

SLEEPERS AND DREAMERS



ILLUSTRATION BY CHRISTINA CARLSON

Ever wonder what that weird dream means or what happens to your body as you crusade into that dark, all-nighter? Read on fellow dreamers to get a bit of significance and sarcasm when it comes to sleep.

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PUTIN'S PEDESTAL POWER THROUGH PORTRAYAL OPINION, PAGE 4

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VERBATIM

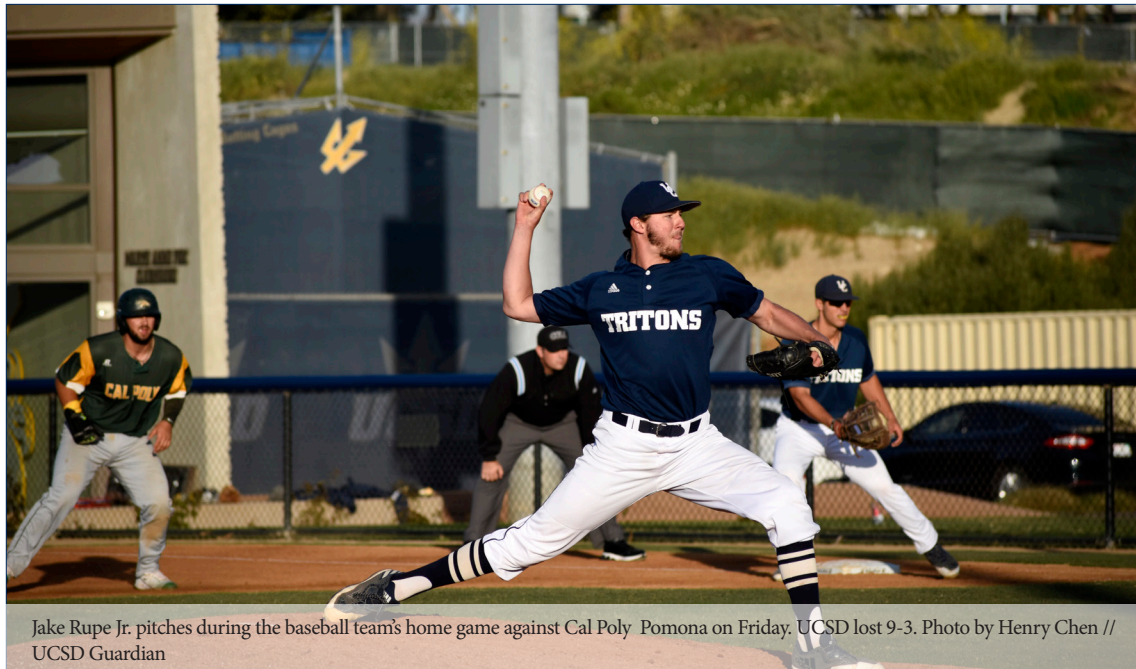
"WE SHOULD BELIEVE THAT YOUNG AMERICAN CITIZENS TOGETHER WITH YOUNG RUSSIAN CITIZENS CAN STOP DISASTROUS PROXY WARS SUCH AS THE ONE IN SYRIA AND ELIMINATE EVEN THE OPPORTUNITY OF A LARGE-SCALE WAR BETWEEN TWO NUCLEAR-ARMED COUNTRIES"

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Jake Rupe Jr. pitches during the baseball team's home game against Cal Poly Pomona on Friday. UCSD lost 9-3. Photo by Henry Chen // UCSD Guardian

A.S. Election

Elections Manager Announces A.S. Elections Results

BY LAUREN HOLT NEWS EDITOR

The A.S. Elections Committee announced the results of the 2017 A.S. and college council elections Friday evening at Round Table Pizza after voting officially closed at 4 p.m. that same day. Lesly Figueroa of Students Determined won the race for A.S. president, beating out independents Aaron Dalton Burgess, Dennis Yeh and Gus Guerrero. Refilwe Gqajela of Students Determined and Matthew Arrollado of THRIVE won Vice President External and Vice President of Campus Affairs respectively.

The student body elected Aseel Sherif Ali, Sné Lochan, Miguel Angel Tapia, Monica Valdez and Itsi Sanchez Rea as its five campus-wide senators, with three coming from the Students Determined slate and two from the THRIVE slate.

In the off-campus senator election, Katya Avendano and Leony Mijares emerged victorious, while in the transfer senator election Kristiana Cuevas secured the most votes. The next academic senators will be Freddy Arriola for

social sciences, Amy Henderson for arts and humanities, Nhi Nguyen for physical sciences, Anika Balse for biological sciences and Colin Feeney for engineering.

Advertised as a coalition of progressive student leaders, the Students Determined slate received 10 of the 16 A.S. election spots available while THRIVE, which ran on a platform of reforming campus leadership and pursuing initiatives that will continue to affect students for years to come, got five.

Incoming A.S. President Figueroa told the UCSD Guardian that she is thrilled to see the results of all the candidates' hard work.

"I'm really excited to see all the work and all the effort people have done come into fruition," Figueroa said. "Looking into the future, everything that we have talked about, everything we have said — those things are going to happen, especially with me and Refilwe."

The overall voter turnout rate was 18.74

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SCITECH

UCSD Researchers Create Possible Vaccine for Acne

The potential vaccine will neutralize the toxins released from the P. Acnes bacteria that cause acne.

BY ARMONIE MENDEZ
STAFF WRITER

A study commenced in 2011 by researchers at UC San Diego recently yielded a possible vaccine that could reverse the acne-causing effects of propionibacterium acnes, a form of bacteria that plays an influential role in the development of acne.

UCSD dermatology professor and lead researcher of the study Eric C. Huang explained in an email interview with the UCSD Guardian that his realization that some dermatologists were prescribing antibiotics or steroids to kill the P. acnes bacteria is what served as the catalyst for the study.

"I am asking myself why no one developed a vaccine targeting this bacterium," Huang said. "Before conducting this study, my work was supported by the National Institutes of Health to create a vaccine against anthrax spores related to the biodefense

program in the U.S. Since I am good at vaccine development, [I] thus decided to create a novel vaccine to treat acne vulgaris."

Acne is caused by hormone changes that occur during the transition into adolescence. According to the National Health Service, acne is most prominent in girls ranging from ages 14 to 17 and in boys ranging from 16 to 19. The hormone changes that occur within this time period enable the face to produce oils that P. acnes bacteria feed off of, making the face a breeding ground for P. acnes bacteria.

"The oily skin creates a perfect biological environment for the growth of P. acnes," Huang stated. "The overgrowth of P. acnes can cause an accumulation of the secreted toxin Christie-Atkins-Munch-Peterson factor, leading [to] inflammatory acne vulgaris. Our data indicates that the level of CAMP factor toxin correlates well with the severity of acne vulgaris."

Huang additionally explained the difficulties of creating the vaccine to fight the P. acnes bacterium, as the bacterium is known to show some potential benefits.

"P. acnes is a skin commensal bacterium," Huang said. "Everyone carries this bacterium in their skin. Data in our previous publication showed that P. acnes counteracts Methicillin-resistant Staphylococcus aureus, a bacterium that causes infections in different parts of the body."

The vaccine will target the drawbacks of P. acnes, which are good for your body to a certain extent.

"P. acnes turns bad when our skin produces too much oil," Huang stated. "Thus, we are creating an acne vaccine which can neutralize CAMP factor toxins released from P. acnes. We are not creating a vaccine which directly binds to P. acnes bacteria and

See **VACCINE**, page 3

CAMPUS

Muir Musical Performs Spring Awakening

A rock musical set in 19th century Germany. The play was done by a student cast and crew.

BY MING-RAY LIAO
SENIOR STAFF WRITER

The annual Muir Musical Spring Awakening opened on Saturday night and will continue to perform throughout the week, concluding with a special matinee performance on April 15. The annual student-directed and produced musical theater event is the largest on campus.

This year's performance is based on the 1891 play of the same name, which Director Nicole McEntee describes as a coming-of-age story.

"It centers around adolescents exploring their sexuality and identity," McEntee told the UCSD Guardian. "They face taboo topics as they try to understand what it means to be in this world while being suppressed by adults or the system of adults."

McEntee believes that these issues are still prevalent today, despite how readily available information is.

"Although we are exposed to a lot of knowledge through social media and the internet, there are still so many people who don't know what sex is, or feel like they can't talk about their sexual preferences," McEntee said. "This show focuses on the those trying to understand what they're feeling but can't because they don't have people answering questions for them, or they don't feel like they can ask questions in a safe space."

Spring Awakening debuted on Broadway in 2006 as a rock musical set in 19th century Germany and has lyrics derived from scriptures from the Bible and other literature. McEntee explained that the difference between setting and accompaniment furthers viewers' understanding of the performance.

"The scenes take place in the 19th century even though the songs are very contemporary and modern," McEntee said. "This contrast between being in the present versus being in the past isn't used to further the plot like in most musicals, but is used to get an inside look into the characters' minds."

Research affiliate at UC San Diego Biological Sciences Constance Lin appreciated the contemporary issues that were presented in Spring Awakening.

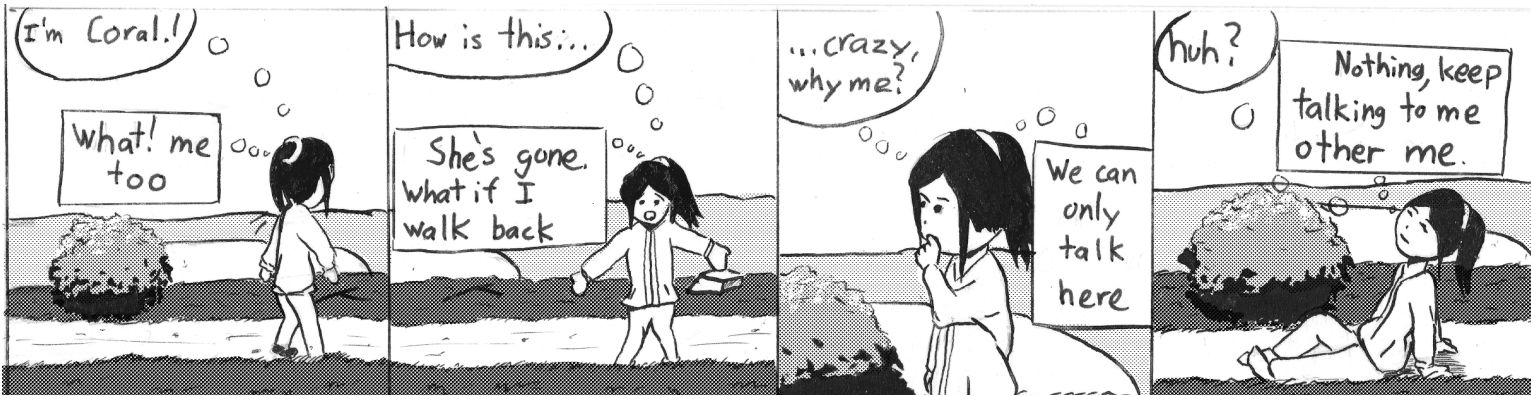
"I thought the musical was thought provoking, and the dance was a curious but interesting addition," Lin said. "Even though the setting was 19th century Germany, the issues brought up are still relevant today."

McEntee mentioned that the interpretive dancers were an addition that she hoped would further the connection to the character's subconscious.

"I felt that adding a lyrical dance ensemble to visualize the emotions the characters are experiencing would be a beautiful combination, essentially letting the characters have a mirror image of themselves," McEntee added. "As you sit and watch a song being sung, you see dancers communicate what is going on with their body ...

See **MUSICAL**, page 3

SPIRIT PARADIGM By Michi Sora



DISEASE OF THE WEEK

Neurocysticercosis Major Cause of Epilepsy in Developing Countries

The parasitic disease affects the central nervous system and is contracted from consuming pork tapeworm eggs in food or water.

BY REVATIRASHINGKAR
CONTRIBUTING WRITER

Neurocysticercosis is a parasitic disease in the central nervous system that causes cysts containing parasitic larvae of the pork tapeworm to form in the brain, which affect neural functions, cause seizures, and can be fatal in some cases. According to the U.S. Centers for Disease Control and Prevention, there are about 1,000 hospitalizations every year due to neurocysticercosis in the United States, with the majority of them occurring in California, New Mexico and Texas. The World Health Organization estimates that about five million people worldwide have neurocysticercosis and that 50,000 die from the disease every year. While presence of the disease has decreased in developed countries due to industrialization and implemented health checks, cases are being diagnosed increasingly in North America, Europe and Australia due to immigration from endemic areas. Neurocysticercosis is estimated to be the cause of 50 percent of acquired epilepsy cases in developing countries and is the most common parasitic nervous

system disease in the world. The disease is currently designated by the WHO as a neglected tropical disease.

Neurocysticercosis is caused by the pork tapeworm *Taenia solium*. Humans can get infected with the parasite by ingesting the parasite's microscopic eggs spread by someone with an intestinal pork tapeworm or by drinking contaminated water. If someone were to eat undercooked pork that was infected, they would be infected with a tapeworm in their intestines. If they then observed poor hygiene habits and cooked food, the microscopic eggs would be passed from their hands into the food that others would consume. Those consumed eggs become larvae in the body when gastric acid in the stomach degrades their protective covering and then they start to invade the local tissues to form cysts. If the larvae succeed in entering the muscles, eyes and skin, they cause cysticercosis which is cysts in normal body tissue. If they enter the central nervous system, they cause neurocysticercosis — the most severe form of the disease.

Neurocysticercosis is most commonly first seen in seizures or headaches. Seizures typically

affect those between ages 20 and 50, and are the first-seen symptom for about 70 to 90 percent of acute cases diagnosed, caused by active cysts in the brain. Headaches can signal increased pressure inside the skull, fluid buildup, or inflammation of the brain and spinal cord. A small percentage of those affected will also develop abnormalities in their gait, visual ability or mental states. The symptoms for each case vary depending on how the cysts progress, either degenerating or calcifying where they are located, and also depending on where in the brain the cysts develop.

To diagnose neurocysticercosis, brain imaging must be used to view the location of the cysts as well as determine which type each cyst is, because everything affects how the patient is treated. MRIs provide the most accurate image of the brain's anatomy and shows the cysts clearly, but a CT scan more clearly depicts calcified cysts. If neurocysticercosis is suspected, both tests are usually conducted for a full picture of the infected brain.

Treatment of neurocysticercosis is fluid, and each case could require a different combination of the possible

treatments depending on the severity of the symptoms shown and the stages of the cysts present in the body. Possible treatment measures include anti-epileptic drugs to control the seizures, surgical procedures to remove the cysts such as neuroendoscopy for the cysts that are easily reachable and anti-inflammatory drugs such as corticosteroids to control inflammation of the brain and anthelmintic medications, which stun or kill the parasitic worms in the body to get them out without causing much damage to the infected host.

There are trials currently being performed to determine if prolonged periods of one or many of the treatment options are more effective than current methods, but so far no significant results have been released. The U.S. Centers for Disease Control and Prevention is developing better tests to quickly diagnose cysticercosis and advise health professionals on diagnosis and treatment, and are continuing efforts to spread education and awareness of the disease in the general public and hospitals alike.

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A.S Election Featured Several Controversies

► **ELECTION**, from page 1

percent, confirming reports that turnout would be significantly lower than last year's approximately 23 percent.

Several controversies arose during the course of this year's elections.

Students Determined candidates Figueroa and Gqajela were labeled as independents on the ballot despite intending to register with the Students Determined slate. According to the two candidates, there was a technical error when they filed for candidacy, which prompted them to be left off the Students Determined slate. However, after an audit of the filing system supposedly showed no such error, the Elections Committee

and Natarajan made the decision to leave them as independents on TritonLink.

Additionally, THRIVE presidential candidate Tara Vahdani withdrew from the election on Tuesday after being accused of blackface when a two-year-old snapchat surfaced depicting Vahdani in a charcoal face mask with the caption "I'm problematic." In her statement announcing her withdrawal, Vahdani apologized for her actions and claimed that she sent the picture to a friend because "the nature of [their] Snapchats was to critique systems of oppression through humor."

The winning candidates will term in during Week 8.

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McEntee: The Show's Mature Content May Have Caused Some to Feel Uncomfortable

► **MUSICAL** from page 1

and I hope it's something that will really add to the show."

McEntee also said that in order to adequately represent and address the tumult of adolescent sexuality, the cast and team utilized resources on campus like CARE at the Sexual Assault Resource Center, LGBT Resource Center, and Counseling and Psychological Services.

"We've been meeting with SARC, LGBT, and CAPS to do workshops with our cast," McEntee explained. "We wanted to get a deeper knowledge of the themes of the show so we can better communicate that to our audiences."

The show has mature content that McEntee maintains is crucial to the

experience.

"There's going to be a lot of people that come in and feel uncomfortable, maybe love the show or hate it," McEntee said. "But I think that's the beautiful thing about theatre — you're supposed to just come and feel something, and maybe spark knowledge and discussion."

Performances took place at 8 p.m. on April 8 and April 9 and will continue from April 13 to April 15 in the Mandeville Auditorium. Tickets can be purchased in person or online at the Box Office. Talkbacks with the actors and creative team will take place on April 13 and April 14 to encourage audience members to engage with the show's material and presentation.

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The Next Step Is Raising Funding for Clinical Trials

► **VACCINE** from page 1

eliminates all P. acnes."

For women, forms of contraception such as birth control have been known to alleviate the effects of acne as well. However, Huang noted that there is a difference in the two treatments.

"[The] vaccine will not alter the hormones in our body. The change in hormones could cause side effects," Huang said.

According to Huang, the next step in the study would be to receive a budget in order to begin clinical trials, which will determine if the vaccine can fully prevent acne development.

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OPINION

QUINN PIEPER

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Putin The Vulnerable

Western media tends to put Vladimir Putin on a villain's pedestal. By highlighting opposition, his administration's power can be challenged in less violent ways than military intervention.

BY RIVKA GERSHOVICH

ILLUSTRATION BY CHRISTINA CARLSON

In U.S. media, the Russian leader Vladimir Putin is widely depicted as an indestructible nemesis, as strong as he is evil. However, this infernal portrayal of the Russian president as invincible is far from reality. Though it may not be apparent, Putin's rather formidable power in the last several years has shrunk dramatically and will continue doing so. The reason for such dramatic change is the growing success of the revived opposition, the growing discontent of the general population with economic politics and the increased availability of online resources. Unfortunately, these processes are largely underestimated by American politicians. Articles published on Russian affairs — like one published last week by CNN — describe Russia in terms of “Cold War levels” and opt to put Putin on a villain pedestal. If opposition to his administration is recognized, however, it may have the power to prevent the consequential damage from proxy wars, such as the one in Syria, and even a possible Third World War.

Putin and his administration have been losing significant power in recent years. Despite the fact that Putin's individual approval ratings remain at around 80 percent, the change in ratings for Putin's administration went from 59 percent in 2015 to 43 percent in 2017. This shows that many Russians share a notion that Putin's administration is either corrupt, ineffective or evil, and even consider Putin himself the victim of it. In other words, more than half of the Russian population is unwilling to collaborate with Putin's administration while nominally supporting him. This basically ruins the work of the Russian bureaucracy and

makes the logistics inside of Russia increasingly difficult. This recent decrease in approval ratings stems mainly from three factors: increased poverty, a growing reliance on the internet and, most importantly, an active opposition which manages to use all of those factors to organize civil protest.

The first of these factors, poverty, comes from the annexation of Crimea and the consequential economic crisis which resulted in sanctions imposed by the European Union, the United States, the United Kingdom and Canada. The reactionary import ban imposed by the Russian Government further contributed to the crisis, since it removed the surplus which was coming from international trade. This was paired with a drop in oil prices and ongoing corruption. As a result, according to the Economic World Forum, “the number of poor increased by 3.1 million to 19.2 million in 2015” and led to general discontent among the population.

This discontent has translated into an increased opposition movement, led in part by Russian opposition. As of now, the Russian government ultimately is failing to control the internet with the same effectiveness as TV or printed press. This turned out to be fatal for its monopoly over information due to the recent drastic increase in the usage of online resources in Russia. In 2007 specifically, less than 20 percent of the population used the internet while at the same time in America more than 60 percent did. In recent years, this number in Russia has increased to more than 70 percent, a change which has allowed people — particularly a younger generation — to avoid official propaganda and to rely more on independent news agencies. This new opportunity was most prominently employed by Alexei Navalny, an opposition leader who

See PUTIN, page 5

Letter to the Editor

To whom it may concern,

I was at the official debate on Friday last week and what stood out to me is how strongly Lesly Figueroa emphasized that she and her slate were not career politicians. Leaking past images of candidates? Politics. They waited until the election started to release those pictures. Holding onto those pictures that you were so enraged about while you were campaigning for her? Politics. They only cried foul when the pictures served their purposes. Claiming that a filing mistake was a “technical glitch” even after a technical audit found nothing? Politics. They were willing to lie to cover up a mistake. Preaching accessibility and transparency even though they were the ones best-positioned for change over the past year? Politics. It is apparent that these candidates have grown comfortable in the A.S. Council bubble, simply skating from year to year with the same slate, unable to accomplish things that the entire population supports. Not bothering to reach out to a population that does not typically vote in numbers? Politics. Dennis Yeh has been the only candidate to reach out and listen to the concerns of the Chinese community about the Dalai Lama.

This is why we need an independent candidate that has not been a career A.S. Council “politician.” Their focus on talking points over results is only emphasized by the lack of progress over the years that the slate has been established. I do not want to continue an apathetic campus that just tells me to accept that lack of progress. Their focus on identity politics has left some students that aren't their priority in the cold.

I am voting for Dennis Yeh. He brings real value and real representation to the average student.

Charles Lichtenstern, Erik Mumm

Marshall College 1st years

Recent College Affordability Plans Fail to Compensate for Staggering Non-tuition Costs

BY CHRISTOPHER ROBERTSON

Faced with rising costs of higher education, New York has recently passed a bill establishing a fund to cover tuition costs at its state's institutions. This \$163 million effort, proposed by Governor Andrew Cuomo, is expected to cover 944,000 families whose incomes fall below \$125,000. The Excelsior Scholarship applies to two-year and four-year institutions, and includes \$8 million for educational expenses. Though this gives higher education a broader reach, it fails to compensate for the staggering non-tuition costs, still excluding the poorest members of the state.

Naturally, this plan comes with a few strings attached. The plan requires students to take at least 30 credits a year but allows students facing hardship to pause and restart the program. Students must also remain and work in New York after graduation equivalent to the number of years they received funding. If these conditions are not met, then the scholarship is converted to a loan.

New York is not the first state to provide free college — several states, including Tennessee and Oregon,

offer two-year tuition programs — but the scope of this plan introduces a host of new problems. Critics argue that it threatens the enrollment rates of private institutions and that forcing graduates to remain in New York could limit their job prospects. However, the most significant issue is that the plan fails to live up to its promise as advertised.

CNN Money claims Cuomo's bill will most notably benefit households whose incomes lie between \$80,000 and \$125,000. People who earn more cannot qualify, and people who earn less likely pay no tuition by way of other grants. This inattentiveness toward the state's poorest people belies Cuomo's effort to make higher education accessible to both middle-class and lower-class households.

Under the banner cry of “free college,” Cuomo garnered support for his plan, which only covers tuition. This certainly reduces the cost of attendance, but it ignores the staggering living expenses associated with New York. Under this plan, New York would pay \$6,470 in the State University of New York System and \$4,370 at a community college — 31 percent and 28 percent of the total cost

of attendance, respectively. Room and board make up the remaining roughly \$14,000 cost for which students are directly liable.

A few changes could further increase accessibility. Removing the

to work toward paying their living expenses.

In the wake of the bill's approval, California is already seeking to expand accessibility to higher education. It is running into the same problems,

Until California addresses living expenses, or even the minimum wage as a living wage, the poorest of our state will still be exempted from higher education.

clause which applies money from the Excelsior scholarship to tuition after Pell grants and Tuition Assistance Program scholarships, the money from those grants could help handle non-tuition costs. Also, if Cuomo removes the minimum yearly unit quota, part-time student workers would no longer be exempt from access to the scholarship, which would allow them

however. In true Californian fashion, the proposal introduced by Assemblywoman Susan Talamantes Eggman begins with a tax. The bill raises the income tax by one percent on the highest income households, and is expected to amass \$2.2 billion.

The formidable cost of living associated with California acts as a barrier for higher education as it

does in New York. Though the \$2.2 billion proposal dwarfs that of New York's plan, it is counterbalanced by the fact that California shelters 12 percent of the total U.S. population (twice as much as New York), and a disproportionate 22 percent of the homeless population. The sheer magnitude of demand combined with the decline in housing production earned California a seat on the USA TODAY list of states that bear the highest cost of living.

The California plan is different in that it applies to all students regardless of income, and ignores the risk that people will leave the state after earning their degree. However, it appears as though California is no closer to truly free higher education than New York, and will not be unless it recognizes that education is inextricably linked to other facets of the economy. Until California addresses living expenses, or even the minimum wage as a living wage, the poorest of our state will still be excluded from access to higher education.

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WORLDFRONT WINDOW By David Juarez



► PUTIN, from page 4

plans to run for the 2018 presidential election.

In 2011, Navalny organized a non-governmental organization called the Anti-Corruption Foundation which, according to the site's mission statement, is "the only Russian-based NGO that investigates, exposes and fights corruption among high-ranking Russian government officials." Based on the information it obtains, the foundation creates well-documented and appealing movies and reports. One of these movies, which concerned the corruption of Dmitry Medvedev, former Russian president and current prime minister, generated more than 17 million YouTube views and inspired widespread-peaceful protests on March 26 of this year. The protests were attended by more than 150,000 people in approximately 100 Russian cities and towns. Remarkably, the majority of protesters were teenagers or young people below the age of 30. As an immediate effect of the protest, Medvedev's ratings dropped from 52 percent to 42 percent in March 2017

alone.

These protests are significant because they show that Russian opposition can efficiently use the increased availability of the internet to translate widespread discontent into organized direct action, allowing people to access independent information that isn't saturated with political propaganda.

The problem herein is that such opportunities to challenge high-level corruption in Russia have been disregarded by most major U.S. newspapers articles that have been published in the past several years. Articles on the topic instead opt to sensationalize the worst possible future scenarios for Russian internal affairs. One example is the CNN article published last week, which states that Russian military deployments and intelligence operations within the U.S. have reached Cold War levels. The article even implies that the Third World War is about to begin. In the process of doing so, it does not even mention Russian internal instability and Russian opposition. Given that Putin's administration is rapidly losing power, this approach to Russian-U.S.

relations is very problematic.

Simply put, malicious misbeliefs in American media of Putin as invincible lead American viewers, readers and politicians alike to count on the plot of military conflict with "all-mighty" Putin. Instead, Americans could consider supporting Russian oppositional groups, which are attempting to overthrow him via less violent methods.

As massive of a dilemma as this is, the easiest way to challenge this phenomenon is to raise awareness about Russian opposition. We should believe that young American citizens together with young Russian citizens can stop disastrous proxy wars such as the one in Syria and eliminate even the opportunity of a large-scale war between two nuclear-armed countries. Even UC San Diego students can have an impact in this by supplying monetary support for Russian oppositional organizations. *Readers interested in hearing more about Russian Oppositional groups can contact Rivka at her email.*

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FEATURES

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Photo courtesy of Lucas Barbolet

How to Save a Life: One Day with the Border Angels

by Oliver Kelton // Features Editor

Founded by Chicano activist Enrique Morones in 1986, Border Angels is an organization dedicated to helping undocumented immigrants in the San Diego area. Among the many services its volunteers provide are periodic water drops near the border, offering desperately needed supplies to migrants making the perilous trek through the desert. This is what one writer experienced on a day volunteering with them.

We started our journey in the desert near Jacumba outside a gas station frequented by seemingly nobody but truckers. The late February sun hung in the middle of the sky, illuminating the barren, rocky landscape we would be traversing for the rest of the day. As volunteers with Border Angels, we would be dedicating our day to helping undocumented migrants in their mission to reach the United States.

Breaking the tranquility of this desert landscape was our circle of cars, with people filing out to gather around one figure. With the countenance of a man wise beyond his years, Eleanor Roosevelt College senior Jonathan Yost spoke to the volunteers gathered before him, imparting on them the significance of the work they were about to undertake.

“Those desperate to reunite with families, flee poverty and escape violence are left with one option, and that is to cross unlawfully,” Yost explained. “Many who do cross through the deadly desert face many risks. Our mission as Border Angels [is] to drop gallon jugs of water, food and warm clothing along hard to reach places on the U.S.-Mexico border, giving migrants a better chance of surviving their trip.”

Yost enumerated the many dangers migrants face when crossing the border unlawfully. Entrusting their lives to smugglers called “coyotes” who promise to guide them through the desert, the migrants put themselves at risk of robbery, rape and murder, since the coyotes are often criminals with little regard for their clients’ well-being. This danger is compounded by anti-immigrant militia groups and rogue border patrol agents who prowl the desert looking for them. Worse yet is the ever-present danger of fatal exposure — the migrants usually lack water and clothing to deal with the heat and cold of the desert. This is where Border Angels hope to lend a helping hand.

“Today, you will become first responders,” Yost intoned. “You will be paramedics out there, although you will not interact with your patients. What you bring today — that is their life-saving treatment. Just like a life-saving blanket administered in the back of an ambulance, what you bring today will prevent their condition from killing them.”

Newly endowed with a sense of purpose, we split into several groups. My group headed further up the road to the foot of a craggy rock outcrop. Disembarking, we made our way into the barren wilderness skirting the border.

A few minutes into our hike we came across an ominous sign left for migrants — a scarecrow made of abandoned clothing. Scarecrows like this, made by anti-immigrant militias as a grim warning to migrants, are an all-too-common sight along the border. Many volunteers can speak to the intensity of the anti-immigrant sentiment they have witnessed here.

“The first time I came and scouted this route, I was here with my friend Anthony,” longtime volunteer and ERC senior Jake Lory explained to the UCSD Guardian. “We walked all the way down there. There were some border patrol agents in the area and immediately a border agent sprinted around this corner, gun drawn, and was pointing it before he even saw us at all. Luckily nothing happened, but that just speaks to the intensity of what’s happening out here.”

Continuing along the trail, we came across a pile of used clothes. At Yost’s request, we paused to reflect on its meaning.

As Yost explained, migrants need warm clothes to survive the harsh conditions in the middle of the desert. Yost hoped that the migrants had reached their destination safely, sharing the fate of one immigrant who was not so fortunate.

Alfonso Martinez Sanchez was a construction worker and butcher who had called Vista, California home for more than 20 years. One day in early 2012, while working at a local liquor store, a police officer asked for his ID. When he could only produce a Mexican ID, the officer turned him over to the Immigration and Naturalization Services, which deported him to Mexico. Dedicated to reuniting with his family, he made many attempts to cross the border again. After being caught by border patrol on three attempts, he made a fourth attempt to cross the border again on April 20, 2012.

Unfortunately, Martinez Sanchez was ill-prepared for the journey, a multi-day trek through the arid desert near the Arizona border. Temperatures in the day can soar above 80 degrees but drop below freezing at night. After a day of traversing the desert, he began to feel sick. Unfortunately, the “coyote” guiding him through the desert refused to stop for him, and the 20-person group of migrants left him alone on the trail. At the risk of being deported, one member of the group attempted to rescue Sanchez by alerting Border Patrol when he arrived in the United States. The search ended tragically five days later, when officials found Martinez Sanchez’s barely recognizable corpse along the desert trail.

Leaving behind a wife and 19-year-old daughter, Sanchez became one of the estimated 11,000 migrants who have perished crossing the U.S.-Mexico border since the beginning of Operation Gatekeeper.

Launched by the Clinton administration in September 1994, Operation Gatekeeper aims to halt the flow of undocumented migrants across the border near San Diego. The operation has succeeded in making border-crossing much more difficult: With the easy routes across the border blocked by Border Patrol, migrants have resorted to using more difficult paths through the desert.

“It can take days, and this is the type of terrain,” Yost said, pointing to the rugged mountains surrounding us. “In the flat areas, the nice open areas, they’re going to get caught. So they go through the terrain like this, and a lot of things can happen out here. And they just can’t carry enough with them.”

These dangerous routes have led to a surge in migrant deaths since the 1990s, making the Border Angels’ mission increasingly urgent.

Stories like this are what motivate Yost and his fellow Border Angels to continue their work. Yost eagerly shares these stories with volunteers, hoping that they learn to empathize with the migrants as well.

Other members of our group had more personal reasons for

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empathizing with the migrants. For some members of Chicanos Latinos for Community Medicine (CCM), one of the UC San Diego student groups accompanying us on our journey, the plight of immigrants from Mexico was all too familiar.

“I actually had a family friend who crossed last summer and it was in this area of Ocotillo,” Muir College junior and CCM member Michelle Martinez told the Guardian. “It was really tough. I think he lost his way so he was walking around in the desert for a couple of days and at some point he ran out of water. He couldn’t handle it anymore, so he went on the highway and a car saw him, thankfully, and they helped him get to a motel.”

Stories like hers made the difficult trek through the mountainous terrain feel like a worthwhile cause.

After hiking for a little over an hour, our group finally reached a secluded valley in the middle of the desert. Littered all around us were water jugs left by previous volunteers — nearly all were empty, a welcoming sign that our work would not be in vain. As we came to the end of our mission, Yost invited us to reflect on the value of the work in which we were partaking.

“It just so happens that when we put out the water

it becomes like a pillar of light, because with the sun shining on it it lights it up,” Professor Edmond Chang, who has volunteered with Border Angels for many years, observed. “So when the migrants come here, there’s the water, but also just the symbolism of the water conveys hope and a sense of welcome — that there are people on this side [of the border] who actually care and would welcome them.”

We dispersed across the area, dropping our jugs of water and other supplies in hopes that we would help future migrants live another day. As the afternoon sun sank lower in the sky, we made the difficult trek back to our cars, each one of us coming away with a newfound empathy for the struggle of the thousands of migrants who endure the perilous journey in hopes of finding a better life.

To Yost, the plight of the migrants is something everyone living in the San Diego area has a duty to be aware of. As a student at UCSD, he feels that it is his duty to help prevent what he calls a humanitarian crisis in his own backyard.

“You live near the border, you live in San Diego, you go to UCSD,” Yost proclaimed. “You have a responsibility to know about the deaths that are going on, about the humanitarian crisis going on not halfway across the world but in your own backyard. And if you know about it, you have to take action.”

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Continuing the Conversation

By Harrison Lee // Staff Writer

Becca Miller tells the UCSD Guardian what it means to be a modern feminist and the importance of conversation in fighting structural sexism

In 1908, throngs of women marched through the streets of New York demanding better pay, better work conditions and more rights. Their demands were recognized by the Socialist Party of America the following year, which decreed the first National Women’s Day. By 1914, women as far away as Russia were celebrating an International Women’s Day, held on March 8. The United Nations adopted the holiday in 1975, and the occasion has provided a platform for women across the world to speak out ever since.

This year’s International Women’s Day was an especially poignant occasion in light of recent protests and a polarizing political climate. On March 8, post-doctoral fellow at the UC San Diego School of Medicine, Becca Miller, hosted a “teach-in” at the Health Research Center to discuss current issues regarding women’s health and justice.

Miller saw her start with social justice in 2006, when she joined the Peace Corps and lived in a rural village in South Africa near Kruger National Park. She worked as a community resource volunteer assisting at three different primary schools in the area.

“There was a large HIV prevalence there. Where I lived, one in three people were living with HIV. While I was there I did a lot of testing drives, formed girls’ clubs and worked with HIV prevention programs,” Miller said.

Miller’s experiences in South Africa spurred her desire to help women and promote feminism back in the United States.

“I saw what long-term structural inequality looks like. It’s easier to see these things when they’re not familiar to you,” she observed. “I saw that women’s health problems were a result of structural drivers such as who has access to education, whose lives are valued and where we are sending money. I thought if I could make these structures visible I could contribute my share.”

Though Miller has always identified as a feminist, she recalled, “I think living in South Africa, I became more thoughtful about what feminism means, apart from what it means to a white girl in the suburbs,” said Miller referring to herself.

But what exactly does feminism mean? The issue of defining the term

has led to an ever-present cultural conversation. Even among feminists there is disagreement as to the true boundaries of the term. Some believe that feminist women are merely over-entitled, whereas others find it ridiculous that anyone would identify as anything less.

Some previous UCSD Guardian articles have also explored this issue. One article by Edward — explains why feminism cannot be neglected. Another by Vincent Pham explores his personal reasons for becoming a feminist.

Miller commented on the topic saying, “Feminism means that men and women should have equal social and economic opportunities. But there’s also a recognition that it’s not just individuals, but that we live in a structure that is set up unfairly ... Feminism is seeing this structure and realizing we have to work to take it apart.”

Miller believes that, in the current social climate, being a feminist comes with some real responsibilities.

“More than it has in the last 10 years, being a feminist means being an activist. It’s creeping its way toward intersectional feminism. It’s starting to mean solidarity and a little bit of self-reflection, although more would be good.”

The self-reflection she refers to is the ability for both men and women to look inwardly at their own actions and recognize how they might contribute to the patriarchy as a whole. Because Miller understands that sexism is not always overt and purposeful, she understands the importance of self-reflection.

When asked if she can remember any recent experiences where she witnessed sexism, she laughed, recalling an instance in which she gave a workshop on teaching at the graduate level. An audience member inquired how she should handle questions from students.

“I said you have to be careful, because as a woman there’s a line you walk. Are you being assertive and clear or are you being ‘kind of a b----.’ And the student who was co-teaching the workshop jumped in to talk over me, explaining that there is a double standard for women!”

She was struck by the irony in his interrupting her to make a point about

double standards in gender. She found the whole situation comical, especially because he had no idea that he was exhibiting sexism himself.

“He said, ‘Yeah, the numbers on this are really disheartening!’ I said, ‘Yeah, the lived experience is really disheartening!’ He just didn’t get it,” Miller recalled. Miller’s upbeat energy and enthusiastic passion for her work is inspiring. She speaks with urgent resolution while always maintaining a positive and hopeful demeanor.

Miller views moments like this as examples of the integration of sexism into our everyday lives, regardless of whether our intentions are good or whether we realize it or not.

“It’s important for us to reach out and talk with people who might not have been introduced to this perspective before. Admitting privilege can be a painful process for a lot of people. It’s necessary to reach out,” Miller urged.

Miller modeled her “teach-in” after a common activism strategy that was popularized in the ‘60s in response to the war in Vietnam as well as by AIDS activists in the ‘80s and ‘90s.

“One of the most useful things we could do was have an event to share that expertise and open it up to students and community members to be in conversation about what we can do to move forward,” Miller explained.

Part of continuing the conversation means education. “Some issues we just aren’t all aware about. For example, the Global Gag rule says that the Federal government won’t give money to any international organization that acknowledges the existence of abortion.”

When asked if she ever fears that teach-ins might become somewhat of an echo chamber, she replied, “While we might agree with one another conceptually it’s important that we do the work to be good allies moving forward, which means informing ourselves as best we can.”

The teach-in was held in a conference room, packed with both men and women wearing red as a symbol of solidarity. The room buzzed with conversation, and there was a sense of community and comfortability among the attendees. Although the seats were all taken, more people continued to walk in, filling the floor space as well. Miller stood at the front,

introducing a number of speakers who commented on issues such as LGBTQ identity and how to handle violence against women. Director of the Center for Women’s Equality and Health Anita Raj urged the people in the audience to write to their congressional representatives and speak up about inequality.

“I was just in India, and over there they are experiencing a lot of the same issues as we are here. However, in India there is a lot of suppression of speech, which is something we don’t experience here. The opportunity to use our voice now should not be taken for granted,” Raj said.

Everyone in the audience paid close attention to the speakers, nodding and scribbling notes. They seemed to understand the sense of urgency and gravity of the situation.

Miller encouraged the audience to talk among themselves, announcing that “the main goal of today is to make connections and leave with an action plan.”

Thurgood Marshall College sophomore Ashlyn Higareta was one of the UCSD students in attendance. She wore a black T-shirt with the word “Feminist” written across it and explained that she is an active women’s justice activist, attending protests across San Diego. The Guardian spoke with her about what it means to her to be a feminist.

“The essential goal of feminism is equality of the sexes, but an integral role of a feminist is recognizing how sexism affects us in our everyday lives. Saying something or speaking out is the only way anything is going to change,” Higareta said.

Her answer was surprisingly similar to Miller’s and echoed a sort of urgency for action that everyone must take on.

She then began discussing one of the hardest road blocks to social change: altering someone’s opinion.

“I was with my friend at a bar recently. I had this interesting interaction with a female bartender there. We ordered a beer to share and the woman opened the beer and asked if I wanted a glass. I wondered why she wasn’t asking my male friend and she told me that as a ‘lady’ she wouldn’t want to drink out of a bottle because it’s too rugged ... like a pirate or something. She said that she would never think to serve a woman a bottle.”

Higareta continued, describing her frustration and feeling of helplessness. “I didn’t know how to react ... Dealing with sexism from men is one thing, but coming from a woman I didn’t know what to say ... It really upset me.”

There is also the fear of being labeled a “feminazi.” The term has become an epithet for women who hold overly radical beliefs on feminism.

Higareta rolled her eyes at the mention of the phrase.

“I think the term feminazi is just misconstruing the passion and abrasiveness that some feminists use to get their points across,” Higareta explained.

“People have an aversion to abrasiveness ... they don’t know how to deal with that kind of critique on themselves ... but it is hard to find the balance between trying to inform people and being imposing.”

To Miller, such events demonstrate the need for solidarity, especially among women. Social attitudes will never change unless both men and women recognize the importance and validity of the feminist position.

“It’s concerning that women themselves don’t understand how they contribute to patriarchal ideals,” Higareta concluded.

Upon inquiring whether Miller had any advice for people in Higareta’s situation, she looked toward the ceiling, pondering the issue.

“That’s a hard situation,” she admitted. “One of the most useful things we can do is not lecture and belittle people. No one ever changed their minds from being told to sit down and being yelled at ... The first step to changing someone’s attitude is not talking but listening. You’ll never get to a place where you find common ground if you don’t start by listening.”

Breaking down structural barriers is no simple task. However, Miller holds hope for the future, so long as we all play our part as active bystanders.

“Sexism is a structure. It’s no one person’s fault. But we need to recognize the structure and continue these conversations if we ever want to dissolve it,” Miller said.

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FILM REVIEW

THE PROMISE

Director Terry George
 Starring Oscar Isaac, Charlotte Le Bon, Christian Bale
 Release Date April 21, 2017
 Rated PG-13

B-

Although “The Promise” may seem like an archetypal historical romance, its charged examination of the Armenian genocide lingers.

Taking place in the Ottoman Empire at the start of WWI, “The Promise” centers around Mikael Boghosian (Oscar Isaac), a young Armenian man who aspires to be a doctor. In order to fulfill his dream, Mikael successfully proposes to a wealthy woman in his local village for dowry money to study medicine abroad before returning home to marry. While in Constantinople, however, Mikael meets Ana (Charlotte Le Bon) and begins to feel torn about keeping his promise to his family and village. To further complicate matters, Ana is already in a relationship with Chris Myers (Christian Bale), a journalist writing about the increasingly tense political situation within the Ottoman Empire. The relative simplicity of this romantic storyline is quickly abandoned with the onset of WWI, however, and the movie escalates

into the main characters’ struggles to survive and rescue their peers during the Armenian genocide.

Despite their overdrawn screen time, the relationships depicted in “The Promise” are all problematic. Mikael and Ana, who are supposed to have the central relationship, are only attracted to each other out of lust and a shared Armenian identity. Eventually, they manage to share personal details and develop an emotional connection, but even these conversations are scripted and hurried. Ana and Chris’ relationship is surprisingly one-sided for their living together for multiple years. Chris is forgiving of Ana to a fault, while Ana is all too willing to consider cheating on Chris. The only superficial relationship that makes sense is the one between Mikael and his intended wife from his village, as they were brought together purely

for financial reasons. The film’s determination to keep returning to these romances in rushed sequences placed between the brutal war scenes takes away from the poignancy of the plot.

Even so, “The Promise” redeems itself with its narrative dedication to Isaac’s fantastic acting of Mikael’s story. Mikael’s willpower and bravery shown when forced to live in and endure the horrors of a labor camp, freeing fellow Armenian prisoners and treating the wounded on rural battlefields, provide an exciting element that highlights the stressful, desperate aspects of this time. This is very much a survival story, not a love story. Throughout the film, Mikael is pushed slowly and surely to the brink of what a human can bear in his situation, and it is only his undying hope that allows him to continue.

In accordance with his desired

profession, Mikael shows great understanding and care for others, choosing to fight against the Turks not by killing but by saving as many individuals as he can. Isaac’s performance in this part is moving, showing tremendous scenes of grief when witnessing the destruction of his people and homeland that are sure to leave audiences in tears. His acting is raw, and the expressions and noises he makes while enduring his living hell are not designed for aesthetic or plot appeal, but authenticity. Essentially, Isaac’s acting and Mikael’s story save what would otherwise be a relatively one-dimensional plot. Even though he is inherently intertwined with the romantic aspects, the majority of the film is centered on his basic struggle to live as an individual.

All stylistic and literary aspects of plot and characters aside, this film is

worth seeing because of its ultimate goal of providing insight into the Armenian genocide. Director Terry George, who also directed “Hotel Rwanda,” frankly depicts the vicious Turkish prosecution against the Armenians and reveals the emotional turmoil of this period. The movie starts off slow, trudging along in Mikael’s simplistic romance and coming-of-age story. But then the war begins, and suddenly the rest of the film takes on a hectic, chaotic tone to reflect the brutalities inflicted on the land and people. Overall, “The Promise” may not be the happiest or most entertaining film to currently watch, but it’s valuable for its crucial and relevant message against violence toward innocent people.

— DAISY SCOTT
 Staff Writer



FILM REVIEW

GIFTED

Director Marc Webb
 Starring Chris Evans, McKenna Grace, Lindsay Duncan
 Release Date April 12, 2017
 Rated PG-13

B

“Gifted” features remarkable performances and an engaging premise — Marc Webb is now back on track.

Marc Webb, director of “500 Days of Summer,” excelled with his latest indie drama, “Gifted.” It tells a moving, personal story about the relationship between Mary Adler (McKenna Grace), an intellectually gifted seven-year-old, and her uncle Frank Adler (Chris Evans), a reserved boat laborer. Both leads give surprisingly charming performances in their earnest portrayals of the duo’s day-to-day interactions, from

discussing religion at the beach to Frank preparing a reluctant Mary for her first day of school. There’s a refreshing vivacity to their relationship, though at times the film tries pretty hard to tug at the heartstrings.

Frank views Mary as a smart and capable little girl who deserves a normal life — girl scouts, sports and the like. Once the school administration and Mary’s intense grandmother, Evelyn (Lindsay Duncan), discover

her genius, Mary becomes the center of a high-stakes legal battle for custody of her life and mental faculties. Frank scrambles to hold on to Mary, who was left in his care after his sister, a brilliant mathematician driven to the edge by rigid training, committed suicide. Unfortunately, he’s a working-class man without healthcare, causing doubt as to whether he’s the most suitable guardian for Mary. It’s an intricately complicated premise that asks the

viewer to consider multidimensional moral issues.

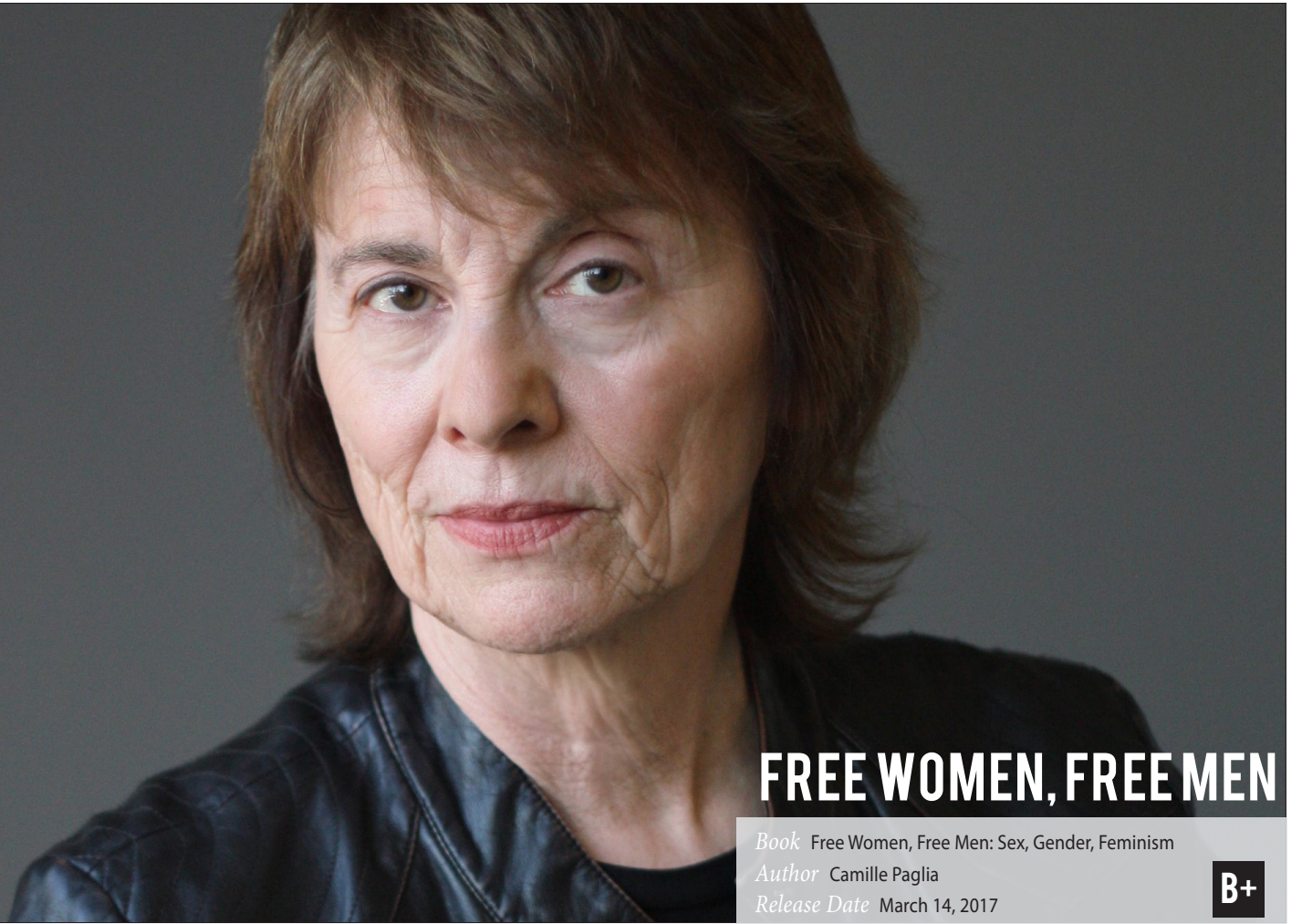
Though the premise is strong, the narrative is marred by some poor story decisions. Mary’s teacher, Bonnie (Jenny Slate), doesn’t contribute much besides romantic filler, and the beloved Octavia Spencer is tragically underutilized as Frank and Mary’s friend and landlady, Roberta. While the courtroom witness testimonies sharpen the nuances of the characters’

histories and ulterior motives, these revelations aren’t followed up on. For instance, Evelyn’s attorney grills Frank on his reasoning for relocating Mary across state lines, insinuating that Frank may have wanted to get back at Evelyn for her strict treatment, but the characters never further discuss the accusation. Ultimately, it feels that these subtle but significant revelations are forgotten, sadly leaving some of the depth unexplored.

The story of “Gifted” is impactful, but the plot could be threaded tighter to maintain forward momentum, as done more cohesively in other films about the neglected genius (a la “The Soloist” and “Good Will Hunting”). The film could be better with more integral scenes or nuanced conversations where the characters reflect more on their reasons for raising Mary and, more importantly, the stakes involved, as well as their own limitations in providing Mary what she needs. The central conflict, while two-sided, isn’t exactly multidimensional in that Evelyn and Frank sometimes seem to stand on opposite sides of the courtroom just for the sake of cinematic antagonism. Even though there’s still some unfulfilled potential, “Gifted” holds its own by its captivating portrayal of Frank and Mary’s relationship and a sincere story that provides much more engagement than the typical summer blockbuster.

— MATT JENNINGS
 Staff Writer

BOOK REVIEW



FREE WOMEN, FREE MEN

Book Free Women, Free Men: Sex, Gender, Feminism
 Author Camille Paglia
 Release Date March 14, 2017

B+

PHOTO COURTESY OF TIME MAGAZINE

A new collection of characteristically powerful and empowering essays written by the divisive Camille Paglia.

Like anyone great, Camille Paglia is not for everyone. For the people she is for, she is everything. She is, for a certain type of well-read and out-of-vogue feminist, what Christopher Hitchens was to the more iconoclastic and precocious eighth-grade eristics. Paglia was the Susan Sontag of the '90s, and she used to say so about herself even then. But unlike Sontag, she seems to have maintained for herself an aura of unpopularity while suffering a loss of readership and name recognition. This is perhaps because of Paglia's affinity for attacking fellow public figures. She goes after feminist peers as happily as she does vacuous celebrities with the likable, good nature of someone who doesn't think they're too good to insult you — someone properly angry instead of contemptuous. She once suggested that "The Beauty Myth" never would have been as beloved as it was had Naomi Wolf not been a Venus, and recently she's been in the spotlight for describing Taylor Swift's trademark wholesome primness as something fascist. Paglia

has earned both of her reputations, but her reputation as a world-class intellectual should matter more than the one as a serial celebrity name-caller. This latest omnibus proves she's still interesting, and that she still warrants the outrage and adoration she's made a career out of eliciting with martial arts finesse.

Something frustrating about conversations surrounding famous writers: Some small thing an important-enough writer has said offhand gets paid way more attention to than their actual work. Nobody cares what exact musings Žižek's thousand-page book on Hegel contains because they're happy enough to discuss what he's said about "Kung Fu Panda." People are eager to crucify Jonathan Franzen for the barely impolite connotations of words he's used in interviews to pass the time while they wait for the television series to finally learn the plot of "Purity." Never mind the cattiness or the burns, no amount of mass-media-scale gossip can change the fact that Paglia is still really fun to read. This is because of her joyful

and nasty rhetorical mastery and the kitsch she likes to write about. Ever since the start of her career, well before serious treatments of commercial entertainment became as everywhere as they are now, Paglia has been writing thoughtfully about pop culture. She's referred to popular culture as the fourth wave of paganism, and has famously traced the cultural change responsible for the success of the branch of third-wave feminism to which she belongs (the pro-pornography and pro-sex feminists) to the night in 1984 that Madonna writhed around onstage in a wedding dress.

The classic essay in which Paglia writes about Madonna, titled "Madonna: Animality and Artifice," is included in "Free Women, Free Men: Sex, Gender, Feminism." Indeed, this collection is more of the same from Paglia. Paglia is still showcasing her Firestonian embrace of nature, her omnivorous tastes in art and her familiarity with history with essays attacking what Paglia dismisses as a bourgeois understanding of sexual violence

and a piece called "The Venus of Willendorf," which examines primitive humans' understanding of femininity. There are poignant, hardcore essays on seemingly frivolous topics like stiletto shoes, a beautifully cut gem about why Paglia loves "The Real Housewives" and a smart essay on the social problems regarding plastic surgery. There's plenty of vicious essays taking unpopular stances with elan, attacking "nursery school campuses" and upbraiding them for their naivete and moralism. The points are apt, the argumentation is on the spot and the writing is flawless — it's a good, late introduction for people who suspect they'll get off on Paglia's brand of feminism.

The best moments in the book happen when Paglia applies her wit and rhetorical skill to more oblique topics. The take-downs of popular campus feminism are essential Paglia, and they're terribly affecting and rousing for those who agree and disagree with her both. But, they're predictable and the tacts she takes are less unexpected than they would

be had criticism of popular campus politics not become its own little cottage industry since the height of her career. Anyone can make those counter-arguments, but only Paglia can argue why teenagers should be encouraged to party and drink, in an essay called "Why Teenagers Should be Allowed to Drink Again," and effectively persuade teetotalers and luses alike by generating what is just a good argument. Paglia's vitality is put to its best use with the more unexpected arguments encrypted in essays like "No Sex Please, We're Middle Class," "Men's Sports Vanishing" and especially in the most fascinating final essay, which poses questions about the role of academia in our financial capitalist economy, which she calls "The Hour of the Wolf." Here are lively writings that could've only been written by a writer as fearless and original as Camille Paglia.

— SUSIE DAVIDSON
 Senior Staff Writer

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UCSDreams

Compiled by Lifestyle Staff

Ever wake up in utter confusion of what you dreamed up the night before? We're no experts*, but here's a small guide of how to interpret your dreams specifically when it comes to UC San Diego imagery...

*Disclaimer: Results absolutely not guaranteed. We already told you we aren't experts.

Sun God

If you happen to see this mystical, Picasso-painted, quasi-glorified chicken of a creature in your sleep, be ready for something exciting and fun to come. Alternatively, this could also mean you're already slacking in Spring Quarter, so a backward shuffle under Sun God and a forward push in your readings might not hurt either.

Geisel

Taking the German route to interpret this one, Geisel (unfortunately) translates into "hostage." Got something you feel held captive to? School? Crazy ex? Mundane and underpaid job? Now's your time to make a quick escape. Think of the fourth layer to inception and make a run for it lest the avalanche overwhelms you.

Triton Statue

UCSD's mascot and sign of school pride, this bronze sculpture might indicate pride (or lack thereof) in your own life. So on one hand, a little humility wouldn't hurt. On the other, you might need to remember a pat on the back isn't too bad either.

Dorms

Remember your roots and first home here at UCSD. The bare necessities of your freshman year might indicate another look at how you are taking care of yourself now — three meals a day and at least eight hours of sleep — please, people. On the other hand, seeing something from the past might indicate unfinished business or outdated practices.

OceanView Terrace

Get ready for something new. With OVT's grand entrance, you're having your own "red carpet moment." It might include tearing down some walls, changing some content or the construction of something completely different, but should nonetheless work out according to plan. If you feel like this doesn't apply, you might just be hungry.

Sixth College

Seeing Sixth in sleep might indicate the sentiment of isolation or the need for a long trek ahead. Keep on climbing that hill or having some much-needed introspective introvert time.

Price Center

Dreaming of the heart of campus might lead you to journey to your own "heart of the matter" with someone or something. Or it could insinuate some romantic road ahead. Either way, take some stock of heart issues coming up for you.

Corgi Man

You lucked out with this one. Seeing this iconic trio strutting around campus in your dreams can be interpreted as your upcoming opportunity to spend time with someone you've been hoping to run into for a while. And if not, at least you got to see two corgis taking a jaunt on their little stubs.

Tapioca Express

This classic is a staple to all UCSD students, especially when getting the case of midnight munchies. Not sure if you're seeing TapEx in your dreams or in reality at 12 a.m., you might want to check with your doctor about sleep eating.

Eucalyptus Trees

Meant to put you at ease and peace, seeing the eucalyptus forest during the day in your dreams might push you toward a more stress-free time. But at night? You might be going through moments of mystery.

Hang Gliders

Dreaming of hang gliders represents your own adventurous soul and desire to jump into something fearlessly. At least the view will be good.



Sleepless in San Diego

by Brittney Lu // Lifestyle Co-Editor

We've all been there. Too often we find ourselves scrambling last minute to scrap quotes together for a literature review or calling lab partners at 2 a.m. to get the conclusion ready to turn in. Not to mention the occasional Friday night spent bar hopping, visiting Vallarta Express and ending in Denny's at the crack of dawn. But what exactly happens to your body during an all-nighter? Depending on the nature of your night extravaganza, let's take a look at the different stages of the last bits in the 24-hour span.

So you start your night and it seems promising, no? It's only 9 p.m., the night is young and you have hours ahead of you to tackle that assignment or hit as many clubs as humanly possible without wiping out your checking account on Uber and IPAs. This is your fight-or-flight moment. More often than not, it's the "eff it, I have to turn in something to Turnitin by 8 a.m." or the "I refuse to be a grandma and miss out on this epic night out." Adrenaline running, your body is preparing itself physically and mentally to address a moment of acute stress. Over the course of the night (and as the number of nights like these adds up), there's an inevitable toll on your body.

So it's around 12 a.m. now and those hunger pangs are hitting you. Obviously, you'll be fueling yourself through the night, either through booze or Bagel Bites. By all means, bring some Tums. At night, your body still metabolizes, but at a slower rate. Let's be honest — this is not the time you make the healthiest choices, and increasing calories at a concentrated level is bound to bring some sort of bowel response. Eating later at night — especially with the "night-time nutritious norms" consisting of greasy fries drowned in carne asada, cheese and sour cream, or that high-sodium cup of ramen — is more likely to increase chances of acid reflux.

Then, 3:30 a.m. rolls around and eyelids feel heavy; sleep is beckoning you with a siren's call and that bed has never looked so tempting. Nothing coffee can't fix, right? Known to be a "psychoactive drug," the caffeine in these beans actually disrupts your body's natural clock. Dr. Kenneth Wright from the department of integrative psychology at the University of Colorado, Boulder says that drinking coffee later at night "pushes your internal clock later, so you'll want to go to sleep later." And think through the amounts of all-nighters you may have collectively pulled during your span of being a student; all of that accumulated caffeine will inevitably disturb and delay the natural rhythms to your "rise and shine." Maybe not the "best fix" we were looking for...

But here it is, the home stretch. By now it's maybe 6 a.m. and you can see the sun beginning to peek up. Somewhere in the distance, a suburban mom is brewing a cup of chamomile and doing some yoga. But you, you champion, are in the final stages of the all-nighter, with the promise of sleep on the horizon. You're trying and revising, working off that last bit of adrenaline to get you through the editing process. Or you're pulling up into a 24-hour diner ready to trade in pina colodas for pancakes. At the end of your night, you dutifully turn in your hodgepodge lab report, but what now?

Scientists say that all-nighters, and even accumulated late nights, are bound to create a biological response. Over time, lack of sleep leads to increased cortisol, and thus, plays into increased risk for chronic stress. And you think all those Hot Pockets are safe to eat because you tell yourself "calories don't count at night"? Your hormone leptin decreases while ghrelin increases, making you hungrier. Researchers at Stanford University found that even after one night of little sleep, your body mass index shows signs of increase (2). And over time, your audiovisual, spatial and cognitive attention capacity decreases, so that literature class you struggled to stay awake in before? It only gets harder from here.

Maybe an all-nighter every now and then is needed and, dare I say, integral to the college experience. But accumulated nights of little to no sleep is harmful in more ways than one. So do yourself a favor and make sure to catch some Z's.

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How to Get Better Sleep

by Annika Olives // Lifestyle Co-Editor

You're at an impasse. Five coffees in, only half the day is over. You can't hear what your political science professor is saying over the sound of your droopy head falling limply to your desk. You've tried everything: sleeping pills, herbal tea, yoga. You can't bear the thought of another night spent laying in bed, watching the ceiling and trying to count sheep as the hours go by; the moon sets, the sun rises and your eyes are still open. You're tired — exhausted even — but you can't sleep well.

Here's how manipulating some biology can help.

The first problem: falling asleep. The brain has a structure responsible for controlling our circadian rhythm, or our biological clock. This means maintaining body temperature, steady blood pressure and, among other things, sleep patterns. Naturally, we are diurnal animals, more alert during the day and sleepier at night, but a number of things can affect circadian rhythms. Exposure to light is a hugely important factor — how else would your body know whether it's 2 p.m. or 2 a.m.?

This is where cell phones come in. When you're checking Instagram in the wee hours of the morning, the blue light emanating from your screen is suppressing the production of melatonin, a hormone that is integral in controlling sleep and wake cycles. This could be the reason you still don't feel tired after you've seen every picture on your feed twice, thoroughly stalked that cute boy in your ethnic studies class and exhausted all the options on the Explore page.

Researchers suggest limiting use of all electronics to roughly 2 to 3 hours before sleep. But since we're college students and that's nearly impossible, try using Night Mode on your phone, or downloading programs that warm your laptop screen depending on the time of day, like f.lux, to limit that dangerous blue light. Don't stay in your room studying for that chem quiz the whole day either — getting out and exposing your body to natural sunlight will help your circadian rhythm stay on track, and it will probably give you the excuse for a much-needed break anyway. Even better: go out for a run or take a walk — the exercise will help fatigue your body, making it easier to fall asleep.

OK, you say, my head hits the pillow and I'm out. What's next?

Every young adult has heard over and over from doctors and parents

and teachers that it's important to get at least eight hours of sleep a night. But between your anthropology paper, calculus problems, making sure you don't lose your job and trying to keep a social life, that number dwindles.

Surveys and studies have shown that that number averages closer to six hours, though we all know there are those weeks we only get three or four. Or none.

Here's what you can do. Sleep is broken up into different stages: drowsiness, light sleep, deep sleep and Rapid Eye Movement sleep. Each sleep cycle lasts around 90 minutes, and after your REM sleep is over, you cycle back to the first stage. You want to set your alarm clock to wake you up when you're in your lightest sleep — ideally, right after REM.

So, count by multiples of 90, or use an app or website to do it for you. I find that the website sleepyti.me is very helpful in calculating REM cycles. There are two options: if users know what time they want to get up and want to figure out what time to sleep or if users want to know what time to get up if they go to bed at the present time. Both options first take into account that it takes, on average, 14 minutes to fall asleep. Tracking sleep cycles and adjusting your sleep times to fit them can prevent grogginess and help you feel more alert, even though you've only gotten a few hours of sleep.

All right, you say as you down your second 5-Hour-Energy of the night, I'm feeling fine. Why is this relevant to me?

Remember that sleep is incredibly important for proper functioning. Sacrificing sleep to finally finish that engineering project is OK one or two nights a week, but sleep deprivation has awful effects on your body. Lack of sleep could be why you keep getting sick, why you're constantly stressed, why you keep forgetting things, or why you can't focus. Try out a healthier sleeping pattern for a week or two, and you may notice a huge change in your energy, mood and overall health.

Turn in early tonight. You deserve it.

LOST -REWARD-

Swimming baby sun god. Answers to the name of "Michelle".
Weighs approx. 2oz. - 6 years old. Last seen wearing floaties.
Has a friend crab named Alex. Last seen saving lives at Canyon View.



MORE INFO FOUND AT
sgf.ucsd.edu/sgfbabies

follow  @ucsdasce @asgraphicstudio @tritonoutfitters #sgfbabies

2017 THIS WEEK

AT UC SAN DIEGO

APR 17 - APR 23






SATURDAY 4.22 • 7:30pm

KARTIK SESHADRI

CONRAD PREBYS CONCERT HALL

Upcoming at 




COLOR AND CHILL
Monday, Apr. 17
Event: 5pm
FREE for UCSD Students w/ ID



VINDATA w/ DVC
Tuesday, Apr. 18
Doors: 8pm · Show: 8:30pm
The Loft
\$5 Students · \$10 GA



AN INTERCONNECTED PLANET: CLIMATE CHANGE JOURNALISM
Wednesday, Apr. 19
Doors: 3:30pm · Event: 4-6pm
The Loft · FREE



KEI AKAGI TOKYO TRIO
SPECIAL GUESTS: TOBIN CHODOS, DAVID BORGO, JUSTIN GRINNELL, ANDREW MUNSEY
Saturday, Apr. 22
Doors: 7:30pm · Show: 8pm
The Loft · \$10 GA Advance
FREE for UCSD Students w/ ID

theloft.ucsd.edu

Upcoming at 



ROUND TABLE FRIDAYS
Friday, Apr. 21
Event: 1pm-4pm
Round Table Patio
Price Center West · FREE



DIY TOTORO TERRARIUMS
Monday, Apr. 24
Event: 3-5pm · PC Plaza
FREE for UCSD Students w/ ID

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MON 4.17

5:30am
LEARN & SERVE: GAP SERVICE YEAR PANEL - HORIZON ROOM, CAREER SERVICES CENTER

HEAR FROM UC SAN DIEGO ALUMNI ABOUT GETTING AHEAD BY GIVING BACK DOING A YEAR OF SERVICE AFTER GRADUATION! Learn about various gap year service programs and how serving the community can help prepare you for life after college, grad school and finding your passion. Free food provided! Contact: clettieri@ucsd.edu

10am
YOGA ZONE: RESTORATIVE - THE ZONE

In truth, restorative yoga is simply that - restorative. It is the centering of your breath and body - aligning the physical and mental by practicing stillness or gentle movement for extended periods of time. The props assist in helping you to hold poses longer. Led by FitLife instructor Nadine, this free program is on first come, first served basis. All materials are provided. Contact: sltan@ucsd.edu

2pm
HUNGRY FOR HEALTHY: NO BAKE ENERGY BITES - THE ZONE

Join us as we learn to make no bake energy bites! Materials and ingredients are provided. Space is limited, first come, first served. Contact: sltan@ucsd.edu

7:30pm
CAMERA LUCIDA - CONRAD PREBYS CONCERT HALL

Camera Lucida presents the fifth concert of its 2016-17 season with a performance of music by Max Reger, Ludwig van Beethoven and Charles Ives. No late seating. Tickets are on sale exclusively through the UC San Diego Box Office. Limited free student tickets available at the door. For additional program information, please visit Camera Lucida's website: sdcamlu.org Contact: mroos@ucsd.edu Website: mroos@ucsd.edu

THU 4.20

10am
MEDITATION - THE ZONE

A practice to help increase focus and concentration, reduce stress and gain a sense of well-being. Whether or not you have ever meditated, you may enjoy this sampling of techniques as they guide you to the blissful silence behind thoughts. Seated, standing, lying down and moving techniques may be covered. Suitable for all levels of experience. All classes with Vou Athens. Contact: sltan@ucsd.edu

11am
SUSTAINABILITY FAIR - PRICE CENTER PLAZA

The annual sustainability fair is an opportunity for ISC orgs and outside Housing, Dining and Hospitality (HDH) vendors to showcase who they are and how they are making a positive impact on the earth. This is a great opportunity for students to learn about the various sustainability resources offered on campus while sampling each vendor and orgs products! Students who attend the fair will have the opportunity to win several raffles. The sustainability fair will be held on Thursday, April 20 from 11am-1pm in the Price Center Plaza. Contact: k7scott@ucsd.edu

TUE 4.18

11am
ART & SOUL: SUCCULENTS WITH SAAM - THE ZONE

Learn about how to take care of a succulent and how it can symbolize resilience with CARE@SARC. Workshops are free; all supplies and materials provided. Space is limited and is first come, first served. Contact: sltan@ucsd.edu

11:30am
2017 EARTH MONTH DIY MAKER DAY - GEISEL LIBRARY, SEUSS ROOM

The Library's Environmental Sustainability Group is hosting a DIY Maker Day celebrating Earth Month on campus, using sustainable, non-toxic, reusable, and recyclable materials. Participants will leave with samples of projects and ideas to continue making eco-friendly products and reusing consumables on a daily basis! Contact: kmkane@ucsd.edu Website: <https://libraries.ucsd.edu/blogs/blog/diy/>

3pm
R&R SQUAD CHAIR MESSAGES - THE ZONE

Drop-in and get a low-intensity massage from the R&R Squad! Contact: sltan@ucsd.edu

6pm
SYRIAN SOLIDARITY WEEK - AN INCLUSIVE PERSPECTIVE - PRICE CENTER THEATER

On behalf of UCSD's Pan-Arab Student Association, we would like to invite you to our Syrian Solidarity Week. Our program intends to bring awareness about what is occurring in Syria. The Syrian conflict has become one of the worst humanitarian crisis of our time, and its impact will be felt for decades to come. As this crisis has grown increasingly complicated, confusion, xenophobia, and injustice have flourished and spread. Our anticipated events will target these issues, deconstruct fallacies, and ultimately provide an equitable perspective and allow us to stand in solidarity with one another. Throughout the week, there will be tabling at Library Walk from 10AM to 3PM, together with night events from April 17th to April 20th. Contact: ucsd.pasa@gmail.com Website: <https://www.facebook.com/events/387068265011353/>

FRI 4.21

12pm
FRIDAY INTERNATIONAL CAFE - GREAT HALL

Friday International Cafe is a weekly lunch hosted by the International Center featuring a different country every week, where students, faculty, and staff can learn about the culture as well as enjoy a representative cuisine of the featured country. Invite your friends for a fun lunch and a plate full of delicious cuisines for \$5 a plate! Time: 12:00-1:15 PM Location: Great Hall Price: \$5 a plate Any questions? Please email Mai Eguchi at maie@mail.ucsd.edu. See you there! Contact: maie@mail.ucsd.edu

1pm
UC SAN DIEGO SOFTBALL VS. CAL STATE DOMINGUEZ HILLS - TRITON SOFTBALL FIELD

Come out and support your UC San Diego Tritons as they play against Cal State Dominguez Hills' Softball team! Contact: tritonfrontdesk@ucsd.edu

WED 4.19

11am
BODY COMPOSITION - THE ZONE

Walk in for your free analysis which includes: body weight, percentage body fat, total body water, and blood pressure. One free assessment per quarter is available to registered UCSD students. Contact: sltan@ucsd.edu

1pm
THE UNIVERSITY AND THE UNIVERSE: A BLACK FEMINIST ARCHIVE OF THE POSSIBLE - GEISEL LIBRARY, SEUSS ROOM

Sista Docta Alexis Pauline Gumbs will offer an interactive training for students, staff and community members interested in connecting their global passions to their daily lives within the structure of the university. Using writing, listening, and small and large group activities, we will explore self, space, power, and purpose. Light refreshments will be served. Please register online: bit.ly/ucsdalexisgumbs Contact: lgfriedman@ucsd.edu Website: <https://libraries.ucsd.edu/blogs/blog/the-university-and-the-universe-a-black-feminist-archive-of-the-possible/>

2:30pm
DE-STRESS WITH BIOFEEDBACK - THE ZONE

Come de-stress with the CAP's Wellness Peers! Measure your psychological stressors and learn more about what makes you most stressed, how it affects your well-being and how to keep your stress levels down! Workshops are all free. Space is limited and is first come, first served. Contact: sltan@ucsd.edu

5pm
NETWORKING NIGHT WITH WOMEN IN S.T.E.M - CAREER SERVICES CENTER

The Germain Society will host its' first ever "Networking Night with Women in STEM" on April 19th, 2017 from 5:00PM-7:00PM at the Career Services Center. This event will be hosted in conjunction with Women in Computing and Undergraduate Women in Physics. This is will be an opportunity for UCSD undergraduate students to interact with industry professionals, professors, and graduate students in STEM fields. The night will be structured with two parts: Q & A panel and an open discussion time, where students are encouraged to interact with professionals from industry and academia on a more personal and casual level. So do not be shy and please join us for a wonderful night with highly successful women! Contact: vsgomez@ucsd.edu Website: <https://goo.gl/forms/oHhHKM8KcPU91Y233>

7pm
WEDNESDAYS@7 PRESENTS: ON STRUCTURE - CONRAD PREBYS MUSIC CENTER EXPERIMENTAL THEATER

On Structure is a sound-centric performance duo. The New York based ensemble uses improvised and composed sounds (and the fluctuation of these sounds) to brew transferable art pieces which may ravage the realms of the performer, audience or space itself. Uncovering the hidden motions of sound, freeing compositions from the fluorescence of the concert expectation. Topsy-turvy. Use of lasers, wigs, electronics, cellos and flutes; Repurposing life experiences for music glitches and muscle twitches. Eclipse boundaries of the stage. Contact: mroos@ucsd.edu Website: <http://musicweb.ucsd.edu/c/20170419-WEDS7Die> lsvsgomez@ucsd.edu Website: <https://goo.gl/forms/oHhHKM8KcPU91Y233>

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www.ucsdguardian.org/classifieds

St. Jude Novena

May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world now and forever.

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St. Jude, worker of miracles, pray for us.

St. Jude, help of hopeless, pray for us.

Say this prayer nine times per day for nine days. Your prayers will be answered just like ours. Promise to republish and spread the word.

Thank you, St. Jude!

BIKES

Bicycle BMX Childs Size - \$45. BMX Bicycle Red Next Clutch RX Pro. Excellent condition. Listing ID: 154744172 at ucsdguardian.org/classifieds for more information

3 Bikes for Sale in Coronado - \$225. Cleaning out my garage and need to sell three bikes. All bikes need some TLC. \$75 each bike or make me an offer. Listing ID: 154744171 at ucsdguardian.org/classifieds for more information

ELECTRONICS

Digital Concepts 100% Leather Camera Bag - \$15. Brand new with tags! Unused. Can fit a standard camera and lenses and other accessories. Various pockets. Carrying strap. Water resistant. Lightweight and compact. Fully padded. From a pet-free and smoke-free home! Listing ID: 155063175 at ucsdguardian.org/classifieds for more information

Tram Wired Lavalier Microphone - \$175. This is a Tram TR-50 wired lavalier microphone kit in attractive condition. It has a standard three pin XLR connector and is battery powered. The kit also includes a number of holders and a windscreen. I only used this mic on a handful of gigs and it has always been kept in its case away from moisture/dust/heat. Listing ID: 155063171 at ucsdguardian.org/classifieds for more information

FURNITURE

Five Piece Dining Room Set - \$325. Round glass dining room table and four chairs for sale! Gently used and like new! Listing ID: 155054603 at ucsdguardian.org/classifieds for more information

Nice Area Rug - \$100. Red border with reds, light blue and dark blue colors. Attractive condition. 116" long by 79" wide. Listing ID: 155063179 at ucsdguardian.org/classifieds for more information



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crossword

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- Across**
- Harsh barks
 - 1968 US Open champ
 - Word that can follow the last word in 17-, 24-, 47- & 60-Across and 3- & 34-Down
 - One of the Allens
 - Farm calls
 - Word with gray or Bay
 - Strong bridge opener
 - Depend
 - It may be hard to swallow
 - Commanded
 - Collared
 - Hershiser of the diamond
 - Sign of cyberhumor
 - Tide type
 - Calm side
 - Services' counterpart
 - "28 Days" setting
 - Not to
 - Public hangings?
 - 4:00 p.m. in London, perhaps
 - Crude stuff
 - "Golly!"
 - First-stringers
 - Split to be joined?
 - Televise
 - Caspian feeder
 - Program interruption, at times
 - River of Flanders
 - Crop up
 - "The Waltons" daughter
 - Eye with ideas
 - Fit to be tried
 - Package-mailing option
 - Seeks information
 - "That's ___!": "No way!"
 - One into sniggling
 - Not as much
 - Thieves hangouts
 - ___ forth: et cetera
- Down**
- "The best is ___ come"
 - Fighting
 - Stemless musical symbol
 - Like some finished basements
 - ___-cone
 - President Garfield's middle name
 - Riyadh resident
 - Veronica of "Hill Street Blues"
 - Medium talent?
 - Jug cousin
 - Fan site
 - Memento
 - "Tell It to My Heart" singer Taylor
 - Cookbook abbr.
 - Brewpub offering
 - Oater actor Jack
 - "Funny Face" costar
 - Comical bit
 - Lucky strike
 - Actress Charlotte
 - LAX datum
 - "She Done ___ Wrong"
 - Forty-niner's disappointment
 - Snorter starter?
 - Chihuahua cheer
 - Raison d' ___
 - Expose
 - Size up
 - Magazine founder Eric
 - Stuffy-sounding
 - Clear the tape
 - Flirtatious signals
 - Noted positive thinking proponent
 - Hatch from Utah
 - Puts through a food press
 - "It's nobody ___ business"
 - Fashionably old-fashioned
 - Pen partner
 - Idyllic setting

SUDOKU

Level: 1

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	6						5	
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COLOR me...



WOMEN'S TENNIS

UC San Diego Finishes Regular Season On Top With Win Against Cal State LA

The ninth ranked Tritons finish the season at 16-5 and now await postseason selections, which will be released on April 25th at 5 p.m.

BY RICHARDLU
STAFF WRITER

The UC San Diego women's tennis team finished the season with a 16-5 record overall. The Tritons started off their week with a loss on Wednesday to the Azusa Pacific University Cougars (5-4). The Tritons did not let the loss against Azusa Pacific deter them, and the team was able to garner a 6-3 victory over the Cal State Los Angeles Eagles on Saturday, April 15. The team heads into the postseason riding the success of a relatively successful regular season.

Vs Azusa Pacific

The Tritons started their matches off strong against Azusa Pacific. The No. 2 doubles team of sophomore Ashley Chao and freshman Becky Chou took an 8-4 victory and the team of sophomores Madison Hale and Alexandra Weil secured an 8-3 victory at the three.

At the singles one spot, junior Britta Mosser lost (6-1, 5-7, 1-0) after having to retire at the end of the second set. Chao won her match against Cougar senior Lisa Schneider at the two spot (2-6, 6-4, 6-3). The only other singles player to win for UCSD was freshman Valeria Corral,

who topped Cougar junior Jackie Resler in a 6-4, 6-2 straight-set victory.

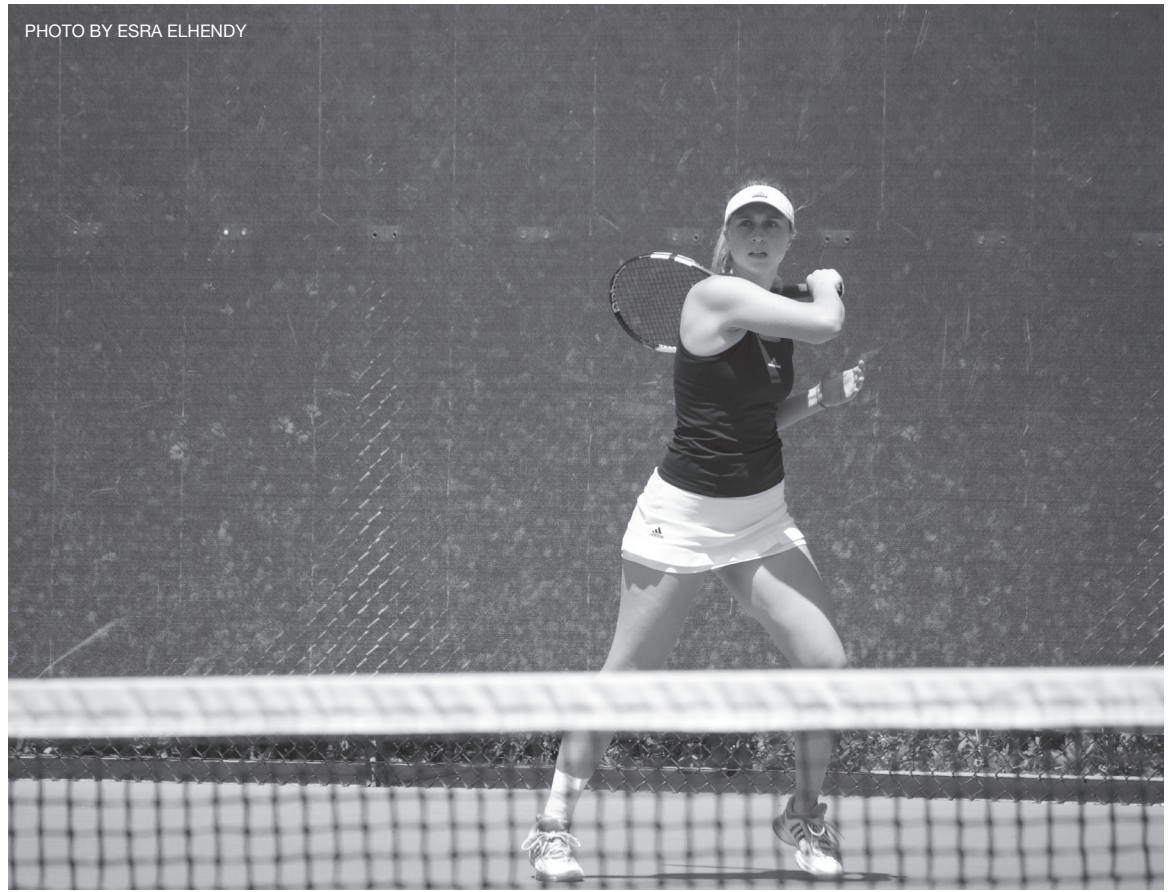
Vs Cal State LA

UCSD won only one of the three doubles matches against Cal State LA but secured five out of the six singles matches. The lone doubles team to win against the Eagles was the duo of Chao and Chou, who easily dispatched the Eagles No. 2 team in a quick 8-3 victory.

Three Tritons won in straight-sets: Mosser at the one (7-5, 6-4), Chao at the two (7-5, 6-1) and Corral at the six (6-3, 6-3). At the three spot, Chou defeated Eagles junior Elizaveta Sokolova in a grueling 6-7 (2-7), 6-4, 7-6 (8-6) match. Triton junior Jasmine Hosseini defeated Eagle junior Iris Raileanu at the four, grabbing a 2-6, 7-5, 6-4 win.

With the Tritons' 6-3 victory over Cal State LA marking the end of the regular season, they now wait for the NCAA postseason selections to take place. The announcement will be made on April 25 at 5 p.m. at NCAA.com.

PHOTO BY ESRA ELHENDY



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- W: 10am-1pm
- F: 12pm-3pm

/tritonfoodpantry

SPORTS

CONTACT THE EDITOR

ALEX WU

✉ sports@ucsdguardian.org 🐦 follow us @UCSD_sports

UPCOMING
UCSD
GAMES

Baseball	4/20	2 PM	AT Cal State Dominguez Hills
W. Rowing	4/21	7 AM	AT San Diego State
Softball	4/21	1 PM	VS Cal State Dominguez Hills
M. Tennis	4/22	1 PM	AT Claremont Mudd-Scripps
W. Water Polo	4/22	1 PM	AT San Diego State

BASEBALL

Baseball Strikes Out Against Cal Poly Pomona

by Daniel Hernandez // Senior Staff Writer

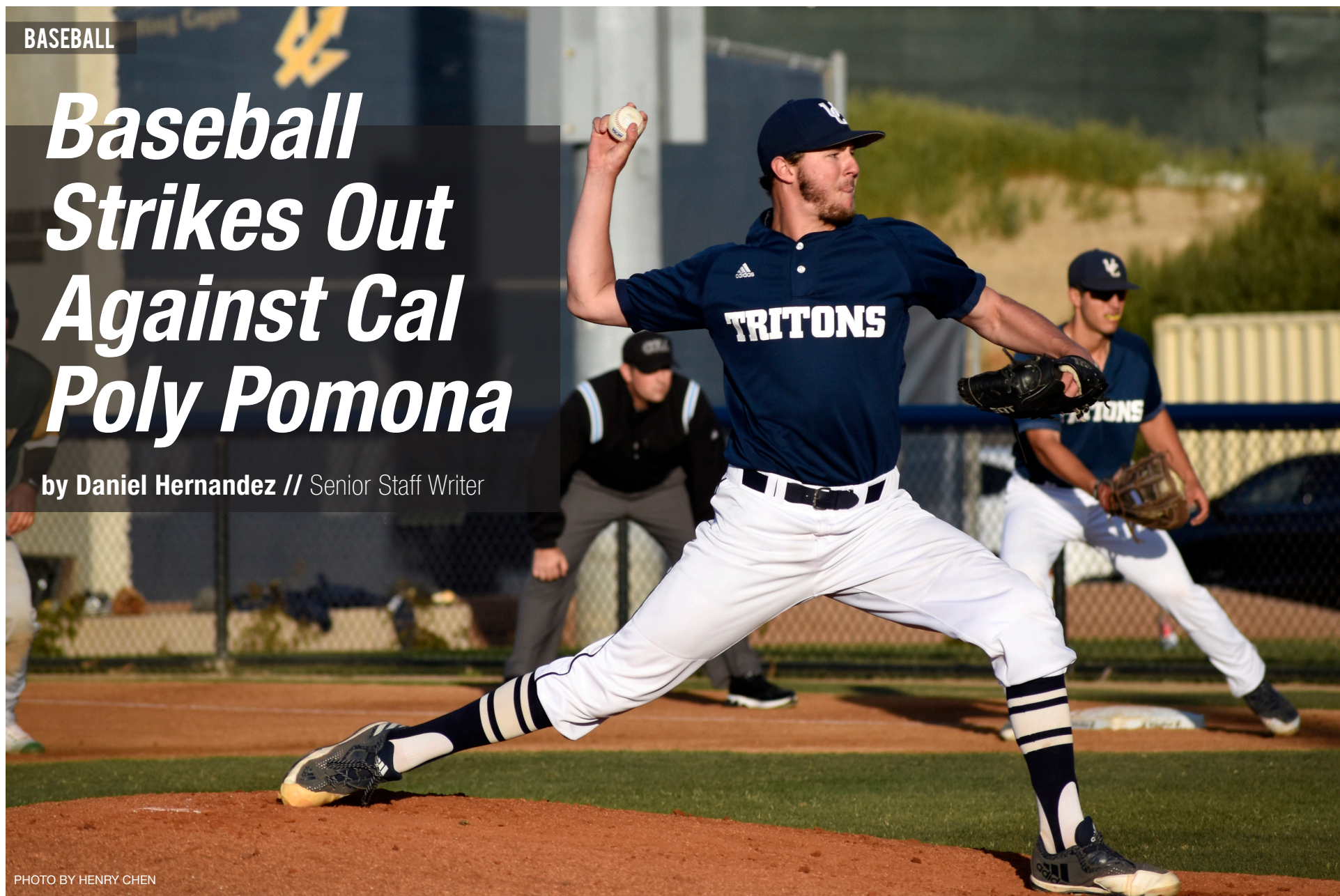


PHOTO BY HENRY CHEN

The UC San Diego baseball team finished its four-game series against California Collegiate Athletic Association South-division rival, Cal Poly Pomona, on Saturday evening with a 3-1 series defeat. The Broncos took the early series lead in the first two games at Triton Ballpark, taking advantage of the Tritons' low scoring (four combined runs in the first two games). UCSD carried a 0-2 series deficit as the split-venue series moved to Pomona for a doubleheader on Saturday. However, the Tritons responded with a 7-4 win to start off the day and carried the momentum into the series finale in hopes of taking home a 2-2 series split. But, it was not meant to be as the Tritons took a third loss in the series, which gave them their first series loss all season, moving them to an overall record of 25-10 and 17-8 in conference play.

GAME 1

The Tritons did not start the series the way they envisioned it, taking a 7-1 home loss in the opener on Thursday. Their conference rivals, the Broncos, blew the game open with three runs both in the third and fourth inning to give them a 6-0 lead.

Before the 6-0 deficit, the Tritons had the opportunity to potentially grab a solid lead in the first, when they had the bases loaded with only one out. Unfortunately, they could not take advantage of runners on base after two flyouts to end the inning. Interestingly enough, UCSD only managed to get one hit off the Pomona pitcher during the first inning, in addition to earning two walks in order to load the bases.

The sole run for the Tritons came from a solo home run by red-shirt senior center-fielder Brandon Shirley in the fifth, his second homer of the season.

Despite a 7-1 deficit going into the bottom of the ninth, the Tritons had a chance to make it an interesting ending with the bases loaded with two outs. Similar to the first inning, UCSD was able to get on base courtesy of three walks, however no damage was done and Pomona won the opening game.

GAME 2

Friday evening gave the Tritons a chance to show their resilience and get back into the series after an opening loss. UCSD did just that — in the first inning at least. After a bright start to the game, the Tritons ended up with a 9-3 loss, their second loss in as many games and faced an uphill battle going into Saturday's doubleheader in Pomona.

In the first, the Tritons came out swinging and it looked to be a totally different story from Thursday's game. UCSD ran in three to take an early lead and easily could have had more. Though, with one out thus far, the Pomona pitcher settled down and struck out the next two Tritons to stop the bleeding.

Unfortunately, the Tritons could not find the special formula to stop the Broncos from scoring as Pomona tied up the game at 3-3 in the following inning. From that point on it, the Tritons were unable to get their offense going, while Pomona had no problem doing so.

The Broncos won in the latter innings as they brought in five runs in the final two innings, making the score 9-3. Unlike the Broncos, the Tritons struggled as they recorded one hit in the final five innings of the game on their way to a second consecutive loss.

GAME 3 & 4

Perhaps a change of venue was what the Tritons needed for a winning effort and it definitely seemed like it after the first game of Saturday's doubleheader in Pomona.

Once again, UCSD got off to a firing start in the first inning of the game; however, this time around, the Tritons were able to bring in six runs to achieve a convincing 6-0 lead.

Pomona slowly crawled its way back into the game with a run in the first, one in the fourth and two in the sixth to cut the deficit, 6-4. Though, in the seventh the Tritons added a run to protect the lead and it was enough to contain the Broncos in the first of two games. The 7-4 win gave the Tritons a chance at the split of the series, the significance being that UCSD had won every series thus far (nine), except for one split.

The series finale came down to the wire. For the first time in the series it was a tight game and came down to the last at bat. The game was a low scoring affair, 2-1. However, the Tritons were on the wrong side of the scoreline as they fell to the Broncos to take a 3-1 series loss.

For the Tritons in the series, their problems stemmed from the inability to get runs in the latter innings, and it was no different in the final game, where they scored one in the first inning and none after that. In fact, all three hits recorded for UCSD were in the first inning. On the other hand, with the game tied up at 1-1 apiece, the Broncos loaded the bases and earned the win with a walk-off run batted in single.

Next up for UCSD will be another four-game, split venue series against Cal State Dominguez Hills. This time around, the Tritons will start away from home for the first two games, Thursday, April 20 and Friday, April 21 at 2 p.m. followed by a Saturday doubleheader to conclude the series at Triton Ballpark on April 22 at 1 p.m.

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After not losing a single series all year, the No. 4 Tritons drop their series against the unranked Broncos.



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