Students Protest Nudity Laws at Free the Nipple Event

BY BRUCE Y. LEE STAFF WRITER

UCSD students un-dressed in protest of public exposure laws and the sexualization of female nipples on Library Walk during the Free the Nipple event on Wednesday. UCSD alumni and event organizer Anni Ma explained to the UCSD Guardian that the existing laws propagate injustice.

"When I saw a covered-up nipple that [protruded] out from [a woman's] shirt and people making fun of it, I felt that it was unfair that women [aren't] able to walk around without a bra and be comfortable," Ma said. "Then, I started to wonder why [I can't] walk around without a shirt when men can do that."

The event began with Ma announcing at the beginning of the event that she will "free" her breasts, after which both male and female participants removed their shirts.

Thurgood Marshall College junior Aubrey Oxley said to the Guardian that society has been coercing women to be afraid of exposing their bodies and there is no reason for women to be afraid of what is natural.

"[As] women, we shouldn't be uncomfortable with our bodies because these are the bodies that we have, these are the bodies that we are born with," Oxley said. "There's no reason for us to feel other than just that what society has made us feel. We've been socialized to be afraid." Elenor Roosevelt College freshman Annika Reno stated that, although participating in the event made her feel uncomfortable, it was a necessary act.

"It is uncomfortable for everyone, but it is something that needs to be done," Reno said. "I think that the fact that it isn't comfortable makes it even more compelling and revolutionary." It was not until the 1930s that men in the United States were legally allowed to publicly expose their nipples. Now, women across the nation are campaigning for legalization of the public exposure of female nipples, declaring that it should be considered a right. According to Oxley, the movement began during the 2014 Topless March in New York City. Oxley discussed how the event instigated a change in people's perceptions of female body parts.

"Men actually had to cover up their nipples, as well, but that later changed. If you look back into centuries, past women couldn't even show their nipples on Library Walk during the Free the Nipple event..." Oxley said. "It is uncomfortable for everyone, but it is some kind of protest..."

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A new study by researchers at the UCSD School of Medicine and the VA San Diego Healthcare System implies that those who suffer from post-traumatic stress disorder have a greater risk of accelerated aging.

In its study, the team looked at a wide range of age-related biological indicators and signs of early occurrence for diseases typically associated with old age.

“We reviewed a number of published papers on PTSD and aging,” Dr. Dilip V. Jeste, senior author of the study and director of the Center on Healthy Aging and Senior Care at UCSD, said. “The review found multiple lines of evidence connecting PTSD with age-related biological markers or health conditions.”

According to Jeste, those afflicted with PTSD tended to have higher levels of chemicals associated with aging. As a result, PTSD sufferers are more susceptible to adverse health conditions, like dementia, heart disease and diabetes.

Moreover, the results of the study have wider implications in that they may change how doctors and medical researchers approach PTSD care and treatment in the future.

“The results suggest that PTSD is not merely a mental illness but [something that] also affects physical health,” Jeste explained. “When working with veterans or others with PTSD, doctors and medical researchers need to be alert to the physical systemic issues and make certain their patients’ overall health is attended to and the individuals receive appropriate medical and psychological treatments.”

Jeste also explained how different medical approaches are needed in treating PTSD in light of this new study.

“What the persons with PTSD need is not just psychological treatment but a combined medical-psychiatric approach,” Jeste said. “We should not only focus on mental symptoms and flashbacks but make sure that the PTSD sufferers’ physical health is also attended to properly.”

However further research is still needed to figure out the underlying link between PTSD and accelerated aging.

“[Our research] shows an association of PTSD with rapid aging but does not prove causation,” Jeste said. “We plan to conduct prospective, longitudinal studies to determine if and how PTSD causes rapid aging.”

Jeste also explained how his team will seek to learn what factors are associated with rapid aging, such as smoking, substance use, depression and poor healthcare.

“We will plan to follow people with and without PTSD over several years to see what changes occur in their age-associated biological markers and physical illnesses and also examine mortality rate,” Jeste said.

A COUPLE OF DERPS

By Elyse Yang

Research Suggests Link Between PTSD and Accelerated Aging

Patients are sensitive to poor health conditions due to the increased production of premature senescence chemicals.

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Students Protested Topless for Two Hours Without Police Intervention

In coming UCSD Associated Students President Dominick Suvonnasupa told the Guardian that the event promotes gender equality in society. "I believe that men and women should have equal opportunity and equal rights. It might seem trivial to a lot of people, but why is it that there's inequality between guys and girls?" Suvonnasupa said. "Why can't they be topless when they want to?" The event concluded without any arrests or legal consequences after two hours. Ma said she believed the event was a success.

"When you know you're right, it's not scary," Ma told the Guardian. "I want everyone to be comfortable with their bodies and to be comfortable enough to see other people being comfortable with their own bodies." Additional reporting by Jacky To.

Featured Art Pieces Range from Initial Sketches to Final Cover Works

"The one thing that was a pleasant surprise was that people were checking themselves into Detox and that 10 percent of the people in detox were checked in using RAP," Raya said. "The end goal is to ensure that students are knowledgeable in how to take care of themselves and know what resources are available to get help in sticky situations."

When determining policies to implement at this year's festival, as well as at future festivals, Raya claimed that students sitting on the task force asserted that students at UCSD are adults, and actions taken to ensure safety need to reflect this.

"The first couple of task force meetings during my term, a few members referred to students as 'kids,'" Raya admitted. "The students on the committee were quick to remind folks that we are adults and deserve to be treated as such. This has resulted in this different stance. If Student Affairs continues to have real adult conversations with students, the mutual respect can result in great change and trust."

Overall, there were 66 students admitted to detox, nine sent to the hospital and five arrested for drug-related incidents during the weekend of the festival.
Shifting Mindsets

SGF15 incorporated a few marked improvements for drug safety through awareness-tactics, but reports of sexual assault indicate that considerable effort is still needed to create a festival free from danger.

Visible Nipples: Topless Women Are Still Not “Asking For It”

Yesterday on Library Walk, there were student demonstrations supporting the Firethunder campaign, led by graduate student Ann Ma, who was approached by police for exposing her breasts on Library Walk a few weeks ago. To avoid arrest, Ma carried a copy of the California Indecent Exposure laws, which specify public indecency as genitals being revealed for the purpose of sexually offending or gratifying oneself or others. Technically, bare female breasts are legal if they are not shown with sexual intent.

To demonstrate, students congregated on the grassy fields next to Library Walk. There was a line of men sitting attentively on the outskirts of the field, but it was rather anticlimactic when all the tops came off. Relaxed silence unfurled as most onlookers realized after a few minutes that when everyone’s nipples of all shapes, sizes and colors are present... it’s not a big deal. It actually became quite normal. Both genders wore glitter, floral designs, and messages written in colorful body paint sprayed around their areolas. Messages painted across chests included, “Still not asking for it,” and “They’re just nipples.” Some women wore feathered masks to protect their identities, while men often chose to duct tape “X” over their nipples as an ironic statement of reverse censorship.

In an interview with Balaesta Entertainment, Ma explained her motivation for going topless as an issue of gender equality. One officer apparently warned her that men would try to take pictures of her, which Ma responded, “It should be anybody’s right to do what they want to do.” She acknowledged that modern society often creates a dangerous environment for women but argued that the mere appearance of female breasts should not be criminalized.

Breasts are generally portrayed as sex objects in the media, which ignores some of the more fundamental biological purposes for their existence. Ma referenced breastfeeding in the interview, complaining that since all people are nurtured and fed by these maternal body parts, people should learn to love and respect breasts and nipples. Ma also emphasized body shaming as one of the inspirations for Firethunder. In today’s society, female breasts are stigmatized and hidden, presently mostly in distorted, hyper-sexualized outlets of the media. Female nipples in particular are commonly viewed as more erotic than male nipples. However, this perspective is not very scientifically supportable, implying that it may be a culturally learned mentality. A study comparing the sensitivity within male and female breasts by JPRAS found that they both have a similar number of nerve endings. In contrast, the nerve endings in female nipples are more widely spread throughout the entire breast, whereas male nipples have nerve endings more closely concentrated in each nipple.

Most people don’t realize that it used to be illegal for men to harbour their nipples until protests began in the early 1930s. According to gotopwashere.org, it wasn’t until 1936 that men successfully lifted the topsies ban in Westchester, New York. For the beginning of the #Freethenipple campaign, women started participating in topless demonstrations that were once again located in New York City streets. While this is a contentious question, are visible nipples really such a radical idea for gender equality? In light of the demonstration, it is clear that men are going to topless to boroughs that do not expressly warn their citizens that going topless is being allowed or is simply a tan at the beach without a bikini top.

Let’s Stop Judgment On Mental Illnesses

It’s honor of Mental Health Awareness Month, this week’s column will delve into the state of global mental health. Sadly, mental health is not improving at the rate it should be for such a severe, widespread issue. In 2000, the World Health Organization published a report on the topic, and today’s column is a deconstruction of that report.

First, it’s important to note that mental disorders are universal, affecting 30 to 25 percent of people throughout all countries and societie.

Poorer individuals have a higher prevalence of disorders, while simultaneously having less access to treatment and care. This is most apparent in countries recently traumatized from a political or natural disaster. Some examples include: Syria, Nepal, and Sierra Leone. This results in a severe socioeconomic gap between countries, with those in the highest income earning more access to treatment.

According to the WHO outlines three scenarios for countries to improve on mental health care. The first deals with countries that have a mental health care system, but it’s less effective when underfunded.

A similar number of nerve endings. In contrast, the nerve endings in female nipples are more widely spread throughout the entire breast, whereas male nipples have nerve endings more closely concentrated in each nipple.

The next scenario involves countries that do not have a mental health care system. Historically, insane asylums, now more often called “psychiatric hospitals,” are used in many different countries to treat patients and stigmatize disorder. Having a mental illness is not uncommon, nor is it shameful, so our treatment shouldn’t be either. That’s why integrating mental health care into general care and phasing out mental hospitals is the way to go.

The third scenario applies to countries with high access to resources. For example, one of the most common scenarios for countries with modest levels of resources. To improve mental health, close custody mental hospitals and instead integrate mental health care into general hospital care. Historically, insane asylums, now more often called “psychiatric hospitals,” are used in many different countries to treat patients and stigmatize disorders. Having a mental illness is not uncommon, nor is it shameful, so our treatment shouldn’t be either. That’s why integrating mental health care into general care and phasing out mental hospitals is the way to go.

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Confused Mused

By Elyse Yang

The Number of Things

Assault Prevention Demands More Concern Than Students’ ID Sales

Finally, the ugly side of Sun God Festival 2015, which is that one rape and one sexual assault were reported at the event so far. This statistic is about the same as in some previous years, with Raya stating that reducing access and consumption was successful in cutting drug and alcohol rates, but is much more difficult in regard to sexual assault.

To be fair to ASCE, Raya has a point, and sexual assault prevention is not solely on its shoulders, as universities and interest groups around the world struggle to stop sexual assault on college campuses. However, there are steps to take which could improve the culture of the Sun God Festival and hopefully prevent these crimes in future years.

One measure is to include sexual assault awareness in floatie training. Just as students are taught to look for signs of substance abuse and alcohol poisoning, they could learn to spot the signs of sexual assault. Another step might be to create awareness campaigns in the weeks leading up to the event that delineate inappropriate physical behaviors at the festival, which have reportedly included harassment and unwanted contact, because apparently, it’s not obvious enough.

While neither of these are surefire fixes, the issue of sexual assault is serious, persistent and begs more attention, certainly, than the sale of ID cards.

With one mostly successful festival under its belt, ASCE should feel confident in moving forward next year with improved policies that will allow it to host an even better and safer Sun God Festival 2016.
The lights! The drama! The laughs! Undergraduate theater is alive and well at UCSD, and the Underground New Play Festival has been at the forefront of it for nearly a decade. This festival of five short plays is entirely staffed, produced and acted by undergraduates right here on campus. It’s an opportunity for students from all majors and colleges to make an in-depth, professional-level theater. We had the special chance this year to actually peek into the rehearsal rooms and observe firsthand how these artists and volunteers perform their craft. Here, you’ll find plenty of the cool things we observed and learned from our visits. The UNPF performs the weekends of Weeks 9 and 10, and more information is available on the UCSD theater and dance website.

**ARTS**

*Written by Aaron Flores*

**Dimmer Switches**

*Written by Timothy Barnett*

**The Monster’s Return**

*Directed by Allison Win*

“The inevitability of death can leave you feeling helpless, as if you have no control over what happens to you. In ‘A Sunset on Mars,’ Thom, played by Josiah Glesener, becomes an astronaut staring at Earth to show how it feels for a man dying of cancer to have no control over what happens to him. ‘Dimmer Switches’ written by graduand senior Aaron Flores, this play will return audiences to fond memories of youth and the struggles of growing up and apart. “I think it’s a piece that covers one of the classic dilemmas of love intermingling with friendship,” Johnny Barry said, who plays Jamie, the smart but awkward friend who is the glue that binds the group together. “The decision to act on one’s feelings for another is never clear and can get very scary. I think the play does a good job of illustrating that.”

Each of the main characters has a very different personality, but audiences will be drawn to the sense of comrades that even when tested still holds strong.

— Devon Munro Staff Writer

**5 Minutes to Curtain**

*Written by Kevin Roemer*

*Directed by Kyle Haunton*

Half an hour before the house opens! Yet the cast of “Polonius: A Song Unsung” is in a mess: much of the crew is missing or fighting over technological issues. “How can it arrange everything and make sure the play will begin on time?” 5 Minutes to Curtain” is a show that shifts between Shakespearean dramatic and modern theatre. It is a play in two parts; part I like in ‘Thinker’s House,” which just so happens to be the show they are performing within 5 Minutes to Curtain.” Fuzzy, dynamic, and performed with exaggerated and amusing body language, this is a play you wouldn’t want to miss during this year’s festival.

“For me, the best part of the play is the fight between the stage manager and the actors, which is acted in a way that is as ridiculous as possible,” Anne Whitaker, who plays the hoped-to-be-star character Nina says. “Have no expectation for what you will see.”

— Yidian Huang Staff Writer

**A Sunset on Mars**

*Written by Timothy Barnett*

*Directed by Jeremy Guttman*

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**As Luck Would Have It**

*Written by Kirstin Rower*

*Directed by Leilani Tuiletufuga*

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— Yidian Huang Staff Writer

**The Monster’s Return**

*Written by Aleksandra Konstantinovic*

*Directed by Allison Win*

“It’s a unique character who can be described as a cross between a fifth-grade bully and Rafiki from ‘The Lion King’ — and ‘Timma’ is exactly what ‘The Monster’s Return’ offers. Twitch, with the personality of an emotionally intelligent, immature child, is the monster who lives in Jamie’s closet. She flips the switch of a scary monster on his head by turning into a type of therapist for Jamie as he returns to his childhood home for his estranged father’s funeral. Though the play abounds with sentiment, it’s hard to take it too seriously — a feature the small cast, led by debut director Allison Win, revels in. Characters shoot snarky comments at each other (Twitch points out, meaningfully, that she has watched Jamie grow up), and Twitch has a little too much fun with a broom. Intertwined with the play’s interest in humanness, however, is a focus on character — a focus deepened and drawn more acutely by the crew members’ clear commitment and understanding of their character. “The Monster’s Return,” then, offers a smartly written play devoted to characters, humor and a surprisingly non-monstrous humanity.

— Jennifer Grundman Associate Copy Editor

**AS LUCK WOULD HAVE IT**

*Written by Audrey Sashnay*

*Directed by Leilani Tuiletufuga*

“As Luck Would Have It” peeks into the world after it starts to fall apart. A new zombie-esque disease has hit critical mass, and the government has implemented a quarantine. Bruce (Jordan Ferguson) is holed up in his store and wants as little to do with the disease as possible. However, when a stranger (Andrea Benassato) looking for supplies enters uninvitingly, Bruce must decide whether he can trust new arrival “Hannah.”

Though audiences have grown accustomed to and often tired of formulaic zombie hits, such as “The Walking Dead” and “World War Z,” director Leilani Tuiletufuga believes that the play is not your typical zombie-apocalypse story.

“At the core of this play, it’s about humanity, it’s about compassion and it’s ultimately about forgiveness and trust,” Tuiletufuga said. Loaded with tense dialogue, poetic action sequences and a challenging ending. "As Luck Would Have It" serves as both an audience-pleaser and a thought-provoker by shocking the zombie “drama” and delivering genuine human drama.

— Lucky To News Editorial Assistant
The best film of the year so far comes in the shell of a Hollywood blockbuster.

Directed by George Miller
Starring Tom Hardy, Charlize Theron, Nicholas Hoult, Zoe Kravitz
Rated R
Release Date May 15

Mad Max: Fury Road

It chooses not to restrain its own ambition. It is a potential multi-million dollar mistake. "Fury Road" is 75-year-old Miller's raging antithesis to this current state of blockbusters, proving that you can still bring passion and brilliance to the screen with a $150-million budget behind you. A film of this scale is rarely as intimate and original. It is a breath of fresh air in what has become a creatively stagnant crop of blockbusters because it chooses not to restrain its own ambitious vision.

Fugitive Max Rockatansky (Tom Hardy) aids the rogue Imperator Furiosa (Charlize Theron) in her escape from their captor, the brutal sadistic warlord Immortan Joe (Morgan Freeman), to rescue out of necessity in post-apocalyptic outback Australia while being chased by the combined barbaric troopers of Gas Farm, Bullet Town and the War Boys. A majority of the film is the chase, with incredible stunt and a reliance on practical effects. The few breaks in action carry a quiet intensity to them, anchored with the reluctant partnership made between Furiosa and Max. This could have aptly been called "Mad Max: Furiosa" because of how Max, truly mad and haunted by the cries of those he couldn’t save, plays a secondary role to her mission. Hardy doesn’t say much as him, instead relying on harsh grunts and a fabulously expressive face to get his point across. In fact, this entire film could work without sound because of the bombastic visuals, which lend a universality that’s lacking in most films.

"Fury Road" upends more than just the visual conventions of the typical blockbuster, like women actually having agency and as much depth as the booy of male characters instead being secondary concerns for the plot. Imperator Furiosa’s dedication and rationale are outright admirable and Theron steals the show with her performance. The color grading of the film doesn’t leave us in the drab gray and brown of the typical blockbuster, but instead greets us with the bright blue of the sky and the endless golden sea of sand. The action is frenetic: with shots regularly lasting no more than seconds, but Miller’s masterful pacing somehow lets us keep track of everything as the wheels roll and the guns are fired. The themes of environmentalism and capitalism are skillfully explored with the dynamics of the film’s universe, a far cry from the ham-fisted efforts of James Cameron’s patronizing “Avatar.” Violence abounds and it isn’t seen as a choice, but the cost of survivability — a means to an end. There’s weight behind every bullet shot and every head turned, acknowledging the human death toll. Miller was able to shoot a film, a masterpiece on less, that has the energy of a young director and the craftsmanship of a seasoned veteran within the confines of a creatively restrictive industry. "Fury Road" is the Ninety-Five Theos nailed to the drab door of Disney; a condemnation of the modern blockbuster that practices what it preaches.

SAM VELAZQUEZ

CONCERT REVIEW
THE WOMBATS AT HOUSE OF BLUES

CONCERT DATE May 13

Other Acts: Cheerleader, Life in Film

The Wombats bring energy and enthusiasm to “Glitterbug” tour.

On May 13, The Wombats livened downtown San Diego’s 5th Avenue with dynamic enthusiasm, left unpolarized by flashy gimmicks or hollow statements. The British indie-pop group is a fast’s band, a talented trio that wins crowds over simply by loving what they do. Expectedly, The Wombats concert was in some ways a modest affair: The minimal stage setup might as well simply by loving what they do. Expectedly, The Wombats concert was in some ways a modest affair: The minimal stage setup might as well

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Initially a part of traditional cultural expressions — an essential element of various countercultures of the last two centuries and now a rather mainstream type of body modification today — getting a piercing is something you might be currently considering. While more and more people are turning to professionals, not all are able to provide quality piercing services. That’s why, before you get any holes poked, it is essential to do your research to make sure the shop you’ve chosen is truly top-notch. But who are we kidding? Pester a piercing shop with questions about the whole piercing process is a quite uncomfortable procedure that the majority of us would rather avoid. But there is another way! The UCSD Guardian is here to provide you with personal experiences about arguably one of the best piercing shops in San Diego — Enigma Professional Piercing Studio.

Located on a quiet street in Pacific Beach, one of the two studios looks like a hut surrounded by banana trees somewhere in a tropical forest. The interior is not much different from the exterior. The lobby smells like wood, the walls are decorated with pictures of tribal piercings and big window cases with intricate jewelry stand around the perimeter of the room. Visitors read National Geographic magazines while waiting for their turn (lines here can actually be quite long, since Enigma works on a walk-in basis), adding to the feeling of being taken away to some exotic locale. When the wait is over, your piercer will take perfect care of you: explaining the procedure, giving directions and entertaining you with conversation in the most nervous moments.

When it comes to safety, Enigma does not hide anything from its clients. All information on sterilization methods is provided on the shop’s website and, in fact, matches reality. The employees sterilize their equipment using a special autoclave machine that utilizes a combination of steam pressure and heat. This is an effective way to sterilize reusable piercing equipment, but just to make sure that every individual set of tools is exposed to the proper amount of heat, Enigma additionally uses temperature-sensitive integrating indicator stripes. After filling out all the paperwork, clients receive a stripe that they sign with their initials. Right before the piercing procedure, clients personally make sure that their indicator demonstrates that the tools were properly sterilized and are ready to be used.

Not only are the tools sterile but they are also simple. On many YouTube videos, piercers use special equipment, like clamps, that help direct the needle. However, Enigma piercers do not use anything but a piercing needle (after all, did you know that piercing guns were initially created to tag livestock?).

Like their tools, Enigma’s jewelry is also safe. They are made of surgical stainless steel, used for prostheses and implants, meaning if this metal is safe enough to wear inside of our bodies, it can surely be used as piercing jewelry material. In addition, the salon doesn’t use externally threaded jewelry, since it can easily damage pierced skin and complicate the healing process. Speaking of the healing process, Enigma piercers provide aftercare instructions and a little bag of sea salt needed to prepare a cleansing solution.

Enigma Piercing in Pacific Beach
2079 Garnet Ave.
San Diego, CA 92109-3525
(858) 274-9950

HOURS:
Every day, 11 a.m. to 9 p.m.

ID needed

Written by
Olga Golubkova
// Senior Staff Writer

Design by
Sherman Aline
// Associate Design Editor

Illustrations by
Sherman Aline & Olga Golubkova

PHOTO BY MATTHIAS SCHEER / GUARDIAN
I personally visited Enigma twice — once to get my ears pierced and, four months later, to get my septum done. Both procedures were totally painless for me, thanks to Evan, who was my piercer for both procedures. But since the piercing experience is different for every single person, here are opinions from other UCSD students who decided to put themselves into Enigma piercers’ hands, as well.

"I went randomly with my roommate and her friend. They were getting their piercings, so I thought ‘Why not pierce my cartilage?’ We didn’t wait at all because it was the evening. [The] healing process was also fine, though they didn’t mention how to take out a piercing, which I guess is supposed to be intuitive, but I had no idea. A little on the expensive side but they seem to know what they’re doing and it was a pleasant experience.”

— Helen Lee
UCSD ’14 alumna

"I got my nose pierced at their Pacific Beach location about two months ago. The whole process was very clean; all of the tools the piercer used were sterile or came out of a new package. The woman who pierced my nose was a little opinionated, but she seemed to know a lot about piercing, though. She made a remark about the place I got my ears pierced, not knowing what they were talking about because you’re never supposed to turn piercings (the people who pierced my ears told me to turn the piercings). Overall, it was a great experience. I haven’t had any trouble with my piercing since. They gave me detailed instructions on care, and I would definitely go back if I need anything else done.”

— Jessica Walters
Thurgood Marshall College sophomore

"I first found out about Enigma through Yelp. The place had full stars and hundreds of reviews, so my friend and I decided to get our piercings done there. I wanted to pierce my cartilage for the third time around. I’ve had issues in the past with getting infections with my cartilage piercings so the area is pretty sensitive. My piercing was $80, including the earring itself. Although it is definitely in the high-end price, it was definitely worth it. They consulted the position of the piercing, and throughout the entire process, they were very amiable and calming. Overall, I have nothing but good things to say about this place. If you get $80 bucks out of me for a piercing and leave me happy and satisfied, then this place must be a damn good place.”

— Diana Wu
Eleanor Roosevelt College junior

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Poly Pomona defeated them 7–4 to end the Cinderella run.

The Broncos then took the lead in the bottom of the second but immediately relinquished it when UCSD scored three runs in the top of the third. Mann, Sanchez and Larsen scored for the Tritons to put them in the lead, 4–3.

UCSD would not score again, however, and Cal Poly Pomona slowly took control of the game. The Broncos assumed the lead in the bottom of the fourth with two runs and scored two more runs in the seventh and eighth to get the win and the bid for the NCAA’s.

UCSD ended its season on the bitter defeat and will not go to the NCAAs. UCSD ended its season on a high note the tournament.

The game when Shirley went home in the first inning. Pomona struck right back, in the bottom of the first, to score the top one.

The Broncos went 2-for-3. Flatt was 2-for-3 as well.

Leichman (7–2) went 5 2/3 innings and hung on. "As a coxswain," I have an immense amount of respect and admiration for the rowers because of the physical pain they put themselves through," Shibata said. "The Triton bullpen consistency and effectiveness throughout the year, " is Batki told the UCSD Guardian.

The Tritons Look to Build on Qualifying Marks

UCSD runners-up in 2V8 and 3V8 races, Varsity 8 places fourth in Sacramento.

The UCSD men’s rowing team ended the season on a high note with two runner-up performances in the Western Springs Championship on Lake Natoma in Sacramento this past weekend. The 2V8 and 3V8 squads snagged second-place finishes, while the Varsity-8 crew took fourth after battling the wind for much of its race.

The Varsity-8 boat got to race [this] lineup for the first time all season and raced one of the best second 1,000 [meters] I’ve ever seen," Flatt told the UCSD Guardian.

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Five Tritons Earn Trip to NCAA Championships in Michigan

By Rosina Garcia

This year, UCSD is sending five of its track and field athletes to the NCAA Division-II Championships held in Allendale, Michigan over the weekend. Veteran qualifier senior Nash Howe will compete in the javelin, senior Elexi Snover also in the javelin, freshman Matt Bowen in the triple jump and sophomores Chriisi Carr and Savanna Forry in the pole vault and high jump, respectively.

Three-time qualifier Howe is no stranger to NCAA-level competition. First qualifying as a sophomore in 2013, he competed in the NCAA championship meet as the javelin and earned a respectable seventh-place finish with a throw of 214-11. In 2014, he improved his mark to 229-1/4 and placed sixth. Although Howe has not met this mark this year, his status as a two-time All-American and three-time California Collegiate Athletic Association champion, as well as being the fourth seed in this event, may just push him to a higher mark at the NCAA this year.

Unlike Howe, Snover has only been a competitor in the javelin for less than two years. Starting the season with a throw of 130-3/12, Snover quickly showed she was capable of qualifying for the event. Snover’s provisional qualifying mark of 143-5/12 feet earned her a spot in the NCAA championship meet, as the 17 seed. Competing as both a sprinter and a thrower has pushed Snover to her limits this season, but she remains positive about the context this weekend.

"The coaches have been amazing at teaching me the skills I needed to make it this far," Snover told the UCSD Guardian. "I am very excited for the weekend. My goal is to PR because the latter part of my season [has been] rough, but the last couple of weeks, I have been focusing on my javelin technique. If I PR, it could be close to the distance I advanced from the prelims to the finals, which is my ultimate goal for my first time in nationals."

Seeded fourth in the triple jump, Bowen has proved that age does not matter when it comes to natural talent. Although he is only a freshman, Bowen easily proved that he has what it takes to compete at the national level. His drive and enthusiasm just might propel him to break the school’s 51-3/4 record. Regardless of what happens this weekend, Bowen is just going to continually get better.

"This weekend, I want to break the school record, and if everything goes well, it can happen," Bowen said. "Coach Darcy [Ahner] and I have been working on a lot of technical details that [can] add a few inches to my jump, and if I can put them all to work this weekend, I’ll be finishing out the season with a strong PR. I could hit 52 feet, that would be awesome, but I at least want to break our 51-3/4 school record."

Pole vaulter Carr is also new to the NCAA competition but, like her teammates, has undoubtedly proven that she deserves to be there. As a freshman in 2014, she finished in eighth place in the NCAA championship meet, with a mark of 11-1 1/4. This year, she has improved upon that mark by nearly a foot. Seeded 16th in this event and only being a sophomore, Carr has nothing to lose.

Finally, placing fourth in the high jump in the NCAA Championships her freshman year and finishing in second this season, Forry has shown improvement and promise in her two years on the team. After a more relaxing season than her last one, Forry effortlessly high jumped her way to nationals.

"Jumping is really fun, and I was able to incorporate that excitement and energy into my meets," Forry said. Sports | Page 11

TRACK & FIELD

Five Tritons Earn Trip to NCAA Championships in Michigan

Athletes will face off against top Division-II competition in javelin, triple jump, high jump and pole vault Thursday through Saturday.

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x, 30 and fifth-seeded UCSD fell just short of an NCAA tournament berth when they lost to No. 13 Cal Poly Pomona in the West Region Playoffs Final in Michigan. The Tritons went on to win against Point Loma Nazarene University, Dixie State University and Azusa Pacific University before seeing the season terminated by their California Collegiate Athletic Association foe.

UCSD had started down the "road to Cary, North Carolina," where the NCAA championships are held, when it fell to Azusa Pacific 17–11 in a very high-scoring game. The defeat put UCSD in the elimination bracket side of the double-elimination tournament.

Junior right-handed pitcher Justin Donatella (9–3) entered the game with just eight runs allowed total over the season. His fortune quickly changed, as Azusa Pacific put up a four-run inning in the bottom of the first. UCSD quickly fell behind but reduced the gap to 5–2 in the top of the fourth when right-handed freshman pitcher Matt Flatt scored off of sophomore infielder Tyler Howell’s single up the middle. That ray of hope was short-lived, as Azusa Pacific took the run lead in the first inning. What was left of Azusa Pacific’s momentum was quickly halted, as UCSD put up seven unanswered runs in the seventh and eighth, but the game was already far out of reach.

Donatella increased his strike total to a league-leading 109 but allowed a season-high nine runs in 4 1/3 innings. Sophomore outfielder Brandon Shalley reached base in his first plate appearances, while Howsley got a career-high four hits and three RBIs in the very offensive game. UCSD moved on to the second day of competition, where it had to win to stay in the competition. The Tritons did so when they edged city rival Point Loma 7–5.

The blue and gold got a 1–0 lead when junior infielder Troy Cruz scored in the second inning. They continued to pressure Point Loma, even extending their lead to 4–0 in the fourth, when freshman infielder Tyler Planter, senior infielder Erik Lewis and senior catcher Brett Levy each scored. UCSD thought it had secured a win after the team put one more run on the board when sophomore outfielder Jack Larsen ran to home in the fifth.

Point Loma answered in the bottom of the seventh and eighth, putting up five unanswered runs to tie the game up, threatening to end the Tritons’ season. However, Cruz, the hero of the game, scored in the bottom of the eighth to put them back on top. Lewis put another run on the board to raise the score 7–5 and securing the UCSD victory.

Larsen went 3-for-4 and Cruz went 1-for-2, putting up two runs. Levy was 2-for-4, while Howsley got two RBIs to put his season total to 20.

"Offensively, I was just trying to ground out and try to get on base," Cruz told the UCSD Athletics Department. "Defensively, on the mound, I tried to be aggressive. Late in the game with runners in scoring positions, I just stuck to my routine and just settled down there [to get the game-ending out]." The strong effort led UCSD facing Dixie State University on Saturday afternoon. The Tritons came through again with flying colors, shutting out the fourth seed 7–0.

Senior right-handed pitcher Dan Kolodin (5–1) led the Tritons in a great effort. The offense also delivered, led by two runs by Shirley and one by junior outfielder Gradergh Sanchez, Flatt, senior first-baseman Michael Mann, Larsen and Planter.

Cruz then closed out the game, giving UCSD its program-record 13th shutout of the year, the third-most nationally in Division-II.

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