

12-4-2014

## Vista: December 4, 2014

University of San Diego

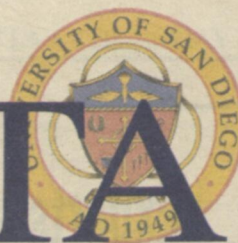
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## Students point to a possible rise in Adderall use across campus

BROOKLYN DIPPO  
CONTRIBUTOR

Copley Library will switch to its 24-hour schedule once again at the end of this semester to accommodate all-night cramming sessions for University of San Diego students. Along with the energy drinks and lattes that give students a caffeine boost, there is something else students may be using to get through these long nights: drugs.

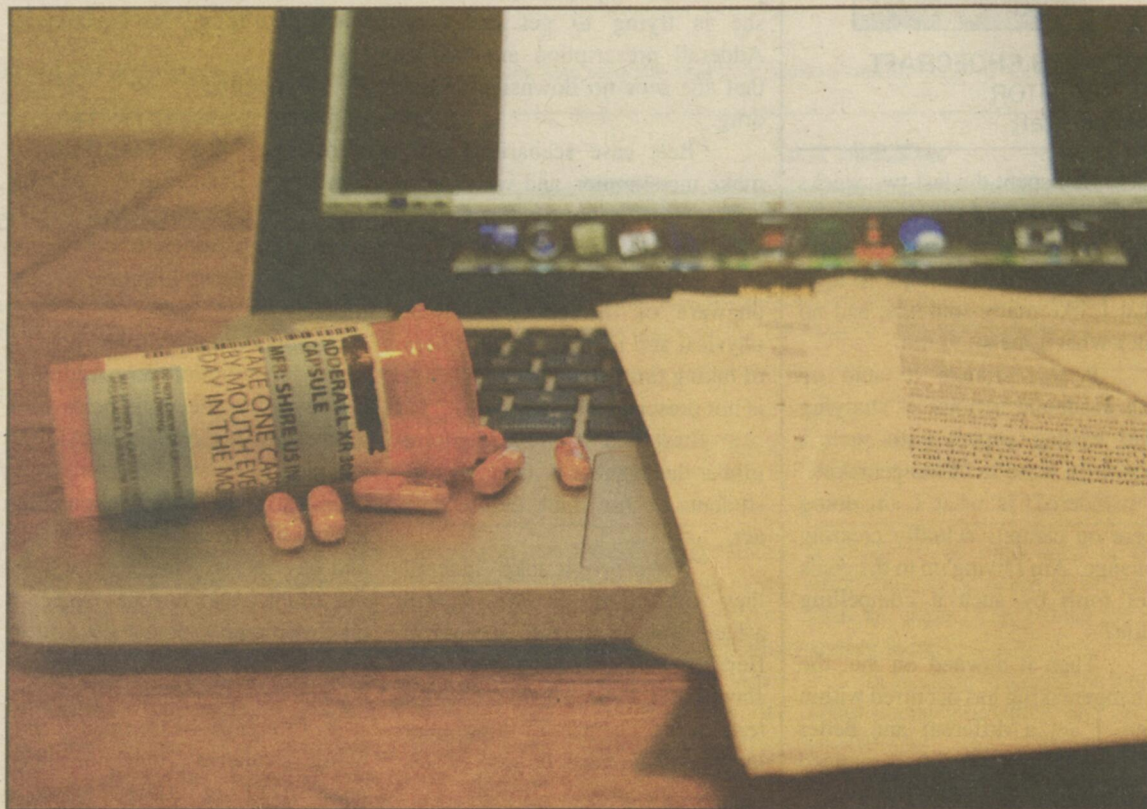
According to The National Center on Addiction and Substance Abuse at Columbia University, the abuse of prescription psychostimulants, known colloquially as “study drugs,” has become rampant on college campuses across the United States.

In the past three years, only one case of “study drug” distribution has been reported at USD, according to Patrol Lt. Henry Marquez from the Department of Public Safety. In that case, which occurred in September 2014, the distributor was a resident student.

Despite the lack of drug busts, many USD students are confident that abuse of these drugs is prevalent on campus.

USD students who admitted to using Adderall, a common “study drug,” are adamant that it improves their ability to focus on studies. However, a USD psychologist warned that using the drug is similar to playing with fire and can result in serious consequences.

Adderall, is a drug that is most commonly prescribed for the treatment of attention deficit hyperactivity disorder, ADHD. The drug is prescribed to people with attention deficit disorders. Among college students, Adderall is one of the most popular “study drugs” on the market. When a student that does not have ADHD takes Adderall, the drug acts as a stimulant. Most USD students who abuse the “study drug” claim to use it in hopes of increasing their GPAs, but others mentioned using it to party longer or as a weight



Kevin Nelson/The Vista

Adderall, a medication often used in the treatment of attention deficit disorders, is sometimes used by students as a “study drug.”

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Kevin Nelson/The Vista

USD students use the tram service as an alternative to walking across campus.

## Riders question efficiency of tram

OLIVIA LOUGEE  
ASST. NEWS EDITOR

While waiting for the University of San Diego tram to pick her up after class, sophomore Karina Salazar was frustrated with the campus transportation system.

“This stupid tram,” Salazar said. “It’s there when you don’t need it and never around when you do.”

USD’s tram, the on-campus shuttle that moves students, faculty, staff and visitors to various

stops on and off campus, often draws mixed reactions from riders that utilize its service. While many students complain about long wait times and inconsistency of service, others are simply grateful to have a way to cross campus more quickly.

Alicia Fortier, a senior living on campus, is often frustrated with the service’s lack of reliability.

“Sometimes the service is great, but other times I’ll be waiting 30 minutes, especially at night,” Fortier said.

While waiting for a ride back to Manchester, senior Nicole

Garza also noticed an increased wait time in the evenings.

“It’s annoying to wait out in the cold after my class ends at 6:50 p.m.,” Garza said. “It usually takes about 20 to 30 minutes for the tram to arrive.”

Sometimes Garza simply opts to walk home instead of waiting for the tram. During one of those walks, she noticed that no trams were running the route.

“I walked all the way back to Manchester and never saw

See TRAM, Page 2

## What being a “Changemaker” really means

GWYNETH SHOECRAFT  
NEWS EDITOR  
@gshoecraft

With contributions from  
SARAH BREWINGTON  
ASST. NEWS EDITOR

In a recently released CBS 8 commercial, the University of San Diego is touted as a Changemaker school, full of engaged citizens working toward positive social change.

The television spot is the latest feature in the university’s advertising campaign promoting USD as a campus of change, and its students as “Changemakers.” Since its 2011 designation as an Ashoka U Changemaker campus, USD has released numerous commercials, advertising campaigns and billboards acknowledging this recognition.

Despite the campaigns and slogans, both students and faculty still struggle to define what exactly a Changemaker is, and what makes USD a Changemaker school. While students have numerous personal reflections on what the term means and how

it relates to USD, the university and its Changemaker Hub are still attempting to implement the programs and to realize the true potential of the Changemaker designation.

Sophomore Haley Grialou believes a disparity exists between what the term is meant to signify and what it actually means.

“I have heard what a Changemaker is supposed to be, but I am not really sure what it is,” Grialou said.

Other students, including sophomore Samantha Seibt, believe that despite the constant use of the word “Changemaker,” the university has failed to define the term outright.

“I guess the school plasters the title [Changemaker] over everything, but never really gives a definition, so you have to infer what it means on your own,” Seibt said.

However, students who describe the term often come up with strikingly similar definitions. Student definitions of a “Changemaker” often include ideas of community involvement

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## Parting words



**GWYNETH SHOERAFT**  
NEWS EDITOR  
@gshoecraft

As I spent the last two weeks interviewing students and faculty about what being a “Changemaker” means to them, it brought to light that I, like many students, had no idea what it meant to me.

It was strange to sum up my academic actions of studying and writing papers with such a powerful word as “Changemaker.” I wondered: Is what I am doing here on campus actually creating change? Am I living up to the goals set forth by such a compelling title?

Then it dawned on me: the changemaking has occurred within me. I am a different and better person than when I first stepped onto this hill and into these halls.

As I leave USD and The Vista at the end of this semester, I take with me the lasting memories and lessons I have learned throughout my time here. These are the pearls of wisdom, earned by experience, that have truly changed me.

So I will leave those lessons, on this page, with you.

Lesson one: Be brave. Don’t let fear of failure or lack of security halt your dash toward your dreams. Success is never guaranteed, nor is it ever achieved without first making an attempt. I have taken risks, made major mistakes and fallen flat on my face in failure. But I would do it all again to have gained the self-assurance that a sense of bravery brings.

Lesson two: Be bold. Along with being brave, you must also be bold enough to take risks. Reach out for what you want, and have the audacity to take it. Be bolstered by age-old wisdom, remembering that “Fortune favors the bold.”

Final lesson: Be unapologetically you. I spent many years trying to mold myself into a vision of what I thought I should be. As it turns out, that was all wasted time. I am who I am. And so are you. But there is one you in this entire university, and in this whole wide world. You alone decide what your legacy will be. Make it a good one, and be your best self, without reservation or apologies.

Through my interviews, articles and outreach I have had the pleasure to meet many members of this university’s incredible student community. And I can tell you, as someone who has lived many years of her life outside of a school setting, that this truly is a special place. Embrace the community that exists here, and be a vibrant part of it. The heart of this student newspaper, this campus and this world beats because of people like you. So take care of each other, and keep being a “Changemaker”; whatever that may mean to you.

## Experts say nonprescription Adderall use may hurt students’ performance

**PILLS continued from Front Page**

loss pill.

A sophomore at USD, who wished to remain anonymous to protect her reputation, admitted she is trying to get her own Adderall prescription and added that she sees no downside to the drug.

“Best case scenario it will make me skinnier, and worst case scenario I’ll have a better GPA,” she said. “It’s a win-win.”

However, students are unaware of the potential legal, physical and mental consequences of taking this “study drug” when it is not prescribed by a doctor.

Freshman Caitlan Bertram thinks the biggest problem is that students do not think before they act.

“When people take Adderall they only think of how it will affect them in the moment,” Bertram said. “It will help them stay awake to finish that 10-page term paper. They aren’t thinking of legal consequences or side effects at all.”

In California, possession of Adderall is a misdemeanor that can carry a maximum penalty of

up to one year in jail and can leave a criminal conviction on your record. Distribution of the drug, on the other hand, can be charged as a Class B felony and result in a jail sentence of three to five years. In addition to that, the fines for this type of felony can reach up to \$30,000.

According to Jarrett Ellington, a clinical psychologist working at the USD Wellness Center, people with ADHD experience a beneficial effect when taking Adderall; it actually calms them down to increase their focus.

Sophomore Warren Lorenz has a prescription for Adderall. He says that the drug helps him to manage his ADD and ADHD symptoms.

“Normally I’d be bouncing around the room all over the place and have a hard time focusing on one thing,” said Lorenz. “When I take medicine I almost get a little bit tired and a lot more calm and collected.”

Ellington explained that many students that do not have ADD or ADHD have a misperception of the effects of Adderall.

“There is this idea that it is

a cognitive enhancer, like a mental steroid of some sorts,” Ellington said. “But all the research shows that people who abuse Adderall tend to have lower GPAs and are more at risk for abusing other drugs.”

Adderall is classified as a Schedule II substance by the Drug Enforcement Administration, DEA. According to the DEA, Schedule II substances have a high potential for abuse and can potentially lead to severe psychological or physical dependence.

While the less severe side effects of Adderall use include insomnia, dry mouth, loss of appetite and loss of sex drive, the more serious side effects can include dangerously high blood pressure, rapid or uneven heartbeats, hallucinations and psychotic breaks.

One USD student, who also wished to remain anonymous for fear of being liable, has taken Adderall to study in the past, and found that the side effects were not worth any potential benefits of the drug.

“Every time I’ve done Adderall it’s made me nervous and sweaty, so I don’t usually use it to study,” he said.

Yet other students on campus take the drug despite its side effects.

Andrew Tripodi, a senior, said that his friends who started taking Adderall freshman year can no longer study without it.

“There’s definitely a lot of people who use Adderall at USD and a lot of my friends have become reliant on it,” Tripodi said. “When they have a final or a major test, it’s not an option. They have to take it. They’ve become dependent on it and it’s kind of scary.”

This dependence on Adderall comes from the draw to the effects of the drug itself. According to the US National Library of Medicine National Institutes of Health, Adderall is a psychostimulant pharmaceutical drug, meaning that it alters chemical levels in the brain to enhance alertness, wakefulness and movement. Chemically it works by increasing the activity of neurotransmitters and levels of dopamine in the brain.

Erik Fritsvold, sociology professor at USD and co-author of *Dorm Room Dealers*, said that the students who abused prescription drugs suffered strong repercussions.

“I will say the subjects we interviewed that regularly used prescription drugs had the most severe health consequences,” said Fritsvold. “Some even lost family members to addiction.”

Andrea Portillo, a senior, thinks that students will still use Adderall during finals. Portillo said that students are more likely to take Adderall when they need to focus for long periods of time and review a large amount of class material.

“People will talk about taking [Adderall] in terms of how much they were able to study,” said Portillo. “Especially during finals when the stress is high.”

Both students and professors agree that the most effective way to prepare for finals is learning and studying the material over the course of the semester.

USD experts and Columbia University agree that students who choose to take Adderall this round of finals might be doing more harm than good to both their bodies and their GPAs. One thing USD students agreed on is that there is a price to pay for procrastination.

**Adderall: the side effects**

<ul style="list-style-type: none"> <li>Nervousness</li> <li>Trouble sleeping</li> <li>Chronic headaches</li> <li>Stomach pain</li> <li>Nausea and vomiting</li> <li>Blurred vision</li> <li>Chest pain</li> </ul>		<ul style="list-style-type: none"> <li>Aggressive behavior</li> <li>Hallucinations</li> <li>Dizziness</li> <li>Seizures</li> <li>Shortness of breath</li> <li>Hives</li> <li>Increased heart rate</li> </ul>
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With long-term use:

- Increased risk of cardiovascular problems and stroke
- Increase in significant mental health issues including depression, hostility and paranoia

Research: Shoecraft/The Vista  
Info from National Institute of Health

## Students hope for shorter tram wait times

**TRAM continued from Front Page**

one tram pass me the whole way after already waiting 20 minutes,” Garza said.

Jonathan Oberg, the fleet safety manager and tram service supervisor, is aware of the increased evening wait time.

“An increased wait time can be experienced between 7 p.m. to 8 p.m. due to drivers’ lunch breaks slightly overlapping by 10 minutes,” Oberg said.

However, Oberg believes that there is still significant driver coverage of the campus during all hours of tram operation.

According to Oberg, there are 14 tram drivers in the department, with seven operating in the morning and six operating in the evening. One driver remains on call. Since there is significantly lower ridership in the evenings, three drivers are assigned to the west side of campus, and three other drivers are assigned to the east side. Oberg explained that this system maintains constant route coverage even when one driver takes a break.

However, junior Robert Patton believes that the tram system could further enhance its route coverage by increasing its communication between drivers.

“The tram should have a more efficient way of communicating so students don’t have to wait so long,” Patton said.

Increased wait times may also be due to a lack of precise scheduling. According to Public Safety, the tram service does not have an exact time schedule. However, trams usually arrive at stops approximately every 15 minutes.

Even after frustrations may have increased while waiting for a ride, Patton believes that students should act appropriately once aboard the tram.

“Some people’s tram etiquette is terrible,” Patton said. “Do for others on the tram as you would want them to do for you.”

While some students expressed complaints of tram etiquette and frustrations over a delay in trams arriving, other riders are simply grateful for the tram service.

Senior Jessica Atkin, a



Kevin Nelson/The Vista

Students believe the tram service could be more efficient.

Manchester resident, pointed out that the tram helps her make the long trek to the center of campus.

“Without the tram it would be especially difficult to get to main campus for classes every day,” Atkin said. “Of course, we could always walk to class, but that extra time we save by taking the tram is just really nice.”

Overall, tram supervisor Oberg believes the service is beneficial to students and the entire campus community. However, he noted that there is still work to be

done.

“Our department has grown a lot in the last three years,” Oberg said. “We are constantly attempting to improve our service while trying to reduce our carbon footprint.”

Whether students choose to wait for the tram or walk to campus boils down to how quickly the tram arrives and the dependability of its service. As the university continues to grow and attempts to improve its tram service, it may take note of student complaints.

# !PUBLIC SAFETY REPORT!

NOVEMBER 19

**Location: Loma Hall**

Just after 8 a.m. Public Safety responded to a report of graffiti on the retaining wall located on Linda Vista Road near the Loma Hall stairwell access. Facilities Management was contacted and a work order was placed to have the graffiti painted over. A report has been filed with San Diego Police Department regarding this incident.

NOVEMBER 13

**Location: Palomar Hall**

At 9:40 p.m. the Department of Public Safety responded to a report of a USD resident student receiving unwanted communication from a former acquaintance. The individual who was responsible for the unwanted communication was contacted and advised to cease further communication with the USD resident student.

NOVEMBER 13

**Location: Copley Library**

At approximately 11:35 a.m. Public Safety responded to a report of an indecent exposure incident involving a non-USD member. Upon investigation, Public Safety was made aware of an active warrant involving the subject. The San Diego Police Department was contacted and took custody of the individual.

NOVEMBER 10

**Location: Camino Hall**

Just before 5 p.m. the Department of Public Safety responded to a report of an assault between two USD resident students who are roommates. Both students were then issued a "no-contact order." One of the students has been temporarily moved to a safe space until the investigation is complete.

NOVEMBER 7

**Location: Copley Library**

At approximately 11:30 a.m. Public Safety responded to a report of a loaner MacBook Pro laptop computer that was not returned to the library. Upon investigation, officers discovered that an unidentified adult male had used a lost USD student identification card to check out the laptop computer. The identification card of the USD student had been previously reported lost prior to the incident.

NOVEMBER 7

**Location: Cuyamaca Hall**

Just after 11 p.m. Public Safety responded to a request for assistance from resident assistants regarding an alcohol incident involving USD students and non-students. Upon investigation, Public Safety officers removed all the alcohol from the residence hall. The resident students were determined to be able to care for themselves and were released to their residence, while the non-students were asked to leave the campus.

NOVEMBER 4

**Location: Undisclosed campus location**

The Department of Public Safety has been conducting an investigation in response to a report of a resident student who had received threatening communications from a non-USD member. The individual who was responsible for sending the unwanted communications was contacted by the Public Safety officials, and agreed to cease future communications with the USD student. This case was referred to the San Diego Police Department.

Photo courtesy of @StudentHubUSD.com  
100 Hance Street, Vista

## CHANGE continued from Front Page

and social awareness.

Freshman Maddison Nelson believes being a Changemaker is about making an impact.

"A Changemaker is someone who strives to make a difference," Nelson said. "The difference can start small, from affecting a small community that then affects a larger global community."

In light of student definitions, Seibt thinks USD is worthy of its Changemaker designation, as it is different from many of the universities her friends attend.

"I think we are a Changemaker campus," Seibt said. "It seems a high likelihood that if you were to ask 10 random students what their goal in life is, the majority would say something other than 'to get rich.' When I see my friends at other schools, I'm not sure I could say the same thing about as many of their students."

Mike Williams, director of USD's Changemaker Hub, asserted that this USD student outlook is exactly what makes the university a place for inciting positive social change.

"If you are the kind of student who has a passion and who wants to work with others on an issue that's important to you then I would say you have the makings to be a Changemaker," Williams said. "There's nothing magical about it."

Nonetheless, there is a level of prestige gained by being chosen as an Ashoka U Changemaker Campus. The nonprofit organization, which claims to be largest network of

social entrepreneurs, has given the honor to only 30 universities in the United States. In order to be deemed a Changemaker Campus, these universities had to display a campuswide system that promoted social innovation and action.

Williams noted that USD was already engaging in social innovation and action before receiving its Changemaker Campus title in 2011, making the campus a natural fit for the designation.

Williams believes that a Changemaker campus is full of engaged citizens. He hopes that an open-ended definition of "Changemaker" acts as a starting point for many students to become engaged in their community.

"What's nice about this designation is that you can come to it the way you want to come to it," Williams said. "The key is do you have a passion and do you have an idea on how to act on that passion. If you have that you can be a Changemaker."

Sophomore Charlotte Vitak, a member of the Changemaker Student Committee, understands when students are ambiguous toward the label of "Changemaker."

"It is also hard to explain how being a Changemaker is less of a label and more of a mindset in a clear way that the general population can understand quickly," Vitak said.

Vitak also notes that this ambiguity toward the term may result from the university itself.

"I think it also speaks to the loads of over-programming that USD suffers from, and the fact that

most student initiatives become white noise because of how much stuff we have going on," Vitak said.

The Changemaker Student Committee still manages to get a lot done. According to Williams, the group is in charge of the planning and execution of the annual Changemaker FEST, the weeklong campus celebration held to identify, explore and embrace social change in action. In addition to the fest, students involved in the committee are bolstered by the strong support of the Changemaker Hub.

The Hub acts as a campus and community facilitator for students who want to move their ideas from a passion into action. The Hub is not a center or institute, but merely a liaison between faculty, students and alumni who have an idea that will benefit society but may not know the next move to make. The Hub pulls resources from the community and university, and, Williams thinks, can act as a guide for students hoping to better their community.

"The Hub is there to facilitate that [attempt to be a Changemaker]," Williams said. "This kind of commitment to living this kind of engaged citizenship life, it's hard. There's going to be a lot of pitfalls. We would like our students to have their first experience doing that here [at USD], in this kind of environment, rather than wait till they're 25."

Williams believes that students should leave USD committed to living a public life of engaged citizenry by taking

interest in and serving the broader community. Though he explained that not all students will be leaders of social movements, he does hope that every USD graduate will look at the world through a lens of empathy, understanding and social innovation.

"With the [Changemaker campus] designation comes the commitment to try to push it to a different level and to become a campus where faculty, students and staff are using what they're learning in the classroom to engage in innovative problem solving," Williams said.

However, he believes that a degree from USD does not yet guarantee that its recipient is a Changemaker.

"Not yet, but that's the goal," Williams said. "It needs to be embedded in the curriculum,

it needs to be embedded in the programming, it needs to be more than the signs. And I think we're getting there."

In an effort to spread the word about social innovation and civic engagement, the Changemaker Hub plans to reach out to more faculty and student groups that are already doing important work in the community, and ask them to identify themselves as Changemakers.

As more students and groups adopt the label, clarity may come to the often ambiguous term. It is the Hub's hope that in the future all USD students will be able to easily define the term Changemaker, not only by their words but through their actions. Until then, students will continue to be reminded by USD commercials that they have the power to be "Changemakers."

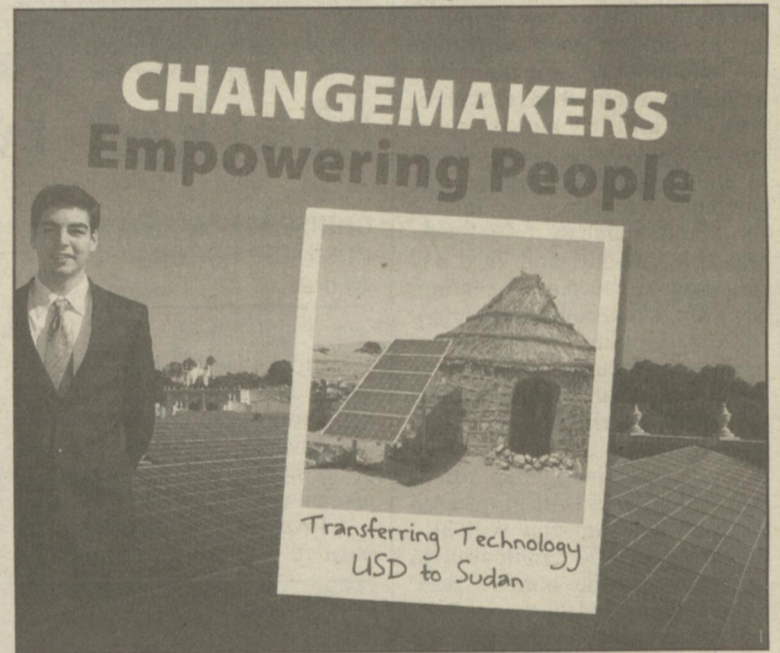


Photo Courtesy of USD Communications

USD promotes its Changemaker Campus designation with billboards, such as this one previously displayed on Linda Vista Road.

## THE VISTA

Editorial – 619.260.4584

Business – 619.206.4714

www.theusdvista.com

@USDVista

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All inquiries should be sent to:  
 The Vista  
 5998 Alcala Park  
 San Diego, CA 92110

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## Amazon employs robots



**CHRISTOPHER REYES**  
BUSINESS EDITOR  
@cdrey

Amazon has experienced massive growth in their post-Thanksgiving sales. On Black Friday, they saw 24 percent growth from last year. On Saturday, their sales increased 45 percent. How have they kept up with the huge surge in orders? An army of robots.

Thousands of picking robots made by Kiva Systems are being used in Amazon warehouses in California, Washington, Texas, New Jersey and Florida to handle the holiday rush. Rather than workers walking the warehouse shelves to pick out the products that have been ordered, the Kivas bring entire shelves to workers who grab the product and complete the traditional packing and shipping process.

There are a few reasons this technology is truly innovative and way be worth the \$775 million that Amazon paid to acquire Kiva Systems.

Typically Amazon warehouse workers walk miles to fulfill orders. The hours-long process has been reduced to minutes. The robots locate and retrieve packages significantly faster than an employee searching a massive warehouse. This means that Amazon can easily fulfill the myriad orders they receive. Last year, Cyber Monday sales averaged 426 items per second.

In addition, each warehouse can hold more because the robots need less room than a worker with a forklift. By packing more products into warehouses closer to large population areas, the company can reduce the time it takes from purchase to delivery. Expect same-day and next-day deliveries to become the norm. Not only is this convenient, but it reduces shipping costs. Because Amazon focuses on price leadership, it can be expected that those savings will be passed on to the shopper.

Critics claiming that robots are stealing jobs will be pleased to learn that Amazon will also be hiring 80,000 employees to help manage the holiday rush. Rather than replacing workers, the robots seem to be assisting existing and new employees. The robots are merely a tool that the workers use, they cannot replace the workers themselves. Using robots does not indicate a shift away from humans and towards robots. After all, automation has been taking place in every industry for centuries. That is why this newspaper was printed with a digital printer and not a printing press. And I am fairly certain no one is complaining that a printer stole their job as a printing press operator.

The Kiva system allows Amazon to sell more products, at lower prices, faster than ever before, leaving consumers more satisfied and with more money in their pockets. Amazon is embracing the technology in a way that other retailers should emulate.

# Future of San Diego Comic-Con uncertain

**DYLAN BROCKMEYER**  
Asst. Business Editor  
@dbrock08

For 44 years, Comic-Con International has been held at the convention center in downtown San Diego. However, the convention's future is yet to be determined. Major rival cities Los Angeles and Anaheim are vying to bring Comic-Con to their convention centers after 2016. The issue is centered on hotel rates and the cost for tourists to come to the convention.

A report in the San Diego Union-Tribune states that San Diego's tourism agency is requesting that hotels in the area do not raise their prices during the convention season in 2017 and 2018. Close to 30 hotels in the convention block area have signed agreements that stipulate they will not change the rates they agreed upon for 2016.

The CEO of the San Diego Tourism Authority, Joe Terzi, said that discounted rooms currently run from \$161 to \$380 a night.

"Comic-Con has expressed over the last several years that it's getting very expensive for their attendees to come to San Diego," Terzi said. "I believe that Comic-Con is ours to keep but we can't get too cocky and create an environment that doesn't work for their customers."

Junior Christine Gonzalez believes that keeping Comic-Con in San Diego would help the economy and keep the city and international hub of culture.

"Hopefully they won't be moving Comic Con because it is iconic to have it in San Diego," Gonzalez said. "It moves the economy and brings in tourists from all over the world. I was looking forward to attending next year but who knows now."

Students like sophomore Alexa Layne feel a special pride in the tradition and hope that Comic-Con will remain in San

Diego.

"I'd be upset about it moving," Layne said. "Having grown up in San Diego I feel like it's one of those special things our city can call our own. However, it seems to get more and more crowded each year so if the convention had a chance to expand I think it would be in its best interest to move somewhere else. Although I would be sad to see it go."

On Aug. 24, 2014, The San Diego City Council ruled to end the proposed levy on hotels in the area around the convention center and thus halted the proposed \$520 million cost of an expansion to the convention center. The plan for expansion is not dead; however, the LA Times reported that the decision to indefinitely halt expansion of the convention

center is due to consideration for a proposal from the Chargers. This proposal would include a stadium and an annex to the center.

The San Diego City Council is facing the choice between allocating funds to the Chargers or to keeping Comic-Con in San Diego. It may not be possible to do both. Charger ownership has been requesting a new stadium for decades, but the financing plan put before the 4th District Court of Appeal was halted because it bypassed voters. The proposed plan would have increased the tax charged to hotel patrons at the discretion of the hoteliers.

Some believe the Chargers are long overdue for a new facility, like Alexa Layne.

"I think the Chargers are long overdue for a new stadium," Layne said. "Having one down

by the convention center would be cool because then it would be in close proximity to Petco Park. I would definitely go to more games if they had a new stadium!"

Comic-Con is estimated to bring around \$180 million to San Diego each year. Spokesman for the convention, David Glanzer, hopes to come to an agreement to keep the beloved event in San Diego despite the fact it has outgrown the current facility.

"The organization is grateful that the mayor, city officials, hoteliers and convention center staff have worked to help mitigate our space concerns, and are happy that we have a continuous dialogue," Glanzer said. "We hope there will be a solution that allows Comic-Con to stay in San Diego for years to come."



Comic-Con has drawn tourists from around the world every summer since 1977.

Photo courtesy of Pat Loika/Flickr

## Market review: week ending Nov. 28

**CHRISTOPHER REYES**  
BUSINESS EDITOR  
@cdrey

Stocks were high on the week. The Dow Jones and S&P 500 both rose slightly, while the Nasdaq exhibited the best performance, gaining nearly 1.7 percent over the week.

Investor sentiment was positive heading into the

Thanksgiving holiday. Recent improvements in the labor market fueled hopes of a strong holiday shopping season. However, data from early Black Friday sales suggested that the profits would not be extremely significant due to the low margin earned on most products.

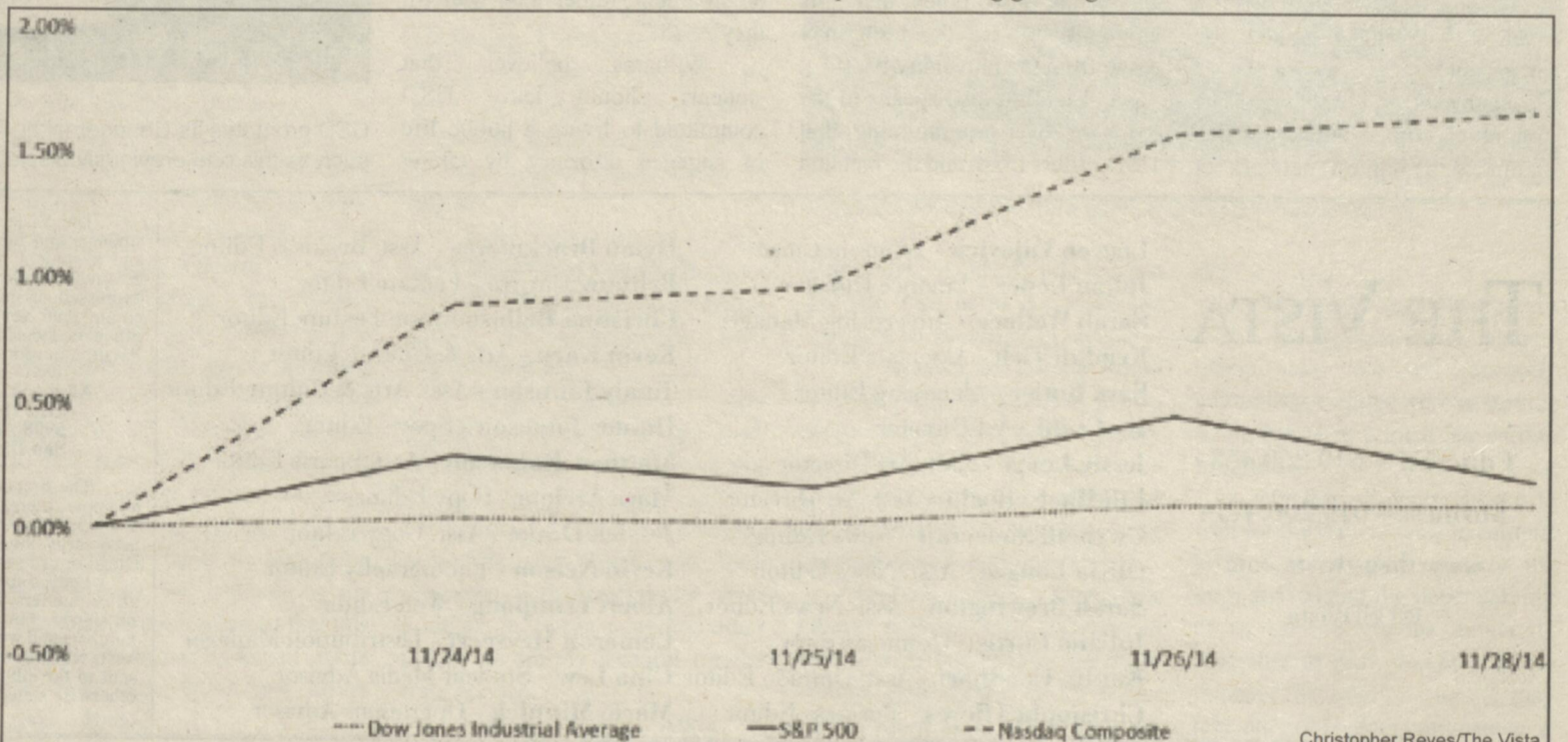
Also dampening investor outlooks were discouraging economic data. Durable goods and pending home sales both fell while the jobless claim increased.

The government's estimate on third-quarter gross domestic product increased, but investors typically do not consider such data to offer insight into current market conditions.

On the Thursday market holiday, major news came from the Organization of the Petroleum Exporting Countries. OPEC ministers announced that they were unable to agree on a method for halting decreasing oil prices. Slowing global growth

has reduced demand while production has increased steadily. This resulted in a sharp fall in energy stocks, most of which are now negative for the year.

Some investors suggest that the drop offers a good opportunity for cheap investment in fundamentally sound companies. Investors can expect oil prices and energy stock volatility in the short term but prices should stabilize and move higher over time.



# Guests upset over increasing Disneyland ticket prices

Rebekah Filliciotto  
Contributor

Disneyland, the happiest place on Earth, has recently increased its prices, leaving people unhappy. Because of the popularity of this Southern California theme park, Disneyland has decided to drastically increase ticket prices

in order to bring in larger revenue. In addition to bringing in larger revenue, it will help reduce crowds, meaning that there will be less people and shorter lines for rides.

According to the Disneyland website, a single day pass to Disneyland for a child now costs \$90 and \$96 for adults. A park-hopper, which allows access to

both Disneyland and California Adventure, costs \$150. Just two short years ago, single day tickets were \$87 for adults and \$81 for children, while the park-hopper passes were \$125 for adults and \$119 for children.

Senior Taylor Klee is unhappy with the changes.

"A \$9 increase for Disneyland tickets and a \$25

increase for park-hoppers in just two years is outrageous," Klee said.

The skyrocketing prices of this popular theme park are causing people to second-guess going to Disneyland or leaving them completely unable to afford it in the first place.

Junior Tricia Chang loved going to Disneyland as a child

and made many fond memories there.

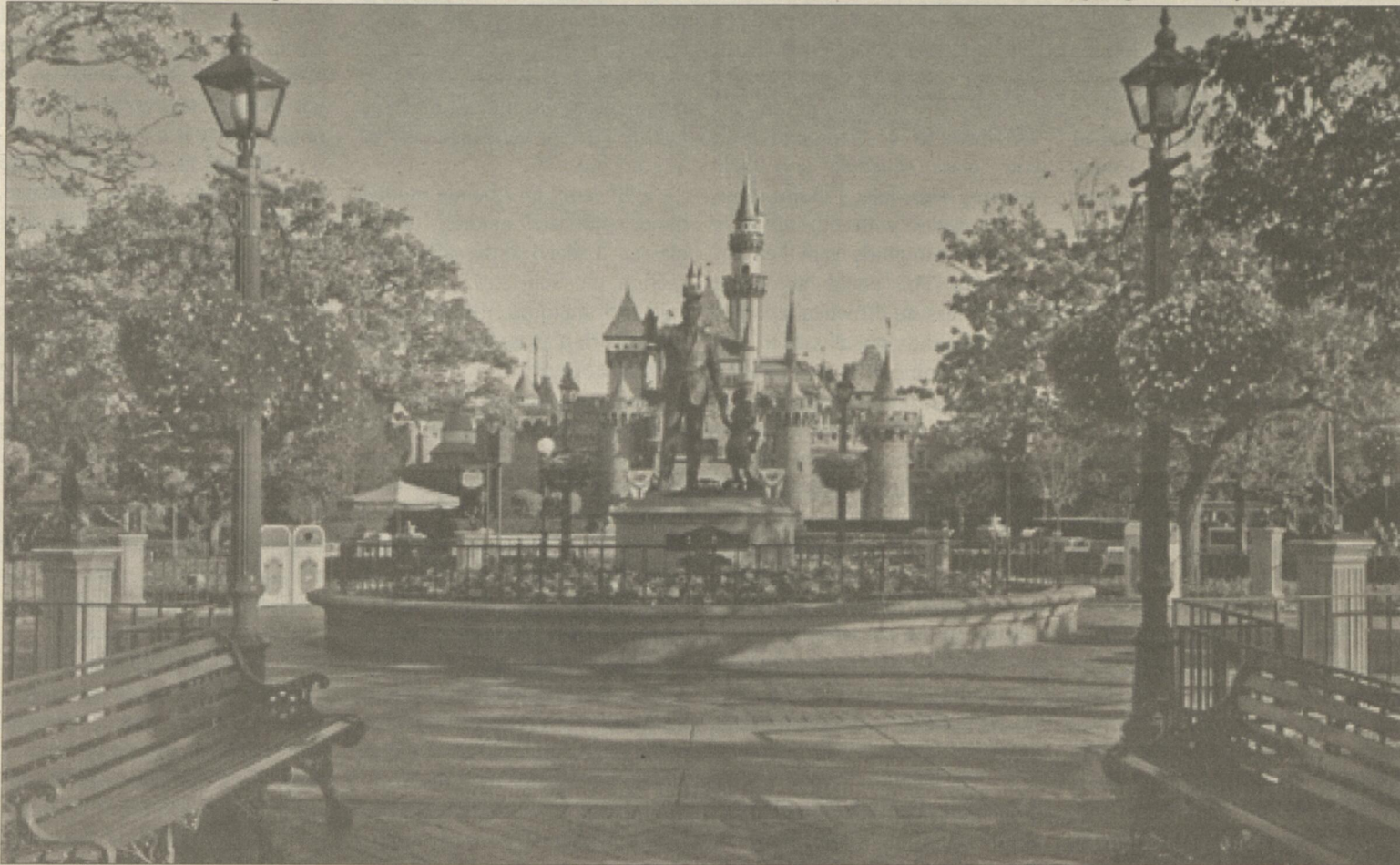
"I used to go to Disneyland a lot with my family but ever since they raised the prices we have not been able to go nearly as often," Chang said.

Although many students are unable to purchase such expensive tickets, the USD box office offers a discount to University of San Diego students, selling park-hopper tickets for only \$127. In addition, the Torero Program Board hosts a Disneyland trip for students, where they can also find tickets at a discounted rate. Tickets this year are \$80, which includes bus transportation to and from Disneyland on Dec. 8. There are 70 spots for students and tickets went on sale Dec. 1.

Alexandra Steinhaus, the chair of the Torero Program Board at USD, helped organize the trip.

"I love this event because students have a blast every time and it always sells out right away," Steinhaus said. "I went my sophomore year and was so excited I didn't have to drive there and back. It was a blast."

The new high prices of Disneyland tickets will leave many people, especially college students, unable to go to the popular theme park. Even though this will help the parks better manage the large crowds by reducing the number of people that come to Disneyland, if the prices continue to increase at this rapid rate, soon Disneyland will be unaffordable for a very large quantity of people.



The rising prices of Disneyland tickets have made it harder to afford trips to the popular attraction.

Photo courtesy of Tom Bricker/Flickr

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THE VISTA

Hedgehogs and  
man buns?

Juliana Curtis  
OPINION EDITOR  
@julianacurtis28

If you had asked me five months ago what a hedgehog is, I would have had no clue. When asking others, the typical response was, "I don't know, like a porcupine thing?" The cute little creatures just were not a common topic of conversation.

Now, it seems that hedgehogs have randomly gained quite a large prevalence in popular culture. I can't go on Twitter or Facebook one day without seeing various pictures, Vines and articles dedicated to hedgehogs. Buzzfeed actually even referred to hedgehogs as "the next big thing." I don't know who finally discovered these little critters and decided to bring them to fame, but I thank that person. Hedgehogs' cute little faces and fat little bodies rolled up into a ball never fail to brighten up my news feed.

The best part about this new hedgehog fad is that I am actually a proud co-owner of a hedgehog, putting my roommates and me at the forefront of this trend. When my roommate announced she would be bringing a hedgehog into our home, we were all very confused and concerned, but now we couldn't be happier.

Our new little pet Rosie has attracted more visitors to our apartment than ever before, increasing our popularity and, although I am weary about this, deeming us "the girls with the hedgehog." I can't say I didn't have my doubts about Rosie, as cuddling with her is basically like holding a small cactus, but she actually is pretty adorable and fun to play with. P.S. feel free to follow her on Instagram at @rosiethog.

The second trend in pop culture I have noticed lately is the "man bun." My feelings on man buns are very hit-or-miss, and there are plenty of people out there who feel strongly about this new craze as well.

A "man bun" is simply when a man with long hair ties his hair back into a bun, something that people everywhere are all of a sudden finding attractive. Just to clear this up, my opinion on this is that unless you are David Beckham or Chris Hemsworth, you should not attempt this look.

My reasoning for this is that now boys everywhere are completely abusing this hairstyle as a way to put in even less of a hygienic effort. Growing out your hair just long enough to where you can slick it back into a little nub of a ponytail on top of your head does not qualify as a man bun, and will not be given the same appreciation as the real deal.

I'm not sure where hedgehogs and man buns intersect in real life besides social media, but their sudden appearance cannot be ignored. Although the man bun trend is becoming an issue for me personally, I do appreciate the entertainment that the craze has created. As for the hedgehog mania, I encourage everyone to keep the cuteness coming.

## The struggles of registration

Students struggle to get into their desired classes during registration

Danielle Devries  
CONTRIBUTOR

As a community, we all know the stress that surrounds registration time. Whether it be the pressure of getting into a class you need for your major, vying for a spot in your favorite professor's class or just trying to have a schedule free of Friday classes. Registration time is hectic for everyone.

Registration status is based on the number of credits a student has already earned. This seems to be a fair way to determine who registers when, however, there are numerous frustrated students. It is obvious there is a need for improvement of the registration process.

Sophomore Blair Butler, a transfer from the University of San Francisco, prefers the system her old university used.

"I was in a highly specialized program, so it was really difficult to get the classes I needed on my own," Butler said. "Instead, my adviser helped to plan my schedule and ensured I was placed in the classes I needed. It took out all the worry associated with registration."

While it is not realistic to rely so heavily on our advisers, it would be helpful if they played more of a role in our registration process. It seems that most students do not even consult their

advisers before they register, except maybe as an obligatory visit to have a hold lifted.

Since advisers are also professors, it can be difficult to schedule time to meet with them. As their students often occupy most of their office hours and you have to work around both your class schedule and their teaching schedule. Finding time to sit down with our advisers could help to guide us in the right direction. This could take some of the pressure off when it comes to finding the right classes to take.

Sophomore Therese Fazio, who is currently on Semester at Sea, had a difficult time looking up classes due to limited Wi-Fi, and commented on how having a plan laid out would have simplified the process greatly.

"Being at sea and trying to register was extremely stressful," Fazio said. "I wouldn't have been able to do it without the help of my big, Victoria. She looked up classes and sent them to me so I could design my schedule."

Another issue that contributes to the high stress levels during registration is the limited number of sections offered of classes that a lot of students need. While most core classes have an adequate number of sections, once you start getting into upper divisions, there are fewer and fewer classes offered

that fulfill what you need for your major. The University of San Diego has started to offer fewer concentrations, making more people compete for the classes offered.

Junior Ellie Swanson commented on the struggle of getting into the classes she needs to graduate.

"I am a liberal studies major, and the majority of the classes I need only offer one section per semester," Swanson said. "Sometimes the classes I need overlap and without another section offered I am forced to postpone one to a different semester. It makes the entire process really daunting, and I get frustrated because I have such limited options."

It can be especially difficult if you are trying to plan your schedule around other activities, obligations or extracurriculars, such as work or sports. With such limited options, students often face the dilemma of having to take a class that does not count towards their major.

USD accommodates athletes, that play for the school teams, by allowing them to have priority registration. It can still be difficult for them to find a course load that works around their busy schedules.

Sophomore Jack Pokalsky, who is on the men's crew team,

is glad for the accommodation, knowing without it, getting the classes he needs would be very difficult.

"It's a much-needed advantage," Pokalsky said. "With how stressful it can be trying to get classes, having the ability to register early is a big help."

If the school provided more options and better guidance, most of the stress surrounding the registration process would probably diminish. As for now, planning ahead by checking your Degree Audit Report System (DARS) regularly and making sure you do not have any holds preventing you from registering can eliminate some of the anxiety the day of registration.

In reaction to his first registration, freshman Will Busch reminds us that although the process can seem overwhelming, it is not as bad as it seems.

"For all the fuss surrounding it, the process was shockingly brief," Busch said. "Although some classes were full with no wait-list, I was able to get most of what I needed."

Now that we have all successfully registered, all we can do is hope that waitlists work in our favor and embrace the schedules we have. It seems that planning ahead is key and registration for Spring 2015 will be here sooner than is imaginable.

## New trend: socks and stocks

Rachel Lloyd  
CONTRIBUTOR

In the last few years Birkenstock sandals have gone from nerdy to...well, still nerdy, but in a cool hipster kind of way.

The laid-back style and extreme comfort that comes from this classic German footwear brand has gained some major popularity, especially on college campuses.

While many love their "stocks," a common term for Birkenstocks, the shoes also have a fair amount of haters. Sophomore Adam Eakin is not a fan.

"I don't get why people wear them. They are just so ugly," Eakin says.

One of the ways the Birkenstock look can be completed is by pairing the sandal with socks. This pairing is definitely the epitome of the "bad Birkenstock" look, yet there is something so appealing about it.

Sophomore Hanna Penney shared her thoughts on stocks and socks.

"I was first attracted to stocks and socks because they were trendy," Penney said. "But once I tried them out the comfort is what really kept me coming back."

Personally, I am a huge fan of Birkenstocks and socks, but I understand why the look can be considered a fashion don't. It's hard to say how one should feel about a style, which on one hand, is somewhat hideous, but on the other hand has so many practical applications.

Think of the pros of stocks and socks. Say you are wearing socks, and you want to go somewhere, but don't want to take the time to put on lace up shoes. Well, Birks slip right on, and in no time you are ready to hit the town.

Secondly, it is appropriate year round. Summer? Nice thin short socks. Winter? Your warmest wool socks. Either way, you're set. Plus, the comfort level is like no other. Between the fantastic arch support of Birkenstock sandals and the coziness of socks, you can't go wrong.

As for the drawbacks, you may look like my grandpa, who is a large fan of socks with sandals. It isn't exactly flattering either. If you want your footwear to make you look taller, tanner, fitter, etc. the look is not for you.

You may get some weird looks, especially if you have crazy socks on, but not from me.

I'll be the one giving you a sly thumbs up and cheering on your footwear choices.

So what's the verdict? Stocks and socks is a perfectly acceptable combination. Yes, the look is most definitely not fashion forward, but there is also a quirkiness to it that can definitely look fab with the right amount of

confidence.

If you aren't ready to go full sandals and socks, I suggest easing your way in with a pair of Birkenstock clogs (equally as dorky, but closed toe.) Stocks and socks doesn't seem to be a fleeting trend, so get your favorite socks and some comfy sandals, and come join the fun.

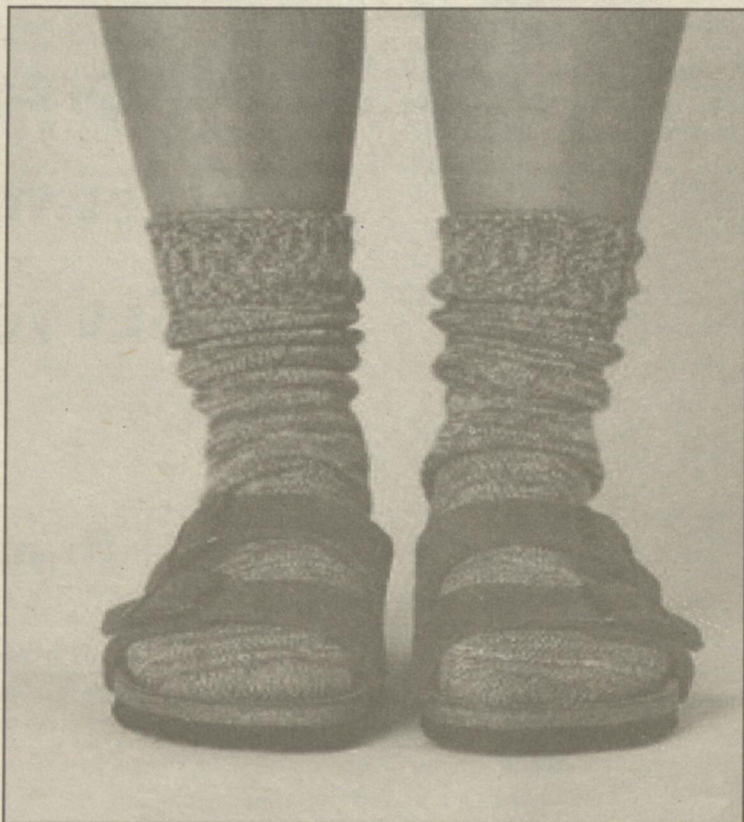


Photo Courtesy of Free People/Pinterest

The views expressed in the Opinion section are not necessarily those of The Vista staff, the University of San Diego or its student body.

# San Diego: No. 16 snobbiest city

Brooke Jeiniker  
CONTRIBUTOR

Walking through campus can be a fashion show here at the University of San Diego. The overwhelming amounts of designer brands such as Longchamp, Louis Vuitton and Kate Spade are paraded from classroom to classroom for everyone to see.

These bags are crucial to each person's image because without them, a person's socioeconomic status is unknown. There is a desire to be considered upper class that is flourishing throughout all of San Diego.

Travel and Leisure Magazine recently ranked San Diego as the No. 16 snobbiest city in America, placed behind No. 3 Los Angeles and No. 8 San Francisco.

The magazine gathered these results by asking voters to evaluate different categories such as wine bars, museums and the cleanliness of each city.

Senior Katelyn McDaniel, from Littleton, Colorado, thinks San Diego is more on the snobby side.

"I agree, people are snobby because they feel entitled in San Diego," McDaniel said. "There are really wealthy patches of the city and people have the nice beaches and nice things. They

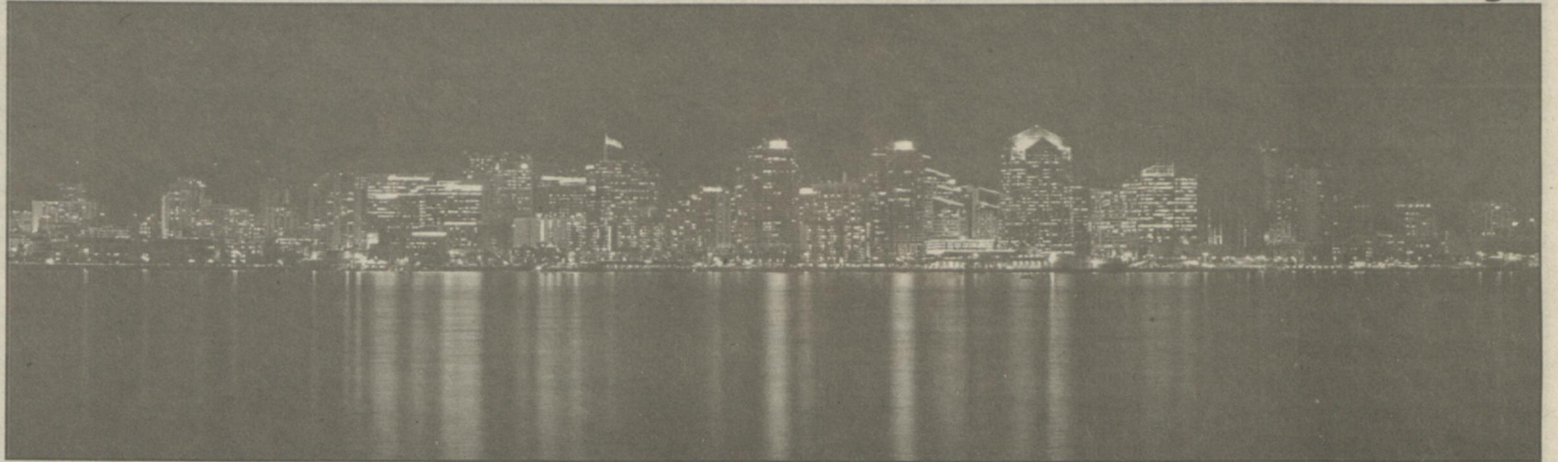


Photo Courtesy of Wikicommons

have a fast-paced 'get out of my way' attitude that is different from other Midwestern or Southern cities."

Senior Sophia Ederaine, from Moreno Valley, California, does not agree with the perception that San Diego has snobby vibes.

"I disagree because I think outside people view Californians, especially San Diegans, as beach people who only care about getting a tan, sunshine and themselves," Ederaine said. "But you have to really understand these people before you can judge them."

Because San Diego is seen as a beach community, it tends to give off more laid-back vibes, but are these vibes really laid-back when a vast majority of people is dressed in designer beach outfits?

To get an outside perspective, sophomore Edi

Utibe, from the U.S. Virgin Islands, shared his thoughts.

"I am somewhat new to the states so I don't have much of a comparison, but personally I would disagree, at least in comparison to LA," Utibe said. "The people in San Diego are really friendly and the areas in San Diego are usually quite inviting. It's definitely a chill place; I feel like that's why so many people visit here for breaks."

Another issue that arises with San Diego is the self-centered attitudes of the people. I personally have noticed that people will frequently bump into others without saying "excuse me" or walk through a door being held without saying "thank you."

Freshman Jamie Kissinger, from Minden, Nebraska, compares San Diego's residents to the residents of her hometown.

"I would agree that San Diego is a pretty snobby city, mainly because I am from small-town Nebraska where everyone waves at everyone," Kissinger said. "Many people here expect you to treat them like they are the best thing since sliced bread."

Kissinger also noticed that the attitude did not just stop with the people's expectations. The snobby attitude carried on to their actions as well.

"Like walking down the street people expect you to move out of their way so that they can continue walking in their own little path," Kissinger said. "And not many people say please or thank you those words are not that hard to say, which just irks me because I feel like those should basically be second nature."

To get another perspective, native San Diegan sophomore

Alexandria Young, disagreed with the snobby remark.

"I disagree because San Diego, which requires a great amount of tourists each year, is not hostile to outsiders," Young said. "And based off my personal experiences, living here my entire life, I would describe both the younger and older generations as prideful rather than snobby."

Coming from Highlands Ranch, Colorado, in my opinion, San Diego is overwhelmingly snobby. This city is all about who you are or who you know. There is a large sense of selfishness that does not exist in many other cities across the country.

It seems that sometimes people are so engulfed in their own lives that they do not take the time to acknowledge others, unless they are honking or flipping someone off.

## Letters to the Editor Policy

The Vista strongly encourages letters to the editor from students, faculty, staff, administration and the community.

Correspondence should be sent to [managing@usdvista.com](mailto:managing@usdvista.com) with the subject line "Letter to the Editor."

Submissions should be limited to 500 words and must include verifiable contact information. Letter content is subject to editing for clarity and style.

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# Holiday Cheer in San Diego

Rebekah Filiciotto  
Contributor

## Christmas Tree Shopping

If you are looking for a Christmas tree or just want to browse around a Christmas tree lot in order to get into the holiday spirit, there are several lots located within 15 minutes of USD. Pacific Beach has a very popular Christmas tree lot on Garnet Avenue where you can peruse their wide selection of trees. If you are looking to buy a tree, the prices vary anywhere from around \$50-\$250 depending on the type and size of the tree. Erin Thompson, a choir student at University of San Diego, bought her Christmas tree from this lot last year. "I had the best time looking at all the trees with my boyfriend because it really got me in the Christmas spirit," Thompson said.

'Tis the season to be jolly and there are so many reasons to be jolly this holiday season. San Diego has so many fun activities to offer during this time of year. Some of these include visiting a local Christmas tree lot, ice skating on the beach and Balboa Park's December Nights.

## Dr. Seuss' "How the Grinch Stole Christmas"

Enjoy walking around the beautifully decorated Balboa Park and catch a showing of the classic Christmas tale performed at the Old Globe. The story is brought to life with spectacular make up effects and costuming to get audience members in the holiday spirit. The production runs through Dec. 27 and tickets can be purchased online where you can also pick out your seat for the show.

## Ice Skating

If you are looking for a more exhilarating holiday activity, the Hotel del Coronado offers ice skating right on the beach. The ice skating rink is open Nov. 27 through Jan. 3, and costs \$25 per person, which includes skate rentals. Junior Vanessa Hernandez enjoys visiting Hotel del Coronado for the holiday tradition. "The beautiful beach atmosphere combined with the festive ice rink is a great way to celebrate the season," Hernandez said.

## December Nights

If you are trying not to travel too far to partake in holiday activities, Balboa Park's December Nights is right around the corner. Taking place for the 37th year in a row, everyone is invited to come to Balboa Park Dec. 5 and Dec. 6 to see lights, listen to carolers, watch dance performances and eat lots of delicious food. From 5 p.m. to 9 p.m. on both nights, the December Nights event is open to the public free of charge.

## San Diego Bay Parade of Lights

View over 80 boats decorated in hundreds of lights to create a festive parade on the bay for the holiday season. For best viewing, spectators can see the boats on the north and south ends of the Embarcadero, along with areas in Coronado. Harbor Island is a prime viewing location so be sure to get there early to get a parking spot. The parade is held on two consecutive Sundays, Dec. 14 and Dec. 21.

Life at the end of  
your comfort zone



BRITTANY CARAVA  
FEATURE EDITOR  
@brittcarava

While abroad in Paris, my roommate was experiencing some pretty intense homesickness and was worried about acclimating to the city. I also felt a bit homesick and wondered how I would learn to navigate all of the metro lines and the city streets, or learn how to get used to a country where I did not speak the native language. However, my roommate's brother gave us some advice that I now consider one of my life mottos.

In his simply worded texted message he said, "Life begins at the end of your comfort zone." This idea stuck with me for the rest of my trip and into this past semester. It helped motivate me to get to the top of the Eiffel Tower, even though I was absolutely terrified of the rickety elevators.

Because I pushed myself to the edge of my comfort zone, I made it to the top and experienced the beautiful view of the entire city of Paris. Now I can say I've made it to the top of one of the most famous landmarks in the world.

Throughout the rest of my trip, when I would start to doubt if I wanted to do something because I was nervous of the consequences or afraid to take a bit of a risk, I would always remember this motto I had adapted for myself.

I took this idea home with me and have since used it in a variety of situations back in the US. This past summer, my sister asked me about my bucket list, so I listed off a few extreme activities and places to travel. When I mentioned that I wanted to travel through most of the major Asian countries, she looked at me with wide eyes and said she would never want to go there because all she would be able to eat was rice. I laughed at her and explained that when you're in China or Japan or Taiwan, you might as well try what they have to offer. You never know if you will like their food unless you try it.

She assured me that she would be just fine with teriyaki chicken and rice, thank you very much. To me, a trip to Asia where you stick to your normal food you could get at Panda Express here in the U.S. is not living your life, or the trip for that matter, to the fullest.

I believe that taking a little risk here and there is not only exciting, but necessary.

It stimulates your understanding of the world around you and can give you new perspectives on your self and the life that you lead.

With my last semester at USD right around the corner, I am gearing up to continue pushing the boundaries of my comfort zone, because that is where I believe life truly begins.

## USD students start new clothing line

TAYLER REVIERE VERNINAS  
CONTRIBUTOR

When living in the sunny 75-degree weather of San Diego, comfortable and stylish clothes that mirror the relaxing, beach lifestyle may just be what San Diegans are looking for.

Pelican Clothing Company creators, seniors Steven Melendez and Tyler Howard, have designed just the right apparel. Their company is centered on the University of San Diego's surf and beach culture while also encompassing the beauty of simplicity in their apparel.

The company's clothing line features a series of surf-style T-shirts, sweaters and hats for both men and women.

Melendez describes the spontaneity of how the company first began in 2012.

"We simply started out by messing with shirt, sweater and cap designs," Melendez said. "The next thing we knew, we were making them for our friends and then selling them across the country."

He continues to explain the beginning process of creating the company.

"Tyler crushed it in accounting and I am a finance major, so we went through all of the legal procedures, established a legitimate website and based a lot of our style on our photography and videography," Melendez said.

According to the website pelicanclothingcompany.com, their collective goal as a clothing brand is to "move with the allure of coastal communities, the vibes of the beach, the grind of the streets, and the offbeat, kookiness of human nature."

Melendez also shares the meaning for the company's name.

"We base most of our style on simplicity and did not want to choose some random, extravagant name, so we figured Pelican was both real and tangible," Melendez said.



Started by USD seniors Steven Melendez and Tyler Howard, Pelican Clothing Company offers beach-inspired clothing.

Photo Courtesy of Tayler Reviere Verninas

One of their biggest reasons for starting their company, however, was mainly to experience what true prices were for products.

"As skaters, we felt that we were being overcharged by some of the big companies and it just seemed easier to start our own company based on the style and culture of our lives," Melendez said.

Of course, with any company comes a set of challenges and for these two young men it is time management.

"Resolving the issue of balancing time is simply countered with making sacrifices and always being on top of your game," Melendez said.

According to these two business owners, at the end of the day it comes down to whether or not they can see themselves and the people around them wearing the style of apparel they have designed. To them, the company is not just a clothing brand, but a lifestyle.

"Another reason we created this business was because a lot of the big companies became too corporate and lost their skate and

surf lifestyle roots, trading them in for what we believe was profit marketing," Melendez said. Their goals with growth and bulk ordering are not for gaining profit, but for pushing prices down.

The company has advertised their apparel to college students all along the West Coast, especially at USD.

"We believe some of our strongest advertising is a result of our Instagram account and the kooky surf videos we post," Melendez said. "It is also so cool to see people from the East Coast order some online apparel as well."

Junior Travis Williams is a fan of the Pelican Clothing Company's surf-style.

"They have really simple but unique designs," Williams said. "I also wanted to support a friend and his company because I know how difficult it can be to start one."

In the future, they hope to expand the media side of the company with more photography, journaling and documenting the vision and style of Pelican

Clothing. This media outlet falls under the name "coastal suburbia."

As the company grows with more investments, Melendez and Howard hope to see their apparel stocked in stores in the years to come.

Although the business has become more demanding and time consuming, Melendez believes it is worth it because it is what they love to do.

"Our greatest achievement is the love and support we have received from our friends and family," Melendez said. "We never thought Pelican would be what it is today especially when it started with a camera, some friends, and doing what we love."

Melendez and Howard are grateful for the University of San Diego and the opportunities they provide for networking that students can utilize in order to expand their entrepreneurial spirit.

"For students at USD looking to create a company that is offbeat and different, this is the place to be!" Melendez said.

## Torero Spotlight: Rommel Pinlac

REBEKAH FILICCIOTO  
CONTRIBUTOR

Serving as the vice president for University of San Diego's Associated Students, senior Rommel Pinlac is no ordinary college student. Pinlac has dedicated himself to his position on Associated Students, his role as a student leader for University Ministry's Search Retreat and his goal of graduating with a degree in biology.

As vice president, he represents the voice of the entire student body. His main job is to oversee academics, allowing him to work very closely with one of the deans of students.

Pinlac and the dean of students work together to review and revise core curriculum, provide research grants to students and put together the school calendar.

Pinlac is also the primary advocate for students who are

looking into switching their major or minor.

"Getting to help students figure out what they hope to do with their lives when it comes to academics is one of the most rewarding parts of my position," Pinlac said.

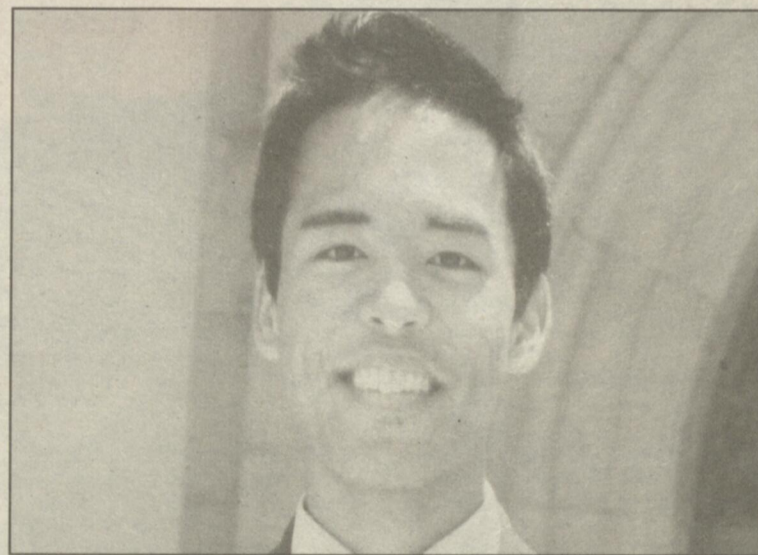
Not only does Pinlac help others academically, he also helps them spiritually through his role as a Search Retreat leader.

For this retreat, which took place Nov. 14-16 Pinlac spent weeks preparing for the retreat activities, gave a testimony on the retreat and also lead a small group.

"Search changed me when I went on it because I discovered a genuine community and wanted to give back to that community as a leader," he said.

Shannon McManus, a retreat leader, has worked closely with Pinlac.

"He is one of the most involved



Senior Rommel Pinlac, a biology major, has devoted himself to his roles as vice president for USD's Associated Students and leader for University Ministry's Search Retreat.

and dedicated people I have ever met," McManus said.

When he is not leading a retreat or advising students on academics, Pinlac spends a significant amount of time studying biology in order to get

into a graduate school.

He loves his immunology class and hopes to one day teach biology himself. His dedication, leadership skills and kindness will all aid him in achieving this dream.

# Student meditation group emerges at USD

CHRISTINA BELLOSO  
ASST. FEATURE EDITOR

Stress has become a familiar constant in the lives of college students. With heavy workloads, hectic schedules and to-do lists that resemble novels, it seems like students are more stressed out than ever before. With final exams just around the corner, the added stress is bound to take a toll on students' health and well-being.

First-year University of San Diego graduate student Kate Vosti knows this all too well. As the leader of her own mindful meditation group on campus, Vosti plans on making meditation more universal to all students and motivating them to participate in healthier lifestyles.

While spending her undergraduate years at the University of San Diego studying anthropology, Vosti knew that she wanted to bring the idea of mindfulness to the front and center of campus. Three years ago, she

was introduced to the practice of Buddhism and was influenced by her mentor to further explore the discipline of meditation.

As someone who has stayed active all her life through dancing and boxing, it was through meditation that she began to see the benefits it provided for her academically, mentally and socially more than anything else.

"Meditation helped me in the most profound way improving my focus, memory retention and self-esteem," Vosti said.

The improvements were overwhelming and Vosti wanted to network with faculty and share her knowledge with her fellow students. A year ago, she led the Utpala student organization on campus that focuses on relieving stress through yoga and meditation, under the knowledgeable advisement of theology professor Karma Lekshe Tsomo.

After graduating from USD last year, Vosti is now a graduate student focusing on leadership studies at USD's

School of Leadership and Education Sciences, or SOLES. She has continued her efforts in making meditation more widely embraced by USD's students and faculty. Vosti now leads Mindful Mondays as a SOLES graduate organization.

This weekly meeting is aimed at exploring themes like self-compassion through guided meditation. It is open to all students, undergraduate and graduate, as well as faculty. Her group's purpose falls in line with the campaign she created called "I SIT" or "I am a Student Inspiring Transformation."

The campaign raises awareness about the benefits of mindfulness and meditation specifically for the college student. The group meets for about 50 minutes, beginning with controlled breathing techniques, followed by a series of stretches and mindful movement and concluding with 20 minutes of guided, sitting meditation.

Meditation offers countless benefits in physical

and mental health including lower blood pressure, increased energy and mood levels, improved immune system, decreased anxiety, and increased relaxation and focus.

Along with meditation, Vosti attributes good nutrition and exercise to staying healthy, beating stress and studying more efficiently.

She believes even exercise can be considered a meditation practice.

"Meditation is anytime you're focusing on what you want your mind to focus on," Vosti said.

Eating healthy and getting exercise, especially during finals, can contribute to more productive studying. Fueling the body with healthy snacking, drinking plenty of water, taking breaks, napping and getting enough rest is important. Vosti also encourages students to try yoga, led by John Loggins, director of community-based student leadership with the Center for Awareness, Service and Action (CASA).

Vosti wants to continually encourage all USD students and faculty to try mediation and implement the idea that mediation is universal. She believes the most difficult thing has been accommodating everyone's schedules and motivating people to join.

"Most people get intimidated by sitting and doing nothing," Vosti said. "However, meditation is not boring or intimidating."

Anyone can try meditation; however, the genuine self-motivation and passion have to be brought to practice.

The benefits of meditation are scientifically supported, but people must be willing to give it a try. Vosti plans on collaborating with USD sustainability organizations in order to bring more awareness to the benefits of meditation to the school's population.

Vosti hosts "Mindful Mondays" at 3-3:50 p.m. in SOLES room 135 and at 5-5:50 p.m. in SOLES room 211.

## Break Free comes to USD's campus

BRITTANY CARAVA  
FEATURE EDITOR  
@brittcarava

Sophomore Kelsey Nager has a lot on her plate; between schoolwork, sorority life and a sports marketing internship with University of San Diego, one would think that her schedule would be pretty packed. However, Nager has dedicated her time to another organization that started in her hometown.

Break Free, formerly known as Run for Courage, is a nonprofit organization that focuses on combating human trafficking through education. The organization hosts several runs that serve as advocacy and fundraising events. While many individuals may believe that human trafficking is more of an issue in other countries, it is an extremely large black market industry within the U.S. with \$9.8 billion in revenue and over 100,000 children at-risk this year in the U.S.

When a local teen in Nager's community was abducted and placed in a human trafficking ring, her community decided to do something about this widespread issue. While Nager's neighbor was found and is now a survivor of human trafficking, others are not as lucky. Break Free aims to



Sophomore Kelsey Nager has been working with Break Free, an organization that works to end human trafficking through education. Photo Courtesy of Breakfree.org

educate individuals on human trafficking and ways that they can get involved to help end this large issue at hand.

While Nager was in high school she developed an education day and self-defense program that has continued for multiple years in her hometown near Folsom, California. Nager also served as a volunteer coordinator for two years and lead over 200 volunteers to help organize the Break Free run in her hometown.

With her drive to combat human

trafficking, Nager has brought the organization to USD and has educated over 400 students with the help of the executive director of Break Free, Ashlie Bryant. Nager has reached out to the Greek Philanthropy Board, individual Greek chapters, the Student Alumni Association and numerous professors and has received a large amount of support from all of them.

On Dec. 2, students signed up to be virtual runners for the larger event that was held this year in

Folsom.

At the Torero Program Board Jubilee event, students helped bring awareness to campus by wearing Break Free T-shirts and handing out candy canes with information about Break Free.

All the proceeds of the registration and donations go to the nonprofit to pay for education sessions and programs for survivors.

Senior Katie Modesitt has been passionately involved in bringing Break Free to campus

as she serves as the vice president of philanthropy for USD's Panhellenic Council.

"Break Free is an amazing and inspiring event that raises money and awareness for a cause that strikes close to home for USD," Modesitt said. "San Diego is one of the largest human trafficking hotspots in the United States. Human trafficking is such an important issue to USD, Greek Life and myself because it targets the most vulnerable individuals in our society and forces them into modern-day slavery."

Overall, Nager is proud to work with an organization that helps support her goals of ending this large-scale issue.

"I am proud of working with Break Free because of its ability to stick to its mission and achieve its goals," Nager said. "Break Free does what it knows best: education for prevention and planning races for fundraising."

Over the last five years, Break Free has raised over \$700,000 and has been able to donate money to 14 different organizations. These organizations are either helping to prevent human trafficking or restore the victims of the crime, USD is now one of the contributors to this fundraising effort and hopefully will continue to do so.

## BABYSITTER NEEDED

- 2 children

-Flexible hours from Monday to Friday

-Duties include helping with homework, meals, errands, and picking up from school. \$25/hr.

-Contact g.saatchi@live.com

## Shia in silence



KEVIN KARN  
ARTS & CULTURE EDITOR  
@kkarn7

We live in a constant struggle for identity. The calculated self-projection that we want to portray online battles with the person that people see walking around everyday. So which one is our true self?

Actor Shia LaBeouf has been exploring this existential question in ways that have been heavily scrutinized by the media, including most recently a silent interview with Aimee Cliff of Dazed and Confused Magazine. After a long string of email correspondence, the two agreed to meet in-person for the first time with one condition: no written or spoken words. The result can be found online but rather than ask you to watch 60 minutes of a glorified staring contest, I did it for you.

At first, I was skeptical. The thought of watching two people stare at each other seemed like a perfect way to waste an hour of my Thanksgiving break. Then, their facial expressions began to change, moving between playful, desirous, sad, lonely and peaceful. As a spectator, the lack of auditory sensation and dialogue enhanced my focus on their physical expressions. It meant perceiving the movements and positions of their hands and legs, while following their eyes through the individual Go-Pro cameras and watching the progression of their moods based on nothing but silent reactions.

Admittedly, the experience of watching the interview moved from utterly pointless to hauntingly beautiful. Talking is vital, but can be distracting because rather than focusing on the other person, it is easy to be preoccupied with what you are going to say next and there is little time to reflect on each other's presence in the room.

That is why LaBeouf's decision to use solely email prior to the interview is so fascinating. In email, there is no read receipt, and you are able to look over, understand and reply to messages with careful, thought-out writing. There are no pictures to infer things from and there are no limits on characters. In a sense, email is the only form of modern communication that ensures the sender will say everything he or she needs to with minimal room for error.

Email does lack the human expression, though. Whether you are silently sitting face-to-face or staring at a computer screen typing responses, neither is a true way to communicate. That truth, therefore, lies somewhere between the person we want to project online and the actual physical human being that we are. Through the silent interview, LaBeouf allowed Cliff to see both ends of the spectrum, so that she could look between the extremes and discover the truth in him.

## Step into the holiday season at December Nights



Photos Courtesy of Balboa Park

Take a break from a busy week of studying and head over to Balboa Park for the annual holiday extravaganza, "December Nights."

Rebekah Filiciotto  
CONTRIBUTOR

For 37 straight years Balboa Park has been hosting its annual event, December Nights. Attracting over 350,000 visitors in two days, December Nights is the largest free community festival in all of San Diego and it returns this weekend.

Taking place Dec. 5 from 3-11 p.m. and Dec. 6 from 12-11 p.m., this festival is a great way to get in the holiday spirit. It offers a wide variety of attractions like food from around the globe, carolers, dancers and different holiday celebrations. The multicultural aspect of the festival woven into the music, food and dance is what makes it so unique and breathtaking.

Nathan Rebelo, a senior at University of San Diego, has attended this festival for the past three years.

"I have been looking

forward to this year's festival for so long now because it is by far my favorite part of the holidays...it gets me in the holiday spirit," Rebelo said.

One of his favorite parts of the festival is the free access to several of the museums. As an architecture major, he really admires the detail of the museum buildings as well as the history and knowledge they contain. He is especially excited to be able to freely peruse the renowned Museum of Man.

Sophomore Lizzie Berryhill loves this festival as well, especially because she can find presents for her friends and family.

"I spend most of my time at Cascades Holiday Marketplace because they have delicious food and crafts I can make as presents for people," Berryhill said.

Located at Fountain Plaza, adjacent to Reuben H. Fleet Science center, this marketplace

is considered the heart of the festival because it gives you a little taste of everything that the festival has to offer.

December Nights incorporates numerous cultures into its celebration, offering something for people of all cultural backgrounds. This is especially noticeable in the festival's food options. Germany, Iran, Turkey and Palestine are just a handful of the countries represented in the wide selection of food and beverages. Sean Kimball, a student whose family is from Spain, is looking forward to having delicious Spanish food at the festival this year.

"After studying abroad in Barcelona, I have really missed the culture and can't wait to enjoy this years paella," Kimball said.

Paella is a traditional Spanish rice dish with clams and vegetables which will be available as one of the many

dishes this weekend. He also looks forward to moving through the Spanish Village Art Center because it reminds him of his heritage. With Spanish music and entertainment throughout the day, visitors are able to browse shops containing locally made Spanish artwork. Santa will even be there to take photos from 5-10 p.m.

Cascades Holiday Marketplace is just one of the many areas in the festival in addition to Plaza de Panama, California Quadrangle and Spreckles Organ Pavilion Stage. Each individual section has a variety of different activities and holiday entertainment, catering to any and all preferences. Whether you are looking to watch artistic performances, explore the wonderful tastes or simply take in the magnificent lights, you will not want to miss out on this free, elaborate and celebrated festival.

## Wrap up your year with holiday cheer!

What better way to kick off the holidays with one of the many festivals, concerts and community events happening all over San Diego this December:

4

USD CHAMBER  
MUSIC ENSEMBLE  
FOUNDERS  
@7:30

5

FRI. NIGHT  
LIBERTY-A NIGHT OF  
FREE FRESH ART  
NTC AT LIBERTY STATION

6

NORTH PARK  
TOYLAND PARADE  
AND FESTIVAL  
HILLCREST

7

CHRISTMAS  
PARADE AND HOLIDAY  
FESTIVAL  
LA JOLLA

9

USD GAMELAN  
CONCERT  
SHILEY THEATRE  
@ 7:30

11

USD MARIACHI  
CONCERT  
SHILEY THEATRE  
@7:30

14

HOLIDAY PET  
PARADE  
GASLAMP

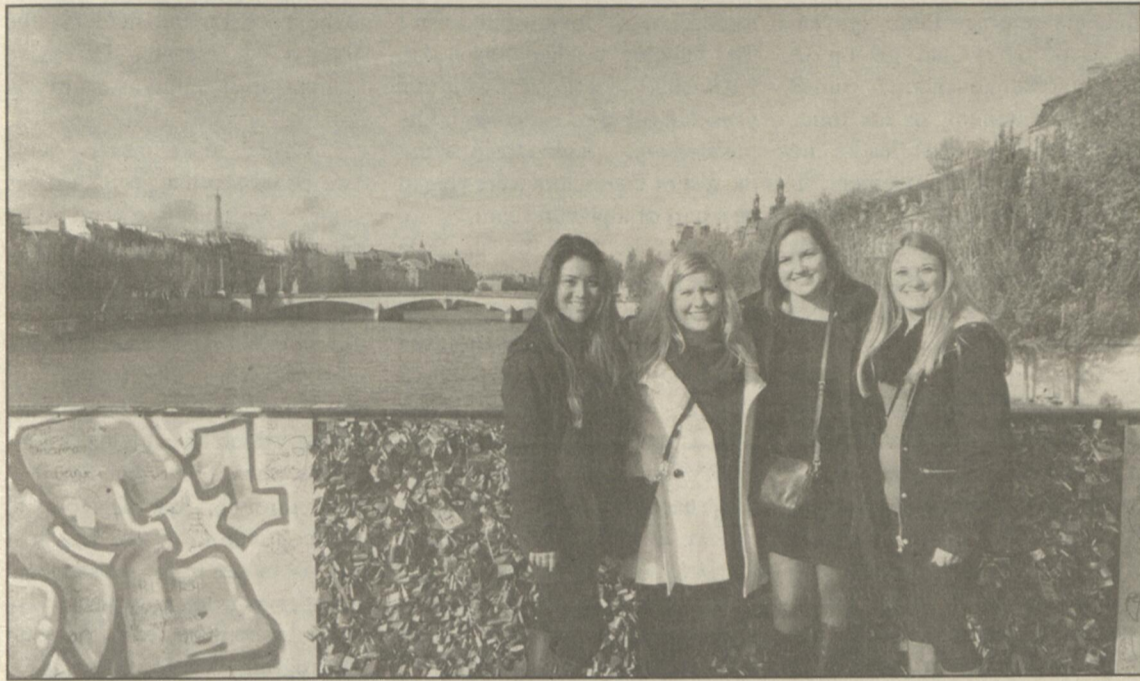
14,21

PARADE OF LIGHTS  
SAN DIEGO BAY  
@5:30

# Notes from abroad: Toreros talk travel

*So many of our Toreros are studying abroad this semester. Each week we will feature two pieces written by students who are spending this fall overseas. Here are these week's submissions:*

## Putting a cork on a magnificent journey abroad in Ireland



Photos Courtesy of Kristen Obana

Junior Kristen Obana (left) and fellow students studying abroad take in the glorious views of Paris.

### Kristen Obana CONTRIBUTOR

It was this weekend, while I was standing under the Eiffel Tower in all of its glory, that I realized I was in fact blessed.

But really, in all seriousness, being abroad has been the most surreal experience. I have no idea who this person is who steps off the plane from Paris, does laundry and a little

homework and repacks her duffel for Switzerland three days later.

I am currently studying abroad at the University College Cork in Cork, Ireland. Located on the south coast of Ireland, this place is both magical and quaint. The university looks like Hogwarts (seriously, Google it) and has rivers and bridges and ballrooms with chandeliers. My summer program professor

and part-time beekeeper, Shane, brought our entire class jars of homemade honey.

The people in Ireland truly make it the most wonderful place. My Irish folklore class traveled all throughout Ireland, to places that clearly set the stage for fairytales. While visiting one of the smaller Aran Islands, population 200, our ferry captain brought us bread freshly baked

by his mother. Dolphins swam next to us along the way. A van drove by and Shane remarked, "Oh look, there goes the island's nurse." Yes, the singular nurse for the entire island. Everyone knows everyone. The entire country is approximately the size of the state of Indiana. California could eat Ireland six times.

Although geographically small, this place is far from boring. It has adorable seaport towns, picturesque farmlands, countless castles and a sprinkling of modern cities. With over 17,000 students attending UCC, there is always so much going on around campus. Just today I witnessed a massive group of students gathered around the courtyard, trying to break the Guinness World Record for passing a hula-hoop around the longest chain of people holding hands while singing Journey songs. I did not stay long enough to see if they succeeded, however. I had to meet with an acclaimed Irish director and attend a private screening of his movie at the Cork Film Festival with my film history class. Never a dull moment.

Someday I will tell my kids that I was in Edinburgh, Scotland

on the day of the Scottish independence referendum. They won't know what that is, because the people voted "No" and decided to remain part of the UK. But as a result, I witnessed a very angry man in a very short kilt tear down vote "Yes" flags and run down the street waving them. Afterward, I sat in The Elephant House, the cafe where J.K. Rowling wrote Harry Potter, and saw the view of Edinburgh Castle inspired the creation of Hogwarts.

I ran into friends from high school in the streets of Munich, Germany during Oktoberfest and watched Germans surf in a river (yes, that is a thing). I went to Portugal for my friend's 21st birthday, which we spent in a waterfront club with a group of Dutch people we met along the way. They will be showing us around Amsterdam next month.

Abroad life is unreal. I say it tongue-in-cheek, but we are sincerely blessed in every sense of the word, to have this opportunity to travel different parts of the world. I have made so many friends internationally and I will be coming home to USD so excited to hear about everyone's adventures.

## Finding food and flavor in the magical city of Florence

### Kelly McPherson CONTRIBUTOR

My time in Florence, Italy so far can be described by three words: pasta, pizza and gelato.

Coming to Florence I knew that I was going to eat my way through the country, but I had no idea what I was getting myself into. If you study here, you will eat pizza or pasta at least once, maybe twice, a day. And you will quickly learn that it is completely acceptable to eat gelato once or twice a day as well, as there is a gelato place, unlike anything we have in the United States, on every corner.

The first month here, I feel as if all the other students and I did was eat, with the goal of finding the place with the best pasta. After dinner we would grab gelato and walk along the Arno river. We quickly learned from locals that the best gelato came from the places where it was not heaped high spilling out of the container, but rather flat and in a smaller container. We wouldn't say much as we walked and were busy stuffing our faces with nutella gelato, but we took in all the history and beauty surrounding us while we did. We would sit on "triangle bridge,"

one bridge away from the Ponte Vecchio, and enjoy the view of this old and unique bridge.

If you love art as I do, Florence is the place to study. There are tons of museums you can visit and every day you walk by the Duomo, an incredible piece of architectural art, on your way to class. I live next to the Picasso museum, only a two minute walk to the Piazza della Repubblica and a five minute walk to the Duomo. Because Florence is such a small town, you are central no matter where you live, and it quickly begins to feel like home.

With the train right outside the city center it is easy to see many places in Italy. We have seen Pisa, Cinque Terre, Positano, Capri, Venice, Siena and many more. Each part of Italy is very different but equally beautiful. From wine tasting in Tuscany, to swimming in the blue grotto in Capri, I have made memories I will have for the rest of my life. Outside of Italy, we have done things like paragliding in the Swiss Alps in Interlaken, to meeting other USD abroad students at Oktoberfest in Munich, to going to see Beyonce perform in Paris and finishing with a Sound of Music tour



Photos Courtesy of Kelly McPherson

Junior Kelly McPherson paraglides over the Alps in one of her many excursions during her time in Florence.

in Austria after spending our last weekend at the Christmas Markets in Salzburg. Every weekend is a new and incredible adventure.

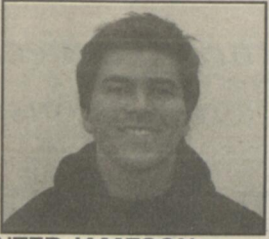
My time in Italy has flown by. With only a few weeks left, I am starting to make my list of final things I want to do before I return home to San Diego. Things such as grabbing a cappuccino at my favorite cafe below my apartment, heading across the river to the local neighborhood

to eat at Piazza Santo Spirito, spending my morning before class in my favorite museum, or hiking up to Piazzale Michelangelo, the most beautiful lookout point in Florence.

People always say going abroad is the best time of your life. Although the experience was much harder and different than I expected, life abroad is a unique adventure that helps you to really find yourself and grow as a person. Going abroad is one

of the best decisions I have ever made. I have traveled the world, immersed myself in a different culture and have made memories I will have for the rest of my life. I would say, if you have the chance or opportunity to go abroad, take it. It will change your life. These past four months have flown by, and although I am ready to get back to my home in sunny San Diego, this incredible experience in Florence will always be a part of me.

## The Final Stretch



**RYAN JAMESON**  
SPORTS EDITOR  
@HJamo

The college football season has been full of excitement, drama and heartbreak just as I expected. With only Conference Championship weekend left and several teams in the hunt for the final spot in the four-team playoff, we have finally reached the pinnacle of the season.

I believe that the Alabama Crimson Tide is the best team in the country and should be given the No. 1 ranking with a win over the Missouri Tigers in the Southeastern Conference Championship game this weekend. The Tide has the most explosive offense in school history according to many college football analysts. Senior quarterback Phillip Sims leads the offense and showed what he is truly capable of in the second half of the game against Auburn.

At No. 2, the University of Oregon Ducks have a very good chance of making the playoff, with only the University of Arizona Wildcats standing in their way. However, the Wildcats already beat the Ducks earlier this season. They face off in the Pac-12 Championship game this Saturday and I expect the Ducks to avenge their previous loss with a strong performance that will give them a playoff berth. Junior quarterback Marcus Mariota is the Heisman Trophy favorite and has been playing at an almost unstoppable level this season.

Every Saturday it seems like the Florida State Seminoles are going to be eliminated from consideration, but they have had luck on their side and somehow always end up with a win. They are the only undefeated team remaining, but I am still not a big fan of the 'Noles. Sophomore quarterback Jameis Winston has struggled against mediocre teams, and I do not like his chances against a top 10 defense, specifically Alabama or Oregon. Unfortunately, I think the Seminoles will finish the regular season undefeated and the playoff selection committee will be forced to keep them in the top four.

The final playoff spot comes with the most drama and uncertainty, with devastation inevitable for a few teams. The University of Baylor Bears, Texas Christian Horned Frogs and Ohio State Buckeyes all have a chance to get the fourth spot. Baylor beat TCU earlier in the season, but their star quarterback Bryce Petty just got a concussion on Saturday. Ohio State also lost their starting quarterback J.T. Barrett from a broken ankle, and neither of these teams is as dynamic without their experienced quarterbacks. For this reason, I believe TCU will get the fourth spot.

Ultimately, I expect the top four to be Alabama, Oregon, Florida State and TCU, in that order. Alabama and Oregon will meet in the Championship for the matchup that I have dreamed of for the past five years, with the Crimson Tide winning it all.

# Football season ends in Montana

*Toreros lose in their first FCS playoff appearance*

**RYAN HAND**  
CONTRIBUTOR

The USD Toreros fell to the Montana Grizzlies on Saturday in Missoula, Montana, in their first ever Division 1 playoff appearance. It was a disappointing close to a tremendous season for the Toreros, in which they finished 9-2 on the regular season and were crowned champions of the Pioneer Football League. The FCS playoffs gives an automatic bid to the champions of the PFL, and despite winning the conference last season, the Toreros missed the playoffs in 2013 due to sanctions. San Diego made up for last year's unfortunate conclusion by making a playoff appearance, but their run was cut short after a 52-14 loss on the road at Montana.

The Grizzlies took an early lead with quarterback Jordan Johnson's 22-yard touchdown pass to Jamaal Jones. Montana would score again with 1:48 left in the first quarter on another touchdown pass from Johnson, this time for three yards to running back Jordan Canada. With the first quarter coming to a close, the Toreros trailed 14-0.

Early in the second quarter, the Grizzlies scored again on a 60-yard punt return by John Nguyen with 13:12 to go in the 2nd quarter. They would tack on 3 more points just minutes later with a 41 yard field goal, giving them a 24-0 lead with over 10 minutes to go in the half. Johnson threw another touchdown pass to Jamaal Jones with just over seven minutes left in the half, giving the Grizzlies a 31-0 lead over the Toreros as snow began to fall in Missoula. On offense, the Toreros struggled to move the ball against the Grizzlies' defense. Montana would add one more touchdown before the half on running back Jordan Canada's second touchdown of the day, and San Diego faced a 38-0 deficit at the half as the temperature continued to drop.

At the beginning of the third quarter, the field in Missoula was blanketed by snow, an unusual

sight for the team from southern California. Early in the half, after a perfectly timed special teams tackle by Brian Riley on Montana returner John Nguyen, the Grizzlies would go on to score another touchdown with 7 minutes remaining in the third, giving them a 45-0 lead. The defense showed improvements in the second half, but the Grizzlies' lead had become overwhelming in the harsh conditions.

Montana scored another touchdown with 12:20 left in the fourth quarter, giving them a 52-0 lead. The Toreros put Trey Wheeler in at quarterback in the fourth quarter, and would eventually put their first points on the board with a 27-yard halfback pass from Dallas Kessman to freshman receiver Justin Priest. The score was now 52-7. San Diego went on to recover a fumble forced by Kishan Pitel on the ensuing kickoff, giving the Toreros the ball again. Wheeler continued to pass the ball well, capping the drive with an 11-yard touchdown pass to Justin Priest in the corner of the end zone. Despite surrendering an early lead, the Toreros would not be shut out in Missoula. The second touchdown pass to Priest made it 52-14, which would prove to be the final score, brining the Toreros' season to a close.

While San Diego does not lack talent, they were the less experienced team in a playoff setting, a situation in which the Grizzlies have become quite comfortable. Montana has appeared in the FCS playoffs each of the past 17 years, including an appearance in the national championship as recently as 2009, while the Toreros were making their first ever playoff appearance. Despite Saturday's disappointing outcome, the Toreros can be optimistic about what the future holds. Senior linebacker and all-PFL selection Troy McClelland spoke about the matchup with Montana.

"It was a good gauge for the younger guys to see the kind of talent they're going to be facing

in the playoffs," McLelland said. "Playing against a scholarship program in a big stadium in the snow, it was a different experience for most of us. Obviously it wasn't the outcome we had hoped for, but we had a lot of great wins this year that allowed us to be in this position and I'm glad that me and the rest of the seniors were able to be a part of a playoff team."

In head coach Dale Lindsey's second season on the job, the team has made significant strides and established themselves as a force in the Pioneer Football League. Since Lindsey took over as head coach, the team has gone 17-6. Some signature wins this season included a 10-point victory at home over Princeton, the 2013 Ivy League champions. There was also the Valparaiso game, which the Toreros won on a 44-yard heave from Williams to Brandon White as time expired. The team's only regular season losses came to Jacksonville in Week 2 and in-state rival Cal Poly in the final game of the season. San Diego will undoubtedly miss offensive weapons in Reggie Bell, Brandon White, and D'Angelo Barksdale, but they will hang on to some talent with players such as Williams, Dallas Kessman, and Jonah Hodges. On defense the team will need to overcome the key departures of Joe LaBarbera, Toney Sawyer, Una Hamala, Troy McClelland and others, but they will still have Jamal Agnew, Jereke Armstrong and several other defensive players who saw a good deal of action in the 2014 season.

For the Torero football team and its fans, some of whom proved their loyalty by braving the frozen tundra of Missoula on Saturday, all eyes are on the 2015 season. In two years under head coach Dale Lindsey, who was named PFL coach of the year on Monday, the team appears to be on the rise. Sophomore quarterback Keith Williams fits in well with the Torero offense, throwing for 21 touchdowns in his first season as a starter. Jonah Hodges led the team in rushing

touchdowns in 2014 with 6, and cornerback Jamal Agnew led the defense in interceptions with 4, and both players are expected to be back on the field for the Toreros next season. Defensive lineman Josh Williams is already looking forward.

"This team never quits. You could see that in Saturday's game, even when we were down big, we kept playing to the whistle, and that's an attitude that runs throughout the entire group," Williams said. "That's why we were able to pull off those comeback wins this season. We're thinking bigger now. We've always felt that the PFL runs through San Diego and will continue to do so. The goal now is to get bigger, faster, and stronger as a team so that we're ready to compete with the kind of programs we'll be seeing in the playoffs." Williams, a junior, played in all 12 games for the Toreros this season and recorded a sack and a tackle for a loss against Montana.

Saturday's game was disappointing for San Diego, but helped to set the bar for how they will need to perform in years to come. The Toreros can look forward to another playoff appearance in 2015.

#### Toreros named All-PFL

##### First Team:

RB Jonah Hodges  
WR Brandon White  
OT Pono Keni  
LB Una Hamala  
S Matt Miller  
K David Last

##### Second Team:

FB Chris Campano  
WR Reggie Bell  
TE Ross Dwelley  
LB Troy McClelland  
CB Jamal Agnew

##### Honorable Mentions:

OG Jeff Starr  
DL Jamal Newman  
DL Jonathan Petersen  
CB Toney Sawyer  
P Ryan Belden



Sophomore quarterback Keith Williams surveys the field before throwing a pass. He threw for 21 touchdowns and 2,127 yards this season.

Photo Courtesy of USD Athletics

# Torero action while we were away

Football head coach **Dale Lindsey** was named Pioneer Football League Coach of the Year after leading the Toreros to a 7-1 record in league play and 9-3 overall. Lindsey is also a candidate for the Eddie Robinson Award, which is given to the FCS Coach of the Year.

Senior defender **Julian Ringhof** was named to the Capital One Academic All-American Third Team. Ringhof holds a 3.95 GPA as a mechanical engineer major. He is also this year's West Coast Conference Defensive Player of the Year.

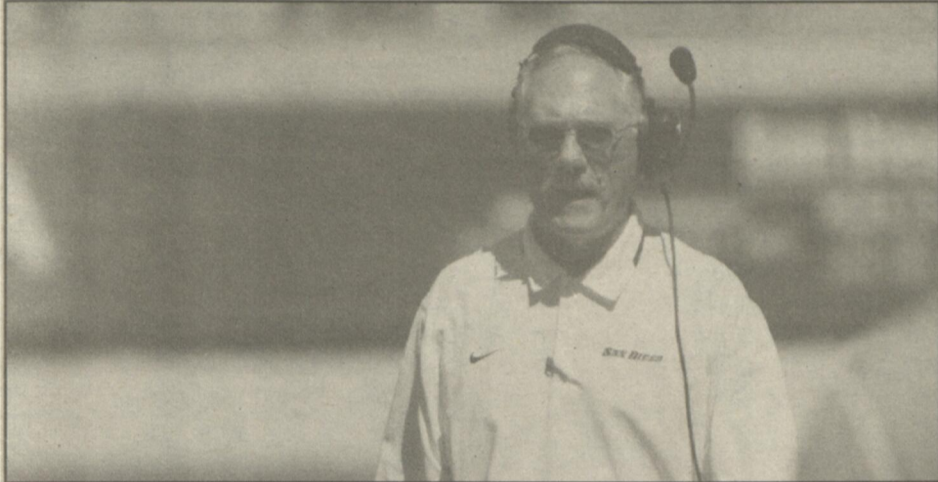


Photo Courtesy of USD Athletics

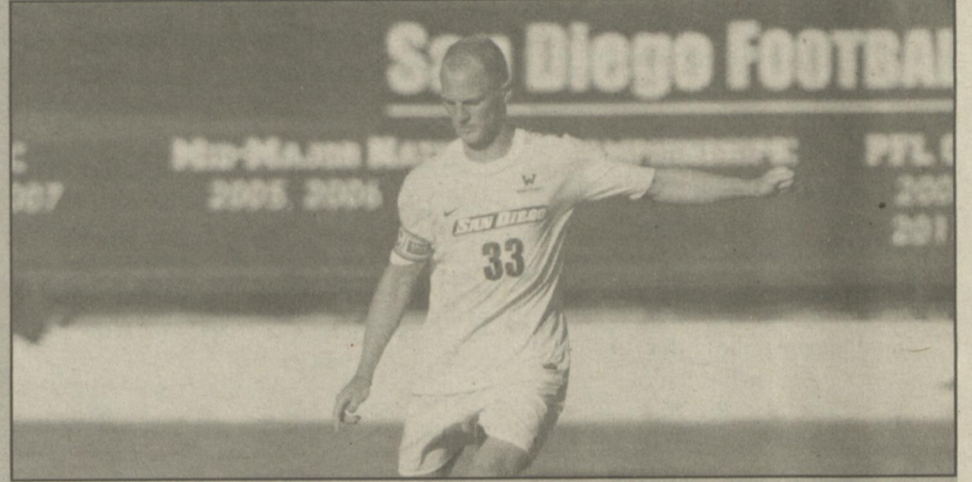


Photo Courtesy of USD Athletics

Women's volleyball earned their 18th trip to the NCAA Tournament and will face the No. 16 Long Beach State 49ers in the first round on Friday. The 49ers are 26-4 and won the Big West Conference Championship.

Women's basketball is currently 4-1 on the season after suffering their first loss of the season to the Fresno State Bulldogs. Senior forward Sophia Ederaine had a career high 24 points with 13 rebounds in the loss.

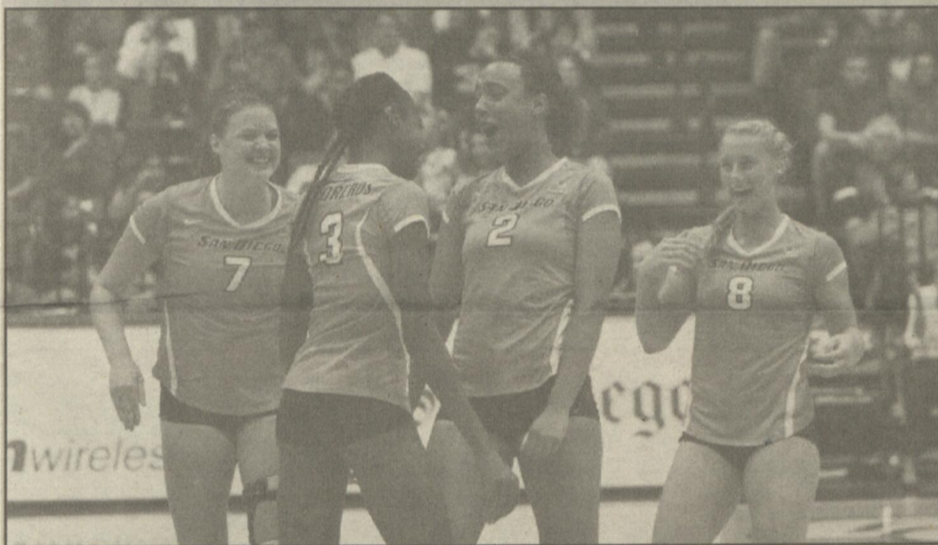


Photo Courtesy of USD Athletics



Photo Courtesy of USD Athletics

# Chargers make a push for the playoffs

## Team improves to 8-4 with vital win over Baltimore Ravens

**NOAH HILTON**  
CONTRIBUTOR

For a moment, let's return to 2013. Week 13 of the NFL season has just concluded, and an article by statistics-driven football site numberFire gives the San Diego Chargers a less than 2 percent chance of making the playoffs. The hometown team, perhaps motivated by such low odds, goes on to win four straight games, the last victory aided by Kansas City Chiefs kicker Ryan Succop's infamous missed field goal, to save their season and sneak into the playoffs in every sense of the word.

Now, back to this year. The playoff picture is as muddled as ever. The Chargers' chances are looking a little better, as they sit in the first Wild Card spot with an 8-4 record after a hard-fought victory over the Baltimore Ravens this past Sunday. Six

AFC teams sit just a game behind them at 7-5. Can the Bolts return to the playoffs without raising the collective blood pressure of the city? Or will fans once again be holding their breath as Week 17 rolls around?

There are plenty of positives pointing to a less stressful finish to the season than fans might be used to. After a couple of rough weeks, quarterback Philip Rivers refuted doubts that he was playing injured with a strong showing in the Baltimore game.

Rivers put up 383 yards and three touchdowns. The passing attack as a whole is gradually rounding into form at just the right time, as second-year stud wideout Keenan Allen seems to have emerged from his early-season hibernation, followed by fellow pass-catchers Malcom Floyd and Eddie Royal.

A running attack hit hard by injuries and currently ranked near the bottom of the league also

appears to be bouncing back with the return of former first-round pick and incumbent starter Ryan Mathews from a knee injury.

All the more impressive is the fact that the Chargers' attack is showing these improvements even as the offensive line continues to battle the injury bug.

Center in particular seems to be a cursed position for the Bolts in 2014, as after Chris Watt left the game this past Sunday with a calf injury, head coach Mike McCoy was forced to turn to his fifth center of the season in recently signed Trevor Robinson. As Rivers noted after the game, the team has struggled to keep a center, making the continued success of the offense all the more eye-popping.

The team has continued to struggle on defense though, allowing a whopping 27 points on average in their last five games. However, with injured stars like Jerry Attaochu and Brandon Flowers gradually returning to

the field and the team's continued success in converting third downs on offense, this area looks to improve as the season winds to a close.

Despite such positive steps forward, obvious doubts still remain, namely in the form of San Diego's upcoming schedule. The team will close out the season with home games against the New England Patriots and the Denver Broncos, the AFC's top two teams, and road games against the dangerously underperforming San Francisco 49ers and the Chiefs, who already dealt the Chargers a loss back in October.

With how close the standings are, the Chargers will likely need to win at least three of these games to comfortably make the playoffs, a tall task for sure.

Which other squads deserve watching for Chargers diehards? Of the teams currently at 7-5, the Ravens look to have the best shot at winning a Wild Card spot, as

their toughest opponent down the stretch is an upstart Cleveland Browns team forced to bet on the magic of rookie Johnny Manziel's controversial antics. The Miami Dolphins and Pittsburgh Steelers also look like legitimate playoff contenders positioned to end the Chargers' season early.

Ultimately, given the resiliency and grit showed by San Diego both last year and in several close victories this season, fans can expect that the Chargers will find a way to play football in January.

The team has already shown they can fight off tough injuries and gut out wins when they need them most, intangibles that will translate well to the high-stakes pressure of the playoff race.

With the support of a city still hungry for its first major sports title, the Chargers can be counted on to be doing do everything they can to make such lofty championship dreams come true.

# Torero basketball ready for cross town rival

## Dee leads a potent offense against No. 13 SDSU Aztecs

**MATTHEW ROBERSON**  
ASST. SPORTS EDITOR  
@mroberson22

While most students spent their Thanksgiving holiday at home with family or relaxing, the University of San Diego men's basketball team was competing in the Wooden Legacy Tournament. The early stages of the tournament took place in Fullerton, California before moving to Anaheim for the conclusion.

The Toreros finished the tournament with a 1-2 record, capturing their lone win in a 75-65 game against the Princeton University Tigers. In the first game of the tournament the Toreros found themselves matched up with the Xavier University Musketeers, a program that has made eight of the last nine NCAA Tournaments. The final score was 82-71 in favor of Xavier, who dominated the glass by corraling 33 rebounds while the Toreros grabbed only 18. Senior shooting guard Johnny Dee led the team in scoring with 20 points, and senior point guard Chris Anderson chipped in with 10 points and 11 assists in the losing effort.

The next day the Toreros were able to bounce back and beat Princeton behind a season-high 29 points from Johnny Dee. Sophomore forward Brett Bailey played his best game of

the season as well, scoring seven points and snagging a team-high nine rebounds.

The tournament ended for the Toreros on Sunday, Nov. 30 with a two-point loss to the Western Michigan Broncos, a team that they had beaten just six days prior to that in the Jenny Craig Pavilion. Junior center Jito Kok scored 15 points, which matched the total he had against the Broncos in the teams' first meeting.

*"We feel we have a tough team that is ready to go over there and get a high quality win."*

-Johnny Dee

The Toreros currently hold a 4-3 record and have started the season 2-0 at home. Dee has led the way through the first seven games of the season, averaging just over 21 points per game.

The back court is the strength of the team, with Dee providing the bulk of the scoring and Chris Anderson distributing the ball for the offense. Anderson has already had three games with over 10 assists thus far, and he is shooting an efficient 45 percent from beyond the three point arc.

For the team to have success throughout the year, they will need to find another reliable scoring option. Having a consistent

offensive presence in the post would greatly ease the burden on the team's guards as well as force the opposing defense to guard multiple positions.

Kok could be that inside force that the Toreros need. Standing at 6 feet 9 inches and weighing in at 232 pounds, Kok brings an intimidation factor to the low post. He has proven to be a great rim protector, as evidenced by his 21 total blocked shots through the first seven games.

Kok is also shooting 66 percent from the free throw line, a clip high enough to make opponents think twice before fouling him. Look for Kok to be an x-factor for the Toreros this season, along with junior guard Duda Sanadze, who has assumed the role of sixth man for head coach Bill Grier.

The month of December will feature several tests against formidable opponents, including a game in Pauley Pavilion against the UCLA Bruins on Sunday. Conference play begins on Dec. 27 as the Toreros host the University of Portland Pilots, with a matchup against the powerful Gonzaga University



Photo Courtesy of USD Athletics

Senior guard Johnny Dee sprints up the court against Florida A&M.

Bulldogs coming two days later.

Their biggest test of the season will come tonight against their cross-town rival San Diego State University Aztecs, a nationally ranked team whose only loss so far came in the championship of the Maui Invitational.

Dee recognizes the significance of the game, as it comes against one of the nation's best teams who happens to play just down the road.

"It is a great opportunity to play a nationally ranked program on national television," Dee said. "We feel we have a tough team that is ready to go over there and get a high quality win."

The game will tip off at 8 p.m. in the Viejas Arena on the SDSU campus. Those not in attendance can watch the game on ESPNU or stream it online via WatchESPN.



Photo Courtesy of USD Athletics

Senior point guard Chris Anderson is averaging over eight assists per game.



Photo Courtesy of USD Athletics

Freshman guard Marcus Harris launches a jumpshot over an outstretched defender.

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