chain tension-er, new chain, etc. This bike is best suited as a start up bike, for a rider that is between 4' and 5' tall,

however I'm 5' 10" and the bike is still fun to ride around the streets. I meticulously lubed and tuned the bike .... [ucsdguardian.org/classifieds](http://ucsdguardian.org/classifieds) for more information

**Antique Bicycles - St Vincent de Paul** - Specialty Items On-line Internet Auction CalAuctions.com - Only the best donations have been saved for this on-line auction! This sale is packed with amazing antiques including: Bronze Statues, Fine Art, Antique Furniture, Rugs, Quilts, Silver, Coins, Sporting Goods, Chairs, Mid Century.... [ucsdguardian.org/classifieds](http://ucsdguardian.org/classifieds) for more information

## CARS

**2019 Chevrolet Silverado 2500hd** - 2019 Chevrolet Silverado 2500HD, Double Cab, Recent Arrival! \$8,914 off MSRP! Summit White Work Truck RWD Vortec 6.0L V8 SFI Flex Fuel VVT six Gear Automatic As your premier New car dealer in San Diego County, Courtesy Chevrolet has a large inventory of New cars, trucks, and SUVs. With special finance rates and finance plans available, we make every

effort to get customers into a discounted New vehicle for the.... [ucsdguardian.org/classifieds](http://ucsdguardian.org/classifieds) for more information

**2016 Dodge Grand Caravan SXT 4dr Mini-Van**

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

**2009 Nissan Altima 2.5S 2.5S 4dr Sedan CVT** - CVT. 31/23 Highway/City MILES-PER-GALLON Awards: \* 2009 KBB.com Brand Image Awards Options: six Speakers | Am/Fm Radio | Am/Fm/Cd Radio | Cd system | Air conditioned | Rear Window Defroster | Powered steering Remote Remote keyless entry | Four Wheel Independent Suspension|Speed-Sensing Steering|4-Wheel Disc Brakes | Antilocking brakes Brakes | Anti-Whiplash Front Head Restraints | Dual Front Impact Air bags | Dual Front Side Impact Air bags | Front Anti-Roll Bar | Low Tire Pressure Warning | Occupant .... [ucsdguardian.org/classifieds](http://ucsdguardian.org/classifieds) for more information

## A.S. Safe Rides X Lyft



**A.S. Safe Rides is back with 3 FREE LYFT RIDES up to \$10 each!**

visit [as.ucsd.edu/saferides](http://as.ucsd.edu/saferides) for redemption details and restrictions.

## SUDOKU

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## CROSSWORD PUZZLE

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Solutions at bottom of page

### ACROSS

- Basic unit of capacitance
- Battle mettle
- Dr. Seuss character
- TV studio light
- City on the Penobscot
- Nod or mod attachment
- Adorned
- Boys with badges
- Org. in "Patriot Games"
- "Rich Man, Poor Man" author
- Film editor's units
- Sunblock
- Polish remover
- Removed from memory
- Word with Vallarta or Rico
- Biblical king
- Bernstein and Lewis
- Twist-off, e.g.
- Atlas statistic
- Flower component
- Toast-topper, sometimes
- Novelist Deighton
- Military assistants
- Nose-offending stimuli
- He may swing from the heels
- Mint product
- Got going
- Like eggs prepped for scrambling, perhaps
- Crop up
- Equine check
- Feathers partner
- Rat
- Opening-day pitcher
- Gabardine or serge e.g.
- "The Barber of Seville," e.g.
- "The Simpsons" neighbor, Flanders
- They're rung up
- Drew, of fiction

### DOWN

- WDarius, to Alexander
- Santa \_\_\_ winds
- Classless newspaper
- Suffer ill health
- Outspoken
- "... pretty maids all in \_\_\_"
- Bodybuilder Ferrigno
- Can. province (Abbr.)
- Personnel lists
- Noisy timekeeper
- Immigrant
- Kid a kid
- Equipped with footwear
- Telecom co.
- Piano feature
- "What \_\_\_ mood I'm in ..."
- Black-tressed
- It's east of the Urals
- Saintly radiances
- Spreadsheet unit
- Word with news or tissue
- Gave up, as land
- Condor's nest
- Did some modeling
- Locale
- Keats' creations
- Bears witness
- Your view or mine
- April 15 addressee
- Transport commercially
- One leading to temptation?
- Kind of element
- Water holes
- Proper function
- One-time Delta competitor
- Black gold
- 3.75, e.g.
- Poe's evening
- Fabled sea monster
- Thumbs down

## WORD SEARCH

### US PRESIDENTS

S	J	J	A	M	E	S	M	O	N	R	O	E	S
E	J	I	M	M	Y	C	A	R	T	E	R	S	W
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- GEORGE H BUSH
- RICHARD NIXON
- GEORGE W BUSH
- JOHN ADAMS
- BARACK OBAMA
- WOODROW WILSON
- ULYSSES GRANT
- JIMMY CARTER
- JOHN Q ADAMS
- JOHN KENNEDY
- JAMES MONROE
- RONALD REAGAN





► **CROSS COUNTRY**, from page 16

Collegiate Athletic Association and Division II.

The West Regionals came after solid performances in UCSD's last two meets, the Triton Classic and the CCAA Championships. The 27th Triton Classic was held primarily on the trails east of Eleanor Roosevelt College. In a very balanced performance, the Tritons swept both the men's 8,000-meter and the women's 6,000-meter events. The Triton women took spots four through nine on their way to victory; meanwhile, the men were led by redshirt senior Sam Blake's second-place finish and had five runners in the top 10.

"We love racing here on our home course ... A lot of schools don't have that opportunity, so we love taking advantage of it," Garcia said. "We had awesome supporters, from parents, to alums, to friends on campus who came out supporting the team, and it makes a massive difference."

In the CCAA Championships at California State University, Humboldt in Arcata, the Triton men finished third and the women fourth. The men were led by Johnson's third-place finish, while the women were led by Roche, who finished 11th.

"It really exhibited our depth," Garcia said. "We had the depth for other people to step up and fill in that gap, and carry the team to solid performances."

Before the NCAA West Regionals, Garcia and junior Kendra Corey spoke about the team's training before regionals.

"All of our training builds on itself," Garcia said. "It's continued work on maintaining their

endurance, their ability to finish well, their ability to face some of the challenges of the surges that we know will happen in this race. We're trying to work through all of the different variables they might see on race day."

"We've been working really well together this season, and we're probably the best we've ever been since I've been here," Corey said. "We're just going to continue to do what we do, and that makes us feel confident. There's a few hills and straightaways [at Regionals]. But every race we've done leading into this has been different versions of what this is going to be."

The NCAA Regionals were hosted by Western Oregon University at the Ash Creek Preserve in Monmouth; both men's and women's divisions were won by California State University, Chico, who also swept both events at the CCAA Championships on Oct. 26. The performance by UCSD was headlined by Johnson's third-place finish in the men's 10,000 meters at 29:57.4, just 3 seconds behind the winner, junior Joshua Litwiller of California State University, San Marcos. Interestingly, Litwiller and Johnson also finished first and third in the CCAA championships. Johnson was followed at 30:28 by Blake at 15th. They were followed by senior Tim Corvese, sophomore Brett Beattie, junior Elijah Horwitz, freshman Gabriel Reuter, and junior Jake Selstad at 50th, 52nd, 79th, 81st, 118th, respectively.

The women's 6,000-meter event was won by a massive 27 seconds by University of Alaska, Anchorage senior Emmanuela Chelimo.

UCSD was led by Roche in 15th place with a time of 21:09.5; she was followed by freshman Caitlin Billman, senior Camille Perkins, freshman Isabelle Shepherd, freshman Ashley Faller, Corey, and sophomore Madalyne Coney in 38th, 57th, 70th, 76th, 79th, and 109th, respectively.

Although the two Triton teams fell a fair distance from contention for one of three automatic qualifying bids for the NCAA national tournament, the NCAA will grant 10 teams and 24 runners at-large bids on Monday, so the men's team and Johnson hope to snag a spot then. As for the rest of the team, they look forward to Division I competition next season.

"We want to leave our mark, because this is our last year running in this region, and conference, and D-II. We just want to be noticed when we're gone," Corey said.

## Sports Brief: No. 10 Men's Water Polo Falls to Rival No. 11 UC Davis Aggies

Before the game fans paid homage to their six graduating seniors, in which they received warm applause from all in attendance, but that good energy did not translate into a win. On Saturday, Nov. 9, the No. 10 UC San Diego Tritons dropped their season finale against No. 11 UC Davis in a nailbiter, losing 9-7 at Canyonview Aquatic Center.

Despite taking a 1-0 lead early on in the first period, the Tritons found themselves playing from behind for most of the contest after a reel of three consecutive goals for the UC Davis Aggies. UCSD's senior goalie Jack Turner played a stellar game, though, and kept the Tritons in it with an astounding 14 saves.

Coming out of halftime down 7-4, the Tritons and Turner limited the Aggies to only two goals but the Tritons were unable to complete the comeback. Senior utility Skyler Munatones and junior utility Connor Turnbull-Lindenstadt played well for the

Tritons and posted a combined 5 points out of the team's 12 points.

Ultimately it came down to making the most of each team's chances and the Aggies did so by scoring on 4 out of 8 of their powerplays compared to the Tritons, who went 3 of 11.

With the loss, UCSD (6-1) falls to the second seed in the Western Water Polo Association rankings, while UC Davis cements itself as the top seed. Once the remainder of the Western Water Polo Association games conclude, the seeding will be set and the Tritons will travel up to Riverside on Nov. 22 to try and make a run in the WWPAA tournament.

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# HUNGER and HOUSELESSNESS AWARENESS WEEK

## NOVEMBER 11-15, 2019

### HELP ELIMINATE HUNGER ON CAMPUS ONE MEAL AT A TIME

During awareness week, bring in canned goods, cereal/granola boxes, or hygiene items to donate to the Triton Food Pantry and San Diego Food Bank! Triton Rocks Hunger Donation bins placed throughout campus.



For more information, contact AS AVP Food and Housing Resources at [avpfoodandhousing@ucsd.edu](mailto:avpfoodandhousing@ucsd.edu)



## SPORTS

CONTACT THE EDITOR

JACK DORFMAN

✉ sports@ucsdguardian.org 🐦 follow us @UCSD\_sports

UPCOMING  
UCSD  
GAMES

W Volleyball	11/16	5PM	at Cal State San Marcos
W Basketball	11/15	5:30PM	vs Western Washington
M Soccer	11/12	6PM	CCAA Tournament vs SFSU
W Soccer	11/15	4:30PM	CCAA Tournament Semi-Finals
Baseball	11/15	5PM	Exhibition vs CSU Fullerton

# Women's Volleyball Sweeps Weekend Slate, Secures CCAA Tournament Berth

In their final two home games of the season, the UC San Diego Tritons swept both of their California Collegiate Athletic Association opponents — the California State University, Los Angeles Golden Eagles and the California State University, Dominguez Hills Toros — winning 3-0 (25-19, 25-17, 25-17) against CSULA on Friday and 3-0 (25-21, 25-23, 25-20) against CSUDH on Saturday.

Through all three sets against CSULA, UCSD got ahead early and held onto its lead through the end of the set. The closest the game match got was in the first set, which had five ties and three lead changes. Early in the first set, the score was tied up at 6-6.

The Tritons were able to capitalize on mistakes by the Golden Eagles to take the lead; good blocking by senior middle blocker Jessica Rieble and junior setter Isabela Dobra helped UCSD extend their lead to 11-7. For the rest of the set, the Tritons held onto the lead, winning 25-19. UCSD won the other two sets 25-17. Sophomore outside hitter Trinity Castaneda led the team on offense, recording 16 kills on 24 attempts and just 1 error. On defense, junior outside hitter Emily Hubbard and Dobra put together strong performances, tying for a team-high of 8 digs each.

UCSD faced stiffer competition in the match against CSUDH but was still able to put the game away in three sets. In the third and final set of the game, the Tritons resisted a strong comeback attempt by the Toros with a kill by Castaneda and set by Dobra that put the set and match away. Castaneda put up another impressive performance: 14 kills on 30 attempts and 1 error. Hubbard contributed all over the court, adding 17 kills on 46 attempts and 13 digs.

The Tritons are on a four-game win



streak. In each of those games, UCSD has beaten its opponent in three sets. The players and coaches are optimistic going into the end of their regular season. "We've had four wins in a row, definitely exciting. We are really peaking at a really good time. Beating LA last night and beating Dominguez Hills tonight was a great way to end our last two home games and I think

we are in a good place going into our last regular-season game and into the CCAA tournament," senior libero Alyson Penrose said to UCSD Athletics.

With the pair of weekend wins, the Tritons more than secured their spot in the CCAA playoff tournament, and they'll surely be one of the hottest teams around heading into it. Next week, the Tritons are

set to play California State University, San Marcos in a road game for the final 2019 regular-season game.

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## TRITON TIMEOUT

With Jack Dorfman,  
Sports Editor

Sports can't mirror small concert intimacy, and that's fine by me

There are a lot of different ways I spend my time and money. Even as a rabid consumer of sports, I am not all sports all the time; I value balance and moderation in all things. And so last Tuesday night, I spent \$19 to go to a concert on campus at the Che Café. It wasn't for a widely popular band, but my friend was a big fan. When I listened to the artist's music online I enjoyed it, so I tagged along.

While the venue could've held over 100 people, even at its most packed, there were only about 50 people in the room. The band, a psych-rock group from the Philippines called Mellow Fellow, played from 7:30 p.m. to almost 10 p.m., taking a few short breaks in between.

And even though the crowd was certainly not full of sports fans, sports did come up, specifically the NBA. Ralph Lawrence "Polo" Reyes, the performer, brought up LeBron James and his hatred of the Golden State Warriors during his set. Being the sports fanatic

that I am, I spent the rest of the night wondering whether or not he was a basketball fan, and if he was, what team he supported.

After the show, my friends and I got a chance to meet him because the show was so small. When we did, we all told him how awesome the show was — and it really was — but then I also asked him if he was a big basketball fan.

Reyes' eyes lit up. He went on to describe his NBA fandom, how he had been a Milwaukee Bucks fan since 2009 despite never having been to the city. He talked about Brandon Jennings, Andrew Bogut, and all of his favorite players from that team. We took a picture and that was the end of the night.

After I got home I kept thinking how cool it was that I got to ask him that question, and how funny it was that he too was a sports fan. I couldn't stop thinking about how awesome, unifying, and worldwide sports have become.

But sporting events are not

intimate, and they are not nearly as intimate as the concert from which I'd just returned. So I started thinking, "How could a sporting event match the intimacy of a concert at the Che?"

In all my years of being a sports fan, I've only ever gotten a chance to meet a handful of athletes, mostly in a journalistic setting. The chance to sit down and talk with a professional athlete about their personal sports fandom or really about much of anything is rare. Most people's sports-viewing experiences involve sitting a few 100 feet or more away from the field of play and never even clearly seeing the faces of the performers, let alone meeting them.

That sucks, but it's the way things are and is likely the way things will be for the rest of my life at least. Professional athletes are larger than life, and there doesn't seem to be a way to bridge that gap. There's no safe way to let fans down on the field after games to talk to players, and

players surely don't want to sift through the throngs of fans after having just exerted themselves for a few hours, having flown for six hours across the country to do so.

But even if athletes aren't available directly after games, many make themselves available in the community. They volunteer at hospitals and run sports clinics for the YMCA and for their old high schools, which are far more beneficial ways to exert their energy than meeting every fan who could afford to go to a game that night. Even though a professional game will never mirror the intimate atmosphere of venues like the Che Café, that's really not a problem. Access to sports performers isn't a right; it's just a luxury afforded to their friends, family, and community members that deserve some special attention, and that arrangement is fine by me.

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## Men's and Women's Cross Country Teams Take 7th, 11th in NCAA West Regionals

The UC San Diego cross country squad traveled to Monmouth, Oregon to compete in the 2019 NCAA Division II West Regional Championships on Saturday. The men's team finished in seventh place, led by a third-place finish by redshirt senior Aren Johnson, while the women landed in 11th, led by freshman Samantha Rocke. The meet most likely wraps up head coach Nate Garcia's 13th year at the helm of both teams and the last season UCSD will spend in the California

See **CROSS COUNTRY**, page 15