

Beyond the Ranking: UCSB Outside Academics

By Sanya Kamidi
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The Student Resource Building at UC Santa Barbara, at first glance, is a convenient study space and home to many departments within Student Affairs. Behind the doors that read “OSL” or “Women’s Center” are winding hallways with offices of university employees working to improve the university experience for students.

UC Santa Barbara was recently ranked No. 5 on U.S. News and World Report’s “Top 30 Public National Universities” list, a ranking based exclusively on “hard objective data,” according to the web-site’s methodology used to calculate the rankings.

But despite news of UCSB’s ranking sweeping waves across social media, there is more to a university than its numbers; the way that students are supported and included contributes to their academic and professional success.

The Nexus interviewed several directors of Student Affairs departments and found that the university’s main success comes from bolstering the student body; from the Educational Opportunity Program (EOP) to Campus Advocacy Resources & Education (C.A.R.E.), the university’s programs help foster a healthy environment.

However, problems also stem from rising enrollment rates, which have left university resource programs struggling to provide for a student body that increases by several hundred students each year.

Aaron Jones, director of EOP, said the needs of students will always exceed the department’s abilities to meet those needs, which consistently leaves departments in a game of catch-up.

“Student Affairs ... [has] for decades struggled to keep up with the resources needed to provide for the services the students have either needed, or quite frankly demanded,” Jones said.

Even when departments can predict an influx of students, it is still difficult to prepare for the one-on-one services they might require, said Gary White, director of the Disabled Students Program (DSP).

“I think we’re [servicing] about maybe six percent of our student population and we know the national average is almost 11, 10.9 percent,” White said.

“We know that they’re coming ... and we want to have the resources, the firepower, the systems in place so that we can handle when that onslaught comes.

One of the DSP’s most common services is providing alternate testing locations for students during their midterms and finals, which can be difficult given the disproportionate amount of classrooms and labs on campus compared to the number of students, according to White.

“It’s just one of those things where we don’t have time to gripe about ‘oh, this is a roadblock,’ it’s just like ‘alright, we gotta make it a speed bump’ and still keep going forward,” White said.

UCSB is legally mandated to ensure that all students have equal access to educational opportunities on campus, so any failure of the DSP to do so would leave the university open to lawsuits.

As the campus continues to grow, several Student Affairs departments cite concerns about being able to service their students.

For instance, C.A.R.E. – an unusual department at UCSB, as most college campuses don’t dedicate entire offices to student advocacy – Director Brianna Conway said her staffers still find it difficult to always have someone available for a student because of how many students they serve.

Jones also noted a similar problem with the EOP office.

“We’re just going to have to be more mindful of managing time and resources to be as efficient as possible while not losing out on quality or our ability to be able to connect individually with students,” he said.

These problems are the result of minimal funding, a key problem within the University of California system.

“Funding is always an issue,” White said. “We’re getting as much as we can.”

White does his best to “keep folks abreast of the numbers” and continually updates the vice chancellor’s office as enrollment in DSP increases throughout the school year.

Despite these difficulties, White believes DSP offers students who wouldn’t traditionally attend university the opportunity to succeed.

“We know that if someone is qualified to come, there needs to be space for them to be here,” he said.

Several departments in the division of Student Affairs highlight the importance of providing students with a sense of belonging, which in turn can help students succeed academically.

“Research shows that a student is more academically successful and happier when they feel like they belong in a place,” said Katya Armistead, assistant vice chancellor and dean of Student Life.

Armistead overlooks the cluster of Student Affairs departments that revolve around student life, particularly the Office of Student Life (OSL). OSL focuses on fraternity and sorority life, registered organizations and leadership development.

While Armistead feels the OSL has strengthened its relationship with fraternities and sororities in

recent years, she now wants to turn attention to registered organizations on campus.

With the recent hire of campus organizations coordinator Justin Littleton, a recent UCSB graduate and former OSL intern, Armistead hopes to see memberships in registered organizations grow with the dedicated attention Littleton will be providing.

Armistead also prides herself on the “one-stop shop” aspect of the OSL.

“People come to us for so many different things and what we try never to do is ‘Oh we don’t do that here.’ We try to at least connect students to where they need to be. We’ll pick up the phone, or we’ll even Google it for them so they don’t have to leave feeling like ‘Well now what do I do?’” she said.

As head of C.A.R.E., Conway also sees the same duty as an essential part of her job.

“I always like to think of it as we’re like a hub of the wheel, so the student doesn’t have to navigate all of these [campus entities] by themselves,” Conway said.

Conway and her staff work as direct service providers for students, staff and faculty who are dealing with sexual assault, domestic violence or stalking.

C.A.R.E.’s main office is located in the Women’s Center in the Student Resource Building (SRB); however, the office established a second location in Isla Vista two years ago in order to make itself more accessible to all students.

“Not everyone wants to walk into the women’s center – what about our male survivors? Or LGBTQ students that ... come here for other spaces or events ... to come and receive services might not feel as comfortable,” she said.

Conway also notes the lack of graduate students who approach the C.A.R.E. office for assistance.

“I think sometimes grad students don’t feel like there’s a place for them, or that the services aren’t for them or aren’t tailored for them,” she said.

The C.A.R.E. office has grown since Conway first started in 2013, from three full-time staff members and one part-time staff member to an office of eight full-time staff members and several interns.

The inclusion of student interns on staff has helped to bring student insight to the office, Conway said.

The EOP office also relies on a similar peer-to-peer model in developing a sense of belonging for its students, who are primarily, but not exclusively, first-generation students and come from low socioeconomic backgrounds.

“EOP’s mission and history is our ability over the many years to be able to have both a collective and an individual connection to students, and that’s certainly made a difference in my undergraduate career and as a professional staff person. Sometimes for a student at a particular point in life, that [connection] makes all the difference,” Jones said.

While most students develop that sense of belonging through campus organizations, Associated Students (A.S.) President Brooke Kopel wants to help students who aren’t involved in organizations feel at home on campus.

“Our student government, our administrators, our faculty need to be the ones who are making sure students, regardless of whatever they’re involved in, feel welcomed on campus, feel like they can get help when they need it,” she said.

Kopel says that although there is always room for improvement, the university “has the best intentions in mind for its students, even when it falls short at times.”

She believes what makes UCSB great is the pressure from students on the university over the years to make it more inclusive and supportive of its population.

“One of the reasons why ... the EOP exists is because students in the mid-60s were demanding that there be some sort of place or home for students who have otherwise been denied access historically to public higher education at colleges and universities,” Jones added.

Jones cites El Centro in particular as a pivotal space for Chicanx students, faculty and community members who find value and comfort in their shared history.

“These spaces have provided a home away from home for first-generation college students whose parents may not necessarily have been able to prepare them for what it’s like to go into a college environment,” he said.

As UCSB continues to support its students academically, Jones hopes the university also sees the value of the holistic support Student Affairs provides in its “direct and immediate” impact on students.

“The need is there, so I think the challenge is how best we can [support our students] with the resources we have, with the needs that are always gonna exceed the resources.”

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INSIDE

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Hits Santa
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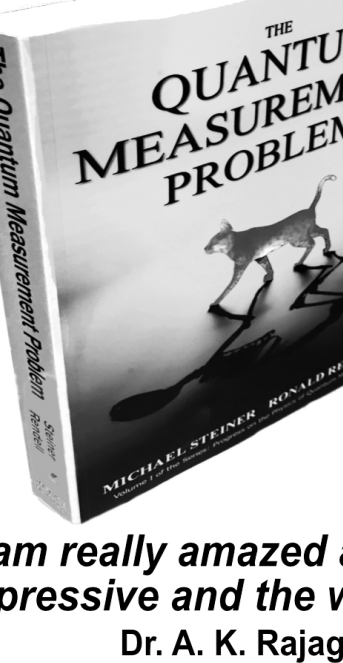
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UCSB Island
Restoration
Project

Weather Report
Sunny
High 60°F | Low 40°F
Temperatures hitting low 60s this weekend

Surf Report
Fair
Steep swells all day



THE QUANTUM MEASUREMENT PROBLEM




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THE SAMURAI OF PUZZLES *By The Mepham Group*

Level: **1** **2** **3** **4**

		3				5	1	
4	9	6						
			6		8			
5				7				2
	3	4	9		5	6		
9				8				5
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	1	9				2		

SOLUTION TO WEDNESDAY'S PUZZLE 3/8/12

5	9	1	2	3	8	7	4	6
3	4	7	6	5	9	1	2	8
8	6	2	7	1	4	5	3	9
4	8	5	3	2	7	9	6	1
6	7	3	9	4	1	8	5	2
1	2	9	5	8	6	3	7	4
2	1	8	4	7	3	6	9	5
7	5	6	1	9	2	4	8	3
9	3	4	8	6	5	2	1	7

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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ACROSS

- 1 Get really high
- 5 Overhaul
- 9 Archipelago unit
- 13 Six-sided shape
- 14 Captain's "Hold it!"
- 16 Corrosive liquid
- 17 Gillette razor brand
- 18 Do a two-step, say
- 19 Broadway award
- 20 Providence native, for one
- 23 Spectacular failure
- 24 Nutritional fig.
- 25 Writer LeShan
- 28 Part of PST: Abbr.
- 29 Sainly glow
- 32 Marries in secret
- 34 Skipped the saddle
- 36 Cathedral niche
- 39 Hot brew
- 40 Wedding vows
- 41 Steered the skiff beachward
- 46 Tentacle
- 47 Petrol station name
- 48 Juan Carlos, to his subjects
- 51 RR terminus
- 52 Prime rib au ____
- 54 "From the halls of Montezuma" soldier
- 56 Crosby/Hope film
- 60 Visibly wowed
- 62 "Vacation" band, with "The"
- 63 Baseball stitching
- 64 Kate, to Petruchio, eventually
- 65 China's Zhou ____
- 68 "____ la Douce"
- 67 Well-protected
- 68 Desires
- 69 Armchair quarterback's channel

DOWN

- 1 Eats, with "up" or "down"
- 2 Bat for a higher average than

- 3 Overseas
- 4 Curls up with a book
- 5 Commercial on AM or FM
- 6 Address a Gab or and Longoria
- 7 Frontiersman Boone, familiarly
- 8 Hollywood award
- 9 "Musta been something ____"
- 10 Scrabble sheet
- 11 Surprise 2012 New York Knick standout
- 12 Joseph of ice cream fame
- 15 Painfully sensitive
- 21 Off-the-wall effect
- 22 Chip's partner
- 26 Geometric art style
- 27 Raises a question
- 30 "Panic Room" actor Jared
- 31 More than chubby
- 33 Off-Broadway award
- 34 Fishing line holder
- 35 Signs of relief
- 36 Baking sounds

- 37 One writing verse
- 38 Quit cold turkey
- 42 ____ wu: familiar feeling
- 43 Plod
- 44 Diffusion of fluids, as through a membrane
- 45 Thunderous noise
- 48 Potato presses
- 49 Pitch a tent
- 50 Naval petty officer

- 53 Full of rocks
- 55 Riveter painted by Rockwell
- 57 Architectural S-curve
- 58 Eye lasciviously
- 59 Sound of suffering
- 60 "How cute!" sounds
- 61 Italian address
- 62 Scale

ANSWER TO PREVIOUS PUZZLE:

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


wordeditor@aol.com 04/23/12

By Bonnie L. Gentry and Victor Fleming
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SANTA BARBARA



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Dear Students:

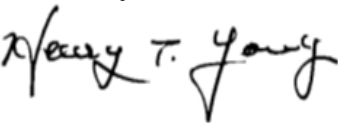
I am excited to welcome you – our incoming and returning students – to the 2018-19 academic year! Our campus is energized by your arrival, and eager for the many opportunities the new year will bring.

As you familiarize and reacquaint yourself with our campus, we hope you will feel the strong sense of community that is at our core. We are not only passionate about education, but care deeply about our neighbors, our environment, and each other. This attitude of sensitivity and support informs our approach to daily campus life.

Here at UC Santa Barbara, we strive to provide all students with access to an outstanding education and the tools to succeed – in an environment full of respect and free of discrimination. We encourage one another to embrace our differences and learn from them, valuing the civil exchange of ideas and upholding academic freedom as a vital part of our educational mission.

Our commitment to academic excellence, diversity, equity, and inclusion has resulted in a university that is nationally and internationally recognized. Just this month, our campus was ranked No. 5 among the top public universities in the country by U.S. News & World Report. We are also ranked No. 9 worldwide for producing Nobel laureates in this century, according to an analysis by Times Higher Education in London. Within the prestigious Association of American Universities, an organization of 62 leading public and private research universities, we were the first to be designated a Hispanic-Serving Institution. Our accessibility and affordability – principles our own students have helped champion – place us at No. 2 among the nation’s top colleges most committed to economic diversity, according to the New York Times College Access Index.

We hope you are as proud of UC Santa Barbara as we are of you. You are the heart of our university, and we look forward to watching your talents and creativity flourish during your time with us. My wife, Dilling, and I will see you around campus – we’re your neighbors after all! You have our best wishes for success as the quarter gets underway.

Sincerely,

Henry T. Yang
Chancellor

Vista Point

SIERRA DEAK / DAILY NEXUS

Weekly Goings-On in Isla Vista

Bounce It
Santa Barbara Hillel, located on 781 Embarcadero del Mar in Isla Vista, will be holding a bounce house party on Monday to celebrate the beginning of another school year. Starting at 6 p.m., Hillel will be serving up root beer floats alongside a sundae bar. Grab some friends and take an evening to enjoy the last weekend before the start of school.

Run for the Lemons
The shouting of supporters and aspiring racers will fill the air at Goleta Beach on Sunday as the annual Lemon Run commences, hosted by the Goleta Education Foundation. Watch competitors participate in competitive 10k and 5k races to raise money for Goleta Elementary Schools’ educators. Enjoy prizes and goodies, along with bites from Wahoo’s Fish Tacos.

Your Favorite Word ~ FREE ~ I.V.’s Free Activity Day!
Join I.V.’s Food Co-op for some fresh air and free activities on Saturday, Sep. 22 at 11:30 a.m. to 2:00 p.m. The activities are hosted by the Sunflower Kid’s youth group, and are usually held every third Saturday of the month. Go outside feel to like a kid again and play games like musical chairs, create a DIY essential oil spray to calm your stressed mind during finals and sample some of the Co-op’s snacks (free food!). You can also get a \$10 off shopping coupon to use (yay, more free food!). The Co-op is located at 6575 Seville Rd.

Lazy Eye Shop Pop-up
I.V.’s Food Co-op will be holding another Lazy Eye Shop Pop-up on Saturday. The Co-op invites customers to browse a selection of vintage clothing, accessories and shoes. All items are hand-picked by Santa Barbara collector Andi Modugno, so if you’re interested in vintage clothing, see if you can find some new outfits! The pop-up will open at 12 p.m. and will close at around 4 p.m.

Get Healthy with Organic Fruit
The I.V. Co-op will be holding a fruit tasting session on Tuesday, Sep. 25 to celebrate the end of summer, when fruits are often at their rip-est. A wide array of different fruit will be available, all of which have been selected by the Co-op’s produce crew. All fruit is unsprayed and organic. The tasting will begin at 4 p.m. and last until approximately 6 p.m.

UCSB Las Maestras Center Holds Protest Against Separation of Families in San Diego

By Sofia Mejias-Pascoe
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The Las Maestras Center for Xicana Indigenous Art & Thought Practice at UC Santa Barbara hosted Un Llanto Colectivo, a two-day protest against the separation of illegal immigrant families, in San Diego this past weekend.

Protestors sang, chanted and cried in resistance to the Trump administration’s “zero tolerance policy” on illegal border crossing, which has resulted in the separation of children from their detained parents.

“Imagine ... trying to escape, trying to flee a bad situation and finding yourself in jail with an unlimited amount of time, with no communication from your family. It’s the worst thing that could happen to a human being,” Celia Herrera Rodríguez, co-director of Las Maestras Center, said.

Protestors also stood in support of undocumented immigrants who are currently detained due to the administration’s policies.

The protest took the form of a communal prayer using ceremonies, performances and a mixture of aspects from traditional indigenous cultures, such as the Kumeyaay tribe. The prayer culminated in a collective cry in which protestors wept and embraced each other.

“It was a community cry. It was us coming together to be able to support [undocumented immigrants], what we’ve been carrying around as a community,” Rodríguez said.

Un Llanto Colectivo echoed sentiments from the original 16th-century version of “La Llorona,” which tells the story of a woman who “cries out in mourning, anticipating the loss of Mexico’s children due to the Spanish invasion,” according to a Un Llanto Colectivo press release.

The internal conflict of La Llorona parallels the state of immigration to the U.S. from south of the border as well as the desire for migration and the risks that come with uprooting one’s life, Rodríguez said.

For this protest, Las Maestras Center collaborated with several national and regional groups that deal with issues of immigration, including Pueblas Sin Fronteras and the National Association of Domestic Workers, among others.

Representatives from these groups spoke during a press conference at the protest, urging the community to take action while also sharing personal anecdotes about immigration.

On the first day of the protest, grey smoke from burning sage and incense filled the air while approximately 30 protestors dressed in white marched around the outside of the Federal Building in downtown San Diego, where the regional U.S. Immigration and Customs Enforcement (I.C.E.) field office is located.

Protestors used traditional instruments such as drums, flutes, conch shells and rattles to recreate songs of indigenous cultures.

The protest also included a theatrical performance in which participants recited sentiments about the experiences, losses and risks involved with immigration.

The following day, participants repeated the ceremony at the Otay Mesa Detention Center in San Diego, where undocumented immigrants are currently being detained.

Protestors positioned themselves to aim their voices toward detainees of the detention center in hopes they would be heard over the wall separating them. They were eventually able to make contact with two detainees who had access to a cellphone while the protestors were gathered. The groups exchanged greetings and hopeful sentiments.

“They said ‘Thank you.’ Just ‘Thank you’ that we remember them, that we gave them time ... that we came,” Rodríguez said. “We said to them, you know, ‘Have faith that there is someone here that thinks about you everyday, if nothing else, that you’re not disappeared.’”

Un Llanto Colectivo is the first major action that Las Maestras Center has organized since its opening in March of this year. The faculty currently consists of Rodríguez, a lecturer on campus, and Cherrie Moraga,

a professor in the English Department at UCSB.

The group, which stems from the English Department at UCSB, aims to educate students and preserve the thought, traditions and culture of indigenous communities, according to its website.

“Indigenous thought has been fragmented, punctured, disengaged, decontextualized, made into these little kind of exotic things. [Las] Maestras center wanted to bring [indigenous thought] back into focus,” Rodríguez said.

With initial funding they received from UCSB, Rodríguez hopes to continue to expand Las Maestras through developing programs, hiring interns and developing a voice on campus. In the six months since opening, Las Maestras has already begun to connect with other groups seeking collaborations.

Rodríguez stresses the importance of individuals to stay active in their communities and pay attention to the social and political issues happening around them.

“Unless you stop injustice, it will continue to roll and eventually you’re gonna feel it,” Rodríguez said. “We have to keep vigilant and keep active. I think that’s an important piece of it, you know, because it’s not over.”



Courtesy of Bob Davis

Protestors march in silence through the Federal Building in downtown San Diego. The purpose of the march was to draw attention to the unjust separation of families by immigration agents.

MultiCultural Center Celebrates 30th Anniversary

By Sanya Kamidi
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In its 30 years of existence, UC Santa Barbara's MultiCultural Center has created a home for traditionally excluded students and has actively worked to foster conversation and raise awareness regarding issues that affect marginalized students.

Zaveeni Khan-Marcus, who has been the director for the MultiCultural Center (MCC) since its founding, is the "heart and soul" of the center, according to Katya Armistead, assistant vice chancellor and dean of student life.

Armistead works with the center in an administrative capacity and has known Khan-Marcus since they were both undergraduate students at UC Santa Barbara (UCSB), when the center was first introduced.

"There's a lot of history with Zaveeni and I and with me watching the center grow," Armistead said.

The MCC was a small room on the other side of campus when it was first founded in 1987 after students of color protested their lack of inclusion within the university. When the University Center expansion was commissioned in 1994, the organization's current space by Ortega Dining Commons was created.

Now the center holds a theater, a meeting room and lounge. While the MCC has suffered from limited funding, it has been able to maintain its 24-25 programs each quarter while also increasing the scale on which it operates.

"Last quarter, we had Kimberle Crenshaw who gave a talk at Campbell Hall, and even though Campbell Hall holds only about 800 seats, we had 1,200 people who showed up for that event," Khan-Marcus said.

She sees this as tangible proof there is demand, and an expectation, for the MCC to continue to host speakers or put on events that create a "platform for conversation about race, class, social justice [and] equality."

Khan-Marcus also works with faculty to create awareness on campus; some faculty members even offer extra credit to students who attend these events.

The spaces within the MCC are also open to cultural organizations affiliated with the center, which often host meetings or events there.

"We provide opportunities for UCSB students [to immerse themselves in] other cultural experiences. MCC is definitely the best place to provide such international and cultural communications," said Takafumi Igarashi, director of social activities for the International Student Association.

Beyond its existence as an event space, the MCC is focused on giving voice to students.

"Throughout our 30-year existence currently, centralizing the students is one of the most important things we do," Khan-Marcus said.

The MCC is led by a board of students, staff and faculty. Student representatives come from various cultural organizations that are affiliated with the center.

"They come together and they have conversations, inform us about what their needs are, but also represent to the campus the

needs of ... the marginalized students," Khan-Marcus said.

These students are able to have challenging conversations and come together to support each other and advance student activism during a difficult campus climate, according to Armistead.

While the MCC is typically known as a home away from home for students of color, the center has also opened itself up to transgender students on campus with its Trans* Initiative.

"In the last couple of years, transgender students have felt comfortable with this space ... so that's saying a lot – it's a huge statement that they feel comfortable within the walls of this center," said Khan-Marcus.

In addition to providing resources and working with the Resource Center for Sexual and Gender Diversity (RCSGD) to make UCSB a more inclusive campus, the MCC hosts weekly meetings for "all trans folks and supportive allies," according to its website.

However, while the MCC is entering its 30th year of existence, this center is not the norm nationwide.

"It's a huge statement, that UCSB has had a MultiCultural Center for 30 years. A lot of my colleagues from other campuses feel strongly that this MultiCultural Center is a very important, transformative space," Khan-Marcus said.

Other universities trying to follow in UCSB's footsteps might face pushback from administration or minimal funding and staffing because multicultural centers are identity-based spaces, but Khan-Marcus advises them to continuously advocate for their students.

"Social justice work is challenging, because it's not easy work, but it's absolutely needed at every campus. Even in this day and age, if you go and talk to some students of color, they will share with you that at times that they feel invisible at UCSB," she said.

For Lily Pham, Vietnamese Student Association (VSA) co-president, it is heartening to know that there's someone out there who cares about centers like the MCC.

"There's some statistic that if you look it up, it'll say we're pretty up there in diversity. But that's not always prevalent when you're just walking around and seeing, at a face value, what the campus is," Pham said.



HUGH COOK / DAILY NEXUS



LORENZO BASILIO / DAILY NEXUS



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UC Commits to Using 100% Renewable Energy by 2025



NEXUS FILE PHOTO

By Simren Verma
University News Editor
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All 10 University of California campuses and medical centers have committed to using only 100 percent renewable electricity sources by 2025, according to the UC Office of the President (UCOP).

On Sept. 4, UCOP announced in a press release that this "expansion of its system-wide sustainability goals" was a part of the UC's Carbon Neutrality Initiative.

The Carbon Neutrality Initiative began in 2013, when UCOP President Janet Napolitano proposed the goal of making the UCs a zero net energy consumer by 2025.

Along with the 2013 commitment to become carbon neutral, UC now also aims for "100 percent reliance on clean electricity suppliers across its campuses and medical centers by 2025," according to the press release.

UC has already saved \$220 million by utilizing its energy efficiency programs.

At UC Santa Barbara, students have been working on the 100 Percent Campaign for the past two years, according to Adriana Munoz, the vice chair of UCSB's California Public Interest Research Group (CALPIRG) branch.

"CALPIRG Students have been working very hard to create buzz

about renewable energy by talking to thousands of students about this issue and signing them up as members to our organization," Munoz said in an email.

"We've also worked with other student organizations as well as with faculty to show overall campus support for this issue."

She added that the campaign has been a priority due to the effects of climate change on California, which include fires that have occurred close to UCSB's campus, such as the Thomas Fire, the second largest fire in the state's history.

"We are so proud that our UC system is working with students in order to take more steps towards a clean energy future and CALPIRG Students looks forward to working with them on this issue further," she said in an email.

UC is also committed to not using on-site fossil fuel combustion for new buildings and renovations after June 2019, as well as reducing its overall energy-use intensity, the press release said.

The UC commitment precedes Governor Jerry Brown's signing of Senate Bill 100 on Sept. 10.

SB 100, authored by State Senator Kevin de León, requires the state of California to use 100-percent renewable and zero-carbon electricity sources by 2045.

"With Governor Brown's order, California establishes the most ambitious carbon neutrality commitment of any major economic jurisdiction in the world," a press release from Gov. Brown said.

"It will not be easy. It will not be immediate. But it must be done."

UC SANTA BARBARA

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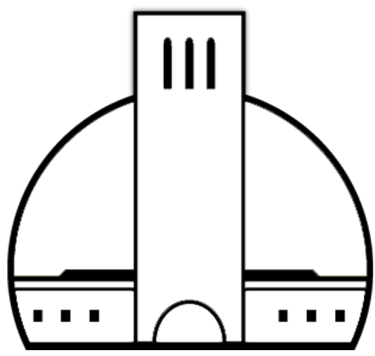


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What Makes UCSB Home to You?

In July, the *Nexus* asked our audience on Instagram to submit responses to the question “What makes UCSB home to you?” We wanted to share these responses to welcome you all back to campus for the start of a new year.

there’s just no other place like it! everyone is friendly and genuinely cares about you

skateboarding
DP at dusk

trash pandas and platform holly “a thousand thrills, a million ways to spend your time”

the smell of the ocean

the jaw-dropping sunsets

freebirds and mcconnells

sleeping in the daily nexus

Isla Vista and Del Playa

the place where I became an adult (work, school, leadership, education)

people in IV and UCSB care about each other, for no reason other than simple kindness

the people I have come to call my family

the never-ending amount of beer die tables you can find in IV

the beautiful beach and the amazingly friendly students

Armchair QB



With Conor McGregor now in at QB for the Tampa Bay Buccaneers, we'll see if the Fitz-magic continues when they host the Steelers for Monday Night Football.

Daily Nexus Sports

Don't miss some of the biggest games of the quarter this weekend! No. 5 UCSB men's water polo hosts No. 3 and PAC-12 powerhouse Stanford at noon on Saturday, while UCSB men's soccer takes on UCLA at Harder Stadium later at 7:30.

SPORTS

Gauchos Look to B(Ruin) UCLA's Top 25 National Ranking

Omar Hernandez
Sports Editor

With a solid 4-2 start to non-conference play, the UCSB men's soccer team is set to take on longtime rival No. 23 UCLA at home on Saturday night. The Gauchos have built up some momentum, recently, with wins over Butler and New Mexico State after a shaky 0-2 trip to the Pacific Northwest.

Although they weren't able to come away with a win in their last game after a goal in double overtime by No. 17 St. Mary's, they now will come back to preserve their perfect 3-0 record at home. UCLA also started the season strong, at one point even reaching No. 11 in the national rankings, but will be trying to avoid dropping consecutive games for the first time this year after a tough 1-2 loss to CSUN.

Although they are in different conferences, with UCSB playing in the Big West while UCLA competes in the PAC-12, these two teams definitely have a history. This "rivalry" may seem to be lopsided at first glance (UCLA has a 34-5-4 overall record against the Gauchos); however, the big

games between these squads have almost all went to the Gauchos. Whether it be UCSB's 2006 National Championship victory over the Bruins, or their 2-0 win in front of a record-breaking crowd of 15,896 fans in 2010, time and time again it seems that the Gauchos were able to rise to the occasion when it mattered the most.

While the stakes aren't as high in this year's matchup, the game coinciding with move-in weekend should bring in huge crowds and give Harder Stadium a postseason feel.

As mentioned before, the Gauchos have been unbeatable at home so far this season. The energy of the UCSB crowd, who have consistently been near the top of the NCAA in attendance, definitely plays a role in energizing this team and the young players leading it.

Sophomore Rodney Michaels earned Preseason All-Big West honors and has lived to the hype so far, along with stepping up into a leadership role. The forward leads the team and is tied for seventh in the conference with three goals, all while having played in fewer games than six of the players in front of him.

He makes up half of the youthful one-two punch that the Gauchos have expiemented with up top, along with freshman Carter Clemmenson, who has been a welcome surprise to start off the season.

Clemmenson has already notched two goals, though only starting in one game, and if his production continues at this pace he could become a starting fixture for the team by the beginning of Big West play. These two, along with first-year goalie Ben Roach, have been able to produce now while still showing signs of potential for years to come, which should be an exciting prospect for any Gaucho fan.

The Bruins also have a freshman standout of their own in midfielder MattH u n d l e y, who has an incredible stat-line of three goals and three assists throughtheir first six games. Hundley has shown vision and a nose for the ball that even most upper-classmen don't have and his playmaking has helped open up the UCLA offense in unconventional ways.

The biggest beneficiary of this free-flowing offense has definitely been junior Mohammed Kamara, whose four goals so far are good for second in the Pac-12.

Because of superb playmaking from both the midfield and backline (Erick Holt is tied for most assists on the team with three as a defender), the forward has been able to push up and put more pressure on the defense with great results.

One of the keys to the game for the Gauchos's defense will have to be controlling the midfield and taking the Bruins out of their comfort zone. In their last game against St. Mary's, there were too many times where, instead of maintaining possession, the Gauchos opted to boot the ball up the field.

Against UCLA, a team that has given up fewer than half of the shots and goals it has taken and scored, opportunities will be few and far between – meaning that UCSB will have to capitalize on anything it can get.

Ultimately, this is going to be an extremely fun game. The influx of new freshmen who move in next weekend, combined with the youthful fast-paced style of the team, should make for plenty of energy and exciting plays.

Although the Bruins have had the edge historically, it might be time for a new era of Gauchos to flip the script.



HALLIE BROWN / DAILY NEXUS

Culture Shock: Gauchos Dialed in with Coach Pasternack at the Helm

Max Kelton
Staff Writer

Following a summer filled with determination and growth, the Santa Barbara Gauchos have returned to the gym with ambition and high hopes for the upcoming season. While UCSB came up short last year in the Big West Tournament, the squad is eager to build on the biggest program turnaround in college basketball last year.

It's no coincidence that the team's turnaround came at the same time that Coach Joe Pasternack took over the head coaching duties. After previous coaching positions at storied programs such as the University of Arizona and UC Berkeley, Pasternack took his second head coaching job with UCSB in March of 2017.

As he took the helm, there was an instant shift in the culture of UCSB basketball. Pasternack stretched his recruiting range by adding a plethora of veteran graduate students and transfer players, and Santa Barbara eyed epic success on the hardwood once again.

Although four of the five starters from last year's historic squad departed in the offseason, the Gauchos ushered in another wave of transfer students who are keen on making an immediate impact on the team. The lone incumbent starter, junior guard Max Heidegger, has assumed a prominent leadership role as a weathered Gaucho to welcome his incoming teammates.

"We have seven or eight new guys," Heidegger explained. "We're [focused] on building camaraderie, getting everyone into our system and doing what Coach P. expects from us."

Of those players who made the move to sunny Santa Barbara, the majority of the transfer additions are guards and wings. Spearheaded by sophomore point guard Devearl Ramsey, who redshirted last year after a move from the University of Nevada, and graduate transfer Ar'mond Davis, who brings tournament experience after his March Madness run with the University of Alabama last season, the new faces plan to make a significant impact early in the year.

"It makes practice competitive," Heidegger joked. "Offense, get to the rim, do what we did last year; obviously we were the best offense in the Big West."

Heidegger harped on the team's focus for the upcoming year:

"Defense, defense, defense ... When I talk about what Coach P. wants for the culture, it's all about playing defense and playing hard; that's what we're getting everybody to do."

As the transfer guards get situated in their new roles and fight for a spot on the starting rotation, the Gauchos have also integrated a myriad of young talent into the program at the forward position. The freshmen forward duo of Jay Nagle and Amadou Sow tower over opponents at 6'8" and 6'9", respectively. As if the Twin Tower additions weren't enough, the Gauchos continued to reinforce their front court this offseason when the team introduced sophomore forward Robinson Idehen, a native Spaniard who staggers at a whopping 6'10".

As the big men get situated in their new digs, who better to mentor the young forwards than fifth-year senior center Ami Lakoju? With a first-hand look at the paradigm shift between Coach Williams and Coach Pasternack, Lakoju is the ideal guide to transition the new recruits into the culture that UCSB basketball is currently rebuilding.

"We have a lot of young talent," Lakoju beamed. "If you make a mistake, just brush it off. You have to focus on executing your job. Everybody has their own role."

The veteran big man had a career year last season playing in all 32 matches for the Gauchos, including starting seven games, as he facilitated in the absence of Jalen Canty. As he battles back from an offseason toe injury, Lakoju suggested that his game continues to evolve under Coach Pasternack.

"Mentally I've seen players grow under each coaching staff," Lakoju observed. "I feel like the game is so mental. As a freshman, I didn't really see it that way ... if you're strong mentally, physically you can do anything."

The complement of veteran leadership and young talent makes for a deadly combination. With Coach Joe Pasternack at the reins, this Gaucho team reflects a shut-down defense along with an offensive attack that sends shivers down the spines of every Big West coach.

While most teams would have a bleak outlook on this season following the departure of four starters, this Santa Barbara squad has unusually high potential in the upcoming year. With the recent talent brought in for the 2019 season, the Gauchos have high expectations for a successful Big West campaign and a deep run in postseason play.



DUSTIN HARRIS / DAILY NEXUS

Big West Conference Preview: Men’s Soccer Edition

Brandon Victor
Staff Writer

With a solid 4-3 start to the season, the UCSB men’s soccer team looks to be a real threat to win the Big West Conference for the first time since 2010. To follow up on our season preview for the Gauchos, we will detail the competition they will face in the conference this season:

Cal Poly: Despite being chosen to finish last in the conference this season, the Mustangs have showcased their grit so far this season. While they only sport a 2-3-1 record, Cal Poly played tight matches against Portland and Seattle, who both defeated the Gauchos. A bright spot for the Mustangs this season has been sophomore midfielder Emmanuel Perez, who already has two goals and two assists despite tallying zero for both last season.

Sac State: Sacramento State’s defense has struggled out of the gate, with the team already allowing 17 goals in seven games, including a whopping six goals against Cal. However, the Hornets have proven they can hang with anybody – as evidenced by their tie against then-ranked Portland. Offensively, Sacramento State has tallied a solid 10 goals, with senior forward Dominic Scotti pitching in a team-high four goals. Look for the Hornets to get into plenty of high-scoring affairs during conference play.

CSUN: No. 25 Cal State University Northridge’s offense has been on fire to start the season, with already 18 goals in eight games despite a brutal schedule. Northridge also has signature victories on its resume after defeating No.17 Cornell and, perhaps more impressively, No.11 UCLA in Westwood.

Sophomore forward Daniel Trejo has already created five goals and four assists, nearly matching his 2017 total of seven goals in far fewer games. If CSUN can keep its scorching hot offense rolling, it is difficult to envision any Big West opponent being able to keep up.

Fullerton: The preseason favorites to win the Big West Conference, Cal State Fullerton has sputtered out of the gate, only winning two of its first seven matches (2-2-3 overall). The main roadblock for the Titans this far has been their ability to manufacture offense; so far, the team is only averaging one goal per game.

Expect Fullerton, which returns nine of its starters from last season’s Big West winning squad, to pick up the offense as senior leaders Ross Mcphie and Samuel Goni rediscover their form from last season.

Several UCSB Tennis Players Begin Fall Tournament Play

Kunal Mehta
Staff Writer

Members of the UCSB men’s tennis team will begin their season this upcoming Thursday at Oracle Masters in Malibu, Calif.

Winners of 12 of their last 14 matches, the Gauchos finished last season with an overall record of 18-7, with a heartbreaking first-round exit in the NCAA Tournament against the USC Trojans.

After starting the season with a 6-5 record, UCSB began to find its rhythm, leading to a stretch during which it had 10 consecutive victories.

Santa Barbara will look to win its fifth consecutive Big West title behind senior Nicolas Moreno de Alboran and junior Joseph Guillin, who are both ranked in the top 100 for men’s singles, with Moreno at 32 and Gullin at 95. Moreno and senior captain Anders Holm are also ranked in the top 30 doubles duo in the country.

Moreno de Alboran, in particular, will look to build upon his exceptional performance from last year after finishing the season with a 29-11 record. As the reigning Big West Player of the Year, there will be a lot of responsibility on his shoulders to maintain the high standards that have been set by teams in the past. He will represent Santa Barbara in the upcoming Oracle Masters tournament, which is made up of top players from across the country.

After his breakout season with a 19-2 record, the French native Guillin will also look to continue his success in the singles realm after being selected to the All-Big West First Team. He started his collegiate career at the University of Florida and finished his freshman campaign with a 12-5 record but decided to transfer to Santa Barbara shortly thereafter.

UCSB is poised to make a deep run in the NCAA Tournament this upcoming year behind its talented upperclassmen as well

Davis: No.13 UC Davis has already surpassed all expectations this season; despite being picked to finish fourth in the conference, the Aggies have gone unbeaten in their first seven matches (5-0-2).

The team’s No. 13 rating is its highest since 2008 and is in large part due to its lockdown defense, which has only allowed five goals in seven games. That backline is led by junior goalkeeper Wallis Lapsley, who has saved 27 shots already this season. Davis looks to be the clear-cut favorite heading into conference play.



Riverside: After eight games, UC Riverside remains winless with an 0-7-1 record. It’s not time to panic just yet, however, as the Highlanders have faced a loaded schedule, including their early season loss against UCSB. That being said, the fact that Riverside has allowed 24 goals in eight games does little to suggest the team will compete for the Big West title this season.

Irvine: Aided by a rather favorable schedule, UC Irvine currently resides with a pretty 5-2-1 record, including a 4-1 record at home. Another team founded on their defense, the Anteaters have only given up five goals so far this season, with junior forward Jose Ortiz leading the team with five goals of his own. With their only real test of the season coming against San Diego State – a game they lost – the Anteaters will have to prove themselves during conference play.

as its senior leadership from Moreno, Holm and Hironori Koyanagi.

That being said, the ‘Chos were extremely young last year with six freshmen on the squad. A major factor that will characterize how well the Gauchos perform this season will be how much the younger players have improved. In order for it to be deemed a successful campaign, it will be crucial for each of them to take a step forward to sustain the team’s upward trend.

One of the younger members looking to make a major impact this upcoming season is sophomore Victor Krustev, who showed flashes throughout the 2017 season, especially in the doubles field. After a successful doubles partnership between Krustev and Guillin in their first season together, they will look to raise the level of their play this upcoming season.

With the season just around the corner, there is certainly a tremendous amount of excitement brewing around the UCSB men’s tennis team.



DUSTIN HARRIS/ DAILY NEXUS

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Fall Concert Preview: Get Your Be-hinds Ready for Hinds



Courtesy of Hinds / Elisabeth Weinberg

Kristina Valencia
Staff Writer

Originally just a bubbly duo from Madrid, Spain, Hinds has grown into an all-female quartet with a unique kind of spice and punch unmatched by anyone else in the current indie music scene.

What sets Hinds apart from so many others is their spirit that they successfully manage to communicate through their lo-fi, garage rock sound.

Focused more on making music they enjoy rather than creating what seems to be the most profitable sound, Hinds fully embodies what it means to be fun, confident and carefree.

Fresh off the release of their second studio album, *I Don't Run*, Hinds will be taking the stage of Santa Barbara's very own SOhO on Sept. 22.

Like many other indie bands, Hinds got their start on Bandcamp with the original band name "Deers," which was comprised of founding members Carlotta Cosials and Ana García Perrote.

In 2014, their EP "Demo" gained them significant recognition after receiving approval from magazines like NME and various musicians like Patrick Carney of The Black Keys and fellow European band The Pastels.

Since then, Cosials and Perrote, who both contribute vocals and guitar, have added two new members to the group: Ade Martín on bass and Amber Grimbergen on drums.

While they admit they're not super popular in their home of Madrid, Spain, Hinds has gained significant success in other places like Australia and the United States.

Since 2015, these ladies have collaborated with other bands like The Parrots, sold exclusive limited edition merch at Urban Outfitters and

played in multiple music festivals like South by Southwest and Burgerama.

During a live performance on Seattle radio station KEXP, Cosials even recalls their experience of South by Southwest by explaining, "We did 16 shows in four days, we're so proud of that."

With influences like Mac DeMarco, The Strokes, Ty Segall and The Vaccines, these ladies know how to create a groovy tune while simultaneously attacking their music and lyrics with a raw, feminine edge.

Their newest album, *I Don't Run*, explores the difficulties and confusions that come with falling in love and presents its listener with rather realistic feelings of self-doubt, longing and vulnerability.

For example, their leading single from this sophomore album, "New For You," describes a desire to become a newer, better version of yourself in the name of love.

Lyrics like "Because I wanna be somebody new for you" and "Because I only wanna dream if you're by my side" display a serious love and commitment for someone in the simplest way possible.

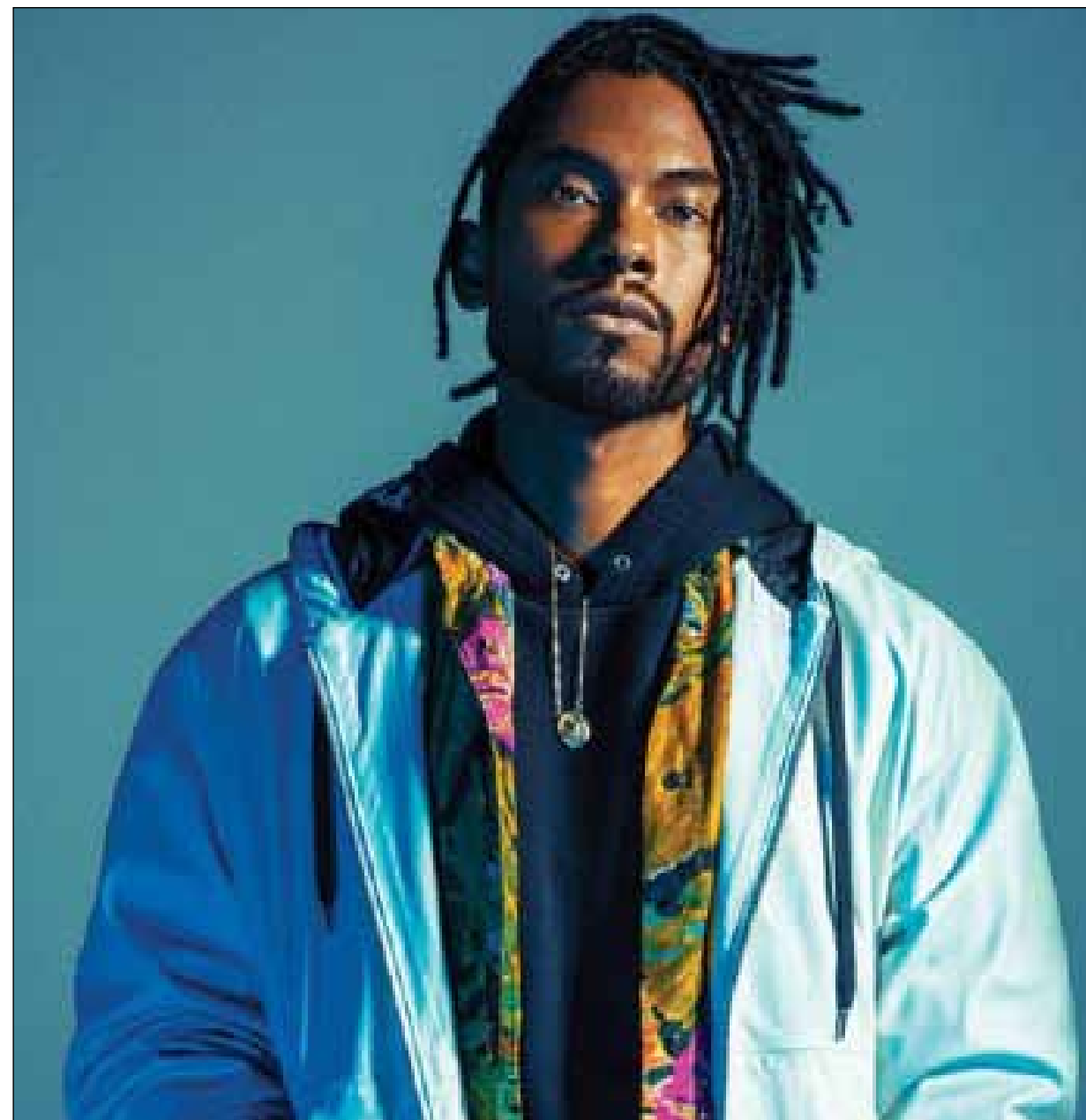
As seen similarly throughout their entire discography, these Hinds lyrics cut right to the point and make it clear what they want to say.

It's because of this naivety and simplicity that so many fans are able to let loose, rock out to their music and feel a real connection to the group.

Although Hinds is far from being the perfect band, their potential for greatness is as apparent as the sky is blue.

It's uncertain whether these Spanish gals will take over the charts in the near future, but it is clear their mere presence in the male-dominated music industry stands as an inspiration for female artists everywhere.

Fall Concert Preview: Miguel to Elevate the Santa Barbara Bowl



Courtesy of NME / Timothy Saccenti

Max Pasion-Gonzales
Staff Writer

Lurking behind the scenes of pop's superheroes -- Drake, Beyoncé, Rihanna -- are artists delightfully worthwhile and arguably matching in talent, known as the sleepers. Perhaps the most "slept on" member that often goes unrecognized in this group of unsung talent, is the dark horse of pop and Latin response to American music, Miguel.

Since his incredibly focused and high energy fourth project War & Leisure in 2017, Miguel has been on the road for his Ascension Tour of North America.

The tour, presumably named for his hit single, "Sky Walker," has already worked its way west across the United States and will be hitting the Santa Barbara Bowl this Friday on the 21st.

After a year of touring and a lot of recent success, and with special guest DVSN along the way for this stretch, the SB Bowl stage is set for a wavy end to the summer.

Miguel first rose to prominence in 2010 with his debut studio album All I Want is You, which was met with positive critical acclaim and common recognition of Miguel as one of R&B's up and comers. His next album Kaleidoscope Dream, which came two years later, further cemented Miguel as a force to be reckoned with in music, and even earned him[self] a Grammy for the project's opening track, "Adorn."

It wasn't until his 2014 strong shift Wildheart, however, that he really earned universal recognition for his artistry and creative bravery. A highlight in his career, Wildheart was much more raw, edgy, electronic, and gritty than any of his previous work.

The album was released behind a multitude of daunting singles, including the rock influenced "Hollywood Dreams," and upbeat dream hit "Coffee," also paired with a Wale

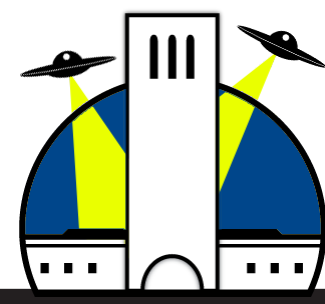
remix appropriately titled "Coffee (F***ing)". It also featured hit track "The Valley," a raw and deeply sexual pulse that feels reminiscent of Nine Inch Nails's "Closer." The haunting 808's and intense lyrical imagery throughout functioned as a Yeezus-esque mark on Miguel's discography, taking a sharp but poignant turn, musically, and proving the diversity of the promising musician.

This, of course, leads us to Miguel's most recent work -- which is the most positive, dreamy, and refined of his career thus far. It's the feel good answer to the darkness of Wildheart and the 2017 powerhouse of War & Leisure. The album featured previously released singles like "Pineapple Skies," and his hit ode to magic mushrooms, "Sky Walker," which features the vibrant, melodic vocals of rap superstar Travis Scott. War & Leisure, features Miguel's beautifully smooth vocals at their best and most crisp, along with a wide variety of bright production, making for an upbeat and dynamic listen from start to finish.

The work is dense and consistent, featuring a plethora of strong tracks apart from the lead singles. Tracks like "Banana Clip," which features an elaborate lyrical metaphor comparing Miguel's love for a significant other to the length of a firearm's extended clip, and like Latin inspired jam "Caramelo Duro," ("Hard Candy", for any non-Spanish speakers out there) which features rising soul sensation Kali Uchis.

Overflowing with personality and ambition, War & Leisure, is a must for R&B and pop fans alike, proving to be a fitting centerpiece for the Ascension Tour.

Although he may not yet be on top of the list of today's musical untouchables, Miguel is here to stay. He is undoubtedly in the prime of his career and has continually shown promise and potential. His live performances have proven divine in the past, and this tour likely be no different.



NEXUSTENTIALISM

Listicle, Satirical, Never Newsical



HARRISON FEERST/DAILY NEXUS

Local Catcaller To Take Leave of Absence After Recently Learning None of the Women He Harasses Actually Want His Dick

Emma Demorest
Asst. Nexustentialism Editor

In what has so far been a trying week, local catcaller Steven Johnson released a statement on Monday declaring that he would be taking a personal leave after word broke that none of the women he harasses actually want his dick. Johnson is infamously known by all women in Isla Vista, who are all too familiar with his phrases "Hey mami why don't I ***** you in the *** and you can **** my **** while I *****" and the ever popular "***** little ****, yeah." Johnson prides himself on harassing women of all race, color and creed, and in that way he has deemed himself a step above your average slimebag. When asked about his methods in the past, Johnson was confident, saying that he acts as a morale booster

to the women he passes and believes it is the best way to let them know he's "down to fuq." However, when he heard the news last Sunday that women actually were absolutely not down to fuq, Johnson was shocked. "Like, none of 'em? Shit, that's heavy," Johnson stated, immediately sitting down on the outside couch in front of his garage. Though an official statement has yet to be released, the Nexus wishes Johnson well in his path and just wants to emphasize again how much women do not want to do anything with him, ever. Emma Demorest doesn't know what sex is but would love to find out someday.

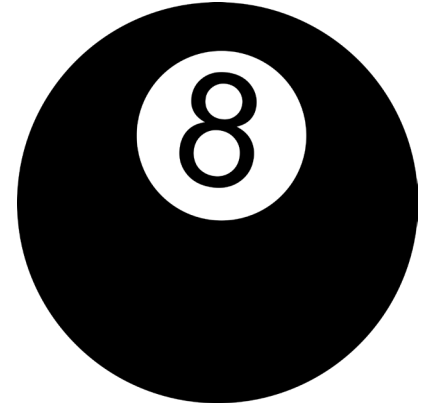
Friend who Just Bought Eight Ball Still Can't Pay You Back Those Six

Joey Blowey
Staff Writer

round on me!"

Joey Blowey is a fourth-year senior who is friends with some outstanding gentlemen...

Claiming that he just doesn't have that kind of money right now, your friend who just bought a \$200 eight ball of cocaine still can't pay you back those six bucks right now. "If you just wait till next Friday, my mom should be refilling my account," he explained in a text. "My bad bro." After seven weeks of taunting from Venmo's "incomplete" tab, it's now becoming clear your shitbag, excuse-of-a-person friend might not ever pay you back. "It does seem a little strange that he could buy a huge sack of blow that he will undoubtedly dust this weekend and not be able to pay me back some pocket change," you say to yourself. Adding to your suspicion, your friend has made clear plans to continue his weekend spending. "Anyone trying to grab a pitcher in a bit?" asked the friend in a mutual GroupMe. "First



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JENNY LUO/DAILY NEXUS

“Pee after sex or you’ll go to UCI.”
EGGBERT THE ALIEN

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PEYTON STOTELMYRE / DAILY NEXUS

ON THE MENU

An Incredible Experience: Pixar Fest in Review

From cookies to cakes, the Pixar Fest hosted many different fan-favorite inspired foods and was a delight to attend.

Winnie Lam
On The Menu Editor

As a Disney-obsessed SoCal resident, I knew I had to hit up California Adventure this summer for Pixar Fest. I got to “Paint the Night” with Mickey and all his friends in a spectacular nighttime parade and join the Incredibles family and Edna Mode on their mission to catch Jack-Jack but most importantly, I had the chance to eat all of the limited-edition treats Pixar Fest had to offer. Here’s my take on all the decadent bites I tried at Pixar Fest, so buckle your seat beats and let’s 5, 4, 3, 2, 1 – go!

Jack-Jack Cookie Num Nums: Chocolate Chip Cookie

If there’s one thing Jack-Jack and I have in common, it’s that it’s always cookie time. Even though it was almost 90 degrees, I had to try this warm, deep-dish cookie that was right by the Incredicoaster. This is the best a chocolate chip cookie can get. The edges were perfectly crisp while the inside was ooey-gooey, and the chocolate melted as soon as I took a bite. Fun fact: the tunnels in the Incredicoaster smell like cookies!



Corn Dog Castle: Temperamental Taste-shifting Corn Dog

This corn dog is a #gamechanger. When I first bit into it, I was hit with a taste of a savory hot link sausage, which I dipped into the tangy blueberry-serrano chile sauce to amp up the flavor. Then, I made my way down to the melty pepper jack cheese in the center of the dog, which is basically the better version of a mozzarella stick. After all of that, I was already getting full, but the complimentary apple slices helped freshen my palette and prepare me for the last surprise: the cajun chicken sausage. It was spicy and savory, which made it a really good conclusion for this massive corn dog, but I could’ve done without the chewiness of the meat.

Lamplight Lounge: Deviled Eggs and Lobster Nachos

I was sad to see Ariel’s Grotto and Cove Bar go, but this new pierside bar and restaurant is the perfect combination of the nostalgic Paradise Pier and the contemporary Pixar Pier. I ordered the lobster nachos to remember the good old days and the deviled eggs to try something new. The nachos were just as I remembered them: The light chipotle crema, the warm buttery lobster, the melty cheddar and oaxaca cheese blend and the crispy tortilla chips were all integrated into the best dish California Adventure has to offer. It’s a meal and a snack. As for the deviled eggs, the filling was tangy yet creamy, and the red sauce complemented the toast perfectly. The pickled veggies on the side, however, were not for me.



Lamplight Lounge: 2319 and Infinity Fizz

The drink menu at Lamplight Lounge is pretty limited if you’re underage, so I just ordered the 2319 Smoothie and the Infinity Fizz. The 2319 was a perfect blend of strawberry, coconut and pineapple, and it pairs well with the lobster nachos. The Infinity Fizz is a Powerade drink with apple juice and cherry pearls that whirl around the cup. It was perfect for the ‘gram, but the drink itself was a hard pass. It tasted like someone had melted a jolly rancher into liquid form and served it to me. Unless you have the taste buds of a seven-year-old, this drink won’t be taking you to infinity and beyond.

Lucky Fortune Cookery: Color-changing Chilled Noodle Salad

Let’s get down to business: This noodle salad was a perfect meal on a hot summer day. I don’t know what kind of magic Mushu did, but these blue noodles change to purple when you squeeze lime juice on them and mix all the ingredients together! The glass noodles, peanuts and pickled veggies were the refresher I needed to continue all my Pixar Fest endeavors.



A Bug’s Land Churro Cart: Ants on a Log

As I said my last goodbyes to A Bug’s Land, I had to have a taste of this churro. The Cocoa Krispies are sprinkled on top of the churro to look like little chocolate-y ants crawling on the log. While it was tasty for the first few bites, it was too sweet with all the cinnamon, donut glaze and cereal.

Award Wieners: Funnel Cake Fries

Topped with whipped cream and fruity pebbles, this sweet dessert was an excellent way to end my Pixar Fest experience. The fact that the funnel cake was fry-style was super convenient to eat on the go, especially since I was racing across the park to get a viewing spot for the parade. The only thing that would’ve made this dessert better is if there was ice cream to complement it.



Sadly, Pixar Fest ended early September, but there’s no doubt that I’ll keep this food in my “Proud Corazón” forever. Luckily for us, the food at Lamplight Lounge will stick around, so we won’t have to part with those lobster nachos just yet.

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SCIENCE & TECH

Dedicated UCSB Researcher Works Toward Island Restoration

Jacqueline Wen
Science Editor

A single invasive species can cause catastrophic change to an ecosystem. When an entire ecosystem is affected by the intruding species, what can be done to reverse or ameliorate the negative effects? Understanding how to effectively restore an ecosystem after it has been altered by an invasive species is one component of UCSB researcher Hillary Young’s work.

Young’s research began in 2006 on the island of Palmyra Atoll, where she set out to study how the ecosystem functions.

Her initial goal was to collect data about the plants and animals present on the island.

What came as a surprise during her research was the great amount of rat species that inhabited Palmyra.

The rat population was most likely brought to the island by soldiers during World War II.

Without any predators, the rodent species had been able to quickly increase in number and was considered a prime factor for the steady drop of the seabirds on the island.

In 2011, The Nature Conservancy, an environmental organization, initiated an eradication of the rats at Palmyra in an attempt to protect the dying number of seabirds.

Young had other interests with the eradication; she saw it as an opportunity to understand the impact that the rat eradication had on the island’s plant community.

“We were lucky to have pre-imposed data, as it was a huge asset for the study,” Young

noted.

The post-eradication data was compared to the pre-eradication data Young had collected to outline the effect of the conservation intervention.

What Young and her research team discovered was published in the journal *PLOS One* in an article titled “Invasive rat eradication strongly impacts

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Hillary Young

plant recruitment on a tropical atoll.”

Removal of the rats allowed for a vast increase in native plants that were integral to the island; seedling recruitment was observed to grow in countless numbers for nearly all of the native trees examined.

With the eradication of the rats also came the beneficial eradication of the disease-carrying tiger mosquito.

However, post-eradication data showed a notable increase in the *Cocos nucifera*, an invasive plant that was in relatively low numbers in the island’s pre-eradication state.

“What happens is something called alternative stable states,

which shows that restoring a species doesn’t just flip the system back to what it was before. It’s going to be different,” Young explained.

The theory Young refers to is an ecosystem’s ability to shift from one stable state to another.

Despite the increase of the *Cocos nucifera* on the island, the growth of the native plant species anticipates benefits for the plants and animals dependent on them, according to the *PLOS One* article.

Although there is risk involved with the eradication of invasive species, researchers are becoming more accustomed to managing specific target species to ensure beneficial results.

“It’s a story of optimism and caution,” said Young in regard to the eradication process. She finds that whole system responses are the ones that are more difficult to predict and warrant more study.

“It’s really valuable to try to understand how whole systems respond because we don’t want surprise effects,” Young said.

“Yes, we can now eradicate rats to protect seabirds, but what we really want to do is protect all the species on the island and the native ecosystem functioning.”

At Palmyra Atoll, Young is continuing her study of whole food webs and how they operate.

“We’re building food webs for each of the Palmyra islands and are trying to understand how the whole system responds rather than one particular taxa – rather than just focusing on plants or mosquitos or on a single species approach,” said Young.



Courtesy of Wikipedia Commons

An increase of the invasive species *Cocos nucifera*, the coconut palm, occurred after the eradication of rats on the island benefitting both the plants and the animals dependent on them.



Courtesy of Wikipedia Commons

OPINION

What Does “Self-Care” Actually Mean for College Students?



Laurel Rinehart
Opinion Editor

“Self-care” is a term that often appears in Buzzfeed articles trying to sell unnecessary products or social media posts endorsing self-serving behavior like skipping school or ghosting on plans. At times, I become frustrated at the use of the phrase as a catch-all rationalization for any behavior that may be gratifying in the short term but can have negative consequences in the long term. It seems to justify the stereotype of our generation as entitled children in adult bodies who prefer instant gratification over working toward a goal. Are silk robes and bath bombs really the solution to all of our problems?

However, when you strip away the capitalistic undertones and endorsements of laziness that often go hand-in-hand with talk of self-care, I do believe that a positive and worthwhile message can be extracted from the concept. And college students are perhaps the most salient demographic to receive that message.

According to movies and the nostalgic tall tales of middle-aged adults, college is supposed to be the best phase of life we will ever experience. Why wouldn't it be? We are surrounded by academic and professional opportunities, new friends, extracurricular activities and parties. We are independent from the commands of parents but relatively immune to the career-driven pressures of adult life. Everything we could want or need is contained within a radius of a few miles. In many ways, we have it all.

Except when we don't. An unfortunate undercurrent of the infamous “work hard, play hard” college lifestyle is that students often end up sacrificing their basic needs in order to “make the most” of their fleeting experience.

Priorities are difficult to discern once one becomes immersed in the daily rhythms of college life. Getting good grades is essential for job and grad school applications; part-time work is often essential for financial security; extracurriculars are essential for networking and bolstering a resume; partying and other social outlets are essential to accumulate the fun and memorable experiences that college is supposedly all about.

Once all of these things have been accomplished, there is little room to take care of the physical and mental needs that parents used to oversee. Before college, parents can ensure that their children have adequate nutrition, get to bed on time and stay away from drugs and alcohol to a reasonable degree. But once those children begin their higher education, they are faced with the task of managing those needs on their own along with a host of other challenges like an increased academic workload and endless social opportunities.

Like many students, I have struggled to balance the demands of college life ever since I first enrolled at UCSB.

As a freshman, I was overwhelmed by the swiftness with which academic deadlines always seemed to be approaching and spent many nights hunched over my laptop and course readers until four or five in the morning. My meals consisted mainly of pasta and Cocoa Puffs, the result of being on my own for the first time with no parents to enforce healthy eating habits.

By the time sophomore year rolled around, I had gotten used to the academic rigor of college but was blindsided by a wave of depression that left me lying in bed for long stretches of the day, unable to socialize or attend to my nutritional needs.

My junior year brought a new set of challenges when I moved to an eight-person apartment in Isla Vista and was exposed to a seemingly endless supply of drugs, alcohol and parties to distract me from my personal and academic goals.

This account may seem daunting to incoming students, but I am bringing the

difficult aspects of my college experience to your attention because I now know that there are so many ways I could have avoided them altogether or at least mitigated the damage.

I believe that all college students should be made aware of the potential roadblocks that a university experience can present and the ways that they can care for their physical and mental well-being in order to minimize these challenges.

While it does not usually include face masks or bath bombs, I have developed a self-care routine that has helped me immensely throughout the years.

Physical health is one of the most important things that often falls by the wayside when students first get to college. Resorting to quick, unhealthy options or skipping meals altogether used to be one of the first shortcuts I would take when faced with a busy schedule. However, there are many options for nutritious and filling meals both on and off campus if you are in a hurry or on a budget.

For freshmen students, a dining commons meal plan is the best option to have all your nutritional needs taken care of. All of the dining commons have salad bars and other healthy food options, and the dessert and cereal sections are always there if you do want to indulge in a junk food craving.

I would also highly recommend weekend brunches; pajamas are completely acceptable and brunch is a great venue to kick back alone or with friends before you start grinding on your homework.

If you run out of meal swipes or are not inspired by the dining commons menu of the day, there are several restaurants in the UCen on campus that provide alternatives if you have some extra money to spend. While the line at Panda Express is often the longest, Root 217 is right next door and has delicious healthy options like fish tacos and pita wraps. For any students who are on a budget, the A.S. Food Bank, also in the UCen, provides snacks and meals completely free of charge.

Living in my own apartment with no meal plan made it difficult for me to manage my nutrition, but it was not impossible once I figured out the most efficient ways to feed myself. The Trader Joe's frozen section became my best friend; if I can find time on the weekends to go grocery shopping, I always stock up on healthy frozen foods like fish burgers and vegetable stir fry that I can heat up quickly and have a full meal ready to go. If I run out of food or simply want a meal that tastes better than something I can prepare myself, I head to one of I.V.'s many restaurants, like Silvergreens, South Coast Deli or Hana Kitchen.

In addition to eating complete meals that did not consist solely of cereal and mac and cheese, getting exercise was another aspect of self-care that I struggled with in the beginning of college.

While some of my more motivated friends would go to the Rec Cen on campus to work out, I was taking the bus to campus every day and getting no forms of physical activity other than walking between classes. One of the best solutions to this exercise dilemma for me was ditching the bus in favor of walking or biking to school. I also recently started doing yoga in my room with the help of YouTube tutorials, which was a great way to get some more exercise without having to leave my apartment.

Mental health is another critical part of self-care, especially for college students. Heavy course loads, lack of sleep, partying and the added strain of a job or extracurriculars are enough to make anyone feel stressed out, even those who aren't diagnosed with a mental illness.

It may seem obvious, but one of the most helpful ways to deal with any mental or emotional issues you experience in college is to voice your feelings to those around you. I always feel a huge weight lifted when I confide in my roommates or friends if I'm feeling depressed or simply overworked.

Outward appearances, especially on social media, may have you convinced that you are the only person who is feeling

to share these concerns with your professors as well.

Physical illnesses aren't the only legitimate cause for a decline in academic performance; stress, depression, anxiety or just plain exhaustion can leave you feeling unable to complete assignments that would normally be manageable. I used to feel terrified every time I considered approaching a professor to discuss these issues, but I have only been met with support and kind advice every time I shared my honest concerns. Most professors are happy to give helpful guidance or



Being mindful of my physical and mental habits and aware of the resources available to me has helped me become much happier and satisfied overall with my experiences.

even an extension on an assignment if you need it.

Another tip for mental well-being is to not let the party scene become your only social outlet. I'm not discouraging it altogether; this is college, after all. I've experienced my fair share of excessive partying in I.V., and while it is still something I enjoy doing, I have found that too much of it can drain my mental reserves and leave me feeling isolated.

Partying is much more fun if you balance it with other social activities that allow you to talk and make meaningful connection with the people you meet in college.

This could be anything from going to the beach, grabbing food in I.V., shopping on State Street or even just catching up with your roommates about their days.

Finding the right balance in my social life between parties and these “wholesome” outings made me feel more in touch with my close friends, in addition to having crazy stories about DP and the bars downtown.

If you are able to balance your social life and confide in those around you but still feel like something is off, the university offers resources to help students who suffer from mental illness or are going through a particularly difficult time. Counseling and Psychological Services (CAPS) is a center on campus that specializes in mental health for students.

Although they often have long wait times to see a counselor, it is worth going because they can provide you with other resources as well and act as a starting point to figure out what you need.

When I went to CAPS for the first time, they directed me to programs that would help with the specific problems I was experiencing and helped me find a private therapist in Santa Barbara whose services were covered by my family's insurance plan.

Although I still feel overwhelmed by college life sometimes, being mindful of my physical and mental habits and aware of the resources available to me has helped me become much happier and satisfied overall with my experiences.

Learning how to care for myself both mentally and physically has been one of the biggest lessons I have learned since being away from my parents. More so, practicing self-care has allowed me to enjoy the college experience to the fullest extent. It has indeed been the best phase of my life so far.

Laurel Rinehart believes that self-care is a key ingredient of the college experience.



TINNA LAM / DAILY NEXUS

overwhelmed in the seemingly utopian world of college.

However, you will be surprised to learn when you start a conversation about it that most people have felt this way at one point or another. Don't be afraid

HOROSCOPES

ARIES
MARCH 21 - APRIL 19

You will introduce yourself to someone you've already met three times. Afterward, their name will be burned into your memory for all eternity

TAURUS
APRIL 20 - MAY 20

You will post a picture of yourself chugging a Yerba and popping an Addy in the library

GEMINI
MAY 21 - JUNE 20

You will choke while slapping the bag

CANCER
JUNE 21 - JULY 22

You will find a free iClicker on the ground

LEO
JULY 23 - AUGUST 22

You will be pressured into pledging \$10 a quarter to CALPIRG

VIRGO
AUGUST 23 - SEPTEMBER 22

Your Hydroflask will make the loudest noise in the history of time when you drop it and it rolls all the way to the front of the lecture hall

LIBRA
SEPTEMBER 23 - OCTOBER 22

You will try to save time by cutting across a roundabout. Too bad someone else had the same idea

SCORPIO
OCTOBER 23 - NOVEMBER 21

You will accidentally blast “My Neck My Back (Lick It)” from your laptop while studying in the library

SAGITTARIUS
NOVEMBER 22 - DECEMBER 21

You will get caught by campus police your first time hooking up at Campus Point

CAPRICORN
DECEMBER 22 - JANUARY 19

You will have to attend CASE for lighting a candle in your dorm room

AQUARIUS
JANUARY 20 - FEBRUARY 18

You will get hit by a car while riding to class. On the bright side, the insurance money will pay off your student loans!

PISCES
FEBRUARY 19 - MARCH 20

You will come home to find a large family of raccoons on your doorstep