El Elotero Rolls into IV with New Food Truck

Mujeres Unidas por Justicia

Camacho previously sold food on campus in collaboration with student organizations from UCSB to fundraise money for Camacho's new food truck. Camacho previously sold food on campus in collaboration with student organizations from UCSB to fundraise money for Camacho's new food truck. Camacho previously sold food on campus in collaboration with student organizations from UCSB to fundraise money for Camacho's new food truck.

Camacho said that in the end, having the truck would have helped him and students.

"I've wanted to help the groups of the university, all the groups that have a major necessity, like how to pay the rent or pay for food," Camacho said.

"That was the idea which made me do the truck, to continue helping put on the events."

Third Annual Santa Barbara Women’s March Emphasizes Equality

Hundreds gathered downtown last Saturday for Santa Barbara's annual Women’s March. Many held signs protesting the Trump Administration, promoting women's rights and educating on the definition of consent – “Viva la vulva," as one poster says. Check out the Nexus’s photo story on p. 5.

Moreno De Alboran Set for Storybook Senior Season

Whether his high school or college, senior year is a momentous moment in any athlete's life. In high school, it's either the final run or a chance to continue playing in college. It's either the final or a chance to do sports the way you want at the end of the season.

For senior co-captain of the UC Santa Barbara men's tennis team, Nicolas Moreno De Alboran, his final season marks both.

Moreno de Alboran came into this new season ranked No. 6 out of 125 athletes in the country. He was ranked No. 8 in the Pacific-10 National Rating. His ranking is by far the highest any player has achieved in program history.

"I really just started playing tennis just hitting a few balls around while I was in the Dominican Republic," Moreno de Alboran said. "I never even thought about turning pro until much later."

"I thought there was still a chance to do something with it," Davis said. "But we know how little tennis he knew we actually did not want it to be."

"You know it's funny when we began recruiting," Dinelli said. "We only played one year where we really played with him."

"When I got here Marty and Blake [Melma, Associate Head Coach] gave me the opportunity to play and get better. I don't think that would have happened anywhere else," Moreno de Alboran said.

All the playing Moreno De Alboran did his freshman year certainly paid off. In his rookie campaign, the New York native posted an 18-8 overall mark and won 15-7 in dual match play.

Still, those tournaments were enough to garner some serious attention from some Division I programs, including UCSB and Head Coach Marty Dinelli.

"You know it's funny when we began recruiting," Dinelli said. "We only asked him if he knew how little tennis he had played compared to most," Davis said. "But we knew he wanted us and we got him."

When Moreno De Alboran moved to England, he gained new insight into how much he loved tennis. He realized it would take a lot of work, but he wanted to compete at a high level.

"It was hard to get good, but as I get better I know I wanted it and it had to come in tournaments. But in the end, it only competed in about 20 tournaments as a junior which is nothing compared to now," Moreno De Alboran said.

Moreno de Alboran has achieved by any Gaucho in any season, Moreno de Alboran said. "You know it's funny when we began recruiting," Dinelli said. "We only asked him if he knew how little tennis he had played compared to most," Davis said. "But we knew he wanted us and we got him."

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SUNDAY, JANUARY 27

LES BALLETS TROCKADERO DE MONTE CARLO
GRANADA THEATER | 7:00PM

Dancing the fine line between high art and high camp, the internationally beloved Les Ballets Trockadero de Monte Carlo has delighted audiences around the world for four decades. With brilliant pointe work and vibrant dance costumes, this all-male ballet troupe delivers a loving tribute to the art form’s ornate glories with witty parodies of dance classics, from Swan Lake to Martha Graham. Combining an encyclopedic knowledge of ballet with a wicked comedic sensibility, the Trocks offer a buoyant and hilarious evening for dance aficionados and novices alike.

WEDNESDAY, JANUARY 30

HAILING CESAR MOVIE SHOWING
MCC THEATER | 6:00PM

The grandson of civil rights activist Cesar Chavez, Eduardo Chavez, embarks on a journey to better understand his grandfather’s legacy. Through his reconnection with his family’s legacy, he learns about Cesar Chavez’s plight to create equality for farmworkers and use that knowledge to understand the current conditions that face the fields and back at home. Post-film discussion with director Eduardo Chavez.

WEATHER

Tomorrow’s Forecast:
Not giving a SHIT about stupid fucking people.

MONDAY, JANUARY 28

GEORGE SAUNDERS
CAMPBELL HALL | 7:30PM

One of the most important and blazingly original writers of his generation, George Saunders is an undisputed master of the short story, and his surreal, experimental first novel, Lincoln in the Bardo, won the Man Booker Prize in 2017. Saunders’s signature blend of exuberant prose, deep humanity and stylistic innovation has helped change the trajectory of American fiction—and earned him a MacArthur “Genius” Fellowship and a shelf full of other prizes. But as the New York Times put it, “aside from all the formal invention and satirical energy of Saunders’s fiction, the main thing about it ... is how it makes you feel.” Books by both authors will be available for purchase and signing courtesy of Chaucer’s.

FRIDAY, JANUARY 25

MAGIC LANTERN FILMS: GREEN BOOK
7:00PM AND 10:00PM IN THEATER JAN. 25 & 28

SOLUTION TO SATURDAY’S PUZZLE

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

ACROSS
1 Fabric named for an Asian capital
7 Letter-shaped lift
11 Sunset lotion
13 Like marbled
14 Eight-time tennis champ
15 Finish line
16 Covert ops.
17 "We've got this short"
18 "Dang!"
19 "Dang!"
20 Anglo-French
21 Cuppa contents
22 "Morning Latte"
23 More than fans
24 "I feel your __"
25 Sporting footwear
26 "Venerable" monk
27 Hawk
28 Some PCs
29 Hawk
30 Tolkien's "The
31 Mind
32 Ferrell's "SNL"
33 i follower
34 Some PCs
35 Sub on a screen
36 Modest skirt
37 Sticky stuff
38 List shortener, for
39 Sub on a screen
40 Electrical unit
41 "A Jug of Wine ..." poem
42 "Spoke it Vito
43 Fun unit?
44 Crete peak: Abbr.
45 Like some
46 "Some PCs"
47 Pirouetting
48 On deck
49 *India's national
50 Preppy collars
51 *India's national
52 *India's national
53 Collar inserts
54 "Some PCs"
55 Soho stroller
56 "Some PCs"
57 Grad
58 "Some PCs"
59 Cyclades island
60 "Some PCs"
61 Deep-clean
62 Tour golfer, e.g.
63 OR or ER
64 Seafood
65 Pound of poetry
66 Render powerless?
67 Letter-shaped
68 Gloom partner
69 Biblical poetry

DOWN
1 Where roosters interrupt
2 16-Across personnel
3 Spar
4 Yard sale caveat
5 W-4; Abbrev.
6 Letter box trainee
7 Fine-lune
8 Letter box trainee
9 Restaurant frebie
10 Paragon of football
11 Tahoe brochure
12 Scott Joplin's
13 Like marbled
14 Eight-time tennis
15 Finish line
16 Covert ops.
17 "We've got this short"
18 "Dang!"
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55 Soho stroller
56 "Some PCs"
57 Grad
58 "Some PCs"
59 Cyclades island
60 "Some PCs"
61 Deep-clean
62 Tour golfer, e.g.
63 OR or ER
64 Seafood
65 Pound of poetry
66 Render powerless?
67 Letter-shaped
68 Gloom partner
69 Biblical poetry

ANSWER TO PREVIOUS PUZZLE:

51 Like some
50 Preppy collars
49 Unlikely hit on a 45
48 On deck
47 Composer
46 Spoke it Vito
45 Like some
44 Crete peak: Abbr.
43 Fun unit?
42 Opinion sampling
41 "A Jug of Wine ..." poem
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38 List shortener, for
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TUE 30 JAN

WED 31 JAN

THU 1 FEB

FRI 2 FEB

SAT 3 FEB

SUN 4 FEB

MON 5 FEB

TUE 6 FEB

WED 7 FEB

THU 8 FEB

FRI 9 FEB

SAT 10 FEB

SUN 11 FEB

MON 12 FEB

TUE 13 FEB

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THU 1 MAR

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TUE 20 MAR

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THU 29 MAR

FRI 30 MAR
Greek Life Works To Mend Campus Relationships After Series of Shutdowns

Screamin Croman Copy Editor

Spurred by a series of fraternity and sorority shutdowns that have taken place during the spring semester, Greek organizations at UC Santa Barbara have made strides to rebrand themselves among the student body at large, with help from the Office of Student Life.

The course of the last five years has been marked by the closing of several chapters of fraternities by their parent organizations, as well as closures of some campus community chapters at UCSB.

Abboud, I.V. Vita Community Services (IVC) general manager and Santa Barbara City College trustee, designed the course. He will be teaching it this spring with the help of guest speakers.

Abboud recently submitted a tentative syllabus for the class in a proposal which, if approved, will allow him to the class to run next semester.

"I'm really looking forward to it because I know it's going to be hard the first time doing it, but it is a way for me to pass on what I've learned," Abboud said in an interview with the Nexus.

This new academic course will be a way for students to learn about the inner workings of the university and its role on a statewide platform.

On top of teaching at UCSB, Abboud also has a passion for teaching, which he developed both in and out of school.

After graduating, Abboud launched multiple successful grassroots campaigns, which led to the formation of IV CSD.

"It's been a lot of fun," Abboud said in an interview with the Nexus.

Although the course name implies campaigning, Abboud said it is unsure exactly what the class is about.

"When people use the word campaigning, they immediately think of election stuff," Abboud said. "We want to be careful not to use the word campaigning because that's not what this class is for... The class is about learning how to build support for your idea and advance it."

The class will take place over 10 weeks during which students will work toward creating a campaign to create changes on campus, in IV or in several other forms of social change.

The IFC, in cooperation with other Greek council representatives, has worked "in the background" to help ensure the success of the new course.

"I really would be pushing for increased access to gun control policies, and was one of the organizers for the Santa Barbara March for Our Lives," Ng said.

"I really would be pushing for increased access to gun control policies, and was one of the organizers for the Santa Barbara March for Our Lives," Ng said.

"I've had some experience to make this less scary than it seems," Ng said. "I think we have seen some significant developments in terms of student leaders stepping up and pushing for gun control changes."
Ray Alonso Appointed Judicial Council Chair

Stacelynn Kelly
.Assistant News Editor
@kstacelynn

Second-year political science and history of public policy double major Raymond Alonso Alonso, chair for the Student Activist Network, was appointed to the Judicial Council.

"I was and still am so grateful Marty and Blake gave me the opportunity to come to play here and show warmth to the proceedings. I want to do this in order to really give people who might not be as fortunate as us a chance to learn, to participate and to understand a bit more about politics and culture. The reason we have a policy toward refugees that I think Secretary Albright has a real interest in, is that it is faceless. She views technology, Albright added: "[These trends] are driven by a combination of globalization and technological advancements of a worldwide scale."

"I've gone to a few BCU meetings myself, the bodies are great, but I want to work with various BCUs to increase their involvement and understanding of A.S. Legal Code, and wants them to reach out to the council if they have any concerns about code violations."

According to Alonso, the council internally determined that A.S. Legal Code is "a tool for us to help students."

"I want to do this in order to give all the students what I think this council was supposed to do," he said. "We want them to make our campus a better place." Alonso plans to continue his work by reaching out to more members of the Student Activist Network.

Ray Alonso

Former Secretary of State Shares Optimism at Granada Theater

Hannah Jackson
.Assistant Opinion Editor

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WOMEN’S MARCH
UCSB Heads Into Weekend With Must-Win Mentality as Conference Play Nears

Jorge Mercado
Armchair QB

Following a four-game road trip, the No. 10 UCSB men’s volleyball team will return to Robertson Gym for two big games this weekend, first against No. 9 Loyola University on Friday, then against No. 3 Loyola-Chicago on Saturday.

The Gauchos went an even 2-2 during that four-game stretch and now boast a strong 5-3 overall mark heading into the playoffs. “It was a tough road trip but I thought we did well to come out with two wins. A real character building road trip,” Head Coach Rick McLaughlin said. “One confidence is getting good again, and we are ready to get some nice wins at home.”

Both first opponent, Lewis, held a 5-2 record but has not defeated any team that is currently ranked, and their two losses have come against No. 3 UC Irvine and No. 4 Pepperdine. Loyola-Chicago has a 5-1 overall record and, despite a loss to Lewis, controls two straight matches against the Gauchos. Should the Gauchos win, they will have set the stage on the national leaderboard and came close to upsetting an undefeated UCLA squad.

In order to keep their winning streak going and hope to improve their 6-7-6 overall record and 3-3 MIVA mark, the Gauchos will need to play their best against the Bears.

“This was a promising start for the women’s water polo team, especially considering how well the young players performed.

Omar Hernandez
Sports Editor

The UCSB women’s water polo team started their non-conference season with a bang, taking down two ranked opponents en route to a 4-1 finish at the UCSB Winter Invitational.

The Gauchos first match of the year was an easy 14-4 victory over California Baptist. “To nobody’s surprise, star freshman Amanda Lagaspie played a huge role in the win, knocking in six goals in her UCSB debut. Lagaspie was an impressive pickup for the Gauchos this past off-season. As a high schooler, the attacker was named Girls Water Polo Player of the Year by the Inland Valley Daily Bulletin and recorded offers from big water polo programs such as USC.”

The second matchup of the day was supposed to be their toughest one yet, as they took on No. 13 ranked Indiana. “While the two squads were tied 3-3 at halftime, the Bruins eventually pulled away late for the 6-4 victory. We came away as the only undefeated team of the invitational with a 4-5 record, while the Gauchos dropped to 4-4 on the season.

Last season when these two teams met, Chavers led the team with 18 kills, but the next closest Gauchos only had nine apiece.

UCSB has a week off and then head over to Arizona State for the ASU Invitational on Feb. 1. UCI takes on Lewis at 7 p.m. on Friday, Jan. 25 at Robertson Gym. The match against Loyola-Chicago will be on Saturday, Jan. 26 at the same time and location.

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Sports Editor

The UCSB women’s water polo team started their non-conference season with a bang, taking down two ranked opponents en route to a 4-1 finish at the UCSB Winter Invitational.

The Gauchos first match of the year was an easy 14-4 victory over California Baptist. “To nobody’s surprise, star freshman Amanda Lagaspie played a huge role in the win, knocking in six goals in her UCSB debut. Lagaspie was an impressive pickup for the Gauchos this past off-season. As a high schooler, the attacker was named Girls Water Polo Player of the Year by the Inland Valley Daily Bulletin and recorded offers from big water polo programs such as USC.”

The second matchup of the day was supposed to be their toughest one yet, as they took on No. 13 ranked Indiana. “While the two squads were tied 3-3 at halftime, the Bruins eventually pulled away late for the 6-4 victory. We came away as the only undefeated team of the invitational with a 4-5 record, while the Gauchos dropped to 4-4 on the season.

Last season when these two teams met, Chavers led the team with 18 kills, but the next closest Gauchos only had nine apiece.

UCSB has a week off and then head over to Arizona State for the ASU Invitational on Feb. 1. UCI takes on Lewis at 7 p.m. on Friday, Jan. 25 at Robertson Gym. The match against Loyola-Chicago will be on Saturday, Jan. 26 at the same time and location.
Gauchos Seek First Consecutive Wins of the Season

Brandon Victor
Staff Writer

One week ago, the hopes of the UCSB women’s basketball team seemed spoilt. Following their second consecutive conference loss – a defeat at the hands of struggling rival Cal Poly – the Gauchos found themselves at the bottom of the Big West standings. In fact, in last year’s conference play, the Gauchos claimed their first of two losses against Long Beach State.

But in sports, one win can change everything. Following Santa Barbara’s home victory over Long Beach State, the Gauchos find themselves at 3-0 in Big West play. This marks the first time since 2007 that the Gauchos have gone unbeaten in conference.

In this upcoming week of games against Cal State Fullerton and Hawaii, anything is possible. With home games this week against Cal State Fullerton and Long Beach State, the Gauchos could find themselves only one and a half games behind first place in the conference title race.

Gauchos on Saturday.

UCSB Set To Travel South for Big West Doubleheader

Richard Benites
Staff Writer

Men’s basketball continues this week as the Gauchos face two Big West opponents in Cal State Fullerton and Long Beach State, with both matchups taking place at 7 p.m.

This Thursday, UCSB travels down to Fullerton to take on the Titans.

Then on Saturday, the Gauchos will once again head south toward Long Beach where they’ll face off against the 49ers.

The Gauchos will also look to even the score, considering Long Beach State was also the victor the last time these two sides faced; which resulted in a devastating 69-70 home loss for UCSB.

At the moment, UCSB is also one of only 27 other teams in the nation who are sub-.500 in conference play.

The Gauchos will be coming off their most recent road win after traveling to and defeating UC Davis by a final score of 69-58.

As for the 49ers, senior guard Deishuan Booker has been key to their recent success.

The Gauchos will host the Titans on Thursday at 7 p.m., while their game against Hawaii will tip off on Saturday at 4 p.m.

Fullerton is led by sophomore guard Raina Perez – a floor general who leads the team both in scoring (13.9 ppt) and assists (5.4 ppt). Perez has been a workhorse all season, averaging nearly 34 minutes per game while still maintaining efficiency.

Nevertheless, this season has proven much more promising for the Gauchos, as this team full of veteran experience and young talents continues to shine.

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Beatlemania Hits UCSB Campus at Pollock Theater

Kristina Valencia
Staff Writer

Although The Beatles may be regarded as gems of the past, UCSB’s own Pollock Theater has recently opened up its stage for the talents of John, Paul, George and Ringo to shine once more. In this new “Beatles Revolutions” film series curated by the Carsey-Wolf Center, “A Hard Day’s Night” kicked things off last Thursday with a free screening for students and community members, followed by a Q&A session with journalist Ivor Davis.

Known for their “Script to Screen” series, this year the Carsey-Wolf Center introduces “Beatles Revolutions.” This winter film series is dedicated to showcasing the lives of those four iconic Liverpool musicians who changed music forever. Examining the various ways The Beatles inspired revolutions not only in music but also in politics and culture, the series includes several different film styles revolving around these topics. With free screenings of the documentaries, animation films, live performances and adaptation films, Pollock is now offering music fans and film buffs alike a wide scope of the true effect The Beatles had on the world.

Most recently, Pollock showed “A Hard Day’s Night,” and Beatles fans of all ages made an appearance to the sold-out screening. While I had been to the Pollock several times prior to this, I had never actually gone to an event there that sold out every ticket. And, after viewing this film, it’s easy to understand why it did.

Although the film came out in 1964 at the beginning of The Beatles’ vast career, it accurately captures the wave of Beatlemania that was to come. Director Richard Lester uses an interesting filming style that works to both document the group’s antics as well as follow a very loose yet fun plotline. Lester’s style is described by the Carsey-Wolf Center as a “black-and white, semi-documentary style with a cartoonish energy that celebrates the Beatles at work and at play”.

“A Hard Day’s Night” differs from a lot of movies I’ve seen, as it sticks to no formal film rules and often dances on the fringe of a fictitious and realistic plot. The whole film is centered around the band traveling to appear on television for a live performance, only to face several obstacles along the way and sing their own songs while they’re at it. As The Beatles are musicians before actors, the decision to use the film and band’s popularity to further showcase their music was quite an obvious one. While normally musical scenes in movies can be used to push a story forward or serve as a transition, “A Hard Day’s Night” uses the tracks of the album that have the same name as the film primarily to imbue them with some sort of exposure. Cynically, one can view this film as merely a giant advertisement for the band’s latest album release at the time; however, The Beatles fan in me refuses to do so.

Filled with witty jokes, thick British accents and classic Beatles tunes like “Can’t Buy Me Love,” “And I Love Her” and, of course, “A Hard Day’s Night,” this film gave its Pollock Theater audience a show to remember.

In addition to this screening of “A Hard Day’s Night,” Pollock Theater will be showing several other Beatles-related flicks throughout the course of the 2019 Winter Quarter. Next up is the 1970 film “Let It Be,” which is also known as the last original release from The Beatles and will be playing Jan. 24 at 7 p.m. This film documents the group’s process of recording the songs for their final album and includes footage of their last live public performance on the rooftop of Apple Corps in London. For more Beatlemania, visit the Pollock on Feb. 12 for “I Wanna Hold Your Hand,” Feb. 27 for “Across the Universe” and, finally, March 2 for “Yellow Submarine.”

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Sure, UCSB has a lot of great features — the beach, our revered chancellor, that oatmeal they sometimes serve at Portola — but my favorite thing is the bus. There is nothing I love more than standing with 30 other soundless, sullen, off-campus students while we wait for the 28 or what have you, once it comes pouncing on it like a Calpirg tabler on a airpodless victim.

There’s no high like the feeling of pushing past other Gauchos in what is a silent but competitive pursuit of actually getting on the bus. It’s better than any coke you’d find in any DP bathroom, that’s for sure. Sometimes if you’re really lucky, you get one of those standing-up spots, and the bus ride becomes a battle between bus and physical ability. I find that the wide, sudden turns really help keep my knees loose, and the speed bumps do wonders for my reflexes. Inevitably on the journey, one Gaucho can’t take the physical extremes and falls onto their brethren, after which a moment of silence is always held. I respect that the bus can pick out the weak like that.

The bus is also a great time to get out of your box and explore new sights and smells. For instance, the mix of open Panda Express and a loose plate of Woodstock’s pizza has actually made me more culinarily aware, and I deeply appreciate those thoughtful enough to take such knowingly pungent dishes onto the bus for all to smell. Likewise, I have learned so much about my peers on my bus rides, which have really become more of a meditation for me. When people have loud, open phone calls in the confines of the silent bus, I feel honored that they chose to share such personal information with me. For instance, yesterday, a girl on the phone with her friend told the whole bus that she ate a chicken so spicy that she burped and threw up something purple. And I will never forget when a guy who got off at Camino Pescadero told his mom via Facetime that she should stop sending him the creams because he’d “pretty much fixed it already.”

Long story short, the bus is just as fun as I thought it would be, and honestly, I feel like a much more cognizant, reflective individual now that I’m its grateful passenger. There’s honestly nothing I would change about the bus, not its always-warm seats, the guy blasting “Humble” through his Beats or the bus driver yelling at the kid who’s holding up the lane. Bus, baby, never change.

Emma Demorest is a second year writing and literature major who would ride her bike to school if it just wasn’t so hard.
California Tacos and Taproom: A Promising New Spot for Taco Tuesdays in IV

Paige Holloway
Staff Writer

California Tacos and Taproom recently opened its doors in Isla Vista, offering yet another option to satisfy the community’s love for Mexican food. The restaurant is centrally located on the corner of Seville, right next to Isla Vista Theatre. My friend and I chose to give it a try one afternoon, and grabbed a quick bite between classes.

We walked past a spacious outdoor seating area furnished with high tables, large TVs and a long bar with several booths on top before making it inside. The restaurant features another small seating area indoors next to the walk-up counter for ordering. It surprised me how quiet and empty it was at first, but that’s most likely due to the time of day. In looking at the menu, we were pleasantly surprised to find a wide variety of Mexican food options. Beyond tacos, they offered a full breakfast menu, including chilaquiles, morning nachos, tortas, taco salads, fajita/rice bowls, burritos and even desserts. They also did a great job of providing a large amount of vegan and vegetarian options on their menu, including a vegan rice bowl, vegan nachos, tostadas, taco salads, fajita/rice bowls, burritos and even desserts. They also did a great job of providing a large amount of vegan and vegetarian options on their menu, including a vegan rice bowl, vegan tacos, veggie burritos and more. Although everything looked enticing, we both felt obligated to try their tacos.

The tacos can be ordered in unlimited amounts, but I instead chose to buy two of their vegan ones, priced at $4.99 each. Each came with a corn tortilla, bell peppers, onions, rice, lettuce, Peruvian beans, cilantro, guacamole and, of course, green salsa. I was very happy to find that they were generous with the guac and that the bell peppers were perfectly grilled without tasting too greasy.

My friend chose to order one chicken and one chorizo taco, which came with a side of onions and green salsa. He told me they both were great, but if he had to choose his favorite, it would be the chorizo because it had just a bit more flavor and paired great with his tasty green salsa.

What really stuck out in our experience was the fact that they managed to make the food decently priced and great tasting, but didn’t end up leaving us with that heavy, bloated feeling usually associated with indulging in tacos. We could tell the food was made fresh and the quick service won us over even further. Overall, this new addition to the list of food joints in Isla Vista provides a comfortable, casual setting alongside delicious food. It’s the perfect place for watching a big game with friends, picking up a quick meal on the go or feeding those pesky late night cravings — considering it’s open until 2 a.m. Next time the Freebirds line is trailing out the door or you’re looking to save a few bucks, I recommend giving California Tacos and Taproom a try!

Rinah Anatalio
Staff Writer

Being able to travel during your college years is one of the best experiences that someone can have. Traveling can be really expensive, especially when you have a small budget and full itinerary. Here are some tips to make the most out of your trip without breaking your wallet.

Research the area you’re staying in: Most European countries have specialty dishes that they are widely known for. Foods that are popular in your area will not be as expensive because they are more accessible. For example, seafood in a coastal city is cheaper and fresher than seafood from a town in the middle of the countryside. Also, some cultures have certain schedules that can affect restaurant and supermarket hours, like Spaniards who observe the celebration of Velería in Spain. Although tipping is expected in America, cultures vary from place to place, so it is wise to research the norms of your destination. This is important because tipping or not tipping can be a sign of respect.

TripAdvisor: Although Yelp is widely used in America, it is not as common outside of the country. Most countries use TripAdvisor for their food, attractions, and museums. TripAdvisor can provide the operation hours, photos, menus and telephone numbers of restaurants. By using TripAdvisor, you can compare restaurant prices to each other and budget each meal accordingly.

Eat locally: Unlike the smaller bakeries (especially in France!) and supermarkets that are around you. Many small businesses rely on tourism as the main source of income and are often cheaper than the larger grocery chains. Buying a fresh baguette will last you a few days and can be used in a multitude of ways. Some places also have small farmers markets or seasonal markets that are affordable and ideal for trying new cultural dishes.

Bring your own: Tourist attractions overcharge on water, snacks and other necessities you need for a day out. By bringing your own water and snacks, you’re able to save money and ensure the quality of the food. Also, food on the airplane is not the most ideal, so I highly recommend bringing your own food on the airplane, especially if you have dietary restrictions or food allergies. I have some food allergies myself, and my favorite snacks to bring on planes are instant oatmeal packets and dried fruit.

A Guide to Eating in Europe on a College Budget

ALL PHOTOS BY RINAH ANATALIO / DAILY NEXUS
So Healthy You Hurt

Miranda de Moraes
Opinion Writer

The pain is palpating, knocking me with the light-headed high of naught. My stomach screams and I learn to love it. The whole-whole wheat pizza is not gluten-free. The non-GMO apple is still alive with nutritional fats. The hormone-free hardboiled egg came from a disease-induced cage. The Arbor doesn’t yet apoptosis. However, the naming universe of foods is deemed acceptable. According to Dr. Steven Bratman, an American physician who identified orthorexia in 1997. The more restrictive the diet, the more likely the diet will spur the psychosis of orthorexia nervosa.

Orthorexia starts with the development of a theory about health food and manifests into a "self punish- ing relationship with food [in which] a progressively shrinking universe of foods is deemed acceptable," according to Dr. Steven Bratman, an American physician who identified orthorexia in 1997. The more restrictive the diet, the more likely the diet will spur the psychosis of orthorexia nervosa.

Chances are you or a loved one is a vegan. UCSB is a hotbed for veganism with a vegan studies course, vegan-oriented Mondays at campus dining halls and a vegan studies course, a hotspot for herbivorism with a vegan studies course, and UCSB in particular. Orthorexia is the tendency of having an unhealthy obsession with healthy eating. It can lead to anorexia nervosa and obsessive-compulsive disorder. Orthorexia nervosa is marked by an obsession with checking nutritional labels, an obsession with checking nutritional labels, an obsession with checking nutritional labels. Orthorexia nervosa is a condition of having an unhealthy obsession with healthy eating.

The alternative is scary — to stop caring, to be okay with gaining weight, to consciously subject oneself to health risks. I guess I am willing to bet that seeing someone else to stop caring, to be okay with gaining weight, to consciously subject oneself to health risks. I guess I am willing to bet that seeing someone else.