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THE USD VISTA

What USD is doing to prioritize students' mental health

Charlotte Johnson, Vice President of Student Affairs, shares how USD will continue to ensure student wellbeing

TAYLOR DEGUZMAN
EDITOR-IN-CHIEF

Clarification: On Oct. 7, there was an Op-Ed piece published on the front page, which could be perceived as a News story, despite the disclaimer. The piece offered a one-sided opinion which did not meet journalistic standards of fairness and balance under the category of News, and should have remained on the Op-Ed page.

A common theme can be heard throughout USD's campus community this fall semester: students are stressed, students are anxious, and students are already burnt out, not even two months into the school year.

Feeling homesick, social fatigue, and the pressure students put on themselves to perform academically and socially, places individuals in a tricky position to not prioritize their own mental health and wellbeing. Students



Taylor DeGuzman/The USD Vista

question how the University of San Diego (USD) will seek to prioritize their mental health and wellbeing this year.

Charlotte Johnson, VP of student affairs, recently joined the university this year, with an intentional focus that would prioritize student mental health.

Johnson shared why she wanted to specifically hone in on mental health and wellbeing when joining USD, with equity and accessibility to mental health resources remaining at the forefront.

"For me, and the entire Student Affairs team, student wellbeing is an important component of a

Thriving Student Model, which seeks to help students understand and reach their fullest potential at USD and beyond, no matter the student's experiences, resource level or unique barriers," Johnson said. "An additional focus of the Thriving Student Model is ensuring that members of

marginalized communities or groups which historically distrust counseling services have access to and are comfortable reaching out for support."

USD offers a variety of resources to students including: around the clock counseling services, 24-7 access to counselors through the USD Counseling Center, in-person counselors, and Telecounseling.

Johnson emphasized that partnerships with different USD organizations are at the "heart of the Wellness Collaborative" which engages staff inside and outside of Student Affairs to ensure student wellbeing. Johnson mentioned two distinct examples of such collaboration.

QPR (Question, Persuade, and Refer) Gatekeeper Training at USD is one example of collaboration that Student Wellness encourages. This program allows students and faculty to become QPR-Gatekeeper trained. Students learn how to "recognize the warning signs of suicide, know
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Lightning strikes throughout San Diego

Area near train tracks set ablaze during thunderstorm

COLIN MULLANEY
ASST. NEWS EDITOR

Ominous clouds hung over the Alcalá Vista Apartments during Monday evening, Oct. 4, as students made their way to dinner at the Student Life Pavilion (SLP). Flashes of lightning could be seen in the far distance as the wind began to pick up, announcing the imminent arrival of what would later prove an intense display. Inside the SLP, students watched out the wide windows overlooking the canyon, where ordinarily they might see a pleasant orange sunset.



Lightning striking across the Sports Center pool during the evening of Monday, Oct. 4; lighting up San Diego.

Photo courtesy of @usdcampusrec/Instagram

Bursts of energy overhead resembled strobe lights, sometimes accompanied by the rumbling of thunder and sometimes jumping from cloud-to-cloud noiselessly, but not without great effect.

Like most students, USD junior, Natalie Cerf, went to her apartment window to watch the storm, but her view contained something far more terrifying; Cerf reported that she saw a
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MORE STORIES

Mental health

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Tu Mercado upcharges

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Pumpkin spice

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Keni Can (really) Fly

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Golfer wins tournament

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NEWS

“I want students to know they are never alone”

Charlotte Johnson emphasizes the mental health resources offered at USD

Never alone from Page 1

how to offer help, and know how to get help at USD and in the community to help save a life.” A second example of a strong partnership is the collaboration between University Ministry (UM) and Student Wellness.

Not many students are aware that UM staff – who not only provide spiritual guidance to students but also create an inviting space for vulnerability – are there to support students’ mental health and wellbeing. Students can stop by Founders Hall 20 or call (619) 260-4735 for more information.

The university will soon utilize “Telemedicine” as a more accessible option for students who need medical help. Johnson explained how Telemedicine reinforces USD’s “Culture of Care” – whose purpose is to foster an environment where everyone feels valued, cared for, and respected.

“Telemedicine allows students access to professional care for a medical issue from their



There are a variety of USD resources for urgent issues and immediate help, as well as off-campus resources for students.

residential space and through the use of a computer or handheld device. The expansion will also include the addition of mental health providers who can be accessed via the phone or virtually,” Johnson said. “The idea to expand the services at USD was borne of discussions held through the Wellness Collaborative and represents an example of how USD can partner with external experts.”

Johnson pointed out all of the resources for students who need

Taylor DeGuzman/The USD Vista immediate help or have any urgent concern. She explained that USD will continue to prioritize students’ mental health.

“I want students to know they are never alone,” Johnson said.

While USD offers a multitude of on-campus resources, there are many mental health and suicide prevention resources for students to access off campus and around San Diego.

The “It’s Up to Us” campaign – designed to empower San Diegans to have an open dialogue about

mental health, mental illness, and utilizing accessible resources – created helpful pages dedicated to mental health resources and services for college students in San Diego and mental health resources and services throughout San Diego County.

Get QPR Certified
(Question, Persuade,
Refer)

*Suicide Prevention
Training & Certification*

Fall Training Dates

Students:

Oct. 19,

12:30 p.m. - 1:30 p.m.

Nov. 16

12:30 p.m. - 1:30 p.m.

Faculty/Staff:

Oct. 21 (Zoom)

12:30 p.m. - 1:30 p.m.

Nov. 18

12:30 p.m. - 1:30 p.m.

Content courtesy of Student Wellness

Signs and symptoms of “college depression”:

- Feelings of sadness, tearfulness, emptiness or hopelessness
- Sleep disturbances, including insomnia or sleeping too much
- Changes in appetite – often reduced appetite and weight loss, but increased cravings for food and weight gain in some people
- Negative changes in academic performance
- Anxiety, agitation or restlessness
- Feelings of worthlessness or guilt

Taylor DeGuzman/The USD Vista
Content courtesy of Mayo Clinic

Lightning storm wreaks havoc

Storm causes confusion on campus

Lightning from Page 1

large fire springing up only a short distance away from campus.

“I noticed [a fire] because I got up to stand by the window to watch the lightning and immediately noticed the flames and smoke,” Cerf recounted. “The fire looked like a massive bonfire to me. I couldn’t tell exactly how large it was, but it looked like it was getting bigger as I watched. I’d never seen fire like that so close up.” Worried, Cerf tried to gauge how close the fire might be, and whether it posed a legitimate threat to her or the USD campus community.

“At the time I was watching it happen, I couldn’t tell exactly where the fire was. It was definitely west of campus and my apartment, so I guessed somewhere by SeaWorld, and it turned out to be by Pacific Beach I believe. It looked like it was just a few miles from campus, relatively close to us, and I couldn’t tell how contained the fire was,” Cerf stated.

Because the fire appeared uncontained, Cerf believed it could spread and cause significant damage, if it had not already.

“I couldn’t tell exactly where the fire was. It was definitely west of campus and my apartment, so I guessed somewhere by SeaWorld, and it turned out to be by Pacific Beach I believe. It looked like it was just a few miles from campus, relatively close to us, and I couldn’t tell how contained the fire was.”

- Natalie Cerf



View of fire that occurred after lightning storm in Pacific Beach, which could be seen from USD.

“I was definitely worried for the people that were affected and how many more people and property it could hurt. I was mainly worried about the fire spreading a bunch more,” Cerf

stated.

Fortunately, the whole ordeal only lasted around ten minutes and was put to an end by a combination of natural forces and human intervention.

“I watched the fire until it was eventually put out, maybe ten minutes. I heard sirens and saw helicopters and assumed firefighters were there working to put it out,” Cerf said. “Luckily, it started to downpour and the fire fully went out a few minutes after that.”

Although not privy to the exact circumstances that caused the fire, Cerf theorized that it could have originated from not only the storm, but also the warm temperatures that day.

“I assumed the cause of the fire was the lightning combined with the heat of the day. I’m pretty sure it had gotten close to 90 degrees earlier in the day. It had cooled down but was still warm out for nighttime,” Cerf pointed out.

According to the San Diego Union Tribune, “the storm was generated by warm, highly unstable air that arrived from Baja California,” and the fire seen by Cerf was one of several produced by resultant lightning strikes. The article stated that, “a grove of 30 to 40 full-grown palm trees were on fire near the intersection of Calvo Drive and Rancho Road... threatening about 15 homes in that area.”

However, spokesman for Cal Fire San Diego, Frank LoCoco, confirmed that “they were all tree fires, none of them spread to homes” and nobody was injured.

Seemingly by coincidence, but possibly due to the electrical storm as well, the night of the fire coincided with several false fire alarms going off all around campus, resulting in an email to students from Public Safety about fire safety protocol. In their email, Public Safety reminded students to treat every audible alarm as though a fire were present and to evacuate. Students with additional concerns about fires and fire safety can refer to the recently updated, annual fire safety report for more detailed information about how to handle similar potential future incidents.

Photo courtesy of Natalie Cerf

Counseling Center responds to criticism from Op-Ed

USD is developing new resources to support student mental health and wellbeing

KARISA KAMPBELL
NEWS EDITOR

In the midst of the strenuous midterm season, students are increasingly overwhelmed and looking for support from various campus resources. The Wellness Center, the main center for mental health support, is increasingly overwhelmed during these busy times. In an Op-Ed, Contributor Maeve Drury wrote a personal and powerful piece reflecting on her personal experiences with the Counseling Center. This Op-Ed raised questions as to if the Counseling Story is doing enough to support students.

Dr. Laura Thackray, Clinical Director of Mental and Behavioral Health at USD, shared her response to students feeling like they are not being adequately supported.

"I want students to know USD has a caring team of very committed mental health counselors," Thackray expressed. "USD and Student Wellness is committed to providing students with the programs, experiences and support services necessary to help them maximize their educational experience, and to challenge them to develop knowledge, values and skills to enrich their lives. As a Wellness team, we work collaboratively to support students as they navigate the USD student experience."

One of the biggest barriers students face, as described by the Op-Ed, is working with insurance to find an off-campus counselor. Typically, the USD Counseling Center only offers short-term (about six appointments) care, and sometimes believe it is better to refer students out immediately if this is the case. However, this puts pressure on students and can cause financial stress and fears about insurance.

USD students are not alone in this fear, however. The search for an affordable, accessible therapist is one that millions of Americans are currently struggling with. Recently, the Wall Street Journal released an article exploring the reasons why Americans are currently struggling to find therapists. The most obvious reason is the pandemic; the pandemic caused an increase in the need for therapists,



Students feel overwhelmed during midterm season and feel compelled to reach out to the Wellness Center.

Photo Courtesy of Christian Erfurt/ Unsplash

therefore a lot of therapists are over saturated with the clients they have, and currently can not accept new clients. People also have a difficult time finding a therapist within their insurance's network. According to the article, 34% of people with private insurance found it difficult to find a therapist. Insurance companies are aware of the problem and claim that they are fixing it. The article states new ways different insurance companies are ensuring therapy's accessibility and equity, including increasing the number of therapists in their network, and growing the newly established telehealth programs, where patients can access counselors online.

Thackray shared how the university Counseling Center will work with students throughout the process, including if they are referred into the San Diego community for care.

"We want students to know they are never alone as they navigate health and wellness challenges. Students with any access barriers can seek help from the Wellness team," Thackray said. "We can help students address any challenges with health insurance. The Wellness team is available to help ensure students receive the appropriate

level of care and support."

As with many places in the United States, USD is currently facing a multiple-week wait to have an initial appointment with a counselor. This provides students with concerns regarding the accessibility of the Counseling Center.

Thackray described the ways in which the Counseling Center remains accessible, despite the long wait for initial appointments.

"The Wellness team is available to support students at any time. If students seek a same-day meeting for an urgent concern, the Counseling Center has 'Mental Health' counselors available. Every day we have available counseling appointments for students," Thackray shared. "Students can visit SH300 (during business hours) or call Student Wellness at 619-260-4655 (24/7) to access support. Please know we are ready to talk to students at any time via phone or in person."

Additionally, education and previous experience with therapy may also be an influencing factor on accessible. Sophomore student Spencer Bispham described what he believes to be another obstacle in obtaining mental health help.

"I came in with a ton of privilege and a lot of that

information already on hand, and I know not a lot of people have had those experiences," Bispham said. "College is a huge adjustment and mental health is a huge part of that, so if you are just thrown into that with no background knowledge and you've never been to counseling or therapy before, it's really daunting. I think it's good to be mindful of that, for the staff."

Thackray also emphasized the ways in which students can provide the Wellness Center with feedback about their experience.

"When students engage in any clinical services at USD, they receive information regarding how to share any concerns regarding their experiences," Thackray said. "Any USD community member can email Wellness@sandiego.edu to share concerns regarding their experiences or call 619-260-4655. Then, a USD Wellness Clinical Director is available to address any student concerns."

Similar to how many insurance companies are focusing on accessibility, according to the Wall Street Journal article, USD has also started a telemedicine initiative. This initiative allows for students to schedule online counseling appointments.

Thackray explained the reasoning behind the new

telemedicine campaign and the benefits it has for students.

"Among the many challenges of COVID-19 was ensuring students could receive accessible and culturally responsive mental health care," Thackray said. "USD explored and implemented a confidential telehealth option for students. Students can access a USD mental health counselor from home while using a computer or hand-held device. We want our students to experience accessible and caring connections with the Wellness team."

By creating the new telemedicine opportunity, USD is attempting to make mental health resources more accessible to students. Additionally, many students are understanding of the over saturation of the therapy system, and want to emphasize the importance of mental health.

Bispham shared his appreciation for the Counseling Center, while emphasizing the ways that the Counseling Center can do better.

"Thank you to all the employees there. I know it's a difficult job especially when the students are entitled, or frustrated with you, and I'm sure that happens more than what's talked about," Bispham said. "And I also I just want say look out for students who haven't taken care of these things prior to coming to school because unless you know exactly what to do, where to go, and who to talk to, it's really hard to figure all that out by yourself."

While the Counseling Center is a mental health resource for students on campus, it's important to understand that, like many other systems, it is not perfect.

The Counseling Center is always available for students, however, specific research may need to be done to understand exactly what needs to be done on the students end to access care. While the Wellness Center is here to support students, sometimes it's in the students' best interest to be referred out into the San Diego community to other resources.

If you or someone you know is in serious danger, reach out to either the 24/7 Counseling Center line or Public Safety, where they can connect you to someone.

For more information visit sandiego.edu/wellness.

The USD Vista

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EDITORIAL

Broke college kids can't afford tampons

The problem with USD upcharging students for basic items

OLIVIA SYNEK
OPINION EDITOR

Imagine you're a first-year student at USD. It's 10:30 p.m. and your head starts throbbing. You begin to cry because of the pain and you realize you're having a migraine. After reaching for your Excedrin (for migraines) on the bedside table, you open the bottle and notice it's empty. Your roommates are asleep and you don't have access to a car. Your only option is to walk to Tu Mercado (Tu Merc). You remember seeing medicine there once.

Somehow, despite the pain, you make it to Tu Merc. After browsing the aisles, you spot the Excedrin in the back corner. It's when you get to the register that you really get annoyed. The cashier says, "10 dollars. On campus cash?" You think to yourself, "That seems like a lot of money," but the pain is so bad that you pay and leave.

\$10. Tu Merc charges \$10 for a bottle of 24 Excedrin capsules. This same exact product, 24 capsules of Excedrin Migraine, is \$3.64 at Target and \$4.29 at RiteAid. Like the first-year in the picture I painted, I was annoyed that Tu Merc charged this much for pain medication.

I decided to figure out if USD raised the prices for other products in Tu Merc, and here is what I found: two packets of Benadryl costs \$3.50. It costs \$2.99 at Target for four packets. One stick of Carmex costs \$2. It costs \$0.98 at Walmart. One bottle of Pantene shampoo costs \$11. This costs \$3.99 at Target and RiteAid.

Obviously, there is a trend of price boosting at Tu Merc. Though, I cannot seem to get one specific upcharge out of my head: the markup of tampons. Tu Merc charges \$11 for a 16 pack of tampons. Upon further research, I found that Chapman University's on-campus grocery store charges \$7.79 for the same brand of tampons, yet they have an 18 pack. For this exact same product, everywhere else charges \$4.29. Not only tampons, but pads are also too expensive. A pack of 16 Stayfree pads is \$8.50 at Tu Merc, while other stores sell it for \$3.99.

USD upcharging for tampons and pads frustrates me. Sure, you do not necessarily need pain medication, chapstick, and Pantene. However, students need period products. USD has created a barrier between students and products sold in Tu Merc. The only way I would



Tu Mercado unfairly charges students \$11 for Tampax brand tampons while both Target and RiteAid charge \$4.29.

Jaden Hauptman/The USD Vista

As a woman, I feel that whoever is responsible for the price tags in Tu Mercado did not take into account that the price set for period products is too high for something we cannot control.

spend \$11 on tampons is if I literally had no other way of getting them. Thankfully, I have a car so I would never pay that much for something out of my control. And for a lot of students, they don't have another way to get them. There was a bill passed in California this year which enforces California schools to provide free tampons and pads in school restrooms. In every restroom on USD's campus including the bathroom directly next door to Tu Merc, there are free period products.

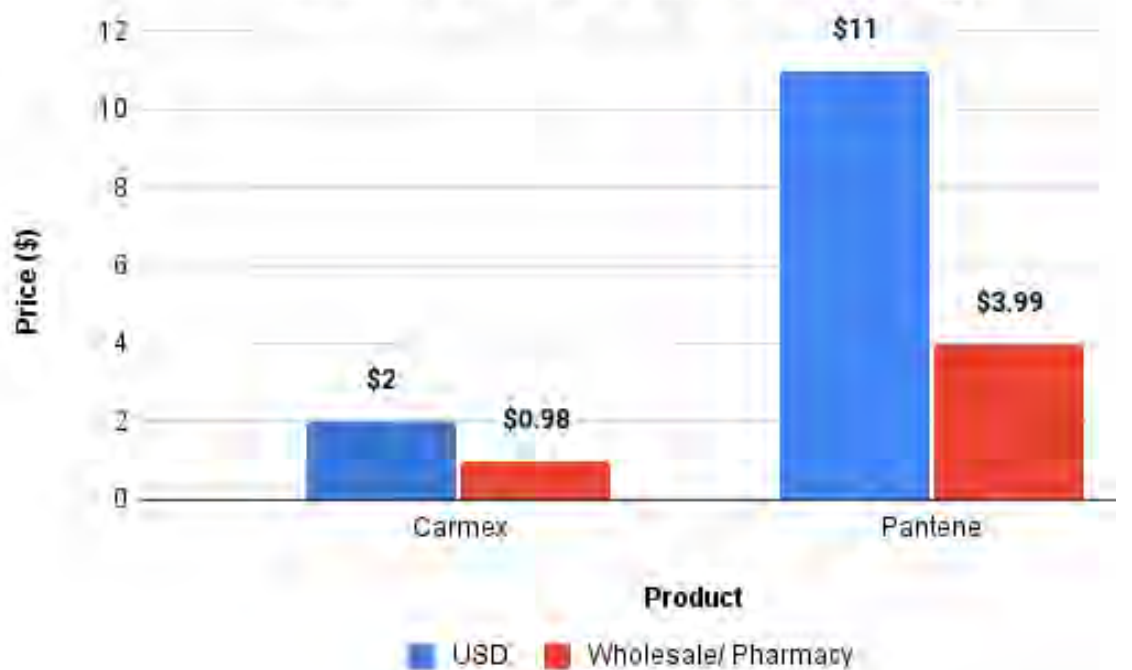
A common stereotype of college students is that we are broke. Even at USD, a private institution that typically draws in students of high socioeconomic status, there are many students with on-and-off campus jobs who work hard and save every penny for what they truly need. There is also a stereotype about USD that some people are convinced that we all have a lot of money, the upcharge of products sold in Tu Merc makes me wonder if USD believes it. At the expense of school tuition, many students,

if not most students, have some form of a job and cannot pay \$11 for tampons every month. That is nowhere near affordable.

As a woman, I feel that whoever is responsible for the price tags in Tu Mercado did not take into account that the price set for period products is too high for something we cannot control. Biological women cannot help having periods, and should not be expected to drop \$50 every month. For some of us, it's already embarrassing to have to buy tampons in public, and now we have to pay so much on top of the embarrassment?

Due to construction and not giving students near enough parking spaces on campus,

Tu Merc Prices at an Ultimate High



Wholesale/Pharmacy items at Tu Mercado are more expensive than at other stores.

Samantha Anciano/The USD Vista

USD has taken away parking privileges for first-year students. It almost seems like they are further taking advantage of students by jacking up the prices at the one grocery store they can walk to: Tu Merc. It is not just the medication and the hair/period products, but every single item I picked out from Tu Merc cost more money than a pharmacy or Target. USD should not be marking up prices and making students pay more than what they pay considering they require every student to get a meal plan for their first two years.

So picture this now, you are a first-year student at USD who has a work study job, student

loans, pays to print, pays to do laundry, and pays \$9 to eat chicken tenders and fries that come from a freezer box for lunch at Bert's Bistro. One day after work you realize you started your period and you need shampoo. You're out of products, and you need to go to Tu Merc. The cashier says "22 dollars. On campus cash?". Tu Merc charges \$22 dollars for sixteen tampons and a bottle of Pantene, while Target charges \$8.28. To me, this is not okay and it feels as if USD is being inconsiderate trying to pocket even more money. If USD wants to be more equitable and fair for all students financially, then the prices need to change.

The views expressed in the editorial and op-ed sections are not necessarily those of *The USD Vista* staff, the University of San Diego, or its student body.

EDITORIAL

Sickness rising among students

USD's covid guidelines are not doing enough

MARIA SIMPSON
ASST. OPINION EDITOR

The 2021-2022 school year is off to a great start so far with in-person classes and a lively atmosphere on campus. However, that peak of normalcy is now being threatened by a rise in on-campus covid cases as well as other illnesses. Anyone on campus recently has heard coughing and sneezing all around, raising a lot of concerns among students.

Amid this swell of sickness, many questions have risen among students. What do we do if we do not feel well? What if we test negative for covid, but we are still sick? Do we miss class? These questions are overwhelming students, unaware of where to turn for answers.

Currently, the majority of USD courses are not prepared to accommodate students who have to miss class for any amount of time. Only one of my classes is recorded and almost all of the others are purely lecture and activity based, with no "at-home make-up" option.

After over a year on Zoom I am surprised that more classes are not using the technology to their advantage. This could help encourage students to stay at home when they are feeling under the weather, avoiding the further spread of any illness.

As of now, USD is only enforcing isolation if the person tested positive for covid, while students who may possibly have the flu, strep, or other illnesses are still able to go to classes, meetings, and group gatherings as long as they test negative for covid.

There is also a risk that vaccinated students who are sick are choosing not to get tested so that they can avoid quarantine. There is no longer a requirement from the school for regular testing for fully vaccinated students, and many are refusing to get tested despite experiencing symptoms that align with covid.

USD states that vaccinated students do not have to get tested according to their COVID-19 Campus Action plan, "At this time, routine covid testing will not be required of those who are fully vaccinated.

However, if a fully vaccinated student were to develop symptoms of covid, they should consult with the Student Health Center as testing will likely be recommended." Even vaccinated people can still get covid so this choice endangers the rest of the student population.

USD's current covid guidelines may not be strict enough to truly manage a swell in cases. The university is still requiring masks for everyone indoors regardless of vaccination status. A vaccine requirement for all faculty, staff, and students, and a quarantine and contact tracing strategy is set in place. While these are all great elements to USD's overall plan, there are still weaknesses in the plan, especially within the quarantine and contact tracing procedures.

I lived on campus last year and these procedures were incredibly strict. All students were tested every other week and every student who received a positive test had to quarantine for 10 days along with those who they were in close contact with prior to getting their positive test back. This was a very strict (and

even slightly annoying) policy, but it helped to control cases from getting out of hand, and that is worth pushing through a little inconvenience.

This year, anyone in close contact with a positive case is simply emailed an alert with the suggestion to get tested and monitor themselves for symptoms. Many students may choose to ignore this suggestion. And those who do go to get tested may have difficulty accessing tests. I attempted to get tested at one point earlier in the semester, but I found it really difficult to find a location that I could access easily.

On-campus testing is offered in the Alcala West Storage Facility, but this facility will only be open until Oct. 31 and walk-ins are not guaranteed a test, as I found when I went there. Many students like myself do not have a car on campus, so it is difficult for them to access any testing besides the on-campus site.

As winter approaches, cases of covid and other sicknesses will likely increase. USD should amend some of their protocols in order to continue in-person experiences and keep the

community as safe as possible. Some helpful adjustments could include all professors creating a plan for students who need to stay at home or quarantine to follow. They should use the cameras installed in each classroom to record classes so that all students can keep up with lectures.

The university should make contact tracing slightly more organized by requiring all contact traced students to be tested rather than just suggesting they take action. Finally, USD needs to make testing, particularly rapid testing, more accessible to students. Returning to in-person learning has been incredible and we do not want to take any risks that would take that away again.

It is important for USD to incorporate effective guidelines that prevent spread of sickness, but they must remember that it is also important for each individual, faculty, staff, or student, to act responsibly if they even come in contact with someone who is sick or if they experience symptoms themselves. We are a community and we need to protect and care for one another.

Britney Spears' toxic conservatorship

Spears' father is finally suspended as her conservator

MEGAN VALADEZ
ASST. OPINION EDITOR

39-year-old Britney Spears spent the last 13 years living under a conservatorship. A conservatorship is a legal structure in which a person's personal, economic, and legal decision-making power is ceded to others. Conservatorships are usually for those who are old, ill, or deemed unable to care for themselves. In that time, Spears released four albums, headlined a global tour that grossed \$131 million, and held a four-year residency performing in Las Vegas. Her conservators – which include her father and her younger sister, Jamie Spears – have controlled her spending, communications, and personal decisions.

The #FreeBritney movement gained attention from celebrities and fans all over the world after the release of the Emmy nominated "Framing Britney Spears" documentary. The hashtag became widely used throughout nearly every social media platform to spread awareness of Spears' unusual

situation and to pressure the court to release her from the conservatorship.

This conservatorship is absolutely insane. Imagine being a grown woman and having your parent control 13 years of your life. Imagine not being able to go anywhere, not having access to social media without it being monitored by parental controls, and having cameras all over your house. Imagine not being able to go out with your friends or even walk in the park alone.

Imagine being forced to have an intrauterine device (IUD) planted inside you against your will, restricting you from having children. In a 2016 court report, Spears articulated that "the conservatorship has become an oppressive and controlling tool against her," and is "sick of being taken advantage of."

I've followed the Britney Spears case for some time now and as an avid "podcaster," I listened to many on the conservatorship. On the Sept. 29 episode of the New York Times podcast "The Daily," a former employee of Spears' security firm, Alex Vlasov, spoke up about the abuses of

the conservatorship. He said the security team installed software on her phone that was mirrored to an iPad. They used this to read her text messages and even planted recording devices in her bedroom to listen to her conversations.

One of Spears' strongest arguments in court was that she successfully performed almost nightly while on tour and during her Las Vegas residency. She choreographed her own dances and taught them to her dancers. She argued that she was clearly mentally, physically, and emotionally stable during that period, and has been for a long time.

I keep coming back to the idea that Spears was unable to make her own decisions about anything. She was not allowed to choose her own healthcare professionals, she was unable to control the money she made from her career, and she was unable to spend it without supervision or oversight. She couldn't get married or have a baby if she chose to.

She was asking for something so simple, to live her life the way she wanted,

without the constraints of her conservatorship holding her back.

Spears was unable to make her own decisions. The decisions we make daily, without thinking twice, are the ones Spears couldn't even make herself. The security team that her father hired gave her medication and prescription drugs against her will, was forced into therapy multiple times per week, and also was not allowed to drive a car; for 13 years.

I think about how constraining the conservatorship was for Spears. All of these years, Mr. Spears argued that he just wanted what was best for his daughter, and in her situation, this was nowhere near acceptable. Spears wanted to sue her father for "conservatorship abuse" and called the arrangement "f---ing cruelty" in court.

I continue to be amazed at the extent of this conservatorship. I think it fully represents a toxic environment. Mr. Spears was using his daughter's money, nearly a \$60 million fortune, to pay the bills for his lawyer, her own lawyer, and the security

company he hired to watch over his daughter.

Mr. Spears continued to argue that everything he did for her was for her own good. It is unbelievable that Spears' father was allowed to listen in on every single aspect of her life, even conversations with her own lawyer.

I keep trying to put myself into her shoes and think about how I would feel if I was under a long-term conservatorship, as a grown woman. If I was her, I would go insane with all the toxicity and I would resent my father and every single person involved in the conservatorship. Britney Spears' conservatorship is toxic, restricting, abusive, and cruel.

On Sept. 29, supporters outside a Los Angeles Superior Court cheered with signs, celebrating Spears' freedom from her conservatorship. A judge suspended her father from his role as conservator and he will be replaced by a Certified Public Accountant. We will find out in court if the conservatorship will be terminated as a whole in a hearing scheduled for Nov. 12.

The views expressed in the editorial and op-ed sections are not necessarily those of *The USD Vista* staff, the University of San Diego, or its student body.

SD'S PUMPKIN SPICE (LATTES) AND EVERYTHING NICE



RATED OUT OF 5 PUMPKINS

It's that special, special time of year: the leaves start turning into beautiful oranges and red (it happens sometimes in San Diego okay...), warm summer nights turn crisp and cool, candles named "Fall leaves" and "Spiced Apple" fill the air with sweet, spiced notes reminiscent of "Gilmore Girls" and every Halloween movie, and of course pumpkin spice and everything nice signify that fall is upon us. Even though San Diego isn't home to the most "typical" fall scene, any pumpkin spice latte (PSL) from one of San Diego's Instagrammable and yummy coffee shops throughout San Diego is sure to put anyone in the fall mood.



I DEJA BREW LOUNGE

LOCATION: HILLCREST
DRINK: PSL + PUMPKIN SPICE SLATTY CHAI
PRICE: \$5-7 (+\$0.65 FOR ALT MILKS)
PSL: 🍁🍁🍁
SLATTY CHAI: 🍁🍁🍁🍁🍁

Deja Brew Lounge's PSL unfortunately fell flat with having too overpowering notes of spice and not enough pumpkin; however, the "Pumpkin Spice Slatty Chai" was everything one could want for the perfect fall drink. It was the perfect blend of espresso, milk, pumpkin and spice. The chai in the latte was not too much at all. This chai latte is a must this fall.

**PRO TIP: find easy street parking in the neighborhood to the left of Deja Brew

2



JAMES COFFEE:

LOCATION: LITTLE ITALY
DRINK: PUMPKIN SPICE LATTE
PRICE: \$7-8 (+\$1 FOR ALT MILKS)
AMBIENCE: 🍁🍁🍁🍁
LATTE: 🍁🍁🍁🍁

James Coffee's Pumpkin Spice Latte gets 3.5 pumpkins for their PSL. Their version of the PSL is more on the pumpkin-y side, than the spice side. The ambience and atmosphere where James Coffee lies is very warm and inviting – the people are lovely and the vibes are even lovelier. 4 pumpkins for ambience. James Coffee gives customers their drinks in tall mason jars that can either be reused at James Coffee or recycled.



SUR COFFEE:

LOCATION: LINDA VISTA
DRINK: PUMPKIN SPICE LATTE + SPOOKY LATTE
PRICE: \$5-7 (+\$1 FOR ALT MILKS)
SERVICE: 🍁🍁🍁🍁🍁
DRINK: 🍁🍁🍁🍁

Sur Coffee's PSL has a beautiful balance of both pumpkin and spice; it is a great go-to PSL especially given its proximity to campus and its affordability. Their customer service is excellent; they really go above and beyond to make sure each individual gets the perfect cup of coffee.



4 STARBUCKS:

LOCATION: EVERYWHERE
DRINK: CREAM COLD BREW WITH PUMPKIN COLD FOAM
PRICE: \$3-5
DRINK: 🍁🍁🍁🍁

Let's be honest: Starbucks is everywhere; it's easy accessibility and consistency (for the most part) makes it an attractive option for anyone's next PSL. Their Pumpkin Cream Cold Brew with Pumpkin Cold Foam is perfect for coffee drinkers not apt to strong coffee, who enjoy minimal sweetness. If you want to remain within your comfort zone, stop at your local Starbucks.



FEATURE

Ken Whalen surf challenge

USD alumnus Ken Whalen leaves a legacy inspiring the next generation of surfers and students

GRIFFON HOOPER
CONTRIBUTOR

The Ken Whalen Surf Challenge was back for its annual event on Sept. 19. Its roots in the USD community make it a special part of the Mission Beach and San Diego coastal lifestyle that many students enjoy. Open to the public and in association with the Challenged Athlete Foundation, an organization dedicated to providing opportunities and support to people with physical challenges, this Surf Challenge brings the community of San Diego together for a celebration of Ken Whalen's life and values.

Ken Whalen, a USD alumnus, passed away unexpectedly in 2014 at the age of 47, leaving behind his family.

At the Challenge, hosted in Mission Beach, youth surfers come together to earn trophies, and volunteers share their love of the ocean with physically impaired athletes.

More information is available on the Ken Whalen surf challenge website where a spotlight on Whalen describes his touch; "Ken was always there to encourage people to take steps

to better their lives. This was Ken's gift. This is Ken's legacy."

USD senior, Natalie Jones spent her Sunday wearing a bright red shirt marking her as a volunteer for the event. Jones assisted the event organizers throughout the day and cheered on individuals competing in the youth surf contest.

"It has been so special to see the challenged athletes that have been competing in this event for multiple years and to see their growth of passion and overall skill as a surfer," Jones said. "It is truly an emotional experience and so beautiful to be a part of, I truly feel so lucky to volunteer every year."

Trophies were given to every competitor no matter their placement. Each trophy represents much more than surfing skill. Contestants, ranging from ages four to sixteen, push themselves to break through barriers and challenge their comfort zones.

Sharply at noon, a break occurred in the youth competition as the entire event came to a halt. More than 30 volunteers rushed into the water, guiding the surfboards of seven young individuals over the whitewater

and out into the surf. For some of them, this was the first time ever encountering the sport.

Tanee Gaspar, a senior at USD, volunteered for the event as well. Gaspar shared how the event had a personal impact on her.

"I was inspired by watching the joy of all of the surfers and their ability to overcome unique challenges," Gaspar said. "I am so grateful to have been surrounded by such an uplifting community of people who promote inclusivity and positivity in surfing."

The Ken Whalen surf Challenge was considered a huge success by its attendees and its organizer, Kevin Flynn. Flynn knew Whalen personally from his days in class at USD and is also a USD alumnus.

Flynn stated the lasting impact of the event.

"Our mission statement is to foster a deeper love of the ocean and surfing for young kids. I think we do that," Flynn said.

Flynn models the event after Ken's unique values.

"He loved kids and he loved getting kids to surf, he liked to push kids to surf even if they were scared, and we try to channel that into the event," Flynn shared.

Flynn weaves Whalen's



Volunteers motivate surfers and help them navigate the waves.

Photo courtesy of Julie Mitchell

uplifting philosophy with USD's coastal community year after year with this competition. Some of these young San Diego surfers are the future students of USD. He hopes that this event leaves a lasting impression on young competitors. "What we hope is that maybe the next time one of the kids needs to do something, like take a driving test or speak in public or something that is uncomfortable for them," Flynn said. "Maybe they can remember how uncomfortable they were before they did this contest, and they did it, and it turned out to be a great experience for them."

Whalen's vibrancy and enthusiasm about life continues to be felt by Flynn's efforts

and all who Whalen impacted. He finds himself frequently recalling Whalen's legacy.

"God, I'm inspired by Ken every day, my whole friend group, we frequently say to ourselves, 'what would Ken do' when we are faced with a challenge," Flynn said. "He was so gifted."

The Whalen Surf Challenge had a single, understated, billboard committed to Ken Whalen and his legacy. This was done purposefully as Whalen did not want his surf challenge to be a memorial. His spirit is woven throughout the community of volunteers and participants each of whom finds themselves inspired by a fellow ocean lover and USD's own, Ken Whalen.

Seniors, listen up: COMPASS, passport, and connect

USD encourages students to explore skills in their major-specific program

YANA KOURETAS
FEATURE EDITOR

Senior year is often characterized by frantically completing graduation requirements and trying to land that dream job.

Although USD's COMPASS, Passport, and Connect programs might seem like more requirements that are just meant to be checked off on a list, they encourage students to navigate their career field and areas of interest before joining the workforce or beginning their post-graduate journeys.

Established in 2018, COMPASS, of the College of Arts and Sciences (CAS), Connect, with the Shiley-Marcos School of Engineering, and finally, Passport, of the school of business, are all programs instituted as graduation requirements. They were designed with the intent to encourage USD students to apply and learn skills through a variety of required events and translate them to their potential internships or jobs.

The Career Development

Center, which works closely alongside the individual colleges at USD, developed these programs based on feedback they acquired from the National Organization of Colleges and Employers (NACE). Some of the surveys the Career Development Center received from employers in the workforce detailed that candidates were not able to clearly identify or display some of the fundamental skills that they possessed, primarily in their resumes and cover letters.

This did not mean that they didn't have certain characteristics, but that some students weren't expressing them as best as they could have been.

Isela Reyes, Career Readiness Program Coordinator of the Career Development Center described how the program's purpose was to give students the necessary resources to explore their goals and recognize the traits that make them who they are.

"We added this program to hopefully encourage students to apply some of these skills at the events or through internships or jobs, or Torero Treks through example," Reyes said. Within each program, there

are core requirements and "flexible points." However, the programs differ to cater more toward the general education experience and the career guidance that each school typically aligns with. For instance, COMPASS, passport, and connect programs each require students to attend their respective orientation and networking events, as well as complete a senior graduation survey.

However, COMPASS differs in its core requirements: the program necessitates students to attend a session that is directed towards articulating the value of the liberal arts, although all students are welcome to attend it.

Additionally, passport students are only able to acquire points once they declare their major in the CAS, whereas students looking to be in the School of Business or the Shiley-Marcos School of Engineering can earn up to 3 points for their passport and Connect programs, without needing to declare their major yet.

Each networking session also varies depending on the program. The alumni or career

professionals that attend are placed with the program that matches their career field in terms of majors or area of study.

Reyes explains how these networking events are diversified opportunities that do more than just fulfill a requirement.

"There could be some events that have actual networking receptions after the event. Or some are career fairs where you meet with employers 1:1 and share your resumes and cover letters with them," Reyes said. "They could also just be showing you how to network and going over the basics for this. It mainly provides an opportunity where a student is able to talk one on one with an employer, alumni, or profession."

Similarly, all programs allocate flexible points, which are more customized, such as research or internship opportunities that fall under different career fields.

If a student happens to complete an internship or research opportunity either during the summer or the school year, they can fill out the Career Readiness programs experiential and internship learning registration form on

the USD portal. The Career Development Center can review the opportunity and determine whether it can qualify for a certain area under the passport, compass, or connect programs.

Reyes clarified that these programs were modeled in accordance with four distinct outcomes to direct students to navigate their academic and job or internship experiences during their time at the university.

"We have four program outcomes in general for all of the programs. One is thinking about what you are going to do after grad school. The second one is making sure that this is the major or career you want to do," Reyes said. "The last two are articulating the value of liberal arts and identifying one's professional network through the different events, professors, or even your peers."

Although college is likely a stressful time, USD attempts to alleviate some of the worries over post-grad by immersing students in activities and events that will allow them to delve into their passions during their time as an undergrad and feel confident about the career field they choose.

ARTS & CULTURE

Toreros in the real world: keni (really) can fly

A USD senior is taking the music world by storm

ANNA VALAIK
A&C EDITOR

From performing at Music Box in August to producing and executing unbelievably thought-out and intricate music videos with his band of creatives, USD senior who goes by the artist name “Keni Can Fly” (Keni) cannot be stopped. And he doesn’t plan on stopping anytime soon.

When he’s not on campus working on completing his Visual Arts degree, he’s out and about. He gains inspiration from old films, producing new beats, or meeting with other artists to collaborate.

It’s a non-stop job, but Keni’s hard work is paying off considering his growing Spotify views. “Veering,” a song that popped off, much to his surprise, is at 500,000 listens. He takes his craft seriously, and he wants people to know that.

But music wasn’t always the end goal for him; Keni had other hopes and dreams for what he wanted college to look like.

“Before music, basketball and football were my life,” Keni said. “I trained every day, all the time.”

Dedicating himself entirely to his high school sports, he didn’t have much time to think seriously about music. However, this passion existed in his life ever since he was young.

“I always rapped on the side as a hobby with my uncle and his friends, and I was always intrigued by it,” Keni said. “I thought my uncle and his friends were the coolest people ever, so if they did it I would.”

He found joy and comfort in this particular musical form – a musical form that involves rhyme, chant, and, oftentimes, street vernacular.

After attending a preparatory school on an athletic scholarship and eventually quitting basketball, he saw no better time to commit to his new craft. It was time to fully dedicate himself to music.

No one just gives themselves a stage name like “Keni Can Fly” without some inspiration, a solid team behind them, and a clear vision of the art they want to share. Keni explained how it was both out of necessity and style.

“I wanted to do Kenny with an ‘I,’ but I saw that there was already another ‘Keni,’” he said. “It was a really big YouTube account, so I didn’t want his stuff to come up when I dropped something and someone was looking for it.”

Although this idea had to be tabled, he found inspiration somewhere else.

“I’ve been really into words of affirmation from reading ‘The Secret’ four years ago,” Keni explained. “I guess at the moment



A still from the “Eating vegetables off the ground of your mother’s Kitchen” music video.

I thought the coolest thing was to make some wild ambitious affirmation as my artist name, which is just a cool way to tell myself I can do anything.”

The inspiration doesn’t stop there. Keni finds creativity through countless other artists, places, and mediums. Creatives like Wes Anderson, Christopher Nolan, Tomi Adeyemi, and Haruki Murakami push him to keep making genre-bending, unique music. Specific music artists like Choker, Basquiat, Frank Ocean, Lauryn Hill, and Jaden Smith inspire him, too.

Thankfully, Keni shares his fondness for music with close friends, as well.

He and Matteo Woods, one of Keni’s oldest friends at USD, share this passion, and together they celebrate each other’s successes.

This past summer, in particular, Keni was delighted to celebrate one of Woods’s biggest accomplishments to date: hearing a song he produced

for Tobi Lou performed live at Lollapalooza. And Keni was right there next to him, living in the moment with his friend.

“We got to watch it from backstage, and there were probably 700-1500 people just going absolutely nuts to this song that wasn’t even out yet,” Keni reminisced. “For me, it was just so wild to see a dear friend, who works on his craft every damn day, consistently and wholeheartedly, finally have his work pay off.”

To Keni, feeling like you “made it” in the music industry is a lot different than people imagine.

“In music, results, numbers and things of that nature are so ambiguous and abstract in digital form,” Keni explained. “So, in person there was no question. All we knew is it was a lot of people, including us, going absolutely crazy to something the homie made.”

This instance and many more are what sets Keni apart from so many other music artists; he will

be the first person to tell you that he doesn’t roll solo; ever.

He’s not some high and mighty artist who thinks no one can reach or understand his musical genius.

Instead, it’s quite literally the opposite. Looking at his social media, watching any of his music videos, or simply asking about him around campus, it becomes obvious his network extends out in just how much he relies on them.

“In regards to my support system, I could write a whole book on that,” Keni said. “It’s a nice feeling to know that you have people who are there for you and vice versa.”

His support system was, of course, present when he performed in person this past summer at 1853 Studios and Music Box in San Diego.

His performance at 1853 Studios, in particular, stands out as something he will never forget.

“I’ve never felt so alive and that was legit the best night of my life,” Keni recalled.

Because much of his music was dropped during quarantine, Keni was so excited to finally see the physical manifestation of his music, and it far surpassed his expectations.

Just as concerts give life to his music, so do his intricate, visually-stimulating music videos.

With more than a few music videos on his Youtube, it’s obvious how serious Keni takes visual story-telling.

“In a world that is so visually driven, I think if you’re not telling a cohesive and interesting visual story or creating a visual world then how can you expect people to want what you’re trying to give them. i.e. good music/art,” Keni pointed out. “At the end of the day, it’s just like how can I make this world I’m building easy for people to understand, and how can I get them to want to experience or be a part of it?”

At this point in his career, that means creating visuals that are loud, bold, and centered around the youth yet still bear an important message: he’s interested in the contrast between youthfulness and maturity, which is obvious in bar101, one of his singles.

His recent switch to a Visual Arts major also pushes him to create with intention and purpose again, something he’s appreciative of at USD.

If it isn’t obvious already, Keni is a creator with the truest sense of the word; from witty song titles, one-of-a-kind music video concepts, and a flare for style and taste like no other, he really does it all.

He’s paved a unique path for himself in the musical world on his own terms because he’s always just doing him.

Whether he knows it or not, everyone at USD knows; Keni really can fly.



Keni celebrates a successful performance at Music Box with his band.

Photo courtesy of Gideon Sawyer



Keni performing at 1853 studios, one of his all-time favorite performances.

Photo courtesy of Patrick Casella

Stories from the world of fashion

The latest updates from New York, Milan, and Paris Fashion Week

SAMANTHA ANCIANO
COPY EDITOR

Fashion Week is the most anticipated event in the fashion world.

Famous houses from Tom Ford to Saint Laurent, Christian Dior to Valentino and designers alike put together collections that reflect not only their creativity, but also pop culture, upcoming trends, and even societal issues.

We go from the Spring/Summer (SS) season from January until June, then continue into the Fall/Winter (FW) season that runs from July all the way to December.

New York (NYFW), Milan, and Paris Fashion Weeks are big hosts to the SS and FW seasons, all of which happen one week after another.

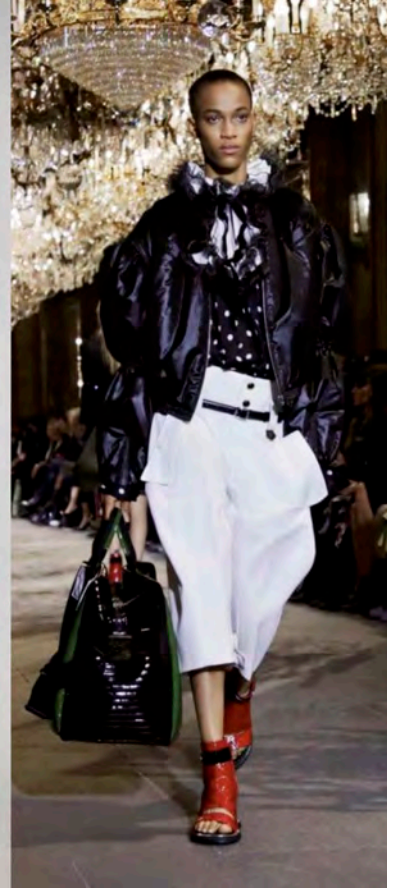
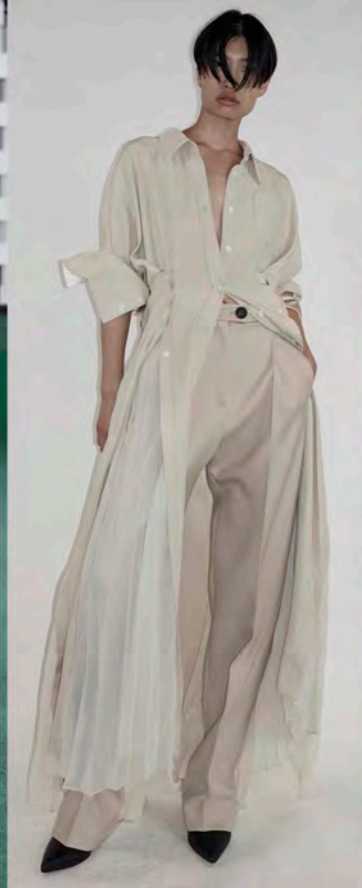
Here's the latest from one of the biggest events in fashion.

NEW YORK (NYFW)

NYFW began on Tuesday, Sept. 7, opening the SS 2022 season. Fashion Week in New York is always exciting to see because of emerging designers and the stunning street styles.

Among these designers was Prabal Gurung. Gurung, the Nepal-native brought emphasis to woman empowerment. The designer celebrates the female figure and challenges the ideas of identity through his work. This season, Gurung asks the question, "Who gets to be a girl?"

The designer shared, "America has always been



Looks from (left to right), Prabal Gurung, Stella McCartney, Peter Do, and Louis Vuitton on the runway during SS Fashion Week 2022.

Photos courtesy of @prabalgurung, @stellamccartney, @the.peterdo, and @louisvuitton/Instagram

a woman, but she has not been treated beautifully." Inspired by the rallies and protests he attended, he exhibited that fashion is a free space for everyone.

Gurung designed colorful suits and corsets, dresses and outerwear that broke away from tradition.

He reimagines the idea of race, gender, and beauty by sharing fabrics, prints, and shapes across a spread of identities, proving that fashion and politics can be mixed.

Another highlight from

NYFW was Peter Do's show. His first runway show debut was the highly-awaited event of the season.

The Vietnamese designer gave a handwritten note to all his guests talking about the similarity of his collection to making Pho with his father.

He writes, "A good Pho is reduced and edited, to an essence. It is comforting and it feels like home... Welcome to our home." Inspired by his heritage, Do displayed immaculate and timeless tailoring with his deconstructed suits.

He looked at the fashion of the "people before us." Seeing old photos of his grandmother wearing a traditional "ao dai" inspired the shapes of his SS 2022 collection.

With the Manhattan skyline right behind his runway, Do wanted to make a statement on the Asian hate crimes. He notes that this space (New York City) belongs to everyone – to him and his team of Asian-American designers, and other identities as well.

MILAN

Directly following NYFW is Milan. This city holds some of the most innovative and interesting designers such as Max Mara, Dolce & Gabbana, Ferragamo, and Prada.

On Sept. 23, Emporio Armani celebrated the 40th anniversary since the opening of "Emporio Armani," or "Armani Emporium" in English.

This brand became an avenue for a more affordable and accessible expression of the "Armani Code."

The collection featured Armani's roots covering both menswear and womenswear with "sexless" tailoring.

Armani made excellent transitions from one fashion chapter to the next by sending models off in clusters that would show the general style of that decade.

The collection was full of strong silhouettes, colors, and prints, reminding all of us that Armani will stay relevant and timeless for many more years to come.

Although Emporio Armani reinvented its brand history, the Fendi x Versace show, "Fendace" (fen-dah-che), made history at Milan Fashion Week.

For this collection, Donatella Versace (Versace), Silvia Venturini Fendi and Kim Jones (Fendi) switched roles and designed pieces for opposing brands.

Showcasing the brands' friendship and iconic culture, the Fendace show was one for the books.

Fendi and Jones took the signature prints and silks of Versace and combined it with Fendi's staple handbags and architecture. Versace, on the other hand, took the classic "FF" design of Fendi and combined it with Versace's iconic medusa head.

The collaboration of the two brands definitely made its impact, in hopes of more designer collaborations in the future.

PARIS

Paris holds the title of the "fashion capital of the world" and continues to show why. Well-known names and design houses like Chanel, Givenchy, Valentino, and Hermès call this city their home.

Stella McCartney gave light to an important issue. McCartney is one of the only designers that puts an emphasis on sustainable fashion. Her collection uses mushroom leather as its main material. The designer began researching and working on developing mushroom leather back in 2017. Moved by the process, McCartney made the whole collection and ambiance mushroom-themed.

There were mushroom prints, silhouettes and even the sounds

of the mushroom's growing process were featured in the show. Her collection consisted of different dresses, coats, jumpsuits, and ensembles that are ready to be worn by the world.

The designer cut her pieces in unique ways, pairing them with complementary colors and accessories.

Aside from that, the Louis Vuitton's (LV) show was definitely something memorable. Nicolas Ghesquière, LV's Creative Director since 2013, called this SS 2022 collection, "a grand ball of time."

Ghesquière is fascinated by the ideas of the past, present, and future, and carries those ideas into his designs.

One could see oversized jackets inspired by the 80s, dresses reflective of the 70s, and gowns that just draw us back in time.

Interestingly enough, the biggest surprise about the show was when a climate change protester interrupted the runway carrying a banner that read, "OVERCONSUMPTION = EXTINCTION." The protester hoped to make a statement on the impacts of fashion on the environment, as it is the industry with one of the highest amounts of waste and pollution.

Fashion Week is back and continues to make its statement to the world.

Designers work extremely hard to create their vision and channel their messages onto their collections.

As time progresses, the world of fashion just becomes more diverse, more reflective, and more creative.

A 15-20 minute walk on the runway can affect the trends for the next weeks, months, and even years to come. Season after season, it is always so interesting to see what designers come up with, what styles they want to bring back, and how fashion can potentially pay it forward to society.



Model, Kate Moss, wearing pieces from the Fendi x Versace collaboration in Milan.

Photo courtesy of @versace/Instagram

SPORTS

Kingsley crowned champion in Colorado

USD golfer achieves his dream of winning a collegiate tournament

MARI OLSON
SPORTS EDITOR

University of San Diego redshirt junior golfer, Harrison Kingsley, came back from his summer break ready to take over this season, and has already shown that he's up to the challenge.

Kingsley won his first collegiate tournament at the Mark Simpson Invitational, hosted by the University of Colorado Boulder at the Colorado National Golf Course on Tuesday, Sept. 28.

He shot a tournament record 15-under with scores of 67, 68, and 66 over three rounds of golf in two days. As a team, USD golf placed 4th out of 17 schools.

Kingsley's main goal at the beginning of the season was to win a college tournament.

"Now that I accomplished my first goal of winning, which is pretty cool to do in the first two tournaments, I want to win multiple times during the season," Kingsley said.

After the golf team's first tournament in New Mexico, where they placed 4th overall and Kingsley finished 13th out of 100 individual players, he was ready to move on to the next challenge in Colorado.

"I wasn't making as many putts in New Mexico," Kingsley explained. "I just had to keep the confidence up, and not be discouraged about not making as many putts."

Kingsley talked about how important it is to know oneself



Redshirt junior Harrison Kingsley poses with his trophy and head coach Chris Riley (L) after Kingsley's win on Sept. 28.

Photo courtesy of Harrison Kingsley

and the game.

"Another thing I took away from New Mexico was basically to trust in my game and in my process. I went into Colorado almost relaxed and comfortable in a way, so that I was able to just go and do it rather than think about the result," Kingsley said.

Kingsley knew after the first day in Colorado that he had a real shot of winning the tournament.

"After the first two rounds I was four strokes back, so I was thinking in my head the night before the last round that I had a very good chance if I went out and put up a good score the next day," Kingsley said. "It's always the goal when you show up to a tournament, you're trying to win."

Kingsley was able to best

two other golfers to pull through for the win on the last hole. He finished before one of his close competitors came down the course, so Kingsley had a chance to watch his win become cemented.

"It was pretty incredible, honestly," Kingsley said. "It's been my dream to win a college golf event like, forever, basically, and I've gotten close quite a few times when it hadn't fallen my way, and for it to fall my way this time was exhilarating."

Kingsley admitted that he couldn't quite keep his emotions in check after his first college win.

"I was on FaceTime with my mom and my girlfriend right after I won and honestly it was kind of tough to hold it together because of the fact that I put

so much time and effort into this game and it's my passion," Kingsley said. "For it to finally pay off was an emotional overload of joy and happiness but also that your hard work has paid off. I was trying to keep it together but it all kind of hit me at once."

Kingsley's other goals include being an All-American this season, which means he is ranked among the top 30 collegiate golfers in the country. He's also looking ahead to a professional golf career after college, where he wants to play on the Professional Golfer's Association (PGA) tour.

Kingsley is 100 percent confident in his abilities to reach the biggest stage in his sport, and USD's golf program is helping him reach those professional

dreams. Head coach, Chris Riley, played on the PGA tour himself for 15 years, as well as in the Ryder Cup, which is the highest level of competition for team golf in the professional arena.

"Coach [Chris] Riley and Coach Sam Foust, I enjoy having them caddy for me, helping me on the course with the mental side of the game and the decision making on the golf course," Kingsley said. "I believe coach Riley and his success playing professionally helps me as a mentor so that I have a good idea of the process and what it takes to make it in professional golf as well as tips, guidance on how to get there and how to stay on the PGA tour."

Kingsley will play golf at USD for another season after this one, and plans to use these two years as better preparation for his professional career. He also hopes that the USD golf team, as a whole, can win a tournament.

"Winning individually is awesome, but the drive back would be even more exciting if it was a team win. So I definitely want to have a team win and share it with the guys and the coaches," Kingsley said.

USD golf will play three more tournaments this fall, heading to Reno, Nevada on Oct. 11, to Maui, Hawaii on Oct. 24, and, finally, to Pebble Beach, California on Nov. 8.

Keep up with USD's golf team as they begin to take on conference opponents and work toward the NCAA tournament in the spring.

Weekly Recap

Holmgren advances to final for men's tennis; volleyball continues unbeaten streak in WCC

MARI OLSON
SPORTS EDITOR

It was a busy week for USD sports as women's rowing, tennis, and swim & dive began to pick up their fall seasons. Check out how everyone fared this weekend, and stay tuned for updates as everyone's seasons progress.

Volleyball

Volleyball continued their undefeated run to start West Coast Conference (WCC) play, beating Gonzaga University 3-0 at the Jenny Craig Pavilion on Thursday, Oct. 7.

The Toreros won 25-23, 25-12, 25-18 to put away the Bulldogs in quick succession.

USD volleyball rounded

out the weekend with another WCC win, over the University of Portland on Saturday, Oct. 9. The Toreros extended their undefeated conference win streak for this season, and are 12-3 overall, 6-0 conference.

USD won 25-16, 25-15, 25-19, putting together an impressive team win to get past the Pilots. Redshirt sophomore setter, Isadora Terçariol, had 29 assists for her teammates during the three sets.

The Toreros play 23-ranked Pepperdine University away on Thursday, Oct. 14, and will play Loyola Marymount University away on Saturday, Oct. 16.

Football

The USD football team played Pioneer Football League (PFL) opponent Butler University on

Saturday, Oct. 9. The Toreros won 52-21 in Indianapolis.

After going down by a touchdown in the first quarter, at 7-14, the Toreros found enough offense to tie the score going into halftime.

USD exploded in the second half. A field goal scored by junior kicker, Brandon Eickert, and five touchdowns put the Toreros up 52-14.

Butler was able to score one last touchdown with a minute and a half left in the game to make the final score 52-21 to the Toreros.

USD will play Drake University at home at 1 p.m. next weekend, Oct. 16, in their homecoming game.

Men's soccer

USD's men's soccer team

traveled to the Pacific Northwest to take on the University of Portland on Saturday, Oct. 9. USD couldn't turn things around, and a 1-5 loss to the Pilots dropped their record to 1-10 overall and 0-2 in conference.

First-year defender, Robert Webb, scored the Toreros' only goal of the evening in the 63rd minute to make the score 1-4. The Pilots scored ten minutes later for the final goal of the game, with USD conceding five goals.

Senior goalkeeper, Berk Watson, made four saves in the first half and substitute senior goalkeeper, Marley Mascarenas, made five, but it wasn't enough to keep the Pilots from finding the back of the net.

The Toreros will take on the San Diego State University

Aztecs on Friday, Oct. 15 at 7:30 at Torero Stadium.

Women's rowing

Women's rowing competed in their first race of the fall season at the San Diego Row for the Cure regatta early in the morning on Saturday, Oct. 9.

The team entered boats in the open eight, open four, and open pair categories, meaning many athletes raced twice. Although no other collegiate teams competed on Saturday, the USD boats posted good times to start the year and will be looking to improve in their next race.

USD will take an 8+ and a 4+ to the Head of the Charles Regatta in Boston, MA on Oct. 23 and 24. This is the first time the Toreros will have two boats

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Kickin' it soccer style

A look into the lives of the USD Torero soccer players

JAREK MORGAN
ASST. SPORTS EDITOR

As the 2021-2022 National Collegiate Athletic Association (NCAA) men and women's soccer season enters its first full month of conference play, it's a good time to take a look at some fellow Torero student-athletes and how they will prove to be top contenders to the West Coast Conference (WCC) this season.

They may have gotten off to a bit of a slow start, but athletes are reminded constantly that it is not all about how one starts, but how one finishes the game. The expectations are high for both teams and having a season that can defy the odds of their current records is something that will come as no surprise to either program.

Student-athletes from both men's and women's soccer gave insights on how they battle through adversity on the field, and the ways they improve themselves off the field.

USD senior defender, Mikey Barrow, originally from Liverpool, England, explained what it is like to adjust to living in the states, and what it's like to play the sport he loves.

"Coming from England, soccer is such a major sport, but here in the states we have so much more to watch and play like basketball, football, baseball, and everything else," Barrow said. "For me, soccer has been my passion my entire life, and I love playing in a different culture with my friends and teammates."

Barrow spoke in great detail about the importance of being back on campus, and sharing brief moments of enjoyment with his peers as something he will not soon forget.

"I love it. I absolutely love it," Barrow said. "Social interaction is something you just can't replace. Meeting people on



Senior, Mikey Barrow, dribbles up the field with the captain's armband, looking to lead his team to a win.
Photo courtesy of USD Athletics Communications

Zoom, you just didn't get to really know people like you wanted to. Now that I am on campus, I walk into classes and people say, 'Hey Mikey,' and I know them and say what's up back, and just that small moment feels so good to have again, because I missed it so much."

Knowing how to work through the struggles of not having a winning season thus far is difficult, but Barrow continues to push himself and his teammates.

"It's tough when you're not winning some of the games you know you should," Barrow said. "We are a great team and we know that, but the thing I love the most about us is, even when the times are hard, we never give up on each other. I know I can look to my left and right and my teammates will be right there for me."

The same can be said about Barrow inside the classroom when he is focusing on being the best student-athlete he can be.

"I take the time to make school a priority," Barrow said.

"This school is so great because every teacher cares about their students, and I get that feeling in my classes. I know that it takes time and effort to be a good student but sports have given me the necessary tools I need to be successful in the classroom."

USD junior defender, Sydney Hopkins, took her game on the field and elevated it to levels that are simply spectacular.

Hopkins gives her absolute best with everything she is a part of: captain of the women's soccer team, a proud member of the Black Students Union, serving with the Fellowship of Black Students, and WCC All-Academic Scholar.

Hopkins continues to find ways to improve herself on and off the field.

"I've found the easiest way to be successful: I write everything down," Hopkins said. "It sounds like something so small but for me it really helps. When I am in class, I am constantly writing because I don't want to forget anything. When I am watching films on my past games, I like to

know what I was doing at certain times so I can improve any way possible."

Music is really important to Hopkins. She shared what is currently in her playlist rotation, as well as what she listens to before big games.

"Drake. That's it," Hopkins said. "My friends and teammates know the new Drake 'Certified

Lover Boy' is going to be playing whenever I am around. Every song on the album I can listen to over and over again."

From the daily rotation to the pre-game hype music, Hopkins has an eclectic taste in music that spreads far and wide.

"Before a game, I love listening to oldies," Hopkins said. "I grew up listening to all the old classics so when I am getting myself calm and ready for big games, I love putting on some throwbacks. I will always play some Usher 'Confessions' and sing every song. My teammates consider me the DJ of our team, and I love it."

Hopkins and Barrow exemplify qualities that great students and athletes alike have in common: good study habits are universal, being a friend inside the classroom is a great way to make long lasting friendships, and working hard will always pay off.

Women's soccer will play Loyola Marymount University on Friday, Oct. 15 at Torero Stadium at 5 p.m.

Men's soccer takes on crosstown rivals San Diego State University later that same night at 7:30 p.m, also at Torero Stadium.



USD women's soccer came up short against no. 6 Pepperdine on Oct. 6.
Jaden Hauptman/The USD Vista

Weekly Recap from Page 11 competing at the prestigious race.

Women's soccer

The University of San Diego women's soccer team hosted no. 6 Pepperdine University at home on Wednesday, Oct. 6, falling to the Waves by a score of 0-4.

Pepperdine registered 22 total shots over the course of the game, while USD managed 10. USD's senior goalkeeper, Ellyn Casto, made four saves, but it wasn't enough to keep out Pepperdine's attack.

USD continued their WCC schedule on Saturday, Oct. 9 against no. 20 Brigham Young University. The Toreros lost to the Cougars 0-6.

The loss puts USD's record at 5-7 overall and 0-3 in conference.

Women's soccer returns to Torero Stadium at 5 p.m. on Friday, Oct. 15 to play Loyola Marymount University.

Women's tennis

USD redshirt junior Solymar Colling and redshirt sophomore Elizabeth Goldsmith traveled to South Carolina this week to participate in the International Tennis Association (ITA) Women's All-American Championships against the best collegiate tennis players in the country.

The pair competed in the open doubles tournament, and won their first match on Oct. 7 in an upset against the no.

4 team from Tennessee State University, 9-7.

In round two, Colling and Goldsmith met a doubles pair from Iowa State University, who beat the Torero team 8-4 to move on.

Colling also competed in the open singles tournament, but fell in the first round to University of Oklahoma senior, Ivana Corley.

Men's tennis

USD redshirt senior, August Holmgren, competed in the ITA Men's All-American Championships this week in Tulsa, OK. Holmgren won his round of 64 match against Princeton University senior, Karl Poling.

Holmgren continued to

advance through the stages, beating athletes from the University of Texas, Austin and Tennessee State University to make it to the quarterfinals.

On Friday, Holmgren faced off with Mason Beiler from the University of Oklahoma, fighting through two sets for a win to make it into the semi finals.

Holmgren marched his way through the semis, beating University of Hawaii, Manoa, junior, Andre Ilagan, for a place in the final against University of Florida sophomore, Ben Shelton.

Holmgren couldn't quite find the winning ticket, falling to Shelton 3-6, 4-6 in the final.

Next up for Torero men's tennis is the ITA Southwest Regional Championship on Oct. 22-25.

Swim & Dive

USD swim & dive competed in the Pepperdine Invitational meet on Saturday, Oct. 9. The Toreros had five teams competing in the 200-yard medley relay, and one of the teams won the event.

Swimmers also raced in the 400-yard individual medley, with first-year, Shelby Nicolaisen, taking second and sophomore, Hannah Hintermeister, finishing third.

The Toreros came second as a team in the Division I women's team category, beating Loyola Marymount University but unable to overcome Pepperdine.

USD's next meet will be at California Baptist University on Oct. 21.

**HOME COMING
THIS WEEK**

USD WSOC vs. LMU
Friday, Oct. 15
5 p.m.
Torero Stadium

USD MSOC vs. SDSU
Friday, Oct. 15
7:30 p.m.
Torero Stadium

USD FB vs. Drake
Saturday, Oct. 16
2 p.m.
Torero Stadium

Mari Olson/The USD Vista