

Class of 2023, Welcome to Paradise

Hannah Jackson
Editor in Chief

To the freshman class of 2023 and to the transfer class of 2021, let me be one of the many people to welcome you to UC Santa Barbara! You are now among the 25,000 or so who are lucky enough to call UCSB and Isla Vista home.

UCSB has become a paradise to me, and as I return from my final summer before the dreaded post-grad limbo, I've found myself reflecting upon how fortunate I am to live in such an idyllic place and to attend such a renowned university – as cheesy as that may sound.

That being said, new beginnings are never easy. There are many lessons to be learned to allow this place to become the paradise it truly is. Instead of writing a generic welcome letter, telling you all the things you already know, I want to take this time to give you some practical advice – some serious, some less so – that I wish someone would have told me when I first came to UCSB:

You don't need unlimited meal swipes. You really only need 14, I promise.

The "freshman 15" is real! Be realistic with portion sizes, and remember, just because it's on your plate doesn't mean you have to eat it. However, make sure you're eating well, and try to make healthy choices. Also keep in mind that eating salad for every meal doesn't mean you're getting the nutrients you need.

Being away from home can be liberating, but it can also bring challenges. It is okay to feel homesick, even if your friends aren't. Some adjustment periods take longer than others. Also, remember to do your laundry (yes, even your fitted sheet).

Surround yourself with people who are kind, empathetic and supportive. Stress is incredibly common; things beyond our control happen. Make sure to take care of yourself mentally just as much as you do physically. Reach out to people if you're struggling, whether that means friends, your resident

assistant, professors, teaching assistants or counselors at Counseling & Psychological Services.

You may be young, but you are not invincible. Be smart about how hard you decide to party, if you do. Just because you can shotgun a Four Loko in five seconds does not mean you should.

Never, ever, ever sit on the curb.

Write down your roommate's and your resident assistant's phone numbers. Phones can die or get lost and it's so important to be able to contact someone trustworthy.

Everything you need when going out at night can fit in your pockets. Do not bring a bag.

While UCSB students may play hard, it is undeniable that they work hard too. Partying can be really fun, but don't forget about the real reason you're here. Inversely, don't do back-to-back all-nighters at the library. Give yourself a break and remember to have fun. It's all about striking a balance.

Do something with your free time! It can feel very difficult to acclimate to a new community and it's very easy to feel isolated, especially if you live off-campus. Don't be afraid to try something new, too. I went to my first Nexus meeting on a whim and wound up forging incredible lifelong friendships.

These are just a few nuggets of my fourth-year wisdom. A lot of them are easier said than done, but focus on a few and you will soon find yourself fully embraced by the paradise that is UCSB.



Have questions about UCSB, Isla Vista or what it's like to work at the Daily Nexus?

We'll be on [reddit.com/r/UCSantaBarbara/](https://www.reddit.com/r/UCSantaBarbara/) doing a Q&A from August 27-30 answering your questions!

Want to reach us sooner?
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"If God made me 6'3, I wouldn't be here right now."

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WEATHER

The Weatherhuman is NOT excited to even THINK about school. Hir doesn't even know when the first day is, or if ze filled out zir PAFSA.

Tomorrow's Forecast: Ze's parents refinancing their mortgage to pay tuition.

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Summer 2019

Dear Gauchos:

Welcome! We look forward to having you join our UC Santa Barbara community for what we hope will be an excellent year! At this time of transition, it is important to share our campus values with you. We hope that you will adopt these values, and that your membership in our community will continue to contribute to a productive, healthy, and safe campus.

UCSB values respectful interpersonal interactions. This is more than a value; it is an expectation. There is no tolerance for sexual violence or assault of any kind, including sexual activity without fully informed and conscious consent, dating or domestic violence, or stalking. These actions, whether committed on or off campus, are violations of [UC policy](#), campus regulations, and the law. We are committed to providing education to help prevent sexual violence, as well as resources that support survivors and encourage reporting. Ending sexual violence is a goal we must all work towards by confronting actions and attitudes that perpetuate such behavior.

UCSB also values healthy and respectful dialogue. We value civility, dignity, and differences of opinion that ultimately help all of us to learn and grow. We value listening, courtesy, and open-mindedness. We value freedom of expression, and will respect academic and personal freedoms. You may find, however, that there are times when your free expression (either verbal or online) offends or causes discomfort in others, just as there may be times when you become offended or uncomfortable after listening to the speech of another. It is in these times that we hope you will reflect on our campus values, take a moment to listen, and express your views thoughtfully and empathetically. It may help you to review our Principles of Community, which can be found [online](#). This is our campus culture. Gauchos express their views in ways that maintain the dignity of every community member.

Promoting free expression on our campus aligns with our support for academic freedom; it nurtures innovative thinking and the creation of new knowledge. However, free speech is not unconditional. Speech in which a direct threat is made, or that harasses a particular individual is not protected speech and is a violation of our campus policies. ("Harassment" is defined in the [Student Conduct Code, section 102.09](#)) Such harassing speech could jeopardize your status as a student. UCSB also has time, place, and manner regulations that ensure that free expression does not disrupt classes or the orderly operation of the campus.

Like our greater society, UCSB is not immune to acts of intolerance, sexual violence, or other misconduct. Please report such behavior and seek assistance from the following resources if you are the victim of or become aware of such an incident:

- **CARE Advocate Office for Sexual and Gender-Based Violence or Misconduct**, (confidential resources and information on reporting options for sexual violence, sexual assault, abusive relationships, and stalking), Student Resource Building, 805-893-4613 (24-hour advocacy line) or <http://wgse.sa.ucsb.edu/CARE> or <http://sexualviolence.ucsb.edu>
- **Title IX/Sexual Harassment Policy Compliance Office** to officially report incidents of sexual violence, sexual harassment, dating or domestic violence, or stalking to the University, 805-893-2701 or <https://oeosh.ucsb.edu>
- **Counseling and Psychological Services (CAPS) and 24/7 Counseling**, 805-893-4411 or <http://counseling.sa.ucsb.edu>
- **UC System-wide Intolerance Hate/Bias Report Form**, to report a hate or bias incident: https://ucsystems.ethicspointvp.com/custom/ucs_ccc/default.asp
- **UCSB Police Department**, 805-893-3446 or www.police.ucsb.edu (911 in an emergency) and Isla Vista Foot Patrol, 805-681-4179 (911 in an emergency)
- **Lesbian, Gay, Bisexual, and Transgender Resources and the Resource Center for Sexual and Gender Diversity**, 805-893-5847 or <http://wgse.sa.ucsb.edu/RCSGD/home>

Additional resources for addressing campus climate issues are available from the Office of Student Life, Educational Opportunity Program, MultiCultural Center, Dream Scholars Resource Team, and the Veteran's Resource Center (contact information available at www.sa.ucsb.edu). Each department listed offers student involvement opportunities. We hope you will lead the way in making sure our campus is a safe and welcoming place for all.

Sincerely,

Margaret Klawunn

Margaret Klawunn
 Vice Chancellor for Student Affairs

Katya Armistead

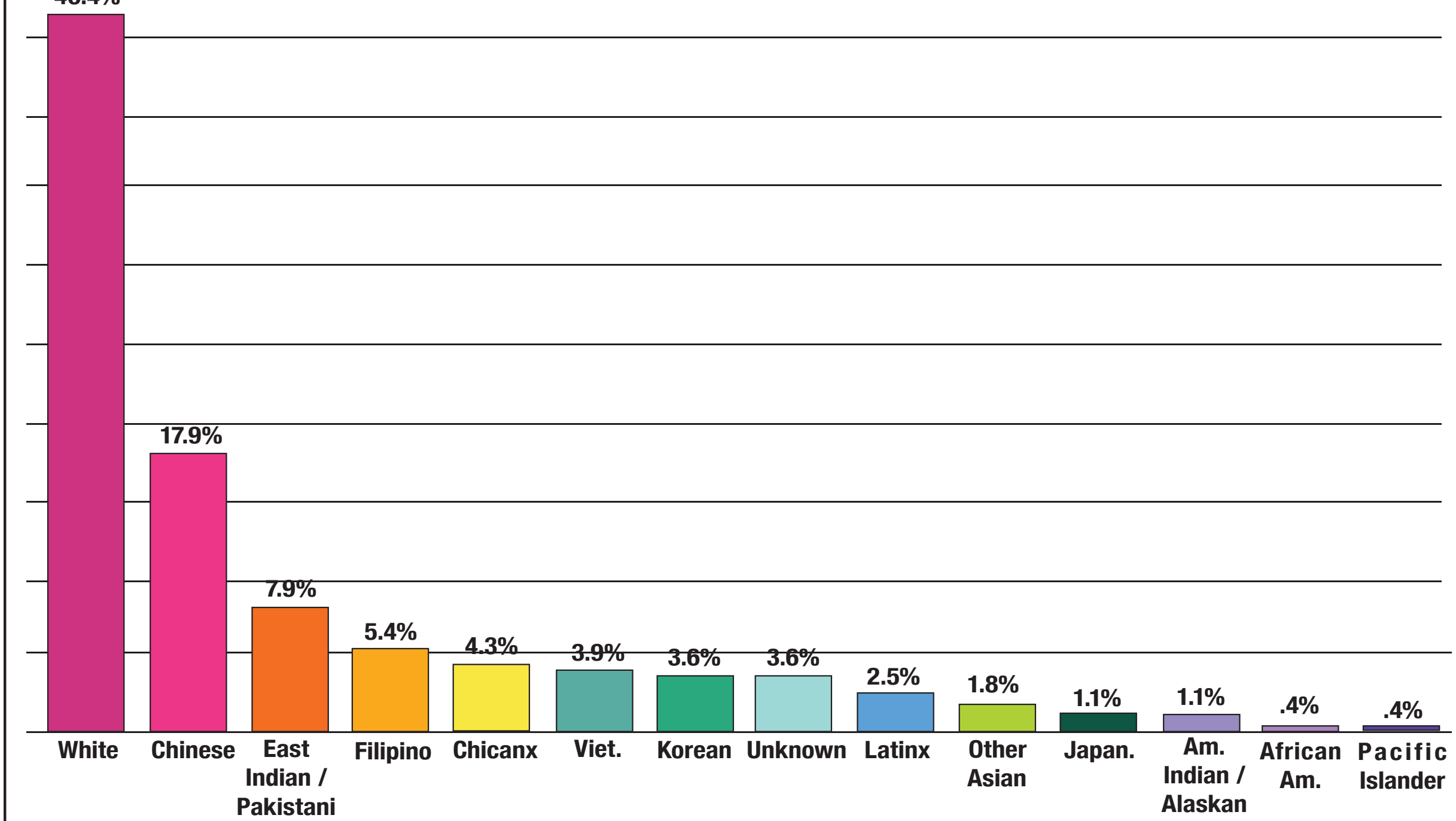
Katya Armistead
 Assistant Vice Chancellor/Dean of Student Life

A Look Into Diversity in UCSB's Honors Program

Almost half of the 1,713 students in the 2018-2019 honors program identify as white, despite white students making up only about 30% of the total student body. And for the new honors students enrolled for Fall 2019, diversity statistics aren't improving.

Ethnicity Percentage of Fall 2019 Incoming Freshman Eligible for the Honors Program

Data current as of May 2019. Data and categories used in graph were provided by the UC Santa Barbara Office of Budget and Planning.



Sofia Mejias-Pascoe
Asst. News Editor

Veronica Eseka is a self-described workaholic. In the 2018-2019 school year, besides her course load as a second-year student at UC Santa Barbara, she was a resident assistant in Manzanita Village, a Michael D. Young intern, the Director of Student Affairs and Outreach for the Coalition for a Better UC, a member of the Black Student Union and a mentor for the Honors Program.

Ask her what her weeks were like and she would tell you simply: "Busy."

In many ways, Eseka's long list of commitments and desire to be involved on campus represent the hardworking, driven individual many people picture when they think of an honors student. But ask Eseka herself if she feels the Honors Program is for her and she will tell you: "Absolutely not."

Eseka, a sociology major with an applied psychology minor, came into the Honors Program as a freshman at UCSB. But now, at the end of her second year, she does not believe that the program was made for people like her.

"It's the truth that when you think of honors, you think of really, really smart, and who is usually seen as really smart? It's not necessarily, 'oh, the Black girl.' It's [the] white man," Eseka said in an interview with the Nexus.

Her experience with the Honors Program underscores an issue that has loomed over the department's staff for years – the program's demographic fails to reflect the diversity of students that exists in UCSB's student body as a whole.

In the 2018-2019 school year, UCSB boasted one of the most diverse student bodies of any college in the nation, snagging 14th place in "Best Ethnic Diversity" among public national universities by US News & World, as advertised by the university at the time. But the Honors Program told a different story.

Almost half of the 1,713 students in the honors program in 2018-2019 school year identified as white or Caucasian, despite white or Caucasian students making up only about 30% of the total student body.

Chicax/Latinx and Black/African American populations in the Honors Program represented less than half of their respective proportions in the student body, according to numbers from UCSB's Office of Budget & Planning in the 2018-2019 school year. Chicax/Latinx students made up about 12% of the Honors Program compared to 29% of the student body; Black/African American students made up about two percent of the Honors Program compared to five percent of the student body.

As one of nearly 40 Black students in the program, Eseka doesn't always see diversity at program activities, such as honor seminars, and she said the university could be doing more to support people of color.

"The chance of me being the only Black person in that class is really high and sometimes maybe as an honors [student], you might get second looks, like 'Are you in the right place?' and you have to be like 'Yeah, I am,'" Eseka said.

To Eseka, feeling comfortable in the Honors Program is key to recruiting and retaining people of color.

"Diversity is really necessary to encourage more

people to come to the program and then to stay in the program, so you don't feel lonely or feel left out or singled out."

And of the new honors students enrolling for the 2019-2020 school year, diversity statistics aren't improving.

In the incoming group of freshmen – the class of 2023 – invited to join the Honors Program, almost half of the students are white. Chicax, Latinx and African American students collectively make up less than 10% of the honors-eligible students.

Jeffrey Stoppie, associate vice chancellor for undergraduate education, is one person in the honors department who has kept the issue of diversity on his radar. When he first started to look more closely at the honors department about three years ago, Stoppie noted several concerns with the way the program had been functioning, particularly with how the program included and supported diverse student populations at UCSB.

"There was a high rate of attrition, of students not staying in the program. There was also a concern that the program didn't represent the diversity of UCSB [because] it was not particularly diverse," Stoppie said.

But three years since Stoppie's arrival, the diversity of students in the program still lags behind the diversity of the campus as a whole. Stoppie said his office has worked in several ways to modify the program to support students of color.

One of those efforts is the collaborative Q&A panel discussion put on in May 2019 by Educational Opportunity Program (EOP) and the honors department. Over one hundred first-year students

who were on track to meet the honors requirements were invited to attend the information panel to hear from current EOP honors students.

Stoppie said the panel, which he started in 2017, has been effective in recruiting more diverse students to the program.

Eseka spoke alongside Stella Delgado, a UCSB second-year history of public policy and anthropology double major, as panelists during the event. The two discussed EOP students' concerns about the "intimidation" factor of the Honors Program. Some students felt the "elitist" reputation of the Honors Program was something that gave them reservations about applying, Delgado said.

For Delgado, the program's lack of diversity points to "the different challenges students of color face on campus and the different challenges students from lower-income communities also face."

"As a student of color and a low-income student, I've had to maintain having a job for most of my time at UCSB, which has taken away from academics," Delgado said.

Students can enter the program in two ways: by being invited into the Honors Program when admitted to the university or by applying to the program the summer after their freshman year.

Rising sophomores are required to adhere to a 3.5 GPA and 36 letter-graded units requirement to enter the program, Stoppie said. Students can apply for the program in July and are admitted so long as they meet the GPA and unit requirements.

Stoppie said GPA is a "crude" metric and that he "would prefer to do something different." But for now, due to "limited resources," the honors department cannot incorporate more criteria for

DIVERSITY p.7

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8:30 am	11:15 am	2:00 pm	4:30 pm
10:00 am	12:45 pm	3:30 pm	6:15 pm
12:00 pm	2:45 pm	5:30 pm	8:15 pm
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Orientation for Spanish-Speaking Parents of Incoming Students Celebrates Inaugural Summer

For the first time, this summer's batch of orientation programs presented nearly all of the workshops in both English and Spanish.



IDA KAZERANI / DAILY NEXUS

Every summer, parents of future Gauchos are invited to attend orientation programs that help them learn more about UC Santa Barbara and the experience the school offer its students.

Madeline Thompson
Reporter

Every summer, parents of future Gauchos are invited to attend orientation programs that help them learn more about UC Santa Barbara and the

experience the school offers its students – but for parents who could not speak English or preferred to speak in another language, options in previous years were limited.

But for the first time, this summer's batch of orientation programs presented nearly all of the workshops in both English and Spanish. According to Stephany Romero, assistant director of UCSB Orientation Programs & Parent Services, the change came about after she recognized the demand for the full program in Spanish and got to work recruiting department representatives for Spanish workshops.

Romero assembled the Orientation for Spanish-Speaking Parents Committee with colleagues from various departments, such as the Educational Opportunity Program (EOP) and the College of Letters and Science, and began the task of translating.

"We were able to translate a lot of the material that is already in our English orientation into Spanish and quickly find presenters from those offices to do those presentations," she said.

The quick turnaround necessary for the program, along with the task of translating, did not give the Orientation Programs office the opportunity for as much outreach to parents and students as they had hoped, Romero said.

However, she believes the program was still a great success this summer.

"Considering we didn't advertise a lot, we got a pretty good turnout," she said.

In fact, orientation staffers like Parent Liaison Melissa Medina were able to reach out to Spanish-speaking parents on the first day of orientation sessions to let them know of the new program.

"A lot of those parents actually didn't know there was a Spanish parent orientation program and would come hoping they would just be able

to understand something off of the English one," Medina said.

"They were so relieved when we approached them and let them know."

Medina, a fourth-year sociology and comparative literature double major, enjoyed working directly with the Spanish-speaking parents for most of the two-day sessions, as she could personally relate to their questions and concerns for their new students.

"As a [first-generation student] from immigrant parents, I was able to give them my experiences of what it's like being a student in the university," she said. "I think that really helped them feel more comfortable with their students coming."

One of the goals of parent orientation is to encourage students and parents to create an open line of communication about academics, Medina said. Giving Spanish-speaking parents this same opportunity is equally as important, she added.

"I would give parents genuine stories of things I wish I would've been able to speak more to my parents about," Medina said.

The transition to college can be especially hard for first-generation students and their parents if they have no experience with universities, Medina emphasized. She said something as simple as giving Spanish-speaking parents a translated list of campus resources helps them feel more comfortable about the university their children are attending.

"What a lot of us don't realize is the university is such a foreign space for people who haven't experienced it, and it can seem very intimidating... I know now that if these parents have information, they're able to support their students and be here for them, provide them with resources and answers and let them know they belong here."

The importance of the program is personal for Romero as well, who, as a first-generation alumna

of UCSB, has a background similar to those of the students she helps with the Spanish parent orientations.

"I came to this school, and I was also [first-generation]," she said. "And I know that if my mom had known some of the information that we have provided to our parents now, my experience here would have been 100% different because I would have had the proper support."

Romero said this program will allow Spanish-speaking parents to support their students in ways that other parents have already had the opportunity to; parents now have knowledge of campus resources to be able to answer questions that students might have regarding academics because they had the opportunity to communicate with department representatives directly at orientation.

"For me, it's a major deal they get the same information the other parents are getting so that they're as well informed," she said.

Medina said she and her co-workers also received a lot of support from staff of the English-speaking program, who along with other UCSB staff were excited to see the Spanish events taking place and "would always hang around or peep into the presentation[s]."

With the translated material established and ready to go for future summers, the program aims to expand advertising efforts and add more department presentations to its schedule and possibly even work with the other UC campuses and their orientation programs, according to Romero.

"Any time I see a parent, I envision my mom and the happiness she would get to not only be given information, but to be seen as a normal human being, not just some foreign person," Romero said.

"They are present, they also need help and they are also parents trying to support their child."



IDA KAZERANI / DAILY NEXUS

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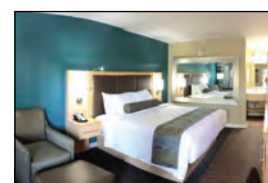
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UCSB Admission Rate Declines to 29.7 Percent

Madeline Thompson
Reporter

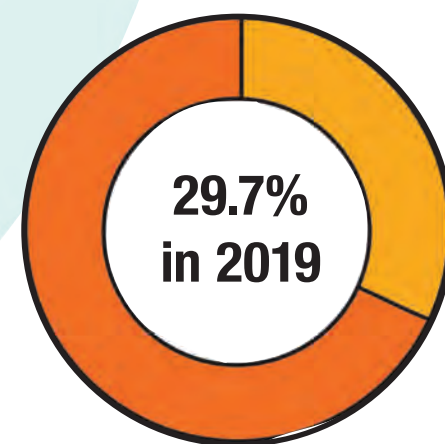
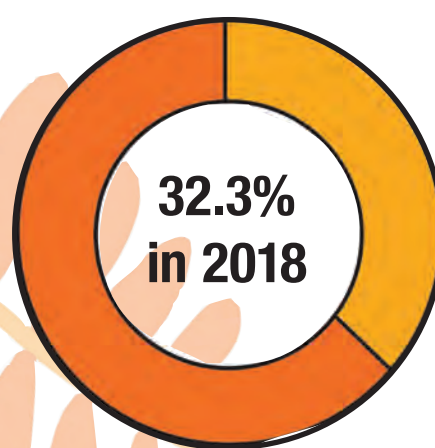
The University of California system admitted an all-time record number of freshmen and transfer students for the 2019-2020 academic year, while UC Santa Barbara saw a slight decline in the number of admissions, bringing the admit rate to 29.7%.

27,719 students were offered admission out of the 93,423 freshman applications

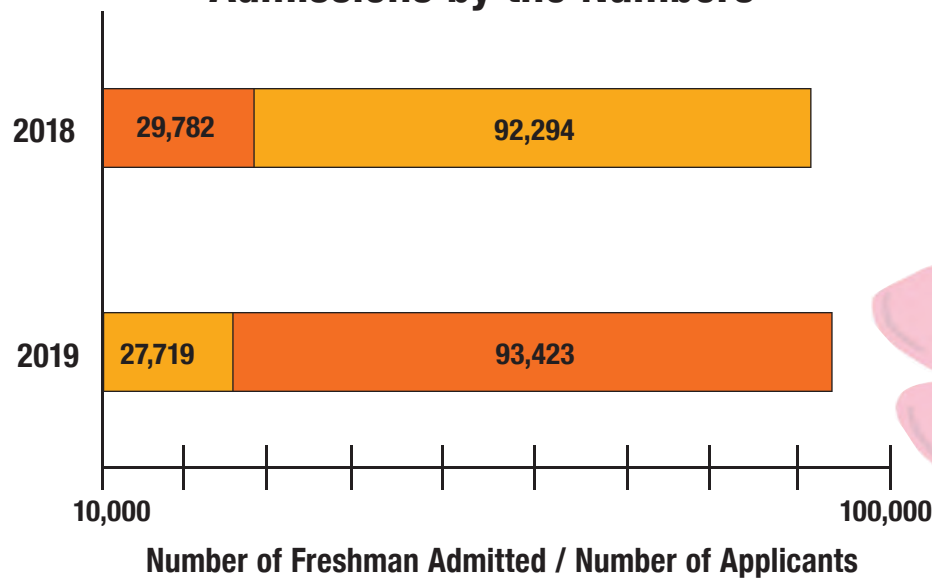
for the fall of 2019, compared to the 29,782 accepted out of 92,294 applications last year for fall of 2018.

Out of a pool of 176,695 applicants, 108,178 students were admitted as incoming freshmen across the nine UC campuses – the highest number in the system's history and a change that comes as the system prepares to enroll an additional 2,500 Californian undergraduates for 2019-2020 across its campuses.

Percentage of Applicants Admitted



Admissions by the Numbers



The number of in-state applications in this year's pool decreased slightly for the first time in several years, the Nexus reported in February.

"The best and the brightest young minds continue to make UC their university of choice," UC President Janet Napolitano said in a press release. "I am pleased to welcome all of these remarkable students this year."

The UC system overall offered admission to 28,752 transfer students in 2019, virtually identical to the 28,755 students admitted last year. The admissions rate for transfer students from California Community Colleges remained at 76%.

UCSB saw a decline in the number of transfer students offered admission, from 10,139 in 2018 to 9,457 in 2019.

In state Admissions
decreased

40%

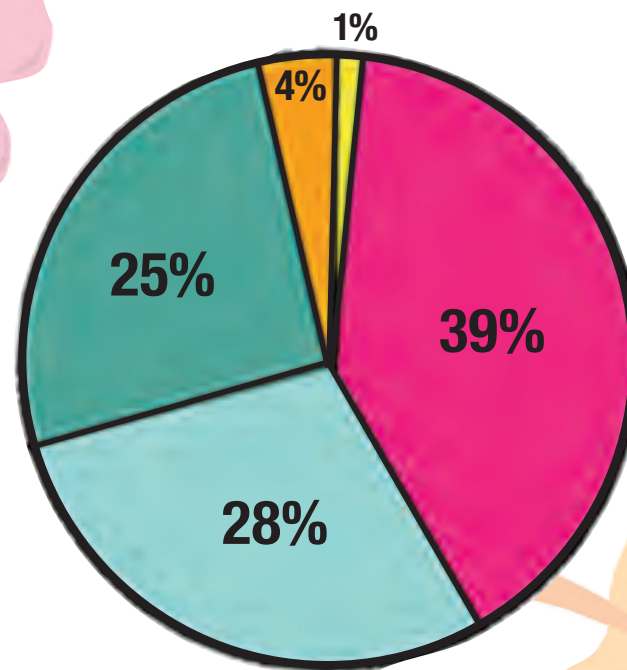
First-Generation Students in 2019

Approximately 40% of UCSB's in-state admissions in 2019 are first-generation college students, down 1% from last year.

There was also a 1% decrease in the number of total admitted freshmen and transfer students who are considered low-income, at 39% of in-state admissions this year. Approximately 35% of admitted freshmen are low-income,

compared to 50% of admitted transfer students.

According to the UC Office of the President, this data is subject to change as admits off the waitlist and conditional offers are processed in the coming months. The office will release the final enrollment data for all campuses in December 2019.



- Asian-American
- Latinx
- Caucasian
- African American
- Native American

Asian American students remain the largest group of admitted in-state freshmen at UCSB, making up 39% of the 2019 pool, an increase of 1% from last year. This is accompanied by a 2% increase in the number of admitted Latinx students, who make up 28%. Both groups of admits have slowly been growing in numbers since 2017.

Additionally, white students made up 25% of this year's admitted in-state freshmen at UCSB, down from 26% last year, while the percentage of African American and Native American students admitted remained the same at 4% and 1% respectively.

UCSB Artist Spreads Love of Art and Denim with Back Pocket Murals

Painting on denim is an easy way to share art, I.V. artist Olivia Macias emphasizes. Macias first took up painting when she was 16.

Kailyn Kausen
Reporter

Olivia "Livi" Macias, a third-year UC Santa Barbara student, first delved into painting when she was 16 years old and backpacking through Peru, Argentina and Chile with her uncle. During the trip, her uncle painted dreamy, western images of people, horses, birds and flowers with watercolors and taught Macias about eyes and emotion as well as depth and light, she said.

When he passed away due to cancer later that same year, Macias picked up watercolors and hasn't looked back since.

Now 20 years old and an English major, Macias has shifted from watercoloring just for herself to sharing her art with others. As a student, Macias said she believes that art is commodified and generally something people cannot enjoy unless they have funds to pay for expensive art.

"Just look at romance painters," Macias said. "They were always court painters. They did portraits for royalty. They did marble statues, they painted churches, so [art] has always been a commission-based thing and it has always been commissioned by higher classes."

This realization led Macias to research ways to share her art with the "broke college kids" around her.

In an effort to make her art more accessible, Macias puts her art on stickers, with sizes to fit Hydroflasks and lighters, and she creates poetry and art for Um... Magazine, an online student-run publication.

Macias has fallen in love with the I.V. art community and is an artist who believes even college students should be able to appreciate art.

"I think that is what I really like about I.V. art movements. It is so inclusive," said Macias. She found UCSB to be elitist when it comes

to art projects, only allowing incredibly skilled artists to produce art around campus, yet I.V. is welcoming to all skill levels.

Now, in her free time, Macias has taken up denim painting commissions – an unconventional art form not often seen in I.V. She charges between \$20 and \$35 for the art,

depending on whether the buyer provides their own denim.

"I like painting denim, not only because it is an easy way to get my art affordably out there, but also I feel like it makes my art mobile," Macias explained.

A friend moving to Germany in July could not take acrylic paints with her onto the plane, so she gifted them to Macias a couple months before she left. Without a canvas and disliking the look of acrylics on paper, Macias painted on denim for the first time in the spring, adding flowers to her mother's jacket.

"[The denim jacket] was the coolest thing and it didn't have any marks on it or anything. I had it all throughout high school," Macias said.

She noted that painting on denim is surprisingly difficult in contrast to her familiar watercolors, which she considers to be the most forgiving medium due to water always being able to change the image.

But with denim's rough surface, the paint needs to be combined with a mixing medium and sealed with heat to make it last through a wash, and many layers of paint are needed to produce a bright color. Macias also found that her line work needs to be more precise with acrylics than with watercolors.

Macias noticed that people were afraid to alter their own clothing but still wanted to have personalized art, which Macias said is why she chooses to create commission-based denim rather than selling original denim creations.

"People don't feel like they have the time or the energy or skill to create something but that doesn't mean they can't. They just need other ways to get there and that doesn't mean they shouldn't reap the benefits of their own creative mind."

"Every girl has a pair of high-waisted jeans in their drawer," Macias said. "Some of them are booty shorts, some of them are cut-off, but they all have some pair of high-waisted denim shorts somewhere and it's just like, 'Why don't you paint the back pocket?'"

She often encourages people to paint with her if they want to try it out.

"If you feel like you could do that or you want to do that, then sit here and try it with me at least, and if we

mess up, Livi can try to fix your shorts," said Macias.

As with Vincent van Gogh's famous paintings "Starry Night" and "Café Terrace at Night," Macias finds emotion to be an important part of art.

"His most beautiful works were actually made when he was in recovery," Macias explained. She added that she is troubled by society's romanticization of mental illness and creation and finds many believe Van Gogh and other celebrated creators would not have been as gifted or talented without their mental illnesses.

"He portrays entire emotions of happiness and hope in those just by the use of color," she said.

Her inspiration comes from whatever she is feeling at the moment with the paper she has on hand.

Macias' previous art pieces range across many emotions, from darker works about drug use and overdose to cuter, summer works with bright yellows and golds. She keeps various notebooks with each featuring a different theme, often with as many as twenty notebooks partially filled.

"Art is expression...and that's what I really want to portray in what I do."



A Look Inside the History of “The Most Unique Local Government in California”

As it approaches nearly three years since that November 2016 election and just over a year since the I.V. CSD gained permanent funding, three of the district’s directors sat down with the Nexus to discuss what comes next.

Sanya Kamidi
Asst. News Editor
Evelyn Spence
Lead News Editor

Isla Vista – a square mile of land dually known for its activism and its dangers, a community neither Goleta or Santa Barbara will claim as its own – has been fighting for a form of self-governance for decades.

But it wasn’t until Election Day 2016 that those efforts came to fruition. Isla Vistans voted into existence the Isla Vista Community Service District (I.V. CSD). Its seven-member Board of Directors would, over the next few years, would give the community its first official representation in the larger county government sphere.

As it approaches nearly three years since the November election and just over a year since the district gained a permanent funding source, the district has begun to land on its feet following a rocky first few years.

“We were just reflecting the other day about how it was three years ago when law enforcement came in and said ‘We need to do a new noise ordinance for Isla Vista,’ and now today they’re doing sort of the reverse of that and saying ‘We’re gonna do a restorative justice program for people who have noise tickets,’” Board President Spencer Brandt said. “And so that’s sort of indicative of the culture change that I’ve always wanted to bring.”

But when the district first formed, there was no framework for what Ethan Bertrand, former board president and current director, referred to as “probably the most unique local government in California.”

“We were just so excited to hit the ground running,” Bertrand said. “But before we did that, there was so much administrative work to do.”

The first few meetings were spent figuring out the logistics of how a local government could exist without any funding; they also received feedback from community members on what Isla Vistans wanted to see from the district.

THE I.V. CSD IN ITS FIRST DAYS:

While the I.V. CSD was voted into existence in November 2016, it wasn’t until March 2017 that the board actually held its first meeting.

And right from the get go, the public came to the district. The board’s first meeting saw the I.V. community room filled nearly to capacity and lasted nearly six hours.

“At that first meeting, I really remember the feeling of the weight of 50 years of activism on our shoulders,” Bertrand said. “People had fought for this for so long, and there had been so many efforts and so much love for this community that went into this long-term movement to create a local government.”

The inaugural board was composed of seven members: Bertrand, Vice President Natalie Jordan, Secretary Brandt and Directors Jay Freeman, Robert Geis, Father Jon Hedges and George Thurlow.

Of the board’s seven members, five are elected. The other two seats are appointed by UCSB and Santa Barbara County to represent their respective interests.

When the district first formed, Bertrand was a student at Santa Barbara City College, while Brandt ‘19 and Jordan ‘18 were students at UCSB. Two long-term I.V. residents, entrepreneur Jay Freeman

’03 and local reverend Father Jon Hedges, also won elected seats.

Geis, a retired county official, and Thurlow ‘73, a university administrator, hold the appointed positions. Both are long-term Santa Barbara residents.

Bertrand and Brandt both said the different generations represented on the board, specifically the “diversity of viewpoints,” formed a more cohesive board, with Brandt pointing specifically to Geis’ years of previous experience in local government as an advantage the board would not have had otherwise.

“One of the big disadvantages of being young in local government spaces, which are predominantly older and whiter and more traditional, is that you don’t really have the context for a lot of things and why certain things are set up the way that they are and how to best go about things to achieve the outcome that you want,” Brandt said.

Jonathan Abboud ‘14, former Associated Students president and SBCC Board Trustee, took over as the district’s interim general manager in October 2017 and as the permanent general manager in December 2018. The position of interim general manager was created to account for the district’s unexpectedly small budget.

Brandt succeeded Bertrand as president in December; Jordan has since left and was replaced by new director Kristie Nguyen; Geis is now vice president, and the secretary position was eliminated.

FUNDING:

The district faced several crippling impediments at its formation, but none more so than one that loomed for nearly two years after its creation: a lack of funds.

While the board theoretically had the power to implement programs and make changes around I.V., it didn’t have the funding to do so. An eight percent utility tax on I.V. residents failed in the 2016 election, with only 62% of residents voting yes. It needed 66.66% of the vote to pass.

Darcel Elliott had managed the campaigns for both the district and its accompanying tax. When the district passed but the funding failed, Elliott pointed to campaigns by I.V. property owners who had vocally opposed the tax.

“In this election, fear won over hope,” Elliott said on election night.

The district’s funds would come from a yearly \$200,000 grant from UCSB, but the money could only be spent on services the university agreed were useful.

And if the district failed to secure a tax by 2023, it would cease to exist, a deadline that haunted the newly formed district. So when the board placed a new tax on the June 2018 ballot, local campaigners ramped up their efforts to win voter approval.

More than 80% of Isla Vistans would vote to provide the district funding through Measure R, a measure that was nearly identical to its failed predecessor, Measure F. Measure R promised improvements to parking, public safety, lighting and sidewalks.

Across the 10 precincts, 638 I.V. residents voted yes on the measure while 133 residents voted no, according to Santa Barbara County semi-official election night results: 82.75% vs. 17.25%.

The eight percent tax has brought an influx of cash into the district. The district ended its

2018-2019 fiscal year with nearly half a million in spending compared to over \$800,000 in income – a far cry from what it started out with.

For the next fiscal year, the district expects a \$200,000 increase in funding, rounding up to more than \$1 million, according to numbers released by the district in May.

THE CSD’S FIRST SERVICES:

Without consistent revenue, the district spent its first year setting up as many services as possible with its limited resources, which involved “lots of strong partnerships with other government agencies and non-profit service providers,” Bertrand said.

The board’s first project was expanding community policing efforts. Community Service Organization (CSO) safety officers have always escorted students home on weekend nights, but the district worked with UCSB to set up in-person stations at streetside locations for students to seek help.

CSOs – who almost always are UCSB students themselves – worked over 3,000 hours and provided over 300 escorts during the last academic year, according to numbers released in July.

“They’re there not to enforce, but to help people, to give out water, to help people charge their phones, to give people an escort home and when there is a safety concern, they’re there to call it into the police,” Brandt said.

The I.V. CSD has also focused on sexual violence-related issues, hiring the first interpersonal violence investigator to work within the UCPD and partnering with Standing Together Against Sexual Assault (STESA) to set up a survivor resource center in I.V.

One of the district’s most recent initiatives is a community-led beautification program, where I.V. residents can report graffiti, trash, vandalism or lighting issues to the district. The district will then either send out workers – houseless community members they hired to tackle these issues – or forward the requests to the county if necessary.

“What we aim to do with this program is to solve those problems, through graffiti abatement and other sorts of cleaning, in a way that includes all of our community in the conversation and recognizes that folks experiencing homelessness are members of our community and are valued members of our community,” Brandt said at the program’s launch in April.

WHERE THE CSD HAS STRUGGLED:

The directors have acknowledged that the board, in its first iteration, struggled to reflect the demographics of I.V.’s population – six of the seven board members are male, and Bertrand was the only person of color on the board until Nguyen replaced Jordan.

Nguyen is still the only woman on the board, and Bertrand is the only member that identifies as LGBTQ+.

“I say this as a straight white guy – it’s a huge problem that it’s only people who look like me who feel most empowered to get involved in local government,” Brandt said.

“We benefit so much from the perspective and the leadership of women and people of color, and it is really something that we, speaking for myself and for all of us, really try to encourage the next generation of leaders to reflect that and would like to see a more diverse board in the future.”

Bertrand emphasized that the board did vote a “gay man of color” as its first president and a woman as its vice president.

The district has also stalled on its promise of a low-income exception to the tax, which it campaigned on ahead of the June 2018 election.

Last fall, more than four months after the tax had passed, the directors were still split on whether or not to implement the exemption, with some directors arguing that residents could expose loopholes to avoid the tax. The board has still not addressed implementing the promised exemption.

“[Isla Vista] is a poverty hotspot, and as we all know, there is a large student population here that is not exactly rolling in money,” Bertrand said during the district’s Oct. 9, 2018 meeting. “It’s hard to grant exemptions to anyone.”

So far, the district has also failed to substantively address the issue of parking in I.V. – an issue it was formed to tackle. Parking in I.V. remains one of the biggest downsides to living in the tightly-packed neighborhood, with limited parking attached to houses and even fewer open spots available on the street.

Street parking in I.V. can also be dangerous; numerous students have posted on social media about windows being smashed and mirrors removed by drunk cyclists or a baseball bat.

During larger events like Deltopia or Halloween, the university actively encourages students to purchase parking passes to move their cars out of I.V. and remove valuables from their cars.

“On the broader parking issue, I think that’s been one of those issues where everyone has made it very clear to us that it’s a difficult problem to solve, and that if we’re gonna do anything on it, we need to have the internal staff capacity to be able to put something together that actually works,” Brandt said.

“In the future, we really need to have a professional come in and assess the situation and make some strong recommendations.”

WHAT COMES NEXT?

The I.V. CSD is tackling what is probably its biggest project yet – the revival of the Isla Vista Community Center (IVCC), a center that many I.V. residents thought would never exist. The center is set to have a soft opening in October and a grand opening in January or February 2020.

Bertrand noted that even before the I.V. CSD was created, he and Brandt attended meetings for the Santa Barbara County Board of Supervisors to express the need for I.V.’s own community center.

At their board retreat a few weeks ago, the directors talked about their goals, both short-term and long-term, for the district.

“Whether it’s cityhood or not, all of us want there to be the strongest local government for Isla Vista,” Bertrand said. “I think our overarching goal was for I.V. to be a community where people can live comfortably, where someone can come to college here but doesn’t have to leave when they graduate.”

“Right now, this is a place where people come for a few years for school and there’s some people who’ve made their lives here. But in between, there’s not many people,” he continued.

“People come and go, and our job, I think our biggest job is to just make it a community where people want to stay.”



LEONARD PAULASA / DAILY NEXUS



SHELLEY KIM / DAILY NEXUS

Five of the district’s current directors, pictured at a meeting shortly after the board’s newest director, Kristie Nguyen, was chosen. From left to right: Freeman, Hedges, Bertrand, Brandt and Nguyen. Not pictured: Thurlow, Geis.

Then director Natalie Jordan (center) and current board president Spencer Brandt pictured campaigning in Isla Vista for measures E & F in 2016, the measures to form and fund the I.V. CSD, respectively.

DIVERSITY

Continued from p.1

their application process besides the “purely quantitative” measures currently in place, he said.

Stopple did, however, lower the GPA requirement for the honors program from 3.6 to 3.5 in June 2017 in order to include more students in the program.

There are several advantages that come with being in the Honors Program; one, Stopple said, is having priority enrollment, which allows honors students to be among the first to enroll in classes during pass times.

Other advantages that come with being in the Honors Program include access to special academic advising, extended library privileges and academic and community service opportunities.

The promise of one-on-one time with professors, building relationships for letters of recommendations and beefing up resumes with honors status draws many students to the program.

Michelle McKee, a recent graduate of the Honors Program, said “it’s very hard to get one-on-one time with the professors and to really talk with and work with the professors” without having the advantages of the Honors Program.

She joined the Honors Program after her freshman year and said the perks benefited her education at UCSB.

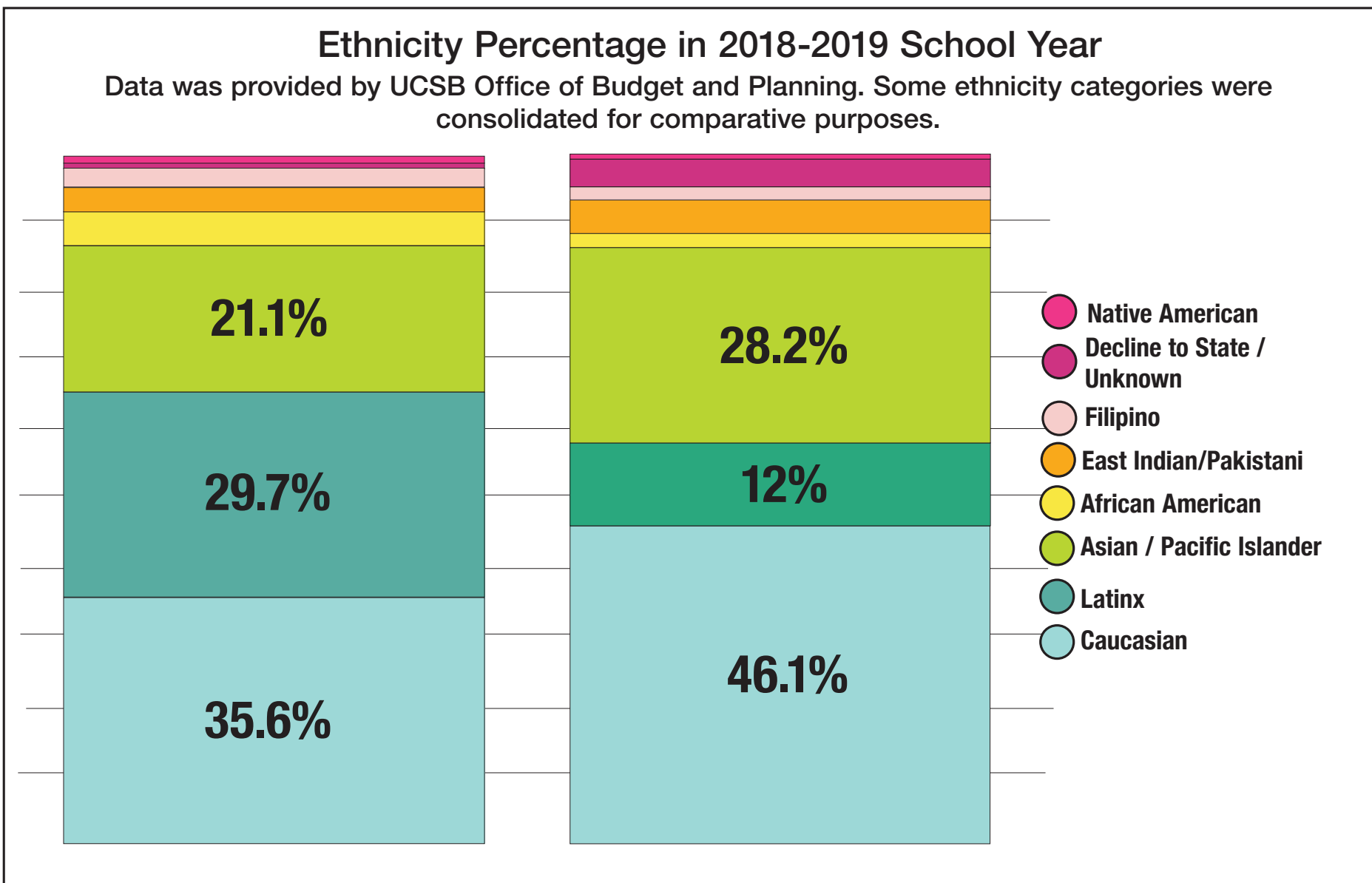
“The day-one pass time is a plus,” she said. “But I also just knew that there were a lot of great opportunities if you were involved in the Honors Program including these really cool honors seminars and I’ve just been able to take so many interesting classes that I wouldn’t have taken otherwise.”

Another UCSB honors student, Michael Stallworth, said his experience in the Honors Program helped him get settled into the university and allowed him to “work with other people who are like-minded and just want to... achieve as much as they can.”

Stallworth noted that a diverse honors program would indicate a university that adequately supports students of color and students from unique backgrounds, something still in the works at UCSB.

“It just shows that we have people from different communities who are able to be successful at UCSB and still be able to take advantage of the opportunities that are offered,” Stallworth said.

Although the experience of each student in the



Honors Program varies, many agree that increasing and supporting diverse populations in the program remains an important goal.

“I know how much more opportunities and advantages I get being in the Honors Program between volunteer opportunities, earlier pastimes, separate advisors,” said Zeina Safadi, an honors fourth-year political science major. “And so it would be disheartening to think that it was only a specific group of students.”

But Eseka said the root of the problem is in the way minority students perceive the Honors Program, and given the unique challenges they already face at UCSB, honors could be exactly what these students need.

“You hear honors [and] you think ‘I’m not meant for this,’ not because you don’t have the credentials, but just because... historically, as a low-income first-generation minority, you’ve had so many barriers that have prevented you from getting here

faster or at the same pace as others.”

For Eseka, the Honors Program makes achieving her academic and career goals a little bit easier. The distinction of being in the Honors Program in college is an edge that she said she needs to accomplish her goals after college.

“That’s one reason why I keep on going because I know I’m gonna hit so many barriers. It’s just gonna make it one less hoop.”

UCPD Cases To Be Stalled in Court for Six Months as UCSB Completes Internal Investigations

Sanya Kamidi
Asst. News Editor

Four lawsuits filed against the UC Santa Barbara Police Department by former or current members of the department will be stalled for approximately six months while the UC Regents complete internal investigations of each complaint and explore administrative remedies, according to court documents filed with the Santa Barbara County Court between May and July.

The lawsuits, all filed between November 2018 and May 2019, allege wide misconduct within the police department, retaliation for reporting said misconduct and violations of the California Whistleblower Protection Act, which offers protections to employees who report suspected violations of laws or regulations at their workplaces.

The plaintiffs in the lawsuits were all scheduled to have court appearances between June and September, but the dates were canceled in May and July, after each plaintiff and the Regents of the University of California jointly filed the paperwork to delay the legal proceedings for each individual

case.

The plaintiffs in the cases are Michael and Tiffany Little, Mark Signa, Ryan Smith - who is referred to in court documents as John Doe - and Jonathan Lee Reyes.

Each filing to delay the cases reads almost exactly the same, noting that each plaintiff had “not yet exhausted the internal whistleblower administrative grievance process with The Regents, and is required to do so in order to proceed with [their] whistleblower claims.”

The Regents estimated that the internal investigations would take six months, according to court documents. The documents, filed by the lawyers representing the Regents, also noted that “the parties may wish to engage in early mediation.”

Once the Regents and the plaintiffs have concluded the internal administrative process, the court will set a case management conference for each suit within 30 days of being notified by the Regents or plaintiffs.

Since news of the lawsuits was released in May, the lawsuits have cast doubt on the department’s ability to police the UCSB and Isla Vista communities. During an Isla Vista Community Services District

meeting later that month, the district - which serves as Isla Vista’s local government - called on the department to hold a community meeting to address the allegations in the lawsuits.

In a letter to UCPD’s Interim Chief James Brock, the district expressed support for a “comprehensive independent investigation.”

“In order to maintain the integrity of the UCSB Police Department... and the public’s trust in law enforcement throughout our community, it is imperative to uncover the facts,” the letter added.

“While the District recognizes the desire to move past these allegations, the UCSB Police Department must engage in meaningful dialogue with the community on the topics of racism, misogyny, and police misconduct in order to build trust,” the letter continued.

In addition to the alleged misconduct and retaliation detailed in the lawsuits, some of the lawsuits also indicated an alleged pattern of racism and misogyny within the department, as well as disrespect toward victims of sexual assault.

In one case, Doe v. UCPD, Smith alleges that another officer, Ryan Hashimoto, “made multiple

cartoon videos” of officers, crime victims, citizens, university officials and employees that were derogatory and at times, “discriminatory toward several protected classes of persons.”

One of those videos allegedly involved a depiction of Chancellor Henry T. Yang, with Hashimoto using a “Chinese accent, making derogatory and inappropriate statements.”

University spokesperson Andrea Estrada said in an email that “in addition to comprehensively reviewing the allegations contained in the lawsuit and UCPD responses, the University has engaged an outside agency to conduct a thorough, independent investigation.”

Brock started at UCSB on April 29 following the departure of former Chief Dustin Olson, who is named in the lawsuits. It is unclear exactly when or why Olson left the position.

“[Brock] is committed to addressing the existing concerns and to ensuring that the Department is working closely with our campus community and providing a safe and welcoming environment where our students, faculty and staff can work, learn and thrive,” Estrada added.

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Anthropology Professor Celebrates 32nd Consecutive Summer Traveling Across the World to Teach at UCSB

Professor Manasendu Kundu's first official quarter teaching at UCSB was the winter of 1988. He hasn't stopped since.

Alex Bumpers
Reporter

As it turns out, the lady in the airport wasn't a sex worker. She was just being courteous. But UC Santa Barbara anthropology professor Manasendu Kundu didn't realize this initially.

"How naïve I was – how different American culture was from Indian culture," he said, recounting how, following his arrival to the United States from India in 1982, he had reacted to a woman in the airport who smiled at him in passing.

"I got confused. In my country, unknown men and women do not smile at each other. In certain quarters of my city, there are women who look at men and smile to have them as their customers," he said.

"I thought, 'Oh my god.' And then I did a bad thing. I gave her a very harsh look as if to say, 'Look lady, I am not that kind of person. My fiancée is at home.'"

After arriving in Santa Barbara, Kundu realized he had misunderstood the gesture and felt bad about his crude reaction.

Today, he continues to joke with his students, asking them whether they know a woman in her mid-50s who seems to dislike India.

"If you know a woman like this, let me know, because it is probably her, and I will send a bouquet of flowers and chocolate as an apology for my reaction," he laughs.

Kundu's journey from India to UCSB began in 1980, after he read an article in an Indian newspaper written by an American political science professor that was highly critical of the Indian government. Kundu wrote a scathing response, and, not knowing what to do with his paper, began sending it to various professors at several American universities.

To his surprise, some professors got back to him and liked what he had written. At the end of a reply, one professor even invited Kundu to apply for graduate school and study under him in the United States.

That professor was Mattison Mines, who taught anthropology at UCSB from 1970 to 2005.

"I pinched myself," Kundu said, recalling the invitation from Mines. "He is my guru."

When Kundu arrived in Santa Barbara for graduate school in 1982, he was primarily interested in the modernization of agriculture, population studies and the Green Revolution in India.

It wasn't until Kundu was fully immersed in the environmental studies circles at UCSB that he began to see the darker sides of what he was studying – how human behavior and modern agriculture were negatively affecting the environment.

"[Mankind's] connection to environmental degradation ... I had no idea until I came here. At the time, that conversation was not happening in India. Everyone was still thinking of how good the Green Revolution was, thinking they had found the solution," Kundu said.

In the late 1980s, nearing the completion of his Ph.D., Kundu applied for a lecturer position in the

environmental studies department and was subsequently accepted. However, he realized that he hadn't quite considered the dilemma of whether to return to India or stay in the United States.

"I had no interest in leaving India permanently. My parents were there, my in-laws, my wife. But I couldn't leave Santa Barbara either. I fell in love. It is this lifelong love with this campus, its students, its faculty members."

To resolve his problem, Kundu worked out a deal with the department to teach only a couple quarters a year, eventually transitioning to only teaching in the summer. He later became a full faculty member of the anthropology department as well.

Kundu's first official quarter teaching at UCSB was the winter of 1988. He hasn't stopped since.

This summer marks his 32nd consecutive year of returning to Santa Barbara from India to teach both environmental studies and anthropology classes including Environmental Studies 132: Human Behavior and Global Environment and Anthropology 148: Ecological Anthropology.

Kundu's interest in anthropology and the environment began in ninth grade after he attended a village boarding school.

"There, I came to know the villagers, the farmers. I was born in a city and I had never seen a paddy field before," Kundu said. "I noticed that these families had a different culture, and I became interested in their lives, the farmers' lives. It made a deep impact on me."

Kundu was one of the early scholars to approach environmental studies from an anthropological perspective, looking at how the development of human societies and cultures is affecting the environment today.

Kundu wants students to understand that "our own consumption is at the root of the environmental crisis," noting that during a flight from Japan to the U.S., he received a bottle of water from the Swiss Alps. He lamented the use of resources required to bring the water from Switzerland to Japan.

"What is the purpose? Was there water scarcity in Japan? I did some research, and no, there's no water scarcity. The airline wanted to show that they cared about us or something like that. Yet what is the impact? Unless we understand this, we will not be able to change it. Technology is only part of the solution. We need a behavioral solution as well. A change in perspective. That is my key message for students."

Fourth-year biological anthropology major Ana Perez, who is currently taking Anthropology 148: Ecological Anthropology with Kundu, said she appreciates the substance and methodology of Professor Kundu's teaching.

"When he talked about being one of the first people to actually consider putting environmental studies and anthropology together... I didn't even think of putting those two together. I hope that more people taking his classes decide to pursue environmental anthropology," Perez said.

"I think it's awesome that he travels the world for this, and I wish more people had the opportunity to

take his courses."

Though Kundu is grateful for his unique career, it is not without downsides.

"When you have two homes, you are always homesick," Kundu said. While in Santa Barbara, it is hard not to miss his wife and family in India. However, he said that friends like Debjani Bhattacharya, a financial analyst at UCSB's Earth Research Institute, help with that.

"Really, wherever you go outside of India, there will be an Indian diaspora. We met here 17 years ago through a group of friends," Bhattacharya said. It just so happened that the two were born and raised in the same state in India, West Bengal, and attended the same university for their undergraduate studies.

"When we go back to India, we visit each other's families, and we have become family friends."

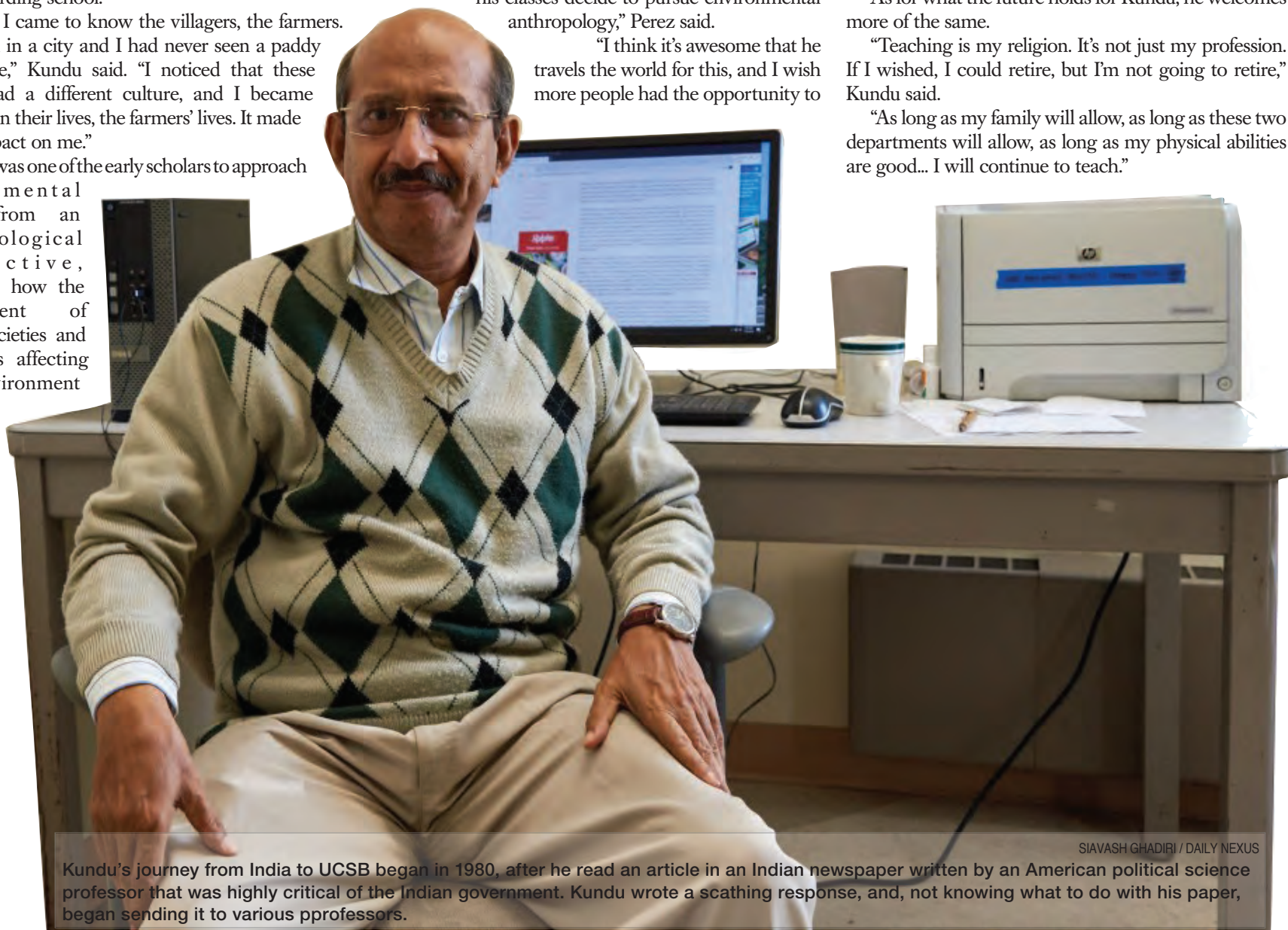
The two friends, along with other colleagues, like to get together to cook traditional Indian meals and take walks on Del Playa Drive. Once, during an evening Del Playa walk, some students approached their group and asked Kundu if he was the chancellor of UCSB.

Without skipping a beat, Kundu replied, "Not yet."

As for what the future holds for Kundu, he welcomes more of the same.

"Teaching is my religion. It's not just my profession. If I wished, I could retire, but I'm not going to retire," Kundu said.

"As long as my family will allow, as long as these two departments will allow, as long as my physical abilities are good... I will continue to teach."



Kundu's journey from India to UCSB began in 1980, after he read an article in an Indian newspaper written by an American political science professor that was highly critical of the Indian government. Kundu wrote a scathing response, and, not knowing what to do with his paper, began sending it to various professors.

SIYAVASH GHADIRI / DAILY NEXUS

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“A Community Effort”: Diana Collins Puente Selected as First I.V. Community Center Director

Collins Puente, who came to I.V. in 2014, was selected for the role based on her history as an activist, she told the *Nexus*.

Christina Muoio
Reporter

Activist and advisor Diana Collins Puente – a woman who has worked for over five years to bring Isla Vista together as a community following the 2014 tragedy – will lead the Isla Vista Community Center as its first director, taking on the challenge of running a center that many Isla Vistans thought would never exist.

Five years ago, Collins Puente joined this seaside community as UC Santa Barbara's Associated Students (A.S.) community advisor. She was recruited for the position following the 2014 Isla Vista tragedy because, as she put it, the community wanted to see tangible changes in the culture, social services and space in I.V.: “There was a strong need for healing from the tragedy.”

Collins Puente credited her time at A.S. for preparing her for the role of the I.V. Community Center (IVCC) director. While working for A.S., she focused on community-based initiatives, tackling several projects and focusing on “solving everyday problems that the residents of Isla Vista faced, like tenant issues, eviction, mental health, alcohol and drugs.”

Collins Puente, who was exposed to activism growing up as a child in Guatemala during its Civil War, was selected for her role based on her history as an activist, she said in an interview with the *Nexus*.

But the path toward creating the center, let alone hiring a director, was not linear; the building housing the first community center in I.V. was sold in the 1970s, and financial setbacks prevented the community from building another. It wasn't until 2012, after the county purchased the center's current location at 976 Embarcadero del Mar, that steps toward actively creating a new center began.

The center will have a soft opening in October with a grand opening in either January or February 2020, according to an update posted to the Isla Vista Community Services District (I.V. CSD) Facebook page. Collins Puente officially began her position on Aug. 1.

According to Collins Puente, the IVCC will act as a hub for I.V. residents, addressing the various needs of the community. Puente will work with the IVCC Advisory Board, which is currently being filled, to “ensure that the values and priorities of community members are thoughtfully taken into account in order to inform the strategic direction, vision, and programming of the new Community Center,” according to a press release sent out by the I.V. CSD Board of Directors in mid-July.

The advisory board will be composed of several members of the community, some of whom have already been elected by the I.V. CSD. At the Aug. 13 I.V. CSD meeting, the board voted to postpone its vote on the final non-profit seat on the board

until its Aug. 27 meeting.

The new IVCC director position is funded by a \$177,000 one-year grant from the I.V. CSD to Isla Vista Youth Projects (IVYP) in order to manage the development, fundraising, programming and strategic future of the center, the press release said.

I.V. CSD Board President Spencer Brandt said that Collin Puente's experience with social justice through nonprofit work will help create a “collective vision” for the center.

“I've been lucky to know and work with people in Isla Vista who are incredibly dedicated to building community – none more so than Diana Collins-Puente. As the Director of Community Affairs in Associated Students, she advised me and countless other students who sought to make a difference,” Brandt said in an email statement.

“Isla Vistans have been fighting for a community center for over three decades, and I can't think of a better person to implement our collective vision than Diana.”

Collins Puente has big plans for the future of the community center, hoping to balance the needs of the UCSB student population living in I.V. with the rest of the community. She hopes to craft the IVCC into a multi-use space, which would include hosting exercise and nutrition classes as well as a wide range of recreational and self-help activities.

“UCSB has a need for classrooms, so the space could potentially be used for that, while also providing a practical space for the rest of the community. Classes would be offered to them as well, ranging from legal classes to self-help classes, and we plan to include a demonstration kitchen,” Collins Puente said.

Collins Puente noted that plans for the IVCC are rooted in her involvement with the Pardall Center, a UCSB-operated collaborative space located in I.V., for the last five years.

“I want the IVCC to do what the Pardall Center couldn't,” Collins Puente said. “The needs of the community have simply been too large for the Pardall Center, so the IVCC will address the larger projects that can't be sustained at the Pardall Center.”

Collins Puente also plans to work with the Isla Vista Recreation and Park District, which will manage the recreational activities and play a role in the development of the space, alongside the IVYP.

“I intend for the community to feel a sense of co-ownership over the space so that it can contribute to being a model of collaboration,” Collins Puente said. “The center really speaks to the very unique nature of how I.V. has been able to support the building of institutions like the IVYP, the IVCC, and the I.V. CSD... It is a hub that brings together diverse members of the community that allows for us to engage with each other.”

“There's a pride in it being a community effort.”



IDA KAZERANI / DAILY NEXUS

Collins Puente (pictured above at a memorial event for the victims of the 2014 Isla Vista Tragedy) was recruited to come to UCSB as an Associated Students community advisor in the 2014-2015 school year.



SIYAVASH GHADIRI / DAILY NEXUS

The community center, purchased by Santa Barbara County in 2012 and located at 976 Embarcadero del Mar, is scheduled to have a soft opening in October 2019 and a grand opening in February 2020.

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S P O R T S

2019-2020

Season Preview

Highly Lauded Men's Soccer Team Looks to Claim Big West Throne



Omar Hernandez
Sports Editor

Although last season ended in a heartbreaking fashion, the UCSB men's soccer team will be looking to build on the positive aspects of their run this past year as they begin their quest for the 2019-20 Big West title.

The Gauchos finished the 2018-19 season in second place in the Big West with a 4-2-1 conference, 10-6-2 overall record. They both started and ended the season on a three-game win streak, yet close losses in the middle would come back to bite them as they ended just one game out of first place, and with a tough first-round matchup in the conference tournament against Cal State Fullerton. For the second year in a row, UCSB would go on to lose their first game of the tournament at home, this time a missed penalty kick away from advancing.

Looking ahead, the Gauchos do have plenty to be optimistic about. One of the keys to success in any college sport is continuity and the Gauchos are returning with a strong core including players such as senior defender Faouzi Taieb, senior midfielder Thibault Candia and junior forward Rodney Michael.

Taieb has been a key component in the Gauchos' defensive and offensive game plans ever since he transferred from St. Francis Brooklyn a year ago.

He tallied the most minutes on the team last year with 1,642 and started every match he played. The French defender plays such a huge role because of his ability to not just orchestrate the defense, but also because of his nose for the ball on set-pieces. Whether it be his game-winning tap-in last year against Gonzaga, or his header in UCSB's exhibition win over Westmont last weekend, Taieb's physical strength and knack for being in the right place at the right time makes him one of the most

dangerous players on the field when it's time for a free kick. His production has made it possible for UCSB to almost depend on set-pieces as the primary form of goal-scoring however, which is an issue I'll get back to a little later on.

Moving to the middle of the field, fellow offensive playmaker Candia has developed into one of the top playmakers in the entire conference.

Candia's seven assists led the Big West last year and he has the sole assist of this season for the Gauchos in their win against the Warriors. The French midfielder has been a mastermind on offense for UCSB, earning a Big West Player of the Week award last season and notching a game-winning goal against UC Davis as well. He's usually all over the attacking third, mixing curled long balls with quick through passes that keep the defense on their feet. He is also the free-kick taker for the Gauchos, who as I mentioned before are one of (if not the) most lethal teams in the Big West.

Lastly, star forward Michael has re-energized and added a new dimension to UCSB's offense. While his accolades (2018 All-Big West First Team, 2018 All-Far West Region Team and 2017 Big West Freshman of the Year, to name a few) speak for themselves, you really don't understand just how quick and skilled Michael is until you see it with your own eyes. The junior commands a double team in almost every game and still manages to burst through the backline and score, as evidenced by his team-leading 17 goals last season. The pressure he puts on defenses is unlike any other player in the conference and he is the key piece that makes this team run.

These three players are certainly invaluable to the Gauchos, but they're not the only big names on the team. Reigning Co-Big West Freshman of the Year Ben Roach, who is a wall of a goalkeeper;

senior defender Noah Billingsley, who anchors the defense; and senior forward Sahid Conteh, who both playmakes and finishes at an elite level are just a few examples of other players who will be essential to success in the upcoming season.

As a team, the Gauchos will have to get over some of the hurdles that haunted them all of last season. As mentioned earlier, UCSB's overreliance on set-pieces to produce goals extremely limited their goal-scoring ability. Far too often last year the team would get out into transition, or string together nice passes in the midfield for it to just fizzle out as they reached the attacking third. They lost four games by the score of 1-0 last season, which is unacceptable when putting out the amount of offensive talent that they do on the field. It also cheapens the impact of the amazing defense and goalkeeping that they consistently play night in and night out, and allows teams to stick around that they should beat handily.

UCSB will also have to make sure to maintain their composure as the season goes on. They received five yellow cards and a red already in their exhibition match against Westmont, and they just can't afford to shoot themselves in the foot because of their temper. Finding that middle ground

between playing with passion and losing control can be difficult, but the Gauchos will need to keep it cool in order to get far.

This next stretch of non-conference games, including matchups against big teams such as Virginia Tech, UC Berkeley and Gonzaga, will give UCSB a good opportunity to get back into playing shape and get some positive momentum going into the conference season.

Once Big West play starts, the two Blue-Green Rivalry games against Cal Poly, which they play at Harder Stadium on Oct. 5 and Alex G. Spanos Stadium on Nov. 2, will of course be must-watch television. There is always no love lost between these two squads and they typically bring out the best in each other.

Another game to circle on your calendar will be the Gauchos' matchup with UC Irvine at home on Oct. 19. The reigning Big West Champion Anteaters are the only team in the conference to be voted into the top 25 by the United Soccer Coaches Preseason Poll, and will give UCSB a great opportunity to measure themselves against some of the top talent in the country.

Overall, the Gauchos have the talent to make a deep run in the Big West Tournament and potentially even the NCAA Tournament. It's going to take a commitment to making the right play and not letting themselves lose their composure, which they have been capable of in the past. It seems like it is all coming together this year and it is about time for UCSB to take the success that they deserve.



Well-Balanced Women's Soccer Team Aims Sights on the Big West Title

Kunal Mehta
Staff Writer

The time has finally come for the UCSB women's soccer team to begin their quest for a Big West Title. After a successful season last year in which the Gauchos finished with an overall record of 13-7-1, Head Coach Paul Stumpf will look to increase his team's win total with an extremely well-rounded squad.

UCSB got off to a quick start last year as they began the season on a five-game win streak. Of those five matchups, the 'Chos were able to keep a clean sheet in three of them. This was a major trend throughout last season as the Gauchos did not give up more than three goals in any game.

Much of this success can be attributed to senior goalkeeper Hanna DeWeese, who came off the bench against Cal early in the season to help lead Santa Barbara to the win. Gaucho fans can expect DeWeese to be a force in front of the goal who will make her opponents earn their goals. After finishing last year with 60 saves and a save percentage of 80%, there is a lot of excitement around her potential for this upcoming season.

On the offensive side of the ball, UCSB will be led by senior forward Shaelan Murison, who was recently named to the Big West preseason All-Conference Team. Murison was fantastic last year as she finished with 10 goals and four assists. In order for Santa Barbara to improve offensively, it will be crucial for Murison to not only provide veteran leadership but also create

opportunities for her teammates as well. Although Murison will be key to the offensive attack, she will surely be double-teamed which means that her teammates must step up as well. Senior forward Katherine Sheehy seems to be a player that could potentially have a breakout year and help ease the pressure off of Murison. Sheehy is a playmaker and will look to push the ball with pace on the counter attack to catch opponents in a poor position defensively.

For UCSB to compete for the Big West Title, the squad will need to have more of a balanced attack on the offensive side of the field. Last season, Murison had a total of a 100 shots with her next closest teammate coming in with only 19 shots. For Santa Barbara to have a chance to compete against the top teams in the country, other players must step up as opposing teams will place all their attention on Murison. That being said, there is strong optimism within the program that players like Sheehy will provide production offensively to make the team

even more dynamic.

With respect to this year's schedule, there is one matchup in particular that Gaucho fans should be excited about, which is a home game against the California Golden Bears on Aug. 30.

In last year's contest, UCSB won in a thriller by a score of 3-2 behind strong play from DeWeese. Cal will surely be out for revenge in this game, making it a very intriguing matchup.

Santa Barbara has

already started this season strong in terms of exhibition games as they beat Westmont with a score of 2-0. Murison was able to break through in the 26th minute and junior midfielder Angelica Ortega added on with a goal in the 40th minute. With this game in control fairly early, UCSB was able to play more of their younger players to get them real game experience, which could prove to be important later down the road.

The Gauchos will look to keep up their winning ways against Minnesota this upcoming Thursday at home in Harder Stadium at 7 p.m.



Continuity and Consistency Keys to Winning for Men's Water Polo

Spencer Ault
Staff Writer

The UC Santa Barbara men's water polo team is coming off one of its best seasons in recent history. The team finished with an 18-8 record overall, while going 3-1 against Golden Coast Conference opponents. The Gauchos earned the No. 4 ranking in the country after several notable wins against teams like Long Beach State, Pepperdine and UC Irvine. UCSB saw great success last year thanks to their skilled offensive attack and the team's unified defense. The Gauchos will look to ride that momentum entering the 2019 season.

Hoping to end the season strong, the Gauchos' final home game against rival Pepperdine was unfortunately canceled because of the tragic fires that raged down the Southern California coast. Entering the 2019 season, men's water polo should

continue to rack up W's and climb the ranks, after losing only one senior.

Entering this 2019 season, the Gauchos will be led by star senior utility Ivan Gvozdanovic. Coming off of a career year in which he scored 48 goals, Gvozdanovic should continue to see offensive success in his final season at UCSB. Perhaps the part of his game that doesn't get recognized or talked about enough is his spectacular all-around

defense. Gvozdanovic is often given the responsibility of matching up against the opponent's best scorer, and he does not usually disappoint. Last season he led the team in steals, tallying 37 swipes in only 26 games played.

Another player to look out for this season is the third-year big man out of Chicago, Illinois: Mason McQuet. The 6'3" and 200-pound center defender has turned heads in his first two seasons for his solid all-around game and tenacious defense. McQuet is well known for his tremendous work ethic in the classroom, and the weight room and the it shows in his efficient yet

of play. McQuet should see an increased role amongst the team's minutes rotation as he enters his third season.

Lastly, watch out for second-year transfer student Danny Roland. The 6'3" sophomore out of San Rafael, California transferred from UCLA, the team that won the 2017 NCAA championship. Roland has quick hands and very strong legs, allowing him to cover shooting angles and pick up saves. Roland played for a very well-respected NorCal club team known as SHAQ (Sleepy Hollow Aquatic Club). His time in the club pipeline has helped prepare him to compete against the high-level athletes at the D-1 level.

Difficult matchups dot the UC Santa Barbara schedule. UCSB is scheduled to play nine games against teams that finished last season ranked in the top 20 nationally, including one game against each member of last year's top four. Those four – USC, Stanford, UCLA, and Cal – were responsible for seven of UCSB's eight losses last year, so there will be opportunities for both revenge and resume building. The top-ranked team on

the UCSB schedule, however, is Golden Coast Conference foe Pepperdine, who visit Campus Pool on Sept. 19. Just under a month later, on Oct. 6, the Gauchos will play host to USC, the defending national champions. The Trojans roughed up UC Santa Barbara in two separate games last season, so the early October clash will serve as a test of UCSB's mettle heading into the bulk of conference play.

The Gauchos will take on each one of their conference foes after facing USC, beginning with the University of the Pacific on Oct. 19 and ending with Pepperdine, again, on Nov. 16. Pacific was the only non-top five team to beat UCSB last season, setting up the game at Campus Pool as another chance for UC Santa Barbara revenge.

Women's Volleyball Individual Accolades

Nick DiPiero
Staff Writer

Volleyball season is just around the corner as the Gauchos get set for their first games of the season this weekend. UCSB will be looking for its first Big West title since 2013 and will be hoping to build off of their improvement in the previous season.

The Gauchos finished 2018 with an overall record of 17-12 and a conference record of 9-7 helped in part by the surprising play of freshman setter Olivia Lovenberg, who led the league in assists per set while also posting four double-doubles with assists and digs in her first six career games.

After a rocky 2-3 start to the season, the Gauchos quickly turned it around, rattling off 10 wins in their next 13 games and earning them a 12-6 record a little over halfway through the season.

With Lovenberg leading the Big West in assists per set at 11.21, star senior Lindsey Ruddins and now-graduated Emilia Petrachi played significant roles

in the turnaround as well. Ruddins led the Big West in total kills and kills per set at 5.87 and 5.34 respectively, while Petrachi found herself at the top in both digs and digs per set at 5.55 and 4.96 in her senior year.

The story here is that the 2018-19 Gauchos were able to rebound after a tough 2017-18 season which saw a measly 8-20 record overall and a 7-9 record in conference play. The rebound was a team effort that featured top-level contributions from a variety of positions and experience levels.

The Gauchos were ultimately invited to the National Invitational Volleyball Championship after finishing 9-7 in league play and their last three games, including two back-to-back sweeps.

Team Hoping to Turn Into Team Success

UCSB's 9-7 league record was their best since the 2013 season and they will be looking to improve as they begin the 2019-20 season this weekend.

An eleven-game stretch near the start of the season features one matchup with Irvine and two with Hawai'i, as well as two Blue-Green rivalries. That means five of those eleven games will be against last year's top three conference teams including UCSB's archrival. This stretch also features two matchups with UC Davis and two with Long Beach State, the two schools who finished just below UCSB in the Big West standings. UCSB split the two-game series with both schools last year.

This stretch will almost guarantee UCSB's position as an elite club or expose the team as a one-season wonder.

The Gauchos will have to be especially

careful not to let their emotions get the best of them in the games against Cal Poly, as the Mustangs' defense was frustrating to play against last year and their offense was efficient.

Cal Poly's Torrey Van Winden led the Big West in hitting percentage at .365 while teammate Meredith Phillips was ranked fourth with a .328. The Big West's leader in blocks per set was also led by Mustang Madilyn Mercer who posted a 1.12. Not a single Gaucho was in the top five of either category.

Cal Poly's stingy defense and crazy efficient offense catapulted them to a 15-1 conference record and a 25-3 overall.

Individual efforts were the premier highlights for the Gauchos in 2018-19, and they will be looking to put it all together into team success this season.

The Gauchos begin the season on Friday, Aug. 23 with a home scrimmage against CSU Bakersfield. Regular season play begins on Friday, Aug. 30 when UCSB travels to Boulder to take on Long Island University in the Colorado Tournament.

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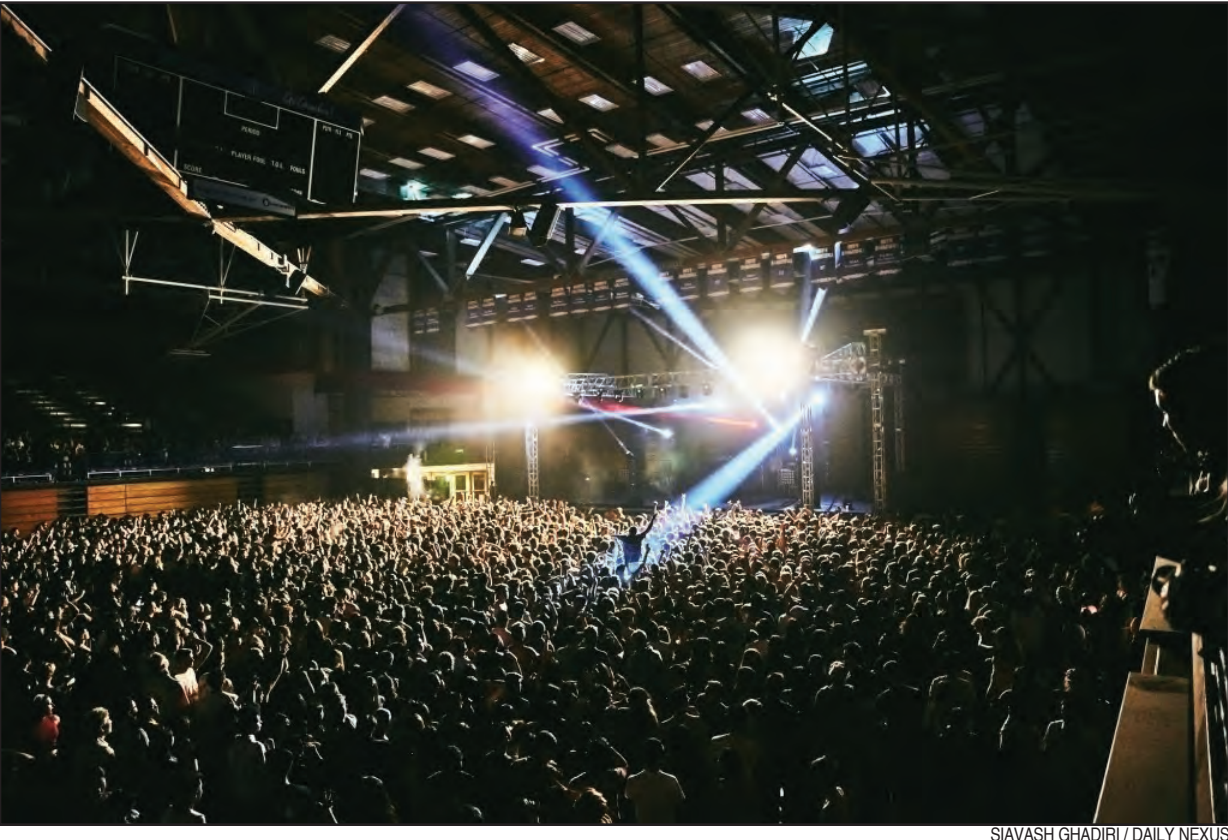
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ARTSWEEK

A Quick Guide to Santa Barbara's Best Entertainment Spots

A visiting senior looks back on the most memorable music venues and theaters in town.



SHAVASH GHADIRI / DAILY NEXUS

Kristina Valencia
Assi. Artsweek Editor

In case you're not yet familiar with the artistic terrain of sunny Santa Barbara, here is a thorough guide to navigating the best spots in town for concerts, film screenings, plays and performances of all kinds. On this list, you'll find venues located both on UCSB's own campus as well as a few from the general Santa Barbara area. You're welcome.

On-Campus:

The Thunderdome

Although UCSB's Thunderdome isn't consistently open as a music venue space (in fact, its main purpose is to serve as a basketball court), this is where A.S. Program Board hosts a couple exciting shows every school year: Delirium in the fall and The Warm Up in the spring. The list of artists who have performed here include musicians like Snoop Dogg, YG, RL Grime, Vince Staples, Fitz and the Tantrums and JPEGMAFIA amongst many others. It's at the Thunderdome where Gauchos can let loose with each other and revel in a performance put on exclusively for them.

Pollock Theater

Probably one of the nicest buildings on campus, Pollock Theater is a great spot for dedicated movie lovers. What makes this theater different from others in Santa Barbara is its price (which are usually \$0 a ticket) and the fact that each film is always accompanied by an after-screening conversation with scholars, artists, media creators and sometimes even people who worked on set

of the film just shown. Each quarter, Pollock introduces a new film series theme to take priority over screenings, and this fall it's "Special Effects." This will comprise of films like "Mad Max: Fury Road," "Beetlejuice," and "The Wizard of Oz."

The Hub

The Hub may serve as just a boring seating area in the University Center by day, but by night, the Hub is known to put on quite the show. With lots of floor space and a beer garden, the Hub stands as a cleaner and more convenient substitute for clubs or other small music venues for Gauchos. Along with events like A.S. Program Board's Battle of the Bands and Battle of the DJs that occur here, the Hub has also hosted performances from artists such as Rico Nasty, Mac DeMarco, Smino, and TOKiMONSTA.

I.V. Theater

Another good cheap movie spot the Isla Vista Theater. Here, A.S. Program Board hosts free movie nights on Tuesdays for Gauchos only, with screenings at 7:00 and 10:00 p.m. In addition, Magic Lantern Films also holds its own movie nights here for \$4 on Fridays and Mondays. However, the most exciting events that take place here are the free pre-screenings of movies not yet out in regular theaters. It's because of I.V. Theater and A.S. Program Board that I've been able to watch "Justice League," "Happy Death Day" and "Good Boys" early and cheap. Finally, one last thing: you're allowed to bring in any food you want here, so make of that what you will.

Campbell Hall

Like I.V. Theater, I know this location probably brings up exhausted memories of crowded

lectures; however, Campbell Hall has hosted quite a variety of inexpensive, non-academic lectures and interviews. Some guests who have taken the stage here for intimate conversations with Gauchos include musicians Tyler, the Creator and Princess Nokia; comedian Nathan Fielder; social activists Ericka Huggins and Jose Antonio Vargas; and poet Tracy K. Smith, just to name a few.

Off-Campus:

Santa Barbara Bowl

Personally, this is my favorite music venue in all of Santa Barbara; it reminds me of a slightly smaller-scale version of the Greek Theatre in Los Angeles. Completely outdoors and in the heart of SB, the Bowl has both stadium seating as well as a standing general admission area in front of the stage. Additionally, this venue has a wide selection of food and drinks, a beautiful view of the city, relatively cheap parking and its own free trolley service. Since the SB Bowl isn't huge, every seat is a good seat. The Santa Barbara Bowl is where big artists such as Florence + the Machine, The 1975, Zedd, Arctic Monkeys, Katy Perry and Jack Johnson come to play.

SOHO

After the Santa Barbara Bowl, SOHO is the next best spot in town to catch concerts. This venue is a smaller nightclub with a bar, ample floor space and an outdoor seating area to smoke or get some fresh air in between sets. For the most part, SOHO's shows have an age limit of 18+ but sometimes raise it to 21+, so be on the lookout when purchasing tickets. Hip artists like Real

Estate, TOPS, Kelela, Hinds, Toro Y Moi, Ariel Pink and several others have performed here, making SOHO the prime location for discovering new and upcoming musicians.

Granada Theatre

The Granada Theatre is one of the classier entertainment joints in Santa Barbara as both its interior and exterior design easily displays the building's grace and elegance. Located in the heart of downtown, the Granada Theatre is a beautiful artifact of SB history that hosts several types of live performances as well as premium film screenings. With orchestra-styled seating and extravagant designs around the stage, you'll feel as if you time-travelled to the past as soon as you walk through the front doors and immerse yourself in the completely vintage setting.

Arlington Theatre

Arlington Theatre primarily functions as a regular movie theater; however, they also host stand-up comedians, big bands and occasionally major events like the Santa Barbara International Film Festival (SBIFF). Many big names have made their way to the Arlington, like Rami Malek, Michael B. Jordan, Bill Burr, Margot Robbie, Hozier, HAIM and yes, even the queen herself Peppa Pig. When it's not hosting events, the Arlington is playing both obscure and newer films – right now they're showing Disney's "The Lion King." Like the Granada Theatre, Arlington has been around for almost a century and holds a lot of Santa Barbara history. With this theater, you'll be able to experience a unique and retro atmosphere that balances itself out with more modern and fresh performances.



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NEXUSTENTIALISM

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HANNAH JACKSON / DAILY NEXUS

Breaking News: Freshman Girl To Have Fairy Lights, Photo of Boyfriend on Dorm Wall

Emma Demorest
Nexustentialism Editor



The filter she took it with? The dog one.

It has been reported that incoming freshman Nicole Romero will have an infinite string of fairy lights and at least one large photo of her high school boyfriend on her dorm wall.

The photo in question, which Romero will point to when referencing her boyfriend and telling new roommates and friends that she already has one, will be a printed photo from Snapchat. The filter she took it with? The dog one.

Regarding the lights, Romero will have spent hours meticulously searching Amazon for the perfect set and will consider many arrangement variations when the time comes to put them up in her Santa Cruz triple. Romero and her roommate, Isabelle Luder, will have communicated thoroughly on the aesthetic of their room months earlier. Their moms will have spent upwards of \$1000 at their local Marshalls to provide the necessary plastic succulents, polyester shag white carpet and tasseled

throw pillows.

Romero hopes the fairy lights will let everyone know she has excellent and even feminine taste and that it will complement the "dorm sweet dorm" sign erected on the hallway door. Though Romero will often reference her boyfriend and FaceTime him at very inconvenient times throughout her first quarter, they will inevitably break up come January.

Emma Demorest predicts about 200 variations of this same girl exist on UCSB's campus alone.

Despite Contradicting Claims, Student Actually Watched Netflix

Kian Karamdashti
Staff Writer
Sagittarius
Former Child Anglophile
Intramural Soccer Star
Middle School B-Team Point Guard

"All he does is smoke weed, rewatch 'The Office' and post Instagram stories on our beach balcony with the captions #MyLifeIsAMovieAndYouJustTivo'd and #BlessingsOnBlessings."

When confronted with criticism of his summer activities, Sendet was adamant that his summer has lived up to the billing.

"It's called self-care, you insensitive dick," said Sendet. "I've put in so much effort in school this year; it was important to take a mental health break. In this era of toxic masculinity, we males have got to come together and publicly recognize the strain we put ourselves through every day."

Sendet eventually kicked us out of the house after we brought up his 35% class attendance rate and cumulative 2.1 GPA as a response.

Even his "best friend" Chad Brohanski hasn't had any Sendet sightings this summer. "Wait, Sendet's been here all summer? What the fuck?"

Kian Karamdashti's summer has been a "movieeeeeeeee."

"Oh, this summer's going to be an absolute movieeeeeeeee! The time of our lives!"

That's what local resident Michael Sendet claimed enthusiastically in June when asked about his summer plans of staying in Isla Vista.

"Power moves only. That's the summer motto," Sendet said. "I'm going to get tan, learn how to surf and knock out some units toward graduation. It'll be such a productive summer."

Two months later, despite the bold positivity, it seems Sendet has not lived up to the proclamations he made.

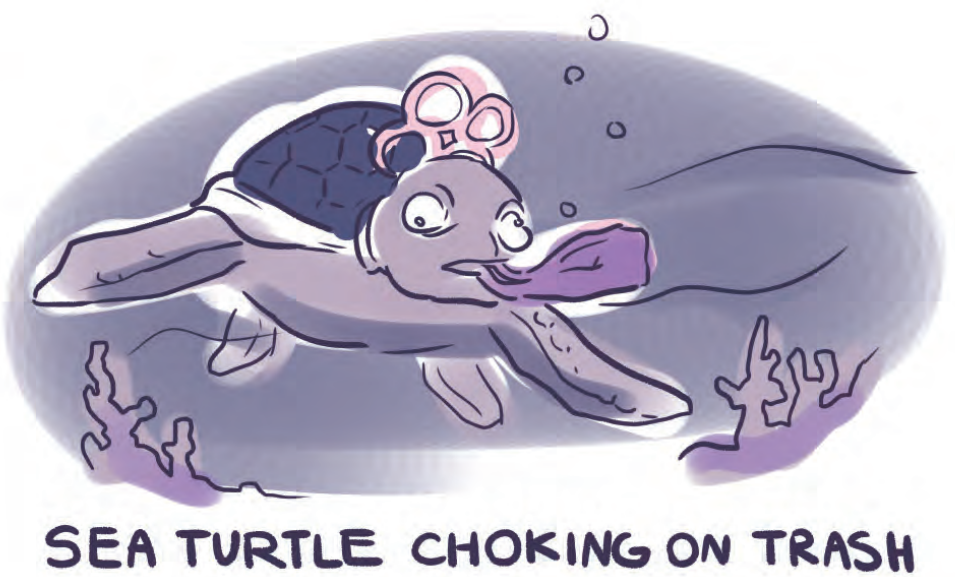
"He has no job and he's not even taking classes," said Sendet's roommate, Peter Ductive.



HANNAH JACKSON / DAILY NEXUS

DAILY NEXUS ART & COMICS

REJECTED ISLA VISTA MURALS



SAM RANKIN '19

ON THE MENU

Don't Let The Dining Commons Destroy Your Eating Habits

While the dining commons do make consistent eating habits challenging, Paige Holloway has tips for healthy eating with a meal plan

Paige Holloway
Asst. On The Menu Editor

One of the biggest adjustments that comes with starting your first year of college is eating in the dining halls. It can be overwhelming to first walk in and see all of the different stations full of buffet-style meals. However, don't let this new atmosphere get the best of you. In the first few weeks, eating in the dining halls can seem almost like a vacation. There's no one telling you what not to eat, no obligation to cook or prepare anything yourself and no limit to your portion sizes. For many first-year college students, this can be a recipe for disaster when it comes to health.

The way in which the dining halls are laid out makes it easy for many people to be less mindful about what they are putting in their bodies. In fact, with almost every meal offered, some of the dining halls often serve a variety of unhealthy options like pizza, fries and some type of dessert. While these junk food favorites are great in moderation, most people can admit they didn't eat them for every meal prior to coming to college. Yet the luxury of having food premade makes it easy for many students to fall into the trap of heading straight to the options they know they will enjoy, even if it's not the most nutritious.

The number of meal plan options also makes it easy for students to become less mindful of their portions. At UCSB, students can choose from 10, 14, 17 or unlimited swipes a week. I remember beginning my first year assuming that 14 swipes would be the perfect meal plan for me, as it

meant I'd have two confirmed meals provided a day while also allowing me the freedom of eating out or snacking. But by the end of my first month, I was already looking to change my meal plan to the minimum option of 10. Although that may sound confusing, I was realistically ending each week with at least four extra swipes. Due to my busy schedule, I'd pretty much rely on packing healthy options on the go and going to the dining commons whenever I needed a substantial meal. With that being said, whatever dining plan option you choose is ultimately up to what fits your own eating schedule.

For many people, the dining commons are a very useful source throughout the day and the 14 or 17 swipes meal plan may be suited for them. Many of the students who have extra meal swipes are familiar with the infamous "DLG Late Night." The De La Guerra Dining Commons offers a late meal on weekdays between the hours of 9:30 p.m. and 12:30 a.m., which is known for its small selection of everyone's favorite junk foods.

DLG Late Night can be a great experience with friends after a long night out or when you're craving a midnight snack, but it can also be the culprit of some of the worst eating habits. Everything is great in moderation, but it's important not to make eating large portions late at night a daily activity. Studies show that meals consumed after dinner and later into the night are less likely to be burned into energy and more likely to be stored as fat, leading to health consequences such as higher levels of blood sugar, which can raise the risk of chronic disease.

Unless you have admirable self control, I



DLG Late Night can be a great experience with friends after a long night out or when you're craving a midnight snack, but it can also be the culprit of some of the worst eating habits.

strongly advise against choosing the unlimited swipes meal plan if you are looking to maintain your current eating habits in college. The downside of the dining commons is that although the meals are portioned out by each place, there's also no limit on the amount of times students can go back for more. This environment is drastically different than what many students are used to and can sometimes get the better of them.

While the dining halls do make keeping consistent eating habits challenging, it is

definitely possible to stay healthy. For one, I advise not becoming too overwhelmed by the plethora of junk food that is offered for each meal. It can be helpful to try and incorporate all or most of the major food groups onto your plate. This means getting enough proteins, carbohydrates and healthy fats so that you can remain energized and full throughout your day. Once you have enough nutritious value in your meal, then grabbing something a little less healthy is harmless.

Another major asset in staying healthy in the dining commons is taking advantage of the salad bar. If you find plain salads boring, there are lots of fresh produce, grains and proteins offered that you can incorporate into any meal. This is also a great place to start in order to ensure you don't fill up on unhealthy foods first.

It's also important to note that eating healthy in the dining halls does not mean you need to cut back on your servings or eat less than you did prior to starting school. It simply means not overdoing it when you see the vast amount of options offered. As long as you listen to your body and eat a balanced diet when you are hungry, it is completely possible to eat healthy in the dining commons.

While eating at the dining commons may seem intimidating at first, as long as you remain mindful and consistent, you won't have a problem with maintaining a healthy and nutritious diet. It's important to consider that if you don't eat a certain way back home, then there's no reason to eat that way in college. As long as you exercise and keep nutrition in mind, being healthy in college is completely doable.

From Plow to Porch Begins Doorstep Delivery Service in I.V.

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Winnie Lam
On The Menu Editor

If there's anything I've learned in college, it is that it is extremely easy to neglect maintaining a healthy diet in the midst of school. Luckily, produce delivery services like Plow to Porch are here to serve our community with organic, pesticide-free groceries that make it more convenient to eat quality meals on a time crunch.

Plow to Porch's mission is to inspire good nutrition and protect the environment by bringing students a variety of affordable meal options and supporting local farmers, ranchers, fishermen and food artisans. It all starts with weekly or biweekly box subscription packed with fresh fruits, vegetables and other ingredients based on seasonal availability. The box also conveniently includes easy-to-follow recipes to go along with the ingredients so you can focus your attention on school instead of stressing over meal planning. Plow to Porch also offers all kinds of add-ons to complement your box, such as eggs, sustainable meats and even fair-trade coffee and teas.

What makes Plow to Porch such a great option for students is that they offer a variety of different box sizes and themes, so you can pick the perfect box of produce that will accommodate your needs, whether you're cooking for one or eating with all your housemates. It can be overwhelming to shop at a big supermarket with rows and rows of different products, so Plow to Porch simplifies all of that for you. Parents also love purchasing this delivery service as a gift to their kids, as the box shows up at their doorstep every week just like a present! Plow to Porch has been delivering local organic produce to the community for over 10 years, and they also have pick-up options if a delivery service isn't for you. All you have to do is stop by at their location at 718 Union Ave. in Santa Barbara, and there's no doubt that this beats waiting in those long lines at the grocery store.

If getting a box of fresh produce to cook

still sounds like too much work, Plow to Porch also offers homemade frozen meals for those of you on a real time crunch. Some of their frozen meals include chicken pot pie, sausage ricotta pasta bake and lentil meatloaf. So if you need to hit the books and don't have the time to cook, simply whip one of these meals out and you're good to go.

In addition to the amazing variety of produce options that they offer, Plow to Porch's website is also extremely informative and easy to navigate. It tells you exactly what you should be expecting in your box each week and where the items are sourced from. Their team also publishes a detailed newsletter with photos and recipes to help you with your meal planning even more. Check out what was in their boxes this week and the recipes that were included.

Produce:

Strawberries
Black Splendor Pluots
Pixie Tangerines
Purple Cabbage
Tomatoes
Bunched Carrots
Bunched Golden Beets
Yellow Beans
Loose Spinach and Red Onion

Recipes:

Strawberry Spinach Salad
Golden Beet Slaw
Tomato Purple Beans
15-Minute Cabbage Chicken Lo Mein
Three-Ingredient Pluot Crisp

If you don't want produce for full meals, Plow to Porch also has something for you! You can opt for their smaller boxes that come with fresh veggies and fruits for all your healthy snacking desires. They even have a box catered towards making smoothies and juices to help you kickstart your day. So what are you waiting for? You'll get great quality ingredients while making a difference by reducing your carbon footprint.

SCIENCE & TECH

A Look Into Wildlife Rescue and Rehabilitation at the Santa Barbara Wildlife Care Network

Emily Komessar
Staff Writer

The Santa Barbara Wildlife Care Network, an animal rehabilitation center located in Goleta, cares for thousands of animals over the course of a year – rescuing, rehabilitating and releasing animals from all over the county. Throughout the center's history, it has saved tens of thousands of animals' lives.

The Santa Barbara Wildlife Care Network (SBWCN) has cared for a whopping 170 different species. Last year, in 2018, it cared for a total of 3,297 patients; this year, it has already taken in over 3,100 patients.

"The only things we are not allowed to care for are adult deer, adult coyotes, wild boar, bears, mountain lions, seals and sea lions. But every other bird, mammal and non-venomous reptile we can care for at the center," Claire Garvais, communications and development coordinator at SBWCN and UCSB



Courtesy of Ojai Raptor Center

Class of 2018 graduate, said.

That includes pelicans, raccoons, bobcats, hummingbirds, owls and many other species beyond the common duck, opossum and corvid.

When an animal is found, SBWCN recommends putting the animal in a quiet, dark and warm padded box with holes for air to let the animal calm down, refraining from giving the animal food and water and bringing it to the wildlife care center. The animal can be handed off directly at the center – at 1460 N. Fairview Ave. in Goleta – or someone from a team of volunteer transporters can come pick the animal up.

"Animal cruelty is pretty rare around here, and most of the animals that come in are injured by car strikes, cat attacks or window strikes. Those are the three biggest things [why animals come in]. And many are just babies that fall out of the nest a little bit too early," Garvais explained.

Spring and summer are the height of wildlife baby season, so that's when the center sees the biggest spike in numbers of patients on site.

Garvais shared some of the more intense rescue stories she's seen in her time with SBWCN.

Back in December of 2017, in Buellton, a male great-horned owl had been caught on barbed wire. SBWCN was able to remove the barbed wire piercing through his wing and stabilize him. SBWCN needed to get him to the Ojai Raptor Center for specialized care. This was during the Thomas Fire when roads were closed, so getting him down there was a puzzle.

"The 101 was closed because of the Thomas Fire ... [so] we weren't able to drive him down. So we asked our friends over at the Condor Express whale-watching boat if they would take this great-horned owl aboard the boat and transport him down to Ventura, and they did! ... A driver was able to get him from Ventura to Ojai, and the owl rehabilitated well at the Ojai Raptor Center and was released! It was really cool."

Garvais also recalls the story in 2018 of a great blue heron that had been shot four times with a BB gun and was rushed to the care center. Sitting on her nest in Lompoc, the heron had been about to lay an egg.

"Heron never lay eggs in captivity. So we were really worried, trying to get her better and out, so that she could lay her egg. We hatched a GoFundMe to try to pay for her surgery, and it was really successful; we raised all the funds we needed to in less than 24 hours, and she got a surgery. All the pellets were removed, and she was looking a lot better," Garvais said.

As for the health of the egg, the heron was less fortunate.

"Unfortunately, the egg had already died inside of her. But we were able to release her back into a safe area of Lompoc, and she flew away just fine after two and a half weeks of care. We don't know who would have shot a bird like that, but we're glad that we were able to get the call and save her."

If you are interested in volunteering with the SBWCN and getting hands-on experience with wildlife, Garvais emphasizes numerous opportunities for you at the center.

The center welcomes committed volunteers willing to work one four-hour shift per week. If you have a car, you can also volunteer as a transporter bringing animals to the center.

"Currently, it is baby season, so there are hundreds



Courtesy of Jessie Zamichow

of animals on site that really, really need help. So if you are interested in helping out, now is the best time to do it," Garvais said.

If you find a wild animal in need, SBWCN's contact information is provided below:

Santa Barbara Wildlife Care Network

1460 N. Fairview Ave., Goleta, CA

Summer hours: 8 a.m. - 7 p.m.

Helpline for wildlife emergencies: (805) 681-1080

Website: <https://www.sbwcncn.org/>

Instagram: @sbwildlifecarenetwork

Facebook: @SBWCN

SBWCN: Animal Rescue Stories from the Community

Emily Komessar
Staff Writer

In caring for over 3,000 wild animals annually, the Santa Barbara Wildlife Care Network (SBWCN) keeps a log of each patient: where the animal was found and in what condition, how long it was kept in care, what it was fed and which medications it received. SBWCN also gives rescuers the opportunity to reach out and check in on the animal's health. Many wildlife rescues have occurred in Isla Vista. Here are some animal rescue stories from local community members.

Sarah's Squirrel

Sarah Cortez, a resident of Isla Vista, brought in a squirrel during the colder rain month of February. She was walking her dog, Ben, who loves sniffing out ground squirrels, along the Del Sol Vernal Pool Reserve. When he hovered over the same spot for a long time, Cortez went to investigate and found a squirrel stiff from being cold.

"The squirrel was soaking wet, breathing slowly, eyes closed and had its arms extended straight out, almost as if it was reaching for air. It was still alive

but never opened its eyes or moved apart from breathing," Cortez said.

A Facebook post from Cortez asking for advice received responses to contact the SBWCN, who told Cortez to put the squirrel in a box with soft padding and openings for air, and bring her over to the center.

SBWCN offers updates on the animals brought in, and Cortez reached out and learned from them that the squirrel, bone-cold from the storms, would have passed away if not for her. Two days after being taken in, the squirrel was released back into the wild.

"She was released back into the same field she came from which made me extremely happy, because I was concerned she would be taken from her possible squirrel friends and family. Me and my dog, Ben, walk through that same field every single day and like to think that she is one of the squirrels we constantly see running around."

Minsu's Del Playa Seagull

Minsu Kim, another Isla Vista resident, found a seagull on the ground in his backyard on Del Playa Drive that sported head wounds and couldn't stand or fly. Unsure of what to do, Kim texted one of his friends who was involved with SBWCN. He followed

his friend's advice and put the gull in a cardboard box lined with a towel for shelter overnight, and even though it was after hours, called SBWCN and left a voicemail. At 8 a.m. the next morning, a volunteer transporter came to bring the gull to SBWCN. Unfortunately the gull didn't make it, but Kim described the experience as positive.

"This kind of situation never happened in my life, so I'd say it was a positive experience, [having the opportunity to save] an animal's life!"

Ivana's Hummingbird from the Bike Path

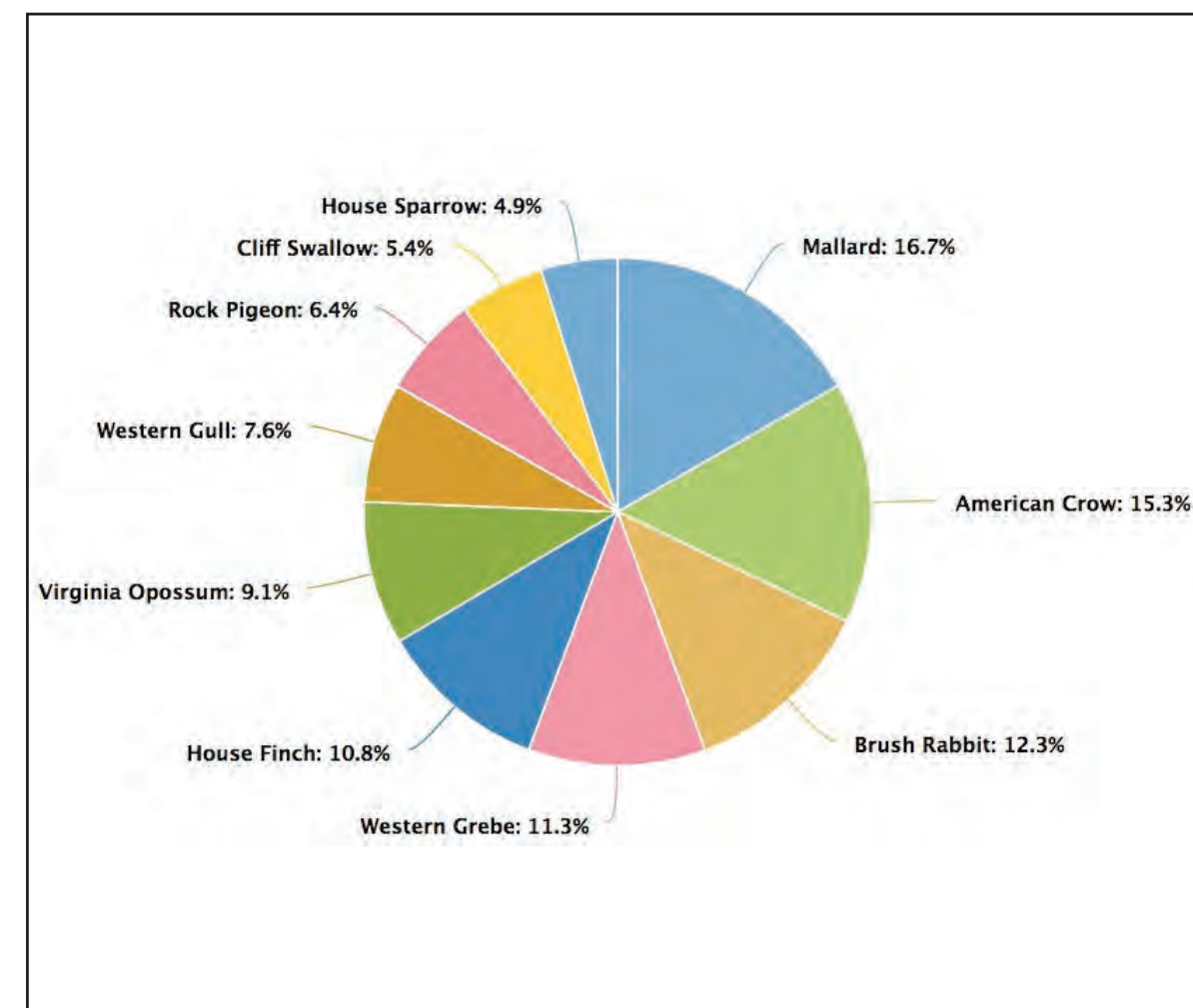
Ivana Cruz, a fourth-year UCSB student, found an injured hummingbird on the bike paths on her way home, next to the Theater and Dance building. The biker in front of her had swerved to avoid hitting the tiny bird. Cruz brought the bird home for the night and put it in a little saltine box she lined with cotton. She took a Lyft to SBWCN the next day to drop the bird off personally. Thanks to Cruz's proactivity, the hummingbird survived and was released after 34 days of care.

When asked about the experience, Cruz stated, "I was relieved when I felt like I got it to a group that knew what it was doing."

Hundreds of UCSB students find wildlife in need each and every year.

If you find an animal that needs help, call the Santa Barbara Wildlife Care Network's helpline at (805) 681-1080. If you think an animal needs to get to the Wildlife Care Center as soon as possible, SBWCN recommends the following:

- Find a box large enough for the animal. Make sure there are plenty of air holes.
- Line the box with soft material (tissues, cloth, paper towels).
- Gently place the animal in the box if you judge it safe to do so (certain species, such as raccoons, foxes and skunks are rabies vector species and should only be handled by wildlife professionals).
- Do not give the animal food or water. Do not peek at the animal. They are very stressed.
- Keep the animal and box warm, dark and quiet
- Bring the animal to SBWCN at 1460 N. Fairview Ave. or call SBWCN (805) 681-1080 to arrange for a transporter to pick it up.



MOST COMMON ANIMALS AT SBWCN / Courtesy of SBWCN

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OPINION

United States Soccer's Megan Rapinoe: The Hero Our Democracy Deserves



Harper Lambert
Opinion Editor

Independence Day has never been my favorite holiday. Besides, what kind of hardworking American passes up double pay? As such, I spent July 4, 2017 peddling merch at a theme park, not a sparkler in sight.

At the employee cafeteria, my co-worker gazed at the night sky through the glass-paned walls. "I wish I wasn't working," she sulked. "I love the Fourth of July."

I told her it felt wrong to celebrate freedom when so many people in our country are not free.

"Omigosh, you're so funny," she said.

I wasn't joking. The year was off to a bleak start with Trump's inauguration and immediate issuance of the travel ban. In August, violence would erupt in Charlottesville, Virginia, burning the images of tiki torches and Confederate flags into the collective consciousness of the American people. By December, 2017 would become the deadliest year for mass shootings to date. Grilling hot dogs and belting along to "American Pie" this Fourth sounded like throwing a birthday party in a burning building.

It was the patent symbolism – the bald eagles, the stars and stripes, the garish triad of red, white and blue – that made me uneasy. These were the icons proudly displayed by the neo-Nazis and white nationalists who crawled out of the woodwork and into Trump's rallies in 2016. With MAGA supporters chanting "Build the wall!" in one breath and "USA! USA!" in the next, the line between patriotism and nationalism was blurry, at least in the public's perception.

Two years later, in 2019, not much had changed. After watching "Fahrenheit 11/9," Michael Moore's 2016 election documentary, I lay face down on the couch, cynicism coursing through my veins. The sea of devastated faces at Clinton campaign headquarters; the corruption festering in our voting system; Obama drinking the water in Flint – these images leached away what little remained of my faith in this democracy.

Three days later, I sat in the same spot, a crowd screaming "USA! USA!" on TV again. Only this time, it wasn't at a Trump rally. It was at a soccer game in Lyon, France.

A soccer dropout at age 10, I'd never had much interest in "the beautiful game." I would rather watch "Bend It Like Beckham" than sit field-side at my siblings' matches. Yet I found myself caught up in the excitement of the 2019 FIFA Women's World Cup, mesmerized not only by the U.S. team's athletic prowess, but also by the players themselves.

Social media fed my newfound obsession. I delighted in the training camp vlogs (including one that was filmed at UCSB), player biographies and compilations of funny moments featured on U.S. Soccer's YouTube channel. I watched these women dominate on the field, crack jokes, work out and sing on buses, cars and planes. Camaraderie was essential to their game: these players were fiercely competitive and fiercely loving of both their sport and one another.

When I read about their fight for gender parity, my admiration grew.

Players like Alex Morgan have spoken about how beating the drum increases the pressure to win. Yet not once have they folded – not against the U.S. Soccer Federation, which pays female athletes nearly a third of what it pays males, despite the women's team consistently outperforming the men's and generating considerably more revenue – and certainly not against the competition. The team's victory in the final match amplified the chants of "EQUAL PAY! EQUAL PAY!" that rang throughout Stade de Lyon.

The feud between Trump and the team, which erupted on Twitter, could not have been more symbolic of the

political moment. About halfway through the tournament, a reporter for the soccer magazine *Eight by Eight* asked co-captain Megan Rapinoe whether or not the team planned to visit the White House if they won.

Infinitely more American than the "good old days" of autocracy and white supremacy fondly recalled by Trump is this team's vision of progress.

"I'm not going to the fucking White House," Rapinoe shot back. The next day, Trump retorted with, "Megan should WIN first before she TALKS! Finish the job!" Their 2-0 victory in the Cup final – including a goal by Rapinoe – spoke for itself.

– not even about the head of the U.S. Soccer Federation, Carlos Cordeiro, who was booed by the crowd at the team's post-victory New York City ticker-tape parade.

"I think he's with us. I think he's on the right side of things. I think he's going to make things right," she said. "We look forward to holding those feet to the fire."

In a rousing victory speech, Rapinoe addressed, among other things, the diversity of the team: "We have pink hair and purple hair. We have tattoos, dreadlocks. We've got white girls, black girls and everything in between. Straight girls, gay girls."

Observing the reactions of the crowd, itself a mishmash of young and old, white, brown and black, I cannot overstate the importance of this message. Highlighting this intersection of identities is not just preaching to the liberal choir or a PR stunt. The U.S. women's national team paints a far more accurate picture of America than the almost exclusively white-male Trump administration does. Its players embody the values of compassion, honor and resilience that are so lacking in our national politics.

Megan Rapinoe's dissent – and absolute kickassery – is a form of patriotism that I can get behind.

Not only is it essential that Americans see themselves in this team but also that the world see America in this team. Broadcasted on hundreds of networks and reaching a record number of viewers (approximately 1 billion) worldwide, the World Cup winning team represented an America that other parts of the world may not otherwise get to see.

Infinitely more American than the "good old days" of autocracy and white supremacy fondly recalled by Trump is this team's vision of progress.

"This is my charge to everyone: We have to be better. We have to love more, hate less. We've got to listen more and talk less," Rapinoe said as she neared the end of her speech. "It's our responsibility to make the world a better place."

Following Team USA's triumph, much champagne was spilled and "We Are the Champions" sang. But their victory was a celebration of female friendship, sportsmanship and hard work, rather than the boastful nationalism that often colors patriotic rhetoric.

As much as I love watching these athletes play, I value them more for what they inspire. And I don't just mean the children who dream of going pro – that doesn't account for their devoted fan base or the millions who tuned in to watch the World Cup.

They inspire me to make the most of the platform I have to advocate for what I believe in. I may be too far gone for the soaring idealism of the American dream, but Megan Rapinoe's dissent – and absolute kickassery – is a form of patriotism that I can get behind. Her courage moves me profoundly, evoking the same feeling of belonging to something bigger than myself – if not to a country, than to a dream. I am learning that the two are not mutually exclusive.

In the fall, I will be studying abroad. I used to joke that when asked where I'm from, I'll just say "California" to avoid being associated with Trump's America. But now, knowing that this is also the America of the U.S. Women's National Team, red, white and blue – with a dash of lavender – doesn't seem so bad to rep after all.

Here's to you, USWNT. May we all live up to the four stars on your jerseys. *If anyone has connections to Megan Rapinoe or the World Cup ticketing office, please contact Harper Lambert immediately.*



KATE RYAN / DAILY NEXUS



Camaraderie was essential to their game: these players were fiercely competitive and fiercely loving of both their sport and one another.

Which brings me to the centerpiece of my fascination: the lavender-haired winner of the Golden Ball and Golden Boot awards, the undisputed star of the World Cup and the new face of women's soccer, Megan Anna Rapinoe.

Though her fame reached new heights during this summer's World Cup, Rapinoe has been a leader on and off the field for years. In 2016, she was one of five players to file a federal complaint against the U.S. Soccer Federation for wage discrimination and is one of 28 plaintiffs in the lawsuit filed three months before the 2019 Cup. She also sparked controversy for kneeling during the national anthem in support of Colin Kaepernick at a Seattle Reign game in 2016.

"Being a gay American, I know what it means to look at the flag and not have it protect all of your liberties," Rapinoe said afterward. "It's important to have white people stand in support of people of color on this."

As a team spokesperson, Rapinoe leads with grace and an effervescent sense of humor. She doesn't talk trash

HOROSCOPES

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TAURUS

APRIL 20 - MAY 20

On the last day of your internship, you will spill coffee all over your boss, giving them second-degree burns.

GEMINI

MAY 21 - JUNE 20

Quentin Tarantino will admire your bare feet from afar.

CANCER

JUNE 21 - JULY 22

You will run into a local while in the middle of taking #HotGirlSummer selfies. Said local will blab on for so long that you completely miss Golden Hour.

LEO

JULY 23 - AUGUST 22

After waiting for hours to see your favorite artist, your friend will pass out and you will lose your spot in the front.

VIRGO

AUGUST 23 - SEPTEMBER 22

No shoes, no shirt and yet you still get service. #PrettyPrivilege

LIBRA

SEPTEMBER 23 - OCTOBER 22

You will see the Goleta Great White Shark while at the beach by yourself. Sadly, no one will believe you.

SCORPIO

OCTOBER 23 - NOVEMBER 21

Surprise! Your new housemate will buy a pet chinchilla without asking you.

SAGITTARIUS

NOVEMBER 22 - DECEMBER 21

You will do something selfless and kind for someone who really deserves it. Good for you.

CAPRICORN

DECEMBER 22 - JANUARY 19

The succulent you bought will live for three whole weeks, breaking your personal record.

AQUARIUS

JANUARY 20 - FEBRUARY 18

A mean customer will yell at you in front of your whole workplace, but it will bring you and your coworkers closer together.

PISCES

FEBRUARY 19 - MARCH 20

A crate of free avocados will mysteriously arrive on your doorstep.