



UNIVERSITY OF CALIFORNIA, SANTA BARBARA

Camp Fire Destroys UCSB Student's Hometown

Sanya Kamidi
Asst. News Editor
Simren Verma
University News Editor

Mikala Butson, a fourth-year sociology major at UC Santa Barbara, had woken up early the morning of Nov. 8 to study for a test. Her first one of the quarter, actually.

But 484 miles away, by her hometown of Magalia in Butte County, Calif., the state's most devastating fire in history had begun to break out.

The Camp Fire, now fully contained, ravaged 153,336 acres, destroyed 18,793 structures and killed at least 88 people, California Department of Forestry and Fire Protection (CAL FIRE) reported.

Mikala's mother, Tamara Butson, who worked as a medical transportation provider, left her house that morning at 3:45 a.m. Between clients, she stopped at Raley's Grocery Store to pick up breakfast for her son, who was at their home in Magalia.

"As I was stopping at Raley's, I looked in the sky, and the whole

sky behind Raley's, which, my house is up in the hills behind Raley's, was red," Tamara said. "I was like 'Oh my God, that looks like a fire!'"

But as she checked social media, Butte County Fire and CAL FIRE, she found nothing. So she continued her drive home, driving through Paradise. That's when she saw a man on the side of the road, putting out a fire Tamara said was creeping closer.

"As soon as I went into my driveway and pulled up, I heard an explosion," Tamara said. Mikala speculated it was a propane tank, or possibly a transformer.

Tamara and her son, Nick, packed enough clothes to last them a week, which took "longer than it should've," Tamara said.

Halfway to Paradise, Tamara's car got turned around.

"When I got down part way up the bridge, everybody's screaming at me saying 'Turn around! Turn around!'" she added. "This is all going on like crazy, like everybody's screaming ... cars are hitting each other."

With no word from officials on what was happening, residents of Paradise and Magalia were left to their own devices.

"Everybody didn't know what to do. There was no police, there



Courtesy of Mikala Butson

CAMP FIRE p.4

UCSB Researcher Studies Possibility of Greater Wildfire Frequency in Future Due To Climate Change

Jacqueline Wen
Science Editor

California's wildfire season began earlier than usual in 2018, with the Mendocino Complex Fire burning nearly 460,000 acres total beginning in late July. It surpassed the Thomas Fire, which occurred during December of the previous year in Santa Barbara and Ventura, to become the largest recorded wildfire in California's history.

Since then, the Camp Fire that started in Butte County on Nov. 8 has become California's most destructive and deadliest wildfire. In the 17 days before 100 percent containment on Nov. 25, the fire resulted in at least 88 civilian deaths and reached an area of over 153,000 acres, according to CAL FIRE.

Low humidity and wind speeds up to 50 miles per hour allowed the fire to spread so rapidly that many residents of Concow and Paradise could not evacuate before the fire arrived. In fact, on the first day of the fire, firefighters focused on helping people leave rather than attempting to control fire behavior.

Approximately 52,000 people had to be evacuated and 203 people are reported as still missing.

Also igniting on Nov. 8, the Woolsey and Hill Fires severely strained fire resources. The Woolsey Fire burned nearly 97,000 acres in the Los Angeles and Ventura County areas. Strong Santa Ana winds – which are infamous for fueling wildfires by creating critical fire weather conditions

including hot, dry weather – moved the fire south, forcing the closure of the Ventura freeway and causing heavy damage to communities along the Malibu coast.

An unprecedented estimated total of 295,000 people were evacuated before the fire was fully contained by Nov. 21. In the Hill Canyon in the Santa Rosa Valley, the smaller Hill Fire reached 4,500 acres, closing the 101 freeway and forcing mandatory evacuations.

This has all resulted in the 2018 wildfire season being the most destructive season on record in California, with a record-breaking total of 1,668,000 acres burned in one fire season.

With greater intensity and frequency in wildfires occurring in recent years, scientists at UC Santa Barbara's Bren School of Environmental Science & Management have partnered with the National Center for Atmospheric Research (NCAR) to study this concerning progression. Looking at trends in El Niño-Southern Oscillation (ENSO) – a natural climate cycle that affects heat distribution, precipitation and winds on a worldwide-scale – the researchers are exploring how climate change affects ENSO and how, in turn, that impacts environmental events like wildfire frequency and heat waves.

Their research appears in the journal *Geophysical Research Letters*.

ENSO consists of the opposing phases of El Niño and La Niña. During El Niño, trade winds push warm waters that eventually reach the eastern Pacific Ocean, resulting in warmer-than-average temperatures in that region. Its counterpart, La Niña, generates below-average

temperatures in the eastern Pacific. This climate phenomenon has far-reaching consequences, including creating droughts in some areas and causing flooding in others, affecting integral human processes including agriculture, fishing and fire and flood prevention.

"We still don't know how climate change will affect the overall strength of ENSO, since climate model projections are pretty much evenly split on whether it will strengthen or weaken in the future. But what we were able to show in this study is that models do agree on how wildfires will be impacted by El Niño and La Niña events of a given magnitude," Samantha Stevenson, co-author and an assistant professor at UCSB, said.

"In other words, we may not know exactly how big future El Niños and La Niñas may be, but we do know that their effects on wildfire will be amplified by climate change," she said.

Stevenson and her team used two climate model simulations, developed at NCAR and at the NOAA Geophysical Fluid Dynamics Laboratory. They each described atmospheric, land and oceanic conditions at every point on Earth throughout the course of the 20th and late 21st centuries. With large "ensembles" that had previously been run with each of these climate models beginning at nearly identical initial climate states, the models were run numerous times over to see how random noise affected the behavior of the climate system. The two models ended up showing very different future behavior of ENSO: one predicting future ENSO strengthening, the other predicting weakening.

WILDFIRE FREQUENCY p.4

UCSB Alum Donates Book Earnings to Woolsey Fire Victims

Jorge Mercado
Editor in Chief

For the second year in a row, wildfires have ravaged California, forcing people to evacuate their homes and leave valuable belongings behind.

In particular, the recent Woolsey Fire in Ventura had left hundreds of people stranded. The fire robbed them of their possessions, their homes and their hopes.

One of the people affected by this was UC Santa Barbara alumnus J.D. Slajchert.

At age 24, Slajchert has accomplished a lot.

Last spring, he graduated from UCSB with a degree in sociology. During his time here, he was a member of the men's basketball team for four years.

Most recently, he authored a novel entitled *MoonFlower*, a coming-of-age book that draws on Slajchert's real-life experiences, including dealing with the loss of his best friend, Luc Bodden, who Slajchert met when he was 17.

Growing up in Oak Park, Calif., Slajchert was one of the stars of the Oak Park High School basketball team. It would be there where Slajchert would soon meet Bodden, a six-year-old with sickle cell disease.

"I remember him coming up to me saying he was so happy to meet me, and he wanted to play basketball with me, and I just knew I had to do it," Slajchert said.

What Slajchert did not know at the time was that one of Bodden's last wishes before heading into a year of isolation for a bone marrow transplant was to play basketball with him.

From there, Slajchert's relationship would continue to grow as he would visit his best friend from behind a glass wall. Something Slajchert remembers vividly from that time is seeing two pictures above Bodden's hospital bed, one of him and one of Matt Kemp, a star baseball player most notably known for his time with the Brooklyn Dodgers.

Slajchert said that moment put it in perspective how much Bodden viewed him as a hero.

"I was only 17 when I saw that, and to see that Luc felt like I was just as famous as Matt Kemp was amazing," Slajchert said.

Unfortunately, after four years of being best friends, Slajchert had to say goodbye as Bodden passed away in 2016 at the age of 10.

Writing *MoonFlower* was one of the ways Slajchert was able to cope with the loss of his best friend. The very first page of the book is dedicated to Bodden with a phrase that says, "Smile more," one of the last things Slajchert remembers his friend telling him.

After beginning to write the novel on June 30, 2016, Slajchert finally saw one of his dreams come true as on Oct. 14 of this year the book was published.

Then, just a few weeks later, on Nov. 9 the fires starting hitting Slajchert's area of Oak Park. He and his family were forced to evacuate.

"We really had no place to go. I had to call my mom and ask where to go, and she told all of us to pack up and head to Malibu. At the time it was a much safer environment, and we thought it would be all good there," Slajchert said.

One day later, the fire would jump the 101 Freeway and make its way towards Malibu.

"At the time, I was afraid I was going to lose both houses I grew up in because I had no idea what was going to happen," Slajchert said.

After safely evacuating once again, this time from his mother's house, Slajchert turned on the news. Hoping for the best, Slajchert did get some good news as his house at Oak Park was safe.

Unfortunately, the same could not be said for his house in Malibu.

"As I was sitting there with my mom watching the news, we saw our actual house go up in flames. My mom just kept shaking me, saying 'J.D., that's our house,'" Slajchert said.

"I tried to calm her down but it was extremely difficult for both of us. To have to watch our house on the news just go up in flames was horrific. It was one of the lowest points of my life."

Slajchert was devastated. A house he grew up in was gone in an instant.

ALUM p.4



Photos Courtesy of SBSO PIO Mike Eliason



A LOOK INSIDE

SPORTS
page 6
Women's Basketball Seeks To Keep Momentum



Breakout Artist
Ravyn Lenae
ARTSWEEK
page 8



ON THE MENU
page 10
Perfect Brunch To Try Downtown

Weather Report
Mostly Cloudy
High 68°F | Low 47°F
Temperatures hitting low 60s this weekend
Surf Report
Fair
Steep swells all day

THIS WEEK'S UP & COMING

THURSDAY, NOVEMBER 28

JAKE SHIMABUKURO

CAMPBELL HALL | 8:00PM

Ukulele wizard Jake Shimabukuro's virtuosic performances combine his singular mix of classical grandiosity, jazz ingenuity and rock-star tenacity. While he draws comparisons to musical vanguards like Jimi Hendrix and Miles Davis, his sound and spirit is uniquely and undeniably his own. His wildly eclectic catalog speaks to his prolific mastery, and a single set might include Queen, George Harrison, Schubert and Leonard Cohen. In Shimabukuro's own words, "expect the unexpected."



SATURDAY, DECEMBER 1

THE OKEE DOKEE BROTHERS

CAMPBELL HALL | 8:00PM

Justin Lansing and Joe Mailander have been exploring the outdoors together since they were kids. Now they're a Grammy Award-winning folk and roots music duo that puts the natural world at the heart of their Americana music, with songs written under wide-open skies and harmonies fine tuned around the campfire. Performing songs from their new album *Winterland*, a tribute to the season of coziness, family time and fun, the Okee Dokee Brothers make room for kids to dance, for parents to share stories and for everyone to gain respect for nature, each other and the world we live in.



TUESDAY, DECEMBER 4

KRONOS QUARTET

CAMPBELL HALL | 8:00PM

For more than 40 years, San Francisco's Kronos Quartet has embodied a spirit of fearless exploration with a commitment to continually reimagine the string quartet experience. The Grammy Award-winning ensemble will perform a new program featuring music from Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen.



FRIDAY, NOVEMBER 30

IMPROVABILITY

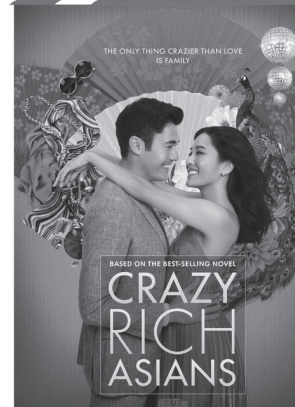
8:00PM | \$3

EMBARCADERO HALL

MAGIC LANTERN FILMS:

CRAZY RICH ASIANS

7PM & 10PM
IV THEATER
ADDITIONAL SHOWING
ON MONDAY, DEC. 3 | \$4



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"I hate when people on planes say I can't eat my penis"

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SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

Level: 1 2 3 4

7								
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SOLUTION TO THURSDAY'S PUZZLE 5/4/12

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

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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WEATHER

The Weatherhuman wants to know why Thanksgiving is somehow an excuse for emotionally unavailable men with flaccid penises to weasel their way back into his life????

Tomorrow's Forecast:

Celibacy

ACROSS

- 1 Wynonna or Naomi of country music
- 5 "Doctor Zhivago" heroine
- 9 Files opened with Adobe, for short
- 13 Licked cookie
- 14 Underage person
- 15 La Scala showstopper
- 16 *Comforter-and-sheets set for a large mattress, say
- 19 Enter gingerly
- 20 Bigfoot cousin
- 21 "___ Misérables"
- 22 *Gaga way to be in love
- 25 Follow one's new job, in Realtorese
- 26 "Cheerio!"
- 27 Sci-fi vehicle: Abbr.
- 30 Attention from Dr. Mom
- 32 Answers an invite, for short
- 36 *Big tourist draw
- 41 Movie trailer, e.g.
- 42 Sun, in Spain
- 43 Sea shocker
- 44 Hieroglyphic snakes
- 47 Lovers' spat, say
- 50 *Industry-spanning work stoppage
- 55 Right-angle piece
- 56 Pamplona runner
- 57 Professor's security
- 59 Simon Says relative, and a hint to what happens after the starts of 16-, 22-, 36- and 50-
- 62 Shade provider
- 63 In ___: mad
- 64 Not right in the head
- 65 "Auld Lang ___"
- 66 Nevada gambling city
- 67 Auto repair figs.

DOWN

- 1 Comic's delivery
- 2 Dickens villain
- 3 Like a thicket
- 4 Folded corner
- 5 Tina's "30 Rock" role
- 6 "... for ___, a tooth ..."
- 7 Poet Frost
- 8 Franklin of soul
- 9 Hippie's digs
- 10 Dentist's tool
- 11 Traffic violation consequences
- 12 Slumps
- 14 Camera maker that merged with Konica
- 17 Fries, for one
- 18 Coke Zero competitor
- 23 Battery unit
- 24 Sunup point
- 27 Baseball official
- 28 Gary Larson's "The ___ Side"
- 29 Pedro's peeper
- 31 Dol. parts
- 33 Compete
- 34 "The Raven" poet

- 35 NBC sketch show
- 37 Yemen neighbor
- 38 Met, as a difficult challenge
- 39 Decays
- 40 Somewhat
- 45 Like political hawks
- 46 "Hell is other people" French dramatist
- 48 At no charge

- 49 Big operatic ending
- 50 Morning ___: flower
- 51 DeGeneres's sitcom
- 52 Actress Lindsay
- 53 Praise
- 54 Straight up
- 55 Young news
- 58 Greek Cupid
- 60 Golfer Trevino
- 61 Self-importance

ANSWER TO PREVIOUS PUZZLE:

L	A	U	G	H	T	E	S	T	W	O	M	B	S
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xwordeditor@aol.com 04/15/13

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By Patti Varol (c)2013 Tribune Media Services, Inc. 04/15/13

Det. Kovenav Avila Named New Interpersonal Violence Investigator

Sofia Mejias-Pascoe
Asst. News Editor

Detective Kovenav Avila remembers her first patrol ride in a cop car clearly. A student in college at the time and required to participate in a ride along for her class, her only previous interactions with law enforcement occurred during her childhood as she watched police officers take her father away in cuffs.

During the ride along, Avila accompanied a police officer who was dispatched to a house to respond to a call about a runaway child.

"The officer was so passionate ... gave [the mother] tissue and sat at the dining room table with her, acknowledging all the other siblings and acknowledging their feelings," Avila said.

Before the ride along, Avila never thought she would become a police officer. Now, this experience from her college years is just one of the reasons she changed her mind about the profession and decided to pursue a career in police work.

"It's amazing how well you remember that and then you can't remember what you had for dinner last night," Avila said, adding that she still remembers the name of the officer whom she accompanied.

Now, a decade later and recently named the first interpersonal violence investigator for Isla Vista, Avila brims with enthusiasm for her position and the community she works in.

The I.V. Community Services District (I.V. CSD) and the UC Police Department created the position in late November. A contract signed by the two allocates funding to a peace officer designated to investigate crimes such as stalking, domestic abuse and sexual violence both on campus and in I.V. with the latter previously falling to the Santa Barbara County Sheriff's Office (SBSO).

Avila has spent almost four years working at UCPD, when she was hired in 2014 after working at Guadalupe Police Department.

Being the only woman at Guadalupe PD for some time, Avila was often assigned delicate cases, such as child sex crimes, through which she began practicing some of the skills needed for handling interpersonal violence cases.

Avila's training also includes courses on numerous subjects, including human trafficking in minors, sexual assault, trauma interviewing and a drug and danger children course.

Being a mother and a "people person" are qualities that Avila cites as making herself a qualified and strong investigator for Isla Vista, though she acknowledges that sometimes her passion for helping survivors can be overwhelming.

"Sometimes I think I care too much. I get really attached to my survivors. I get really empathetic about their situation," Avila said. "People might agree or disagree but I think that is a strength of mine."

Throughout the duration of her position, Avila hopes to build trust between her and individual survivors as well as the general community of I.V. through community outreach, attending meetings and dispersing information about interpersonal violence.

"I think in general when we humanize the form and the badge and the officer, that barrier diminishes a bit and people are more open to come up to us and inform us of things," she said.

The implementation of a police officer dedicated wholly to processing interpersonal violence cases is a victory to several groups and individuals in the community, such as Briana Conway, director of Campus Advocacy and Resources Education (C.A.R.E.), and Standing Together to End Sexual Assault (STESA).

Relationships between survivor advocacy groups like C.A.R.E. and STESA with UCPD are crucial for informing survivors of their options with cases and facilitating difficult processes involved in case investigation, according to Conway.

"When an advocate and law enforcement have a really smooth

working relation, the likelihood that a survivor's going to want to stay in that process is greatly increased," she said.

The position of the interpersonal violence investigator fills some of the "holes" that existed in the previous processes for handling interpersonal violence cases, Conway said.

Efforts to solve cases are now more streamlined, reducing the number of times survivors have to tell their stories. Cases are also less likely to slip through the hands of officers who often have other cases that take higher priority.

"To be able to have that compassionate connection to at least explain the legal process from their expertise could just be really helpful in the [survivor's] decision-making process as well," Conway said.

Conway has worked with Avila since she began at UCPD and describes her as an "incredibly kind and patient" officer.

"I can say wholeheartedly, from how she treats survivors, [her work is] remarkable and wonderful, and survivors are in a much better place getting to speak to someone like her," Conway said.

Despite her qualifications and support from community members, Avila acknowledges there are personal challenges that lie ahead in her demanding position. Being what she calls a "feeler," Avila knows the realities of her job and her attachment to survivors takes a toll on her emotional health at times. She admits she sometimes cries about her cases.

"You have to remember to exercise, spend time with my family and not get depressed because people are counting on me. My survivors are counting on me," Avila said.

After particularly difficult days, during the hour-long drive Avila makes from I.V. during the week, she listens to music, de-stresses from work and enjoys the scenic route back home.

For Avila, it's the small things that go a long way and make her passionate about her job. "Thank you" and smiles are things she receives from survivors that are particularly rewarding.

Jessica Reincke contributed reporting.



Courtesy of Kovenav Avila



Weekly Events in Isla Vista

Speak Your Truths

Every quarter, the MCC hosts an open mic night encouraging any form of creative expression, including, dance, spoken word and music. This quarter's will be held on Thursday at Biko Garage from 7:30 to 9 p.m. It will be MC'd by William "MC Prototype" Bissic, described in the event as "playful, as a poet he is captivating, and with any venture he, well, brings a healthy dose of that fresh air into the medium." Whether you are a performer or just looking to take a break from your finals, head over to Biko Garage for a great show.

Lazy Eye Pop-Up

Want to decrease your environmental footprint and look fly at the same time? Of course you do, so head over to the I.V. Food Co-op this Friday from 1 to 5 p.m. when they will be hosting the Lazy Eye Pop-Up Shop. Santa Barbara-based collector Andi Modugno will be showing off her collection of upcycled and vintage clothing, shoes and accessories.

"Crazy Rich Asians"

Next Friday, Nov. 30, and Monday, Dec. 3, Magic Lantern Films will be screening "Crazy Rich Asians" in I.V. Theater at 7 and 10 p.m. In the film, protagonist Rachel Chu goes with her boyfriend Nick to his best friend's wedding in Singapore, where she discovers that his family is extremely wealthy and contends with his mother's disapproval. Tickets are \$4 at the door, and free snacks will be provided. This week's film is sponsored by Wake Cup, which will be giving out free boba to the first 60 moviegoers and 10 percent off coupons to the first 200.

Beach Clean-up

Take a break from studying and give back to the Earth this Sunday at I.V. Surfrider's last beach clean-up of the quarter. They will be meeting at Camino Pescadero Park at 11 a.m. You can get volunteer hours, and snacks and equipment are all provided, so grab a friend and head on over.

Football Sundays

Whether you love football or just want to take advantage of all-you-can-eat pizza, Woodstock's Football Sunday is the place for you! The beloved pizza joint will be opening early at 10 a.m. on all football Sundays to ensure you don't miss a second of the game. They will also be serving unlimited slices of cheese and pepperoni pizza for only \$8.95 from 10 a.m. to 3 p.m. For those over 21, they will also be serving half-price pitchers. There is also a chance of receiving free gear, so dig out your favorite jersey and head over to Woodstock's this weekend! This event will be taking place every Sunday throughout football season.

Senate Resolution Opposes Cat Canyon Drilling Project

Katherine Swartz
Reporter

On Wednesday, UC Santa Barbara's Associated Students Senate unanimously passed a resolution opposing the Cat Canyon Drilling Project.

The resolution, authored by Senator Zion Solomon and seconded by Senator Christian Ornelas, also called for the Santa Barbara Board of Supervisors to reject any and all future oil drilling proposals in Santa Barbara County.

"I'm bringing this issue to Senate because I believe Associated Students can be used as an important platform to use to lobby legislatures [sic] within the community," Solomon stated in an email to the *Nexus*.

This project includes three separate oil drilling proposals in the Cat Canyon Oil Field, located in northern Santa Barbara county near Santa Maria.

The first proposal, from the Texas-based ERG Operating Company, would add new injection wells, drilling pads and processing facilities, as well as expand current pads.

In the second proposal, the Shell and ExxonMobil company AERA would drill new oil wells via "steam fracking."

The third proposal by PetroRock would also add new steam injection wells.

In total, the project would add more than 750 new intensive oil wells in Cat Canyon, according to the Santa Barbara chapter of the Sierra Club.

The resolution also calls on both Associated Students (A.S.) Senate members and Boards, Committees and Units (BCUs) with environmental mission statements – includ-

ing the Environmental Affairs Board, Human Rights Board and Coastal Fund – to write letters to the Board of Supervisors declaring their opposition.

The resolution also asks Chancellor Henry T. Yang to "reaffirm his previous commitments against fossil fuels" by issuing a statement against the project.

"[The resolution] will both pressure our elected officials on a bigger scale and give environmental lobbyists more weight when they're talking to the Board of Directors making this decision," Solomon stated in an email to the *Nexus*.

During Wednesday's meeting, the resolution's student sponsors – fourth-year environmental studies and Chicana and Chicano studies major Amanda Pantoja and second-year computer science major Dylan Kupsh – both emphasized the importance of students speaking out and signing petitions against the proposals.

"A lot of the supervisors got in because of student efforts, so we want them to hear what we have to say," Pantoja said. "UCSB itself is one of the greenest campuses. I want to ensure we reflect our green values in the community."

Pantoja pointed out during the meeting that the Cat Canyon Proposals contradict California State Senate bill 100, which puts California on the path for 100 percent fossil fuel-free electricity by 2045.

"Going with these projects would go against what Santa Barbara and Goleta have voted for," Pantoja added.

The Santa Barbara County Board of Supervisors will vote on these measures in early 2019, according to Kupsh. Currently, the supervisors are editing proposed Final Environmental Impact Reports.



SANYA KAMIDI / DAILY NEXUS

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Santa Barbara



WILDFIRE FREQUENCY

Continued from p.1

The scientists concluded that future El Niño and La Niña events will bring proportionally stronger changes to the risk of wildfire in fire-prone places. Based on the climate models, climate warming may enhance the impacts of ENSO. This may create a higher probability and severity of regional temperature extremes and, consequently, increased related impacts such as wildfire frequency.

"In Southern California, La Niña events tend to favor warmer and drier conditions, [which are] more

conducive to wildfire," Stevenson explained. "What our study indicates is that even if La Niñas themselves behave exactly the same way in the future, Southern California wildfires will still become more likely during La Niña years. That happens because the land surface is gradually warming due to human-induced CO2 emissions. So when La Niña comes along and adds even more heat and dries things out even more, that's being added to a hotter and drier background that makes wildfires easier to start."

Despite figuring out whether the impacts of ENSO will intensify, the scientists still need to understand how ENSO will behave in the future to be able to estimate the total risk of future wildfire. Stevenson stresses the importance of working with many different climate models, which "can give us information that's quite useful for planning, even if we don't have all the answers yet."

"Our study really highlights the need to be prepared and to keep working on improving strategies for

dealing with extreme events. We know that climate variability will continue into the future; ENSO is a natural feature of the climate and isn't going anywhere. Since the impacts of that climate variability are likely to become stronger in the future, we need to keep that in mind when developing future firefighting plans," Stevenson said.

This study was also conducted by lead author John Fasullo and co-author Bette Otto-Bliesner, both scientists at NCAR.

CAMP FIRE

Continued from p.1

was nobody telling us what to do, nobody received a call to say to get out. It was complete chaos," Tamara said. "Everyone was like 'What the hell is happening? How could they do this to us? What do we do? Are we going to burn?'"

Tamara was rerouted to the long road out of Magalia toward Chico, which took her approximately three and a half hours.

For those three and a half hours, Mikala heard nothing. "The route that they took up through the mountains has no reception," she said. "The last time I had gotten a text was 'We're evacuating, do you want me to grab you anything?' and then I didn't hear from them for like four hours."

With both misinformation and a general lack of information coursing through social media during the early hours, Mikala was left to wonder if her family had been lost to the flames.

"I wish I was there to help my mom, get stuff out of the house and help her evacuate and be there for them," she said. "But I was all the way here. I felt kind of hopeless."

Residents driving out of Paradise and Magalia on the main road, the Skyway, found themselves trapped as the flames licked their cars, killing a number of residents.

A few years ago, Magalia altered the roads in its downtown to be more reminiscent of an old town, like Truckee, Calif., Tamara said.

But that meant converting two of the four lanes into parking – two lanes that were unavailable for residents as they attempted to evacuate.

"Everybody was kind of freaking out, going 'How did this happen? How did we get all these billions of dollars to change this road?'" Tamara said. "We need the access, because if there's a fire, where are we going to go?"

"And so, sure enough, a fire happened and everybody was like 'Why did they do this? It's like they meant to kill us or something.'"

The lack of official communication, coupled with the minimal evacuation routes, meant many residents died in their homes.

"We're on an emergency system. They've been preparing us for a couple years. Like, 'If there's an emergency, we're gonna call everybody reverse 911,'" Tamara said. "We all felt pretty comfortable, like they're going to call us for any emergency. Nobody knew anything, and it was early in the morning, you know, people were still sleeping. And that's how come a lot of people died in their homes and in their cars. It was horrifying. It was horrible."

"We felt so forgotten, so alone."

The Butsons' house is still standing after the fire.

"Our house is pretty smoke damaged inside," Tamara said. "We have soil outside that's toxic, and the insurance is going to give us no money. They're only going to bring in cleaners and have them clean."

If Tamara feels that the cleaning job is not satisfactory and there are still leftover toxins, she then has to pay for tests to measure the toxicity, which cost anywhere between \$1,000 and \$5,000, according to Tamara.

"I can't go back to my house; there's no way I can live in toxicity," Tamara said. "My house should've burned down because if it would've burned down, I at least could've had money to then take it and then pay off the bank and then start again."

"But it didn't, so I'm one of the unlucky ones."

Tamara, Mikala and Nick moved to Paradise when Mikala was three years old, and eventually moved to Magalia, the neighboring town.

"It's difficult to say I enjoyed growing up there," Mikala said. "My mom had only just been able to get a job that was higher-paying. None of the people around me had a lot."

Butte County is one of the poorest counties in California, Tamara added.

"People literally ... the seniors, the disabled, the single moms, they absolutely have no money. I'm fortunate. I feel fortunate. I came with nothing, but I feel fortunate," Tamara said.

On Nov. 17, President Trump visited Butte County alongside Governor Jerry Brown and Lieutenant Governor Gavin Newsom.

"When he was giving his speech, [Trump] couldn't even remember the name of Paradise. He called it 'Pleasure,'" Mikala said. "His response has not been supportive."

Continue reading at dailynews.com.

ALUM

Continued from p.1



Courtesy of J.D. Slajchert

One of the things that kept coming to Slajchert's mind was his friend, Ahrya, who had recently taken a trip to Jamaica. Once Ahrya arrived, he realized he had forgotten his debit card and only had about \$100.

Forced to eat minimally, Ahrya was struggling until he received support from a local woman who invited him to eat with her and her family.

Once there, Ahrya asked what the woman and her family was doing at a hostel instead of their home. The woman informed him that their house had burned down and they had nowhere else to go just as she was handing Ahrya the food.

After hearing that, Ahrya could not accept, but the woman kept pleading with him to please take it. After finally agreeing, Ahrya asked just one question: Why was she so quick to help him, a stranger, when her life was in shambles?

The woman responded by simply saying that they had to share, that they wanted to give back. That story, along with Bodden, kept replaying in Slajchert's head. Then, he finally made a decision.

After seeing his house go up in flames, Slajchert decided he was going to donate 100 percent of his book's earnings to those affected by the Woolsey and Hill fires in a movement he titled #MoonFlowers4Malibu.

"A lot of people assume you have to have a lot of wealth or popularity to give back to others, but I don't think that's the case," Slajchert said.

"I feel like even though I am only 24 and this money could help me get my life started in a lot of different ways, I would rather donate it to those who need it more than me," he said. "My family and I will be fine, we will figure it out, but there are a lot of people who cannot say the same, so this is my

way [of] sharing and my way to keep pushing this message forward."

According to Slajchert, 50 percent of the book's earnings from Nov. 11 onward will be donated to the American Red Cross until Slajchert's reaches his goal of \$15,000. The other 50 percent will be donated to people who were directly affected.

Since starting the campaign, Slajchert has met with many people. He says while it sometimes becomes overwhelming because there are so many people who need help, what makes the process gratifying is "how selfless some of these people are."

Slajchert has said that many times people will meet with him not in hopes of getting help for themselves, but for their own friends that need it more than they do.

"I would say that every person I have met with has referred me to five more people that need help more than them," he said. "To me, it just shows the strength of the community."

To this day, *MoonFlower* continues to help Slajchert cope with tragedy. First, it helped him cope with the loss of his best friend. Now, it helps him cope with the loss of his home. And he could not be happier.

"The idea of sharing with others has been the perfect distraction. Watching my house burn down was the saddest day of my life, but starting the campaign the very next day was the happiest," Slajchert said.

A few weeks ago, Slajchert would have been happy if people purchased his book because it would be a testament to his writing. Now, he is happy because the purchase of a copy goes beyond helping him and the reader; it helps those who truly need it.



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UCSB GE Area F	FILM 101
UCSB GE Area D	PSY 117
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(GE Area D and World Cultures & Major Req.)	
ANTH 5	ANTH 101
(GE Area C & Major Req.)	
ECON 1	ECON 102
(GE Area D & Major Req.)	
ECON 2	ECON 101
(GE Area D & Major Req.)	
ECON 3A	ACCT 130
(Major Req.)	
GEOG 3B	GEOG 101
(GE Area C & Major Req.)	
GEOG 5	GEOG 102
(GE Area D & Major Req.)	
HIST 2A	HIST/HUM 101
(GE Area E and European Traditions & Major Req.)	
HIST 2C	HIST/HUM 102
(GE Area E and European Traditions & Major Req.)	
HIST 17A	HIST 107
(GE Area D and Am. Hist. and Inst. & Major Req.)	
HIST 17C	HIST 108
(GE Area D and Am. Hist. and Inst. & Major Req.)	
MUS 17	MUS 106
(GE Area F & Major Req.)	
PHIL 1	PHIL 101
(GE Area E)	
POL S 12	POLS 103
(GE Area D and Am. Hist. and Inst. & Major Req.)	
PSY 1	PSY 101
(GE Area D & Major Req.)	
RGST 1	PHIL 121
(GE Area E & Major Req.)	
THTR 3	DRMA 110
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Remember to always check with your UCSB academic advisor for final course selection. Prior to registering for any AHC course that requires a prerequisite, university students must submit official transcripts verifying the course has been completed at another college.

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Dog Therapy Day

Students flocked to the Student Resource Building on Wednesday afternoon for Dog Therapy Day, with the line to get into the event wrapped almost all the way around the building.

Dog Therapy Day is held at the end of every quarter by UCSB Health & Wellness. It aims to help students de-stress and stay “pawsitive” before finals by bringing certified therapy dogs to campus.

Reporting by Laila Voss



**Who doesn't like dogs?
It's such a friendly,
everyone-can-participate
type of event.**

Michael Nguyen, third-year biology major



I see the joy on some people's faces... Some people just burst out in tears when they see dogs because it makes them feel so good.

**Jeri Quintanilla,
therapy dog owner**

Armchair QB



It's Week 13 of the NFL season, Blaine Gabbert and Rueben Foster are signed to rosters and Colin Kaepernick still hasn't played a down. The owners sure are working hard to make sure athletes and activism don't mix.

SPORTS

Daily Nexus Sports

Women's volleyball plays Fresno St. in Las Vegas Thursday as part of the National Invitational Volleyball Championship Tournament. With a win, UCSB would play either UCI or UNLV in the second round.

Freshman Setter Olivia Lovenberg's Immediate Impact

Jake Ciccone
Staff Writer

Division 1 volleyball at the NCAA level is no joke, and for incoming freshmen there is often a learning curve that comes with adjusting to a higher level of play.

Some of these newcomers are forced to wait their turn behind more experienced players who have earned their roles over the course of their collegiate career.

This allows them to sit back and learn about their new environment so that by the time their name is called, they will be mentally and physically prepared to play.

The path toward contributing to your team's success usually involves some waiting and learning on the part of younger players, but not in the case of UCSB's star freshman setter, Olivia Lovenberg.

The San Diego native had earned the starting setter position before the Gauchos opened their season and consequently she was forced to adjust on the fly.

"I wasn't really expecting it, but it's been amazing," Lovenberg said. Needless to say, she accepted her role and excelled immediately as she put up four double-doubles with assists and digs in her first six games, and she kept her production consistent throughout the entire season as she led the Big West Conference in assists per set.

There are benefits to learning from the sidelines, but there is no substitute for getting game-reps and learning while on the floor.

Young players are forced to go through the difficult period of getting used to the college level, and they can ease this transition along if other new players are there alongside them. This year's class of newcomers includes one transfer along with seven freshmen, one of whom was Lovenberg.

She claims that she benefited from being a part of a larger freshman class.

"It was definitely nice to come in with a bigger class because we have such an intense everyday schedule," Lovenberg said. "So coming in with these girls who are going through the same things as you are was super helpful."

A group of young, talented players is a great indicator of future success, but in order to succeed in the present moment, a team needs its veterans to contribute on the floor as well as mentor the underclassmen.

The Gauchos have three seniors on the roster this season who all mean a lot to newcomers such as Lovenberg.

"The three seniors that we're losing are a super big part of our team, but we're all really close like a family, so I think our chemistry will carry over and we'll be able to come out strong next year."



Olivia Lovenberg in the midst of a set for UCSB. The freshman led the Big West in assists from Week 1 through the end of the regular season.

The season as a whole for the Gauchos had its ups and downs, but they managed to put it all together for a stretch run as they won five of their last seven matches, including three straight wins to finish the season in fourth place in the Big West at 9-7.

"I definitely think it was a huge momentum change," Lovenberg said. "Those three games were all consistent, really good team wins that I think really helped us moving forward to next year."

UCSB ended its season on a high note, but as this year's highly-touted freshman class gets a year older and a new class of freshmen join next year, the expectations will undoubtedly be higher. Lovenberg

is aware of the raised expectations and is willing to embrace them in order to take the next step as a team.

"I think the expectations are probably going to grow and we're all gonna work harder," Lovenberg said. "It will create a friendly competitive environment and we're all gonna have to be the best we can be."

With her freshman season in the books, and a Big West All-Freshman team to her name, Olivia Lovenberg is on the fast track to success at the college level.

Paired with a young team on the rise, Lovenberg's talents and mindset should allow for a promising future for Gaucha volleyball.

Pivotal Non-Conference Games Await Gauchos Thursday, Sunday

Max Kelton
Staff Writer

For the first time in 10 years, the UCSB men's basketball team is 5-1 to start out the regular season. Although star guard Max Heidegger has yet to play this season due to a concussion, the new Gaucha starters are having no problems holding it down for second-year Head Coach Joe Pasternack.

Following a monster Thanksgiving weekend from graduate student and team guard Armond Davis in Boise, Idaho – earning him Big West Athlete of the Week – UCSB will come home to the

Thunderdome and host Sacramento State on Thursday evening. The Hornets are unbeaten through three games this season but have yet to play an away game.

Sac State recently pulled out consecutive wins against Big West foes as it held off UC Davis in a tight 58-55 win on Nov. 20. Later in the week, the Hornets knocked out Cal State Fullerton in an 87-82 overtime shootout on Nov. 24.

It's been a surprisingly promising start for the Hornets following a feeble 7-25 season just a year ago, but senior guard Marcus Graves has been giving Sacramento new life with his return to the hardwood. Graves leads the Hornets' attack with a mark of 15.0 points per game,

with an average of 9.3 rebounds and nine assists.

The senior opened the year with a triple-double against Simpson University as he posted 12 points, 10 rebounds and 11 assists enroute to a 76-52 blowout. Although Graves limited himself to a mere two turnovers against Simpson, UC Davis forced him to commit eight turnovers just a week later.

Sophomore forward Ethan Esposito is a solid threat off the bench for the Hornets, as he also posts a 15-points-per-game mark, tied for first on the Sacramento squad. Esposito adds 7.3 rebounds per game and has been much more efficient than Graves when on the floor, as he is currently shooting a 60.9 field goal percentage, compared to Marcus Graves's 31.4 percent during the season.

During the latter half of the week, the Gauchos will head up to Seattle, Wash., for a showdown against preseason No. 25 University of Washington. Washington fell out of the top-25 rankings following losses to current national No. 8 Auburn earlier in the year and Minnesota over the Thanksgiving break.

The Huskies head into the Sunday evening matchup sporting a 5-2 record with an attack spearheaded by sophomore guard Jaylen Nowell and senior forward Noah Dickerson. Nowell boasts a 19.8 points-per-game average while shooting 59.5 percent from the field. Leading the front court, Dickerson adds 18.5 points per contest along with eight rebounds a game.

Washington has an array of weaponry, as seen during Tuesday evening's game against Eastern Washington in an 83-59 triumph, with senior guard Dominic Green leading the attack for the Huskies with 25 points on 9-13 shooting from the field.

UW shifts its focus to UCSB over the weekend as the Gauchos look to knock off the best opponent on their schedule. SB is 1-1 on the road this season, but the 'Chos are coming off a four-game winning streak and hoping to ride their Cinderella start to an underdog victory over the favored Huskies.

The Gauchos play Sacramento State on Thursday evening with tip-off scheduled for 7 p.m. at the Thunderdome in Santa Barbara. Over the weekend, UCSB will hit the road for the matchup of the year against the University of Washington Huskies at 7 p.m. on Sunday night in the Alaska Airlines Arena of Seattle, Wash.



SHIVASH GHADIRI / DAILY NEXUS

UCSB Seeks to Keep Momentum During Weekend Homestand

Kunal Mehta
Staff Writer

Fresh off its first win of the season, the UCSB women's basketball team is back in action at home this week against St. Mary's on Thursday and Grand Canyon on Sunday.

The Gauchos will look to add on to their one-game win streak and finish this homestand on a positive note before going on a two game road trip.

Santa Barbara (1-5) was finally able to get into the win column after it defeated Dartmouth by a score of 62-56, behind stellar play from redshirt junior guard Coco Miller and junior center Natalia Bruening.

Miller finished the game with 22 points and a season high five three-pointers, while Bruening was a stable force on the block as she was a perfect 6-6 from the field.

One of the key components of the 'Chos success in their matchup with the Big Green was their improved field goal percentage of 47.8 percent, which surpassed their season average by a whopping 13 percent.

Much of that can be attributed to the team taking better shots while also being more consistent from behind the three-point line as it shot 7-23 from beyond the arc.

St. Mary's is coming off a blowout loss to No. 3 Oregon as it was unable to find any rhythm on the offensive end of the floor, putting the team at 3-2 on the year.

The Gaels are fairly balanced offensively with three players averaging double digits per game.

Look for senior forward Sydney Raggio to make an impact in the matchup as she currently leads the team in scoring with 13 points per

game as well rebounding with eight.

It will be crucial for UCSB to keep Raggio under control by limiting her touches in the paint while also boxing her out to prevent easy putback layups. Moreover, with a balanced offensive attack from St. Mary's, Santa Barbara must remain disciplined defensively and try to make the Gaels as uncomfortable as possible through consistent ball pressure which will hopefully lead to turnovers and easy baskets on the other end of the floor.

After a thrilling overtime victory over LIU Brooklyn, Grand Canyon will come into Santa Barbara with an overall record of 2-3, as it was able to snap a three-game losing streak this past Saturday.

They are led by a veteran front court in senior center ShaRon Miller and senior forward AJ Cephas who are both averaging double digits in points scored.

In order for Santa Barbara to be successful this week, the team needs to continue to move the ball to find easier ways to score.

With 15 assists in their last matchup against Dartmouth, the Gauchos were able to keep the defense from overplaying a particular player.

In particular, Miller's play can be characterized as extremely fluid despite having the hot hand offensively – she continued to make the extra pass, which led to four assists during their most recent matchup against the Big Green.

As Head Coach Bonnie Henrickson has constantly preached to her squad to continue to play through their struggles, it is very encouraging to see the high energy that the 'Chos continue to play with pay off with their first win of the season.

Santa Barbara will look to build upon its first win as the Gauchos face St. Mary's at 12 p.m. this Thursday, Nov. 29 at the Thunderdome. Then, at 2 p.m. on Sunday, Dec. 2 UCSB will host Grand Canyon.



NEXUS FILE PHOTO

UCSB Earns Invite to NIVC Tournament, Faces Fresno St.

Jorge Mercado
Editor in Chief

Three wins to close out the 2018-19 regular season helped propel the UCSB women's volleyball team into securing its first postseason berth since 2013. On Sunday, the Gauchos were informed that they captured a spot in the National Invitational Volleyball Championship (NIVC), a tournament that boasts of 32 competing teams.

"It was great to be invited; it just means all of our hard work had paid off. Now we are striving for more and continuing to get better as a program," junior outside hitter Lindsey Ruddins said.

Santa Barbara clinched a tournament berth following a successful regular season that saw them finish with a 17-11 overall record and a 9-7 record in Big West play. UCSB's 9-7 league record, which helped them earn a fourth-place finish, is also its best finish since 2013.

In the first round, the Gauchos will face off against Fresno State, who comes into the tournament boasting a 21-10 overall mark and who also finished second in the Mountain West following a 13-5 league record.

If UCSB hopes to continue its season beyond its first-round match, which will be played on Thursday, then it will need to rely on its star outside hitter, Ruddins.

The junior is one of the best players in the entire country let alone the conference. She averages 5.37 kills per set, which is the best mark of any Big West player, and also averaged 0.38 service aces per set, the third best mark in league play. Additionally, Ruddins was one of two Gauchos named First Team All-Big West.

"I am confident in my own skill set, and the rest of the team has been working just as hard," Ruddins said. "I think we will be ready for this moment come Thursday."

The other first team letter winner is senior defensive specialist Emilia Petrachi. Petrachi was the league's best in digs per set, averaging 5.02. Another key contributor for UCSB this season was freshman setter Olivia Lovenberg, who did a great job of positioning teammates all year, leading to her Big West best mark of 11.19 assists per set.

While big for UCSB, this match is also just as big for Fresno State, who will be seeking its first postseason win since 1995. Coincidentally, the last time Fresno State was in the postseason was in 2002, when it also faced off against Santa Barbara. That match did not go so well for the Bulldogs, who lost 3-1.

This time around, if Fresno State wants a win, then it will need to make sure to stop Ruddins. One player capable of doing that is sophomore Reagan Leonard, whose 570 digs this year is the second most in a season in program history. Her current 4.75 digs-per-set average is second best in the Mountain West. On offense, senior Taylor Slover led the team and ranked third in her conference with 3.94 kills per set. History definitely favors the Gauchos in this matchup as they have won 25 of the 33 total meetings, but Thursday will be a different match.

If UCSB could knock off Fresno State on Thursday, then it will face off against the winner of UNLV/UC Irvine. Santa Barbara did not play UNLV this season but lost its two matches against conference foe UCI this year.

Overall, this season has been a success for UCSB. It has improved drastically from last season, when it only won eight games, and overall it



ANGIE BANKS / DAILY NEXUS

has played great team volleyball. It is an accomplishment just being at the NIVC tournament, but the Gauchos will be hoping for more.

"It's great that we have more volleyball, and we are all happy to be here in a position we have never been, but now we have to go out there and play well," Ruddins said.

UCSB will take on Fresno State at 4:30 p.m. on Thursday, Nov. 29, at the Cox Pavilion Center. With a win, Santa Barbara will advance to the second round, during which it will play either UNLV or UCI at 7 p.m. on Friday, Nov. 30, at the same location.

Proposal For a Smaller, More Balanced NBA

Spencer Ault
Staff Writer

The National Basketball Association has too many teams. It's time to embrace contraction. The talent pool has become too diluted and there are too many teams that are losing money, forcing the richer teams to prop up their poorer cousins via revenue sharing. There's a simple, albeit practically and politically difficult, solution to both problems: contraction.

There are currently 30 teams in the NBA. That's the same as the MLB and two less than the NFL, so it's not a large number in the American sports context. That said, it's still too many.

With 30 teams in the league competing for talent, what results is a massive inequality in talent. Simply put, there aren't enough superstars or even just normal stars available for every team to be competitive.

As a result, we get teams like the Warriors and the Rockets, with gluts of stars, competing against teams like the Hawks and the Cavaliers, with not a competent NBA starter in sight.

Fewer teams would eliminate, or at least reduce, the number of unequal matchups in the NBA. The talent pool would stay the same while the number of teams competing for that talent pool would decrease, leading to talent spreading more evenly throughout the league. It's a simple argument: Fewer teams means a more balanced league. What's not so simple is the question of which teams get contracted. No one is going to volunteer to step up to the chopping block, after all. That's where the revenue issue comes in.

According to a 2017 ESPN report, 14 NBA teams lose money. The revenue-sharing system, however, takes some of the profits from the other 16 teams and spreads them out through the league to mitigate this issue. After these payouts, there are nine teams that spend more than they take in through revenue.

Those nine teams are the Brooklyn Nets, Atlanta Hawks, Cleveland Cavaliers, Detroit Pistons, Memphis Grizzlies, Milwaukee Bucks, Orlando Magic, San Antonio Spurs and Washington Wizards.

Those teams constitute our chopping block. If an NBA team is unprofitable even after it gets money from the rest of the league, it's not a sustainable operation.

We can trim that list down for regional reasons and arrive at a final list of six teams destined for contraction: the Nets, Hawks, Cavaliers, Bucks, Magic and Spurs.

One of the first things that jumps out about that list is how Eastern Conference-heavy it is. After contraction, we're left with 10 teams in the East and 14 in the West. There's an easy fix: Move the New Orleans Pelicans and the Memphis Grizzlies to the East and we're back at an even split of 12 each.

This won't be easy or uncontroversial by any means.

There are, after all, plenty of Spurs, Bucks and maybe even Magic fans that won't simply accept the disappearance of their favorite team.

But for each team on that list, there's a nearby alternative option. I'm not saying that glibly; I know that no Spurs fan is going to jump right to the Rockets or the Mavericks. After a few years, though, when passions have faded, we'll see how things lie. Even if those fans don't return, well, they weren't exactly keeping their teams profitable in the first place.

Some people might object to using profitability as the arbiter of life and death in the future NBA. In all honesty, I'm not entirely comfortable in using such a soulless, capitalist benchmark. The issue is that there aren't any better options for solving these pressing issues.

We can't simply contract teams that are and have been bad. Talent fluctuates a lot more than revenue. Put in another way, players come and go but markets are much more stable. Anyway, contracting along those lines would take out my Sacramento Kings, and I can't have that.

It's possible that there's a better method of contraction. If there is, I'm open to hearing it. The fact is, however, that the NBA needs contraction. *To continue reading this story, visit dailynews.com*



Reuben Foster Signed, NFL Remains Complicit to Domestic Violence

Brandon Victor
Staff Writer

No matter how low of a threshold I hold the NFL to, the league always finds a way to let me down.

Less than 24 hours after being arrested for domestic violence for the second time in the year – and subsequently being cut by the 49ers – second-year linebacker Reuben Foster was claimed immediately on waivers by the Washington Redskins.

I know, I shouldn't be surprised. NFL owners display an incorrigible lack of social awareness, and Redskins owner Dan Snyder is one of the worst offenders. Still, I can't help but be disgusted.

Truth be told, Foster should have been cut long ago by the 49ers.

Already drafted with off-the-field issues, Foster was arrested in February for domestic violence and has reportedly had a police report filed against him last month.

How many chances does one player get?

Once again, the NFL displays their indifference toward violence against women. At his press conference this week, 49ers' GM John Lynch said that releasing Foster "doesn't mean we don't love him."

In that conference, Lynch failed to mention the victim a single time.

One would think the NFL would have learned from the Ray Rice situation, when in 2014 Rice was caught on video beating up his fiancé in an elevator.

be present at the Redskins facility on a "reasonable basis." Anyone who believes being back in an NFL facility is the best way for Foster to reform is incredibly naive.

Senior VP for the Redskins Doug Williams stated that the decision was made after talking to a number of his former Alabama teammates, who defended the character of Foster.



At best, the NFL is apathetic toward violence against women; at worst, they are condoning the actions of these players, valuing wins over any sort of moral obligation

Sure, Foster has been arrested three times this year, but at least his college teammates said he was a real stand-up guy! The NFL does not care about women or domestic violence; they do not care about anything except lining their own pockets.

Children look up to these athletes – so what kind of a message does it send when a player can get arrested twice in one year and still be signed immediately? More importantly, what kind of a message does it send to boys about how they should treat women?

At best, the NFL is apathetic toward violence against women; at worst, they are condoning the actions of these players, valuing wins over any sort of moral obligation.

It is also impossible to look at this decision without wondering how Colin Kaepernick remains unsigned. How is it possible that a player who has been arrested twice in one year can get signed in a day, but Kaep remains unsigned?

How is it possible that the Redskins last week signed Mark Sanchez – a mediocre quarterback best known for the infamous butt fumble who has only gotten worse with age – without even giving Kaepernick a workout?

The message here is simple: African-American men can do anything they want, including being arrested for multiple felonies, as long as they don't advocate for social change.

To NFL owners, nonviolent protest is seen as a greater concern and threat to society than domestic violence.

Everybody knows the NFL is never going to be a progressive league. After all, Snyder's team is literally named the "Redskins," a name Snyder laughably believes honors Native Americans.

But it is becoming increasingly impossible for me to support – let alone watch – a league that refuses to take a stand against domestic violence.

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COURTESY OF THE WRAP

Somehow, Rice was only suspended for two games (for reference, smoking marijuana results in a four-game suspension).

I remember writing an opinion piece in my high school newspaper about that incident, expressing both disappointment and dismay at Roger Goodell's decision.

This time, it is Dan Snyder who is purposely turning a blind eye toward violence against women. In today's more socially aware society, with the #MeToo movement thriving, watching the NFL once again disregard domestic violence offenses is beyond disheartening – it is unfathomable.

As of now, Reuben Foster has been placed on the commissioner's exempt list, meaning he is ineligible to play.

Still, by signing Foster, the NFL makes him eligible to

ARTSWEEK

Artsweek's Artist to Watch in 2019: Ravyn Lenae



Courtesy of YouTube

Jasmine Rodriguez
Staff Writer

Propelled by the glimmering universe of groove, Ravyn Lenae has made 2018 her breakout year. Her music acts as an escape route from the heavily engineered hits that dominate the pop music landscape. The Steve Lacy-produced *Crush* EP catalogues Lenae's reflective experiences, from that of the suppression of romance to the inherent fear of commitment in the confines of a modern dating era, where short attention spans lead to the demise of a relationship. Lenae's compelling persona throughout her discography permeates into her live shows, where she becomes a celestial wave of R&B and soul. On Wednesday, Lenae commanded the crowd with glittery performances about unattainable crushes at The Hub for a show sponsored by A.S. Program Board.

Nineteen-year-old Lenae has cracked open the matrix of writing intricate storylines about unreciprocated sentiments and bottled feelings for an online romance. Most of us are mortified by our 19-year-old writing efforts, whether they be in

song format, diary entries or essays dealing with the psychology of online dating. Lenae flips the mediocrity of our teenage achievements on its head; she exceeds a maturity that resemble prodigal endeavors. The 16-minute EP is a compilation of Lenae's powerful vocal artistry and Lacy's changing groove. Lenae's breezy riffs are emblematic of what Lionel Richie would describe as "easy as Sunday morning." The cross-pollination of Lenae's vocals and Lacy's guitar plucking conjures the feeling of sunshine on your face. Lenae receives praise from fellow multi-talented songstresses SZA and Noname, so much so that Lenae was brought as an opening act for both of the artists' tours.

The *Crush* EP introduces the hypnotic chorus of "The Night Song" – "Hair down, feeling alright, got my edges on tight, it's a party tonight," Lenae sings in a sweet cadence that has you in an instant trance. The entirety of the *Crush* EP carries the nostalgia of Erykah Badu and Sade records. The brevity of Lenae's discography does not take away from her artistic nature and her penchant for instrumentals. Her EPs act as a

prerequisite for any efforts in the creation of a long-awaited studio album.

Lenae clad in all-red attire on the *Crush* cover acts as a prelude to the exuded confidence and Valentine's-esque romance that seeps throughout her bubbly debut. Much like M. Lauryn Hill's ability to utilize music as a meditative space for love and self-actualization in the early 90s, Lenae uses her lyrics to reflect on her identity and genuine romantic expressions of the 2010s. Lenae's unabashed outlook on love that is not yet tainted by the self-deprecating insecurities of one's early to mid-20s is refreshing. She provides a sense of relief and peppers in some optimism, a relief that we, too, will find ourselves dancing around because we are in love, whether that be with a partner or just coming to terms with loving ourselves. Artists like Lenae are the definitive forces of the decade, as they continuously bring polished, inventive sounds to the forefront. The ascension into stardom coupled with the bold outline of her name on a festival lineup is on the horizon in 2019 for the powerhouse that is Ravyn Lenae.

Tune Into 'FM!', Rapper Vince Staples's Newest Project

Jasmine Benafghoul
Staff Writer

L.A.'s own Real 92.3 radio show, *Big Boy's Neighborhood*.

Staples delivers his familiar, relaxed flow of rapping over hype beats and sounds and distinctly captures the essence of what it feels like to be cruising the West Coast in 90-degree weather. Radio snippets and interludes smoothly transition each song to the next, and for a second you forget you're not actually listening to a radio station in the car. However, amidst the block party-esque tracks and summertime vibe underlies something much deeper.

Staples flawlessly presents this dichotomy of a pleasant, California summer with the unspoken dangers and gloom that come attached with it. For example, in "eels Like Summer," there are all the many elements of a club banger – the beat, the rhythm, Ty Dolla \$ign's catchy chorus. "Let's go ahead and make you feel like summer," the song begins. But Staples immediately detracts from the tone with his nihilistic verses, rapping "we gon' party 'til the sun or the guns come out." He calls attention to the dangerous reality of life in his neighborhood, even in a place that appears to be in a constant state of sunshine.

The dark, bleak content is masqueraded over Kenny Beats's heavy, energetic production – a stark contrast from the electronic wave the LBC native was on with *Big Fish Theory*. The instrumental is energetic and it's definitely the gap-toothed rapper's

most radio-friendly album due to its commercial sound. However, if you only scratch the surface of the songs, you'll miss the realness Staples pours into his music. The harsh realities of his upbringing should not go unnoticed when recognizing his artistry, as the two go hand in hand.

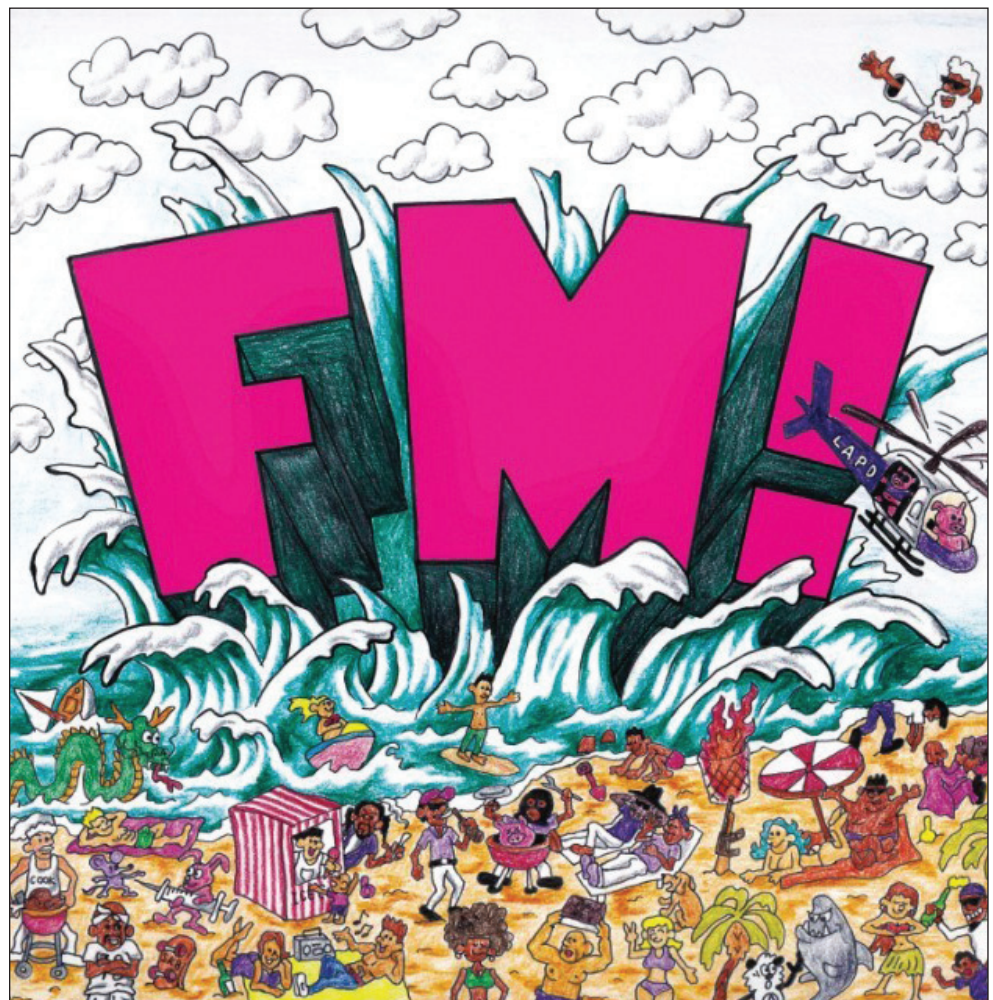
We're treated with an interlude from Earl Sweatshirt in the middle of the album, a 23-second clip that only leaves fans begging for more (Earl, please, we need a full version). Next, we transition into "Run the Bands," where Staples details his career pursuits and accomplishments over sinister, eerie background instrumentation. The lead single, "FUN!" alludes itself as a poolside banger, before we learn what the acronym really stands for.

After another interlude featuring Tyga, the album closes on a somber note with "Tweakin'." Here, Staples reflects on how death surrounds him in a voice so low, it merely sounds like he's conversing with his audience, mirroring the melancholy of the song's subject. The song also features Kehlani's captivating R&B vocals during the hook.

FM! is yet another testimony to the greatness of Vince Staples. The West Coast rap connoisseur never fails to remind us of his roots. He effortlessly jumps from track to track, giving us various moods, tones and auras that show off his numerous talents and skills. It's his thought-provoking

creativity that puts him one step above the rest. Despite claiming that *FM!* lacks any particular concept,

the illusion of an afternoon radio station makes this album unique, and certainly leaves the listeners tuned in.



Courtesy of Stereogum

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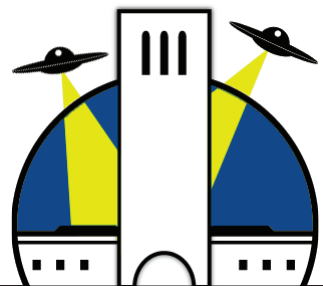
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Courtesy of Flickr

Bare Minimum Proving To Be Too Much to Ask of Subleaser

Ollie Tanasse
Staff Writer

In an unsurprising and expected series of events, local Isla Vista resident Jackson Smith has finally realized that asking his subleaser to do the bare minimum has proven to be too much for him to handle. Though the subleaser will move out at the end of the quarter, Smith notes the remarkable impact he has had on his quality of life.

"I didn't think it was too much to ask him to clean up after himself," Smith said. "But my subleaser cursed me out when I asked him to wash his dishes after they'd been out for a few days. Not to mention they were MY dishes."

Perhaps it was a red flag that Smith's abroad housemate didn't find the subleaser until the very last minute, but he honestly seemed pretty normal at first. It wasn't until Smith noticed that the subleaser had no basic life skills or lasting relationships that he realized something was up. In this moment, he knew in his heart that he was going to be stuck with someone literally no one else in

Isla Vista was willing to live with for a full 10 weeks.

The subleaser, who asked to remain anonymous, wanted to share his side of the story with the *Nexus*. "I honestly shouldn't have to clean things up," he revealed. "It hurts my soft, precious, wittle hands." Though he wouldn't take responsibility for the household items he broke and refused to replace, he did note, "Baby tired. Baby going to go nap nap now." We assume he was referring to himself.

While in the grand scheme of life the situation isn't really that bad, Smith has revealed that he just wishes he didn't have to assume the role of a father so early on in life. With the quarter nearing its end, the subleaser's reign of mild terror will soon be over – that is, until he must sublease in Isla Vista once again.

Smith urges all Isla Vista residents to sublease with discretion.

Ollie Tanasse wants you to take a wild guess as to why this article was written.

Hazed and Confused

Brock Clark
Staff Writer

Hazing sucks. Dad did it, America did it, but we don't anymore ... right? There has been a rampant increase in reports of hazing here at UCSB and frankly it makes me sick. Looks like this reporter is gonna pull trig and bring things to light, so buckle up and put those rain ponchos on because we're riding this log ride together.

Our first report of hazing comes from Sigma Sigma Sigma. This report is so serious, like for real guys. Multiple pledges have been reported leaving the house in tears. This reporter caught up to one and this is what he had to say: "My big said I had to fold his laundry... and I fucked up and put a pink shirt with his white clothes when I was folding everything." Dickie Roberts, the pledge at the center of this house's hazing allegations, is disheartened and knows he will "never succeed now," just as his big said. Poor Dickie. This makes me sick.

The brothers of Chi Beta were no better. We were actually invited into their house and got to observe their hazing ritual, which dates back to the early 2000s. The gentlemen of Chi Beta force all of their pledges to have a Matthew McConaughey movie marathon, only it's none of the good McConaughey's. That's right, the brothers of Chi Beta were forced to watch "How to Lose a Guy in 10 Days," "Failure to Launch," "Ghosts of Girlfriends Past" and "Reign of Fire." Guys, nobody saw "Ghosts of Girlfriends Past," it was 2009's "Billionaire Boys Club" (fuck you Kevin Spacey). "How to Lose a Guy in 10

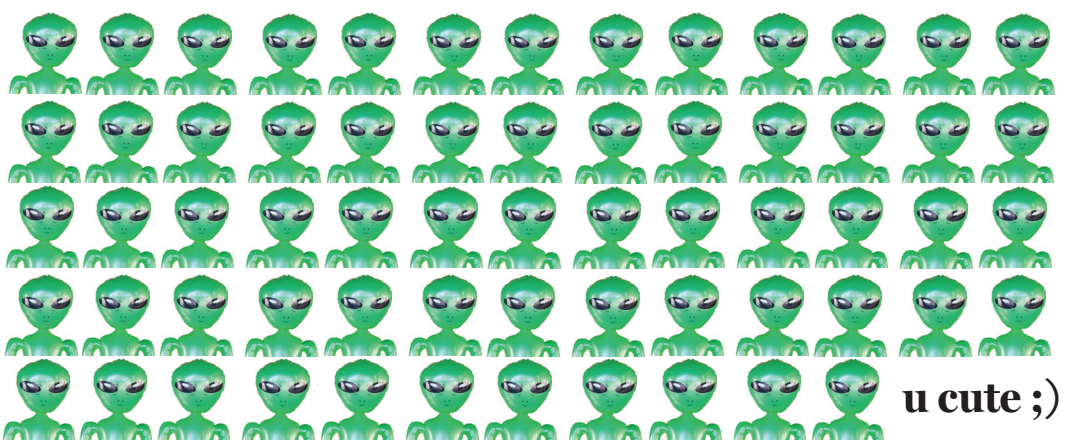
Days" is actually a well done movie and I cry every time they get to the bridge scene.

Soon after, we were tipped off about certain suspicions regarding Kappa Kappa Kappa. There we witnessed something horrendous... the "Alexa Pledge." We saw a pledge of the house holding a speaker and being called Alexa by all of the sisters. When they yelled "Alexa," they would request a song and the pledge would have to play it. The audacity of those women to make her their own personal robot. I mean, that's what we have robots for. God forbid they ask Alexa what the weather is; the poor pledge would have to put down her phone and look around. She put down her phone guys! We can't live without those!

The worst hazing, however, came from Upsilon Chi Sigma Beta. This fraternity promises to make its pledges upstanding members of society and has a rigorous pledge process, lasting anywhere from two to eight years. The history of the fraternity is rigorous, and its president, no matter how fire he is, is nowhere to be found, ever. Where is the leadership of this large organization? Nowhere ... Daddy wasn't there. Unsurprisingly, a lot of pledges end up dropping around the fourth year of pledging, so it's very concerning that this fraternity still exists on this campus.

Sadly, I can no longer report on all these allegations. I put this on all of you to rise against the machine and end this psychotic trend of Alexas and McConaugheys.

Brock Clark was watching "How to Lose a Guy in 10 Days" because it's a fucking great movie. Don't judge him you heathens.



u cute ;)

DAILY NEXUS ART & COMICS



KATE RYAN / DAILY NEXUS

6. WORK ETHIC

R. BRUDER



ON THE MENU



Finch & Fork Serves the Perfect Downtown Brunch

Winnie Lam and Rachel Lee
On The Menu Editor and Staff Writer

As finals season approaches, it's important to remember to take a break from the books, and what better place to do that than in downtown Santa Barbara? Treat yourself and your friends to a weekend brunch at Finch & Fork, home to clean, simple dishes inspired by seasonal California cuisine. It's conveniently located on Carrillo Street right by Paseo Nuevo, making it the perfect place to enjoy a delicious meal before shopping (which is exactly what we did). We arrived at the restaurant at 10:30 a.m. on a Saturday and were promptly seated at the terrace. We noticed that the terrace had large windows that let in plenty of



sunlight, and the table arrangement made the room feel very open. The terrace was an excellent spot to dine at for brunch, and the dining room and bar on the other side of the restaurant seemed very cozy and sophisticated, which would be great for a dinner date. We admired the notably crafted environment of the restaurant, but we were even more impressed when we got a taste of the food. We wanted to obtain the full experience of Finch & Fork's weekend brunch, so we ordered breakfast, lunch and dessert items.

To start off, we tried the Deviled Eggs with smoked trout, pickled shallot and olive relish. We appreciated the visual artistry of the appetizer; all the colors of the dish stood out to make our mouths water. Despite being soaked in beet juice to acquire their vibrant magenta color, the eggs retained their flavor and we couldn't taste any beets at all, which was a plus. The filling was creamy, but the real highlight of the dish was the smoked trout. Without the fish, this would've tasted similar to other deviled eggs we've tried in the past, but the smoky flavor from the fish gave it the kick it needed to make us hungry for more.

As for the breakfast items, we tried the Short Rib and Sweet Potato Hash as well as the Roasted Pork Belly Benedict. The Short Rib and Sweet Potato Hash was topped with sunny-side-up eggs, fresh

horseradish and a chimichurri sauce. The fresh horseradish and chimichurri sauce was what made this dish really stand out. They both brought a sweet and savory flavor that paired nicely with the short rib. In particular, the horseradish provided a refreshing taste that helped cut out the fattiness from the meat. The short rib was very tender, falling apart by the fork. It was also a generous amount for a breakfast item.

The Roasted Pork Belly Benedict seemed like a restaurant favorite as our server highly recommend it. The dish was a different take on the egg benedict, as it used pork belly instead of canadian bacon and added a twist to the hollandaise. It also came with a side of home fries that is worth highlighting because they were very light and not oily as many restaurants tend to make them. The crispy pork belly paired nicely with the whole dish. The chipotle hollandaise added a spicy touch while not overwhelming the dish. The eggs were perfectly poached and the muffin tasted very fresh. On its own, the muffin had a sweet and pillowy taste. It managed to not become soggy even after being topped with egg yolk and sauce. When we were cutting through the dish, we were surprised by how easy it felt; nothing fell apart or was too tough. We also ordered the Fried Chicken Sandwich from the lunch menu, which was more than impressive. The crisp, garlic fries alone were delicious when paired with the jalapeno aioli, and the burger was an exquisite symphony of flavors and textures. The chicken had a thin batter, making it extra crispy while retaining the moisture of the meat inside. The fresh-tasting kale slaw and pickles offered a nice flavor contrast to the chicken, while the pillowy toasted buns provided a soft exterior to each bite. The smoked honey mustard sauce tied everything together, which made this the best chicken sandwich my friends and I had had before.

In addition to the food, we also tried one of the pressed juices Finch & Fork offers. After lengthy consideration (they all sounded so delicious!), we decided on the Santa Barbara, which is made with pineapple, orange, apple, strawberry, lemon and mint. The fruity flavors complemented our food nicely, and the drink overall was light and refreshing, especially with the hint of mint flavor at the end of each sip. We would definitely come back to try the rest of the pressed juices, as the Santa Barbara was a perfect pair to our delicious brunch.

To end our meal, we shared the Fire Roasted Milk Shake, made with a blend of caramelized banana and McConnell's vanilla ice cream. The shake was drizzled with salted caramel, dusted with crushed graham cracker and topped off with a toasted meringue. The shake had a very frothy texture; however, it did not weigh us down after finishing it. Still, we recommend sharing it unless you have a major sweet tooth. The shake presented a very warm, autumn feel and was a perfect finish to our meal.

ALL PHOTOS COURTESY OF FINCH & FORK



Tyger Tyger: An L.A. Dining Experience in Santa Barbara

Marilu Bedolla
Reporter

Tyger Tyger, a new restaurant inspired by Southeast Asian cuisine, opened its doors in October at The Funk Zone in Santa Barbara. The restaurant aimed to bring more food options to the neighborhood, known for its art, wineries and breweries.

The best dish that I sampled was the northern Thai curried pork noodle. This was a hot bowl filled with thick egg noodles, tender pork meat, peanuts, red onions, cilantro, fermented mustard greens, bean sprouts, chili oil and fried wonton strips. If you like curry and enjoy a filling dish, you have to try this dish. The creamy curry exploded with flavor in my mouth and I grabbed a mixture of noodles, pork and peanuts in every bite. The dish worked because all the flavors played on each other; no one flavor was overpowering, and the curry was not overwhelmingly spicy. With a hWandful of ingredients



hidden in the curry, the dish was appealing in its presentation. Priced at \$16, this dish justified every penny spent.

Craving a refreshment, I tried the ginger lemonade. The ginger had a strong presence, and the lemonade was not too sweet but a bit tangy. The drink complemented the curry dish because it was cooler in temperature and cleared my tongue palate of any curry flavor. At \$3.50, this drink is ideal for accompanying a hot dish or a light, fresh plate like a salad.

From Tyger Tyger's small plates menu, I tried the lotus

root summer roll. The dish came with four rolls that packed together a lotus root, sliced daikon radish, lettuce greens, crunchy carrots and red cabbage. The dish was complemented by a sweet and tart apricot chutney dipping sauce. For presentation, the rolls had a visible pansy flower and were generous in size, allowing me to savor at least two bites from each roll. The rolls on their own were not an item that I would have by themselves; they were better with the dipping sauce or another savory sauce. With the spring rolls priced at \$11, I would next time choose to try the restaurant's crispy chicken wings instead.

For dessert, I had the toasted rice-flavored ice cream topped with Cap'n Crunch cereal. The cereal added a crunchy texture to the ice cream but also made the ice cream too sweet and overpowered the rice flavor. The cup was \$4.50 and toppings were 50 cents. You get what you would expect from this ice cream dish – a creamy, icy and sweet treat.

The general manager of Tyger Tyger explained that the owners, Acme Hospitality, drew inspiration for the restaurant from a chef who ended up staying at his current job, but they continued with the concept to create Tyger Tyger.

"They [the owners] were definitely trying to get more food in The Funk Zone; first of all, there's a ton of beer and wine," general manager Kellie Ditch said.

It has been less than a full month since Tyger Tyger opened its doors and began offering a different atmosphere among the other Funk Zone businesses.

"It feels very L.A. to me, just like the way they designed it inside," Ditch said. "I don't really feel like I'm in Santa Barbara when I'm in here."

The interior design of the restaurant played a role in creating an "L.A." atmosphere. I decided to sit down in front of big, open windows, and as I ate, several patrons walking outside pressed their faces against the glass to look at the space inside.

Near the inside of the restaurant's entrance, a small gift shop area with weaved baskets and umbrellas, along with a view of the kitchen area, conjured up a street market setting. The rows of hot pink globe light lanterns that decorated the roof and the white walls elevated the restaurant's atmosphere.

Monkeyshine is an ice cream shop inside Tyger Tyger, and I would return to each establishment depending on if I want ice cream, a meal or both. I would return to Tyger Tyger specifically because I did not have to drive far to obtain a fine dining experience or travel abroad to taste the flavors of Southeast Asia.



ALL PHOTOS BY MARILU BEDOLLA / DAILY NEXUS



SCIENCE & TECH

UCSB Researchers Study Diet of Population With ‘World’s Healthiest Arteries’



Courtesy of Michael Gurven

64 percent of the Tsimané’s daily calories come from complex carbohydrates high in fiber, including manioc root, plantains, maize and rice that they grow on family farms.

Jacqueline Wen
Science Editor

Researchers have found that the Tsimané people of the Bolivian Amazon have the healthiest hearts in the world.

With minimal levels of hypertension and type 2 diabetes, as well as the lowest levels of coronary artery disease ever recorded, the Tsimané population is a source of great interest for many reasons.

“The first question everyone wants to know is why do they not have heart disease? Is it magic genes, is it food, is it activity, is it social life, is it something else? So we’re starting to analyze everything one at a time,” Michael Gurven, a UCSB professor of anthropology and senior author of the study, said.

Along with postdoctoral researcher and lead author of the paper Thomas Kraft, Gurven is part of the Tsimané Health and Life History Project that began in 2002 to study the health, aging and behavior of the indigenous group.

The researchers recently focused on understanding the diet of the heart-healthy Tsimané. Over a five-year period, they gathered data through multiple 24-hour dietary recalls for nearly 2,500 Tsimané people. They then compared the Tsimané diet to the typical American diet.

Their study, “Nutrition transition in 2 lowland Bolivian subsistence populations,” has been published in the *American Journal of Clinical Nutrition*.

“We were looking at the population-level diet, but we were able to bring it down to the individual level to the extent that if I can look at what you specifically are eating, I can tell whether your eating patterns differ based on whether or not you have schooling, whether or not you live really close to town and the markets or if you live remote, really far away,” Gurven said.

The Tsimané had a high daily caloric intake (2,422 for women and 2,736 for men), with their diet consisting of high levels of carbohydrates and proteins and low fat (64, 21 and 15 percent, respectively), compared to those of people in the U.S. Despite low dietary diversity, the Tsimané had an adequate macronutrient intake. While intake of dietary sodium, calcium and vitamins D, E and K was lower, intake of daily fiber and minerals linked to cardioprotective effects such as potassium, magnesium and selenium greatly exceeded that of Americans.

One of the take-home messages is that the high-carbohydrate Tsimané diet may rebut paleo and Atkins-type diets that minimize carbohydrate intake with the belief that they will lead to a healthy heart. In fact, the Japanese Okinawan diet features an even higher carbohydrate level (85 percent) and Okinawans are some of the longest living people in the world, Gurven said.

“That’s the thing about diet — some people study it formally, but everyone has strong ideas about it and about what one needs to eat or not eat in order to be healthy,” Gurven said. “At least one thing we can do [with this study] is dispel certain kinds of myths.”

Some straightforward aspects of the Tsimané diet include not eating processed food or drinking many sugary beverages, which make for low, refined sugar and refined carbohydrate intake. At the same time, the Tsimané consume meat (mostly fish) and numerous complex carbohydrates including plantains, corn, brown rice and sweet manioc in the form of beer.

“So those aspects of the diet and eating a lot of calories — the Tsimané eat more calories per day than we do even though they’re probably two-thirds the size of an average American — isn’t inconsistent or incompatible with having a healthy heart,” Gurven said.

However, diet doesn’t cover the larger story of the Tsimané’s lack of atherosclerosis (narrowing and hardening of the arteries).

The Tsimané population may consume more calories but are also much more physically active, walking three times more in a given day than the average American. Concurrently, their immune systems are more active as they continuously fight off multiple pathogens, leading to greater energy expenditure. The researchers estimate 10 percent of the Tsimané people’s



Courtesy of Michael Gurven

In addition to eating a high-fiber, low-fat diet, the Tsimané lead extremely physically active lives. Activities such as hunting, foraging, farming and fishing keep men physically active an average of 6-7 hours daily and women active for 4-6 hours.

resting metabolic rate is spent just for immune activation.

Although the Tsimané are relatively isolated, increasing access to market goods may change aspects of their diets. One key feature of the study was to observe if the Tsimané diet was changing over time, and if there were differences in diet among people living closer to town versus those living a more traditional lifestyle.

Within the past five to 10 years, there haven’t been overall changes in the Tsimané diet, but there have been certain changes in health due to increased access to certain additives including processed sugar, cooking oil and salt.

“Everything gets fried — even the rice is fried. Even when they’re boiling it in a stew, it’s fried first. These additives have increased quite dramatically, and more so closer to town,” Gurven said.

Over the research period, the scientists noted that percentage body fat, body mass index (BMI) and proportion of the overweight and obese have increased within the population. Total energy and carbohydrate intake of the Tsimané increased significantly. Their consumption of sugar, oil and salt also consistently increased over time.

To enhance their study, the researchers collected similar data from the ethnolinguistically and genetically similar Mositén population. Another Bolivian indigenous group, the Mositén differ in that they were acculturated into the Bolivian national system earlier than the Tsimané. The Mositén have greater access to electricity and running water and more connections to town. They still live a somewhat subsistence lifestyle, but with more access to market goods, they rely less on wild game and fish.

The Mositén served as a kind of “counterpoint” to the Tsimané to show what the latter group might look like 15 years from now, Gurven said.

The researchers found that compared to the Tsimané, the Mositén ate a lot more sugar, used more cooking oil and ate much more dried

meat that they bought in the market. On average, they were heavier and more sedentary, with higher cholesterol levels and blood pressure.

“We suspect that the Mositén are going to be somewhere intermediate, with more heart diseases than the Tsimané but still less than [Americans],” Gurven said. “And so the idea was that we could look at their diet and they’ll be further along in terms of access to processed foods [than the Tsimané].”

Still, the Mositén diet “isn’t all bad”, Gurven explained. It is more diverse than the Tsimané diet, and diversity tends to allow for better micronutrient access. Only nine items, characterized mostly by starchy staples, meat and fish, accounted for 75 percent of the Tsimané diet. The Mositén diet featured a greater number of individual food items, and more calories came from dairy, legumes and other fruits and vegetables.

As the Tsimané and Mositén populations experience an ongoing nutrition transition, the study illustrates the link between diet and an increase in noncommunicable chronic diseases. With more salt, oil and processed sugar being included in their diet, the Tsimané face potential negative health consequences that suggest findings of minimal cardiovascular disease may not endure.

“Part of my interest is not just what lessons we can learn for America but how can we think about and help prevent any onslaught of chronic disease that might face this population in the same way that has faced native North Americans all over, Australian aborigines, etcetera. If diet doesn’t change all that much, but all of a sudden people’s activity drops substantially, then what happens? So there’s this change that’s occurring. We’re trying to use our understanding of how this works to see at what risk [for heart disease] these people might be in the future,” Gurven said.

OPINION

Denial, Anger, Bargaining, Depression, Acceptance: I Do Not Belong in the Motherland



Katherine Chen
Opinion Writer

New-wave Big Tobacco participates indoors: inconspicuous mint-mango clouds puff up inside Davidson as the entire population of the Panhellenic community seems to be performing a choreographed vape session. But outside, nicotine fuels an entirely different world. Just outside Davidson library, oceanside, is a small smoking area where gatherings of students rejoice quietly in the sweet relief of nicotine, sheltered by an enclave of coral trees. The smoking area is dotted with Chinese international students chain smoking, draped in all of their Gucci glory, softly chatting in Mandarin as the glow of their cigarettes burn through 2 a.m.

I'm addicted to walking by the smoking area. The wafer-thin wisps of tobacco smoke are pungent with memories of my childhood. As I overhear bits and pieces of Mandarin in the overlapping conversation, I'm overwhelmed with the searing image of my uncles' Zhonghua cigarette packs, red and gold, spinning on the Lazy Susan as they threw back another tiny thimble of sorghum liquor at dinner. "Another toast!" they'd say. "Ganbei!"

My formative years were spent in Dalian, China — a seaside city where the skies were a perpetual lovely yellow color — at a time when I didn't know the English alphabet. It was a time when my Mandarin was fluent, I did not know Cheetos existed and my classmates and I wore little, red scarves to elementary school as a promise of our allegiance to the Party. The back of my first grade classroom was graced by a small framed image of Mao Zedong, and I spent summers learning brush calligraphy. I drank hot water, not iced; I watched soap operas about the glory of the Tang dynasty and idolized Zhang Ziyi. My grandmother even found me a ping pong coach.

When I returned to the U.S., I learned English and quickly adapted to my birthright identity. I rejected parts of my culture that weren't so palatable to white suburbia, understanding that the price of white acceptance was to conform to their criticisms of my identity. I stopped eating chicken feet, I pretended not to hear accusations that I had an unfair advantage in math class and I internalized the colorblind racism that seemed to be the backbone of country club civilization. Privilege shielded me from certain truths about my identity in America that I could not understand until I escaped childhood.

To be an East Asian-American is to bear the burden of the model minority myth in exchange for privileges of American colorism, to participate in society as quasi-white. In some ways, I even benefit from the constant fetishization of my body; I welcome the hypersexualization of the 'Orient' if my desirability harbors me from white hate. The constant worry that my partner likes me for the color of my skin is bearable background noise to the atrocities that other marginalized groups in America suffer at the hands of white supremacy. I live like a sheep in acceptance of my oppression because "it could be worse."

Today, my unfortunate preference for white men



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suggests that my assimilation to American culture is all but irreversible and complete while my faithful devotion to Confucian filial piety suggests the opposite. Was I born Chinese or was I born an American citizen? I struggled to answer this age-old question of nature or nurture, fearing that choosing one would invalidate the other. Hyphenated-American feels like a betrayal to both sides of my identity, belittling both my ethnic heritage and my right to an equal place in American society. I feel like Schrödinger's cat, supposedly American or Chinese, simultaneously both and neither.

So this summer, I made a three-month pilgrimage, a repatriation to the Motherland. It had been 10 years since I was last in China, 10 years since I last saw the people and the home I had left behind. Surely we had grown apart. When my plane landed in Beijing in the middle of blistering June, I was immediately surrounded by swarming crowds of people who looked like me. From luggage claim to customs were all black-haired, almond-eyed, yellow-skinned people. At the company I worked at, we used WeChat instead of email and Didi instead of Uber. I enthusiastically huffed in my boss's cigarette smoke as she smoked her skinny mint menthol Esse's. Submerged in a rich, homogenous soup of my culture at its purest, I revelled in the feeling of true belonging for the first time since my childhood. This must be what it feels like to be white in America.

The Chinese friends I made at work welcomed me without second thought. Many fellow interns were "sea turtles," international students studying in England and the U.S., while others had spent their entire lives in China. They were excited to meet an American who spoke Mandarin fluently. I spent my weekends with them as they showed me everything that had changed within the last 10 years I spent away from China, everything they had grown up with that I had not. The glory of modern China defeats all expectations. The impossibly low cost of labor ensures that after dividing every

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PEYTON STOTELMYRE / DAILY NEXUS

convert to the dollar, every luxury suddenly became accessible.

I felt intense waves of guilt as I enjoyed each freedom the powerful dollar allowed, but to my nouveau-riche colleagues, this lifestyle was to be expected. The wealth disparity was welcomed. It made for fierce competition; I was told it is the reason why I seemed to love almost everything in China. Case in point, I failed to eat an unsatisfactory meal while in the Motherland. Hot pot, barbecue, homestyle cooking and street food that I had eaten in the States for the past 10 years were weak imitations of the real deal. Perhaps the most important experience of my life was waiting in a two-hour line in Chengdu and missing my bullet train so I could devour a bowl of red-oil wontons inside some grandma's first floor apartment. Even Kentucky Fried Chicken is transformed beyond perfection in China: perfect pastel de natas, lightly battered shrimp and the flawless execution of an American-style chicken that defined succulence.

Maybe it was American of me to fall so madly in love with China, to see its good and look past its faults, to enjoy its mastery of pork and to forget its human rights abuses. I slurped on noodle soup made by Uighur cooks. I chugged Tibetan yak butter tea. I participated in capitalism with vigor and consumed its unethical fruits, all while not feeling particularly homesick for the U.S. My summer, in its retellings, appears glorified and unblemished. I wonder if I was more tourist than local, more propaganda than reality.

My colleagues told me that Americans stride with unreasonable confidence. Perhaps because of this ego, it's obvious I am American. Street vendors knew to approach me in English and I was easily swindled for reasons beyond my naiveté. I did not join my female colleagues' constant war against the sun as they opened their umbrellas in broad, dry daylight



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to shield UV rays. While I gladly ate every iteration of offal, I refused to take the constant dieting advice from strangers. Was it wrong to pick and choose the parts of my culture that I loved? Maybe. Perhaps then it would be fair to categorize my love for China as appropriation: Was I so foreign that I could warrant such a label? For too long, I had envisioned a perfect home without questioning if it still had room for me.

Surprisingly, this home had room for people who identified as expats. China's cities are full of cop-outs for such people. Coffee shops and bars are remodeled with non-squatting toilets and full English menus to simulate American spaces. The time I spent in the Sanlitun district in Beijing is a near perfect reflection of my identity crisis as I ate hot wings with Ivy League white boys and other American-born Chinese. To the excitement of my coworkers, I could navigate both spaces with similar ease. They wanted to know if I'd date white men back home and would tell me how beautiful my babies would be if they were mixed. I think of the hell that mixed-race Asian Americans go through, their genetic expression a visual representation of the hyphenated-American experience as they face ostracization and fetishization all at once. I guess my only hope is that my children can speak to their grandma in Chinese, I tell them, knowing full-well it's almost set in stone that in my late-twenties, I will probably marry some white boy who listens to too much indie rock.

My coworkers' question came from a place of hope and love: For them, America is the dreamland, the prized visa, the answer to all of China's troubles. For me, the answer is China: I continually fail to see beyond my privilege, beyond my First Amendment rights and the salvation that is my navy-blue passport. I feel nourished by the land and by the food my people had perfected over millennia. Mine is a stupid, primitive, tribal reaction akin to seeing long-lost family. I look to China and see the warm embrace of 1.4 billion people who look like me, look like my mother and my mother's mother, people whose ancestors fought in wars with mine, who lived through dynasties with mine, and I wonder if my deep love for China is a nod of forgiveness to all of its wrongdoings. In a selfish way, I saw hope from China.

I had always believed that I could claim my land and culture based on some predestined ethnic right. My dissatisfaction with the in-between space for Chinese Americans could not justify the blatant ignorance of my class privilege. To be the child of Chinese immigrants means to enjoy inherent privileges and opportunities; to afford the experience of repatriation this summer is a privilege; to go and leave as I pleased across borders and firewalls was an immeasurable exercise of power. I reaped power from the in-between space that I so resented, forgetting that my love for China was a decision, while the people of China had no alternatives. Patriotism, which I had rejected so vehemently in the U.S., was not a choice for my Chinese family and friends. I could never be qualified to call myself Chinese without living through the evils and flaws of the country I so loved. The loss of certain human rights was a sacrifice I couldn't make: my mother made that decision for me when she immigrated to the U.S. The age-old question of nature or nurture was finally answered: I was born different.

When I walk past the cigarette soirée after another fruitless night at Davidson, I breathe in deep. The tobacco smoke is Beijing smog; it is my love for China and its people, my people — it is me and my pursuit of home. While I continue to long for that home, it's time for me to make peace with the in-between space. And when Chinese international students continue to talk to me in English during lecture while I continue to respond in Mandarin, I can remind myself of cigarette smoke.

Katherine Chen wants her fellow Chinese Americans to eat chicken feet and text their moms back on WeChat.

HOROSCOPES

ARIES

MARCH 21 - APRIL 19

Your housemates are on the verge of taking their passive aggression to the next level; be sure to do your dishes or there will be a war in your group text.

TAURUS

APRIL 20 - MAY 20

Be sure to form an interesting opinion about the rain; it will dominate every small talk exchange with acquaintances this week.

GEMINI

MAY 21 - JUNE 20

Thanksgiving is officially over, meaning it's time to listen to the Tyler the Creator version of "You're A Mean One, Mr. Grinch" at least twice a day.

CANCER

JUNE 21 - JULY 22

they did surgery on a grape

LEO

JULY 23 - AUGUST 22

You will leave the oven on all night and have to explain the gas bill to your roommates. Good luck.

VIRGO

AUGUST 23 - SEPTEMBER 22

Your mom is about to start receiving angry phone calls from relatives about the political opinions you expressed at Thanksgiving dinner.

LIBRA

SEPTEMBER 23 - OCTOBER 22

You will wait an hour for your buffalo chicken cheese fries this weekend, but be patient: you will bond with the other customers in this harrowing experience.

SCORPIO

OCTOBER 23 - NOVEMBER 21

You will make a joke in class that is so well-received your TA lets you slide for turning in a paper late.

SAGITTARIUS

NOVEMBER 22 - DECEMBER 21

You will discover that *Jeopardy!* is now on Netflix and your final grades will suffer as a result.

CAPRICORN

DECEMBER 22 - JANUARY 19

Your MCM's idea of quality humor is drawing dicks on communal whiteboards.

AQUARIUS

JANUARY 20 - FEBRUARY 18

This weekend, invite your friends over for some friendly conversation over a cheese plate.

PISCES

FEBRUARY 19 - MARCH 20

You will trip on one of those uneven sidewalks in I.V. Don't worry, we've all been there.