

MY ADVICE IS...



To gather insights for students, the UCSD Guardian interviewed different people from housekeepers to graduate students for a diverse range of UCSD life tips and trick. Check out their responses.

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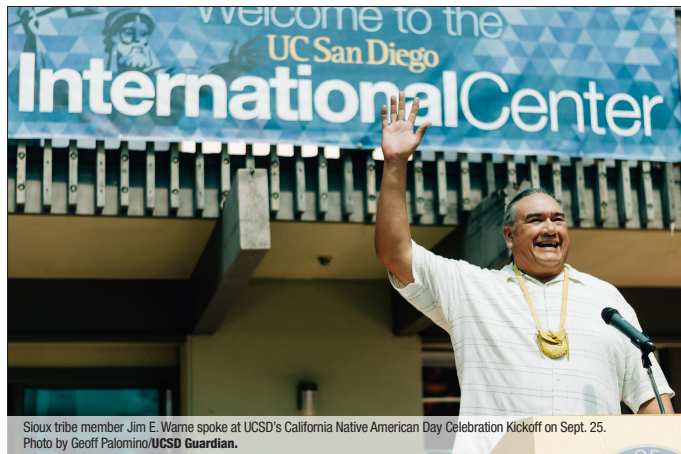
“THE U.S.’S EFFORTS ARE ALREADY RIDICULOUSLY INADEQUATE NEXT TO THE STRAIN EUROPE HAS TO FACE DURING THIS MIGRANT CRISIS...”

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AROUND CAMPUS



Sioux tribe member Jim E. Warne spoke at UCSD's California Native American Day Celebration Kickoff on Sept. 25. Photo by Geoff Palomino/UCSD Guardian.

CAMPUS

UC Regents Approve East Campus Housing Project

BY MARCUS THUILLIER CONTRIBUTING WRITER

The UC Board of Regents Committee on Grounds and Buildings authorized a project to build new housing for UCSD graduate students and professionals in East Campus during the Board's meetings held at UC Irvine earlier this month. The new housing facilities will be located at the Mesa Residential Apartments in UCSD's East Campus.

The Committee plans to use a budget of \$208 million to replace 88 of the existing units with 1,350 new ones. The plan targets 11 46-year-old two-story buildings and calls for their demolition. The construction of the five new, eight-story-high buildings is expected to be complete by 2017.

HDH Assistant Vice Chancellor Mark Cunningham discussed how more housing will contribute to an improvement in student life.

"It is the university's belief that this project can be transformative for UC San Diego and our graduate and professional students in many ways for many

years to come," Cunningham said. "Providing additional on-campus housing for our current graduate and professional students now living off campus or for incoming graduate students supports our campus Strategic Plan, as this project assists in the recruitment of more graduate and professional students and will enhance the student life of existing graduate students."

Cunningham added that the location of the new housing buildings will foster an environment on campus that is beneficial to graduate students.

"By locating this housing within the existing graduate and professional neighborhood, we will enable an additional 1,350 students to join their colleagues living there now to build a new, more vibrant and engaged student-centered community which will be tailored to their specific needs and wants," Cunningham said.

Local community members, including University Community Planning Group chairwoman Janay

See **HOUSING**, page 3

UCSD

UCSD and San Diego Join MetroLab Network

The White House initiative aims to improve connectivity between universities and cities.

BY RAAHIMA SHOAIB
CONTRIBUTING WRITER

In an effort to solve urban parking and traffic challenges, UCSD and the City of San Diego announced their participation in the White House's Smart Cities Initiative and their plan to join the MetroLab Network on Sept. 14, 2015.

San Diego Mayor Kevin Faulconer believes that this opportunity will yield great results for the city.

"San Diego leads in research and innovation, and this will capitalize on UC San Diego's academic resources to create real-world solutions that improve the lives of city residents," Faulconer told UCSD News Center.

"The MetroLab Network is a great opportunity to increase collaboration between the educational and civic worlds, and I'm excited to see the results."

The Network's strategy is to increase partnerships between universities and their respective cities in order to research, develop and utilize new technologies and solve major challenges facing the cities.

UCSD Chancellor Pradeep K. Khosla stated that university officials are optimistic about this opportunity.

"We look forward to working with the mayor and local communities to tackle our common challenges and improve city services," Khosla said in a press release. "At UC San Diego, we are committed to advancing knowledge

and creating new technology for the benefit of our society."

UCSD Vice Chancellor for Research Sandra A. Brown said that both cities and universities would benefit from this initiative.

"Our public university's mission includes service to our community," Brown said in the press release. "The MetroLab Network arising from the White House's Smart Cities Initiative gives both partners the opportunity to solve mutual problems."

In addition to the partnership between the City of San Diego and UCSD, there are partnerships between 20 more cities and 25 universities that will serve as the founding members

See **INITIATIVE**, page 3

LOCAL

San Diego Residents Challenge MTS Deal

Metropolitan Transit System gave naming rights to UCSD for a future trolley line for \$30 million without public input.

BY JACKY TO AND KRITI SARIN
NEWS EDITORS

San Diego community leaders recently criticized the San Diego Metropolitan Transit System for selling the naming rights of its future trolley line to UCSD, arguing that it failed to represent the community's interests during negotiations. In response to the backlash, MTS agreed to present its proposal to the community soon and consider public feedback.

UCSD and MTS agreed to a \$30 million deal in July, granting the university the right to name the trolley line the "UC San Diego Blue Line" and to name three of its stations.

Janay Kruger, chairwoman of the University Community Planning Group, told the UCSD Guardian that the university should not be allowed to name stations that do not travel to their campus.

"The trolley goes to more than UCSD," Kruger said. "They shouldn't name the stations after anything other than geographical locations or something iconic that's nearby."

According to the San Diego Union-Tribune, UCSD will name the Old Town station the "Old Town UC San Diego Health Campus South," which Kruger stated would be confusing for passengers, since the hospital is miles away from the station.

MTS Spokesperson Rob Schupp responded to Kruger's claim by explaining that "Old Town Station" will still be the station's primary name and that transportation to the hospital will be available.

"The thought that MTS riders will be confused by renaming the Old Town station is also unfounded," Schupp told the Guardian. "The station will always be referred to as the Old Town Station. Entry monument signs will include "UC San Diego Health — Hillcrest" as secondary identification. UC San Diego also provides shuttle service to its Hillcrest medical facility from the Old Town station."

In addition to naming, the deal makes UCSD the line's exclusive research, education and health care advertiser. This allows the university to place its logo on one-way tickets, trolley maps, station signs and schedules, as well as on any major advertisements wrapped around the trolley cars. UCSD will also have the right to place advertisements on the rail bridges over Interstate 5 and Genesee Avenue.

Kruger stated that her planning group considers signage to be "clutter" and thus wants to keep it to a minimum. Schupp assured the Guardian that the residential community will be exposed to signage as infrequently as possible.

"Almost all of the signage that includes UC San Diego Blue Line branding will be visible only to trolley

See **MTS**, page 3

A COUPLE OF DERPS

By Elyse Yang



SCIENCE AND TECHNOLOGY

Meditation Technique Adversely Impacts Memory Retention

Researchers conducted three experiments that linked practicing mindfulness meditation with false recollection.

BY SIMON YU
CONTRIBUTING WRITER

UCSD's department of psychology published the results of one of its studies on Sept. 9 that suggests a possible detrimental effect of mindfulness meditation: false-memory recollection.

UCSD psychology graduate student Brent Wilson discussed the interest in studying mindfulness meditation and in the possible negative consequences of the exercise.

"Our results highlight an unintended consequence of mindfulness meditation: memories may be less accurate," Wilson said to Psychological Science, the journal in which the study was published. "This is especially interesting given that previous research has primarily focused on the beneficial aspects of mindfulness training and mindfulness-based interventions."

Mindfulness has a pervasive presence, with celebrities like Oprah Winfrey lauding the practice. Its touted benefits include better psychological well-being and

decreased depression in older adults, and a reduction in pain intensity for people with chronic pain.

The research team explored how the cognitive processes associated with mindfulness affected how people remembered events as either originating from their imaginations or from reality. In the course of their study, they found that practicing mindfulness tended to lead to an increase in confusion between the two.

"When memories of imagined and real experiences too closely resemble each other, people can have difficulty determining which is which, and this can lead to falsely remembering imagined experiences as actual experiences," Wilson said.

The research team investigated the cognitive processes involved in mindfulness and its potential to affect memory by preparing a series of three experiments, each using a slightly different approach.

The first two experiments employed the widely used method of false memory testing known as the Deese-Roediger-McDermott paradigm. This method presents a

list of closely-related words to the subject, and then asks the subject to identify whether or not a word (which was not presented but is related to the other words) was on the list. In UCSD's study, the words presented revolved around garbage but did not include the word "trash" — which subjects were asked about.

The first experiment separated participants into two groups: one practicing mindfulness, and one practicing mind-wandering exercises. The mindfulness exercise included watching a guided, focused-breathing exercise clip, while the mind-wandering exercise instructed individuals to think about anything that came to mind. Each group practiced its respective technique for 15 minutes, and then was tested using the DRM paradigm.

Of the mindfulness participants, 29 percent failed the paradigm while only 20 percent of the mind-wandering participants failed.

The second experiment used DRM lists by having participants view words on a computer screen for 1.5 seconds at a time. After completely viewing the list, they were

tasked with typing back all of the words they remembered.

A greater portion of the mindfulness participants than the mind-wandering participants failed in the second experiment as well.

The third experiment used the second experiment's method on a larger scale, with 100 words in random order and testing both before and after the mindfulness exercise.

This time, the mindfulness participants accurately recognized the words that they actually saw, but had a greater chance of falsely identifying related words after the mindfulness exercise.

Wilson noted that the results of the findings confirmed the increase in false recollection and confusion of memories.

"As a result, the same aspects of mindfulness that create countless benefits can also have the unintended negative consequence of increasing false-memory susceptibility," Wilson said.

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A.S. Safe Rides allows registered undergraduate students to get 3 FREE rides per quarter. Students MUST register at least 24 hours prior to their first ride.

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ASSOCIATED
STUDENTS
UC SAN DIEGO

LIGHTS & SIRENS

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

Friday, Sept. 18
Citizen Contact

Parents requested police to deliver prescription eyeglasses to daughter. Service provided.

10:03 a.m. Crimes Against Property

Possible burglary at Stein Clinical Research Building. Research freezer was found open and samples were damaged. Information only.

Saturday, Sept. 19
12:10 a.m. Welfare Check

Female was reported screaming in La Jolla Del Sol apartment complex parking lot. Gone on arrival.

12:47 a.m. Welfare Check

Males were carrying an intoxicated female on Regents Road. Checks OK.

11:00 p.m. to 8:00 a.m.
Information

A cactus at the chancellor's house was reported damaged. Report taken.

Sunday, Sept. 20
2:12 a.m. Injury

A young male might have broken his arm after trying to jump

a railing in Marshall College. Transported to hospital.

4:15 p.m. Injury

Student fell and hit her head after trying to avoid a falling tree branch on Myers Drive. Transported to hospital.

11:46 p.m. Information

A young male was reported to be spraying pepper spray into the air at the Fall Y'all Festival in Warren College. Information only.

Monday, Sept. 21
3:00 p.m. to 8:40 a.m. Grand Theft

Electrical power cords worth \$8,500 were stolen from a construction site near the CTRI building. Report taken.

Tuesday, Sept. 22
3:12 a.m. Medical Aid

A young adult female was having an allergic reaction to mosquito bites. Transported to hospital.

— KRITI SARIN
NEWS EDITOR

CLARIFICATION:

The cover photo in our last issue pictured Earl Warren College students at the 2015 Unolympics, unrelated to our caption which stated that Thurgood Marshall College won the competition. The UCSD Guardian would like to clarify any confusion this photograph caused.

Opting to Renovate Existing Units Would Cost Over \$31 Million

► HOUSING, from page 1

Kruger, however, told the UCSD Guardian that constructing new residential buildings should not be the Committee's first priority.

"[There is a] need for a [new] fire station," Kruger said. "Fire station 35 made 5,802 calls last year, [and] over 2,000 of them were to the campus."

Kruger added that traffic in nearby areas would become even more crowded with the completion of the project.

"All traffic that will have to use Regents Road is already impacted," Kruger continued. "The city will be

widening Regents Road, but we can't just keep widening roads. Traffic is a very major issue. [...] It was a back-room deal without community input."

The Committee claims that the cost of repairs to restore the old units instead of replacing them would already cost upward of \$31 million to justify the finances of the project. The age of the buildings also creates a safety issue for the occupants, due to the lack of fire-life safety and sprinklers.

Cunningham commented that the project was a necessity for the increasing demand for on-campus housing from graduate students.

"Currently, we have a record high waitlist of just under 2,000 graduate and professional students wanting to live in university-provided housing, and we know that number will continue to increase," Cunningham said. "Thus, it is evident the project is meeting the high demand from graduate students for campus housing."

In addition to the new buildings, Caltrans is going to construct a new bridge over Interstate 5 to link Gilman Drive and Medical Center Drive.

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MTS Officials Will Present Project Details to Community Leaders

► MTS, from page 1

riders," Schupp said. "Entry signage to the two stations on campus will be visible only to UC San Diego audiences. The few permanent signs on bridges will be vetted with the community."

Schupp explained that factoring public opinion into the naming process would complicate the negotiating aspect of deals.

"Sponsorship negotiations are almost always done privately," Schupp said. "It would be virtually impossible

to successfully negotiate a deal in the public realm."

Joe LaCava, chair of the San Diego Community Planners Committee, responded that MTS should have spoken to the public prior to the start of negotiations so that they could properly represent their interests.

"They should have come out in advance and talked about the options and talked about the necessity of raising revenue," LaCava said. "Prior to releasing the request or proposal, that's when you engage the public and develop a policy about what is going to

be on the table."

Schupp stated that MTS is going to have reach out to the community soon about the features of the deal and show them models of the signs.

"We have committed to present to community groups any permanent signage that is visible to the community," Schupp said. "We will do a better job of communicating potential deals with appropriate stakeholders in advance of a decision."

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Harkness: Smart Cities Initiative Will Improve Urban Functionality

► INITIATIVE, from page 1

of the MetroLab Network. The goals of the Network include establishing and organizing a series of workshops between the founding partners, as well as appointing an executive director to manage the Network.

Funding for this project is supported by the John D. and Catherine T. MacArthur Foundation

and a grant from the National Science Foundation.

MacArthur Foundation's Program Officer Alaina Harkness told UCSD News Center that she hopes the partnerships formed in this Network will boost the cities' connectivity and functionality.

"The MetroLab Network will catalyze research, development and demonstration projects that

will benefit urban residents, environments and communities," Harkness said. "Working together, the Network partners will pool knowledge, share resources and boost their collective ability to make cities work better."

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WEEK TWO

TRITON FEST OLYMPICS

FRIDAY, OCTOBER 2 • 8PM • SUN GOD LAWN

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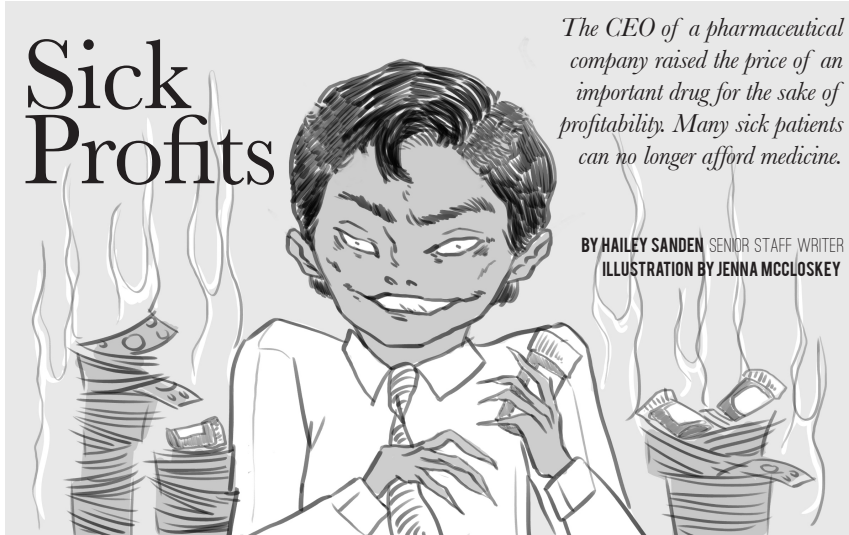
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OPINION

CONTACT THE EDITOR
CASSIA POLLOCK
opinion@ucsdguardian.org

Sick Profits



The CEO of a pharmaceutical company raised the price of an important drug for the sake of profitability. Many sick patients can no longer afford medicine.

BY HAILEY SANDEN SENIOR STAFF WRITER
ILLUSTRATION BY JENNA MCCLOSKEY

Health: It is one of the most valuable things we can possess and it is also, at times, terrifyingly out of our control. But being at the whims of pesky pathogens, happenstance heredity and arbitrary accidents is only part of what makes health in the United States such an alarmingly erratic affair. The recent "scandal" involving CEO of Turing Pharmaceuticals Martin Shkreli is merely a symptom of the real problem: Our public healthcare system is sick. It is a sickness hinging upon by an almost entirely uncontrolled drug market driven primarily by profit. It is a sickness we must actively seek to cure, in part by placing a cap on prescription drug prices.

Shkreli, who, according to BBC, has been called a "morally bankrupt sociopath," a "scumbag," a "garbage monster" and "everything that is wrong with capitalism," is a sort of figurehead for this profiteering marketplace. He recently hiked the price of Daraprim, a lifesaving drug used to treat AIDS patients, from \$13.50 to \$750 a pill.

For some perspective, imagine walking into your local 7/11 to buy a bottle of Coca-Cola. From past experience, you expect it to be in the ballpark of \$1.29. But yesterday, Coca-Cola CEO Muhtar Kent decided to raise the price of a Coke by the same margin (which comes to be an approximate

5,555-percent increase). Now, to enjoy your carbonated refreshment, you'll be expected to fork out \$71.66. \$71.66 for a 16-ounce Coca-Cola. The only significant difference in this metaphor is that we can all live without sugar water, while an AIDS patient cannot live without specific medications.

Perhaps this analogy seems a bit ridiculous to you. Kent would never raise the price of Coca-Cola to over \$70. No one would buy it — even the most dedicated of Coke drinkers would reluctantly switch over to Pepsi. But what options do our AIDS patients have? Can they switch to off-brand Daraprim? Stop taking the drugs altogether because they simply can't afford it? Of course not. As journalist Steven Brill mentions in his expose "America's Bitter Pill," patients cannot even legally obtain the drug from producers in Canada, who sell the exact same prescription drugs for 40 to 50 percent less than in the U.S.

This dramatic price increase is not unique to our neighbors in the north; just about every other developed nation controls the prices of monopoly drugs, such as Daraprim. Individuals are not the only victims of this extortionate drug pricing, either. Brill reported that Medicare — the nation's largest health insurer, handling more than one billion claims per year — also has to pay pharmaceutical companies whatever they say their wholesale

See **DRUG CAP**, page 5

QUICK TAKES

THE HOUSE OF REPRESENTATIVES RECENTLY APPROVED A BILL TO STRIP FUNDING FROM PLANNED PARENTHOOD. LAST THURSDAY, THE SENATE VOTED AGAINST THESE EFFORTS TO DEFUND THE WOMEN'S HEALTHCARE GROUP.

Planned Parenthood Controversy is a Pseudo-Political Scandal, Ignoring its Importance as a Healthcare Provider

That Republicans are threatening to shut down the government over a contrived abortion scandal is laughable. This threat by the Republicans shows that, in 2015 and on the backheel of Donald Trump's absolutely sexist campaign, basic healthcare for women in the one of the most developed countries in the world is not a necessity or a priority — all of this because of alleged misconduct by doctors during and after abortion procedures.

The whole scandal about doctors selling fetal parts after abortions already stands on very shaky ground, as it was proven over and over again that the videos taken were over-edited and did not even come close to confirming the revolting headlines anti-abortion groups were putting forward. But this is not and has never really been about abortion. House Rep. Diana DeGette (D-Colorado) points out, "In fact, there were over 4 million visits to Planned Parenthood clinics last year, and over 90 percent of this was basic women's healthcare and not abortions." She also says that federal funds have generally not been supportive of Planned Parenthood's abortion services and have instead been focusing on healthcare services. This shows that, through the exaggeration of Planned Parenthood as an abortion machine, conservatives are overlooking its significance as a healthcare provider for women.

This threat to shut down the government is futile, and this issue should never have turned into a political face-off. Planned Parenthood Executive Vice President Dawn Laguens said, "At least 78 percent of Planned Parenthood patients live with incomes at or below 150 percent of the federal poverty level — the equivalent of about \$36,000 a year for a family of four in 2015." Clearly, the bill planning to defund Planned Parenthood would majorly impact already impoverished communities and impede their access to affordable health care.

Defunding Planned Parenthood is not an opposition between two ideological views. This is all due to an overblown pseudo-political scandal that tries to overshadow the fact that Planned Parenthood has done more for women in America than any Republican administration ever did.

— MARCUS THUILLIER
Senior Staff Writer

The Real Question Regarding Planned Parenthood: Is Human Fetal Tissue Actually Generating a Profit?

After the recent expose on Planned Parenthood by a group of anti-abortion activists, people were forced to confront the result of an abortion: fetal tissue. Instead of tackling the moral conundrum of abortions, let's focus on the current allegation that Planned Parenthood may profit off of fetal tissue. It is a frightening possibility that the culture surrounding fetal tissue could change into a business model based on monetary growth.

Besides seeming unethical, it is illegal. The Health Revitalization Act of 1993 states in Sec. 498B that "it shall be unlawful to knowingly acquire, receive or otherwise transfer any human fetal tissue for valuable consideration if the transfer affects interstate commerce." This makes sense because a woman's ability to produce fetal tissue should not be exploited for financial gain. On the other hand, it is perfectly legal for women to make a donation of fetal tissue.

In videos made against Planned Parenthood, pro-life activists claim that fetal tissue is being illegally sold for a profit. In one of the videos, a representative for Planned Parenthood said that each fetus usually ranges from \$30 to \$100. This may seem like a lot of money, but remember that it is only illegal if the tissue is being transferred for "valuable consideration." According to Sec. 498B of the law, for fetal tissue to be defined as "valuable consideration," the price must exceed all reasonable payments necessitated by the processes of transportation, preservation, quality control, implantation or storage of fetal tissue. However, it is difficult to pinpoint exactly where these expenses should be capped. Unfortunately, the line between "reasonable payments" and "valuable consideration" appears to be blurry and difficult to regulate.

The fight between pro-life and pro-choice advocates is a distraction from the real issue. While allegations against Planned Parenthood may raise questions about the management of fetal tissue, Planned Parenthood also hugely contributes to the prevention of abortions in the first place as a provider of healthcare and preventative education. Fetal tissue is the result of abortion, but is not the cause. It is important to address the cause of abortion — restricted access to preventative education and healthcare — rather than obsessing over managing the end product of fetal tissue.

— CASSIA POLLOCK
Opinion Editor

10,000 Syrian Refugees is a Good Start; Let's Do More

ACROSS THE GLOBE

MARCUS THUILLIER
& AYAT AMIN



If the United States is really the so-called "land of the free," you'd expect legislation to push for more refugees to be accepted into the country. This would make sense considering this great country was almost exclusively built on immigrants from oppressed populations. President Obama announced on Sept. 10 that he wanted to increase the limit for Syrian refugees to the U.S. from a mere 5,000 to 10,000. This would raise the U.S. annual limit of 70,000 refugees coming from all over the world to 75,000. This is a good start, but far more refugees will need a safe place to live.

For starters, the BBC reported that the United Nations, over which the U.S. holds significant power, declared that "EU nations must accept up to 200,000 refugees as part of a 'common strategy' to replace their 'piecemeal' approach to the migrant crisis." That's a pretty big number, considering none of the European powers come close to having the same capacity that the U.S. has to integrate new migrants.

The U.S.'s efforts are already ridiculously inadequate next to the strain Europe has to face during this migrant crisis, but when you compare it to the Middle East, it becomes downright laughable.

The Intercept reported that "Jordan has taken 630,000 [refugees], many of whom languish in desert camps along the border with Syria. Another 1.8 million Syrians have settled in Turkey, which has no intention of providing permanent homes for either Kurds or Arabs from Syria. Astoundingly, 250,000 Syrians have fled to Iraq despite the war there." It says something when 250,000 Syrians prefer going to a war-torn Iraq over staying in Syria. Also, Iraq is accepting Syrian refugees at a 50-to-1 rate compared to the U.S. Just think about that.

In this catastrophic scenario, one country has once again emerged as the example to follow in all refugee-related crises: Jordan, whose queen is a former Kuwaiti refugee from the first Gulf War. "Over the last 12 years, Jordan has become home to more than half a million Iraqis," according to CNN. "Before the U.S.-led invasion and the Iraqi exodus of 2003, Jordan took in Palestinian refugees in 1948 and 1967. They were granted Jordanian citizenship, and today it is estimated that more than half of the country's population is of Palestinian origin. More recently, Jordan's stability in a turbulent region has once again turned the country into a sanctuary for those fleeing violence. Over the past four years, Jordan has opened its doors to 1.4 million Syrian refugees displaced by the civil war engulfing the country."

Of course, this is not to say that this integration has happened without any problems. The U.N. has stopped sending aid to Syrian refugees in Jordan because it is low on cash, and Jordan's economy is still suffering from the high influx of new refugees, a result of the wars in neighboring countries.

Before we raise our arms to the skies while chanting the merits of Obama's new announcement to accept more refugees, let's remind everyone that some countries in this region are the real heroes of the Syrian refugee crisis.

WORLDFRONT WINDOW

By David Juarez



Patients Forced to Pay Jacked-Up Prices for Essential AIDs Medication

► **DRUG CAP**, from page 4

price is for drugs, plus an additional 6 percent. Unfortunately, it will require some significant political moving and shaking for America to catch up with Canada and other such countries.

"It's a toxic political issue," Steven Brill said, "because of the fear and emotion involved [when it comes to human health]."

That is, when one's health is at stake, one is liable to do or pay just about anything. To make matters worse, pharmaceutical companies spend a considerable amount of money on political lobbyists — over \$124 million in the year 2015, according to the Center for Responsive

Politics — who attempt to maintain the status quo, in which individuals are forced to pay uncontrolled, exorbitant prices for products they literally cannot go without. In order to prevent corrupt CEOs from jeopardizing a sick patient's access to desperately needed medication, there must be a cap on prescription prices.

Presidential candidates Hillary Clinton and Bernie Sanders have both openly expressed interest in policies that erode Big Pharm power, in part by making the purchase of cheaper, Canadian drugs accessible to Americans. Such policies, if implemented, are capable of truly transforming the healthcare industry in the U.S. from what is at present


— an unchecked marketplace that is nightmarishly confusing and exploitative of the consumer. It also victimizes nearly everyone other than hospital executives, medical device makers and drug companies. Human health and well-being are too important to be left entirely up to the free market, particularly in the case of prescription drugs. Americans deserve access to affordable medical treatment, and medical providers should not be unable to grant this affordability because of an unbounded pharmaceutical marketplace and greedy CEOs like Martin Shkreli.

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FEATURES

CONTACT THE EDITOR
ALLISON KUBO
 ✉ features@ucsdguardian.org

YOUR COMMUNITY CARES; ASK FOR THEIR ADVICE.

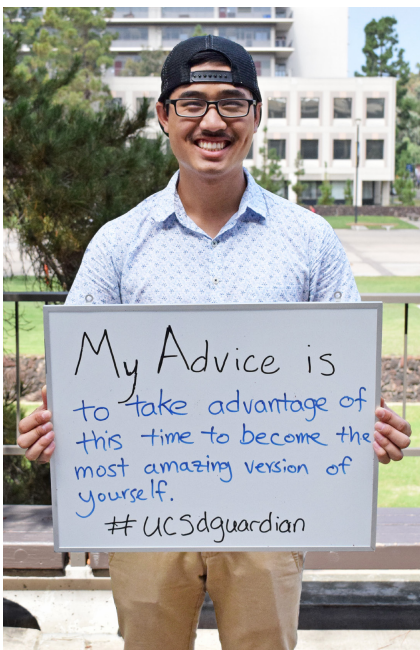
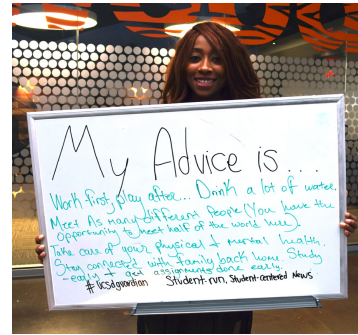
At some point, we all need a little advice. With 10 weeks of midterms, public transportation adventures, apartment drama and general mayhem looming ahead, we asked people at UCSD for their insight on everything from coffee to class schedules. Not just students, but professors, advisors, RSOs and housekeepers — and they have comments about all facets of our UCSD community.

COMPILED BY **ALLISON KUBO**/FEATURES EDITOR, **CEDRIC HYON**/CONTRIBUTING WRITER, **SALLY PARK**/SENIOR STAFF WRITER, & **ALVIN CHAN**/STAFF WRITER
 PHOTOS COURTESY OF ALLISON KUBO AND RACHEL NOVOTNY



"One of the most important facts about being a student, right here [at UCSD], at one of the best universities in the world, is to stay focused. Be obedient to your teachers, be obedient to your parents, to the people who work around you and listen to them. Stay away from drugs, don't procrastinate [on] your homework, always be on time and more importantly, prioritize your studies. You can be brilliant because you will have a career [in the future]. Right now, there will be many [students] who will try to [achieve a career], but there will be few [students] who will reach their goals. So try very, very hard everyday. Everyday is a struggle — all of us are struggling. I am part of this university and I am very proud to be [helping] you to understand that life is beautiful, that you are here to make a constructive world."

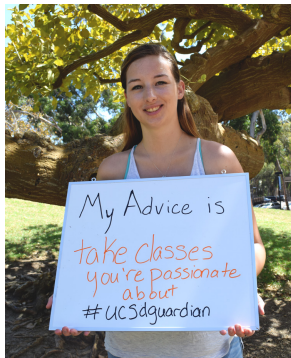
— Rudy Mata (Senior Housekeeper)



"One piece of advice that I would give to UCSD students is to try to get out of UCSD. Don't just be active within UCSD, but try to be active within the community — and that doesn't mean just La Jolla, but San Diego as a whole, because there's so much culture and different people, traditions. I always feel like when people come to UCSD they just stay here because UCSD in itself is a little city, so you really don't need to leave for any reason. So one piece of advice I would give is to go out there and explore the city because it does have a lot to offer and there are a lot of cool sights to see."

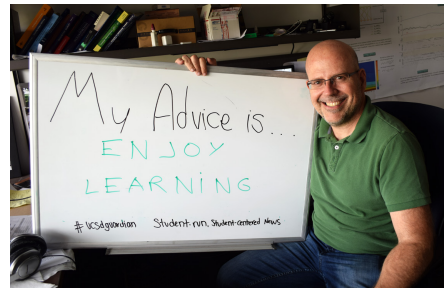
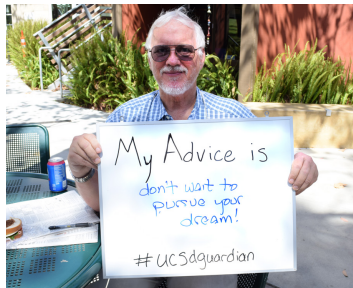
— Kimberly Rodriguez-Jimenez (Junior and Resident Advisor at Revelle College)





"Try a little bit of everything your first year. My first quarter here I joined, or at least visited every club I heard of. I am only in a few of those now, but I really enjoy them, and I wouldn't have found them if I hadn't done so much my first year."

— Oliver Keaton (Junior, Eleanor Roosevelt College)



"Don't leave your friends behind. We don't like finding you on the parking lots or lawns by yourselves and passed out. It used to happen a lot more a few years ago; there haven't been as many recently, but it still does happen. It's really scary for us to think about. If I came out here and found you all by yourself, if we find a female out there, we don't know what's going on or why she's passed. For me, I'm a grandpa and a dad, so it scares me when kids are out there."

— Dan Gonzales (RSO)



"We always remind [students] to take advantage of all the different kinds of resources. There are also lots of resources devoted to social and personal [issues]. Don't be afraid to ask for help, no matter what kind of issue you are having because there is probably a department that can help."

— Sidney Eads (Asst. Student Affairs Officer, Department of Physical Sciences)



Siebel Scholars Class of 2016

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CAMPUS CALENDAR

SEP 28 - OCT 4



WED • 9.30 • 8pm

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triton fest

WK 2 TRITON FEST EVENT CALENDAR

TRITON FEST OLYMPICS
FRI, OCT. 2 • 8PM
SUN GOD LAWN

Come race a fellow Triton through tunnels and walls, scale an inflatable mountain, and speed down a giant slide. Enjoy plenty of free food and music throughout, and join us for a medal ceremony at the end to celebrate the triumphant!



POOLSIDE CINEMA
SAT, OCT. 3 • 8PM
CANYONVIEW POOL

Dive into a night of cinematic entertainment and delicious food at our Poolside Cinema! Munch on tasty treats and enjoy a double-feature of *Finding Nemo* and *Jurassic World* while chilling in a floatie or lounging poolside.

tritonfest.ucsd.edu
ucsdtritonfest

ALL WEEK

9am - 2pm

STUDENT ORGANIZATIONS FAIR: LIBRARY WALK
The Student Organizations Fair will occur during Welcome Week and Week One of Fall quarter, and highlights a variety of ways to get involved in a student organization. More than 300 student organizations will be on Library Walk to showcase what they have to offer. Come explore and find your fit at the Get Involved Fair!

For more information on student orgs and how to get involved, follow the link below!
Contact: getinvolved@ucsd.edu

Website:
<http://students.ucsd.edu/student-life/involvement/organizations/>

10am - 2pm

LIBRARY TOURS: GEISEL LIBRARY INFORMATION DESK

Find out why UCSD's Library has been named one of the best in the nation. These tours showcase the wide variety of study spaces, library collections, technologies, equipment, and amenities offered within Geisel Library and offer an introduction to the many services its staff provide. Services and spaces offered in the nearby Biomedical Library Building are also mentioned. Tours are approximately 45-60 minutes.

MON 9.28

4pm

ENGINEERS ON THE GREEN - MATTHEW'S QUAD

Come out and have some carnival fun with your fellow engineers! Win prizes, play games, compete in bouncy sumo wrestling, and meet all of the engineering student organizations!

THU 10.01

3pm

FITLIFE || YOGAFEST - RIMAC ACTIVITY ROOM 3

A FREE intro to a variety of yoga styles with Recreation FitLife instructors. come try one and stay for another!

YogaFest Schedule:
3:00pm - Power Yoga
3:30pm - Pilates Yoga
4:00pm - Acrobatic Yoga
4:30pm - Hatha with Meditation
5:00pm - Kundalini
5:30pm - Restorative

TUE 9.29

10:30am

LA JOLLA IMMUNOLOGY CONFERENCE - SALK INSTITUTE, LA JOLLA

Abstract deadline is September 1. Register today! The purpose of La Jolla Immunology Conference is to educate graduate students, postdocs and faculty in southern California about the newest development in immunology. Immunotherapies for Cancer and Inflammatory Diseases, Vaccines, Viral Infections and Microbiome. Please follow the link below for additional information.

12:30pm

**TEST ANXIETY REDUCTION WORKSHOP
LGBT RESOURCE CENTER, ORIGINAL STUDENT CENTER**

Tacos and friends at Warren Mall? Best part? It's FREE! Come join us for some yummy tacos, and fun in the sun!

7pm

APPLY FOR ASCE STAFF

The Swing Club at UCSD would like to invite you to our first social dance of the 2015-2016 school year! So what is swing? "an American dance that evolved in Harlem, New York City, in the 1920s and 1930s and originally evolved with the jazz music of that time." Newcomers can come find out what we're all about and returnees can catch up and fill their dancing needs!

Free for all students!

Intro Lesson: 7:00 PM to 8:00 PM
Social Dance: 8:00 PM to 11:00 PM

FRI 10.02

4:30pm

PANHELLENIC FALL RECRUITMENT - PRICE CENTER

Panhellenic Fall Recruitment is the time for undergraduate women to take a look at all of our social sororities on campus. Panhellenic offers an array of opportunities for all of its members including service, scholarship, and sisterhood.

Take a look at what all Panhellenic has to offer and sign up for recruitment now!

WED 9.30

2pm

WIKIAPA EDIT-A-THON - GEISEL LIBRARY, CLASSROOM 1&2

Join us for this event dedicated to Wikipedia editing - specifically creating, updating, and improving articles about Asian Pacific American art and artists. This event is open to the public. All are invited, with no specialized knowledge of the subject or Wikipedia editing experience required. In collaboration with the Smithsonian Asian Pacific American Center and Asian Pacific American Librarians Association, the events are part of a month-long series of WikiAPA meetups across the US! For more information about the #WikiAPA series, please visit <http://smithsonianapa.org/wiki> or follow #WikiAPA on Twitter. You can also find more details about WikiAPA by visiting the Wikipedia Meetup Wiki page. APA

3pm

NEW TIDES FOR NEW TIMES: TRANSFER STUDENT WELCOME - HOME PLATE

Join us at Home Plate to meet other Revelle College transfer students. Great time to make connections. Refreshments will be served.

4pm

INTERNATIONAL MIXER AT I-HOUSE - INTERNATIONAL HOUSE (I-HOUSE AT ERC)

Join us for a night of fun activities and mingling with recent U.S. students who have studied abroad! The International House (I-House) located in Eleanor Roosevelt College will be open to all international students and students who have studied abroad for an engaging social night of sharing cultural experiences. Please be sure to register at the link below!

SAT 10.03

9am

PANHELLENIC FALL RECRUITMENT - PRICE CENTER

Panhellenic Fall Recruitment is the time for undergraduate women to take a look at all of our social sororities on campus. Panhellenic offers an array of opportunities for all of its members including service, scholarship, and sisterhood.

Take a look at what all Panhellenic has to offer and sign up for recruitment now!

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Show: 8:30PM



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29" Cruiser - \$450. BMX style cruiser. Overall this bike is in perfect condition. Rides real smooth. Very light weight. Listing ID: 191052198 at ucsdguardian.org/classifieds for more information

Trek Women's Bicycle - \$350. For sale is a Trek Women's bicycle. I just don't use the bike anymore and don't have room for it to just sit. It recently had a tune up where the chain was adjusted and the cables were lubricated/adjusted. It has a carbon fiber seat post and forks, comes with the seat bag and pump. Also comes with a set of clip shoes size seven for riding with these clip pedals. There is no size marked on the bike but I am 5'5" and the seat/handlebars are in a neutral position and it's been fitted. Listing ID: 191052194 at ucsdguardian.org/classifieds for more information

ELECTRONICS

LG LCD 32 inch TV with Swivel Base - \$90. These TV's are from a major San Diego hotel. The swivel stand is included. There

are two HDMI inputs for gaming. Pick up in Serra Mesa (near Qualcomm Stadium). Listing ID: 191022417 at ucsdguardian.org/classifieds for more information

New Home System - \$180. Sony Home System. Brand new. Never used. In box still. Listing ID: 191052467 at ucsdguardian.org/classifieds for more information

Vintage Fisher STV-752 Tower Speakers - \$50. Powerful pair of vintage fisher tower speakers. Listing ID: 191052465 at ucsdguardian.org/classifieds for more information

FURNITURE

3 Bar Chairs - \$100. The price is firm. \$100 for all three chairs. Listing ID: 191052477 at ucsdguardian.org/classifieds for more information

Red Retro Swivel Chair - \$60. Red swivel chair. Great for bedroom or dorm room. Listing ID: 190337107 at ucsdguardian.org/classifieds for more information

Shabby Chic Book Shelf - \$144. Solid wood. Just finished with chalk paint. Listing ID: 190337106 at ucsdguardian.org/classifieds for more information

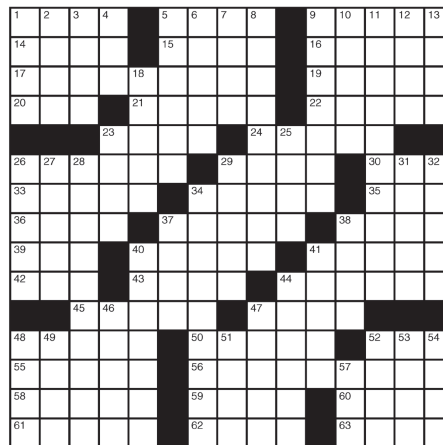
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ACROSS

- 1 W. alliance
- 5 Radar spot
- 9 Part of a negotiation
- 14 Online auction site
- 15 Talk wildly
- 16 Choreographer Abdul
- 17 Popular
- 19 Spring flower
- 20 Pampering letters
- 21 Way too heavy
- 22 Bay
- 23 Nights before
- 24 Sandbank
- 26 Like Zorro
- 29 "South Park" kid
- 30 Grounded bird
- 33 Galled
- 34 Blueprints
- 35 Indian bread
- 36 Skidded
- 37 Seethes
- 38 Elevs.
- 39 Aviv-Jaffa
- 40 Tries out
- 41 Montana city
- 42 High-fashion monogram
- 43 Serpentine warning
- 44 One in a tub
- 45 Greene of "Bonanza"
- 47 Harbor helpers
- 48 French brother
- 50 Bilko's nickname
- 52 Drinking cup
- 55 Embankment
- 56 Art of the inanimate
- 58 Shaq or Tatum
- 59 Diminutive ending
- 60 Skin-cream ingredient
- 61 Olympic medals
- 62 Hair colorings
- 63 One Truman

DOWN

- 1 Small salamander
- 2 First victim
- 3 Body powder
- 4 Popeye's Olive
- 5 Bought off
- 6 Bodies of water
- 7 Currier and
- 8 Bases for statues
- 9 Choices
- 10 Animal life
- 11 Not abridged
- 12 Nobelist Wiesel
- 13 Absorbed
- 18 Held dear
- 23 Barely managed to get by
- 25 Geiger or Holbein
- 26 Hazy
- 27 City on the Rhone
- 28 Degree of proficiency
- 29 Narrow openings
- 31 Photo finish
- 32 Al or Bobby of auto racing
- 34 Owned
- 37 Hippie event
- 38 Crude dwellings
- 40 Theme of this puzzle
- 41 Roll with a hole
- 44 Military horns
- 46 Nymph of mythology
- 47 Hackneyed
- 48 Apply the whip
- 49 Vegas rival
- 51 ABA member
- 52 Distance measure
- 53 E.T. vehicles
- 54 Turns right
- 57 Research center

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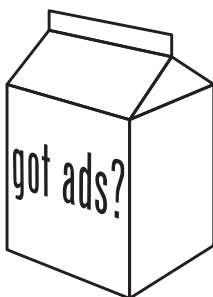
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Tritons Take on UC Irvine on October 1.

► **M. WATER POLO**, from page 12

of its own by sophomore driver Cole Martinez, then sprang to a one-point lead with a goal by junior driver Nick Alexander in the final seconds of the frame. However, LMU returned with a vengeance in the second quarter, outscoring UCSD 3-1 to regain the lead.

The Lions could not hold their lead, though. The Tritons scored five in the third frame and limited LMU to just one goal, ending the quarter with a comfortable three-point cushion. LMU's freshman center Dayne Jagga then leveled the game out with a hat trick in the early minutes of the fourth period. Beck fired another one home to pull the Lions into a one-point lead, but UCSD senior utility Chase Cockerill found the back of the cage in the final seconds of the game to send the teams into overtime.

"We had a three-goal lead going into the fourth quarter. It was a learning lesson, though. We acted like the game was over and gave up goal after goal after goal," UCSD Head Coach Denny Harper told the UCSD Athletics Department. "You

can't give up a three-goal lead like that, but they'll learn."

LMU crushed the UCSD defense in the first period of overtime, scoring three unanswered goals before the Tritons' senior two-meter Tyler Mancuso came back with a shot of his own. UCSD trailed by two going into the second period of overtime.

Alexander smashed a penalty shot into the cage to start the second frame out, then found the target once more to close the period at 12-12 and send the teams to sudden-death overtime. However, a suspenseful six periods turned to heartbreak in the seventh period of play after junior utility Matt Cuozzo sent a shot home to give LMU a 13-12 victory.

"LMU is a championship-caliber program," Harper said. "It was a great game and a great environment. It's an awesome rivalry, and historically for as long as we've been doing this, anything goes in these games."

The Tritons will have a week off before traveling north to take on UC Irvine on Oct. 1.

READERS CAN CONTACT
KATIE POTTS (KPOTTS@UCSD.EDU)

UCSD Gets Two Weeks Off before Welcoming the Triton Classic



PHOTO USED WITH PERMISSION FROM UCSD ATHLETICS

► **CROSS COUNTRY**, from page 12

"I personally was a little nervous in the beginning because I wasn't feeling the best," Hinkle said. "But as the race went on I was able to work with my teammates and lock into a rhythm and was fortunately able to hold that and felt strong up until the end. After this very good start, both today and in Missouri at pre-nationals last weekend, I am looking forward to seeing what damage my team and [I] can do both at the conference meet in San Francisco and the nationals meet in Missouri. I think the success we have had thus far is only a little glimpse of what is to come."

After Hinkle and Carstens came senior Paige Hughes (22:40.10), who placed fifth, and sophomores Ella Verhees (23:22.40) and Kristin Semancin (23:30.90), eighth and

ninth respectively.

"My adaptation [to running cross-country for UCSD] has been pretty easy mostly because my team is super awesome, and they have helped make the transition a lot easier," Carstens said. "The practices are tough, but my team makes them so much better and more doable. This morning I felt pretty tired mostly because we have had a tough couple of weeks, and my legs definitely felt the hard work. We had a good pack up front, and the girls helped me push through my fatigue. I'm looking forward to getting more college racing experience and making more memories with my team."

UCSD came out on top, scoring 22 points to CCAA rival No. 25 Cal State San Bernardino's 34. Claremont-Mudd-Scripps (96),

Biola (100), Cal State Los Angeles (146), San Bernardino Valley (184) and Victor Valley (201) also competed in the event.

"The goal, coming in, was to continue our pack running efforts and [to keep] the group together," Garcia told the UCSD Athletics Department. "The women did a great job of that with Corinne, Karina and Paige getting up in that front group right away. We had really good support through the back end of the second half of the race from the rest of our field."

Next for UCSD is the 23rd Annual Triton Classic held on North Campus in two weeks on Saturday, Oct. 10.

READERS CAN CONTACT
MARCUS THULLIER (MTHULL@UCSD.EDU)

Women's Volleyball Back on the Road

► **W. VOLLEYBALL**, from page 12

third-consecutive double-double for both Sierks and Wright.

The first two sets went smoothly for the Tritons, as they only faced slight trouble with some service error and what looked like a potential comeback from the Toros. The Tritons knew how to clean up, though, and came up back on top with an invigorated attack. The third set had more competition as the offense lacked on both sides. But after a late service error from the Toros, the

Tritons fought back to win it all.

"Overall I'm really happy with our play," Dahle told the UCSD Athletics Department. "And it will only get better from here, so hopefully post-season we will be looking our best." After a couple of successful games won on their home court, the Tritons will travel to Humboldt State to take on the Lumberjacks on Oct. 1 and the Sonoma State Seawolves on Oct. 3.

READERS CAN CONTACT
OURIRAT SINOH (OSINOH@UCSD.EDU)

ACTA

10

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SPORTS

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 sports@ucsdguardian.org follow us @UCSD_sports

UPCOMING
UCSD
GAMES

M. Water Polo	10/1	AT UC Irvine
W. Volleyball	10/1	AT Humboldt State
M. Soccer	10/2	AT CSU Dominguez Hills
W. Soccer	10/2	AT CSU Dominguez Hills
W. Volleyball	10/3	AT Sonoma State

Blanking Opponents

Tritons breeze through CCAA opposition at RIMAC Arena.



WRITTEN BY GURKIRAT SINGH // SENIOR STAFF WRITER
 PHOTO COURTESY OF UCSD ATHLETICS

The UCSD women's volleyball team had a successful weekend as it took down No. 25 Cal State Los Angeles this past Friday and then went on to defeat Cal State Dominguez Hills on the following Saturday, with both victories won at home at RIMAC Arena.

With strong blocking and serving, the Tritons took down Cal State Los Angeles' Golden Eagles with relative ease, winning 3-0. The three sets played resulted in scores of 25-17, 25-12 and 25-12. With this well-played victory in their hands, the Tritons advanced to a 7-5 overall ranking and a 3-1 CCAA ranking.

Game 1

When it came to blocking on Friday night, the Tritons dominated the net, out-blocking the Golden Eagles 10-2. The game led to the Tritons having a season-high total of five players with multiple blocks: sophomore middle blocker Rebecca Seaberry (5), senior middle blocker Kameron Cooper (3), sophomore middle blocker Alyssa McNeely (3), senior setter Heidi Sierks (3) and senior outside hitter Danielle Dahle (2).

The Tritons' service game was also at its best as they hit 8-0 over the Golden Eagles. Sophomore outside hitter Amanda Colla hit five of those serves, and Sierks also put down a pair.

The outside-hitter duo of junior Meagan Wright and Dahle led the Tritons in kills and points once again. They both scored double-doubles, with Wright having 12 kills and 14.0 points and Dahle tallying up 11 kills and 13.5 points. This was Wright's sixth double-double of the season, tying her for the team lead. Sierks was on the other side of that lead as she scored her sixth double-double of the year, with 27 assists and a match-best 15 digs.

The Tritons were only tied with the Golden Eagles at 11-11 during the first set, after which they won in every set and never came in danger of losing. This was the Tritons' fourth victory out of the five previous games, with three

of those wins ending in league sweeps. It was also the seventh time that they played against a top-25 nationally-ranked team so far this season.

"The thing I really liked is that we didn't let up in the match. ... I think they were just ready to play tonight because of that loss on Tuesday night [against Cal State San Bernardino]," Head Coach Ricci Luyties told the UCSD Athletics Department.

Game 2

The Tritons came in with the heat again the following day as they faced off against Cal State Dominguez Hills' Toros, winning their second-straight league sweep as they took another 3-0 victory in the same weekend.

Now having won five of their previous six matches, UCSD improved to an 8-5 overall ranking and a 4-1 CCAA ranking. This tied them for first with Cal Poly Pomona and No. 17 Cal State San Bernardino.

Similar to their success on Friday night, the Tritons played Saturday night's game with a similar mindset, with defense being their key to success. The Tritons were able to collect 61 digs compared to the Toros' 33. They also played great-paced offense, finishing off with a considerable 0.250 (47-21-104) to 0.78 (22-14-103) advantage in hitting percentage.

Wright led all the players on the court as she recorded her seventh double-double of the season: She had 14 kills and 10 digs while also scoring 15.5 points. Wright has scored a double-double in six of her last seven games, while also bringing in double-digit kill count in the last 12 of 13 games.

Dahle wasn't far behind her teammate, as she was able to notch in her sixth double-double before the third set had even started. Dahle brought in 13 kills and 12 digs, while also hitting .346 (13-4-26).

Sierks continued the Triton dominance as she also picked up her seventh double-double of the season, assisting on 37 kills and 13 digs. This made it the

See **W. VOLLEYBALL**, page 11

WEEK IN SUMMARY

1,000

Senior outside-hitter Danielle Dahle is the third Triton in history to reach 1,000 kills and 1,000 digs in her career for women's volleyball.

COYOTE CHALLENGE

Men's

1st

1st

Women's

MEN'S WATER POLO

UCSD

12 - 13

LMU

WOMEN'S VOLLEYBALL

UCSD

25 25 25

17 12 12

CSU Los Angeles

UCSD

25 25 25

17 15 20

CSU Dominguez Hills

MEN'S WATER POLO

Upset at Canyonview Pool

Tritons lose in sudden-death overtime to rival LMU.

BY KATIE POTTS
 EDITORIAL ASSISTANT

The 13th-ranked UCSD men's water polo team suffered a 13-12 loss in sudden-death overtime this past Wednesday against Western Water Polo Association rival Loyola Marymount University at Canyonview

Pool. The Tritons now hold a 6-6 record this season, while the Lions improved to 3-5.

The Lions snagged an early lead in the first 16 seconds of the first period after junior utility Jon Beck fired a shot home. UCSD answered with a goal

See **M. WATER POLO**, page 11



PHOTO BY MEGAN LEE / GUARDIAN

CROSS COUNTRY

Tritons Secure Team Wins at CSUSB

UCSD's pack running tactics help men and women place first at Coyote Challenge.

BY MARCUS THUILLIER
 SPORTS EDITOR

The UCSD men's and women's cross-country teams competed at the Coyote Challenge at Cal State San Bernardino on Saturday morning. The Tritons dominated both individually and as teams, taking up the top spots.

The men scored only 15 points, with their racers taking up the first six spots on a total team effort in the eight-kilometer race. Sophomore Wyler Svoboda (26:46.50) won the race, followed by junior Brendan Gee (26:52.80), senior Daniel Franz (26:58.50), freshman Garrett Boulais (27:02.00) and junior Terrence Luevano (27:03.90), who all came in as a pack within 18 seconds of each other. Claremont-Mudd-Scripps came in second place with 48 points.

"On the men's side, they had



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a really specific task of staying together early, rolling a conservative pace and then attack[ing] in the final two miles," UCSD Head Coach Nate Garcia told the UCSD Athletics Department. "They did a great job with that, and I'm really pleased with what they were able to

accomplish today."

Senior Corinne Hinkle (22:19.40) won the race for the women, just a few seconds before her teammate, freshman Karina Carstens (22:24.30), crossed the line.

See **CROSS COUNTRY**, page 11