

**CONCERT REVIEW:
ERIC NAM**



"As an American coming into the Korean music industry, and a Korean-American coming into the Western music industry, Nam has always been different."

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CODEPENDENCY

UNHEALTHY RELATIONSHIPS

OPINION, PAGE 4

ROAD TRIP DESTINATIONS

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VERBATIM

"Even in a film nearly devoid of men, Marianne and Héloïse remain subject to the demands of a patriarchal, heteronormative world that discourages the natural expressions of women."

Laura Hatanaka
Portrait of a Girl on Fire
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Tritons defeat UC Irvine volleyball team in the Saturday game. // Photo by Ellie Wang

CAMPUS

Students Employees Rally for Affordable Housing

The demonstration took place on library walk in conjunction with the broader 'COLA' movement.

BY ANDREW HA
NEWS EDITOR

Rallying for affordable housing and an end to rent burdens, UC San Diego Academic Student Employees marched from Library Walk to the Chancellor's Office on Feb. 10, 2020. Taking part in the Cost of Living Adjustment movement, these students called upon the university to take greater steps to reduce the costs of student housing to promote affordability.

Working in conjunction with the United Automobile Workers 2865 union, the protesting students noted that they are paying on average \$1,067 per month for rent and utilities even though they are earning a post-fee salary of \$2,259 per month. This housing cost would equate to 47 percent of the students' total earnings, which is well beyond the 30 percent baseline to be defined as rent burdened by the United States Department of Housing and Urban Development.

"The first demand is to give a housing stipend to all of the student teachers and graduate students on campus so that we are no longer rent burdened," third-year graduate student and UAW 2865 organizing committee lead Dillon Travis said to the UCSD Guardian. "The university has new graduate student housing that they are charging an exorbitant amount of money on and we can't afford it. And our third demand is that in the future, they build more high-density affordable housing on campus as well."

Once the march made it to the Chancellor's Office, the protestors left a letter for Chancellor Pradeep Khosla regarding housing affordability. However, according to the UAW, no one from the office has reached out to them.

"The protest is not over," Travis said. "The administration has not contacted us at all and they do not want to open up bargaining. So we will continue to escalate the situation ... We are going to have more and more demonstrations as the year goes by. Not just marches, but we will have grade-ins and [use other methods of] civil disobedience."

The UCSD administration has responded in return by stressing that they are supporting the Graduate Division at levels which exceed all the tuition that is collected. \$150 million is allocated annually to support PhD students, \$21 million for teaching assistant salaries and \$72 million in grant funding.

"Effective January 1, 2020, any graduate student within the period of support guaranteed by their admission letter is now supported at the minimum level equivalent to a 50 percent TAship (20 hours per week employment); in prior years, some such students

See **PROTEST**, page 2

AS

AS Senators Allege Attempted Power Abuse Ahead of Election

BY JACOB SUTHERLAND NEWS EDITOR

Two Associated Students Senators have alleged that A.S. Advocate General Hannah Kreitman has taken steps to increase future Executive Board powers and has been recruiting students with little A.S. knowledge to join a potential slate ahead of the 2020 A.S. Elections in Spring Quarter. These actions are allegedly taking place to allow Kreitman and others elected to the Executive Board to have the ability to more easily pass their own rules of conduct.

According to two Senators who requested anonymity for fear of retaliation, Kreitman has been contacting students with little to no knowledge of or experience with A.S. Council to run in a potential, unannounced slate. Recruitment is not considered to be a form of campaigning, something which is prohibited from taking place outside of the allotted campaign period. This year's period begins on Feb. 24.

Kreitman was originally appointed to the Advocate General position in January 2019, and has also been serving as the Chief of Staff for the Office of the President. The Advocate General is a completely neutral position that serves to offer guidance towards decisions made within A.S. Council and the Standing Rules Committee.

Allegedly, the potential slate will include Kreitman running for Vice President of Campus Affairs and Campus Wide Senator Kimberly Giangtran running for A.S. President. Neither Kreitman nor Giangtran confirmed or denied any intentions to run for these positions. However, Kreitman did comment on the separation of the roles one has as a candidate and as a student leader in a statement to the UCSD Guardian.

"I do ... want to reiterate the importance of separating a student leader from their current role within AS and any potential future roles," Kreitman wrote. "There is a hard line drawn,

separating one's current position and any work they do for their role, from their role as a candidate and what they potentially can do in the future."

According to the anonymous Senators, Kreitman has been recruiting people to join a potential slate, predominantly adding first-year and inexperienced students on Facebook and messaging them online. Kreitman has allegedly maintained a standard of not disclosing who else would potentially be running to the recruits.

One student, who requested anonymity because they agreed to join Kreitman's potential slate if it manifests itself, spoke about the draw that Kreitman's recruiting methods had.

"I decided on joining Hannah's slate because I felt that I had no chance at winning if I didn't, since running as an independent is so much harder," they said.

Angel Gomez, a John Muir College sophomore and the Environmental Advocate for Muir College Council, spoke to the Guardian about how despite having no interest or experience with A.S. slates, Kreitman attempted to add him on Facebook.

"I denied her friend request on Facebook because I felt uneasy about the whole thing," Gomez said. "It was only once [a Senator] told me about all of the slating issues within AS that I remembered Hannah requested me. The timing of it is close to when [a Senator] told me this was all happening. [They] told me this last week that Hannah had been approaching members to slate the weeks prior, which was around the time when she requested me."

Gomez went on to comment about Kreitman's recruitment strategy at large.

"I find Hannah's strategy extremely immoral," Gomez said. "She is only gathering slate members so she can have a constant presence on Library Walk for tabling come election season ... She

See **ALLEGATIONS**, page 2

CURIOS TRITONS

Curious Tritons: How is the Schedule of Classes Generated?

In this week's edition of Curious Tritons, we examined course scheduling and quarterly class creation.

BY DAISY SCOTT
EDITOR-IN-CHIEF

Planning and enrolling in classes is arguably one of the most exciting and stress-inducing periods of the quarter. Many Tritons view each quarter as a fresh start with new classes, professors, and opportunities. For others, however, whether or not they are able to enroll in a required class could determine when they graduate.

Some courses that meet major and college requirements are only offered at certain points throughout the year. For example, MMW 14 and MMW 15 are required to graduate as an Eleanor Roosevelt College student, but they are only offered during Winter and Spring quarters, unless students want to take them over the summer. Likewise, many necessary courses within the Math and Engineering departments are only offered on a limited, quarterly basis.

Additionally, due to the size of the campus, students have to consider the distance between their classes' locations when planning their schedule. The average passing period between lectures is about ten minutes. The ability to plan classes back-to-back can unfortunately all too often rely upon access to a bicycle or skateboard.

These dilemmas raise the

See **SCHEDULES**, page 2

The proposed amendment would allow future Executive Boards to set their own standards of conduct

► **ALLEGATIONS**, from page 1

is targeting inexperienced people because they are believing in her promise of power, but it's unlikely that a slate comprised of these people will bring about anything substantial."

One of the anonymous Senators told the Guardian that they felt these practices were being utilized in an effort to fill the potential slate with students who would be less likely to question the authority of Kreitman and Giangtran.

"Why would you want an executive board that's super experienced and knowledgeable but trying to fill the slate with people who have no experience," the Senator said. "They are reaching out to people and purposely keeping them in the dark. Imagine being on a slate and not finding out who the president is until election season comes around."

In a statement to the Guardian, Giangtran neither confirmed nor denied any of the allegations, although she did comment at large on the practice of recruiting first-year students and students with little to no experience with A.S. Council to run.

"I believe that any individual interested in running for office has the right and should be able to 'recruit first-year and inexperienced students,'" Giangtran said. "[These] students provide an extremely overlooked and necessary viewpoint that is essential to making Associated Students a productive body ... By restricting candidates to a limited and exclusive pool, one is doing a great disservice by leaving out students who come from underrepresented and underserved communities that need a seat at the table."

While these recruitment efforts have been taking place, members of the Standing Rules Committee have been pushing for an amendment to the A.S. Constitution that would allow the VPCA to have the ability to decrease the pay of Senators and A.S. Executive Board members. The committee is comprised of Kreitman, A.S. President Eleanor Grudin, A.S. Vice President of

Campus Affairs Melina Reynoso, and several other A.S. members and advisors.

The proposed amendment, which was outlined in documents obtained by the Guardian from one of the anonymous Senators, reads: "Pay can be withheld at the discretion of the VPCA, who will be responsible for reporting deductions to the Clerk, for the following work related expectations based on the following criteria: Pay will be reduced by a factor of 0.25 of the original amount for each of the following: Outreach hour not completed, Weekly report not completed."

This amendment would also allow for A.S. Executive Board members to their own rules of conduct for their individual positions up to three weeks into the new Senate term after they are elected.

Reynoso explained the reasoning behind her personal push for the proposed amendment in an interview with the Guardian.

"I think that it's really important to have accountability for ourselves to the students because we are elected or appointed officials and we are using student fee money to compensate ourselves for the work that we're doing," Reynoso said. "In the past we've had exec who do the bare minimum that they can do when they're receiving such a high stipend ... The purpose is to make sure that we're accountable and that we have people in the positions that are doing the work for the students that the students deserve to have."

Reynoso said that the reasoning behind having Executive Board members define their own individual rules is because each position on the board varies in responsibilities and commitments, so there is no way to create a standard for every member. Likewise, Reynoso explained that because each elected Executive Board member has the ability to do their own projects from year to year, there is no clear cut way to create a strict standard for any given position beyond a handful of parameters, although having a set of general guidelines was

proposed to the Senate.

"To Senate, I did point out that whatever we do, that if we keep the same system that we're gonna have a clear set of expectations ... so that way we're not able to shirk on our responsibilities," Reynoso said. "I find it really concerning that [the anonymous Senators] didn't bring this point to your attention because it was specifically stated and talked about on Senate floor."

According to the anonymous Senators, having a Senate full of inexperienced members who do not know one another would allow Kreitman and Giangtran to have their drafted rules of conduct more easily passed.

"It seems like Hannah and Kimberly really want to have a stronger executive board and be able to push legislation that they want without any objections, which it would be easier to do with people who don't have any experience," one of the anonymous senators said.

In response to this claim, Reynoso explained that a set of standards would be drafted to allow for the future A.S. members to see what each position should be responsible for.

"I think some concerns were brought up ... in terms of like, well there's a new senate so it could come off as they don't know what an exec should be doing so we could get to a point in a year where an exec could just propose something because they know they can get away with it," Reynoso said. "[This] is why within the committee we're going to create a set of standards and have those get approved by Senate in order to see what a good set of standards would look like."

Reynoso went on to explain that the nature of Kreitman's position as Advocate General removes any ability for her to push an agenda with any given amendment proposed in the committee.

"Our Advocate General is a completely neutral position," Reynoso said. "Their job is to not have an opinion, so anything that we talk about or ask about in the committee is more logistical. Any notion of them pushing an agenda

just literally would not work especially when our A.S. advisors are in there to make sure that the person in that position is neutral."

Kreitman reiterated this notion in her statement to the Guardian.

"Compensation procedure, as talked about in standing rules committee, is a direct reflection of an assembly members attendance and therefore would fall under my job description," Kreitman wrote. "I was a part of that conversation because I, more than anyone, understand attendance protocol. However, the advocate general is a neutral party within AS, so I have no say over whether or not compensation procedure should be changed, I only comment on how it would work if the voting members decide to change it."

While the amendment was ultimately not voted on when it was up for debate during the Jan. 15 2020 A.S. meeting, Reynoso noted that future discussions on such an amendment would be more inclusive in regards to the timing of the Standing Rules Committee to allow every Senator interested in voicing their opinions on the matter to be able to do so.

Reynoso concluded by speaking at large on the nature of A.S. and the perception that students have of the elected body and its members.

"I feel like there's this notion about A.S. and exec that we're doing things to like 'gain prestige' or 'put something on our resumes,'" Reynoso said. "That notion is very upsetting to me as exec because that isn't our intention at all. We're literally here serving students, working 40 hours a week, and we're not getting paid as much as we should be. But we're doing things to make students' lives better."

Kreitman and Giangtran have neither confirmed nor denied any intentions of running in the next election. Likewise, no discussion on a future amendment in regards to pay deductions has been scheduled at the time of this article's publication.

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COLA protests took place concurrently to the one at UCSD on other UC Campuses

► **PROTEST**, from page 1

were supported at lower levels, but that is no longer occurring,” a university spokesperson said to the Guardian in an email. “The Graduate Division is also presently working with academic units, GSA, and Student Affairs to strengthen fellowship support, smooth the matching process between students and TAs, and better match TAs with courses according to pedagogical needs.”

Even with these initiatives, COLA and UAW believe more needs to be done. Depending on which demands the organization has outlined, they will have to work with either the university administration or the self-supporting Housing, Dining, and Hospitality department. Because student housing is controlled by HDH, bargaining will become a more complex process.

“Our demands for having a housing stipend will come from the administration,” Travis said. “For our

demands for affordable housing, we would have to have the university bargain on our behalf to HDH or we will have to bargain directly with HDH. But the administration, as we continue to escalate [protests], will try to divide faculty, student teachers, and undergraduates. In the coming months, it is important we are all united in solidarity.”

In response to student demands, the administration has also made efforts to highlight their current support programs and to refute claims that housing is not affordable.

“UC San Diego is committed to providing on-campus housing for students at rates that are at least 20 percent below market value,” the spokesperson said. “Additional support for student needs is also available. UC San Diego has established a Basic Needs Emergency Fund to directly support students needing assistance up to \$1,500.

The Basic Needs Hub provides resource referrals for UC San Diego students from a collective of on campus program collaborations and services, and off campus program partnerships in the greater San Diego area.”

That 20 percent, the protestors claim, is not enough to offset the high costs of housing. Urban affluent areas like La Jolla remain expensive for students to live even when the 20 percent is factored into the overall monthly rent costs.

To learn more about UAW’s demands, please refer to their Cost of Living Framework Summary. The administration has noted that HDH holds regular meetings to discuss the budget, the next being held on Feb. 24, that students can attend to share their opinions.

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Course scheduling is primarily handled by the Scheduling Office, which processes proposed class times

► **SCHEDULES**, from page 1

question: How is the schedule of classes generated each quarter?

Unfortunately, there is no single, straightforward answer regarding how many courses or sections of each course are offered. Every academic department within UC San Diego is individually responsible for deciding which courses will be available in upcoming quarters.

“The process is very detailed and specific to each department,” a representative from the Roger Revelle College Academic Advising office commented to the UCSD Guardian.

The departments take into account details such as professor availability and graduation requirements when outlining any given quarter’s course selections. The size of classrooms largely determines the location of each course.

Departments then submit their course plans to the Scheduling Office, which oversees the process of organizing the master schedule of classes that is later listed online on WebReg for students.

Each department must submit their course plans, including professors, building locations, and enrollment limits by a set deadline.

For instance, in order to plan the upcoming Spring Quarter, academic departments had to submit their initial course schedule paperwork by Oct. 24, 2019. The Scheduling Office reviewed each of the files, and after running the completed schedules by the departments one more time for any final revisions, the complete Spring 2020 quarter class schedule was finalized on Jan. 21, 2020 and made available to students on Feb. 7.

Regarding the class times, the Scheduling Office has a timetable of standard teaching times for reference. Departments whose courses align with these standard times are given priority with room reservations. All other classes who do not fit the standard schedule are generally moved to take place after 5 p.m.

If for some reason issues arise after the class schedule has been published

online and the enrollment period has begun, the Scheduling Office has protocols in place to make revisions. These revisions include requesting new sections for courses, increasing or capping the amount of students in a course, cancelling courses, and changing professor assignments. Each of these change requests are the responsibility of the individual academic departments.

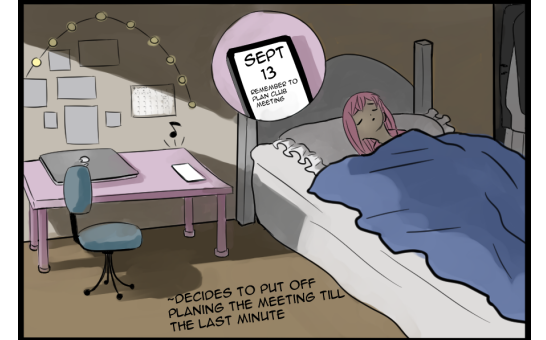
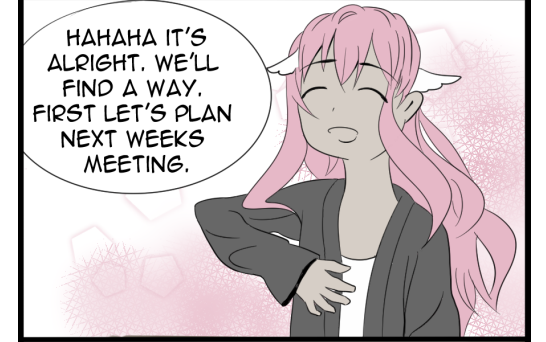
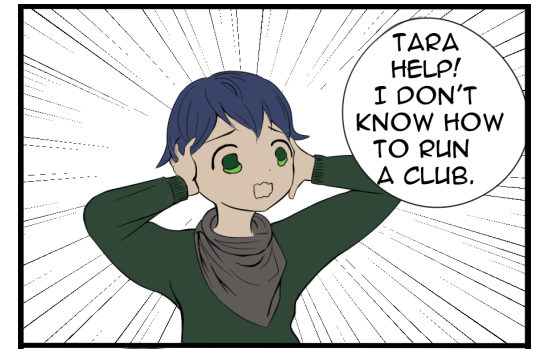
The Scheduling Office also has procedures for class schedule changes in the middle of the quarter. Examples of this include if a department wants to reserve classrooms beyond their usual schedule for review sessions or finals, or to add a new section for a course.

Students interested in learning more about course scheduling should contact their major and college departments. To learn more about the scheduling office, visit their page at blink.ucsd.edu.

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PROCRASTINATION

By Michi Sora



FEEDBACK FORUM

Tuesday, February 18 • 4–5 pm
Red Shoe Room • Price Center West, Level 2

TOPIC:
CAMPUS
CONSTRUCTION

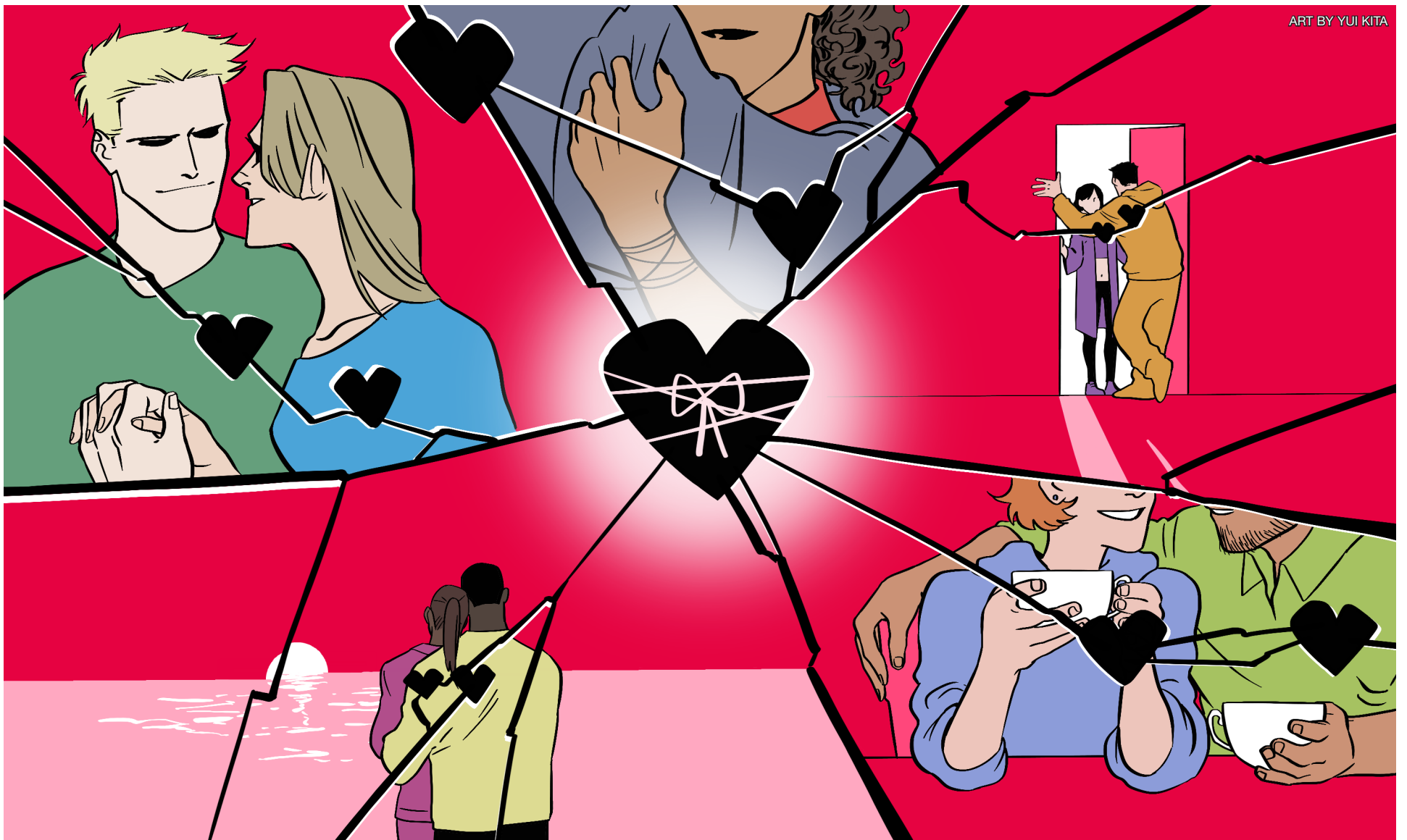
Join Associated Students and voice your opinion at our monthly Feedback Forum. We will be asking for your feedback on the current campus construction.

FREE FOOD!

For more information, contact AS Campus Affairs at asvpcampusaffairs@ucsd.edu.

OPINION

CONTACT THE EDITOR
GEENA ROBERTS
 ✉ opinion@ucsdguardian.org



ART BY YUI KITA

I See, UC(SD), We All See Unhealthy Relationships

By: Pankhuri Kohli // Contributing Writer

This past Friday was Valentine's Day, which means students were inundated with couples romantic Instagram posts, people walking around with cute Valentine's day gifts, and sights of couples being "cutesy" and declaring their undying love for another. However, I found it interesting that I saw these couples together all the time. In fact, they seemed unable to function without each other. And, the more I thought about it, the more I realized that UC San Diego might be encouraging such seemingly codependent and unhealthy relationships. After all, UCSD's "socially dead" environment, disconnected campus, and underfunded mental health and student support services make it harder for students to build healthy relationships with friends, significant others, and themselves, creating conditions where students are more likely to fall into abusive and codependent relationships.

For one, UCSD's campus layout and culture makes it difficult for students to meet people, learn about campus happenings and entities, build campus community, and create a support system. According to data from the University of California's 2010-11 financial report, UCSD's campus is the largest urban campus among the UC campuses and about five times larger than UCLA's. Moreover, the university is separated into several colleges and campuses and its student centers seldom hold large-scale events or even have spaces to fit the thousands of students on campus at once. This environment makes it harder for students to run into the same people, see friends without excessive planning, and come together as a campus community. Additionally, UCSD's research-heavy culture discourages social mingling. As such, it becomes harder for students to prioritize social connections over academic and professional development. Consequently, students struggle to build connections organically, feel like a part of a larger community, build a support system conducive to emotional and mental health, and be in healthy relationships.

Furthermore, UCSD's isolationist and cut-throat culture makes people feel like they have to look out completely for themselves. This puts students, already struggling in UCSD's isolationist environment, at increased risk for mental health problems and unhealthy relationships. For example, because UCSD's academic culture normalizes unhealthy behavior, a UCSD student facing mental health concerns may be less likely to acknowledge their issues. Moreover, UCSD's anti-social climate worsens students' mental health. According to a 2020 article published in *Psychology Today* by Dr. Rob Whitley, loneliness is a risk factor for adverse mental health outcomes and a barrier for mental health recovery. While this is concerning in and of itself, it is especially concerning because people struggling with mental health concerns are more likely to be in codependent relationships. According to an article by psychotherapist April Eldemere, those struggling with mental health concerns are at a higher risk for codependent relationships.

As Eldemere explains, "codependency is an unhealthy relationship pattern

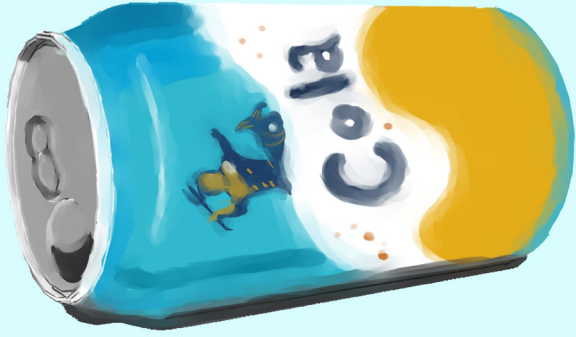
that manifests as one partner enabling another person's poor mental health, addiction, and/or coping strategies." According to Eldemere, people struggling with mental health issues are likely to use unhealthy habits to cope if they are not receiving necessary treatment, and a codependent relationship can serve as that coping mechanism. Thus, since UCSD students struggle to build support systems and access mental health assistance, they are likely more likely to rely on significant others to cope. While relying on significant others for support is not inherently unhealthy, that reliance can turn into a codependent or even abusive relationship if it becomes a coping mechanism for more serious mental health concerns.

Similarly, according to the *Youth.gov* website, a tool created by the U.S. government to disseminate information regarding youth issues and programs, depressed mood, maladaptive or antisocial behaviors, unhealthy coping mechanisms, and low help-seeking proclivities make people more likely to be victims of an abusive relationship. This is important because these are all behaviors UCSD's culture can worsen. Our anti-social environment can increase depression and our difficult-to-access resources can make people less likely to change unhealthy coping mechanisms and discourage help-seeking. Thus, UCSD's culture creates conditions that put those most susceptible to abusive relationships at increased risk. Moreover, according to an article in *Psychology Today*, victims are likely to stay in abusive relationships due to low-self esteem, lack of outside emotional support, financial and logistical dependence, and love for their abusers. This information is important because in both cases, a lack of outside emotional support and reliance could keep students in harmful relationships. Thus, while UCSD does not necessarily create unhealthy relationships, it creates situations where students are encouraged to rely on unhealthy relationships to get the support and help they need, pushing them into toxic and abusive relationships.

Therefore, "UC Socially Dead" and a campus with underfunded student services and resource centers make it harder for its students to have healthy relationships with themselves and others. Combating these challenges requires dealing with UCSD's lonely culture, resource allocation towards student well-being and mental health resources, and mental health stigma. Still, despite systemic barriers to mental and emotional health and healthy relationships, students have some control over the situation. For example, despite shortcomings, CARE at the Sexual Assault Resource Center works to prevent unhealthy relationships and is a helpful resource for victims. Moreover, the rest of us can begin changing campus culture as well by reevaluating our relationships, our desire for love, and the value-systems through which we validate ourselves and our peers. After all, romance does not determine emotional well-being, internal validation is much more important than good grades and picture-perfect Instagram shots, and love comes in many forms — self-love, romantic love, familial love, and platonic love — but it definitely does not come as dependence or abuse.

Open Letter to the Chancellor: Yes to COLA

ART BY ANTHONY TRAN



My name is Alex Aslam Ahmed (Revelle College '11), and I am about to complete my PhD in Computer Science at Northeastern University in Boston. A decade ago, I was working towards my bachelor's degree at UCSD, while writing for the Guardian and the Muir Quarterly. During that time, my graduate TAs were instrumental to my education. I write now in support of UCSD graduate workers' demands for a cost-of-living adjustment (COLA) amounting to \$1422 per month. I am also asking you to do all in your power to increase the availability of affordable graduate student housing. I can say with complete certainty that I will not be donating to UCSD until these demands are met, and I will be urging my fellow alumni to do the same.

My TA for Revelle's intensive Humanities course series completely transformed my educational experience for the better. While my professor's lectures were important, it was my TA's thoughtful feedback on my essays, clarifying discussion sections, and one-on-one meetings during his office hours that made the course so impactful. I often say, completely seriously, that this TA taught me how to write, and those skills have had cascading positive effects on my work since then.

When I was an undergraduate, I did not fully

understand the nature of graduate student labor. Now that I am a PhD student myself, I do. As a result, I am filled with appreciation for all of my former TAs at UCSD. My colleagues at Northeastern and I have been trying to improve our working conditions -- the low pay, mistreatment from advisors, lack of affordable housing and comprehensive health care, especially for those with families or dependents, and a host of other issues -- by forming a union, but my university's administration refuses to fairly bargain with us.

Please set a positive example for other institutions by engaging with your graduate students in good faith and giving them a COLA, thus addressing the very serious and worsening problems of housing and financial insecurity. Otherwise, the quality of education that UCSD undergrads receive will suffer.

Thank you for your attention to this matter.

*By: Alex Ahmed
Doctoral Student, Personal Health Informatics
Northeastern University*

TRITE AND TRITER By Yui Kita



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ucsd.turbovote.org

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


California's presidential primary election takes place March 3, 2020. Political parties decide who can vote for their presidential primary candidates. In the March 3, 2020 primary election, voters will nominate one presidential candidate from each party to run against each other in the November 3, 2020 general election. You may need to take certain steps to vote for the presidential candidate you want in the primary election.

Learn

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California's Political Parties:



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Peace and Freedom Party


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

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

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

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

VOTERS REGISTERED AS NONPARTISAN

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

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

ALLOWING NONPARTISAN VOTERS TO CROSSOVER:






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

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

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

NOT ALLOWING NONPARTISAN VOTERS TO CROSSOVER:





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

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


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

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FEATURES

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A DIVE INTO ONE OF THE INTERNET'S MOST WHOLESOME PAGES AND THE BEAUTIFUL MIND BEHIND IT

BY JACOB SUTHERLAND NEWS EDITOR

If you ask the average person to name the matriarch of Beyoncé's fandom, a first guess is likely to be Tina Knowles-Lawson, Beyoncé's mother, or maybe even Queen Bey herself. But for the 150,000 members of the aptly titled Facebook page "BEYHIVE" and the private page "BEYHIVE MOMMA," one distinct person comes to mind: Gwen Denholm.

Ms. Denholm, who is lovingly referred to as "Momma" by the group's members and requested to be referred to as "Momma Gwen" throughout the remainder of this article, is a 53-year-old Beyoncé superfan from Scotland. She originally began listening to Beyoncé in the early 2000s when the singer was a part of Destiny's Child, but one song that particularly stuck out to Momma Gwen was "Diva."

"No one song got me into Beyoncé, but if I had to pick one I would have to say Diva," Momma Gwen said. "My husband jokes about me being a diva, so I kind of took that as my song."

Momma Gwen explained that she eventually got an iPod and would use it to listen to her favorite Beyoncé songs. This proved to be especially useful when she was later diagnosed with Bipolar Disorder, which led to her being hospitalized and unable to work at the time.

"I was hospitalized for 5 months and Beyoncé's music really pulled me through," Momma Gwen said. "No other artist has done anything like that for me besides Beyoncé. Her strength, her energy, her standing for her beliefs meant so much for me that I kept that in my head and it helped me."

Momma Gwen would go on to continue listening to Beyoncé's music, attending several of her concerts over the years. However, it would not be until early 2018 when Momma Gwen would first join the Facebook group "BEYHIVE." Here, Momma Gwen found herself in a community of individuals who all had a similar love for Queen Bey.

Shortly after joining, Momma Gwen began to be referred to as the group's momma after engaging with some of the other member's posts. At first, the moniker was used as a lighthearted joke, although it would eventually become synonymous with her persona.

"[The nickname] was a joke back in early 2018," Momma Gwen explained. "It was all good fun and the [administration was] playing along with it. Then people started to take it seriously and referred to me as 'Momma' and to this day they still refer to me as 'Momma.'"

The label led to some members of the Facebook page who would find themselves going through personal mental health crises to reach out to Momma Gwen for support.

"I think just because I was older and had a more responsible attitude I was able to calm some of them down when they got out of hand and the admin really liked that," Momma Gwen said. "The admin said that they didn't want to make me an admin because I already had respect as the 'Beyhive Momma.' A lot of [the group members] don't have parents, so I was able to fill in for them in that way."

Being labeled as the matriarch of the group page, Momma Gwen began to gain a sort of following of her own. She explained how this new following provided her an opportunity to reach out and help those going through personal mental health struggles.

"It's a little bit strange, but it's quite enlightening to realize that there's people out here who need a mother's touch," Momma Gwen said. "I try to help as many individuals as possible because it's not about me, it's about them, it's about everyone else. I think in a way the internet has opened up a whole new world for me for what's out there for what I can do because I used to be a nurse before I got sick. I'm able to do what I used to, maybe not in a physical sense, but I can reach out over the net."

Momma Gwen explained that throughout her journey as the page's "Momma," the original group's administrators have been very supportive in making sure that she was not taking on more than she could handle.

"I enjoy the group very much, and I wouldn't be where I am today without [the group] and without the help of the admins," Momma Gwen said. "Wolfgang Gebeterter [a group

administrator] set a private chat up for me with the admins to keep me safe and to guide me when it went viral."

After a couple of months, it became increasingly clear to Momma Gwen that there may be a better way to offer mental health support to Beyoncé fans than simply via Facebook Messenger.

"I began to realize that this was becoming too much for me to do alone because I couldn't answer every message due to time zones," Momma Gwen explained. "So I thought that I had to create my own group."

Momma Gwen created "BEYHIVE MOMMA" during summer 2019 to be a community of Beyoncé fans who could offer mental health support to one another.

"I had to establish the group and go on it quite a lot in the beginning," Momma Gwen said. "But now they all can help each other and they're so grateful for this space because they all love Beyoncé as well. We call it the 'sensitive hive' because it's something special and that's what made me open the group."

Natashia, one of the page's five administrators who requested her last name remain anonymous, explained that Momma Gwen reached out to her when the page was first created.

"Gwen approached me with the idea of setting up her own group, with it predominantly being about Beyoncé but also as somewhere for people to discuss issues that may affect their everyday life," Natashia said. "We were very clear from the get go, that this group is a safe haven and has a zero tolerance on negativity and bashing people. And actually what we've found is that the group just wants to uplift and help one another, it's just been awe inspiring to watch."

Shauntoya Vaughn, another "BEYHIVE MOMMA" page administrator, spoke about how Momma Gwen's group has been much more than just a corner of the web dedicated to Beyoncé fans.

"'BEYHIVE MOMMA' is a family, not just a group," Vaughn said. "Not only does our love for Beyoncé connect us, but we can be ourselves, completely and honestly. Gwen has created something special and harmonious. Sure we disagree with each other, but we can agree to disagree. We are one big dysfunctional family!"

Momma Gwen noted how running this group has encouraged her to be more open with her own struggles in order to reassure her fellow page members that the site is truly a safe space.

"Running the page from my home, it was hard work to begin to establish the group and make everyone feel comfortable," Momma Gwen said. "I use quite a bit of self-disclosure to show everyone that I'm not any different just because I lead the group. I can't believe how far we've come in six months, and I'm just so delighted that it worked out. It feels like an achievement with all of these lovely people from all over the world. It's fantastic, it's global, it's wonderful."

Recently, Momma Gwen was diagnosed with Parkinson's Disease, which has affected her ability to move and work. However, she has been able to find hope and solidarity within the community that she had originally created to help others.

"The internet is such a lifeline to me," Momma Gwen explained. "I want to be treated the way that I treat everyone else with respect. This is why the group means so much to me because everyone is different — we all have different issues and they've all stood by me with my Parkinson's disease. They are my rock. Just as much as I'm there for them they are there for me."

Bear Balentine, a member of "BEYHIVE MOMMA," spoke about how Momma Gwen's story inspired her to be more proactive with being open to having conversations on the topic of mental health.

"When Gwen bravely shared with the group of her own personal medical struggles, I knew that I was going to take a chance as well and be 'all in' with this group," Balentine said. "Every single person I have interacted with through the group has greeted me with open arms and a non-judgmental ear."



ART BY ANTHONY TRAN

The Facebook page "Beyhive Momma" was created to be a community of Beyoncé fans who could offer mental health support to one another.

► **BEYHIVE**, from page 6

Balentine went on to discuss her personal journey with making lasting connections with fellow group members on the page.

"It wasn't long until I would start reaching out to members privately when they would openly share of their own struggles, checking in and utilizing my own mental health training to ensure that they knew of the resources available to them and to determine that they would not cause harm to themselves or others," Balentine said. "To this day I consider these folks like family, after what we have emotionally gone through together, I know Bey would be proud because like her, this family is our sanctuary."

Balentine went on to say that the difference between this fanpage and others is the intent to follow through on the positive messages Beyoncé puts out into the world.

"I truly believe that this group is more aligned with Beyoncé's own moral compass, than any other page," Balentine said. "Beyoncé has led by example how hard work, perseverance and acceptance can do to change one's life. She is able to rise above and create in an undiscovered world, leaving breadcrumbs for us to find our own way too, reminding us that anything worthy is going to take respect and time. It isn't just a coincidence that we all adore her, it is truly meant to be, we were meant to find each other and we were meant to be a family."

Momma Gwen explained that while there is no explicit policy for member conduct, there is a strict adherence to maintaining a safe space for all.

"I would say in the past 6 months we've only had to remove two people for misconduct," Momma Gwen said. "It was two comments that were made and that was it. We don't give second chances because we want to keep our people safe. We're quite proud that we've only had to do that twice."

Joanne Dowling, another page administrator for "BEYHIVE MOMMA," reiterated the groups' desire to maintain the page as a safe space for all.

"The Beyhive Momma group is the best fan based group out there in my opinion," Dowling said. "We don't allow trolls or negativity it's all about helping others and creating a safe and friendly environment."

It was in the spirit of honoring all of the accomplishments the group's members had made that inspired Momma Gwen and the page administrators to create an awards show. Modeled after the Beyhive Awards of the original page, the Beyhive Momma Awards were unique in that they highlighted the personal accomplishments of the group's approximately 400 participants rather than any professional achievements.

"Our awards were so unique in the sense that [the performers] were not professional when they were performing," Momma Gwen said. "They were all individuals who had gone through some sort of crisis in their life and had overcome anxieties and gotten self confidence and had put themselves out there and they performed and were wonderful."

The Beyhive Momma Awards consisted of five awards for Best Female, Best Male, the Blue Ivy Carter Rising Star Award, the Rumi and Sir New Comer Award, and the Beyhive Momma Award for Outstanding Achievement. The awards were presented by the page's administrators, with Momma Gwen herself hosting the show. In between the award presentations, six singing and dance performances were given by the group's members. Due to the group members being in different time zones, all of the videos for announcements and performances were pre recorded, and then uploaded at a specified time.

"I wanted to give them something back as well because I felt like they had achieved something tremendous in the past six months," Momma Gwen said. "It was so difficult for the admin in the group to decide who would be nominated and then we had to let the group decide who the winners were. But the whole thing was so very exciting and the group was so excited with it as well. The pleasure of it is just in my heart and it is amazing."

Momma Gwen noted that she and the other page administrators are planning on continuing the Beyhive Momma Awards next year in conjunction with other shows like the Oscars and the British Academy of Film and Television Arts Awards.

While it's unclear as to whether or not Beyoncé herself knows about the group's existence, it is clear that Queen Bey would most certainly be proud of the achievements the group has made over the past six months. The group truly embodies the kindness, self-love, and strength that Beyoncé speaks on through her artwork.

As for Momma Gwen, if she could meet Beyoncé, she only has one thing she would wish to do.

"We would just sit down around the dinner table with my grandkids and her kids and we would just all sit together and all have dinner and play with the kids and have family time," Momma Gwen said. "I'm a family girl and my kids have grown up and I have the grandbabies now and she has her three kids and it would just be lovely if we could all sit down and be a family for the day."

'BEYHIVE MOMMA' is a private Facebook page that continues to serve as a safe space for its members to support one another through the good and the bad.

CONCERT REVIEW

PHOTOS BY MCKENNA JOHNSON

ERIC NAM

Location House of Blues
 Concert Date Feb. 1, 2020

A-



Eric Nam brings fun, party, and a whole bunch of emotion to the House of Blues.

Korean-American singer-songwriter Eric Nam kicked off the first date of his “Before We Begin World Tour” at the San Diego House of Blues. Similar to Girls’ Generation’s Tiffany Young and f(x)’s Amber Liu, Nam is a veteran K-pop artist trying to establish himself in the Western pop industry. Notably, it’s important to understand Nam’s background as more than just a musician — being a radio star, podcaster, and South Korea’s go-to host for years has led Nam to be a pop culture icon in his own right both in South Korea and to his adoring international fans. But, coming back to the U.S. is the start of something new for Nam. Or, like the title of his recent album “Before We Begin” suggests, the beginning of starting something new.

Knowing all of this beforehand, it still surprised me to see fans not only lining the whole block but also around the corner, eagerly waiting for entry and to get a good spot in the pit. Fans walking along the line handed me a photostrip, cute fan-made merch item typical to find in a K-pop loving audience. I spoke to a group at the front of the line who had lined up since 6 a.m., holding up fansigns with cute phrases like “ERIC CUTIE” or “GAYS 4 ERIC.” I was happy to see they rightfully snagged spots in front of the stage.

Before the set, the DJ played a mix of pop-inflected R&B and Korean R&B, which perfectly fit the atmosphere as Nam’s sound is at the intersection of the two genre-wise. Everytime the playlist cut out, fans cheered Nam’s name in excitement, and it fueled me to leave my comfy spot in the balcony and scurry toward the stage as close as I could. The merch table was my companion for the night, and I had a perfectly angled view of both the stage and audience.

Nam began his set with “Come Through” and “Runaway,” two of his most popular songs off “Before We Begin.” With their free-spirited nature, both songs are the epitome of danceable and had the crowd grooving along. But it amazed me to see Nam engage in choreography with his four male dancers. Maybe I thought that in order for Nam to “make it” in the West, he would have to shed some of his K-pop identity, but I was sorely mistaken, and really, really glad that I was proven wrong.

Afterwards, Nam admitted it himself that he’s not the best dancer, but his choreography was simple, clean, and full of personality. What was there not to like?

“This is Not a Love Song,” the first song of the night sung primarily in Korean, is a moderately upbeat acoustic track hiding rather sad lyrics about losing a lover. This could’ve been a moment for the crowd to simp along, but Nam did the opposite. Through sweet fan interactions and an endearing stage presence, Nam turned the song on its head into a very cute, very flirty, totally maybe is a love song. And this is exactly where Nam shined — in his ability to create a genuine relationship with his fans.

Throughout the show, Nam gave life updates, or what he referred to as “lectures” to the audience. From mindless chatter about his failed attempt to get Jollibee before the

show to relaying the story of his Korean mother becoming “more American” to relate to Nam’s white sister-in-law, it felt like listening to an Eric Nam vlog or podcast in real time, both of which are things he does regularly. His transparency is so likeable and charming, it’s easy to see how this led to his fan base of different ages and nationalities, which was fully exemplified by the crowd.

But of course, after engaging with the audience for a bit, Nam began the “sexy” portion of his setlist with a medley of tracks fit for a bouncy club. “Potion,” a boozy declaration to youth and “Don’t Call Me!” a punchy, sassy anthem both featured flashing lights, sick drops, and a sexy, slinky electronic chorus. Switching up from his pop ballads, these upbeat bops were the high-speed fun that the crowd needed, and Nam certainly delivered. Even with hopping to the pulsating beat and performing alongside his dancers, Nam’s vocals never faltered for a single second.

Nam’s vocal skill was best demonstrated in “Let This Love Die Young,” which marked a stark maturity in his work compared to his previous bubbly pop sound. From starting as a track about feeling burnout from his rigorous schedule as a K-pop artist, Nam turned it into something more relatable: feeling burned out from a relationship.

Backed by a slow, thumping beat, Nam exhibited beautifully emotive and controlled runs. Crowd engagement was at its peak, and there’s something about a wildly diverse crowd harmonizing with Nam as he wistfully sang, “Please don’t let this love die young,” that just pulled at your heartstrings. While the audience took out their phone flashlights to sway along, Nam was bathed in white light, focusing on two things only: the music and his fans.

Earlier in the show during one of his asides, Nam mentioned needing more of “cultures coming together.” As an American coming into the Korean music industry, and a Korean-American coming into the Western music industry, Nam has always been different. He’s part of a larger movement trying to bring Asian-American representation in Western music to its forefront. He continues to transcend different demographics, and with his experience in nearly every aspect of the entertainment industry, Nam continues to transcend demographics and aims to do what he does best without labels caging him in: creating great, relatable music.

— JAHFREEM ALAM
 A&E Editor



Joyful fans at the barricade watch Nam’s performance.



Nam smiles at a fan with a “GAYS 4 ERIC” sign.

CONCERT REVIEW

PHOTOS BY ERIN CHUN



ZACK VILLERE

Location Voodoo Room
 Concert Date Feb. 7, 2020

B-

Rising songwriter, and producer Zack Villere premiered his album in San Diego for his first tour.

Despite artists claiming that they consider their fans to be friends, realistically, we know this not to be true. There is a constant barrier that separates the two groups. This can come in the form of stage fences that separate the crowd from the performer, or can be symbolic, if the artist is no longer relatable to their listeners. No matter how this barrier exists, this restraint disconnects the musician from their listeners to some degree.

This wasn't the case with Zack Villere. His show felt like a jam out session between a laid-back musician and his friends in the basement of his parents house while an unsupervised younger sibling chugged some beers in the corner. This is both amazing and not so great. On one hand, it was extremely refreshing to be so connected to the performer, as there was absolutely nothing separating the stage from the fans. Villere was close enough to the audience to be a part of

it, and this lack of physical separation erased the “performer-listener” roles entirely from the concert. His set was more focused on everybody simply having a good time and vibing out to the music, rather than worrying about nuances in the performance itself. The modest amount of audience members in the room also contributed to the intimate atmosphere. Villere continuously engaged in lighthearted jokes and conversation with his fans who didn't feel the need to shout for his attention. Instead of the aggressive behavior exhibited at many concerts where fans fight to get noticed, the listeners in the room remained fairly respectful to Villere and to each other; we all gathered in a tight-knit circle around the stage to support a relatively underground artist whom we all believed in.

However, despite the cozy familiarity of the show and the praise for the intimacy of the performance, the actual

set did not go perfectly. Some songs were restarted from the beginning due to mistakes made in the middle of the performance. This in itself isn't necessarily a bad thing, but the amount of times that songs had to be performed again made it become an issue. One of the songs off of his new album was stopped and repeated five times before Zack and Alex Szotak, his guitar bassist, finally got it right. The show felt unprepared, and the level of professionalism present within this show fell a few notches lower than what would have been expected from a larger artist.

Despite this criticism, I still believe Zack Villere performed well given the circumstances: This was the first show on the first stop of his first tour, and performance is something that an artist learns from experience. There are so many unseen factors that go into performing, such as sound technology, the obvious nerves from playing in front of a collective group of strangers, and simply unaccounted for issues with anything else. Underground artists like him pave the way for other indie artists to break the standard for what music is, and reshape music for what it could be. It is precisely musicians like Villere who break the long-rooted idea that music has to be manufactured with financial restraints in order to be successful. His unpolished yet catchy sounds are what make him stand out in the midst of overproduced songs from major record labels. His appeal is in his reliability and accessibility. His tracks sound more like they were created in Garageband in his bedroom rather than in a professional multi-million dollar studio. The answer to why his simple melodies and lo-fi beats need no further introduction is simple. His talent speaks for himself.

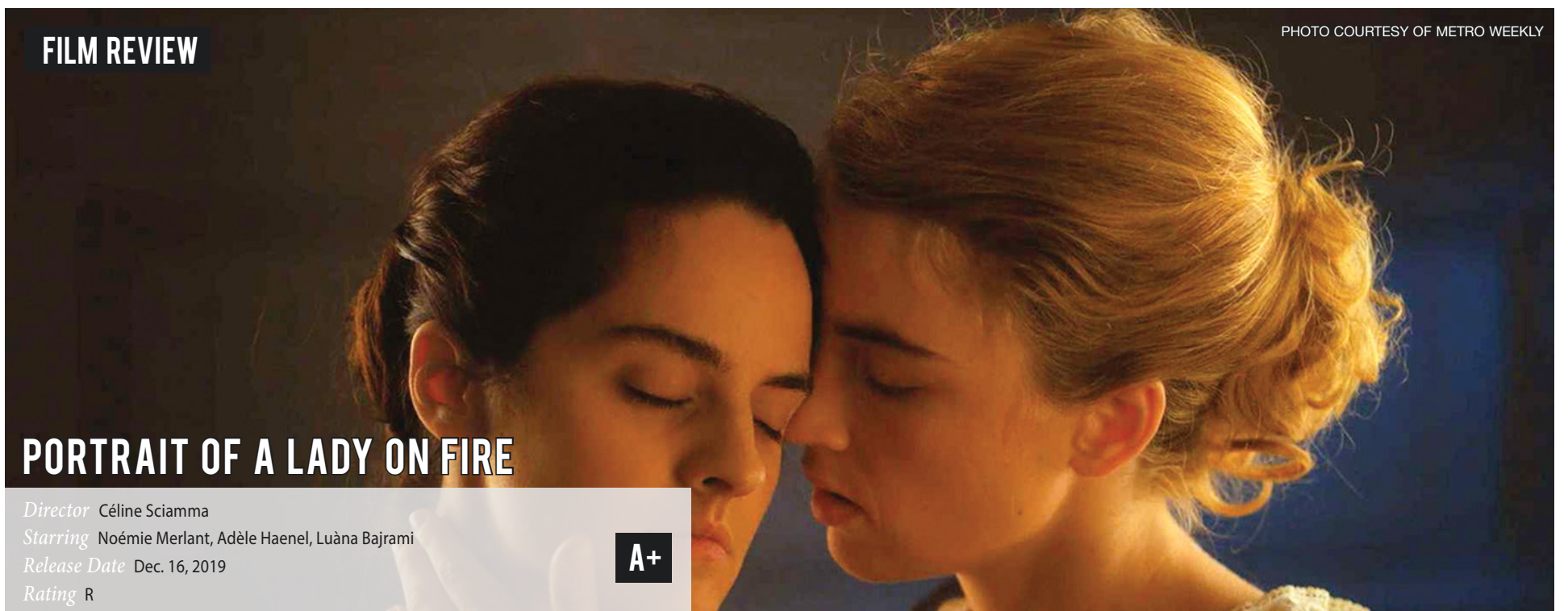
His recognition is the start to greater inclusivity and more diverse sounds within the world of music. That night in the House of Blues, as we simultaneously sang along to the hits we knew, and quietly listened to those off of his unreleased album “Cardboard City” that we were not yet acquainted with, we were all witness to what I know to be the start of Villere's promising career.

—ERIN CHUN

Senior Staff Writer

FILM REVIEW

PHOTO COURTESY OF METRO WEEKLY



PORTRAIT OF A LADY ON FIRE

Director Céline Sciamma
 Starring Noémie Merlant, Adèle Haenel, Luàna Bajrami
 Release Date Dec. 16, 2019
 Rating R

A+

A powerfully rich portrayal of women and art, “Portrait of a Lady on Fire” is a truly remarkable masterpiece.

It is rare to experience a film that achieves a perfect balance between beauty, emotion, and intellect, however, historical drama “Portrait of a Lady on Fire” effortlessly accomplishes this feat. Director Céline Sciamma deftly suffuses her characters with real depth, encouraging her audience not only to watch, but to understand. What begins as a simple premise expands into something profoundly thought-provoking, and yet the film never feels stuffy or heavy-handed. Awarded both the award for best screenplay and the “Queer Palm” at the Cannes Film Festival of 2019, “Portrait of a Lady on Fire” is a beautiful and stirring representation of the lives of women.

“Portrait of a Lady on Fire” takes place on an island in Brittany. The film opens at the end of the 18th century, as skilled artist Marianne (Noémie Merlant) remembers a deeply personal memory after seeing one of her paintings. Years ago, Marianne was hired by a countess to paint a portrait of her soon-to-be-married daughter, Héloïse (Adèle Haenel). However, Héloïse refuses to pose for a portrait since she does not want to marry a stranger, forcing Marianne to paint her without her knowledge or consent. Disguised as a companion for her morning strolls, Marianne comes to befriend and understand Héloïse, while attempting to capture her likeness without her knowledge. When the portrait is complete, Marianne insists on revealing the painting to Héloïse first, who is disappointed in the lack of resemblance between the painting and herself. Unsatisfied, Marianne destroys the painting before Héloïse's mother can see it, and begins again.

When Marianne starts the next portrait, Héloïse consents

to pose for her. During this time, Héloïse's mother leaves for Italy, leaving the two women alone with Sophie, the household maid. Now liberated, the women are free to talk, read, draw, and play cards with one another, and they develop a strong bond. The two care for Sophie as she experiences a painful ordeal and learn about one another as Marianne paints Héloïse's portrait. As they spend more and more time with each other, they become very close and eventually fall deeply in love.

The most striking undercurrent of “Portrait of a Lady on Fire” is the connection between women and art. In this film, women, like art, are objectified and commodified. Even in a film nearly devoid of men, Marianne and Héloïse remain subject to the demands of a patriarchal, heteronormative world that discourages the natural expressions of women. The film's camera angles portray women and their surroundings as tableaux, making them art subjects. However, the bond between Marianne and Héloïse is strengthened through art forms such as painting, music, embroidery, and reading, rendering them as artists. As such, the film constantly reaffirms the importance of consent in both the creation of art and the understanding of women. At the turn of the film, Marianne is frustrated that Héloïse dislikes her first portrait. According to Marianne, the portrait will represent Héloïse so long as Marianne follows the strict rules of painting. But Héloïse argues that in order to accurately and fully portray her, Marianne must first know her as a person.

The film seeks to confront the objectification of women's bodies in an effort to challenge the confines of classical high art. Instead of portraying a woman's body as the site of

eroticism and male ownership, it becomes the site of sapphic tenderness and womanhood. The women in this film have body hair and menstruate. Scenes of nudity are deliberately made mundane and casual to emphasize the lack of inherent sexuality of naked women. Marianne and Héloïse are not exposed for the sake of the audience, but rather their own convenience, comfort, and desire. Refreshingly, they enter a sanctuary of female jurisdiction that permits them to exceed external and societal boundaries that prevent them from physical activity and enjoyment. As a result, the audience is privileged to see the lives of the women change, which in turn, transforms Marianne's work. In the second half of the movie, Marianne's most beautiful works of art are those that receive willing and active consent from Héloïse, as the women struggle to create beauty in an impossibly painful situation.

“Portrait of a Lady on Fire” is a memorable and moving portrayal of women, art, and sapphic love that is as visually appealing as it is intellectually engaging. With gorgeous and refined cinematography and a nuanced, symbolic use of lighting, it is one of the most lovely films as of late. From this beauty emerges an important expression of women's frustration as they struggle for agency in a world that offers none.

—LAURA HATANAKA

Senior Staff Writer

Spring Break Road Trips in California

by Annika Olives *Lifestyle Editor*

As we trudge on through Winter Quarter, a small light shines at the end of the tunnel: the promise of spring break. With only a week to rest between Winter and Spring Quarter, most students choose to go home and binge as much Netflix as they possibly can, which I wholeheartedly support by the way, but if you're in the adventuring mood, why not choose to hit the road and visit someplace new?

California is usually bottled down to beaches and palm trees, but our state has so much more than our stereotype lets off. This list of locations can serve as stand-alone destinations, but if you want to go to bigger cities like Los Angeles or San Francisco, add some of these places in as stops to truly discover all the Golden State has to offer.

San Luis Obispo

Affectionately referred to as "SLO," this laid-back town is roughly located halfway between NorCal and SoCal. As a kid, my family ventured here to visit the Mission, which has free admission, a beautiful garden, and is worth your time even if you're not religious. While you're there, stick a piece of gum onto Bubble Gum Alley, have a drink in one of the Paso Robles wineries, or watch the sunset from Pismo Beach. Book your stay at the world renowned Madonna Inn, known for its over-the-top decor and themed rooms, or just stop in for a bite at the Copper Cafe.

As an additional adventure, about 40 miles from the city is Hearst Castle, which was owned by wealthy media mogul William Hearst. It boasts over 160 extravagant rooms, lavish gardens, the remains of a private zoo, and an airstrip on a 123-acre property and was known as a celebrity getaway in the 1920s.

Monterey & Carmel

Most people probably know Monterey for its aquarium, which boasts over 35,000 different creatures in 34 different galleries. I've been here multiple times and my favorite exhibit has always been Jellies, which houses thousands of colorful and graceful jellyfish. The aquarium is located on Cannery Row, a historic district that was once home to sardine canneries and the iconic setting for John Steinbeck's novel, "Cannery Row". Now, the area is home to many restaurants, wine tasting rooms, shops, hotels, and water activities. You'll definitely want to grab a bite of seafood while you're here!

After exploring Monterey, take the scenic 17-Mile drive through Pebble Beach to enjoy some of the best coastal views California has to offer, and feel free to stop along the way. The route will take you to nearby Carmel-by-the-Sea, which is a beautiful town filled with picturesque cottages and old-school charm. The city center is small and easily walkable, but boasts no shortage of good finds — pick up a treat at a bakery or sweets shop, peruse the antique jewelry stores, or pop into one of the many art galleries.

Solvang

About an hour past Santa Barbara is Solvang, a historic Danish village in the Santa Ynez Valley. Filled with windmills and half-timbered buildings, it'll feel like you've been transported to Denmark once you step foot into this town. Visit the replica of Denmark's Little Mermaid statue, stop into Solvang Restaurant for some aebleskivers which are fluffy Danish pancakes, and browse hundreds of unique shops, including a clog store. Make sure to pick up some Danish pastries for the road before you leave!



Napa Valley


Gather up the girls, or the guys, and head up to California's wine capital for a vino-filled getaway. There are over 400 wineries to choose from in Napa Valley alone, so make sure you do your research and schedule winery appointments in advance! Even if you're not a wine person, plenty of the wineries have beautiful architecture and vineyard tours where you can learn about the history of wine making. Napa Valley has also become a foodie destination for its numerous Michelin star-rated restaurants and other eateries.

Since we're on a student budget here, try to find wineries that have tastings between \$15 and \$25, or \$30 if you really want to splurge, and stop at Oxbow Public Market or a grocery to pick up a baguette, cheese, and protein for lunch. You don't need to spend hundreds of dollars to have a good time!

Yosemite

For a taste of nature, visit a national park that's only about a seven hour drive from our campus. With its giant granite cliffs and tall sequoia groves, Yosemite truly looks otherworldly, and visiting the park has always been a reflective and refreshing experience for me. You'll probably spend most of your time in Yosemite Valley, which serves as the starting point for many hikes, like the Mist Trail or Cook's Meadow Loop, and has a visitor center where you can learn more about the park's history (shoutout to John Muir) and pick up some souvenirs. Tunnel View is one of the most beautiful viewpoints in the whole park because you can get El Capitan, Bridalveil Falls, and Half Dome in one photo. Taft Point and Glacier Point are also two popular lookouts.

If you'd like to camp in the park, the spots go quickly, so make your reservation at least six months in advance. Also, be prepared for traffic! Many of the roads inside Yosemite are only one lane in each direction — it once took my family and I two hours to just get out of the park.



OFFICE HOURS


WEDNESDAY, FEBRUARY 26
LIBRARY WALK • 11am–3pm

Join Associated Students on Library Walk to voice your opinions and interact with your student advocates!

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Learn about Associated Students Senate's processes and functions.

WEDNESDAY, FEBRUARY 26
GOVERNANCE CHAMBERS AND FORUM
PRICE CENTER EAST, 4TH FLOOR

4:45pm: Visit Financial and Legislative Committees
6pm: Public Senate Meeting

For more info, contact ascampuswide@ucsd.edu

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A Guide to Using Essential Oils

by Colleen Conradi *Lifestyle Editor*

In the past few years, the topic of using essential oils has gained a lot of popularity in the media. With advertisements offering a variety of benefits such as better sleep, less stress, and overall wellness, it's hard to know not only which one to use, but also to know why we even need to use them in the first place! For those who are new to using them, essential oils are the essence of different plants that are used as a complementary and alternative medicine. At first, I too was a skeptic. However, personally I've grown to enjoy using them for some aromatherapy and other things. So, if you're at all interested in trying out some essential oils, I've got some different scents lined up for you along with their most common uses:

Lavender

This is probably one of the most common essential oils used because of its best known benefit: reducing stress and anxiety levels. In addition to that, lavender is used to soothe skin irritations and is often used before bed for sleep. The calming nature of the lavender essence can help you relax and feel ready for a good night's sleep. I like to use a lavender essence pillow spray every once in a while before going to bed and I find it to be helpful!

Lemon

Lemon, along with other citrus oils, is best known for its energizing properties with the nickname of "Liquid Sunshine." Lemon can be used as a mood and energy booster in addition to being cleansing for all aspects of the body. Some people even use it for a boost in metabolism as well. I love lemon oils because of their light and airy feeling that can definitely help improve my mood.

Eucalyptus

Eucalyptus oils are often used for its cleansing scent that promotes relaxation and soothing anxieties. It also has health benefits such as being an anti-inflammatory on skin. Eucalyptus can be used alone, but is also very commonly combined with a variety of other oils. Some popular complimentary essences include tea tree oil and spearmint oil. Tea tree and spearmint work well



PHOTO COURTESY OF CHRISTIN HUME

with eucalyptus because they both contain emotionally soothing qualities. Tea tree oil can also help treat skin inflammations similar to eucalyptus oil.

Ginger Root

Ginger root oil has many widely known benefits such as being a comfort to sadness and anxieties, soothing redness in skin, and promoting a healthy digestive system. When it comes to using ginger root for its support for the digestive system, drinking ginger root tea is also a great option. If you are someone who tends to get stomach aches from stress or anxieties, ginger root might be a helpful option for you!

Rose

Many of us have probably seen the trend of using rose

water sprays, but the benefits of rose oil are no joke. Rose oil can help ease a long list of things such as menstrual cramps, stress and anxiety levels, depressive symptoms, and can even be used as an antifungal. Not only does rose oil smell amazing, but keeping it around with you might really help increase those dopamine levels!

Orange

Similarly to lemon oil, orange oil has energizing and mood boosting effects because of its bright, citrusy scent. However, it can also simultaneously promote a calming effect that helps reduce heart rate. Orange oil can help with complexion of skin and acne. Additionally, when orange oil is applied by massaging it into the skin, it is known to help increase blood flow, which in turn can help with headaches and menstrual cramps.

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How to Kickstart Your Fitness Journey

by Tori Anderson *Contributing Writer*

If you're just starting to exercise, the gym can be intimidating because you are afraid of people judging you or you really don't know where to start. I'm here to help you get motivated and feel confident while working out!

I felt like this when I started going to the gym by myself because I didn't want people to look at me or judge the weight I was lifting. However, I got over my self-consciousness when I realized that no one is paying attention. People at the gym are there for two things: to work out and get that blood pumping, and to escape from whatever is going on and relieve some stress. It may seem like people are looking at you but the majority of the time they are zoned out, so do not worry!

In order to gain motivation, you just have to do it. You have to get up and go because once your blood is pumping, you feel better and you do not regret it. I try to go as soon as possible to the gym before I can make excuses because by the time I'm done debating on whether or not to go, I could have been half-way done or fully done with my workout. However, if I find those excuses are getting to me, what I also do to gain some motivation is look at people's progress pictures and see the physical and mental growth they made; it is truly so motivational in that alone. If I still do not feel motivated to go, I look up quotes or I write down the reasons why I do not want to go and then I write the reasons why I should go. Ninety percent of the time, the benefits always outweigh the excuses. Do not get me wrong, if your body needs a rest day, give it a rest day. But we are talking about getting started in the gym, do not wait to start next week or on a certain day. If you have the time to go that day, just go!

Alright, now that you know how to motivate yourself before the gym or your workout, it is time to discuss how to feel confident while working out. I highly recommend starting simple and progressing towards the gym. Start with going on a walk for 30 minutes or do a quick abdominal or circuit routine in your dorm or apartment. They should not take longer than 15 minutes! Having the gym as an end goal builds confidence while getting a workout in, which will be greatly beneficial to you and your body instead of jumping straight into it.

Once you have built the motivation and confidence

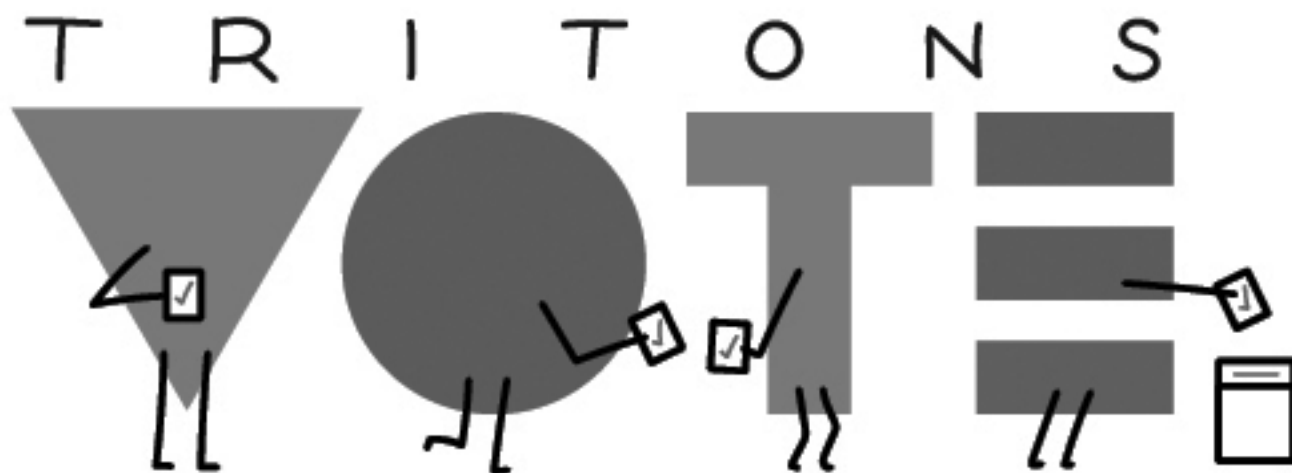


PHOTO COURTESY OF JOHNATHAN BORBA

to get to the gym, it is important to write down or mentally note what target areas you want to work out and what primary exercises you want to do. This will help eliminate unnecessary time in the gym and makes you more focused, where you tend to forget that others are there. Also, if you are still too timid to lift weights, you can start off with cardio or do resistance band exercises. They give you a great burn and ease you into lifting weights because they are usually grouped into different resistance levels that allow you to experience the tension of lifting without the weights. This helps build those

muscles and help sculpt your body. With each of these steps, your confidence should be building and if you haven't already, it is time to lift those weights! Start off a reasonable weight that's enough to challenge you! Lighter weight and more repetitions will help you get used to each exercise and help perfect your form.

Okay, it is time to take this advice and put it into use! Start off small and be active in some way. We are all there to better ourselves. Do not be afraid or embarrassed if you have questions or need help, we've all been there!



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UPCOMING
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Doors: 6:30PM • Show: 7PM
Price Center Theater
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Just Mercy
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Doors: 6:30PM • Show: 7PM
Price Center Theater
FREE for UCSD Students w/ID



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Amaranth Family
FRIDAY, MAR. 6
Event: 11AM-12PM
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Upcoming



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Together Pangea w/Reckling
FRI., FEB. 28
Doors: 8PM • Show: 8:30PM
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Eventbrite Ticket



Shigeto
FRI., MAR. 6
Doors: 8PM • Show: 8:30PM
FREE for UCSD Students w/Reserved
Eventbrite Ticket



Shopping w/Automatic
THURS., MAR. 12
Doors: 8PM • Show: 8:30PM
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Eventbrite Ticket

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MON 2.17

10pm
MOVE YOUR BODY, TONE YOUR MIND - THE ZONE

Interested in a moving meditation? Join us in learning postures to help reduce stress and anxiety, and improve your mood. This practice will lead you to a sense of peace and general well-being. Dr. Dianna Quach is clinical psychologist and a certified yoga instructor, RYT. All levels are welcomed! Yoga mats are provided!

12pm
BAJA ON HORSEBACK - LA BELLOTA RANCH

Put yourself back in the days of the Old West where the cattle roamed free and there were no fences. We will head southeast of Tecate, to the gated and secured guest ranch in the middle of Guadalupe Valley Grape Country, where you can try your hand as a vaquero (cowboy). After instruction in horseback riding, we will hit the trails. We will be Western style riding through shady oak groves, hidden water pools, quiet secluded valleys and vast mountain ranges throughout the 2800 acre ranch. **Prices (Earlybird by Jan 20th / Regular) Student: \$335/365 Member: \$335/365 Non-Member: \$375/400 **Pre-trip Meeting - 6pm Wed 2/12 @ Outback Rental Shop Contact: mcc030@ucsd.edu

THU 2.20

3pm
BRAZILIAN CARNAVAL - MUIR QUAD

Come and celebrate the famous Brazilian Carnival at Muir! With some traditional cuisine, be ready to have your mouth watered from chicken coxinha, cheese balls, and kibbeh! Refresh yourself with some free Yerba Matte and Acai. For dessert? We wouldn't be complete without some delicious brigadeiros! A Samba Performance will also take place for you to learn or practice your samba moves! Contact: muiroutreach@ucsd.edu

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

If you have been curious about mindfulness, this workshop is a perfect way to explore it. Mindfulness can help you reduce stress, anxiety, and depressive mood. You will engage in various Mindfulness exercises, so you incorporate them into your life. All students are welcome to attend this workshop, no matter your level of experience with mindfulness. Contact: sswetwood@ucsd.edu 858-822-0134

8pm
DEIRDRE BAIR - THE LOFT

National Book Award-winning biographer Deirdre Bair explores her 15 remarkable years in Paris with Samuel Beckett and Simone de Beauvoir, painting intimate new portraits of two literary giants and revealing secrets of the biographical art in her new book, Parisian Lives. In 1971 Bair was a journalist and recently minted PhD who managed to secure access to Nobel Prizewinning author Samuel Beckett. The next seven years of intimate conversations, intercontinental research, and peculiar cat-and-mouse games resulted in Samuel Beckett: A Biography and propelled Bair to her next subject: Simone de Beauvoir.

TUE 2.18

11am
COMMUNICATING LOVE | DOUBLE STAMP - BEAR ROOM, PC WEST LEVEL 2

How do you tell people in your life that you love and appreciate them? Learn about the power of appreciating others. Using Gary Chapman's Five Love Languages, participants will learn about the different styles for giving and receiving love, learn about cultural differences in expressing love and appreciation, identify their own primary love language, and gain insight into the love languages of parents, friends and partners. After taking this workshop you will be better able to show important people in your life that you care in a way that they will understand. Presented by Tiffany OMeara, Manager of Tritons Flourish Initiative and CAPS Counseling Psychologist

12pm
ASIAN AMERICAN COMMUNITY FORUM - CROSS CULTURAL CENTER

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

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

Colleagues, You are invited to quarterly luncheon with VCSA Dr. Alysson Satterlund on 2/18! Join us in this informal setting to learn more about topics identified as important issues to our students. This upcoming luncheon on 2/18 will focus on the transition to Division 1. Please see the attached flyer for more information. Space is limited! To reserve your spot, please RSVP to Kirby Knipp (kknipp@ucsd.edu). Contact: kknipp@ucsd.edu 8588220505

FRI 2.21

12pm
HDH ECONAUTS WASTE AUDIT - MIDDLE EARTH BY CAFE V

Come join the EcoNauts from 12-1pm on Friday, February 21st at Middle Earth (by Cafe Ventanas) for our winter waste audit! Check out what's in your trash and learn how you can divert waste away from the landfill. This is a great chance to have fun and learn about simple ways to be more sustainable. Free snacks, games, and prizes! Contact: ucsdeconauts@gmail.com

6pm
EXPRESS YOURSELF: CELEBRATING BLACKNESS - MIDDLE OF MUIR

For Black History Month, M.O.M. and Black Resource Center will be hosting a night of music and dance as give Black students the opportunity to share songs that define Blackness for them. We can make the space our own as we celebrate each other and the iconic contributions Black artists have made in music and in our lives. The event is February 21st from 6pm-8pm. We are still currently collecting song suggestions so please fill out or google form. Contact: dleonard@ucsd.edu 9515416032

WED 2.19

12pm
PARTNERSHIP SCHOOLS PROGRAM-INFO SESSION - TMC ADMINISTRATION BUILDING, ROOM 132

The TMC/CREATE Partnership School Program is seeking students to volunteer at the two UCSD partnership school sites this spring quarter: The Preuss School UCSD (http://preuss.ucsd.edu/) and Gompers Preparatory Academy (http://gompersprep.org/). Program participants support students in grades 6-12 at high-need charter schools, where educators are utilizing innovative and effective methods of shaping positive outcomes for low-income, first-generation college-bound youth. Contact: vmorales@ucsd.edu 9515183151

12pm
LGBTQIA+ HEALTH DAY - LGBT RESOURCE CENTER LEVEL OF PRICE CENTER WEST

Come learn how to cultivate radical self-care in the LGBTQIA+ community. This event will include campus resources, free HIV testing, a wellness workshop, DIY skincare and more! Contact: bhamlet@health.ucsd.edu 8588220455

2pm
CAPS WELLNESS - THE ZONE

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

SAT 2.22

7am
JOSHUA TREE BACKPACKING TRIP - JOSHUA TREE PARK

Joshua Tree is a hiker's dream and offers a perfect setting for backpacking in the high desert. Amazing rock formations, plants, and wildlife make traveling here like walking on a different planet. Come see the famous Joshua Tree (the inspiration for The Lorax by Dr. Seuss) and enjoy some of the most majestic scenery in Southern California! This is a beginning backpacking trip and we will cover all that you need to know to enjoy backpacking. **Sign up at https://rec.ucsd.edu/Program/GetProgramDetails?courseId=332ea35d-704c-4c52-b797-f3be156fa60e&semesterId=e0e8c3f2-ec43-436e-be5c-ab6a311e8bf6

SUN 2.16

2pm
SIXTH CARES - FOODWORX LOT

Join us in giving back to the San Diego Community and get the opportunity to PIE AN RA! Ah yes, revenge is sweet. Contact: aaa028@ucsd.edu 9516758824

THE GUARDIAN CLASSIFIEDS & MORE



BIKES

Diamondback Viper Chrome BMX Style Bike - I am selling a Diamondback viper bmx style bike. I purchase bike several years ago for my son. he hardly used it, it sat out a bit. I cleaned it up a bit and stored it. Now I need the room to workout. it has a nice cushioned schwinn seat.... ucsdguardian.org/classifieds for more information

Women's XC Mountain Bike - Women's XC Mountain Bike - REI Novara Piedra - 13.5 in Extra Small - Barely Used! For sale is my spouse's Novara Piedra mountain bicycle. She has actually put less than 100 mis on the bike, considering that we primarily did road riding. We are returning east and require to let it go! I.... ucsdguardian.org/classifieds for more information

Motorized Bike - Hello today I'm selling motor bike, these things get 150-180 mis per-gallon they are perfect if you just lost your license or if you aren't old enough to drive, or maybe you just like to cruise along the beach and get a ton of complements these are totally legal, easy to work on and very safe. I can build any motor any color exactly what ucsdguardian.org/classifieds for more information

FULL-TIME JOBS

Certified Electrician - Service technician for electrical on residential and commercial properties. Remove and replace existing devices from ballasts to breakers and lighting to panel boards. Tenant improvements and home upgrades and remodels. Install new raceways from underground to overhead racks and raceways.... ucsdguardian.org/classifieds for more information

Bioinformatics SW Test Automation Engineer - Smedix, Inc. is looking for a software engineer with test automation experience who shows initiative towards improving the quality of software solutions for our clients in the medical devices and life science tools industries. The successful candidate will demonstrate strong technical leadership within a bioinformatics team working in San Diego. Your role will be to work with Bioinformatics SQA (software quality assurance) engineers and members of the bioinformatic.... ucsdguardian.org/classifieds for more information

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CARS

2017 Toyota RAV4 LE - Certified. Black 2017 Toyota RAV4 LE FWD six Gear Automatic 2.5L four Cyl DOUBLE OVERHEAD CAMSHAFT Dual VVT-i Black w/Fabric Seat Trim. Clean CARFAX 1-Owner. Local San Diego Trade In. Recent Arrival! Odometer is 605 mis below market average! 23/30 City/Highway MILES-PER-GALLON Toyota Certified Pre-owned Vehicles Info: * Roadside Assistance * 16.... ucsdguardian.org/classifieds for more information

2019 Mitsubishi Eclipse Cross ES - Black 2019 Mitsubishi Eclipse Cross ES four wheel-drive CVT 1.5L I4 Turbocharged DOUBLE

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2018 Toyota RAV4 XLE - OVERHEAD CAMSHAFT Dual VVT-i AWD, Black w/Fabric Seat Trim. Clean CARFAX 1-Owner. Local San Diego Trade In. Recent Arrival! Odometer is 2383 mis below market average! 22/28 City/Highway MILES-PER-GALLON Awards: * 2018 KBB.com 10 Best SUVs Under \$25,000 * 2018 KBB.com Best Resale Value Awards * 2018 KBB.com 10 Most Awarded Brands Who we are: Winner of Toyota Presidents Award 2010-2015 for Outstanding Sale.... ucsdguardian.org/classifieds for more information

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CROSSWORD PUZZLE

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

- ACROSS**
- Moisten while cooking
 - A few
 - Hearing-impaired
 - More frosty
 - Imitated
 - Frenzy
 - Worn out
 - China's continent
 - Visualized
 - Director Woody _____
 - Solidifies
 - Skin woe
 - Small bay
 - Theater platform
 - Journalist _____ Sawyer
 - Bemoan
 - Aggravate
 - Bullring cry
 - Mass _____ (subways, e.g.)
 - Actor _____ Gibson
 - Produce
 - Gloomy
 - Document
 - Tiny particles
 - Rot
 - Not working
 - Raise
 - Gleamed
 - Sharp pain
 - On top of
 - Admission
 - Plant stalk
 - Yachting
 - Punctuation mark
 - Whetstone
 - Army chow
 - Map feature
- DOWN**
- Small pieces
 - Tooth discomfort
 - King's title
 - Almost grown
 - Historic period
 - Costly fur
 - October's stone
 - Simple
 - Eve's garden
 - Police drama
 - Artist's stand
 - Spry
 - Sumptuous meal
 - Actor _____ Aykroyd
 - In the middle
 - Monogram letter
 - Walk heavily
 - "A _____ of Two Cities"
 - Prayer response
 - Roadside eatery
 - Tax agency (abbr.)
 - Dry
 - Golf hazard
 - Military supplies
 - Athletic group
 - House additions
 - Noshed
 - Typical example
 - New spouse's boy
 - Splash
 - Type of bean
 - Many times
 - Native Peruvians
 - Poor grade
 - Sting
 - Firefighter's need
 - Individuals
 - Intentions
 - Alaskan city
 - Small pest
 - Physics, e.g. (abbr.)

WORD SEARCH

US PRESIDENTS

N	N	E	O	D	A	S	B	O	I	B	T	I	K
T	R	U	R	N	V	D	A	U	M	E	F	N	F
E	J	E	N	H	A	L	A	G	S	R	E	I	D
D	J	E	W	O	R	M	C	M	N	H	N	X	R
D	O	N	N	O	E	E	U	X	S	O	L	O	O
Y	H	E	G	T	H	D	R	R	S	Y	I	N	O
M	N	N	R	A	N	N	M	R	T	D	N	J	S
A	S	H	A	E	D	L	E	O	C	E	C	A	E
D	O	F	N	R	V	F	M	S	L	N	O	C	V
I	N	O	T	R	F	O	O	R	I	N	L	K	E
S	V	R	A	E	O	D	O	F	N	E	N	S	L
O	H	D	J	J	N	S	O	H	T	K	H	O	T
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BUSH
CLINTON
EISENHOWER
JOHNSON
MADISON
JEFFERSON
CARTER
JACKSON
FD ROOSEVELT
ADAMS
FORD
KENNEDY
TEDDY
LINCOLN
REAGAN
HOOVER
GRANT
TRUMAN
NIXON

Tritons Clinch Piece of CCAA Title, Extend Streak to 16 with Senior Night Win

In their 16th-straight win, the No. 4 UC San Diego men's basketball team (24-1, 18-1 CCAA) defeated the California State University, Los Angeles Golden Eagles 80-67 on Saturday, clinching at least a piece of their second-straight California Collegiate Athletic Association conference title. Despite trailing in the opening minutes of the game, the Tritons went on a 20-0 run and never looked back, even as the aggressive CSULA defense made things chippy down the stretch.

As the last home contest of the regular season, Saturday's match was also senior night, and redshirt senior guard Connor Peterson, senior forward Scott Everman, redshirt senior guard and forward Christian Oshita, and redshirt senior center Chris Hansen were honored before the match by teammates, friends, and family. After the tipoff, though, a pair of early Golden Eagle three-pointers had CSULA up 10-4 four minutes in. But Everman responded with 2 straight tough paint layups to regain momentum; on the next possession, redshirt sophomore guard Tyrell Roberts stole the ball, broke down the court, and hit a quick three to give the Tritons the lead, 11-10.

Soon after, with the Triton run at 14-0, CSULA junior guard Michael-Isaiah Ajiboye missed 2 straight free throws, failing to stop the run and further fueling UCSD's momentum. On the next possession, redshirt junior guard Mikey Howell drove down the baseline for an open layup; then, he stole the inbounds pass, backed out to the three-point arc, and found junior forward Marek Sullivan cutting down the lane for an easy layup, the 20th consecutive Triton point. The Tritons kept their foot on the gas for the remainder of the half, ending the period on a 13-3 run, capped off by an Oshita three on an assist from the high post by Roberts. UCSD ended the half up 42-23, having outshot CSULA 65.4 percent to 29.2 percent in the period, and with 16 bench points to the Golden Eagles' none.

"I thought we took care of the ball offensively; if we don't turn it over, we got guys that can put it in the basket," head coach Eric Olen said about the run. "After the first couple possessions, we settled down and did a nice job of making some plays defensively, forcing turnovers, and getting some easy ones in transition. Big runs like that typically come off the defensive end, and I thought

that was the case for them tonight."

The Golden Eagles came out of halftime playing an aggressive full-court press, disturbing the Tritons' momentum — CSULA made two quick three-pointers to open the half, forcing Olen to call an early timeout to reorganize. Throughout the half, the press forced the Tritons into making rushed, long-range passes — but it also allowed them to find space with quick ball movement around a misaligned defense. But Roberts drained a pair of paint jumpers on consecutive possessions, and after a Golden Eagle triple, Sullivan found Oshita at the top of the arc for a three-pointer to go up 17. The Tritons would lead by double digits for the rest of the match, with a pair of threes from junior guard Gabe Hadley and one from Oshita maintaining the lead late. The Tritons dribbled out the final seconds of the clock to clinch the 80-67 win.

"Our guys mostly did a good job. When they disrupt the flow of the game with a style like that, it's always an adjustment — especially when it happens halfway through, as opposed to doing that the whole game. [The Golden Eagles are] in a position where they don't have a lot to

lose," Olen said about how the team dealt with an aggressive defense. "It's not something we've seen a whole lot of this year because our guards are hard to pressure that way, and we shoot pretty well behind it, but when you're behind you can make gambles like that."

Oshita led the Tritons with 19 points and 9 rebounds, with Roberts and Hadley both coming up with 14 points each. The match only featured one lead change — just 5:26 into the first period — after which the Tritons were dominant on both sides of the ball. The win clinches at least a share of UCSD's second straight CCAA title — if both California State Polytechnic University Pomona and California State University, San Bernardino fail to win out, the Tritons will hold the title alone.

After the game, Olen praised the team's seniors. "Those four in particular really set the tone for us ... To win a conference championship with two weeks left in the season is really difficult, and I think it speaks to their consistency and performance."

The night was a special one for the seniors on the squad, as they were presented with framed jerseys and joined their families on the court before and after

the game in celebration of their contributions to the team. "It was a fun experience. It was great to have my whole family out here, it was a lot of fun, and I'm just happy we got the win," Oshita said.

With the momentum of a 16-game win streak at their backs, the Tritons will seek to enter the postseason on a high note, as they face four CCAA opponents on the road before they return to RIMAC Arena for the CCAA conference tournament, beginning on March 3.

As for the team's approach going into the final stretch, Oshita said, "Just one game at a time, not thinking too far ahead in the future. We have goals in mind, but we just want to take each one as it comes."

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SPORTS

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UPCOMING
UCSD
GAMES

Softball	2/21	1PM
W Tennis	2/19	2PM
Baseball	2/21	2PM
W Basketball	2/19	5:30PM
M Basketball	2/19	7:30PM

vs. Stanislaus State
@ UC Irvine
@ Sonoma State
@ CSU East Bay
@ CSU East Bay

Women's Basketball Pushes Streak to 10 Games on Senior Night

The UC San Diego women's basketball team celebrated their Senior Night by extending their ten-game winning streak against their California Collegiate Athletic Association rival the California State University, Los Angeles Golden Eagles, taking the visitors down 82-72 in a game that was much closer than the final box score on Saturday, Feb. 15.

Senior guards Stephanie Moore and Sydney Sharp were honored for their four years at UCSD before the game. The team's coaching staff presented the two soon-to-be graduates and their families with framed jerseys as the crowd gave them a rousing ovation.

"It was surreal having my family here," Moore said after the game. "They live pretty far away so it was definitely special [for them to be here]."

But despite the early energy, CSULA got up to an early lead, closing out the first quarter up 24-20. The Golden Eagles defense played tight man defense inside the arc, but played loose on the perimeter, allowing the Tritons to shoot from the three-point line. UCSD was not able to capitalize though, going 4-10 from outside the arc early on. On the other side, Golden Eagles' offense played very aggressively, pushing the ball into the paint, rarely attempting threes.

In the second quarter, the Tritons started to turn the game around. The key to their comeback was the team's leading scorer: sophomore guard Julia Macabuhay. Midway through the second quarter, Macabuhay scored the Tritons first points of the second quarter on a four-point play, hitting the three-pointer, taking a foul, and making the free throw. She followed that up with two more jumpers, taking UCSD into halftime with a 39-34 lead.

By the second half, Macabuhay was unstoppable inside the key,



PHOTO COURTESY OF UCSD ATHLETICS

driving up the left and right seams to attack the rim. The team's top scorer was aided by fellow sophomore guards Sydney Brown and Brianna Claros. After reclaiming the lead in the second quarter, the Tritons would never give it up. A late-game layup by Macabuhay would bring UCSD's lead up to 75-70, just enough to put the game away.

Macabuhay had a phenomenal night. She led the team with 30 points, including two three-pointers, to go along with 6 rebounds, and 2 steals in the win.

Despite it not technically being the team's final home game of the season — the Tritons will host at least one playoff game at RIMAC Arena — the significance of their Senior Day still played a role.

"It was definitely different in the locker room ... more emotional than normal," Sharp said.

As their tenure playing for UCSD comes to a close, both seniors wanted to take advantage of their last games as Tritons. Moore was a bit nostalgic as she thought about the end of her playing career. "In the games, even leading up to this, we're playing that last time at Chico, the last time at Humboldt ... It's do or die."

Sharp echoed that sentiment saying, "[We are not taking] any game for granted. We are coming down to the end of it so it's about playing your hardest every game and giving it all you got."

Both seniors did seem to give their all in this game. Sharp had 7 points, 6 rebounds, and 4

assists. Moore, though she fouled out midway through the fourth quarter, also had a good night, especially on defense, racking up 7 points, 7 rebounds, 2 assists, and 2 steals.

When asked about their favorite memories at RIMAC, both responded with the same thing: half-court shots before games. While Moore has made a couple so far, Sharp admitted she has yet to make a half-court shot since her sophomore year. But, luckily for Sharp, the Tritons have a few more games left in the regular season and possibly more depending on how deep they get into the playoffs.

Next week, the Tritons head off to Northern California to play California State University,

East Bay on Thursday, Feb. 20 and California State University, Monterey on Saturday, Feb. 22. UCSD holds onto the top rank in the conference and if they win out next week, they will put themselves into prime position to contend for the No. 1 seed in the CCAA tournament. However, the Tritons have to play their best ball coming down the stretch because No. 2 ranked California State University, San Marcos is only one loss behind them. Tipoff against CSUEB and CSUMB are at 5:30 p.m. and 1:00 p.m., respectively.

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TRITON TIMEOUT

With Jack Dorfman,
Sports Editor

Not all sports are
marketed equally,
but they could be

The money in sports today is incredible. Professional athletes are some of the wealthiest people in the world and their cultural impacts are increasingly extending beyond the field of play. As salaries across all major sports continue to balloon, so too has the widespread celebrity of the athletes that make these games so popular even beyond their respective sports.

But even if all of the major sports are seemingly in the best economic periods of their histories, not all of these leagues have done an equal job of marketing their biggest stars. Nowhere is this more clear than in Major League Baseball.

While National Basketball Association and National Football League stars are starring in movies, venturing out into music careers, and publicly taking on societal issues while hanging out with mega-celebrities from the other branches of the entertainment world, the best players from MLB are far less visible on social media and really on any form of media.

Despite having similarly impressive physical abilities, athletes who choose baseball over other sports seemingly

have a lower chance of broadly marketable fame, despite having arguably the best contracts in terms of guaranteed money and the longest season in the widest range of cities.

While this problem certainly has been around for more than just a few seasons, MLB players are becoming more vocal, especially this offseason, during which baseball players have become more of a national center of attention thanks to the Houston Astros cheating scandal.

Chief among the dissenters of the cheating scandal has been Trevor Bauer, a starting pitcher for the Cincinnati Reds who single-handedly has been the best in the bigs at promoting himself and extending his celebrity status into his own business. The MLB social media pages don't work to promote the genius behind his actions, his skills, or the fiery passion for winning he possesses nearly as well as he does himself. And in my estimation, that really sets baseball apart from the other major sports, even at lower levels.

While Bauer, an All-Star caliber talent with a quirky personality, is not well-marketed, basketball

and football players at the high school and collegiate levels have larger follower bases on social media. Bauer, a vocal players' rights advocate, argues that some of these disparities in marketing success are a direct result of MLB's own rules. While basketball players and football players are able to market themselves through whacky cleats and working out with celebrities, some of that ability is lost in baseball. MLB limits players to only three colors of cleats, except during the Players Weekend when all bets are off in terms of on-field fashion.

If MLB wants to attract fans, Bauer also feels that it needs to be more liberal in its videos, which can easily be found online or on social media, to show the impressive exploits of the players. In basketball and football, even at the lower levels, up-close and personal camera angles have helped make people feel like they are more a part of the highlights, especially when they are absolutely inundated with videos all over social media by major accounts like Bleacher Report.

The same sort of disparity exists in collegiate sports as well.

Certain schools that have built a historically strong brand name receive a disproportionate amount of the coverage, and while some of that is deserving, I'd argue that at least some schools can make a bigger push to help promote their athletics.

At UC San Diego, students who live on campus get sports channels included in their Spectrum cable package, allowing them to watch San Diego State University Aztecs and professional San Diego sports without any additional cost. But the streams for many UCSD events not done through ESPN3 are not free for students, meaning that students who want a chance to watch their own school have a tougher time doing so.

I think that if these sorts of streams are made free and if students are given even more content to sift through, there could be a larger sports presence on campus at UCSD, and that's a lesson that MLB could serve to listen to as well.

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