

**TV REVIEW:
BOJACK HORSEMAN**



"At its core, the show's utilization of strong, character-driven narratives allows its messages of healing to seep so incredibly deep..."

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MODERN SUSTAINABILITY

RETURNING TO OUR ROOTS

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FORECAST



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VERBATIM

"It seems as though, if a woman dared to enter the comedy scene, she had to be amazingly funny or she would be cast out."

Hanaa Moosavi
Women in Comedy
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In remembrance: Black Winter event marks 10 years in February since the Compton Cookout. // Photo by Irvin Yang

UC SYSTEM

UCSD Cola Release Strike Polls in Wake of UCSC Firings

BY MADLINE LEON SENIOR STAFF WRITER

At a Cost-of-Living-Adjustment assembly that took place on Sun God Lawn on Feb. 26, graduate students, faculty, and undergraduate students gathered to address ways to support Academic Student Employees, as well as how the faculty and undergraduate students can support teaching assistants.

Despite the arrests of UC Santa Cruz graduate students since the strike began on Feb. 10, the UC San Diego branch of COLA shared a strike poll via Google Form on Facebook to get a count of how many graduate students are willing to participate in a strike during Winter Quarter or in the present moment. "Are you willing to participate in a full strike NOW? This would mean a full grading, teaching, researching, and working strike across the university with the aim of non-violently shutting down university operations," the Google Form question read.

The form also asked if the teaching assistants are willing to participate in a rolling strike. The form closed Sunday night, March 1.

On Friday, Feb. 28, 54 graduate students were fired from their TA positions. However, UCSC United Auto Workers reports that the number is closer to 80.

The Wednesday COLA assembly at UCSD took place in response to the wildcat strikes that are occurring at UCSC, which saw the arrests of at least 17 strikers so far. Four days after the UCSC wildcat strike began on Feb. 10, University of California President Janet Napolitano released an open letter on Feb. 14 via the UCSC website threatening to fire UCSC graduate TAs who have been withholding grades as part of the strike.

"Chancellor Larive has already proposed two measures to help graduate students: a \$2,500 need-based housing fellowship; and for

doctoral students a 5-year, funding program at the minimum support level of a 50 percent teaching assistantship," Napolitano stated. "Holding undergraduate grades hostage and refusing to carry out contracted teaching responsibilities is the wrong way to go."

President Janet Napolitano released another statement on Feb. 21 stating she was willing to work with graduate students.

"I have invited leaders of the UC Graduate and Professional Council to join me for a meeting to discuss issues of importance and impact to graduate students, including cost of living, housing, mental health, training and mentoring, career placement, and childcare, among others," the statement read.

The graduate students at UCSC released a "Call to Action" letter on Friday, Feb. 28 in response to the employment terminations that occurred that day, which UCSD COLA shared onto their page.

"We are hereby calling for the strike to spread, into new quarters, with as far a reach as possible, to every UC campus," the letter read. "We are calling for a day of action on Monday, March 2, with marches and rallies on every campus!"

Several other campuses in the UC system have joined the UCSC strikes. According to the UCSD COLA strike poll form, "UC Santa Barbara [began] a full wildcat strike on Feb. 27, and on the same day, UC Davis [began] a grading strike."

Towards the beginning of the Wednesday UCSD COLA assembly, graduate students, faculty, and undergraduate students met in small groups to discuss why they were there and what they hoped to learn or gain. A strike poll was taken towards the end of the meeting, in

See COLA, page 2

CURIOS TRITONS

Curious Tritons: What are the details of the Khosla Lawsuit?

The lawsuit alleges that former Associate VC Jean Ford was wrongfully terminated from her position.

BY DAISY SCOTT
EDITOR-IN-CHIEF

In June 2019, weeks before Spring Quarter ended, former UC San Diego Associate Vice Chancellor of Health Sciences Jean Ford filed a wrongful termination lawsuit against Chancellor Pradeep Khosla and the University of California Board of Regents. Ford's lawsuit also alleges that Chancellor Khosla verbally harassed and discriminated against female

employees during her time at UCSD.

However, due to the lawsuit being filed so close to the end of the school year, students feel that the weight of this incident was overshadowed by graduation and summer break. Most students are aware of the lawsuit's existence, but for many, the specifics remain unknown.

This leaves many Tritons wondering: what are the details of the lawsuit against Chancellor

Khosla?

According to a June 2019 article from the San Diego Union-Tribune, Ford was terminated from her position in 2018 due to her assistant completing an online class in her stead, giving her password to her assistant, and her own work considered by the university to be "less than satisfactory." However, Ford claims that her assistant took the course

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AS

**Triton's AS
Grievance Denied by
Judicial Board**

The Board found that AS Council's recent closed session did not violate the constitution.

BY JACOB SUTHERLAND
NEWS EDITOR

A grievance filed against Associated Students of UC San Diego by Ella Chen, the editor-in-chief of The Triton, was unanimously denied by the Judicial Board in a 3-0 ruling on Feb. 19, 2020. The Judicial Board, which has no direct ties to A.S. Council, found that A.S. Council did not violate its constitution when it held a closed session on Jan. 15.

The closed session, which featured an hour-long presentation on student mental health by University Centers Advisory Board Chair Joey Mendoza, was followed by a unanimous vote to approve language for a potential student mental health and Counseling And Psychological Services student fee referendum.

In her grievance, Chen argued that the closed session violated Section 8 of the A.S. Council Constitution, which states: "All meetings of the Senate shall be open to the public except when dealing with matters of personnel, existing or anticipated litigation, license or permit determination, threat to public services or facilities, labor negotiations, investments, contracts, or real property negotiations."

Chen's grievance also claims that the nature of the closed session violates the Brown Act, which states: "Matters concerning the appointment, employment, performance, compensation, sanctioning, or dismissal of employees, excluding elected and appointed officials. Matters concerning the sanctioning or dismissal of officials may be held in closed session with the consent of the person facing sanctions or dismissal."

In a follow-up editorial written by Triton Opinion Editor Kate Zegans and Managing Editor Ethan Edward Coston, the Triton Editorial Board claimed that the nature of the closed session leading to the vote should have been available to students because it was related to the potential allocation of student fees.

The Editorial Board also claimed that AS Vice President of Campus Affairs Melina Reynoso justified in an email to The Triton that the nature of the presentation fell within the realm of Section 8 and warranted a closed session.

Despite these claims, the Judicial Board, which is a neutral body that oversees and processes student complaints, found that ASUCSD had neither violated the ASUCSD Constitution nor the

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Several faculty members announced 3 pledges that other faculty could do to support graduate students.

► COLA, from page 1

which the majority of attendees raised their hands to vote if they would be prepared to strike the following week.

An online strike poll via Google Form has been shared on the UCSD COLA Facebook page. "As our fellow graduate workers and allies at UC Santa Cruz enter their third week of a full strike, we must assess our willingness to act in solidarity and in pursuit of a COLA for all," the form states.

Attendees of the Wednesday assembly discussed how undergraduate students can support their graduate TA's. One commenter during the open comment portion mentioned that a fight for a change in the cost of graduate housing can ripple into a decrease in the cost of on-campus undergraduate housing as well.

Second-year Ph.D. student in the ethnic studies department Muhammad Yousuf spoke at Wednesday's assembly.

"Cost-of-Living-Adjustment is a main, immediate short-term goal, and the long-term goals are building a sustainable student worker movement on this campus," Yousuf told the UCSD Guardian. "Also really important is talking to your parents or guardians or folks that pay tuition because if the people who are paying the big bucks reach out to the university and are like 'hey why isn't my TA getting paid' or 'why isn't my child's teacher getting paid,' that's gonna put pressure on them as well."

John Muir College senior Emily Kuchlbauer believes the COLA movement is important to undergraduate students as well.

"The fact that [TA's] don't make a living wage and are facing homelessness breaks my heart, and I think it's a load of crap that the administration doesn't care enough about their students to even pay them enough money to

live on campus," Kuchlbauer said. "Undergrads experience this apathy as well from everything to parking, lack of resources, and tuition increases."

At the Wednesday assembly, faculty gathered and announced three pledges and ways faculty could support their graduate TA's in the event of a strike at UCSD. The first pledge is that the faculty would not grade assignments or submit grades in replacement of the TA work. The second pledge is that the faculty would not mark down TA's who cancel lecture sections to strike. The third pledge is that the faculty would incorporate the strike into their course lectures.

"One of the things that faculty can do is get educated on the living and working conditions of the grad students that do most of their labor, and allow faculty to concentrate on things that are important to them, in addition to teaching and research," Associate

History Professor Wendy Matsumara told the Guardian.

"There are a lot of faculty who have already signed solidarity statements with the grad students who are supportive because they teach a lot of these issues in their classes, ranging from rent burden issues to the history of labor organizing to student movements."

UCSD COLA has called for a march on Monday, March 2 at 12 p.m. in front of the Silent Tree in an act of solidarity with the TA's who have been fired in UCSC. There will also be a teach-in on Wednesday, March 4 at 12 p.m. at the Ché Café.

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NEIGHBORHOOD NOTES

Neighborhood Notes is a compilation of short blurbs on what's happening on campus and throughout the San Diego area.

Quarter to Semester System

The UC San Diego administration has started talks on changing the academic quarter system into a semester system.

Proponents of the change argue that this could reduce stress in students' learning environment and align the University with many other schools throughout the country, including UC Berkeley and UC Merced. The school has also acknowledged that the change could better facilitate unit transfers of community college coursework, as a majority of these schools run on a semester system, and help students better align with summer internship schedules.

Many students have lamented that the quarter system's ten-week schedule is too fast and leaves little room for students to catch up on missed coursework. However, other students have expressed that they prefer the quarter system

because they are able to take more courses overall and not have to take any course for too long.

No substantive change has been made yet to move towards a semester system, but if the University were to continue on this route, they would likely need the approval of the Associated Students and the University of California Regents. A semester system for UCSD students would work on a 15-week schedule for the Fall and Winter/Spring terms with the option of a third session during the Summer.

Study Abroad Cancelled due to Coronavirus Fears

Due to a rise in global fears of COVID-19, or commonly known as the Coronavirus, UCSD has canceled study abroad trips for students intending to go to China, Korea, and Italy. The US State Department increased the travel advisory to China to a level

three on Jan. 27, and subsequently moved to make it level four on Jan. 31.

A level three travel advisory indicates that US citizens should avoid all nonessential travel to the country; level four indicates that people should not travel to the country at all. On Feb. 26, the State Department expanded the level three travel advisory to Korea and Italy as both countries have had some of the greatest numbers of coronavirus cases outside of China.

Although five students intended to go to Korea and 11 to go to China, they will no longer be able to do so. Following the UC policy for travel abroad restrictions, the University of California Education Abroad Program has thus suspended trips to the aforementioned countries.

World Bookmark Day
UCSD celebrated World

Bookmark Day on Feb. 25, 2020 at Geisel Library. To recognize the influence of bookmarks on humanity for over 2,000 years, the school decided to hold the exhibit.

The exhibit displayed unique bookmarks that the library has collected over the years, including some non-traditional ones made of plastic or origami-styled.

On the day of the international holiday, Geisel Library also held an event for students to make Do-It-Yourself bookmarks. The events coordinator, Scott Paulson, hoped to get students to come out to the event as a way to destress from academics and to learn more about bookmarks.

— Andrew Ha
News Editor

THE GUARDIAN

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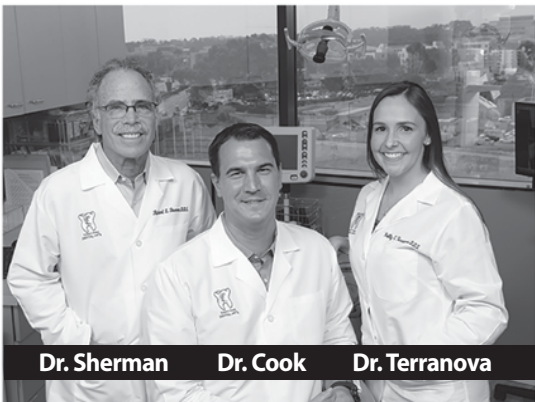
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Judicial Board: “We recommend that ASUCSD specify the term ‘matters of personnel...’”

► **GRIEVANCE**, from page 1

Brown Act by holding its closed session. “We find that due to the vague wording of the constitution, ASUCSD was not in violation of Section 8 since the matters discussed in the closed session had to do with members of personnel of UCSD Health, specifically their names and departments,” the ruling read.

The Judicial Board went on to discuss that the ruling had to do specifically with the nature of the accusation being made in regards to Section 8 of the AS

Constitution.

“As today’s hearing only had to do with the accused violation of Section 8, we are bound by the words that are already in the existing constitution,” the ruling read. “We recommend that ASUCSD specify the term ‘matters of personnel’ in Section 8 of the constitution, basing it off of the Brown Act and the ASUC’s constitution.”

At the time of this article’s publication, no known further actions have been taken in regards to the grievance by

either A.S. Council or The Triton’s staff members. Likewise, no information has been released as to whether or not there will be a fee referendum in regards to student mental health and CAPS in the upcoming Spring election.

READERS CAN CONTACT
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Khosla’s defense attorneys’ claim that Ford’s argued reasoning has no legal grounding.

► **LAWSUIT**, from page 1

without her knowledge, and that other university employees also share passwords among assistants. Between 2015 and the time of her termination, Ford raised approximately \$300 million for UCSD.

An ABC 10 News report from June 2019 mentions Ford’s claims that Chancellor Khosla’s attitude toward her became “increasingly hostile” over the course of those three years. Ford alleges instances when Chancellor Khosla expressed frustration at her high salary but did not make such comments to fellow similarly-paid male employees.

The Case Management Statement filed by Ford on Jan. 8 to the San Diego Superior Court further claims that “in December 2015, Khosla promoted a younger, far-less-qualified male to supervise Plaintiff [Ford]. After Plaintiff complained about the promotion and the disparity of treatment by Khosla to the women employees, Khosla specifically targeted Plaintiff for retaliation...”

The Union-Tribune also reported that the June lawsuit file detailed that “while Plaintiff [Ford] was at a work event with Khosla, she commented that her heels were hurting her feet. He responded that the only reason for her to wear heels was if she was wearing a skirt so people could see her ‘taut calves.’ He then informed her that since she regularly wore pants, she shouldn’t bother with heels.”

Ford further alleges in the lawsuit

that Chancellor Khosla’s behavior toward fellow employees also consisted of gender-based harassment and discrimination.

The lawsuit’s allegations further claim that Chancellor Khosla treated female employees differently than males in meetings by speaking over them, and prioritized male donors’ concerns over those of female donors. Ford also alleges that five middle-aged women in particular repeatedly had to experience “daily abuse in the form of demeaning and humiliating comments” from fellow workers, including Chancellor Khosla.

The UCSD Guardian referred to the “The Reply Memorandum of Points and Authorities in Support of Defendants the University of California and Pradeep K. Khosla’s Demurrer of Plaintiff Jean Ford’s First Amended Complaint.” This document was filed to the San Diego Superior Court on Jan. 31 and outlines several arguments of the UC Regents’ and Chancellor Khosla’s defense.

The UC Regents and Chancellor Khosla’s defense attorneys argue that Ford has no grounds for several of her lawsuit’s claims due to provisions in the California Workers’ Compensation Act, including her Intentional Infliction of Emotional Distress Claim. The defense attorneys also argue that due to the California Government Tort Claims Act, the UC Regents can not be held liable for Ford’s additional claims that she has faced

“Intentional Interference of Prospective Economic Relations... and Defamation.”

The UC Regents and Chancellor Khosla’s attorneys have requested for “a demurrer without leave to amend” for these claims. If sustained, the claims will be dismissed and Ford will not be able to refile them.

The UCSD Guardian contacted Chancellor Khosla for comment. A representative from the university communications department responded on his behalf, stating, “The University does not comment on pending litigation. UC San Diego is committed to maintaining a workplace free from discrimination, retaliation or harassment of any kind... Discrimination based on gender or any other basis is a violation of university policy and contrary to UC San Diego’s values as a community.”

According to the Superior Court of California, San Diego Register of Actions, the lawsuit is ongoing and does not have a court date set at this time. The Case Management Statement filed by Ford states that the case will be prepared to go to trial by June 2020. While the statement does not list an exact price, it does indicate that Ford is suing for more than \$25,000. As of Jan. 23, a jury has been requested by both parties.

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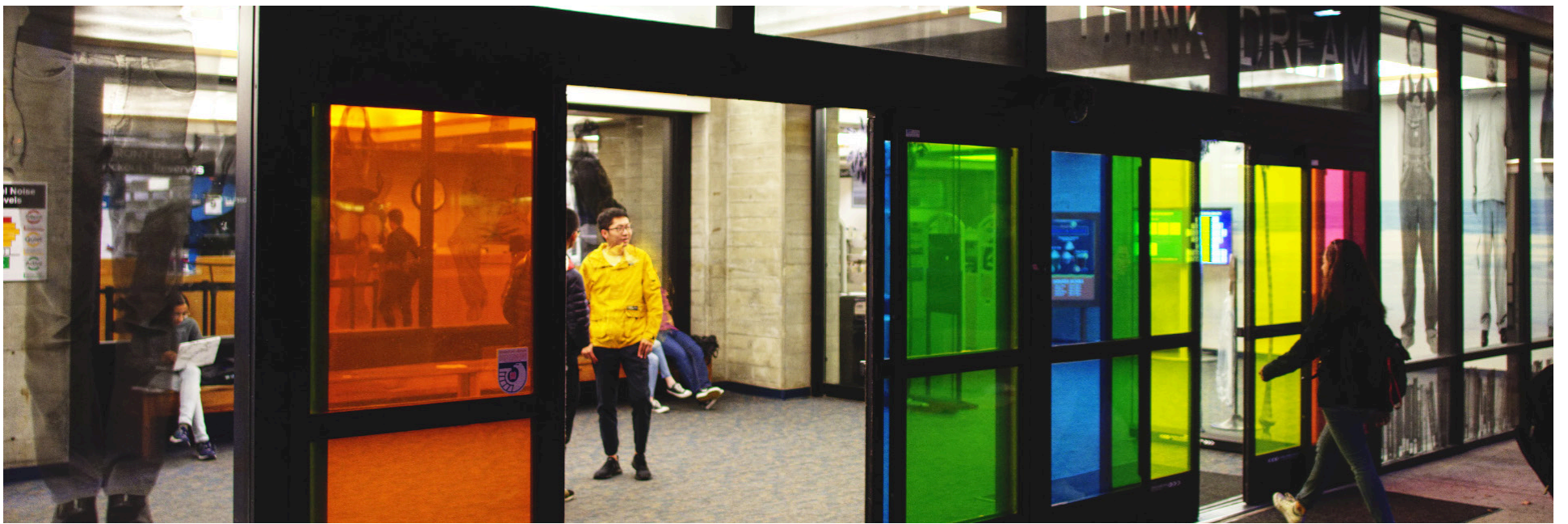
By Michi Sora



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OPINION

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Down with the Quarter System, up with the Semester System

By Zara Irshad // Staff Writer

The relief I felt after my last final of Fall Quarter remains unmatched. After spending countless hours in the library for months, with a mere two days off in between, I was beyond ready for winter break to begin. However, upon returning to campus for Winter Quarter, I still felt as though I needed more time to rest and recover, despite having had three weeks off. Since midterms can begin as early as Week 3 of the quarter, students don't have much time to adjust and learn before being assessed which makes the quarter system feel like a fast lane to graduation.

Last week, Elizabeth Simmons, the Executive Vice Chancellor of UC San Diego, confirmed rumors that UCSD may switch from the quarter system to the semester system in order to foster a less stressful environment on campus. Simmons explained that “no decision has been made [and] is anticipated that the process for such a transition would take time and require approval by the systemwide Academic Senate and UC Regents.”

Nonetheless, I believe that switching to a semester system would be worth the wait because of the numerous benefits it offers students. The system is already favored by countless universities across America. UC Berkeley and UC Merced already operate on the semester system, not to mention that roughly 95 percent of all four-year universities in America have adopted it according to a study conducted by California Polytechnic State University. Many of these schools did so to relieve students from unnecessary stress and anxiety.

Switching UCSD to a semester system would provide students more time to learn and absorb content, and allow them more time to care for their mental health, thus improving the overall wellbeing of students. In turn, utilizing the semester system would only increase the academic success of students.

Due to the fast-paced nature of the quarter system, students typically find themselves focusing on information they believe they will be tested on. In turn, many are simply skipping over the rest of the material and thus not absorbing all the content intended. Transitioning UCSD to the semester system would provide students with the much needed time to learn and absorb course material, and in turn, would be better for their mental health by giving them more time to focus on self-care.

Additionally, having more time to learn the content before midterms and final exams would provide students more time to adjust and prepare for their classes. The semester system consists of two 15-week periods, while the quarter system consists of three 10 week periods. According to experts from the University of Portland, the

semester system allows incoming freshmen and transfer students an easier time adjusting to the rigor of college academic life

In a semester system, students will have time to focus on the handful of classes that they are taking rather than spreading themselves out thin with coursework, as they would be able to take a lighter and less condensed course load. This additional attention students would be able to give their academics will translate into a deeper understanding of the material and more time to engage with professors outside of class, as they would have the time to focus on deeper concepts rather than retention of information.

Furthermore, this relief of academic stress on students would translate to more time for students to take care of their mental health. Having five additional weeks of learning time would give students more freedom to plan their day so that they can get closer to achieving the ideal eight hours of sleep a night. This is because if professors teach the same material that they currently cram into 10 weeks into 15 weeks, they would have time to go over tougher concepts and answer student questions, preventing students from staying up all night trying to piece things together themselves. Seeing as there is a close correlation between sleep deprivation and declining mental health, this is extremely important. Additionally, it would give students more time to practice proper self-care, as students would no longer have to pack every minute of the day with work and classes.

Some may argue that the quarter system is superior because it gives students space in their schedules to retake classes or get ahead on their coursework. However, there are other ways to do so. If students weren't as rushed as they are on the quarter system, fewer people would have to retake classes in the first place, as they would have the time to address questions they have about the material covered in lectures. Additionally, UCSD offers two Summer Sessions for those who may need to retake a class or get ahead. So rather than forcing the entire student body to quickly learn course material in 10 weeks, there must be a stronger emphasis on Summer Sessions as an option for students who want or need to take extra classes.

If UCSD wants to ensure their students are well-equipped to succeed, its faculty and staff must consider the numerous benefits of adopting the semester system for its students, taking into account the current rushed nature of classes on the quarter system in conjunction with the impact of having more time to learn the material on students.

PC Princess: Vote, Bitch

By: Jacob Sutherland // News Editor

With the California Primary just around the corner, many Tritons will face the questions of “Should I vote?” and “Who should I vote for?” While I find it questionable to tell you who to vote for, I firmly believe that yes, you should vote if you are eligible to do so, and yes, you should feel shame if you do not exercise your right to vote on March 3.

Primary Elections are known for lower voter turnout in comparison to general elections. Looking at California's Assembly District 78, which includes the entire UC San Diego campus, only 111,988 people voted in the June primary, compared with 197,815 who voted in the general.

This type of disparity is generally expected. However, it is disappointing that 15 days before the June primary — the last day voter registration data is released before an election — 279,308 people were registered to vote. This means that of those registered, only 40 percent voted, and that number does not include folks who were eligible to register but did not.

I find this low turnout alarming, especially when the latest data shows that as of Jan. 3, 2020, 288,978 people were registered to vote in our Assembly District. Primaries exist to allow voters to choose who they want to represent their party in the General Election. With that in mind, if the turnout for these registered voters were higher than the previous election's 40 percent, the

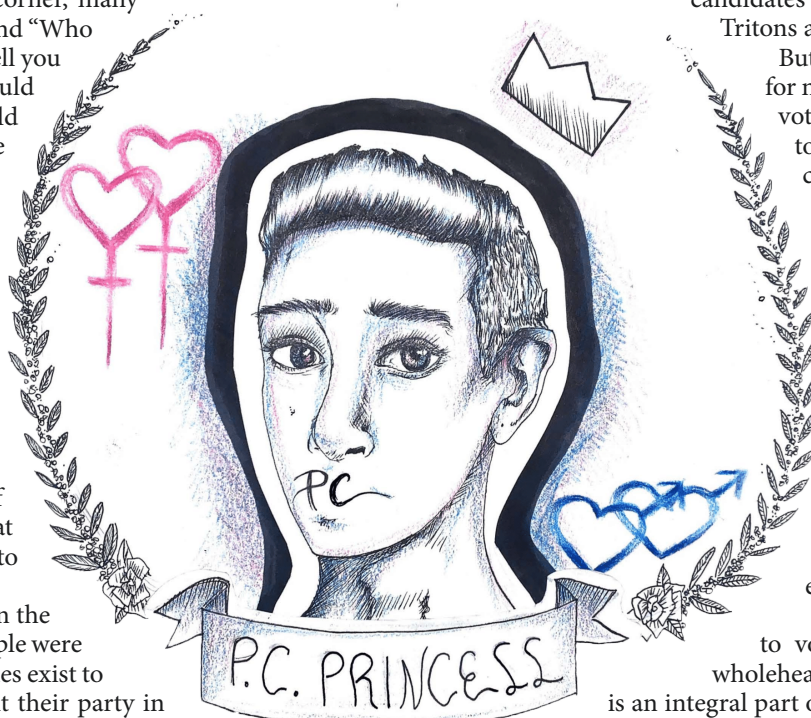
candidates elected would be much more representative of what Tritons actually want.

But moving away from the numbers, we should vote, if for nothing else than the fact that we have the privilege to vote. Across the country, millions of people are ineligible to vote because of issues with citizenship, former or current incarceration statuses, or simply being turned away at the polls by those with malicious intentions. The latter occurred in Georgia in 2018 when the incumbent Secretary of State Brian Kemp stalled over 53,000 voter applications in an effort to win his gubernatorial bid.

We are so lucky to live in California, a state that goes the extra mile to maximize the number of eligible voters able to exercise their right to vote. Several counties here are currently testing out voting centers that would allow voters to drop off their ballots at convenient locations over the course of a couple of days, and California even allows same day voter registration. If you are eligible, there is no excuse not to vote.

At the end of the day, it is up to you who you decide to vote for. But as the Politically Correct Princess, I

wholeheartedly urge you to show up to the ballot box. Voting is an integral part of our democracy, and in an era where marginalized groups face obstacles to participation from the political left and right, we must vote in solidarity with those who cannot.



ART BY KYOKO DOWNEY

The Downfalls of Modern Sustainability

By: Jack Dorfman // Sports Editor



Over the last century in America, economic inequality has continuously grown. Despite legislators' efforts at bridging the gap, many people feel the reality of life is not up to par with what they deserve. As a result, hundreds of thousands of Americans now live in their cars or on the streets, and millions more live in poverty with little more than a sliver of hope for upward mobility. In classrooms here at UC San Diego, professors wryly remind students that their generation will be one of the few that does worse than their parents and that our current lifestyles are unsustainable.

But amidst all of this, especially in California, is a desire amongst some legislators, activists, and citizens to curb economic inequalities and environmental degradation. In an attempt to reverse some of the wrongs that the privileged around the world have done to the environment we share, environmentalism, conservation, and sustainability have entered the common lexicon. As a result, politicians and citizens alike are addressing the importance of sustainable practices in solving both environmental and economic problems in the U.S.

The popularization of reusable water bottles, plastic bag taxes at grocery stores, the proliferation of paper straws, and rebates for water-saving landscaping and electric cars are just a sampling of the many different ways that Californians and their government representatives have helped make an impact on their environment. Some of these policies are a result of advances in technology and the consequential drops in prices, like solar panels. But increasingly, environmentally-conscious trends are not coming out of technological progress. Instead, the sustainable practices we need are being drawn straight from the history books, as prohibitively-expensive reliance on technology is being replaced by innovation through reverting back to past practices.

Largely in urban areas with plenty of wealthy residents, local communities are pushing forward ideas that find their roots in past cultural norms. For example, dairy farms have begun moving away from the supermarket model, instead opting to have the consumer play a more active role in sustainability. Some companies are having customers bring their bottles back to local stores to be refilled to lower the environmental cost of producing new containers, while others literally have begun getting their

milk from a dairy delivery man. The delivery truck driver, who also would walk up to the front porch and grab the empty bottles one night and deliver freshly-bottled milk in its place in the early 20th century, is making a comeback thanks to a new crop of conscious shoppers looking to limit food waste while also utilizing the home food delivery wave that is hitting the U.S.

There are also more impactful policies that are returning, namely localized public transit in dense urban areas. In Los Angeles, where General Motors ripped out the trolley systems that ran through downtown, making cars more of a necessity, the remaining public transit is woefully underutilized. As a notoriously congested city, public transportation ridership in Los Angeles is abysmal, in part because of the quality of the transit, but also because of stigmas against utilizing it. Now, LA Metro, the City Council, and LA County are pushing to put into place public transportation systems that link downtown with the suburbs at a cost of nearly \$10 billion, in an attempt to limit the need for using a car to make it from one part of the city to another. If ridership really can increase into the millions as projected, this project could have a profound impact on a city that really seemed to shun public transit not-too-long ago.

But are these policies really outgrowths of an increasingly progressive population, or are they just manifestations of economic inequality with a pretty sustainable green bow?

The problem is that residents making use of the milkman, electric cars, and solar panels tax breaks and rebates are not really the citizens who need the most economic relief. More often than not, people who know about these things and live in areas with these opportunities are wealthy enough to survive without these economic boosts.

That's what needs to shift; American environmentalism must become less elitist and more accessible -- the sooner the better. The more people are made aware of the benefits of shifting to past practices, and the more economically viable these options become, the more likely they are to adopt them. At the same time, these policies cannot simply reinforce existing inequalities. Those who care about equitable solutions need to come together and advocate for the voiceless, and that starts with public resources and awareness campaigns at the local level.

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FEATURES

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THE RISE OF YERBA MATE

Students are drinking yerba mate to stay up for midterms and finals. Its popularity continues to rise and points to college students looking for other forms of caffeine.

BY NELSON ESPINAL STAFF WRITER

Students have a tendency to cram before a midterm or type up an essay the night before it's due. Caffeine is the fuel for these late-night endeavors and academic binges. Students typically turn to a cup of coffee, but now, walking into any library or study room on campus, one is likely to see students holding an iconic yellow can or colored bottle. There is a challenger to coffee's throne developing in the caffeine industry: yerba mate.

Yerba mate is a plant that has caffeine and is used to create caffeinated drinks. The drink is produced by a process of brewing yerba mate leaves with water and then combining it with juice as an infusion to create a beverage that has a similar consistency to herbal tea. This plant is based in South America and the drink is very popular in the region, specifically in Paraguay, Brazil, Argentina, and Uruguay. Orlando Yerba Mate is one of many companies that uses the name of the drink for a trademark in North America. The product was introduced into North America due to its popularity among caffeine drinkers.

Guayakí, which is not Food and Drug Administration approved due to a lack of research, is one of the largest companies in the yerba mate industry, and it has an established presence on campus. The company has a variety of drinks ranging from a sparkling drink, a drink based on tea and herbs, "Terere" — which is either unsweetened or sweetened, and a drink that is branded as a typical energy drink in a can with a fusion of juice and tea. Yachak, another yerba mate company, entered the market with a drink that is also a juice and tea fusion. Yerbaé, another yerba mate company, has come out with a sparkling yerba mate drink to rival Guayakí's sparkling drink. Within the most popular brands, there is a trend of featuring one of these three types of yerba mate drinks. All of these drinks stem from the yerba mate plant.

A recent study conducted by Clinical Nutrition, the journal of The European Society for Clinical Nutrition and Metabolism, finds that 92 percent of college students consume caffeine in any form and that the most popular form is coffee. 79 percent of these students use caffeine as a method to stay awake. The study points to the large portion of caffeine consumers that are among college students.

Many students at UC San Diego view yerba mate as an alternative to coffee. One of these students is Thurgood Marshall College junior Joshua Noritake who still drinks a lot of coffee but is turning to yerba mate as an alternative to a typical energy drink.

"I just see [yerba mate] a lot around the stores," Noritake said. "Also, I see that it is a little better than energy drinks. It doesn't have taurine or anything like that."

Taurine increases the amount of lithium in a person's body and this leads to health issues like poor kidney health. Apart from lacking taurine, yerba mate has no artificial sweeteners in the unsweetened versions and the caffeine comes from a natural source.

Noritake proudly identifies as someone who is hooked on caffeine and consumes it on a daily basis. Although yerba mate isn't a replacement for coffee in his eyes, he values it as an alternative that he is more comfortable with than other energy drinks. He attributes this uncontested branding as a driving force for its popularity.

"Probably that it is like an energy drink, but it doesn't have all of the bad stigma connected to energy drinks," Noritake said. "It still has all of the caffeine, but it is more appealing to college students."

Word about yerba mate is spreading and it is being talked about in everyday locations. Roger Revelle College sophomore Spencer Rivera heard about the product at a place where more people in San Diego go to.

"I was at the beach on a pretty nice day and some lifeguards were talking about this new drink called yerba mate. It sounded modern and cool," Rivera said. "The taste was great the first time and it had the right amount of caffeine. The bottle said that it was from Paraguay and that was pretty exotic."

UCSD's Housing Dining Hospitality, and markets like Roger's Market, John's Market, and Goody's Market all have yerba mate products in their stores. Other markets on campus that don't take dining dollars, the General Store Co-op and Sunshine Market among them, have also entered the yerba mate game.

Larry Shadgett has been the manager of Sunshine Market for 10 years. He remembers the early days of yerba mate at UCSD, when Sunshine would "only sell two cases a week." Guayakí used to have events in which they would give away the product, according to Shadgett. The events helped to establish its presence on campus as an alternative to other energy drinks. Sunshine

Market currently carries the Guayakí yerba mate at \$2.50 per can, the cheapest price for Guayakí on campus. Additionally, the store has an entire wall in the fridge dedicated to Guayakí products. This wall is usually empty by the end of day until the employees restock. Sunshine Market sells anywhere from 75 to 100 cases of yerba mate a week now and its rise is still a surprise for Shadgett because it didn't seem to catch on at its beginning. He has vivid memories of it being untouched, but he expects it to rise going forward.

See **YERBA MATE**, page 7

► YERBA MATE, from page 6

Shadgett's perspective as a manager of the store shows how sudden the yerba mate craze developed on campus. This generation developed an attachment to the product that allowed for growth to happen suddenly. The curiosity of students is at a high point in college and it leads to an increase in the willingness to try new products. Prachi Shah, an associate professor of pediatrics at the University of Michigan, conducted a study about the effects of curiosity on the human mind and concluded that "the aspect of curiosity most strongly associated with higher academic achievement was the construct of 'shows eagerness to learn new things.'"

The study demonstrates that the most academically successful people that make it to college are curious. Students come to college with ambitions to discover things both academically and socially. All it takes for a new drink to be established is to align itself with a generation's curiosity and the word-of-mouth effect is spread to similarly curious students.

In the last year, the results of Guayaki's marketing campaign have paid huge dividends as highlighted in an article by BevNET Magazine, "According to market research group IRI, the company saw bottled and canned tea sales rise 17.9% through August 11, climbing to over \$41.7 million." Their popularity has led to competitors rising to claim a piece of the pie. Yachak was one of the sponsors of last year's Sun God Festival and was giving out free drinks at the event. The college student consumer is targeted by Yachak due to the potential to have them hooked on its product early on and have a loyal customer. This makes college students the ideal audience to sponsor and brand itself to so it can create a generation of loyal consumers.

It hasn't only been UCSD that has felt the marketing from yerba mate companies to college students. Yerba mate has developed in other schools as well. UC Santa Barbara is another example of how students are gravitating to the marketing style as noted in an article from The Bottom Line, "To accommodate the crazed fans, the Arbor 'gets a shipment of about 150 cases [1800 individual bottles] every week' to completely replenish their stock."

This trend of marketing directly to college students combined with the constant stream of ads highlights the increasing effectiveness that companies have by constantly displaying their products. Both trends wear out the new consumer and make them either buy the advertised item or, like in yerba mate's case, hook students on a drink that the student relies on when a long night is ahead.

A group of students here at UCSD figured that they could make a cleaner version of yerba mate that could further expand upon the growth that was happening. Mi Mate is a company that began due to this group of students banding together to form a refined venture in the yerba mate industry.

The founders of Mi Mate are John Muir College senior Eddie Muallem, Sixth College senior Yaniv Shemesh, and Sixth College alumni Alan Luna who graduated last year. All three members jumped at the opportunity to create a product centered around "the idea of creating a healthier yerba brand that could stand as a challenge to conventional canned yerba, loaded as they are with sugar, preservatives, and artificial flavors," Luna told the UCSD Guardian.

Each member studied different academic areas, which they use to help the business grow. Shemesh studies economics and is in charge of setting up connections to international supply. Luna majors in art studio and art history and is in charge of the creative and social side of the company. Muallem does the financial leg work for Mi Mate. As a whole, they use their skill sets gained from UCSD to handle different parts of the company.

They are trying to tackle the yerba mate giants with a product that lacks the artificial sweeteners that make the good taste, but still has the caffeine that made it so popular. The three students ventured to Paraguay in order to further research what the product was and how

it was grown.

"We wanted to properly understand the history and culture of yerba mate, so we scraped together some money and journeyed down to Paraguay: a vibrant yet obscure nation in the heartland of South America, and the home of the yerba mate tradition," Luna said. "The three of us spent three weeks on the road, from the bustling streets of Asunción to the preternatural quiet of the Alto Paraná, exploring and learning about yerba culture from the wonderfully kind people we encountered."

This yerba culture that he mentions is how highly the people in South America regard the beverage as a drink that can help maintain good health. The high regard for the drink leads to it being shared among family members and friends.

The students were interested in the unique effect that the caffeine derived from the yerba mate plant had. They found it to be a lot more tempered with a slow rush of energy when compared to coffee or Monster Energy. This kind of drink appeared to once be niche, but over the years its persistent presence on campus has led to its popularity rising significantly.

"Yerba mate is unique in the sense that in spite of having as much caffeine as a coffee or a conventional energy drink, yerba mate is a jitter and crash-free energy experience," Luna told the UCSD Guardian. "This is thanks to the rich quantities of l-theobromine present in yerba mate, a vasodilator that opens up your arteries and allows your body to absorb the caffeine with ease and grace, unlike the system shock of coffee or energy drinks."

The product needed to differentiate itself from the other drinks, but Mi Mate is attempting to target the same demographic as most big brands: college students.

"This trend of marketing directly to college students combined with the constant stream of ads highlights the increasing effectiveness that companies have by constantly displaying their products."

"We're a pretty shoestring operation, so our marketing efforts have been more D.I.Y. and on the ground than anything," Luna said. "Whether it be our sampling around UCSD or selling products at warehouse punk shows, we think it's human connection and word of mouth that's sparked our initial success."

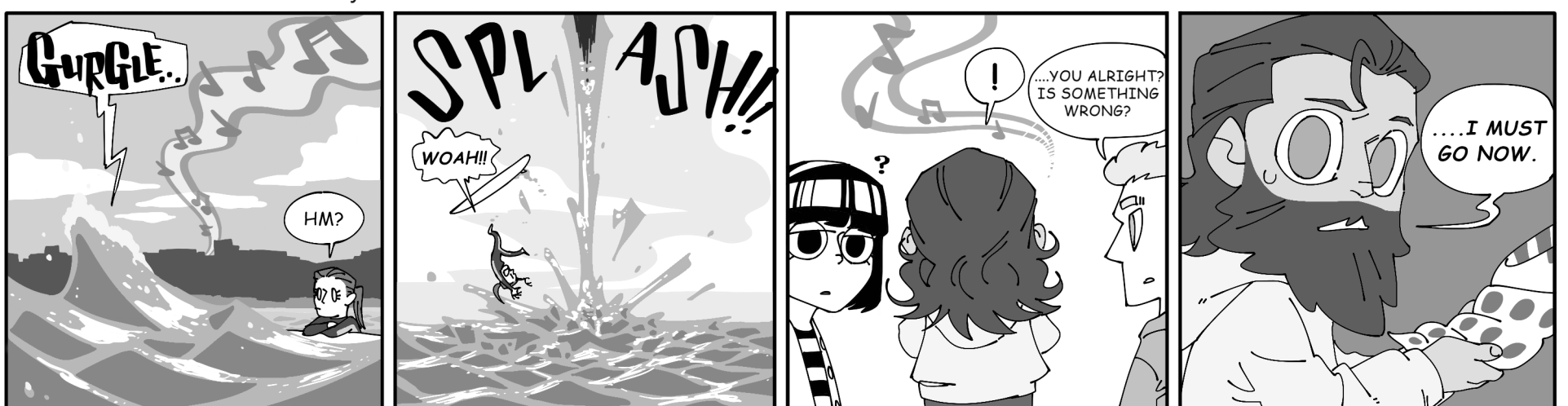
Mi Mate yerba mate is sold at all markets at UCSD, but the G-Store at the Old Student Center has been selling the product since it was released. Marshall College senior Tal Marom works at the G-Store and says that it started selling the drink due to the relationship it has with the founders of Mi Mate. Both of the stores center around being student-run small businesses, and the G-Store and Mi Mate's main consumers are students. He attributed the introduction of Mi Mate and the overall explosion of yerba mate to it being branded as a cleaner form of caffeine consumption that is unsweetened and lacks the potent caffeine rush and crash.

When walking into the G-Store, a sign on the fridge proudly promotes the lowest prices for Mi Mate yerba mate on campus. The efforts to make the product more accessible is the plan that has been used to establish yerba mate in the mainstream. The pattern of marketing that Guayaki, Yachak, and now Mi Mate are using to inject yerba mate into the mainstream stems from a grassroots push to have college students try it. The marketing's success is based on student bodies being constantly willing to try something new, especially if it's cheap and has caffeine.

Students' curious natures allow for new potential trends to be established in the mainstream more often as they supply direct feedback via social media about a product, which can make its market rise rapidly. The current generation of students replaced energy drinks with yerba mate drinks as the alternative to coffee in a similar fashion that streaming music has replaced radio stations. As generations shift, curious people will become attached to alternative ways of doing things, which motivates people to innovate with the hope that the new way will catch on.

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TRITE AND TRITER By Yui Kita



Women in Comedy



PHOTO COURTESY OF FOOSH

It's about time we stop letting men get away with shock comedy and bad penis jokes.

Comedy has always been seen as a man's pastime. When people think of funny comedians, the first names they usually think of are John Mulaney, Bo Burnham, and Louis C.K. — all men. Not only this, but many of the prominent male figures in comedy are known for their offensive satire, mostly referring to harsh, unappealing stereotypes of women or offensive commentary on women. If you haven't seen any of his skits already, Bill Burr does a wonderful impression of the comics I speak about in this article. Although there has recently been a shift toward equal representation of women and men in comedy, there are some women that believe the move toward equal representation will halt.

I have been active in the comedy scene for the past six years of my life. I have worked on different improv teams during high school and currently work with FOOSH, UC San Diego's short-form team. Throughout the years, I have watched audience after audience idolize men who use shock humor and "slightly pushing it" racist and sexist jokes to maintain their image as the "funny guy." People would rave over their jokes, even if those men said something "slightly" offensive or off-putting — the majority of an audience would usually overlook the blatant disrespect and lack of humor and laugh along with others.

On the opposite side of the coin, it always seemed like the women on improv teams would always be the first ones to give up their spot during practice or be the first ones harshly

criticized for their work and ideas. It would even go as far as women taking a step back from participating in order to make more room for a man in the space. Not only this but, time-after-time, women would have to subject themselves to being the "butt" of a joke or the housewife of a straight-man bit while the men would thrive on being the quirky and original characters.

The only way women would be recognized for the work they did was after weeks of hard work and enough publicity in shows to get their faces out. And even then, the harshest critics of women would be other women in their space, sometimes judging others because, one, women are taught to think more critically of femme comedy, and two, if a woman performs badly it usually is made to reflect the entire gender. It seems as though, if a woman dared to enter the comedy scene, she had to be amazingly funny or she would be cast out. Where men could be mediocre and still praised, women would have to be outstanding comedians only to still be overlooked or downplayed. The weight of constantly seeing this blatant discrimination in comedy made me feel marginalized in a space where I should not have pushing me to look for representation in different mediums: television, literature, and even "Saturday Night Live" when I was desperate.

Shows like "Fleabag," "GLOW," "Russian Doll," or any comedy series starring or made by women, display that

modern media does not need to rely on "humorous" stereotypes of women to make people laugh. These shows are just a few examples of breaking from the stereotype that the only way women can be funny is if they are ditzy or absentminded, demonstrating how there are other jokes to be made that are just as, if not more, humorous than the "toe-the-line" jokes men seem to find so near-and-dear to their hearts. Society should move from trying to "make the joke work" and desperately looking to find the angle that makes a sexist joke somewhat appropriate because there are a plethora of other jokes that can be made instead of the cheap caricature of a valley girl or the one-liner about how women use the bathroom.

Although more women have moved into the media platform and have taken the stage to show their own comedy expertise, individuals still remain that understand sexism to be legitimate comedy. There has been a major push in the media for equality of gender recognition in comedy; however, if there are still individuals that see an opportunity for a sexist joke and take it, there will still be inequality of representation whether it be on the big screen or a college stage.

— HANAA MOOSAVI
 Staff Writer

TV REVIEW

BOJACK HORSEMAN: SEASON 6B

Created by Raphael Bob-Waksberg

Starring Will Arnett, Amy Sedaris, Alison Brie, Aaron Paul, Paul F. Tompkins

Premiered Jan. 31, 2020 on Netflix

A

PHOTO COURTESY OF OH! MOVIES

The final episodes of "BoJack Horseman" bring us careful closure to the painful and nonlinear nature of personal growth.

"But no matter how many starts I get, there's always the same ending. Everything falls apart and I end up alone" (23:24 S6E11). Was this the same ending? Did everything fall apart, with BoJack alone? Regardless, the time has come for the end of the sad horse show. Since its 2014 premiere, "BoJack Horseman" has taken us along a tumultuous journey through very real societal issues. Over the past six years, "BoJack Horseman" has tackled the commodification of young pop stars, depression, abortion rights, addiction, and all-mighty capitalism in its modern American capacity, constructing vastly realistic and socially conscious scenes with its warped yet engaging set of anthropomorphic characters.

A cornerstone of "BoJack Horseman" has been its use of distinctively different animation styles to mirror the emotional unravelings of its main characters, and these last episodes were no different. Beginning with Diane Nguyen, BoJack's ghostwriter-turned-friend, we are taken into a storyboard-esque sequence of unprocessed childhood trauma and a deeply personal fear of failure. As a character who has openly been through therapy and uses antidepressants, she is confronted with the experiences that have

already been discussed in clinical settings. Although Diane is not the titular character, her personal growth continually exhibits the chaotic nonlinear nature of recovery with as much potency as BoJack's own arc. When Diane is unable to use her own traumatic past to create the powerful memoir she always dreamed of, the show challenges the idea of having "useful trauma" and what it means for art to be valuable. The show never shies away from the mess of growing and existing through involuntary formative pain. Even in the heightened world of an animated television show, its experiences feel honest.

While their situations are unique, all characters hold an underlying sentiment of what human connection can be, and what it might deserve, in context of the self. During a particularly charged scene in Episode 14, we see Todd, Princess Carolyn, BoJack, and Diane in a crosscut sequence depicting each character amidst gutting interpersonal experiences. Diane's voice narrates with a sigh, "But at some point, you start to think it's you. You're the piece that doesn't quite fit. And you spend so long with that feeling that the feeling becomes your home" (18:52 S6E14). At its core, the show's utilization of strong, character-driven narratives allows its messages of healing to seep so incredibly

deep into viewers' emotional centers that you're almost left wondering how a cartoon made you feel again.

And finally, onto BoJack Horseman, the star of the show, the star of a show within a show, and another show within a show after that. Whereas the first half of Season 6 demonstrated seemingly vast strides in BoJack's alcoholism, selfishness, and generally self-destructive behaviors, the second half of Season 6 serves as a reminder that the process of "moving on" is by no means a linear path. Although BoJack desires a fresh start in his new career as an acting professor at Wesleyan College, he remains tethered to his past mistakes through determined journalists, ex-friendships, and spotlighted complicity. Through a "20/20" style exposé, we are all confronted with BoJack's inappropriate relationships with former co-star Sarah-Lynn, an ex-friend's daughter Penny Carson, former lover Princess Carolyn, and many other younger, female characters. BoJack is held accountable for his actions in a very public fashion, where "fresh starts" are myths people tell themselves to placate their guilt over their mistakes.

The final episodes of "BoJack Horseman" concretize consequences and aching entrenched emotional turmoil. They are

a concentrated but fitting whirlwind that culminates in closure metered by BoJack's relationships to other characters. We come to an understanding that some will leave BoJack, and some just might stay. Many of the continuing jokes established in the first season are paralleled as markers of change at the chronological end of nonlinear healing. The "Hollywood" sign becomes "Hollywood"; BoJack finds honeydew to actually be pleasant; Princess Carolyn offers agent advice; and Diane has one final conversation with BoJack on the roof. "It's funny, isn't it? The things that matter. The truth is none of it matters and the truth is it all matters tremendously. It's a wonder any of us get out of bed at all. And yet, we get out of bed" (16:54 S6E14). I have tremendous gratitude for "BoJack Horseman": where animation captures people at their most human and where emotional validity, actionable morality, confusion, pain, living, healing, and more come to play.

— MARINA LEE
 Contributing Writer



FILM REVIEW

PHOTO COURTESY OF VOX

EMMA.

Director Autumn de Wilde
 Starring Anya Taylor-Joy, Johnny Flynn, Mia Goth, Callum Turner
 Release Date Feb. 21, 2020
 Rating PG



Jane Austen meets Wes Anderson in Autumn de Wilde's debut feature film.

"Emma." is not so much a period piece and not so much a romance. Yes, the film does take place in Austen's Regency era England and it is appropriately bookended by two weddings, but director Autumn de Wilde's insightful comedy takes place in a world so highly stylized that it would probably be more appropriate to say it merely mirrors our world, rather than is. The viewer is immediately whisked away into the heart of the bizarre social etiquette that governs the isolated and wealthy. Red-robed school girls marching in lines to school, the intimate and weighty social proceedings of the local church, and the absurd headdresses adorning gossiping gentlewomen quickly feel as natural as anything else. The story never leaves the little town it begins in, and despite the sprawling countryside and swaths of servants who move through each of the great houses, there is intentional claustrophobia to seeing the same twenty-or-so faces of every local from an appropriate social standing at every gathering.

The story has been adapted countless times, from Gwyneth Paltrow's period-appropriate take on the titular character in the 1990s' version of the film, to the same decade's classic high school reinterpretation in "Clueless." The story begins with a 20-year-old heiress, Emma Woodhouse (Anya Taylor-Joy). Having successfully arranged the marriage of her beloved governess to a local gentleman, Emma resolves to continue the fun of matchmaking her friends, whilst retaining her own power and security as a wealthy single woman. Harriet (Mia Goth), a naive schoolgirl with mysterious parentage, immediately captures Emma's fancy, leading to a misinformed attempt to set her up with local clergyman Mr. Elton (Josh O'Connor). What results is a bizarre and enthralling love pentagon, constantly changing positions and affections as Emma's attempts at manipulation repeatedly backfire. In a world of etiquette and subtleties, perhaps Emma isn't quite the chessmaster she thought she was.

The hierarchies of "Emma." are not just commented on — they are built into every aspect of the film. Heavily stylized and entirely purposeful, "Emma." often feels like it has been choreographed; from the seamless shots of dressing and preparing for social functions to Mr. Woodhouse's (Bill Nighy) neurotic obsession with rearranging set pieces to avoid his fears of drafts and illness, the world bends perfectly to the upper class. The servants who often seem more like automatons than humans are no exception. They fetch materials back and forth when required, never react

to the tomfoolery of their employers, and quickly turn their backs in-synch on displays they are not meant to witness.

In another story, this might have been purely stylistic. The sets, servants included, are gorgeously furnished and make the film a joy to watch, but de Wilde's take on "Emma." far oversteps romantic-comedy, veering heavily into satire. Coupled with Austen's witty dialogue and the overall self-awareness of the film, the aestheticization of social hierarchy, while stunning, takes on an unmistakable and purposely absurd level. Even before we learn of her proclivity for matchmaking, Emma easily conducts the asinine clockwork of her estate and those surrounding it. However, it is her own lack of understanding of the world she manipulates — namely, that those she disregards as too ridiculous or beneath her are just as human as she is — that ultimately leads to her missteps and overall character arc.

The acting of the film is superb as well. Fans of "Sex Education" will recognize Connor Swindells playing a different sort-of a role as Robert Martin, Harriet's quiet but swoon-worthy lower class suitor, and Tanya Reynolds as the obnoxious and holier-than-thou Mrs. Elton. "Game of Thrones" fans will likely also get a kick seeing Gemma Wheelan set down her sword as Emma's mild-mannered governess. Character actor Nighy is hilarious as Emma's neurotic father, and comedian Miranda Hart appears as an incredibly on the nose Mrs. Bates, Emma's well meaningly absurd neighbor. Goth's Harriet is a young and delightful one, forever wide-eyed and impressionable to all of Emma's schemes. And of course, the titular character herself, Taylor-Joy, does an excellent job as Emma, combining careful scheming with a sheltered naivete.

With stunning costuming, witty dialogue, and carefully intentioned stylization, there is very little to criticize this "Emma." on aside from perhaps being too faithful to its source material. This is rarely a bad thing, but de Wilde's creative stylized interpretation unearthed such a deep well of potential, that would have been fun to see her pull even from it. In a world post-Greta Gerwig's "Little Women," de Wilde's "Emma." is certainly a step in the new tradition of transformative adaptations of the classics.

— CHLOE ESSER
 A&E Editor

March Peeks & Previews

by The Lifestyle Editors

Teach-In, March 4

Are you interested in the Cost-of-Living Adjustment strikes or looking to know more? Come by the Ché Café on campus to learn more about the political history of U C San Diego and the

workings of a corporate university. This event is especially geared toward undergraduates, as there will also be information available on what this issue means for undergraduate students.

Day. There will be five women leaders featured on a panel with a reception to follow. Come to support all women and to leave feeling inspired!

Latino Film Festival, March 18

This event begins on the 18th and actually runs for 11 days, so there are plenty of chances to go. Held at the Fashion Valley Mall, there will be over 100 screenings of films portraying and celebrating the Latino experience and culture. Throughout the 11 days there will also be a fashion show, art exhibits, and live concerts. Funds from the festival will support youth education and outreach programs.

Mariachi Festival, March 8

Come out to Bayside Park in Chula Vista for a celebration of Mexican heritage through the arts. This festival features live mariachi music and traditional ballet folklórico dancing. You can also check out a wide variety of vendors and great food.

Resume Workshop: What Hiring Managers Want, March 10

Have you started your hunt for a summer job and realized your resume might need some help? Come to this workshop held at the Career Center to hear what exactly managers and recruiters are looking for and learn how to create a resume that perfectly highlights your skills.

Boba Festival, March 28

If you love boba, this event at the Taiwanese American Community Center might be the one for you! Come and sample up to ten different types of boba from local vendors and leave with a Boba Festival Limited Edition Memorabilia Collectable. Also, be sure to stick around for food, art, and entertainment.

Art After Hours, March 6

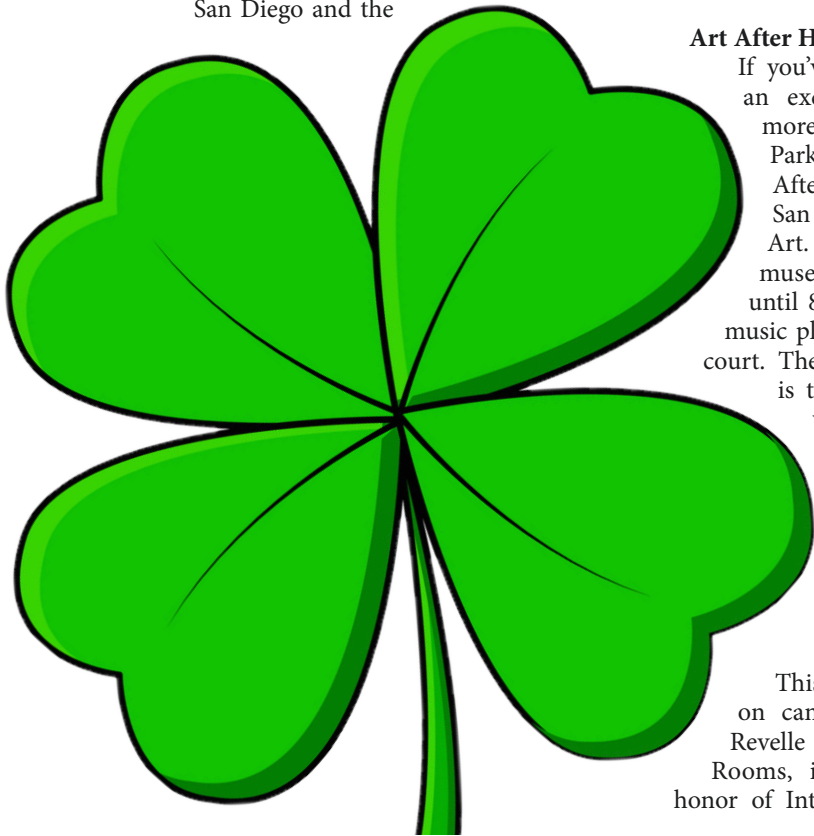
If you've been waiting for an excuse to check out more museums at Balboa Park, check out the Art After Hours event at the San Diego Museum of Art. For the event, the museum will stay open until 8 p.m. and have live music playing outside in the court. The best part, though, is that college students with an ID get free admission! You now have no excuse not to check this out.

International Women's Day Panel, March 8

This event, taking place on campus in the Roger Revelle College Conference Rooms, is a celebration in honor of International Women's

St. Patrick's Day Parade and Festival, March 15

You don't need to be Irish to attend this event, but make sure you're wearing green when you head to Balboa Park for the St. Patrick's Day Festival! With free admission, watch the parade go by and stay for a flag raising ceremony afterward.



Goat Out The Vote!

March 03 | 9-4 pm | Library Walk



New Week. New Goals. Time to Crush Them.

by Tori Anderson *Contributing Writer*

Once the weekend comes, I know I do not want to do anything aside from relaxing from all the stresses that came from the week prior. I sit in my living room on a sunny but gloomy Sunday, not wanting to do anything but lay down and be a couch potato. However, subconsciously, I know I need to get up, clean, organize, and plan for the week ahead. If we want to ease stress and accomplish the week ahead we must sit down, plan, and check in with ourselves.

Step 1: Start-of-the-Week Check-In

By physically creating a start-of-the-week check-in, it will help you visualize what you want to accomplish in the week and keep yourself accountable. You can write your check-in list in a journal, on a whiteboard, or in something else that you will see every morning or night! I constantly check my planner, so I personally write it there because it is a nice reminder, but I also write it in my journal because it helps me see what I have accomplished that day. First, begin with recognizing what your number one priority is for the week. Second, write down at least one thing you want to do less of, such as screen time. Third, create a goal that you want to do more of, such as cooking. Once you have recognized your goals, it is time to pay attention to your feelings. Fourth, write down how you want to feel throughout the week. Then, you must establish how you will feel like that so finish this sentence: "To feel this way, I will ____." Lastly, if you get into a funk, you can remind yourself of what you wanted to accomplish for the week by finishing this sentence: "If I get stuck, I'll remember ____."

Step 2: Mood Tracker

As mentioned before, how you feel is essential to whether or not you accomplish your weekly goals. Creating a mood tracker can show what days tend to be a little tougher than the rest. Being able to visually see when you are having not-so-good days versus the happy days will bring to light what makes you happy or what brings you down. This will help with your next week's check-in when you have to write down your steps two through four. I personally just started doing this in February and it made me realize how much I needed to remove some toxicity out of my life. While the past week has been rough, it has shown me that my other weeks have been great, which made me grateful and goes to show that there is light at the end of the tunnel.

Step 3: 3 Things to Remember

The third tip is just a general thing to do and that is to remember your motivations for the week. It's important to remember that life is more than just what is in front of us. First, slow down and do not rush. Enjoy

the little things and the process that comes along with this thing called life. Second, take a break to give thanks! Write out a list of what you're grateful for. Third, give someone a compliment today. Show kindness by affirming those around you! While I am a positive and kind person, I used to struggle with not appreciating the little things in life because it would seem to not fit my future goals. I went through multiple periods of my life where I struggled to be appreciative of what was around me because I was in a funk, and that is when I started to do these three things. Every day, I try to accomplish these three things to remind me how far I've come and what I have in my life. It honestly has helped shape me as a person.

Step 4: Reset Habits

I want to end with resetting habits as the final tip because you not only have to recognize what you want to accomplish, but you have to align your mindset and your habits to be able to achieve those goals. Just like with your weekly check-in list, write down the following habits that you would like to recognize, reset, and execute through the following questions. You can try to reset these habits all at once or, just like the check-in, only tackle one habit or thing that you would like to do less of or change each week so you can fully commit yourself. By doing only one change each week, you are not overfilling your plate with too many tasks, which gives you a feeling of sustainability. So, write down your answers for the following: "Habit I want to change," "What it gives me," "What I can replace it with," and "So, I will..." I try to do this every week, and while I may not be successful every week, at least I tried and it has helped reduce these bad habits. I do this for screen time on my phone or with cravings. I still mess up and that is okay because I will keep working on it and improving.

Cutting out 15 minutes of your Sunday to sit down and align your mindset and goals for the week will truly help you achieve those goals. I started implementing these routines for about a little over a year now and they truly helped. I was letting life overwhelm me which led me into a funk. I wanted to get out of it but did not know how, so I started with little reminders of what I love about myself and what I am grateful for in life. Slowly but surely I started accomplishing these goals I created and became more confident in myself. With time and these routines and habits, I started to enforce these practices in my life, helping me get out of that funk and creating the stability that I needed. I stand by these habits and think they are beneficial to living a fruitful life because they have helped me cut out so much stress and anxieties from school and other worries. We are creating a more sustainable and healthy life for ourselves and we are in it together!



A Guide to Ordering at Philz

by Annika Olives *Lifestyle Editor*

Philz Coffee, a coffee chain that started in San Francisco, has slowly made its way to Southern California over the last few years. I'm from the bay area, so I was ecstatic (no pun intended) when one opened up in our very own La Jolla Village Square. However, many friends I've brought in have been overwhelmed by the amount of choices or thrown off by the ordering style.

Since Philz has been my coffee shop of choice since I was in high school, I've picked up some know-hows over the years. Read on to get my full tips on going through the Philz experience as a first-timer.

How To Order

Ordering at Philz is different from other coffee shops, which can trip some people up. Here's the main flow: You walk in, sometimes wait in a line, then get called up to the bar by the barista who's going to make your drink. Sidenote: If you bring your own mug, you can get a few cents off!

Philz lets you customize your "cream" and "sweet" options any way you want without an extra charge. Cream options include cream, milk, vanilla soy milk, oat milk, or almond milk. I'm not too sure about sweetener options, but I know they have honey, sugar, and artificial sweeteners.

You can ask for cream and sweetener at four different levels: light, medium, regular, or extra. This is how an order might sound: "a Julie's Ultimate, sweet and creamy with almond milk." If you don't specify the type of sweetener or the type of cream, they'll default to sugar and milk/cream.

There's also some shortcuts: "Straight up" means that you want your drink without any cream or sugar, and "Philz way" means that you want it medium cream, medium sweet. If you're not sure how you'd like your drink, medium is a good place to start, because you can always add more! My go-to is usually "sweet and creamy."

After you order, you go to a separate window to pay and order any food. Philz is one of the only places I know that does the honesty system of paying; you could very well walk out without paying for your drink, but they trust that you won't.

Finally, your barista will call your drink out when it's ready, and they will always let you try your drink and allow you to make any adjustments before you leave so your cup is always perfect.



What To Order

Philz has a lot of drinks on their menu, and it can be difficult to decide what to get! Coffee comes in light, medium, and dark blends — if you're not sure what you like, keep in mind light blends are the most caffeinated! Read the "notes" underneath each blend to see which tastes you might like, and you can always ask your barista for a recommendation if you're really stuck.

To help you out, here is a list of my most-frequented drinks and how I usually get them. (Note that you will not see the Mint Mojito on here — while it's a cult favorite, I never really get it!)

Iced Ecstatic (Sweet & Creamy)

Possibly one of the most caffeinated drinks I've ever had; it's great when you've only had four hours of sleep and really need to focus on your research paper that's due at midnight. I drank this an embarrassing amount in high school, but I would not recommend it for people who are sensitive to caffeine.

Philharmonic (Sweet & Creamy)

I'm a big fan of cardamom, and I think the addition of this spice really makes this drink different, in a good way.

Julie's Ultimate (Sweet & Creamy)

My go-to coffee order, and my favorite of the dark blends! I usually get this with vanilla soy or almond milk.

Tesora (Sweet & Creamy)

A classic — if you're not sure what to order, most people will recommend you to start here. There's no major jarring notes, and it's just a good cup of coffee overall.

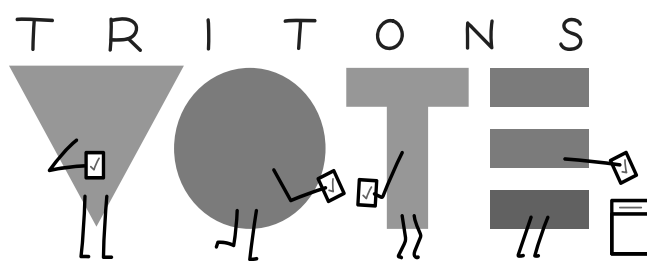
Chai (Sweet & Creamy with Vanilla Soy)

If you're expecting the sweet, concentrated stuff you'll get from other coffee shops, this is not it. Philz has a very fresh chai full of cinnamon and topped off with mint — you can even taste the spices at the bottom once you've finished your drink.

Yerba Mate (Sweet with Honey)

Slightly smoky and earthy. If you want something caffeinated that's not coffee, Yerba Mate is your girl.

Honorable mention go to the Herbal Mint Tea, which tastes great iced, and the Philtered Soul.



On Campus Polling Locations:

- **Revelle College:** Conference Room C
- **Muir College:** Mariposa Room
- **Marshall College:** Angela's Place
- **Warren College:** The Courtroom
- **Roosevelt College:** Middle Earth
- **Sixth College:** Dogg House
- **The Village:** Building 2 - Conference Room
- **Mesa Nueva Graduate Housing:** One Miramar Street - The Lounge
- **Price Center** East Ballroom (provisional polling location)
- **UC San Diego** will also have a mail-ballot drop off location in Price Center Study Room 5

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MAR 2 - MAR 8



THURSDAY, MARCH 5

MOVIE: PARASITE

PC THEATRE · 5pm & 8pm

UPCOMING

UniversityCenters.ucsd.edu



Parasite
THURSDAY, MAR. 5
Show 1 - Doors: 4:30PM • Show: 5PM
Show 2 - Doors: 7:30PM • Show: 8PM
Price Center Theater
FREE for UCSD Students w/ID



Amaranth Family
FRIDAY, MAR. 6
Event: 11AM-12PM
Student Center Garden
FREE for UCSD Students w/ID



8-Ball Tournament
THURSDAY, MAR. 12
Team Signup starts 12PM
Check-In: 6PM • Games: 6:30PM
Price Center Gameroom
FREE for UCSD Students w/ID

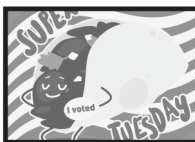


Chef Aaron Sanchez
WEDNESDAY, APR. 1
Event: 6PM
PC East Ballroom
FREE for UCSD Students w/ID

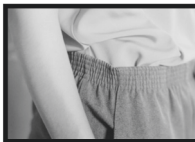
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Upcoming



Super (Taco) Tuesday
TUESDAY, MAR. 3
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Outfitted
WEDNESDAY, MAR. 4
Event: 5-7PM
FREE for UCSD Students w/ID



Shigeto
FRIDAY, MAR. 6
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MON 3.02

9am PARTNERSHIP SCHOOLS PROGRAM-INFO SESSION - TMC ADMINISTRATION BUILDING, ROOM 132

Interested in taking part in an educational internship? Join the Partnership Schools Program! The internship opportunity is open to all UC San Diego undergraduate students. Students can volunteer as either Tutors or Interns at local underserved schools in San Diego county! Develop civic duty skills while you receive a great experience working in a high school setting. For more information attend one of our upcoming info sessions.

4pm DR. KATHLEEN RYOR - GUEST LECTURE ON ASIAN ART - VAF 366, VISUAL ARTS FACILITY

Dr. Kathleen Ryor, Tanaka Memorial Professor of International Understanding and Art History of Carleton College, will give a lecture on Botanical Illustrations or Garden Records? The Metamorphosis of the Flower Painting Genre in Late Ming China.

6pm LAURA NIX - MFA ALUMNI GUEST LECTURE - VAF 306 PERFORMANCE SPACE, VISUAL ARTS FACILITY

Laura Nix's short film, WALK RUN CHA-CHA, has been nominated for an Academy Award for Best Documentary Short Subject. Its streaming on New York Times Op-Docs. Her feature documentary INVENTING TOMORROW, about teenagers from around the globe tackling environmental issues through science, premiered in the US Competition at the 2018 Sundance Film Festival, followed by multiple film festivals worldwide, earning multiple awards including the Grand Jury Prize at Seattle International Film Festival.

THU 3.05

5am OUTSIDE THE BOX FORUM - CROSS CULTURAL CENTER, TRANQUILITY ROOM PRICE CENTER EAST, 2ND FLOOR

This informal group is a safe space for students, faculty, and staff of mixed/multiracial/multiethnic and other non-dominant identities to share their experiences and discuss issues in an open and supportive, community atmosphere. This group is co-sponsored by the Cross Cultural Center. Contact: Dr. Cat Thompson, Ph.D. 858-534-3987 or Cathompson@ucsd.edu Location: Cross Cultural Center Contact: Cathompson@ucsd.edu 858-534-3987

5pm & 8pm PARASITE - PRICE CENTER THEATER

University Centers Presents: PARASITE Date: Thursday, March 5th TWO SHOWINGS ---Show 1--- Doors: 4:30PM Show: 5PM ---Show 2--- Doors: 7:30PM Show: 8PM Location: PC Theater FREE for UCSD Students w/ ID Parasite, after winning four academy awards, is now coming to us at Price Center Theater! "What started out as a comedy of manners has become a furious snarl of rage and his most arresting social satire yet." A comedic thriller that is packed with social commentary on modern day social hierarchies. Contact: ucenmarketing@ucsd.edu

TUE 3.03

12pm ASIAN AMERICAN COMMUNITY FORUM - CROSS CULTURAL CENTER

This informal drop-in group is designed to talk about topics relevant to Asian American students at UCSD in a supportive and problem-solving atmosphere. Issues such as career and academic success, family pressures, cultural identity, and relationships are common topics. Contact: Dr. Diana Quach, Ph.D. 858-5345-7710 or Diquach@ucsd.edu Location: Cross Cultural Center

2pm #METOOSTEM: A MISSION TO END SEXUAL HARASSMENT IN STEM - SAN DIEGO SUPERCOMPUTER CENTER, AUDITORIUM E-B212

Dr. BethAnn McLaughlin and Dr. Teresa Swanson of the MeTooSTEM nonprofit organization will give a public talk about sexual harassment in STEM. Students, faculty, staff and the general public are invited to attend. The event is hosted by Prof. Jane Willenbring, Scripps Institution of Oceanography. Safe space will follow from 3:30pm to 6:00pm where survivors can talk to the MeTooSTEM team.

5pm SUPER (TACO) TUESDAY - THE LOFT

Watch the the results of the 2020 primaries and elections LIVE while enjoying a Taco Bar!

5pm FILM SCREENING: INVENTING TOMORROW - ATKINSON HALL AUDITORIUM, 9500 GILMAN DR LA JOLLA, CA 92093

The Arts and Community Engagement initiative at UC San Diego invites you to a documentary film screening and discussion with the filmmaker! Event is free and open to the public. Light refreshments provided prior to screening. Space is limited!

FRI 3.06

11am GARDEN WORKSHOP SERIES - STUDENT CENTER GARDEN

University Centers presents: Garden Workshop Series! DATE: March 6TH TIME: 11AM LOCATION: Student Center Garden (located at the Student Center, below the LGBT Resource Center) FREE for UCSD Students w/ID University Centers invites you to join us for a monthly educational workshop series at the Student Center Garden! Come learn from expert gardeners about plant families, harvesting techniques, pest management, and much more! We look forward to learning with you! March's workshop will showcase the Amaranth family! Join us in the Student Center Garden to learn about different members of this family, such as spinach, beets, and quinoa! Snacks will be provided too!

7pm FREQUENCY SHOWCASE: TREBLE IN PARADISE - STAGE ROOM: OLD STUDENT CENTER

Frequency: UCSD's only all-male A Cappella group is ready to show off all of their hard work this quarter! Come by to enjoy our style and sound before finals week comes crashing in! With the support of special guest "Acamazing" What could go wrong?

WED 3.04

2pm CAPS WELLNESS @ THE ZONE - THE ZONE

Meet us at The Zone where you'll have the opportunity for one-on-one demonstration with a CAPS Wellness Peer Educator to learn how to incorporate state of the art technology for stress management! You'll learn strategies such as progressive muscles relaxation and deep breathing techniques that help to reduce stress as well as learn about some cool technology. We'll have free giveaways each week AND you can sign up for a FREE de-stress massage with the R&R Squad! Make sure to check out The Zone calendar for info on this and other free wellness programs! See you on Wednesdays! Week 2-10 Location: The Zone

5pm UNTOLD STORIES: BLACK WOMEN & THE VOTE - PC THEATER

Join the Women's Center in honor of Women's Herstory Month as we screen two documentary films, "This Little Light of Mine: The Legacy of Fannie Lou Hamer" & "Dignity and Defiance: A Portrait of May Church Terrell," both directed by Emmy-award winning journalist, filmmaker, and writer Robin Hamilton. Following the screening, we will be hosting a discussion and Q&A with filmmaker Robin Hamilton.

6pm TEA & PAINT NIGHT AT THE ZONE - THE ZONE IN PC PLAZA

The Zone's Late Night Series presents Tea & Paint: Neon Night! Stop by to enjoy an evening of Glow-in-the-Dark painting and loose-leaf tea at The Zone! This event is FREE and on a first come, first serve basis; all supplies and materials will be provided.

SAT 3.07

9am ERC OUTREACH SAN DIEGO SAFARI PARK TRIP - SAN DIEGO SAFARI PARK

Were you thinking of going to the Safari Park but the tickets are too expensive? Don't worry we got you. ERC Outreach is going to the San Diego Safari Park. So get ready for an adventure and fun-filled Saturday with us!! Tickets are open only to ERC International students till February 22nd, after that all UCSD undergraduate students can purchase tickets until we are sold out! Tickets include bus ride to and from the Safari Park and entry ticket to the park. Pick up and drop off at Rupertus Lane!!

5pm UCSD PROJECT RISHI - TALENT SHOW - UCSD PC THEATRE

We are very excited to host San Diego's Rising Stars in effort to bring together the San Diego community as well as raise awareness about our organization and goals. The talent show will run from 5-8 PM on Saturday, March 7, 2020. The show will be followed from 8-9 PM with a FREE delicious dinner catered from Royal India. Join us at San Diego Rising Stars to experience an exciting night highlighting many talented groups and individuals within the San Diego community and FREE entry, FREE henna tattoos, and FREE photobooth pictures! Contact: kspatil@ucsd.edu

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Summer Camp Counselors & Activity Instructors - Day camps all over California are now hiring camp counselors and activity instructors for the summer months. Camps are seeking positive, nurturing role models to be a part of dynamic, motivated staff teams. Visit our website.... ucsdguardian.org/classifieds for more information

House Housekeeper (Weekend Part-time) - WanderJaunt is building the future of hospitality by bringing the consistency, reliability and service of traditional hotels into the short term rental industry. We provide seamless hospitality experiences for our guests and end-to-end property management services for our partners.... ucsdguardian.org/classifieds for more information

Part-Time Executive / PR Assistant (Fin-Tech Industry) - We are seeking a promising Part-Time Executive / PR Assistant for a start-up in the Fin-Tech Industry! A fervent interest in the field partnered with good writing and research skills are very important to us. If you're also well-organized, confident, detailed, and an excellent communicator.... ucsdguardian.org/classifieds for more information

FULL-TIME JOBS

Project Manager-Multifamily, Residential Podium, Construction - Based in beautiful San Diego, CA, we are one of the top owner developers in the entire nation. Due to tremendous growth, we are currently looking to hire a high caliber Project Manager with very strong in the field and supervisory experience on Large Ground-Up Podium.... ucsdguardian.org/classifieds for more information

Hair Stylist Assistant - Hello! cosmetology license is required for this job, and a huge plus if you already have clients. I need help at the salon- mixing color, sweeping, washing and folding towels. Taking before and after pictures of clients. Posting on IG and FB. Responding to emails/texts. Rebooking.... ucsdguardian.org/classifieds for more information

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Turbo Charged Engine.... ucsdguardian.org/classifieds for more information

USED 2016 Volvo S60 4dr Sdn FWD - FUEL EFFICIENT 38 MILES-PER-GALLON Hwy/26 MILES-PER-GALLON City! Black Stone exterior and Off-Black interior, T5 Drive-E Premier trim. NAV, Sunroof, Heated Leather interior, Turbo, Compact disc player, Satellite Radio, iPod/MP3 Input, HEATED FRONT SEATS, BLACK STONE, OFF-BLACK.... ucsdguardian.org/classifieds for more information

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SUDOKU

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CROSSWORD PUZZLE

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67						68						69		

Solutions at bottom of page

ACROSS

- Football throw
- Hurt
- Small planet
- Spanish water
- Toast spread
- Coat part
- Rod's partner
- Garden plots
- Repent
- Deep blue
- Goes to
- Actor ____ Martin
- Nile city
- ____ the Beautiful
- Urgent abbr.
- Snaky curve
- Golden calf, e.g.
- Character
- Doomed ship
- Maintains
- ____ card
- Singer ____ Clapton
- NY time zone
- Skirt bottoms
- Lit
- Seoul's country
- Advances
- Very hot pepper
- Type style
- Living quarters
- Eve's garden
- Example
- Combine
- Iowa crop
- Prophecy
- Stainless ____
- Flock mothers
- Snout

DOWN

- France's capital
- Go-between
- Nappy leather
- Spit
- Vagrant
- Pub brew
- Primary color
- Tile picture
- Greek philosopher
- Past due
- On top of
- Take care of
- Bullring shouts
- Zodiac sign
- Mass ____ (subways, e.g.)
- Gator's relative
- Be unwell
- Book issue
- Nibbled
- Positive
- Fine ____
- Annoying thing
- Engrave
- Beget
- Flower support
- Climb
- Commercials
- Opera song
- Compass dir.
- Athens' country
- Church official
- Prepare to pray
- Texas landmark
- Goes up
- Setting
- Picture takers, for short
- Aid in crime
- Time past
- Margin
- Lodges
- ____ Jones Industrial Average
- Poet's "before"

WORD SEARCH

LET'S ROCK!

L	E	Y	A	D	N	E	E	R	G	M	D	T	N
L	N	Y	W	U	T	F	E	N	W	A	E	O	E
I	N	T	L	M	O	I	A	W	K	D	T	N	M
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- PSY
- FLEETWOOD MAC
- QUEEN
- WESTLIFE
- MADNESS
- ONE DIRECTION
- TAKE THAT
- MCFLY
- LITTLE MIX
- GREEN DAY
- THE WHO
- BUSTED
- UNION J
- MUSE
- LAWSON
- ELBOW
- BLUR
- OWL CITY
- PINK
- WANTED

Here's How to Pick a Perfect March Madness Bracket

March is here, bringing springtime, warm weather, and, most importantly, college basketball playoffs. The 81st NCAA Division I Men's Basketball Tournament kicks off on March 19. Aptly named "March Madness," the single-elimination tournament features 7 rounds, 68 teams, 67 games, and some of the most unpredictable, upset-filled basketball games of the year. With over 9.2 quintillion — a quintillion is one followed by 18 zeros — possible outcomes, it's almost impossible to project what will happen. But in defiance of those odds, college hoops fans around the country take part in the annual tradition of filling out tournament brackets, hoping they selected the one perfect bracket out of the 9.2 quintillion.

Last year, 17.2 million March Madness brackets were submitted to ESPN's Tournament Challenge for the 2019 NCAA Division I Men's Basketball Tournament. After the first day of the tournament, which consisted of the first 16 games, 42,828 — 0.25 percent of the total brackets submitted — were perfect. By the time the first round ended, which consisted of the first 32 games, there were only nine brackets left.

In the entire history of March Madness, no one has ever produced a perfect bracket. But, for all the basketball fans and

bracketologists who are feeling lucky and trying to find that elusive one in 9.2 quintillion chance, here are some strategies for picking games this March. All of the following is based on historical tournament data from 1985 to 2019.

Seeding

According to DePaul University math Professor Jeff Bergen, using seeds to pick teams improves the odds of picking a perfect bracket from one in 9.2 quintillion — 18 zeros — to about one in 128 billion — just nine zeros. This is how seeding works: The Sunday before March Madness begins, all 64 teams are ranked — based on their regular season and conference postseason performances — and then divided into four regions. Each team per region is given a seed based on how they were ranked, with the No. 1 seed going to the best team. Seed determines how the first round of the tournament is set up: the 1-seed plays the 16-seed, the 2-seed plays the 15-seed, and so on. Since 1985, higher seeds have won 71 percent of their tournament games. Though March Madness is known for upsets, in general, higher seeds beat lower seeds. The bigger the difference in seed, the more likely it is for the higher seed to win. In matchups between the

1-seed and 16-seed teams — the largest possible seed difference in the tournament — the 1-seed has won 99 percent of the time. However, as the gap gets smaller, the odds get closer and closer to a toss-up, though they still favor the higher seed slightly. In games where the seed difference is two, the higher seed wins only 55 percent of the time; when the difference is one, it drops to 54 percent. So, in general, it seems that the higher seed, in most matchups, is your best bet. But, despite all the statistics and math telling you that the higher seed usually wins, there are always exceptions. Who can forget, in 2018, when the 16-seed University of Maryland, Baltimore County Retrievers took down 1-seed University of Virginia Cavaliers — which was ranked as the top team out of all 64 coming into the tournament — in the first round.

Mascots

There are 304 different schools who have participated in the tournament since 1985. Each team's mascot falls into one of the following categories: humans, animals, mythical creatures, weather — or elementals — and others. "Others" is where I put the ones who didn't fit anywhere else, like Syracuse University's Otto the Orange — a fruit — or Stanford University's Cardinal

— a color. The most common mascot is bulldogs, represented by 12 teams. By and far, the most successful type of mascot has been mythical creatures, with a 58.5-percent win rate. This is a bit skewed, considering this category includes the Duke University Blue Devils, who are five-time NCAA champions and 125–90 in tournament play. There is a lot of fighting among the animal teams. To conclude the ongoing debate, dogs are better than cats, with dog teams going 37–28 against cat teams — though cats are 17–14 against bears. Humans have a losing record against all the animals — ears, dogs, cats, and mythical creatures — except for birds. Humans are beating birds by a hair at 92–91. With all that, here is our definitive mascot ranking, ordered from strongest to weakest: mythical creatures, dogs, cats, bears, humans, and birds.

Leave it to Chance

At a certain point, you realize that all these games are basically random, a 50-50 proposition, a coin toss. Maybe that's the best way to pick games: a coin toss. To pick all 62 games, just flip a coin for each game: heads for the first team and tails for the second team. In a way, this seems like the most fitting way to predict such an unpredictable event. No real statistics can be expected to

hold up to the scrutiny of a single game. Instead of trying to suss out a pattern from thousands of irregular data points, we should embrace the randomness with some randomness of our own. Also, this method is a lot easier than the two before. All you need to do is flip a coin — no spreadsheets or calculations.

So, who do I think is going to win March Madness? Teams are not selected until March 15, but my best bet is the Blue Devils. Duke is a school with a strong basketball program, a legendary head coach, and it has done well at the tournament in the past. The Blue Devils come into the tournament as a high seed and a favorite to win. Then again, the team was good last year but it got knocked out in the quarterfinals. Maybe the Cavaliers will repeat this year. Or maybe a newcomer like the San Diego State University Aztecs will take the title. Or maybe this will finally be the year a 16-seed gets to the final round. On second thought, let me flip some coins and I'll get back to you.

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SPORTS

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UPCOMING
UCSD
GAMES

Softball	10/2	4PM	vs CSU San Marcos
W Tennis	10/3	1PM	vs Ball State
M Volleyball	10/3	7PM	at UC Santa Barbara
W & M	10/5	TIME TBD	CCAA Tournament
Basketball	10/5		at RIMAC Arena

Baseball Sweeps San Francisco State, Tied for First in CCAA

Coming off a 3-1 series win versus Sonoma State University, the No. 3 UC San Diego Tritons baseball team kept things rolling, sweeping the visiting San Francisco State University Gators with a 4-3 win on Friday, Feb. 28, and a pair of wins in the Saturday doubleheader. With the wins, UCSD moves to 14-3 on year, which includes an 8-3 conference record.

While the Friday win proved tougher to snag, the doubleheader wins proved much easier. In game one, the Tritons were victorious by a score of 10-7. A three-run eighth inning was ultimately the difference in this one, as sophomore reliever Michael Mitchell recorded the win.

In the final game of the series, UCSD completed the series sweep, winning 6-0, carried to the win by senior ace Brandon Weed who went the distance (7 innings) and limited the Gators to just 1 hit.

The Friday win set the tone for the rest of the series. In that one, the Tritons' offense provided just enough to squeeze out the victory, riding on a solid performance from junior starting pitcher Cameron Leonard, who received heavy applause from the crowd upon his departure in the seventh inning. The Hemet High School product got the win and went 6 and two-thirds innings while giving up 3 runs on just 5 hits.

Head coach Eric Newman had high praise for Leonard. "He was able to get through the lineup a few times by just commanding his fastball well and getting



PHOTO COURTESY OF UCSD ATHLETICS

ahead," Newman said.

Leonard's fastball induced a good deal of ground outs for the Tritons, including a double play that got the team out of a jam in the second inning, which helped him get deep into the ballgame.

Reigning California Collegiate Athletic Association MVP sophomore shortstop Shay Whitcomb flashed some power and put the Tritons ahead, 1-0, after a no-doubter to left-center field in the second inning. Junior

designated hitter Anthony Luccetti and senior first baseman Blake Baumgartner both had a pair of hits and scored in the third inning after a key at-bat by redshirt junior catcher Aaron Kim. Kim sent the 10th pitch of the at-bat right back up the middle for a two-run single to put UCSD ahead 3-0.

Sophomore utility man Ryan McNally also had a solid game notching 2 hits and making a heads up play in the sixth inning,

extending a single into a double after the center fielder bobbled the ball in the outfield.

"He's been really putting together great at-bats for us over the course of the last week and a half and I felt like this was going to be a good opportunity to get him in the lineup and help us out," Newman said.

Despite a late scare from SFSU, who had a three-run rally in the seventh inning, UCSD and Mitchell shut down any chance at

a Gator comeback after pitching back-to-back scoreless innings in the final 2 innings. Mitchell was fun to watch in the closing role, going 2 and one-third innings while only surrendering 1 hit and striking out 5 Gator batters.

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Tritons Tie Program Record with Sixth Straight Win

Tying a program record set in 1996, UC San Diego's No. 6 men's volleyball team swept the UC Santa Cruz Banana Slugs in straight sets, 25-22, 25-19, 25-10, on Friday, Feb. 28 for their sixth win in a row. With the win, the Tritons improve to 13-3 on the season, entering a challenging stretch with five-straight matches against ranked opponents.

UCSD entered Friday's match coming off of two consecutive wins against the then No. 5 UC Irvine, its first and second ever Big West conference wins.

"Part of our strength this year is how well we're practicing — the fans come out and see how we're doing in a match, but they're not seeing what we're doing Monday through Thursday," head coach Kevin Ring said. "We're putting in a lot of work, and we're going to need all that and then some."

The Tritons got off to a quick 5-1 lead in the first set, capped

off by an ace from junior outside hitter Wyatt Harrison. But the Banana Slugs tied it up after two Triton attack errors, both teams going back-and-forth seeking the upper hand. The home team would respond though. After a kill from Harrison, the Banana Slugs made four-straight attack errors on senior setter Connor Walbrecht's serve, giving UCSD a 14-9 lead.

The Banana Slugs, however, came right back, gaining momentum after making a miraculous recovery from a block, forcing sophomore outside hitter Charlie Siragusa into an attack error. With the set tied 20-20, Siragusa followed a kill with a key block, and the Banana Slugs made two straight attack errors, giving the Tritons a match point that Siragusa converted 3 points later.

In the second set, the Tritons were up early with three quick kills from sophomore middle

blocker Shane Benetz, followed by a block from redshirt freshman outside hitter Ryan Ka to put UCSD up 4-1. A few points later, Walbrecht fired up the crowd by absolutely smoking a weak Santa Cruz ball into Banana Slug territory. Soon after, Walbrecht set up Ka for a crosscourt kill from the left side of the net to give the Tritons further momentum going into a timeout. The Tritons kept their lead safe for the remainder of the set, and Ka squeezed the ball through the Santa Cruz block to end the set, 25-19.

UCSD started off the third set with a block from sophomore opposite Berkeley Miesfeld, who followed that up a few points later with a towering spike on an assist from sophomore setter Blake Crisp. With the score 7-4, Harrison smashed a weak floater with his right hand on the first hit back across the net for a score.

The Tritons put the match out

of reach with an 11-1 run that had them up 21-8. Ka had an impressive showing during that run; he first made an athletic block high over the net that landed for a score, then scored two-straight points off of the Banana Slugs block attempts, putting the Tritons up 16-8. With the lead 23-10 near the end of the set, the Slugs made an attack error to give the Tritons a match point; then, embarrassingly, Santa Cruz made a rotation error to hand the Tritons the set, and the match. Harrison and Ka led the Tritons in kills, with nine each, and Walbrecht led the squad with 22 assists.

This win ties the UCSD record for longest win streak, last set in a 1996 season-opening six-game stretch while still in Division III. The current streak included victories over ranked squads, Concordia University and UC Irvine, as well as a prestigious University of Southern California

team.

"It's a variety of things. Especially our starting group, we don't have one guy who we set all the time — so we need to be a team that has a balanced offense, and when we've been at our best, we've been getting a balanced production out of that," Ring said of the team's recent success. "It's going to get pretty challenging, but we're up for it."

The Tritons will finish out their season with a grueling March and April game schedule that includes matches against third-ranked UC Santa Barbara, No. 12 UCLA, No. 10 Pennsylvania State University, top-ranked University of Hawaii, and fourth-ranked California State University, Long Beach.

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