THE BLACK BOOK
2016-2017
Ayo! You there—you’re new around here, right?

Welcome to UC San Diego! If you’re the lucky one who got your hands on this little black book, you better hang on tight. This is the WHAT, WHEN, WHERE, BEST. of living on campus! Using info compiled by current students, this no-B.S. cheat sheet is your guide to the best places to eat, hang out, study, and recover on campus.

So flip through, find something fun or yummy or both, and get to it! Because...

Being an HDH resident is an ah-mazing adventure if you want it to be.

Have fun! The Black Book Team
MOVE-IN VIDEO COMPETITION

Moving to campus @ UC San Diego? Share and Win!

Show us what you’re doing to get ready for Move-in!
Upload your creative video to facebook/ucsdhousing/dining and #ucsmoves2016 to win.

GRAND PRIZE: a GoPro!
RUNNER-UP PRIZES:
Pizza Party for your entire suite/apartment.

CAMPUS CARD
Here’s the thing...
Your campus ID card is good for a lot!

• Dining Dollars
• Triton Cash
• Laundry

I love UCSD

I remember the first week my friends and I decided to try out a different Dining Hall every day because it is like going out to eat at a different restaurant every day.
-Sarah, Class of 2019
You have Dining Dollars to spend. These are linked to your ID card. Swipe it to buy your meals. Dining Dollars can be used at all Dining Services locations on campus.

Dining Dollars

Triton Cash

Accepted at 80+ locations on and off campus!

Visit TritonCash.com or check out the Mobile App.

Triton Cash is a prepaid spending card that is linked to your ID card. It’s convenient, fast, and easy to use. Use it for:
- Special discounts and promotions
- Select vendors
- Recreation classes
- Surf lessons
- Lockers & more

Download the Mobile App or check out TritonCash.com.
LAUNDRY

Your nearby laundry machines are NOT coin operated—you pay conveniently with your Laundry account, which is linked to your campus ID card.

Add money to your account at the online card office, located at hods.ucsd.edu.

- Wash = $1.25
- Dry = $1.00 (extra 15 minutes 25¢)

Qs? Contact Triton Card Accounts Services (TCAS) at 858.534.7587 or tritontcardaccounts@ucsd.edu.

NO MORE HOarding QUARTERS, YEAH!

LET’S GET DIGITAL

Got a craving? Type it into the Mobile App and we’ll tell you where to find it on campus. Also:

- Nutritional Info
- Hours and Menus
- Location Maps
- Dining Dollar Access
- Triton Cash Account Access
- Lost Card Deactivation
- All on your phone or tablet!

GET THE DEETS AT mucsd.edu
"My body is like breakfast. I don't think about it, I just have it."

-Arnold Schwarzenegger
Is an argument between two vegans still called a "beef"?
Oh, you're so busy
That's cool. Check out
The Village Market. Your
peeps say it has the Best
Grab 'n Go selection.

Mix it Up
We asked students where to
find the best variety of options.
AND THE WINNERS ARE:

Best Desserts
Say "pretty please" and
GET YOUR SUGAR.
The Pines sweet
station rules. So say
students who voted it
Best Desserts.

Best "On the Go"

PREFER
TO EAT PLANT LIFE?

Best Veggies
Eat at Roots, which
the students voted
Best Vegetarian
Selections.

#1
64 DEGREES
18.92%

#2
The Bistro
18.62%

#3
Pines
17.86%

My favorite memory of living on campus
was my freshmen year when I met all
my suitemates, these
girls ended up being
some of my best
friends for life!
-Lindsay, Class of 2017
Best Outdoor Dining

That patio! Eat or chill outside and inhale some fresh oxygen at Café Ventanas, voted Best Outdoor Dining.

#optoutdoors

But wait! There's more!

Best Outdoor Dining 2.0

We know you came for the Pacific, but mix it up every now and then and head east to Canyon Vista restaurant. One of the first on campus (but recently remodeled).

This eatery has a killer patio for people (and bunny) watching!
Meet Miriam Turner!

Miriam Turner is a Personal Registered Dietitian. She offers a wide range of services aimed at helping students maintain healthy lifestyles. Some of her services include:

- Designing personalized eating plans for students with specific dietary needs
- Assisting students with allergies or those following a specific diet
- Conducting group meetings for students and their friends

For more information, you can contact her at 838.582.8888.
"Eat food that gives you the body sensation you are looking for: energetic, calm, light, satisfied."

-Miriam Turner, RDH RD

EATING FOR ENERGY
To easily create a healthy plate, follow these guidelines:

1/4 WHOLE GRAIN
1/2 FRUITS & VEGGIES
1/4 LEAN PROTEIN

REMEMBER TO CHOOSE LOW-FAT DAIRY AND LEAN PROTEINS, TOO!
ARE YOU HUNGRY?

THE HUNGER SCALE

0 - Empty
1 - Slight
2 - Hungry
3 - Hunger
4 - Hunger
5 - Hungry
6 - Hungry
7 - Hungry
8 - Hungry
9 - Hungry
10 - Sated

Yes, for the last two hours.

Any variety of carbohydrates.

Yes, it’s rubber band hunger.

I have to have one kind of food.

ARE YOU HUNGRY?

WHAT DO YOU WANT TO EAT?

IS YOUR HUNGER IN YOUR STOMACH OR YOUR HEAD?

ARE YOU EMOTIONALLY UPSET, ANXIOUS OR BORED?

DO YOU FEEL FULL?

DO YOU FEEL GUILTY BECAUSE YOU’VE EATEN?

If you talk to the right side with your answers, you are emotionally eating. It’s ok! Now you are more aware. Want to work on undoing some of those patterns? Contact your RD, challis.nutrition.wnc.edu

HDH Nutritional Hypnosis
<table>
<thead>
<tr>
<th>Movement Motivation:</th>
<th>Self Esteem</th>
<th>Achievement</th>
<th>Sociability</th>
<th>Stress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motive</td>
<td>Feel better about yourself</td>
<td>Accomplish worthwhile goals</td>
<td>Interact with others</td>
<td>Reduce stress level / control mood and tension</td>
</tr>
<tr>
<td>Look For</td>
<td>Realistic and achievable goals</td>
<td>A personal challenge</td>
<td>Verbal/nonverbal interaction in a community setting</td>
<td>Creating a mind / body release</td>
</tr>
<tr>
<td>Explore activities that</td>
<td>Allow you to just show up: yoga, walking, hiking, swimming</td>
<td>Are challenging: weight training, mountain biking</td>
<td>Allow you to engage: dancing, basketball, soccer</td>
<td>Are regular and aerobic: running, circuit training, group x class</td>
</tr>
<tr>
<td>Think twice about activities that</td>
<td>Invite comparisons: ballet, golf, tennis</td>
<td>Have vague standards: aerobics, Zumba</td>
<td>Restrict interaction: swimming, solitary walking</td>
<td>Are anaerobic: body building, competitive sports</td>
</tr>
</tbody>
</table>

**Are You Getting Enough Sleep?**

Did you know, how much we sleep affects our appetite?

Two hormones play a role in appetite:

- **Ghrelin**: Produced in the stomach and stimulates appetite.
- **Leptin**: Produced by fat cells and tells the brain when you are hungry.

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**Enough Sleep**

- **Low Ghrelin**: Normal appetite
- **High Ghrelin**: Makes you hungry

- **High Leptin**: Satisfied after eating
- **Low Leptin**: Unsatisfied (Even after a replete meal)
STUDENTS HELPING STUDENTS

WALK THE BLOCK PARTY
5K | 10.15.16 | hdd.ucsd.edu/WalktheBlock

#HDDADVENTURE
"My bed is the magical place where I suddenly remember everything I was supposed to do."

-Unknown
Best part about living on campus for me was the first time I saw the sunsets on the cliffs. Since I am from out of state, it was one of the most amazing things I had ever seen.

-Alexis, Class of 2018

Best ResLife Activities

New experiences and making friends—what college is really all about! The ResLife office holds tons of activities throughout the year, including Village After Dark, open mic events, carnivals, and festivals, movie nights, and more. A Big favorite is the Sixth College Chocolate Festival—yay! In fact, any activity with free food is a hit—so get out there, mingle and EAT!

Best Location for a Nap

Students had a variety of opinions on the best place to snooze—almost every level of Gelisio Library in particular. Others liked any snooze break under a tree, followed by the couches in the commuter lounges.

Study Where You Sleep?

The go-to spots for most are the Herb Boxes (study lounges) but lots of residents take a different approach, including laying out at the beach or finding a quiet spot in the Mid-Woods.

Friendsliest Staff

Residents ❤️❤️❤️ their custodial staff. These nice folks are in and out of your rooms to clean up, and what not to like about that? You’ll be seeing them so often that by the end of the year you’ll be BFFs.

Custodian by Day, Zombie Slayer by Night

When all else fails, take a nap!
Best Beach

There are lots of options. It IS San Diego, after all!

"La Jolla Cove. Easiest to get to. Beautiful with lots of tide pools and seals."

Residents say Black’s Beach is the closest, but La Jolla Shores & Lj Cove are the prettiest (just hop on the bus). Windansea is the best surf spot and Del Mar is amazing, but each requires transportation. Let’s face it, you can’t go wrong if you find yourself at ANY beach in the area!

Best Place to Hang w/ Friends

"The Village Game Room! You can watch movies, play ping pong, just chill."

From formal to random hikes, hikes can easus anywhere! Residents are hanging with watermates, dancing in the parking garages, and pulling each other on skateboards down the sidewalks...there’s fun EVERYWHERE with friends at UCSD!

Best Places for a Date

If you’re going to stay on campus for a date, residents agree that "The Bistro is the place to go—the food and ambiance are great, you don’t have to tip, and you can use your Dining Dollars! Check out the sunset after (see Best View), catch a performance at The Loft, then grab a creamy treat at Yogurt World. See where the evening takes you!"
Despite popular belief, there are a LOT of incredible events that happen all year at UCSD! Keep your eyes and ears open for the Welcome Week, Olympics, Inter-Faculty Hotties, Weekly Farmer’s Market, Bear Garden, SUN GOD!! Winter Games, Sex, Pumpkin Drop, plus all the concerts throughout the year and soooo much more!

"BEAR GARDEN LOTS OF FREE FOOD AND GAMES! IT’S A GREAT COMMUNITY EVENT WHERE YOU CAN SEE AND HANG WITH EVERYONE YOU KNOW AT ONCE."

Best Campus Event

Best Dining Services Event

Your Dining Dollars get you more than a meal—there are special events, too! Residents love the quarterly Finals Buffets and the free chocolate fountain! Fall Harvest at Pines; May the Fourth be with You at 64 Degrees; Cinco de Mayo musical performances, and the annual Black History Luncheon.

May the Fourth Be With You

Easiest Parking! -/

"DON’T BRING A CAR! JUST LEARN TO SKATEBOARD!"

Ooooh, this is a tough one. Comments range from “the 20 minute loading zone” to “this is a joke, right?” We do promote sustainability, so if you can go without a car we encourage it! You’ll save yourself a major headache (and some cash).

Get a Job!

The majority of students say the best and easiest place to get a job is with Dining Services—either in a restaurant or market. It pays the bills and you get a free meal when you work! You can also work in a lab, the bookstore, RIMAC...

People Meeting

Put your phone or iPad down and look around, and we guarantee meeting people won’t be a problem. Students report that UCSD students are “so friendly it’s scary! So go anywhere—class, Price Centre, the gym—and say hi. You’ll make bastion 4 life.

Most Campus Dress

GREEK LIFE IS ALSO A GREAT WAY TO MEET OTHERS!

I liked biking across campus with my sunflowers for late night ice cream runs. —Jordan, Class of 2017

Check Port Triton for listings.
SUSTAINABILITY

KNOW BY U THROW
PLEASE RECYCLE

BOTTLES & CANS
Plastic, Glass, Steel/Cans

BULB PLASTICS
Detergent Bottles, Yogurt Cups, etc.

PAPER
Newspapers, Magazines, Junk Mail

CANS/METAL BOXES

DISPOSABLE WARE
Plates, Bowls, Cups

IT'S ILLEGAL TO THROW ELECTRONICS AND BATTERIES INTO A REGULAR TRASH CAN!
Battery disposal bins can be found at the Bookstore, Earth, and your Resident Office.

TAKE CARE OF MOTHER EARTH
Your apartment or house was built or renovated to be GREEN. You can help by:
- Using friendly soaps. Glycerin and cream-based soaps leave a residue that isn't compatible with low-flow water systems.
- Using power strips and turning them off when not in use.
- Closing your windows to ventilate air even when the heater is on. Concrete needs to breathe too!

Learn more @ hbd.ucsd.edu/sustainability | facebook/econauta | instagram/econauta
"Why can’t my room clean itself? It seems to get dirty by itself."

-Unknown
CUSTODIAL
Our Custodial Team is literally the BEST! They have been voted the friendliest staff for the past nine years!

Help Your Custodial Team:
- Return all food trays, dishes, and silverware back to the restaurant it came from
- Keep hallways, stairwells, and walkways clear
- Take your trash and recycling materials out to the designated receptacles
- Turn in "found" items to the Residential Life Office
- Immediately report any necessary maintenance or cleaning needs
- Check out a vacuum from your RA or HPA when your bedroom requires some love.

one of my favorite memories of living on campus is when my entire community decorated our building in order to recognize our custodian's amazingness! She really appreciated it and it helped bring together our community!

-Michelle, Class of 2016

PRIVACY & RESPECT
We will try not to touch your stuff, but be prepared to have things moved around if you leave them out. Our staff is the friendliest around - feel free to talk to them about what they will be cleaning and what you should take care of before they arrive.

INSECT, PEST, AND RODENT CONTROL
Please contact Environmental Health & Safety (EHS/ES) at ehs@agsu.edu. They will identify the problem and start your Residential Life office.
MAINTENANCE

OUR MAINTENANCE TEAM

Our Property Operations and Planning (POPS) team is dedicated to providing you with a cozy living environment. That's why we care about your safety and comfort. Here are some maintenance issues and their solutions:

- **Hail warnings**: small speakers or natural gas
- **Experience flooding**: water alarms

WE ♥ FEEDBACK!

Get the scoop or tell us what's up. Leave your Feedback, comments, and suggestions on our social channels:

Facebook: ucsd-housingdining
Instagram, Twitter, Pinterest, Vine, etc @ucsd_hdh

GET THE SCOOP OR TELL US WHAT'S UP. LEAVE YOUR FEEDBACK, COMMENTS, AND SUGGESTIONS ON OUR SOCIAL CHANNELS.

My first year at UCSD I lived on campus and I loved living there. I felt so much better that they were such wonderful people who helped shape me into the person I am today!

-Nicole, Class of 2017

MORE TIPS AND FUN STUFF @ HDH.UCSD.EDU/FINDYOURPLACE
RESTAURANTS

MADE-TO-ORDER ENTREES AND SNACKS
Café Ventanas (EIC)
Canyon Vista (Warren)
Foodworld (Sixth)
Pine's (Warren)
OceanView Terrace (THC)
Ed.Degrees (Beverly)

SPECIALTY LOCATIONS
Sixty-Four North | Full-service, California Casual (Beverly)
Rocks | Vegan (Main)
Club Med | Not breakfast, quick snacks and salads (School of Med)
The Bistro | Full-service, Sushi bar (Village)
Goody's Mexican (THC)

OPEN "TIL 1 AM GRAB 'N GO, ESPRESSO DRINKS, SMALL APPLIANCES, ETC.
Earls Place (Warren)
Goody's (THC)
John's Place (Warren)
Village Market (Village)
Sixth (Sixth)
Roger's (Beverly)

FOOD TRUCKS

TWO ROAMING THE CAMPUS

CRAVING SOMETHING YUMMY? KNOW WHAT YOU WANT AND CAN'T WAIT TO GET IT? CHECK OUT THE INDEX AND THEN START TO MAKE YOUR WAY...
SIXTH COLLEGE

FOODWORK
A quirky little eatery known for toasted sandwiches and personal pizzas.

SIXTH MARKET
Stay study-ready with fresh muffins, hot coffee, and friendly service. Open till I am.

ELEANOR ROOSEVELT COLLEGE

CAFÉ VENTANAS
Café V is a nice and airy, with a large outdoor dining patio overlooking a peaceful green lawn. Totes Zin.

EARL WARREN COLLEGE

CANYON VISTA
Get ready to cozy up to the cozy fireplace or kick back on the terrace overlooking the canyon (or Em's bar if business allows).

EARL'S PLACE & MARKET
Open until 1 am. Earl's Market is popular for yummy coffee drinks and organic products.

JOHN MUR COLLEGE

PINES
A little bit of everything—hot breakfast, s'mores, sushi, salad bar, and awesome desserts.

JOHN'S PLACE
Specialty espresso/coffee drinks, vintage modern decor, and friendly staff.

ROOTS
Organic food, delicious salads, sandwiches, and more! Menu changes daily, always fresh.

THUR GOODNOLL-SHUWALL COLLEGE

OCEANVIEW TERRACE
A new beer garden just steps away from TNC. Make-your-own pizzas, a rooftop deck, and more!

GOODY'S PLACE AND MARKET
Morning Mexican food... Holiday Hawaiian cooking...
64 DEGREES
Good food & good hangs, including relaxation room, demo kitchen, and outdoor lounge space.

SIXTY-FOUR NORTH
A full-service, sit-down restaurant boasting a light and eclectic Cali-centric menu with local produce. RSVP 859-822-6899.

ROGERS PLACE AND MARKET
Bamboozle espresso bar, bulk bin candles, a stocked freezer & a wide variety of grab-n-go snacks & meals.

THE VILLAGE AT TORREY PINES

THE BISTRO
Sushi Bar, Noodles, Seafood. Fine Dining. The Bistro is our other full-service restaurant on campus. Make a reservation today 859-822-4275.

THE VILLAGE MARKET
An upscale version of a typical campus market with small appliances available for purchase.

THE SCHOOL OF MEDICINE
Club Med serves made-to-order breakfast burritos, flatbread pizzas, and toasted sandwiches. Accepts Dining Dollars.

FOOD TRUCKS
Caving your meal in a bowl, or something from another country? Visit usc.edu and find the Dining page. You'll be able to track the locations of our two food trucks, which roam the campus in search of hungry Tigers.

BLAH BLAH BLAH
'BUH-BYE!