

MEN'S VOLLEYBALL: A LONG-AWAITED WIN



"Having lost their last 14 against UCLA, the Tritons' chances at victory seemed slim at best ... but there's a reason they play the games."

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Silversun Pickups with the Wrecks at The Observatory North Park in San Diego. // Photo by Francesca Hummler

ACTIVISM

North County Women's March Draws Hundreds of Attendees

BY TROY TUQUERO SENIOR STAFF WRITER

The North County San Diego Women's March held a morning rally of approximately 200 people on Saturday, Jan. 18, at the Oceanside Civic Center. In line with the theme of "Embrace, Educate, Empower!" the rally included speeches from local activists and presentations by indigenous community members.

The NCSW Women's March was held in concurrence with the broader nationwide Women's March, which included demonstrations around the country in cities such as Washington D.C., Chicago, and San Diego.

Activist Angela de Joseph, founder of Indivisible Watu and event producer of the Women of Color Roar breakfast, served as the emcee. The event began with a blessing and ceremony that paid respect to the local indigenous people and thanked attendees for coming.

Demonstrators held signs ranging from "Impeach Trump" to "Nevertheless, She Persisted" as a show of opposition to President Donald Trump's policies.

Local activists delivered speeches on a variety of issues, ranging from immigration reform to environmental justice. Los Ojos Del Condor, a Chilean feminist group that seeks to educate San Diegans about events in Chile, led participants in a chant that denounced gender-based sexual violence titled "Un violador en tu camino," which in English translates to "A rapist in your way."

"Patriarchy is a judge that sentences us at birth," the chant begins. "And our punishment is the violence you don't see."

In an interview with the UCSD Guardian, Congressman Mike Levin talked about the

importance of the Women's March in bringing attention to issues of concern for UC San Diego students.

"What I am hopeful of ... is that UCSD really is a very engaged campus with student-centered concern of the future of our country, with issues like climate change and gun violence prevention," Levin said.

Organizations that attended the event included Moms Demand Action and the North County LGBTQ Resource Center, as well as various local and presidential political campaign chapters.

The NCSW Women's March also collected new clothing items for survivors of gender-based violence in donation stations around the rally site. Palomar Movimiento Estudiantil Chicano de Aztlan, a Chicano empowerment group, presented an interactive art wall in remembrance of trans women of color who have been murdered.

Thurgood Marshall College senior Michael McCauley told the Guardian that he attended the Women's March because of his agreement with their goals.

"I believe in strong, progressive policy for our state and our nation moving forward," McCauley said. "I know that [in my position] as a student, I can do everything I can to volunteer, intern, and educate myself on the political processes that encompass [all] of us."

The Women's March first debuted on Jan. 21, 2017, the day after Trump's inauguration, and marked the largest single-day protest in United States history. The Women's March's mission is to "to harness the political power of diverse women and their communities to create transformative social change."

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CALIFORNIA

Gov. Newsom Proposes Expanded Budget for Higher Education

The California State budget increases the UC system's core educational spending fund by over \$217 million.

BY JACOB SUTHERLAND
NEWS EDITOR

Governor Gavin Newsom sent his proposed budget, which includes increased spending in higher education, to the California State Legislature on Jan. 10, 2020. The budget, which is expected to be passed later this year, will increase the University of California's core educational spending ability by \$217.7 million.

Newsom's total budget calls for

\$36 billion to be allocated toward general higher education spending, with \$21.2 billion funded through property taxes and the rest funded through other revenue sources. These funds are distributed to the UC system, the California State University system, the California Community Colleges system, the California Student Aid Commission, and other undefined outlets.

Most notably, the UC system will see an increase of 1.3 percent

in total state funds. This is up from the approximately \$9.4 billion allocated in the previous fiscal year. Conversely, the CSU system will see a decrease of 1.4 percent in total funds, down from last year's approximately \$8.0 billion allocation.

According to Andrew Gordon, the associate director of media relations for the UC Office of the President, the proposed \$217.7

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LEGISLATION

Airport Authority Approves Terminal One Replacement

The airport's Terminal One will be replaced after over 5 decades in use.

BY SHUNGO NAJIMA
CONTRIBUTING WRITER

Terminal 1 of San Diego International Airport is planned to be replaced with a larger, more efficient facility under a \$3 billion redevelopment plan by 2024. The San Diego County Regional Airport Authority Board of Directors certified the Final Environmental Impact Report for the plan on Thursday, Jan. 9.

According to airport officials, being more than five decades old, Terminal 1 has become outdated in design and energy efficiency. Jonathan Heller, Airport Authority director of communications, spoke to the UCSD Guardian to share insight for what sparked the need for change.

"San Diego International Airport is the busiest single-runway commercial airport in the U.S.," Heller said. "It has seen record growth in passenger volumes over the past six years, and the impacts of this growth are most evident in Terminal 1. When it opened in 1967, it served 2.5 million passengers that year. In 2019, the same facility served more than 12 million."

In response to this, the Airport Development Plan revised a scheme to provide upgraded customer experience. These changes include:

- The expansion of the size of Terminal 1 to 1.2 million square feet.
- The addition of 19 new gates.
- More gate seating, restaurants, shops, and additional security checkpoints with more lanes.

- A new interior, post-security passageway that would connect the new terminal to the existing Terminal 2 East, which would eliminate the need to pass through security a second time when moving between terminals.

If all goes as planned, construction is slated to begin in 2021, with the first phase of the new terminal opening for public use in 2024.

Kimberly Becker, the president and CEO of the Airport Authority, discussed in a post on the airport's website about the changes the airport will be expecting in the coming year.

"In 2020, we will work toward several more milestones," Becker said. "We will advance the RFP and RFQ bid packages, we will prepare applications for the necessary Coastal Development permits with the California Coastal Commission, and we

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Other projects funded under Newsom's proposed budget include expanding Medi-Cal and an e-cigarette tax

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million increase will go to a variety of different initiatives. Broken down, this includes \$169.2 million to support ongoing operational costs and student support services, \$25 million to expand enrollment and increase operational support for the UC Riverside School of Medicine, \$15 million to expand the UC San Francisco School of Medicine Fresno branch campus in partnership with UC Merced, \$3.6 million to support operational costs for UC Agriculture and Natural Resources, \$3 million for the UC San Diego Center for Public Preparedness multi-campus research initiative, \$1.6 million for graduate medical education grants, and \$345,000 for immigrant legal services.

Following the release of the budget, UC President Janet Napolitano and UC Board of Regents Chair John Pérez released a public statement expressing their support for the governor's proposed higher education spending.

"The governor's spending

plan provides critical, continued funding for the UC Riverside School of Medicine and the UCSF Fresno branch campus, helping to expand medical care access to underserved communities in California," Napolitano and Pérez wrote. "Moreover, the proposal also invests in much-needed research on wildfire preparedness as well as crucial legal services for UC's immigrant students."

UC Student Association President Varsha Sarveshwar issued a statement on the budget on Jan. 14, 2020, expressing support for the funding increase, while also outlining the intent to work closely with the governor to work on securing additional funding for student-related issues.

"Over the upcoming months, the UC Student Association looks forward to working with the Governor and state legislators to secure additional investments that reflect UC student priorities: investments in outreach and retention programs, mental

health services, and resources for undocumented students, foster youth, and formerly incarcerated students," Sarveshwar wrote. "UCSA also hopes to work with the Governor's office and members of the legislature to secure the funding necessary to avoid a tuition increase."

Newsom's budget includes expansions for several other important areas of economic policy. Medi-Cal, California's low-income health care program, is granted increased funding for several projects under the new plan. This includes the allocation of more than \$80 million to provide coverage for undocumented seniors over the age of 65, which is currently estimated to be around 27,000 residents.

Another notable feature of the proposed budget is the emphasis on criminal justice reform. Newsom allocated over \$24 million for the treatment of those who are determined to be unable to stand trial due to mental illness

or developmental disabilities.

In an effort to combat the recent epidemic of youth vaping incidents, Newsom proposed a \$2 tax for every 40 milligrams of nicotine contained in an electronic cigarette. Revenues from this tax, which are estimated to reach up to \$32 million by 2021, will be invested into programs to further combat youth vaping throughout the state.

State legislators will begin a thorough analysis of Newsom's budget later this month, which will be followed by policy discussions and budget negotiations. The legislature has until June 15, 2020 to review, edit, and pass the same version of a completed fiscal plan in both the California State Senate and the California State Assembly before sending a copy back to Newsom to be reviewed and signed into law.

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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.

San Diego Named Best City for Keeping New Year's Resolution

San Diego has been named the number one city in the United States for people keeping New Year's resolutions, according to a survey conducted by WalletHub. The survey evaluated the most popular resolutions, such as weight loss and reducing stress, and summarized them into 57 key metrics including gyms per capita, employment outlook, and income growth.

The rankings of 182 U.S. cities were determined by the total number of points earned from each metric. WalletHub categorized the metrics into five key dimensions. Among them, San Diego ranked first on health resolution, second on relationships resolution, 27th on school and work resolution, 33rd on bad habit resolution, and 81st on financial resolution. The top three cities for 2020 are San Diego, California, Scottsdale, Arizona,

and San Francisco, California.

Lime Withdraws from San Diego Mobility Market

After San Diego County banned the use of electric scooters on the boardwalks at Mission Beach, Pacific Beach, La Jolla Shores, and the Mission Bay Park Bayside Walk last December in response to safety concerns, Lime announced an end to its partnership with San Diego. The company is currently in the process of removing its 4,500 electronic scooters as well as closing down its warehouse in Old Town.

Since summer 2019, the San Diego City Council has placed a scooter speed limit and restrictions on where scooters can be parked, along with granting city officials the right to impound devices. According to the San Diego Union-Tribune, Lime and other scooter and bike companies have complained about the lack of

transparency of the impounding policies. The present regulations on scooters was a main reason for Lime pulling out of the city.

Lime had been partnered with San Diego since February 2018 and made the city one of the first to offer both dockless bikes and scooters. The largest remaining scooter companies in San Diego now include Bird, Spin, and Lyft.

The Shutdown of Coal-Fired Plants Proven to Save Lives and Increase Crop Yield

UC San Diego environmental scientist Jennifer Burney found that the U.S. transition from coal to natural gas as a primary energy source has saved approximately 26,610 lives and 570 million bushels of crops including corn, soybeans, and wheat between 2005 and 2016. According to her study published in Nature Sustainability on Jan. 6, 2020, coal burning generates particulate matter and

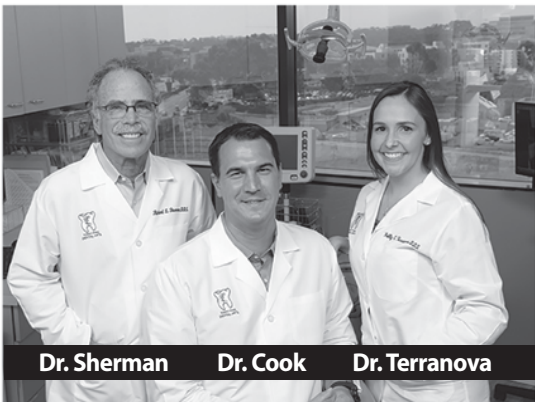
ozone in the lower levels of the atmosphere, which causes human health problems and localized climate change.

"We hear a lot about the overall greenhouse gas and economic impacts of the transition the U.S. has undergone in shifting from coal towards natural gas, but the smaller-scale decisions that make up this larger trend have really important local consequences," Burney said to UC San Diego News Center.

The inverse calculation suggested the damage caused by coal-fired units which were to continue operating over the same period of time could lead to 329,417 premature deaths and the loss of 10.2 billion bushels of crops, equivalent to about half the typical annual production nationwide.

— Jacob Sutherland
News Editor

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The NCSD Women's March also collected new clothing items for survivors of gender-based violence

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According to The Atlantic, the leadership of the Women's March has been heavily criticized due to accusations of past anti-semitic comments. Former leading organizer Tamika Mallory and current board member Carmen Perez allegedly stated that "Jewish people bore a special collective responsibility as exploiters of black and brown people."

These controversies have led local chapters such as the North County San

Diego Women's March to try to distance themselves as independent from the national organization.

The first Women's March notably excluded pro-life feminist organizations such as New Wave Feminists and And Then There Were None. A number of local organizers have since created a splinter group, March On, after criticizing the New York-based Women's March's lack of "resonance" with red

states.

The NCSD Women's March plans to announce a conference in the coming weeks to further shine a light on issues discussed at the rally.

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Plans for airport renovations include expanding upon and creating new terminal transit routes

► TERMINAL, from page 1

must clear one more regulatory hurdle with the federal environmental review process."

The Airport Authority is already on its way to addressing some of these environmental concerns. They are currently building solar panels on terminal roofs and carpools in parking lots to generate renewable electric power for the airport and making a stormwater capture system at the Terminal 2 Parking Plaza to reduce runoff to San Diego Bay. Additionally, it is one of two airports in North America to reach Airport Carbon Accreditation Level 3+, or "carbon neutrality".

The redesign of Terminal 1 will also include numerous roadways and transportation improvements to make it easier for everyone to access the airport. One of the aforementioned future programs is to develop an all-electric shuttle service that would carry transit passengers between Old Town Transit Center and the airport.

"The Airport Authority has been working with SANDAG, the Port District, the City of San Diego, MTS, NCTD, Caltrans, the County of San Diego and other regional agencies to assist in their efforts to analyze circulation around the

airport, as well as to determine the best transit solution for carrying people to the airport," Heller said. "A proposed on-airport entry road would remove an estimated 45,000 cars per day from Harbor Drive."

In addition to providing expanded electric vehicle charging infrastructure, the ADP's strategic alignment with the City of San Diego's Climate Action Plan will also create a bicycle path on Harbor Drive, as well as new incentives to promote alternative commuting habits among employees. The plan also includes further efforts to reduce carbon emissions.

Finally, as a benefit to San Diego citizens, the airport has also created a big economic impact on the community.

In 2018, the Airport Authority conducted an Economic Impact Study for the airport which indicated a dramatic increase in regional employment, payroll, and economic impact as a result of the airport. The study quantifies the airport's total economic contributions to the region at an additional \$12 billion annually.

With panned-out plans and efforts to overcome environmental regulations, San Diego International Airport is well

on its way to opening the first phase of the new terminal by 2024. Their next step is to be reviewed by the California Coastal Commission, and get approval from the federal environmental review process. Any inquiries regarding the expansion or the airport are encouraged to be asked on their website, at <https://www.san.org/Travel-Info/Contact-Us>.

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FRIENDS

By Michi Sora



WINTER TRITON FEST 2020

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WEEK 3

1.25

UNDER THE INFLUENCER
8PM - 10PM
PC BALLROOM WEST

WEEK 4

1.31



RECESS AT RIMAC
7PM - 11PM
RIMAC

OPINION

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Tuition Inflation and Inflated Rankings

By: Julia Nee // Contributing Writer

As the new year rolls in, one can expect bigger and better things coming to universities nationwide: Bigger tuition costs and “better” facilities and services. Since 1988, tuition costs have increased by 213 percent. Each year, tuition rises steadily by eight percent. This constant rise of tuition negatively impacts students by increasing the amount of student debt they face after graduating. In fact, the UC Board of Regents will meet next week to discuss the possible increase of undergraduate tuition. The steady increase of tuition has less to do with the level of education an individual one is receiving, but rather with the types of favors and accoutrements the student receives.

The inflation of college tuition started with the passing of the GI Bill in 1944. During this time, the demands for a higher level education blossomed. However, does this increased demand fully explain why tuition costs have risen from just about \$2,275 in 1777 to \$34,740 in 2018? Yes and no. The demand for higher education fueled the spread of universities, which then sparked a competition for financial gain to expand campuses and build brands which is how college ranking is determined to this day.

In 1910, colleges were ranked by how many scientists were associated with the institution. Now, colleges are ranked more based on their facilities and brand name. So much so, that the university evaluation is called reputational ranking. In fact, much of the ranking of a college does not have to do with the rigor in the classroom, administration policy, or student success. Regardless, researchers have found that many high school students are greatly influenced by the ranking of universities when choosing what colleges to apply to. Today, the ranking of colleges and universities has become just as commercialized as the ranking system itself. Several publishers like Money magazine, The Princeton Review, Forbes, and U.S. News & World

Report publish new college rankings annually based off of the university’s reputation and branding.

The advancement of university facilities and services to achieve better rankings and students can be seen right here on the UC San Diego campus. Clicking onto the UCSD webpage, the first image that pops up is graphic art of Geisel Library. While some may argue that Geisel Library symbolizes knowledge and a place for learning, Geisel was likely created to bolster UCSD as a campus that integrates bold and vivid architecture into the school campus. It adds a symbol of uniqueness to the UCSD campus which in turn makes UCSD stand out from other universities. In the end, Geisel boils down to just another facility intended to grow UCSD’s reputation.

The students at UCSD are directly harmed by the materialistic spending competition between universities. An example of UCSD playing into university competition can be seen in Price Center, which opened on April 21, 1989 and cost about \$66 million. This in turn increased the student fees to cover the construction and expansion costs. The new Sixth College campus location, the addition of new colleges, RIMAC, and the introduction of Division-I sports are also major changes that UCSD is using to attract more potential applicants and level up in the university ranking scheme. However, these advancements take a financial toll on UCSD and its students. RIMAC was a \$33.5 million investment that increased student fees and was a stepping stone for the transition into Division-I sports, which also added to the increase of student fees. These so-called advancements are additions that do not only pertain to UCSD. Many other universities have taken it upon themselves to create an area that is a social hub for students and citizens.

To find the solution for tuition inflation, one must strip the excessive branding and multi-million dollar facilities universities are buried under. Without the

layers of commercialism and marketing, universities are at their core: learning institutions. In fact, this is why universities were created in the first place. Universities should not compete on the basis of branding, but rather on how enriching the education is. Universities were created to educate students, which should still be their ultimate goal today. Universities need to focus on academics instead of creating new facilities and branding. This could decrease tuition greatly and make higher education more accessible for students. This competition between universities has left universities stained with corporate models inside of what should be learning facilities. In fact, Richard Arum, author of “Academically Adrift,” speaks about how classroom settings closely resemble an atmosphere where students feel like consumers.

While some may argue that universities need to grow with the demand for higher education, that does not mean that the tuition costs need to increase. By changing the way universities are ranked, the issue of tuition inflation can be resolved. University rankings need to be based on student success, not branding and unnecessary facilities. Student success could be measured by student retention, GPA, the percentage of undergraduates graduating, the statistics of undergraduates pursuing graduate school, or the statistics of undergraduates getting a job right out of college. Ranking universities on branding and facilities illustrates an inaccurate depiction of what type of success a student will experience during their time in college. If publishers of university rankings changed the ranking system from branding and marketing to student success, then universities will realize it is not about the millions, if not billions, of dollars they spend to try and upgrade the campus. It is about the type of education the university can offer the student.

Support Education Bond Measure to Fix Old Buildings and Create a Better Future for our State

By: Kamron Williams // Vice President of External Affairs for Associated Students, UC San Diego

From the flooded apartments at Marshall Lower Apartments to the daily struggle for students in wheelchairs to make their way throughout campus, we can all see the need for improvements here at UC San Diego.

Our university faces the same challenges as all the state’s public four-year universities and colleges: Older buildings and too little money to maintain and update them.

Nearly 60% of the UC’s public buildings are older than most of us: More than 30 years old. More than 40% of the UC’s public buildings are even older: Built between 1950 and 1980. In the CSU system, half the space is 40 years or older, and a third is more than 50 years old.

Funding for capital improvements, building maintenance and modernization – including better accessibility – at the state’s four-year universities and colleges plummeted during the Great Recession. As a result, UC San Diego and all the state’s four-year universities have big backlogs of deferred maintenance.

Throughout the UC campuses, we see the construction of new buildings and areas, yet there are still buildings in need of upgrades and maintenance. These aging buildings mean that many of us now find ourselves in housing that is not properly equipped to prevent flooding, attending lectures in seismically deficient classrooms, working with outdated equipment and occasionally shut out of certain courses because of the limited available class space.

Among California’s youngest students, millions now attend classes in obsolete, unsafe and unhealthy K-12 facilities, which can harm their education and their health.

That’s why I’ve joined the bipartisan California Coalition for Public Higher Education; teachers, doctors, nurses, firefighters and military veterans in supporting a \$15 billion bond measure on the March 3 ballot. Prop. 13 will provide desperately needed new funds to protect the health and safety of California students in higher education and in pre-school to grade 12. It places a

priority on fixing earthquake, fire and other life safety issues.

The bond measure, which is officially titled the California Public Preschool, Kindergarten-12 and College Health and Safety Bond, was given the same number as a more famous tax measure by the Secretary of State. But this version of

Prop. 13 will be providing funding for education. Proponents call it the strongest statewide school bond measure in California history.

For higher education, Prop. 13 will provide \$6 billion, which will be divided equally among UC, CSU and Community Colleges. It is the first bond measure since 2006 to provide significant funding for higher education infrastructure.

Another \$9 billion will fund the removal of asbestos and mold; and pay for replacing outdated drinking water systems and vital repairs to ensure California’s pre-k-12

► **BOND**, from page 4

schools are safe for students. California’s charter and technical schools will receive \$100 million to make those campuses safer.

Because rundown buildings are most often found in low-wealth school districts, the bond measure includes key reforms to ensure equitable school facilities funding by investing in districts that most need the funds.

Prop. 13 also has significant protections for taxpayer money. It requires public hearings to get public input, and any campus that receives funds from it will be required to develop a five-year plan to create more affordable student housing. Prop. 13 also limits administrative costs and mandates independent performance audits of the projects it funds.

In addition to making campuses safer, Prop. 13 will help us meet the demand for more educated workers in the future. In the next 10 years, the nonpartisan Public Policy Institute of California (PPIC) said the state’s employers will need 1.1 million more graduates with bachelor’s degrees than are expected to graduate now.

Our colleges and universities need to have well-maintained classrooms, dorms and equipment to educate students and ensure our economy continues to thrive. As students, we can play an important role in improving our own campuses and assuring a strong economic future for us when we enter the workforce.

We can do this by registering to vote and voting in the state’s March 3 election.

If you’re not registered to vote, you need to do so by Feb. 18 by going here. If you

miss that deadline, you can “conditionally” register and vote at your county elections office.

If you’re like me, and registered to vote at your parents’ home or somewhere else and won’t be there on election day, please get an absentee ballot by completing this form. Those forms must arrive by Feb. 25.

The March 3 election is closer than it seems. Absentee voting will begin in February, and this will be a closely watched election, with presidential candidates at the top of the ballot. Please don’t stop there though! Keep going down the ballot to the ballot measures and cast your YES VOTE for PROP. 13.

I know some of may think your vote doesn’t count or that you can’t effect change. But consider this: There have been elections in this state and this country that have been decided by one vote – and many more by just a handful of votes. If we come together under the common goal of making all Educational Facilities safer and healthier for all California students, then we will have the power to effect the change that is needed and ensure that is seen through to the end.

Please cast your vote to make the improvements that will protect campus housing from flooding and will help ensure we have safe, up-to-date buildings and equipment for all Tritons. Vote YES on Prop. 13 on March 3.

Kamron Williams is Vice President of External Affairs for Associated Students, UC San Diego. For more information about Prop.13, please visit <http://yestohighered.org/>

PC Princess: Support Your Sisters, Not Just Yourself

By: Jacob Sutherland // News Editor

Hundreds of thousands of feminists globally turned out for the fourth annual Women’s March this past weekend. As with any large social movement, there are bound to be disagreements amongst its supporters, and the Women’s March is no exception. With the march having just taken place, I wanted to take a moment to acknowledge and work through one of the initial and unfortunate shortcomings of the first march — misuse of privilege.

The day after the inauguration of the current occupant of the White House, millions of feminists around the world took to the streets to express their frustrations with the election of a president whose previous statements and actions have been anti-women. Of these millions of demonstrators, around 470,000 traveled to Washington, D.C. to protest. While many of the protests taking place around the world were true representations of feminist diversity, the one in Washington appeared a bit more homogenous — specifically more upper-middle class.

There is nothing wrong with turning out to support

a cause you believe in, especially when you have the opportunity to do so directly in spite of your oppressor. However, the problem with so many people from around the world traveling to Washington to protest in front of the White House was the fact that the costs of doing so severely outweighed the benefits. Many of those who attended the march in Washington could only do so because they had the financial ability to take time off of work and afford a roundtrip airfare and accommodations.

According to the Women’s March website, there were 673 marches globally, with 408 being held in the United States. This means that most of those who traveled to the Washington march had a local march they were leaving behind. The amount of privilege exuded in wasting such funds to go to the nation’s capital for an Instagram post rather than attending one’s local grassroots march is a slap in the face to the many feminists around the world who do not have similar levels of privilege.

Those who traveled to the Washington march would

have done a lot more good by attending their local marches and donating the money they saved from not traveling to Washington to feminist organizations like Planned Parenthood, the Times Up Legal Defense, and the Trans Women of Color Collective, to name a few. Going forward, the Washington march should serve as a lesson for all activists with higher levels of privilege to evaluate how best to utilize their time and resources to maximize the betterment of those in their respective movements who are struggling the most.

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FEATURES

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ART BY ANGELA LIANG

THE SMOKE ALARM IS STILL RINGING

Recent vaping-related deaths and hospitalizations linked to certain THC-infused vapes, Recent research links vaping-related deaths to certain THC-infused vapes. Staff Writer Nelson Espinal provides the latest updates in a follow-up to his previous feature about vaping.

BY NELSON ESPINAL STAFF WRITER

The rapid pace at which vaping entered mainstream youth culture presented little time for researchers to confidently determine its safety. This lack of certain research often allows for a notion of safety to enter the minds of vape users, even when there might be more harmful consequences. Determining the level of safety when vaping is an ever-evolving question that requires additional research in order to track the long-term effects. The process of having these findings trickle down to people who are considering vaping or have just started has been elongated because of the vape-positive studies that came out at first that portrayed it as a safe and viable alternative to smoking. This hurdle limits how seriously it will be seen by people who currently vape.

The Centers for Disease Control and Prevention has recently been providing constant updates on hospitalizations and deaths from vape-associated lung injury, also known as EVALI. Its website lists the symptoms of lung injury as “respiratory symptoms, including cough, shortness of breath, or chest pain” and “gastrointestinal symptoms, including nausea, vomiting, stomach pain, or diarrhea” with other general symptoms like fever, chills, sore throat, et cetera. The aerosol, which is found in the smoke that is both inhaled and exhaled, has been labeled as a key cause for these symptoms because it contains compounds that can cause cancer and possible lung injury. The CDC started tracking EVALI in June 2019 and provided monthly updates on its latest findings.

According to its website, there have been 357 EVALI-related deaths in 27 states as of Jan. 7, 2020. Additionally, 2,602 people have been hospitalized for EVALI.

Recent CDC research provides potential explanations for EVALI’s causes, stating that “the latest national and state findings suggest products containing THC, particularly those obtained off the street or from other informal sources (e.g. friends, family members, illicit dealers), are linked to most of the cases and play a major role in the outbreak.”

This finding links THC, the compound that generates cannabis’s physiological effects, in tobacco-based vapes as a potential cause of EVALI. The CDC has not definitively labeled a certain component of electronic cigarettes as the main cause of the outbreak of EVALI because it can only draw conclusions based on its most recent sample that began in August 2019.

According to its website, “no one compound or ingredient has emerged as the cause of these illnesses to date; and it may be that there is more than one cause of this outbreak. We do know that THC is present in most of the samples tested to date, and most patients report a history of THC-containing products.”

The early conclusions about vaping studies were positive because vaping was framed as a safer alternative to smoking. The overall feeling about vaping was generally positive despite the warnings about a lack of research. A study from the Royal College of Physicians dating back to 2016 also highlights the initial wave of positivity around vaping.

“The hazard to health arising from long-term vapour inhalation from the e-cigarettes available today is unlikely to exceed 5% of the harm from smoking tobacco,” the RCP’s Tobacco Advisory Group concluded. “Technological developments and improved production standards could reduce the long-term hazard of e-cigarettes.”

This past study presents current-day ramifications for a person that is interested in vaping or who currently vapes. They can use the RCP study to provide a foundation for a counterargument against the work that the CDC is actively doing. A back and forth occurs between older studies that endorse vaping and newer ones that shed a negative light on vaping. This constant clashing can lead to further misunderstanding.

The brand of vape used does matter when it comes to EVALI cases, as there are tobacco-based vapes and also those modified to include both THC and tobacco. According to the CDC, “the most commonly reported product brand included Dank Vapes (56 percent), followed by TKO (15 percent), Smart Cart (13 percent, and Rove (12 percent).” When THC and nicotine are mixed, there appears to be a trend of unhealthy results.

The brands responsible for the high volume of hospitalizations and fatalities show that the combinations of nicotine and THC result in damage to the lungs.

On a different note, the CDC reports that there are 13 percent of cases in which the patients reported use of tobacco-only vape products. The variety of different vapes used by the victims calls for more time needed to directly pinpoint the root cause since it is not narrowed down to a specific type of vape. It is possible that it may simplify to certain kinds of vapes eventually, but until then, generalized leads create a lack of clarity on what devices to avoid.

The Food and Drug Administration issued a federal ban on flavored vapes on Jan. 2, 2019 as reported by CNBC. This action was an attempt to slow down the marketing that targeted children. “The ban has little to do with the vaping-related lung illness,” a FDA official said in the article, explaining that this policy was not meant to address the issue of THC-infused vaping products. The same FDA official also said that the THC vapes are a separate issue and their current focus is stopping younger audiences.

See VAPING, page 7



In late 2019, UC San Diego researchers revealed that they have been studying the negative effects of vaping on student health.

► VAPING, from page 6

Apart from what the FDA did to control the marketing toward younger audiences, UC San Diego addressed the THC-related vaping issue by sending a campus-wide notice via email on Nov. 15, 2019 from Vice Chancellor of Student Affairs Alysson M. Satterlund and CEO of UC San Diego Health Patty Maysent. In this email, they alerted the student body to refrain from vaping until further findings are determined.

“The California Department of Public Health (CDPH) and the Centers for Disease Control and Prevention (CDC) have issued an advisory urging everyone to refrain from vaping effective immediately, due to a continued increase in vaping-associated pulmonary injury,” the email stated “Until the cause of the condition is known, the state is advising against ALL manners of vaping or electronic cigarette use.”

Apart from the EVALI-based research done by the CDC, the CDPH has “identified 136 cases of acute lung disease in California among people with a history of vaping cannabis or nicotine. All patients required hospitalization, with some needing respiratory support. Three deaths associated with the disease have also been reported.” These are separate cases from the lung injury EVALI that is being researched by the CDC. Now with multiple illnesses being linked to vaping, the UCSD email gave students who vape some advice.

“Quit vaping altogether, no matter the substance or source,” the email stated. “For those who continue, please avoid purchasing any vaping products on the street and never modify a store-bought vape product.”

The findings from both the CDPH and the CDC lean toward the conclusion that vapes are not completely safe products. With this in mind, it is important to gauge how people who actively vape reacted to the most recent findings.

A group of students were collectively vaping outside the bounds of UCSD near the bus stop around the Keeling Apartments. They were sharing a single vape amongst the four of them. The mango scent caught my attention and I went to ask them about the findings that recently have come to the forefront.

“I know that there are a lot of issues with vaping, but I’ve been doing this for three years and I trust the brand that I use,” one of the students, who wanted to remain anonymous, said. “I feel like it is people that don’t do the research that end up being hurt.” The statement carried plenty of confidence and it soon became clear that it was the only words that I would get out of this particular group.

On a separate occasion, as I walked to my car, I saw a student smoking a cigarette in the parking lot. As a self-described “traditional smoker,” her resistance to the

vaping trend must be grounded in fear of vaping. Her reaction to the findings confirmed my intuition.

“There is no way that inhaling all of those artificial chemicals could be good for you,” the student said with a proud smile “That is why I stick to natural tobacco. If smoking is going to be the end of me, it has to be the real thing.”

With a lack of a conclusive, definite cause for EVALI and the acute lung disease discovered by CDPH, there is still some uncertainty that comes in accepting these recent findings. While the off-market devices have been pegged as more dangerous than those of bigger brands like Juul, the latest results show that no brand is completely safe. The end result is a lack of ability to dissuade people who vape consistently since they have typically been doing it for a while and have not suffered any immediate consequences. The fire alarm has now started to sound and these findings can initiate some hesitancy in starting to vape.

“There is no way that inhaling all of those artificial chemicals could be good for you,” the student said with a proud smile ‘That is why I stick to natural tobacco. If smoking is going to be the end of me, it has to be the real thing.’”

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FILM REVIEW

PHOTO COURTESY OF TV GUIDE

MARRIAGE STORY

Director Noah Baumbach

Starring Adam Driver, Scarlett Johansson, Laura Dern, Ray Liotta

Release Date Dec. 6, 2019

Rating R

C

Adam Driver and Scarlett Johansson receive an unwarranted amount of praise for their superficial and unconvincing performances.

With the 92nd Academy Awards just around the corner, it has become increasingly impossible to avoid the widely-discussed and somehow critically-acclaimed film, “Marriage Story.”

The Netflix film starring Adam Driver and Scarlett Johansson recently became available for streaming on Dec. 6, just before the peak of film awards season. “Marriage Story” has since received six Academy Award nominations, including the Award for Best Picture, Best Actor, and Best Actress. In addition, it received seven nominations for the Critic’s Choice Awards and six more for the Golden Globes.

Quite frankly, I don’t get it.

While it’s not surprising to me that yet another bland story about a white, middle-class family (featuring an almost entirely white cast) has received Oscar buzz, I have watched this movie again and again, trying to keep an open mind as to how it could have possibly received the critical acclaim that it has, and I’m simply drawing a blank. The only decision made by the Academy that I do agree with is the nomination of Laura Dern for Best Actress in a Supporting Role. Her performance, in my opinion, is the film’s sole element worthy of praise.

For those who have successfully avoided the film thus far, maybe due to the fact that not everyone has both a Netflix subscription and two hours to waste, no need to worry. I believe I can successfully capture the essence of “Marriage Story” in a single word: mundane.

The performances of Oscar nominees Adam Driver and Scarlett Johansson offer an unconvincing portrayal of

a middle-aged, American couple undergoing a strenuous divorce. Charlie, an up-and-coming theater director, and his wife Nicole, once known for her work as a teen actress, find their relationship succumbing to the difficulties of married life, parenting, and show business. Often disagreeing on which parenting methods to use when raising their son, the two eventually enter a custody battle.

Throughout the film, Driver and Johansson demonstrate a limited and inconsistent performance. Johansson’s range of emotion alternates exclusively between showing none whatsoever, and exaggeratedly loud fits of rage. The two leads rely on screaming at each other to distract viewers from the sense of awkwardness that becomes apparent while they’re doing literally anything else. One such display is exemplified through a climactic scene in which the estranged couple engages in an intense, irreversibly detrimental fight. As discussed by Variety writer Matt Donnelly, this scene has been named by critics as “the defining moment of the film.” Director Noah Baumbach himself has expressed how the majority of the plot encompasses this one specific fight.

In the scene, which has been mocked endlessly on social media, the near divorcees are unrelentingly bursting with the rage they had previously internalized for the sake of their son. While the intense exchange may be viewed by some critics as raw, authentic emotion, members of the Twittersphere have utilized the unconvincing display as fuel for a wave of new, extraordinarily popular memes. Countless viral tweets blatantly vilify Driver and Johansson for their laughable execution of the infamous fight scene, specifically regarding

the painfully cringe-worthy moment when Driver indolently punches a wall. The two actors have been widely commended for the elements of continuity demonstrated through several lengthy monologues, and in this instance, I do have to agree with the critics. Their seemingly never-ending rants are, in fact, continuous — continuously uninteresting.

The ongoing issue of emotional inconsistency simply left me unconvinced and unable to hold back laughter during moments that were clearly intended to be serious. In what has been acknowledged by some as one of the most sentimental scenes of the movie, Charlie creates a list of reasons as to why he loves his wife, one of them being the way she dances. “She’s a great dancer,” he writes, “infectious. She makes me wish I could dance.” Unsurprisingly, his words are immediately followed by Johansson dancing in such a way that it appears as though she is summoning rain. There are countless moments throughout the piece that serve as an obvious attempt to invoke emotion, such as the dance scene. However, the poor decision-making by those involved in the film has done nothing but contribute to an overpowering sense of mediocrity.

The story of this marriage is one of tedium and monotony, and just like with the film itself, I was grateful that it ended.

—CAMILA MORALES
 Staff Writer

Disney+, What Does That Mean for Us?

Disney + marks the oversaturation of the streaming industry, giving an unclear future.

On Nov. 12, 2019, The Walt Disney Co.’s new streaming service Disney+ was launched in the United States, Canada, and the Netherlands. Disney’s new venture into the streaming industry is part of the rising trend of large production companies launching — or planning to launch — their own streaming services, with Time Warner Cable and NBC serving as other examples. This article will not be a critique of Disney+ and its crashing on launch. Rather, this article will serve to answer the following questions: How did things get this way? Have there been similar events in the past? What does having this amount of streaming services mean for the consumer? What can be done in the future?

First, to understand what allows streaming services to operate, it is necessary to look at the current playing field. Currently, there are seven major streaming services: Netflix, Hulu, Disney+, Amazon Prime Video, CBS All Access, and Apple TV+. Each specific streaming service has its library of both non-original content and original exclusives, like Netflix having “Breaking Bad” and “Stranger Things” respectively. Now, why can’t a service like Netflix stream one of the nonoriginal exclusives on Hulu, like “Lost?” Well, the answer is fairly simple: Companies want to maintain exclusivity over intellectual property. A show or movie being considered an intellectual property means it is protected by law against unlawful plagiarism and redistribution. In other words, intellectual property is, to some extent, its own monopoly as no other entity can have it. Therefore, when a streaming service has exclusive rights to a show, they technically have a monopoly over that show. Then, as when any monopoly is present, there is little to no competition. Technically, while the content is a monopoly, the small group of streaming services would be considered an oligarchy, but this still renders little to no competition. In this scenario, competition can be explained as having the most shows to attract the most viewers. When this is the case, services like Netflix cannot “compete” with Hulu as there is only one “Lost” that cannot be replicated.

When done enough times among multiple services with multiple intellectual properties the “competition” will be diluted to every service only having a small selection of shows that people want to watch. What does this mean for the consumer?

Within an ecosystem of healthy competition, the consumer generally wins. The competitors will always do something to improve their product, whether that be through innovation or trying to maintain quality while lowering production costs. However, as stated earlier, within oligarchies, there is little to no competition. In the case of these streaming services, there is no need to compete and innovate because the consumer will more than likely pay for multiple services to watch their favorite shows. Thus, these services are swindling people of their money because of their need for entertainment. As a result, if more services begin to rise leading to access to fewer popular shows amongst each service, consumers would eventually turn to piracy for their shows and movies.

While streaming services are rather new, there was once a similar issue in the ‘30s and ‘40s with production companies and movie theaters. In brief, production companies, like Paramount Pictures Corporation, Metro-Goldwyn-Mayer Studios Inc., and Warner Bros. Entertainment Inc., were buying or making partnerships with theaters to only screen their movies, often through the practice of block booking, which is selling multiple films as a unit. These production companies were vertically integrated, meaning a company owns two or more stages of production usually performed by other companies, as they owned both the means of production and distribution. As a result, these production companies were creating an oligopoly with little reason to compete against one another. Eventually, this whole issue found its way to the Supreme Court of the United States in the case of United States v. Paramount Pictures, Inc. in 1948. Using the precedent of the Sherman Antitrust Act of 1890, the Supreme Court held that the practices of these production companies were anti-competitive and

monopolistic. Seeing the scale that this issue came to, it begs the question of what can be done for streaming services now?

There are a few possible scenarios that can happen in our current situation. One scenario is that consumers allow streaming services to continue down their current path. This would probably lead to the oversaturation of the industry. Then, within this scenario, consumers would then turn to piracy as their main source due to the decreasing quality of these services. A second scenario is the end of exclusivity. With the end of exclusivity, multiple services can have the same shows, similar to movie theaters. Thus, they would be competing through the innovation of their user interface, cheap prices, etc. This scenario would lead to further competition between all the services. A final scenario could be one where there is only one service for all the popular shows that could be accompanied by more niche streaming services for things like documentaries and independent works. In this scenario, the consumer gets various options for services, as each service will revolve around interests as their selling point rather than specific properties. Thus, despite there being the main service, the addition of other smaller services will keep the big one in check, creating competition similar to scenario two.

All in all, the issue of streaming services is still quite young, considering Netflix only launched its current streaming services 12 years ago. However, the pace with which streaming has grown cannot be ignored and is quite frankly becoming a major problem. While no one knows what the future holds, Disney+ marks a major tipping point for this industry.

—HECTOR ARRIETA
 Staff Writer

FILM REVIEW

PHOTO COURTESY OF NEW STATESMAN

1917

Director Sam Mendes

Starring George MacKay, Dean-Charles Chapman

Release Date Dec. 4, 2019

Rating R

B+

Sam Mendes's war epic "1917" is a technical feat, but falls into conventionality as an Oscar frontrunner.

Academy Awards nominations always have their share of snubs, but this year's list feels particularly lacking in filmgoer favorites. "The Farewell," "Rocketman," "Us," "The Lighthouse," and "Uncut Gems" are just a handful of accolade-worthy titles that twist conventions and upturn expectations, yet somehow fail to agree with the academy's selective tastes. However, the war epic "1917" was an obvious shoo-in since the buzz surrounding its trailer release. With Director Sam Mendes, Cinematographer Roger Deakins, and A-list British actors in its armory, little surprise arose when "1917" snagged 10 Oscar nominations, including Best Picture.

With "1917," Mendes adds to an already-impressive filmography, which includes "Skyfall," "American Beauty," and "Revolutionary Road." Centered around two British soldiers tasked with delivering a message that will stop a deadly battle, "1917" brings the frontlines of World War I onto the big screen. In several heart-pounding, armrest-clenching scenes, we see Lance Corporals Schofield (George MacKay) and Blake (Dean-Charles Chapman) crawl through no man's land, dodge enemy fire, and wrestle between their fears and their duty to their country.

By far the most celebrated aspect of this film is its one-shot experience. Shot by cinematography luminary Deakins, the camera tracks the characters' journey through rolling green fields and decimated, body-strewn trenches without the impression of any cuts. We, as audience members, are limited to what the characters see and hear, not knowing what dangers lay around the corner. The one-shot method thus

creates a deeply engaging viewing experience that can also be, ironically, distracting when you pick up on the hidden cuts.

Despite how stylistically impressive the film is, one can't help but also draw visual parallels and comparisons to other movies and forms of media. Alejandro González Iñárritu's 2014 "Birdman" already did the sleek one-shot movie with more flair and finesse. Christopher Nolan's 2017 "Dunkirk" already did the technologically impressive, all-senses immersive war movie with a greater sense of urgency and scale. I even found myself reminded of "Call of Duty" and other first-person shooter games because of the way we follow behind gun-touting characters through unfamiliar places, achieving little quests that guide them toward their final mission.

Thomas Newman's Oscar-nominated original score leaves one cold, spare for certain scenes. Music plays as uninspired ambiance with little sense of an overall theme in most scenes. However, the score comes to life in a few climactic moments. These moments, most notably one that takes place during nighttime, are accompanied by a beautifully haunting, almost dystopian opera. This particular scene pairs Newman's song, "The Night Window," with nightmarish shots that look like real-life paintings. It's a phenomenal union of sounds and visuals that strike awe and that, I argue, makes this whole movie worth watching.

Despite the amount of talent working on and off-screen, and some critics hailing it as one of the best war movies of all time, "1917" is arguably nothing new. The film's simplistic plot and one-sided characters are unremarkable and almost

underwhelming. There are no overarching messages or themes to pull away besides a vague anti-war sentiment. Brief appearances by great British actors — Colin Firth, Benedict Cumberbatch, Andrew Scott, Mark Strong, and Richard Madden — make for far more interesting characters than the two stoic leads.

Nonetheless, "1917" remains one of the strongest contenders of this year's Oscars. Being a safely conventional, technically impressive war film nearly guarantees it to be a front-runner by the academy. It'll battle Bong Joon-ho's "Parasite" for Best Picture and Best Directing, and it'll likely win Best Cinematography, Best Production Design, and other technical categories. It's both an audience and a critic favorite that doesn't stir much controversy for its nominations, unlike "Joker" and its 11 nominations. But "1917's" nominations also mean less award recognition for films with more diverse creators and boundary-pushing stories.

While "1917" is a good film in many regards, it is yet another film that has little new to say and yet is still widely recognized and praised — a privilege that not all movies and movie creators are granted.

— NATALIE TRAN
Senior Staff Writer

FILM REVIEW

PHOTO COURTESY OF NETFLIX

THE TWO POPES

Director Fernando Meirelles

Starring Jonathan Pryce, Anthony Hopkins, and Juan Minujín

Release Date Nov. 27, 2019

Rating PG-13

A-

"The Two Popes" places the viewer behind the closed doors of the Vatican.

On April 19, the year of our Lord, 2005, the College of Cardinals elected Cardinal Joseph Ratzinger as the 265th leader of the Catholic Church after Pope John Paul II died. Fast forward to 2012, and this is where the majority of "The Two Popes" takes place. Cardinal Jorge Bergoglio wishes to retire and demands that Pope Benedict allows him to. However, Benedict bars him from doing so in what he later refers to as a "theological conundrum."

"The Two Popes" is a Netflix exclusive movie directed by Fernando Meirelles, known for works like "Waste Land" and "Cidade de Deus," and written by Anthony McCarten, known for "The Theory of Everything" and "Bohemian Rhapsody." The film stars Jonathan Pryce as Cardinal Bergoglio, Juan Minujín as young Jorge Bergoglio, and Anthony Hopkins as Pope Benedict. This movie is a character-driven movie that humanizes two of the most revered religious figures in recent memory.

The entire film centers around the various interactions between Cardinal Bergoglio and Pope Benedict. At the start of the film, the viewer can sense the disdain that Pope Benedict holds against Cardinal Bergoglio. For example, Benedict pauses at the sight of Bergoglio's picture, and even refuses to shake his hand and acknowledge him amongst the other cardinals. A lot of the tension between Benedict and Bergoglio is accredited to their major ideological differences: Benedict is more conservative and traditional, while Bergoglio stands at the forefront of progression within the church. The tension between the two comes to a head when Benedict summons Bergoglio to his summer residence and the two begin walking and talking in the estate's garden. Their dialogue is akin to a battle between two swordsmen; rather than using swords, it is a battle of wit and intellect

with lots of banter and sarcasm alike. Their debate covers theological topics like the nature of God and sacraments, the stances of the church, and even the pedophile scandal within the church.

The performances of Pryce and Hopkins are amazing in this movie. The viewer can see the fire in their eyes as they defend their respective stances. The beauty between Benedict and Bergoglio lies not only in their opposition but also in their attempts to be more like brothers under Christ. Seeing these two characters converse about trivial things like soccer, coffee, and pizza, and seeing them enjoy themselves as Benedict plays the piano, humanizes these religious figures in a way I have never seen before. While the two might not see eye-to-eye in terms of belief, they can tolerate each other as the film progresses. So much even, that when Bergoglio confesses his past sins of allowing his ego to push away people he was trying to protect during a bloody dictatorship in Argentina, causing people to suffer, Benedict reminds him he is only human. All in all, the film does a good job of keeping the characters fairly consistent, justifying their actions through their past experiences and current outlook on life.

Aside from character development, the film also has good cinematography. There were shots in the movie that resembled a religious renaissance painting. For example, towards the beginning, a still shot from the side of the procession of cardinals into the Sistine Chapel had this appearance. Also, in the garden scene between Benedict and Bergoglio, the decision to have shots of Benedict be obscured by branches, potentially hinting at his muddled conscience, was a good decision.

While there are a lot of things this movie does well, there

are also a few flaws. One notable flaw is how the script makes certain moments explicitly obvious. For example, when young Bergoglio entered his local church after hearing a saxophone and begins a confession, the priest basically spells out, "Hey, this is the sign that God is giving you to become a priest." Also, I found the choice of ABBA's "Dancing Queen" over the first papal conclave scene to be off-putting. Other than this, there were no other weird choices in music. In addition, the film focuses more on the past of Cardinal Bergoglio, and I would have liked to see Benedict's past rather than just being told it. However, the film's biggest sin is its delivery of the revelation of Benedict's resignation. Benedict's resignation was an event that completely shocked the Catholic church to the core. Here it comes off as a buddy comedy, meant to be funny. After Benedict tells Bergoglio about his plan to resign, Bergoglio is understandably confused about the situation. However, Benedict appears to be taking the situation very nonchalantly as he stands up and walks away pretending like he did not just tell someone news that would shake the church.

Overall, "The Two Popes" is a well put together film that truly makes these religious figures feel like true human beings through the use of internal church affairs. While this film does not have many flaws, the ones it does have keep it from being a film of a lifetime... and because the only way to watch it is on Netflix.

— HECTOR ARRIETA
Staff Writer

A Decade of Fashion

by Colleen Conradi *Lifestyle Editor*

As the new decade begins, it would be wrong not to reflect on some of our best, and worst, style choices of the past 10 years! Let's look back together and decide what we can carry with us through the '20s and what we need to leave in the 2010's!

2010

Hello skinny jeans! If you wore colored skinny jeans that were so tight you weren't sure you could bend down without ripping a seam, then you were on trend, baby! Put on some Ke\$ha while getting ready for school and don't forget to top off the outfit with those new clip-on feathers in your hair!

2011

We need some sunglasses to look back at this year because of all the neon! Don't forget to put on those little neon, spiky rubber ball earrings you just bought from Claire's for the middle school dance! They'll go great with that lace dress you got on sale from Forever 21.

2012

We love a collared, button down, sleeveless top! Bonus points for wearing it with leggings and boho fringe boots. If you want to be fancy, throw on a high-low dress or skirt to impress the boy at school wearing his brand new Nike elite crew socks, school P.E. shorts, and One Direction styled hair.

You can pause here to swoon.

2013

The year of comfort! Rock those halls with a PINK sweatshirt, some black leggings, and Uggs (off brand from Ross is still okay). Boys, make sure you're buttoning that shirt all the way up to the neck!

2014

The influence of Ariana Grande was very prevalent this year. Ladies, ponytails up and high-waisted, pleated mini-skirts on! Pair the skirt with an oversized sweater or tight crop top. For the boys, the preppier the better! Put on those Chubbies-styled shorts, and Vineyard Vines t-shirts.

2015

Hello, punk revival! Ladies and gentlemen, get yourselves to Goodwill and thrift those oversized flannels now! Doc Marten style boots or Converse in addition to a t-shirt for a band you've never actually listened to, but the vintage style looked cool to you in the store, will give you that extra edge in the hallways.

2016

Anything that looks like it came from Brandy Melville is welcomed. Ripped skinny jeans, tight crop-top, and that light-brown/beige oversized cardigan that everyone seems to



own is right on trend, ladies! Gentlemen, baggy yet skinny jeans with an oversized t-shirt and fresh Timberlands are the way to go.

2017

Another Brandy Melville trend to follow: flowy shorts! Comfortable and stylish, which is possibly the best combination you could ask for! T-shirt dresses and Converse are always a safe option, too! For both ladies and

gentlemen, make sure you grab that denim jacket on your way out of the house! Bonus points for heart-shaped sunglasses.

2018

A-line skirts everywhere! Plaid, corduroy, and more! Not feeling a skirt today? Break out your flowy wide leg, cropped pants and you're on your way! For the guys out there, throw on your patterned, button up shirt and make sure you roll the short

sleeves a bit. Now get on your way, you Harry Styles look-alike!

2019

Calling all VSCO girls and e-boys! Strut your stuff with a wedged pair of espadrilles and lots of yellow! Don't forget your scrunchies and hydroflask! Boys, time for pierced ears, an Aaron Carter haircut, and cuffed pants with a chain hanging from the belt.

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Eating Your Way To a Smaller Carbon Footprint

by Annika Olives *Lifestyle Editor*

A few months ago, I was one of those people who believed that going vegan to help climate change was kind of bogus. After all, how could the impact of one person cutting out animal products make a difference in the grand scheme of things?

All that changed this past winter break, when I somehow fell down the YouTube rabbit-hole of vegan content. I found that the world's food system is responsible for around one-quarter of greenhouse gases, with the meat and dairy industries having the largest impact and plant-based foods having the lowest impact. Additionally, researchers at the University of Oxford found that not eating meat and dairy products can reduce an individual's carbon footprint by 73 percent.

I was shocked; simply changing my diet could have a bigger impact on my personal carbon emissions than reducing the number of flights I take or driving an electric car. Before the new year came around, I decided to make it one of my 2020 resolutions to eat less meat and dairy.

Here are some tips I've gathered to try to make my goal a reality.

Stick to the 80-20 Rule

In a given week, try to eat 80 percent plant-based and 20 percent meat and dairy. This doesn't have to be a hard and

fast rule, but it can be helpful with planning out your meals and helping you decide what to buy at the grocery store.

Find Easy Meatless Recipes

When you get home after a long day, the last thing you want to think about is how to veganize your dinner. Familiarize yourself with a few meatless meals that are easy to make and taste good, like vegetable pasta.

Opt For Vegan Baked Goods

Baked goods are often the easiest to veganize — and they still taste amazing! Buy vegan pastries, and, when baking, swap out eggs for flax eggs, mashed banana for butter, or non-dairy milk for cow's milk. You can also experiment with vegan recipes to find ones you like; this one from Tasty simmers toasted pecans in coconut oil to create a "browned" butter, which I think is pretty genius.

Nuts and Beans Are Your Friends

Nuts are a great source of protein! Other than eating them out of the bag as a snack, you can add them to salads for more texture, use peanut butter in sauces, or add them as an ingredient in stews. Beans are also an amazing staple and can be flavored to go with essentially everything — replace chicken with chickpeas in an Indian Butter sauce or black beans in



PICTURE BY BROOKE LARKIN

tacos.

Try Vegetarian Dishes

Go to vegan or vegetarian restaurants in your neighborhood, and if you like the meals enough, try to replicate them at home! This is especially helpful when you've eaten roasted vegetables for four days in a row and you need to find new, creative ways to cook squash. Grains in University Heights has a vegan bahn mi made with jackfruit instead of


pork, and it's pretty incredible.

Take Your Time

I feel like one of the main reasons people don't want to go vegan is that they're so used to cooking and eating meat and dairy. Switching diets can be scary, but you don't have to do it all at once. Start out easy, like with meatless Mondays or by committing yourself to having a vegan breakfast. Try a few vegan or vegetarian dinner recipes, and if you like them, consider adding

them to your routine. Yes, your meals may taste different, but a diet without meat isn't lackluster — it just means you haven't found the way to cook vegan that works for you.

I'm not pledging to go full vegan. I'm not even pledging to go vegetarian. I'm just committing myself to do what I can and make more conscious decisions about what I eat, because even eating less of the foods that have a big climate footprint can make a big difference.



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**THE UNTOLD HERSTORY:
WOMEN'S VOTING RIGHTS
AROUND THE WORLD**

VOTE

**FEBRUARY 4
GREEN TABLE ROOM
GREEN TABLE ROOM, LEVEL 2
6-7PM**

Panel discussion about women's voting rights And voting behavior of female-identity folks around the world. Welcome to all genders and sexual orientation.

For additional information, contact Hannah Truong at th036@ucsd.edu 619-718-1783

AS
ASSOCIATED STUDENTS
UC SAN DIEGO
WOMEN'S COMMISSION

PICTURE COURTESY OF PROBLOGGER

New Year, Better You

by Tori Anderson *Lifestyle Contributing Writer*

The holidays have passed and the quarter has just begun, so it's grind time. This is a guide on how to jump start your quarter and new year. Here are some tips and motivation to start and keep the year going how you want it.

It is easy to let the stress of the new quarter get to you, but instead of letting it control you, use this opportunity to create and stabilize new habits. Every year, we can collectively say that we set out goals and resolutions to conquer but do not change our habits to accomplish them. This all comes down to basic everyday habits that we let slide which create a domino effect, and that is why half of our goals do not get accomplished. So, time to take the bull by the horns, friends.

Tip 1: Write Down Your Day and Week Goals

"A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action becomes reality." - Anonymous.

One of the most effective ways to accomplish what you want is to write them down. There is a reason why we write down notes because it actually makes us retain and remember the information

presented. I have my weekly goals in my planner and I have my year goals also in my planner and on a whiteboard in my room. I have my goals in multiple places to remind myself what I'm working towards and to give me that continuous motivation. I personally think it is so important to write them down because seeing what you want for yourself starts to bring life to what was just a thought.

Tip 2: Change Your Mentality

Time to flip that switch and get out of the holiday relax mode as fast as possible. It's week three or four and more assignments are starting to be due. There will be a time to relax when you get your work done. Be disciplined with yourself. Acquire the four most important mindsets during this time:

1. Positive mindset: A positive mindset goes such a long way! If you start to change negative thoughts to positive affirmations, you will see shift in your moods and outlooks on yourself and goals.

2. Learning mindset: a mindset that will continuously keep you growing. Every day, you take something away from it, whether it's education, hobbies, challenges, or favors. In each of these,

there is potential to learn and grow from it and it is up to you to recognize those opportunities.

3. Focused mindset: This helps with procrastination and loss of motivation. Being focused and having this type of mindset helps with the next;

4. Goal-setting mindset: to bring your dreams and thoughts to reality. Having discipline bridges the gap between goals and achievements. Set your goals from short term to long term. The more you achieve, the more the desire to reach your goals increases. Each of these mindsets gives you attributes that will only benefit your life. If you keep these four mindsets all quarter long — and hopefully all year long — you will keep your sanity and achieve the goals you wrote down.

Tip 3: Do Not Be Afraid of Change

"Do the things you fear and the fear loses its control over you." - Anonymous

One of the main reasons why we do not accomplish our goals is because we are afraid of change and are rather content remaining stagnant. This falls in the Status Quo Bias: a preference for an individual's situation or environment to remain the same. Yes, change can be scary, but there's

so much beauty and excitement behind it. Whether you fail or not, it's an experience you tried, and once you have tried, you realize it's not that scary. Change is good. Everything that I once was afraid of has only made me grow as a person and I could not be more thankful to myself for taking those risks. Change does not have to be a huge one but rather a small one. It is about not staying stagnant waters and exposing yourself to something new and better.

Lastly, some motivation for y'all: no matter how hard or stressful this quarter is or will be, do not give up on yourselves or your dreams. Prioritize you and your health before anything else. I believe that you can accomplish anything you put your heart into. Make 2020 the year you manifest all your desires and go full force in achieving them. Put your head down and grind all 2020 and see all your goals become reality. I believe in you.

VOTE
VOTE
VOTE

Sign up and
register at
ucsd.turbovote.org

California's presidential primary is March 3, 2020 Make sure you get the ballot with your choice!

California's presidential primary election takes place March 3, 2020. Political parties decide who can vote for their presidential primary candidates.

In the March 3, 2020 primary election, voters will nominate one presidential candidate from each party to run against each other in the November 3, 2020 general election. You may need to take certain steps to vote for the presidential candidate you want in the primary election.

Learn

VOTERS REGISTERED WITH A POLITICAL PARTY

California's Political Parties:



American Independent Party



Democratic Party



Green Party



Libertarian Party



Peace and Freedom Party



Republican Party

If you are registered with one of these six political parties in California, your ballot will list **only** that parties' presidential candidates.

You can vote **only** for that parties' presidential candidates.

If your party registration is different from the party of the presidential primary candidate you want to vote for, you will need to register to vote with that party.

If you wish to change your party registration, we encourage you to do so before February 17, 2020.

VOTERS REGISTERED AS NONPARTISAN

(also known as "independent" or "no party preference")

If you are registered as nonpartisan, your March 3, 2020 primary ballot will not list the presidential primary contest and candidates. There are over 550,000 voters in San Diego County registered as nonpartisan.

Nonpartisan voters can take steps to vote for a presidential candidate in the primary.

ALLOWING NONPARTISAN VOTERS TO CROSSOVER:



The American Independent Party, Democratic Party, and Libertarian Party are allowing nonpartisan voters to take part in their presidential primary elections.

Nonpartisan voters can request one of these three parties' ballots and vote for that party's presidential candidate. Selecting one of these three parties' ballots will not register you with that party — you will remain as a nonpartisan voter.

The Democratic Party is allowing nonpartisan voters to vote in their presidential contest but not their Central Committee contest. If requested, you will receive the NP (nonpartisan) Democratic ballot.

NOT ALLOWING NONPARTISAN VOTERS TO CROSSOVER:



The Green Party, Peace and Freedom Party, and Republican Party have closed their presidential primary to nonpartisan voters.

These parties are allowing **only** those registered with their parties to vote for their primary's presidential candidates. Nonpartisan voters will not be able to select one of these ballots unless they re-register with that party.

Re-register or register to vote before February 17, 2020.

No matter what your party preference is, all registered voters will be allowed to vote on nonpartisan contests and voter-nominated offices, such as U.S. congressional offices and state legislative offices. The "top two" vote getters in voter nominated contests will advance to the November general election.

Sign up

Have you signed up to receive your Sample Ballot and Voter Information Pamphlet electronically? You can do so now at sdvote.com.

Sign up
for eSample
Ballots

Questions? Contact the Registrar of Voters Office at (858) 565-5800 or (800) 696-0136 toll free.

Para solicitar información sobre los servicios de votación disponibles en Español, llame al 858-565-5800 o gratis al (800) 696-0136.

Tumawag sa (858) 565-5800 o (800) 696-0136 upang magtanong tungkol sa mga serbisyo sa pagboto na makukuha sa wikang Filipino.

Xin gọi số (858) 565-5800 hoặc (800) 696-0136 để hỏi về các dịch vụ bầu cử bằng tiếng Việt.

您若有任何疑问或需要详细资讯，请致电联络，电话號碼是 (858) 565-5800 或 (800) 696-0136

2020 THIS WEEK

at UC SAN DIEGO

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JAN 20 - JAN 26



COURAGE TO UNITE FOR JUSTICE

UC San Diego

SATURDAY, JANUARY 25

UNDER THE INFLUENCER WITH **JOSH PECK**
TRITON FEST · PRICE CENTER BALLROOM WEST

Upcoming

UniversityCenters.ucsd.edu



Study Spa
TUES., JAN. 21
Event: 5-7PM
PC East Ballroom
FREE for UCSD Students w/ID



Doctor Sleep
THURS., JAN. 23
Doors: 5PM • Show: 5:30PM
Price Center Theater
FREE for UCSD Students w/ID



Garden Workshop: Legume Family
THURS., DEC. 5
Event: 11AM-1PM
Student Center Garden
FREE for UCSD Students w/ID



Winter Wellness Symposium
WED., JAN. 29
Event: 8AM-4PM
Price Center
FREE for UCSD Students w/ID

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theloft.ucsd.edu



Upcoming



TV Dinner: Fast & Furious
WED., JAN. 22
Event: 5-7PM
FREE for UCSD Students w/ID



Skip the Traffic: Fry-Day
FRI., JAN. 24
Event: 5-7PM
FREE for UCSD Students w/ID

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MON 1.20

4pm TRITONS ART INSTALLATION - REVELLE PLAZA, MARSHALL UPPERS, SIXTH RES LIFE, WARREN S. ACTIVITIES CENTER, CAFE VENTANAS, PINES

TRITONS Art Installation is a yearlong project intended to raise awareness among the UC San Diego community about mental wellbeing. Students are encouraged to write notes of self-affirmation, encouragement, or anything positive and tie them to any BLUE letter that is scattered around campus that spells the word TRITONS. We will be highlighting all of the notes in Revelle Plaza starting January 20th! Stop by any college to write your affirmation! Contact: b11ui@ucsd.edu

6pm AMERICAN ARTIST GUEST LECTURE - VAF 306 PERFORMANCE SPACE,

AMERICAN ARTIST is an interdisciplinary artist whose work considers the visibility and labor of blackness in the context of networked virtual life. Their practice makes use of video, installation, new media, and writing to reveal historical dynamics embedded within contemporary culture and technology.

THU 1.23

8am SUSTAINABILITY SCAVENGER HUNT - UC SAN DIEGO COMMUNITY GARDENS

Participate in a social media scavenger hunt that will take participants across campus to explore the numerous community gardens on campus and learn what makes them unique! Collect pictures from the list posted on the UC San Diego Sustainability event page (list will be posted on 1/21/2020 at 8:00 AM) and post them to Facebook before Friday, January 24 at 4:00 PM using the hashtags #tritonchangemakers and #findagarden as well as tagging UC San Diego Sustainability (@sustainucsd) to be entered in a drawing to win sustainability swag.

3pm CAPS MINDFULNESS FOR DAILY LIVING - STUDENT HEALTH SERVICES, MURRAY'S PLACE

If you have been curious about mindfulness, this workshop is a perfect way to explore it. Mindfulness can help you reduce stress, anxiety, and depressive mood. You will engage in various Mindfulness exercises, so you incorporate them into your life. All students are welcome to attend this workshop, no matter your level of experience with mindfulness.

3pm CROSS-CULTURAL CENTER INVOLVEMENT FAIR - CROSS-CULTURAL CENTER COMUNIDAD ROOM, PRICE CENTER EAST

Hear firsthand from student leaders how you can make change on campus and in your community! Join us at the Cross-Cultural Center Involvement Fair where you can meet student org leaders, and get to know some campus resources! Participants will also get to decorate and fill their own tote bag with school supplies and snacks, and can enter for the chance to win one of four \$15 Triton Cash Cards. This event is part of Changemaker Week. To learn more about additional events taking place within Changemaker Week, please visit changemaker.ucsd.edu.

TUE 1.21

9:30am COFFEE HOUR AT ISPO - STUDENT CENTER B, GROUND FLOOR, EUCALYPTUS GROVE ACROSS FROM ISPO'S MAIN ENTRANCE

Join us for a casual, fun and relaxing atmosphere to meet new friends and connect with staff from your College or the Graduate Division, as well as the International Peer Coaching Program, and various Student Affairs Offices and Student Organizations at UC San Diego. This event is part of Changemaker Week. To learn more about additional events taking place within Changemaker Week, please visit changemaker.ucsd.edu.

11am TRANSLATING THE VALUE OF YOUR UCSD EXPERIENCE - BEAR ROOM, 2ND LEVEL OF PRICE CENTER WEST

Connect with fellow UCSD student changemakers and learn how to capture and share your experiences and skills developed beyond the classroom. This workshop will provide an opportunity to translate the value of your contributions and showcase your work using the Engaged Learning Tools. Presented by Shawna Hook-Held and Melissa Campbell, Engaged Learning Tools Specialists for Teaching+Learning Commons-Experiential Learning Hub Contact: sheld@ucsd.edu

12pm STUDENT LUNCHEON WITH VCSA - FREE LUNCH! - RED SHOE ROOM

You are invited to quarterly luncheon with VCSA Dr. Alysson Satterlund on 1/21! Join us in this informal setting to learn more about topics identified as topics identifies as important issues to our students. This upcoming luncheon on 1/21 will focus on Student Centeredness. Please see the attached flyer for more information. Space is limited! To reserve your spot, please RSVP to Kirby Knipp (kknipp@ucsd.edu).

FRI 1.24

12pm BIAS AND THE BRAIN 101 - CROSS-CULTURAL CENTER, PRICE CENTER EAST

Bias and the Brain 101 is an interactive workshop that presents an overview of implicit and explicit bias, the socio-cultural factors that influence our perceptions, what happens in the brain, and social implications. Participants will have discussion opportunities to learn from one another and what we can do to effect change around our biases.

5pm BLACK WOMEN'S COLLECTIVE - WOMEN'S CENTER

Join us for conversations about experience as black women and connect with other women on campus. Light refreshments will be provided.

6pm SIXTH LUNAR NEW YEAR CELEBRATION - SIXTH COLLEGE DOGGHOUSE

Join Outreach and Co-board as we celebrate the Lunar New Year! Come enjoy free food and learn to make dumplings, do calligraphy, decorate paper fans, and lots more!

WED 1.22

12pm WINTER ORG WILDERNESS FAIR 2020 - LIBRARY WALK

Interested in learning more about the many organizations on campus, and getting more involved? Want to take a break from midterms and come play games with your friends? ... Or even get free food? If you answered YES to any of these questions come join The One Stop Desk and AS Office of Student Organizations on Library Walk, Jan 22 for our annual Winter Org. Fair to learn more!

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!

5pm TV DINNER: THE FAST AND THE FURIOUS - THE LOFT

Get a whiff of the Fast and the Furious racers with FREE car fresheners and food from the Loft! We will be showing the first movie of the Fast and the Furious series! Contact: ucenmarketing@ucsd.edu

SAT 1.25

5pm DINING WITH PROFESSIONALS 2020 - UCSD MULTIPURPOSE ROOM

Focus on success! SASE at UC San Diego is hosting their annual Dining with Professionals (DWP) event on January 25th, 2020! Dining with Professionals is an amazing opportunity where UCSD students can come dine with professionals from many different fields in industry, research, and academia in the San Diego area. Here, students can learn more about their career passions and find out more beyond the surface of typical job descriptions and delve into the mind of an actual professional with a personal backstory.

8pm IMPROV APOCALYPSE - LEDDEN AUDITORIUM

Come see our free comedy show! UCSD's funniest comedians will go head to head against comedy teams from UCLA, SDSU, UCI, and more! Our free two night show is Friday and Saturday night at 8pm in Ludden Auditorium. Cant wait to see you all there!

8pm TRITON FEST PRESENTS: UNDER THE INFLUENCER WITH JOSH PECK - PRICE CENTER BALLROOM WEST

We'll learn how Josh's career has grown since his Nickelodeon days, and explore his exciting rise as an influencer. Event is exclusively open to current UC San Diego undergraduate and graduate students with valid school ID.

THE GUARDIAN CLASSIFIEDS & MORE

FULL-TIME JOBS

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Entry Level Mechanical Engineer - Our client, a US Fortune 250 organization and global Medical technology corporation serving Healthcare industry & technologies, is actively seeking an accomplished Mechanical Engineering Technician.... ucsdguardian.org/classifieds for more information

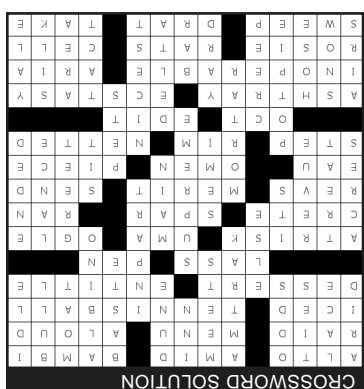
Entrepreneurial Outside Sales Representative at Symmetry Financial Group - Symmetry Financial Group is seeking motivated, career-minded individuals to join our team, helping American families protect their homes. We are currently looking for representatives ranging from entry level to experienced professionals seeking a different, more rewarding career and ucsdguardian.org/classifieds for more information

BIKES

Gary Fisher 1999 Joshua F2 Mountain Bike - 1999 Gary Fisher Joshua F2 Mountain Bike for sale. Aluminum frame insanely light approx 28.0 pounds, Front and Rear suspension, 26" Tires. With amazing spider-webbed blue and black custom paint job. Overall this bike is in well over superb condition. This bike would cost you.... ucsdguardian.org/classifieds for more information

Shimano Ultegra 6500 Group & Rolf Vector 700c - converting road bike to fixie. selling take off parts. MAKE FAIR OFFER... not looking to give parts away.. could always just toss them in garage storage bin...so no low ball ridiculous offers Shimano Ultegra.... ucsdguardian.org/classifieds for more information

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CARS

New 2020 Volvo s60 T5 FWD - Sunroof, Panoramic Roof, Satellite Radio, iPod/MP3 Input, BLOND, LEATHERETTE SEATING SURFACES W..., DENIM BLUE METALLIC, PREMIUM PACKAGE, Back-Up Camera, Turbo, Alloy rims, four year/50,000 mi Manufacture Warranty plus three years Free Factory Scheduled Maintenance.... ucsdguardian.org/classifieds for more information

sifieds for more information

New 2020 Volvo XC90 T5 AWD 7 Passenger - Heated Seats, 3rd Row Seat, Sunroof, iPod/MP3 Input, Panoramic Roof, Power Liftgate, DENIM BLUE METALLIC, harman/kardon UPGRADED MUSIC SYSTEM, SENSUS NAVIGATION-PRO, CHARCOAL, LEATHERETTE SEATING SURFACE..., Turbo Charged, Back-Up Camera, Alloy rims, 4 yr/50,000mi Manufacture.... ucsdguardian.org/classifieds for more information

2010 Ford Transit Connect Cargo Van XLT - Clean CARFAX. XLT FWD four Gear Automatic with Overdrive Duratec 2.0L I4 DUAL OVERHEAD CAM Recent Arrival! Awards: * NACTOY 2010 North American Truck of the Year * 2010 KBB.com Brand Image Awards Reviews.... ucsdguardian.org/classifieds for more information

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6								
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CROSSWORD PUZZLE

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53	54	55						56		57			58	59	60	61
62									63						64	
65									66						67	
68									69						70	

- ACROSS**
- Choir member
 - Between
 - Animated deer
 - Surprise attack
 - Waiter's handout
 - Audibly
 - Frosted
 - Wimbledon projectile (2 wds.)
 - Meal ender
 - Give a right to
 - Young woman
 - Writing implement
 - In danger (2 wds.)
 - ____ Thurman of "Paycheck"
 - Stare
 - Mediterranean island
 - Ship's pole
 - Fled
 - Races the engine
 - Earn
 - Broadcast
 - Water (Fr.)
 - Warning sign
 - Part
 - Stride
 - Lip
 - Caught
 - Halloween mo.
 - Prepare copy
 - Smoker's need
 - Intense joy
 - Unsuitable for surgery
 - Diva's specialty
 - ____ O'Donnell of TV
 - Darn it!
 - Jail room
 - Use a broom
 - Mild oath
 - Snatch
- DOWN**
- Waterless
 - Delicate fabric
 - Makes a knot
 - Chances
 - US rail service
 - Convenes
 - Wayside hotel
 - Hill of sand
 - Moisten while cooking
 - Lacking pigment
 - Castle ditch
 - Matador's foe
 - Doing nothing
 - To some extent (2 wds.)
 - If not
 - Ultimate
 - Land measures
 - Trick or ____!
 - Musical show
 - The I in TGIF
 - Foremost
 - Welcome
 - Cyclist ____ Armstrong
 - Concluded
 - Large truck
 - Building cement
 - Pose
 - Cherished animals
 - Savory pastry (2 wds.)
 - Friendliest
 - Crawl
 - Letter after gamma
 - Broadcasts
 - Winter flakes
 - Sprinkler attachment
 - House's lot
 - Diplomacy
 - ____ code
 - Fine fabric
 - Connecticut university
 - Saloon

WORD SEARCH

1-WORD MOVIES

T	E	A	H	L	R	Y	K	C	O	R	H	S	N
L	N	O	D	D	E	G	A	M	R	A	A	E	E
B	G	T	H	J	I	O	J	O	M	C	N	R	M
R	A	R	O	E	H	A	G	A	A	E	C	A	H
A	W	H	E	O	D	A	C	J	W	E	O	G	C
V	T	J	O	A	T	A	I	I	U	S	C	O	T
E	S	W	U	N	S	S	L	K	N	N	K	N	A
H	E	E	I	M	R	E	I	I	O	A	O	W	W
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O	V	M	E	N	E	E	W	O	L	L	A	H	A

JAWS
BRAVEHEART
TITANIC
ROCKY
ALIEN
WATCHMEN
JUMANJI
TWILIGHT
ARMAGEDDON
JUNO
SAW
HALLOWEEN
ERAGON
EVITA
SEVEN
TOOTSIE
GREASE
HANCOCK

TRITON TIMEOUT

With Jack Dorfman,
Sports Editor

Trying to be a responsible sports fan

My time had come; my number had been called. Baseball was the subject of national discussion on Thursday, Jan. 16, as part of a discursive explosion surrounding the Houston Astros' cheating scandal, and as the biggest baseball fan in the lives of many of my friends, I became a resource more valuable than gold. Many of the group chats I'm a part of devolved into chaotic Q & A sessions, with myself not-so-firmly grounded as the center of attention.

While screenshots of social media tirades and accusations swirled through my head and darted across my phone screen, I was peppered with all sorts of questions. What exactly is going on with the Astros? Why are the buzzers a big deal? Does it really matter if you know what pitch is coming? Why aren't more teams doing this? How come the Astros only got fined \$5 million?

If my only goal was to try and add to the maelstrom of unprofessional opinions surrounding the scandal, I may have sought to answer all of these questions in this very article. In fact, that was my first reaction to fielding all of these questions, maybe I should just write an article about it.

And I guess I'm still doing that. But instead of going through the grit and grime of the scandal, I decided to take a step back and attack the issue from the perspective of a student of sports rather than as an expert or a super-fan.

Realistically, even if I know the literal answers to many of the questions being asked of me, they carry much less weight than questions I was asking myself

about the same situation.

Is the sports world, and specifically the baseball world, my preferred place of refuge since I can remember, really just like the world I brave every day? Is there really just as much profit-mindedness, purposeful inequality, and exploitation in baseball as there is in any industry?

The intuitive answer is yes, and for someone less connected to the game than me, I probably could have come to that answer without needing to see the breadth of the 'Trashtros' scandal play out on social media first. But because I have buried myself underneath so many different layers of sports mud, I really am a bit desensitized when it comes to the inherent problem areas found within it. At least I got to the necessary conclusion, right?

Through all of the fog, one idea shone through. All of the cheating and the accusations and the cruel social media assaults served to remind me of something I read from David Halberstam, one of the greatest American writers of the 20th century, which I'll just paraphrase here: Sports may mirror society, but sports don't heal society, they just distract from the pains, struggles, and anxieties of everyday life.

Instead of focusing on impeachment and impending war with Iran, millions of people all reacted and watched others react to the downfall of one of the most successful baseball teams in recent memory, one that notably has done a great job of isolating itself through poor media relations and insensitive stands on women's rights and domestic violence. No one will remember

the exact date, but many baseball fans will likely remember the outpouring of spiteful remarks and absurd claims that stemmed from the Astros' cheating scandal. That sort of cultural significance is important, and the common distraction served to connect many people, baseball fans and otherwise, to ironic and comedic limbs of the scandal (like the many trash can jokes that popped up online) is probably more positive than negative.

What is negative is deeper than the immoral connection of cheating in sports and the short-cut laden business world we live in today though. This relatively insignificant scandal is alluring because it is entertaining in a way that it is uncommon and unexpected, and because of that, many respected athletes and sportswriters have opinions known.

What's really disappointing and frustrating about this scandal is how weightier moments in recent baseball history, like the potential downsizing of the professional baseball minor leagues, the painkiller epidemic, the penalties for domestic violence, or the circumstances of poor, underrepresented Latin American players and their journeys stateside, all received far less air time and thought from most people. The things most deserving of our time and attention have received the least attention in this instance.

And unfortunately, that tracks with much of sports media's current moment. Highlight videos flaunt expensive shoes and jerseys instead of the camaraderie of the team or the struggles of the players whose last option is on

the court.

Of course, bastions of these sorts of stories still exist, and sometimes they come from the same outlets that bring us the flashy dunks and that fetishize \$500 custom-made kicks. But the stories that generate the most buzz, and thus the most clicks, are the ones that provide some sort of easily-digestible and easily repostable material, which means drama, scandals, personal attacks, and conspiracy theories, which reminds me a lot of the rest of the entertainment and news industries.

Certainly, the world of sports has moments of perfection, with players and managers visiting hospitals and donating massive sums of time and money to charities and their hometowns. But as a sports fan, I think especially today, during a time of a sports entertainment 'glut' as Halberstam has said, it is important to be aware of all angles. Sports is no longer just a game, an innocent pastime of semi-professionals having a good time for a few thousand people. It is a mega-industry, with trillions of dollars on the line, and as such, inherent morality should not be assumed.

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UPCOMING
UCSD
GAMES

M Volleyball	1/23	5PM	@ Lindenwood (MO)
W Basketball	1/23	5:30PM	@ San Francisco State
M Basketball	1/23	7:30PM	@ San Francisco State
Baseball	1/21	6PM	@ San Diego Christian

Something's Bruin at UCSD, Tritons Stun No. 3 UCLA in Straight Sets

The score was 6-54. That was UC San Diego's all-time record against the UCLA Bruins in men's volleyball before Friday, with the last UCSD Tritons win coming all the way back in 2012. That's the backdrop under which the current iteration of the Bruins came to La Jolla, with an undefeated record and ranked No. 3 in the nation. Having lost their last 14 against UCLA, the Tritons' chances at victory seemed slim at best, and a sweep would have been unthinkable.

But there's a reason they play the games.

UCSD dominated the match from wire to wire, taking the match 25-22, 25-17, 25-21 in front of a rollicking Spirit Night crowd of 917 at RIMAC Arena. Junior outside hitters Kyle McCauley and Wyatt Harrison led the team with 13 and 11 kills, respectively, as coach Kevin Ring's squad took down their highest-ranked opponent since, in a poetic twist, a March 2012 win against a then-No. 3 UCLA.

UCSD came out strong in the first set, and after a back-and-forth opening sequence, two straight Bruin errors followed by a Harrison kill gave the Tritons an 11-7 lead going into a timeout. But after the pause, a deflating series of errors from the Tritons evened the match at 13. The Tritons would hold a tenuous lead for the remainder of the set, but that lead was all they needed. With the score 23-21 following a costly UCSD net violation, junior opposite hitter Collin Shannon dove forward to keep the ball in play off the ground, and on the next return, Shannon joined sophomore middle blocker Logan Clark on a block that landed for a Triton set point. Two serves later, a McCauley spike bounced out off a blocker to hand the Tritons the first set by 3.

The Tritons continued their onslaught in the second set, as a Harrison kill kicked off a 7-0 run to go up 7-1 early. ("Septuple the score! Septuple the score!" taunted the UCSD pep band. "That's times seven!") After the score reached 10-2 on a four-hit call on UCLA, the Bruins were forced to call a timeout, and the Triton crowd began to smell blood. ("Quintuple the score!" cheered the pep band. "That's times five!") A 4-0 Triton run on McCauley's serve increased the lead to 16-5, and despite a late 5-1 run, McCauley finished off the set with a kill to take the 2-0 lead.

On their last leg, the Bruins came out firing in the third set, taking their largest lead of the night after a kill from senior outside hitter Austin Matautia made it 7-4. But UCSD fought back, and with the score tied at 8, senior setter Connor Walbrecht made an electrifying block on the right side to absolutely stuff Bruin freshman outside hitter

Alex Knight at the net, firing up the crowd and giving the Tritons the lead. Five serves later, both McCauley and Walbrecht made diving saves to keep a ball in play, and Harrison ended the rally with a massive kill to take the 12-10 lead. Later, Shannon delivered an absolute beauty of an ace into the back left corner to give the Tritons the 19-13 lead. The match ended as Walbrecht made his game-high 28th assist to sophomore middle blocker Shane Benetz, who slammed it home for the sweep of the Bruins. The crowd erupted, and the players poured onto the court in celebration.

After the match, 15th-year coach Ring praised the resilience of his squad: "Any little slip-ups we had, we got ourselves right back on track - and that's the sign of a really strong team, to be able to keep your composure when your opponent is very good and they're pushing back," Ring said. "To see the guys' composure in the late game—we were the better team after 20, after 18, and it was a great fight."

The Triton domination was evident on the box score, as they more than doubled the Bruin hit percentage (.360 to .179). In addition to McCauley and Harrison's kill numbers, Shannon led both sides with 2 aces, 3 blocks, and 10 digs. The win was UCSD's second against a ranked opponent this season, after a season-opening five-set win against Loyola University Chicago.

Tactically, Ring noted the team's technical execution as another reason for the win. "We served really well, pushed their guys off the net ... We just really stayed on task," Ring said. "Every match we talk about some things we need to do a little better - we had a couple things before this match, and they did [those things] tonight. So that's just the credit of a veteran team working hard, and the entire staff and players putting in a lot of work."

The Tritons will try and carry the momentum from the UCLA win (and the previous contest, another straight-set victory against Vassar College) into a four-game road trip, before returning to La Jolla to face Princeton University on Jan. 28.

"The season's early, and we've got a lot of matches ahead of us, and a lot of training to do," Ring said. "It's simple to say, but just one match at a time."

But while Ring might emphasize that Friday's victory was just another notch in the win column, to the hundreds of fans who streamed out of RIMAC Arena following the program's biggest win in seven years, nothing could seem further from the truth.



PHOTOS COURTESY OF UCSD ATHLETICS



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