How Social Media Created a Political Enemy

International student Alagie Jammeh risks imprisonment and execution to speak out against homophobia

The Facebook status Jammeh posted defending homosexuality directly contradicts the views of his distant uncle, president of the Gambia. Now he cannot return to his homeland without fear of death.

Megan Mineiro
News Editor

Isla Vista stakeholders recently drafted a letter to Santa Barbara County Sheriff Bill Brown requesting Rob Plastino’s term as the I.V. Foot Patrol lieutenant be extended during a crucial time for I.V. Plastino’s leadership is key at a time when I.V. is “at a crossroads.”

Emily Nelson
Editor in Chief

“No one should be denied their fundamental basic human rights because of their sexuality,” Alagie Jammeh posted on Facebook in September 2014. By November of that same year, Jammeh found his world crumbling around him.

Jammeh is a third-year global studies major at UCSB who could face life imprisonment or worse for his pro-LGBTQ views if he ever returned home to the Gambia. Jammeh came to California as an international student from the Gambia on a presidential scholarship in 2011. After posting his views on Facebook, he was cut off from his scholarship, friends and family, and may still lose his life.

The Washington Post quotes President Yahya Jammeh of the Gambia as having said, “If you are a man and want to marry another man in this country and we catch you, no one will ever set eyes on you again, and no white person can do anything about it.”

Having grown up in the Gambia under the rule of President Jammeh — his distant uncle — Jammeh learned that homosexuality was one of the greatest sins humans could commit. “They keep teaching people that homosexuality is evil and bad … They have this big law of the greatest sins humans could commit.”

Alagie Jammeh posted on Facebook on Oct. 5, “For two months, the money was on the way to him, and he was expecting money from his government in California as an international student from the Gambia on a presidential scholarship in 2011. But in September 2014, he was forced to sell many of his personal belongings, live in his own car, shower in the woods, and go without food or water.

The comment Jammeh wrote directly contradicts the views of his uncle, the president, and even his own Facebook post. “I deleted the message,” Jammeh said, “but it was too late.”

The comment Jammeh wrote directly contradicts the views of his uncle, the president, and he soon found himself stripped of his scholarship, ostracized from his country and fearful for his survival.

“Going back to the Gambia is like committing suicide,” Jammeh said. “There are people who might feel sorry, but not really sorry.”

For months after posting this message, Jammeh was forced to sell many of his personal belongings, live in his own car, shower in the Recreation Center and hope for his next meal, all while continuing to attend UCSB and maintaining a GPA well above average.

History Department Chair Sharon Farmer taught a class which Jammeh attended during the semester when he was in my class [he was living in his car] … He made it through two quarters and didn’t tell anybody” Farmer said.

Jammeh said during these months he was still expecting his government to begin providing him financial support again, but he never saw another penny.

“For two months, the money was on the way … never came,” Jammeh said. “When I go to...
Fiber Art Sculptures
July 31 @ 11:00 AM

This Month Features: “DESERET POWER” from The Arrakis Collection "MERLIN’S BEARD" from The Haunted Portrait Collection Hours: Monday through Saturday 11am-5pm, Sunday 1pm-5pm. GALLERY 113 1114 STATE ST. STE 8 SANTA BARBARA, CA 93101

Santa Barbara Gem Faire
July 31 @ 11:00 AM

Fine jewelry, precious & semi-precious gemstones, millions of beads, crystals, gold & silver, pearls, minerals & much more at manufacturer’s prices. Nearly 100 exhibitors from around the world. Jewelry repair & cleaning while you shop. Free hourly door prizes. For more info, visit www.gemfaire.com or call (503) 252-8300 or email: info@gemfaire.com.

Earl Warren Showgrounds
3400 Calle Real
Santa Barbara, CA 93105

Shot & Inked: Rock n Roll Photography and Silkscreen Art

Collaborative art show by Clovis IV Photography and Mutiny Studios. From beautiful photos of bands and musicians to hand-printed silkscreened show posters and portraits. Shot and Inked focuses on the visual art and people that surround the sonic experience of music. Show will be up throughout the month of July.

SEVEN BAR
224 HELENA AVE
SANTA BARBARA, CA 93101

Rossini’s Cinderella
Saturday, August 1, 2015 @ 2:30 PM

Santa Barbara Gem Faire welcomes the Rossini's Cinderella, a retelling of the beloved fairy tale with a modern twist. The performance features music from Rossini with a humorous and unexpected plot twist. This event is a must-see for all Cinderella fans and opera enthusiasts.

Art Exhibition: Parkinson’s: Along the Road to Hope
Sunday, August 2, 2015 @ 11:00 AM

Hospice of Santa Barbara welcomes local artist Dr. Daniel Joseph, who is living with Parkinson’s disease and will display his art at the Leigh Block Gallery located within Hospice of Santa Barbara on Aug. 2, 2015 for a special, Sunday day. Hospice of Santa Barbara will host a wine and hors d'oeuvres open house reception for the new exhibit, "Parkinson's: Along the Road to Hope.”

2050 ALAMEDA PADRE SERRA SUITE #100, SANTA BARBARA, CA 93103

Solo Art Exhibition and Open House
Friday July 31, 2015

Join Hospice of Santa Barbara for its next art exhibition and open house on Wednesday May, 13th at 5:30 p.m. Enjoy wine, hors d’oeuvres, and refreshments while viewing James Petrucci’s art exhibit entitled, weightless, which attempts to explore moments of profound meaning, and “the memory and the feeling left over from those fleeting experiences.” The exhibit will feature imagery that explores the passing of time and renders landscapes through the lens of fading memory. Petrucci is a self-taught artist from Santa Barbara and has showcased his work in many national juried shows. He was the recipient of the William T. Colville artist grant in 2009 and also received the Arts Fund Individual Artist award for two-dimensional figurative work in 2011. He is also a current member of The Ojai Studio Artists group. Twenty-five percent of the show’s sale proceeds will be donated to Hospice of Santa Barbara. Exhibition Dates: May 13th, 2015 – July 31st, 2015

DAILY NEXUS CALENDAR

Check out the events calendar at www.DailyNexus.com/events/

UNIVERSITY OF CALIFORNIA, SANTA BARBARA

Weather:

The Weatherhuman is having trouble finding employment. It seems like there are no jobs that fit his interests in the weather sciences.

Tomorrow’s Forecast: The Weatherhuman has 5-7 years of experience in drinking and is ready to take an entry-level position.
It's looking like the number of meetings we will have with President Napolitano will increase this year. Now it's up to us to use these meetings to advocate effectively.

-Mohsin Mirza

The July meeting went over future UC Secretary of State visits and relations with the UC Regents

BETH LEIBNS
County News Editor

The University of California Student Association (UCSA) discussed various issues concerning UC students Saturday and Sunday in a board meeting at the UC Berkeley Haas School of Business.

UCSA is a UC-wide student advocacy organization governed by student officers, a student board made up from External Vice Presidents (EVP) from each UC campus’ undergraduate and graduate student governments and staff members. UCSA meets monthly and in its July meeting discussed Secretary of State visits, student health insurance, the upcoming UCSA Congress and relations with UC Board of Regents and UC Office of the President (UCOP).

At the meeting, UCSA Communications Director Anais Lavoie said registration is lower than past years, likely due to a change in protocol that allows for one vote per delegate, as in previous years.

“We are at 324 attendees, which is a little less, but we sort of anticipated that with the move in voting,” Lavoie said. “It’s less incentive to bring a lot of people.”

Former UCSA board member Louise Cabansay gave an update on the University of California Student Health Insurance Plan (UCSHIP) and said it will be requesting personal information from students who have previously declined to report this to UC due to a federal mandate that insurance providers attempt to report policyholder information directly to the IRS.

“I think the most prevalent thing is the IRS mandate for reporting information about students who have health insurance so that the IRS knows you have health insurance so that you won’t be penalized on your taxes,” Cabansay said. “What that includes is the reporting of inclusion in the University of California Health Insurance Plan (UCSHIP) and we will be requesting personal information from students who have previously declined to report this to UC due to a federal mandate that insurance providers attempt to report policyholder information directly to the IRS.

According to UCSA’s Student Advocate Victoria Arroyo, UCSA will help facilitate visits to each UC campus from Secretary of State visits, student health insurance, the upcoming UCSA Congress and relations with UC Board of Regents and UC Office of the President (UCOP).

“Rob Plastino is somebody who is battlefield-tested. He has been here through good Halloweens and bad Halloweens, a really bad Deltopia and the terrible mass casualty event with Elliot Rodgers and so he has really experienced the various aspects of the community,” Farr said. “But to see the strength of the community coming together, the resiliency of the community, the memorial events — he’s been a part of those.”

Hedges also said he believes it is important to retain Plastino’s leadership for a longer period of time given Plastino’s experience in I.V. over the past few years, rather than bringing in a less knowledgeable replacement.

“Rob Plastino is somebody who is battlefield-tested. He has been here through good Halloweens and bad Halloweens, a really bad Deltopia and the terrible mass casualty event with Elliot Rodgers and so he has really experienced the various aspects of the community,” Farr said. “But to see the strength of the community coming together, the resiliency of the community, the memorial events — he’s been a part of those.”

Hedges also said he believes it is important to retain Plastino’s leadership for a longer period of time given Plastino’s experience in I.V. over the past few years, rather than bringing in a less knowledgeable replacement.

“Rob Plastino is somebody who is battlefield-tested. He has been here through good Halloweens and bad Halloweens, a really bad Deltopia and the terrible mass casualty event with Elliot Rodgers and so he has really experienced the various aspects of the community,” Farr said. “But to see the strength of the community coming together, the resiliency of the community, the memorial events — he’s been a part of those.”

Hedges also said he believes it is important to retain Plastino’s leadership for a longer period of time given Plastino’s experience in I.V. over the past few years, rather than bringing in a less knowledgeable replacement.

“Rob Plastino is somebody who is battlefield-tested. He has been here through good Halloweens and bad Halloweens, a really bad Deltopia and the terrible mass casualty event with Elliot Rodgers and so he has really experienced the various aspects of the community,” Farr said. “But to see the strength of the community coming together, the resiliency of the community, the memorial events — he’s been a part of those.”

Hedges also said he believes it is important to retain Plastino’s leadership for a longer period of time given Plastino’s experience in I.V. over the past few years, rather than bringing in a less knowledgeable replacement.

“Rob Plastino is somebody who is battlefield-tested. He has been here through good Halloweens and bad Halloweens, a really bad Deltopia and the terrible mass casualty event with Elliot Rodgers and so he has really experienced the various aspects of the community,” Farr said. “But to see the strength of the community coming together, the resiliency of the community, the memorial events — he’s been a part of those.”

Hedges also said he believes it is important to retain Plastino’s leadership for a longer period of time given Plastino’s experience in I.V. over the past few years, rather than bringing in a less knowledgeable replacement.

“Rob Plastino is somebody who is battlefield-tested. He has been here through good Halloweens and bad Halloweens, a really bad Deltopia and the terrible mass casualty event with Elliot Rodgers and so he has really experienced the various aspects of the community,” Farr said. “But to see the strength of the community coming together, the resiliency of the community, the memorial events — he’s been a part of those.”
Josh Ortiz
Staff Writer

When UCSB alumnus Maia Kurland started her new job in January, she found herself in a work atmosphere with people she deems "incredibly intelligent" and "generously driven," following the simple motto #LoveWhereYouWork.

"It's weird — not everyone gets to have this. I get to go to a place where I look forward to waking up and going to work because I'm enjoying what I'm doing," Kurland said. "I feel lucky to be in this environment."

Business Insider recently ranked UCSB eighth on its list of "The 20 universities that are most likely to land you a job in Silicon Valley," beating out schools like Carnegie Mellon, UC Los Angeles, UC San Diego and the University of Southern California. Kurland is one of many UCSB graduates employed in the area, where she works for an inside sales team at one of the Silicon Valley's largest internet giants: Twitter.

UCSB's Computer Science Department Chair Ambuj Singh said he believes a large number of UCSB graduates find employment opportunities in Silicon Valley companies because of their connections to UCSB computer science alumni and faculty members already working at technology companies there.

"I think it's no secret that we have built a strong pipeline to the Silicon Valley," Singh said. "Once you have that kind of relationship going, it just makes it easier."

"I hired two third-year computer science faculty members start their own small tech companies, which inspires students to pursue jobs at startups and prepare themselves to work in the Silicon Valley."

"A number of faculty members really are quite busy with startups," Singh said. "They bring up this culture of trying to do new things and working at new companies."

UCSB Career Associate Director Emily White said major Silicon Valley companies like Google, Oracle and Facebook frequently come to the on-campus career fairs and post on the online job board to find new applicants.

"Silicon Valley companies are some of the biggest companies that are coming to UCSB," White said. "We have a lot of companies from the Silicon Valley posting onto the job board — tiny companies to big, huge companies like Google and Facebook."

According to White, recruiters value UCSB students because they believe they not only have "great technical skills" but they also possess "great people skills" and communication skills.

"What I hear from a lot of companies is that our students are real, really well-rounded," White said. "They think our students have great personalities and great personalities."

Third-year computer engineering major Garrison Carter said he began his internship with Hewlett-Packard (HP) in June as one of six selected from a pool of 500 applicants. According to Carter, being a "well-rounded" student athlete on UCSB's cycling team is what set him apart from the many applicants.

"According to my managers, they were looking for someone who was well-rounded and could manage their time between multiple different tasks well," Carter said in an email. "They also were looking for UC students who not only had the skills needed for the job, but also had experience in real world situations."

Carter also said HP looked highly upon him because of his hands-on experiences and education in UCSB's College of Engineering.

"If [HP] viewed me being a student at UCSB as a positive because they said our university focuses on both academics and its real world applications," Carter said in an email. According to Kurland, Silicon Valley companies like Twitter, LinkedIn, HP and Facebook provide their employees with "extra perks" that are hardly found in any other workplace, such as a gymnasium on company grounds or the motivational phrases around the offices.

"It's an exciting world to be in because it is rare," Kurland said. "Even now that I'm eight months in, I still get home and I feel grateful to work at Twitter."

Kurland said attending a large university like UCSB taught her the value of self-reliance.

"Having a school that large, there are no people there to hold your hand the whole way," Kurland said. "It gave me motivation to realize that I'm going to figure it out alone."

Kurland said her biggest takeaway from being a student at UCSB was the confidence to independently pursue whatever career path she chose.

"When I was applying, I knew I wanted a sales job because I wanted to learn a new skillset," Kurland said. "That's the thing — that kind of independence. UCSB prepared me for that kind of independence."

Juliet Raceti
Asst. News Editor

UC Santa Barbara Assistant Materials Professor Stephen D. Wilson recently received a $1 million grant from the W.M. Keck Foundation to grow materials for advancing modern technologies.

Wilson's grant is expected to last three years and will fund his project to grow new, exotic materials. Wilson aims to create a refined ultrahigh-purity crystal growth process that could theoretically lead to new quantum states.

Wilson's group focuses its research on exotic electronic bases.

"We are trying to prove interesting new quantum states that have been predicted," Wilson said. "Trying to characterize the properties of these systems, trying to try and find what knobs we can tune and look for these new states. This is a big picture model."

According to Wilson, his lab is working to build on theoretical predictions.

"What we do is try to explore material space by growing single crystals of materials and then use a sort of an array of electronics properties tools here on campus and off campus," Wilson said. "You look for materials that exhibit those kinds of behavior."

Wilson said one of his main focuses is to create a "clean" single crystal growth and closely study the material.

"You want to eliminate any extrinsic factors or anything that can hide the signatures of many of these new quantum states that you are looking for," Wilson said. "You also need to be able to study the detail properties of the material."

Wilson said single crystals are fundamental to scientific progress.

"A lot of major discoveries are made by single crystals because they're very clean and you can recognize the subtleties of their behavior," Wilson said.

Wilson said he will use the grant to expand the capabilities of his field.

"The award is to try and push the frontiers of high-purity single growth that we can do," Wilson said.

Wilson said the cleanest way of growing crystals is a floating zone, where a material is pressed onto a rod and melted, creating a droplet and fused with an already crystallized seed crystal.

"This molten material is suspended between the two by its surface tension," Wilson said. "You then cool it slowly, called unidirectional solidification, and it will crystallize on the seed and grow a single crystal."

Wilson said this process creates a pure crystal.

"The floating zone aspect is when you're doing this, the liquid part, that is suspended between the seed and the rod isn't touching any containers and its 'floating so it doesn't get any contaminants,' Wilson said.

Wilson said the floating zone technique uses optical heating, focused light from a light bulb in an optical mirror, and does not work under high pressure with volatile materials.

"You can't really do that under high pressure," Wilson said. "Things, when you melt them, if they're really volatile, if they start evaporating really fast, then it goes everywhere and you can't stabilize crystal growth.

So trying to do this under high pressure has been limited for a long period of time." Wilson said he hopes to use the grant money to build a tool to grow volatile oxides with floating zones to access ultrahigh-purity form.

"It turns out that all the new materials we want to look at in high-ultra-purity form are volatile materials and so we are trying to re-envision the floating zone to address that type of materials challenge," Wilson said.

First-year College of Creative Studies physics major David Rower said Wilson's research could lead to the creation of valuable new material.

"It's incredible to think that, if Wilson realizes his agenda with the money, he might produce science reach much more valuable than $1 million," Rower said.

Third-year CCS physics major Liam Stanton said he is excited to see what Wilson's lab produces using the grant.

"Materials science is very complex, yet strives to be exceedingly simple at the same time," Stanton said. "It really is amazing how world-class the staff and faculty here at UCSB is and how much they're going to impact the world with their findings. I can't wait."
UCSB plans to reduce potable water use by 12 percent by March 2016 by further utilizing water recycling technology on campus. This goal follows a UC-wide mandate for campuses to reduce water use by 20 percent by 2020 and matches the Goleta Water District's water conservation goal. UCSB worked with the Goleta Water District to modify and expand its permit for the use of recycled water. Ninety percent of campus is already irrigated with recycled water, and recycled water accounts for 25 percent of its total annual water use.

Recycling and Water Efficiency Manager Matthew O’Carroll said the university plans to achieve this goal through large-scale changes to campus buildings and operations. “UCSB seeks to achieve the 12 percent reduction in potable water use through continuing to optimize efficiency in industrial applications and laboratory processes and in on-campus residences and academic buildings,” O’Carroll said.

UCSB has already taken steps to conserve water through recycling technologies, according to O’Carroll. “UCSB has a long history of effective water conservation and efficiency efforts,” O’Carroll said. “The one effort that stands out in particular is the use of recycled water.”

According to O’Carroll, the 12 percent reduction will save more than 19 million gallons of water.

Environmental Affairs Board (EAB) Co-chair and third-year computer science major Nicholas Frey said he applauds the university’s efforts to conserve water. “UCSB has a lot going on already concerning potable water conservation,” Frey said. “Our per capita water usage is something like 22 gallons per day which is quite a contrast to the average of 60 in our local water district.”

According to O’Carroll, UCSB Sustainability’s LabR.A.T.S. (Laboratory Resources, Advocates, and Teamwork for Sustainability) program plans to reduce water consumption in UCSB labs by replacing single-pass cooling systems with closed-looped systems. “As of now, LabR.A.T.S. has helped to secure funding for approximately 85 closed-loop systems,” O’Carroll said. “They have the potential to reduce UCSB’s potable water consumption by three percent.”

Frey said LabR.A.T.S.’s efforts could make a significant impact in helping UCSB reach its water conservation goal. “If the 700 to 800 single-pass cooling systems are replaced, an estimated 120 million gallons of water will be saved per year,” Frey said.

EAB Co-chair and third-year environmental studies major Chris Berry said the Goleta Water District sources water locally, making it especially important for UCSB’s campus and individual students to reduce water use. Goleta is unique in that most of the potable water we have access to at UCSB is directly from the area, such as Lake Cachuma as opposed to state water from the California Aqueduct, Berry said. “With the drought only getting worse, the Goleta Valley Water District is going to start pumping ground water, which I think only serves to highlight the need for students to be as water wise as possible.”

O’Carroll said UCSB students, faculty and staff can help UCSB reach its conservation goal by reducing personal water use on campus.

For the full story, see dailynexus.com
class, I couldn't concentrate — I kept having these suicidal thoughts.”

Despite his inward struggle, Farmer said Jammeh was “such a nice guy” who was “very motivated” in his studies.

After coming forward with his situation, Jammeh began working with the director of the Office of International Students and Scholars (OISS), Simran Singh, to find a way to continue to attend UCSB and survive.

According to Singh, Jammeh’s case has been taken very seriously by the administration and continues to be a primary concern of her office.

“You do not have a student come in and make that up,” said Singh. “It’s gone up the ladder — everybody is aware of the situation.”

According to David Whitman, the director of LGBT services and the Resource Center for Sexual & Gender Diversity, Jammeh’s case is a perfect example of “how alive and well homophobia is.”

“This isn’t out of convenience or luxury, this man is facing life in prison or worse for being supportive of the LGBTQ community,” Whitman said. “Give this student a penny, a dollar, because he is facing life in prison and he deserves it.”

Acting Vice Chancellor for Student Affairs Mary Jacob said Jammeh’s case is “really a challenge” and that options for Jammeh are limited because of his status as an international student.

“He’s been supporting people who are gay, which could be viewed as supporting criminality [in the Gambia],” Jacob said. “He would definitely be imprisoned, and I really fear for his health and well-being.”

According to Singh, there have been many attempts to communicate with the Gambian government through their embassy in Washington D.C., but there has been no response from the President.

“The ambassador seemed pretty much helpless unless he got help from the Gambian government,” Singh said. “The money needs to be transferred from Gambia.”

Nonetheless, the university has temporarily allowed Jammeh to continue attending classes while he struggles to come up with funding and also seek political asylum, without which he could be sent back to the Gambia.

“Right now, the school said they were going to let me go to school for fall and then I have time to work and see if I could get some scholarships from somewhere, and I have also applied for asylum ... So it’s 50–50,” Jammeh said.

External Vice President of Statewide Affairs and fourth-year sociology and black studies double major Mohsin Mirza said he looks to the UC Office of The President for its support of Alagie and believes a community effort is absolutely necessary in supporting Alagie.

“It’s a difficult situation, but I’m hopeful that the people can come together and donate to help and that administration and UCOP can take the actions needed so that Alagie can stay,” Mirza said.

Through the help of the OISS and other local organizations, Jammeh has secured temporary housing through the summer with local resident Mariela Marin and her family, as well as a job on campus.

“I can honestly say that [Jammeh] is someone who is clearly dedicated to the journey of understanding his world and others,” said Marin. “We’re just really lucky to have him.”

Nonetheless, Jammeh’s future remains highly uncertain, as it is unclear where he will live after the summer and whether or not he will be able to continue to attend the university.

Despite having deleted the original message and Facebook account, Jammeh now has a rainbow flag on his new profile picture and maintains that he is very firm in his belief that the LGBTQ community should be treated equally as human beings.

“If I could do something to change one person’s mind in Gambia, I would do that,” Jammeh said. “Freedom is a really expensive thing.”

Jacob, Farmer, Whitman and Singh each said the primary way to help Jammeh in his situation is through his gofundme.com account at gofundme.com/zzc9s24 that aims to raise money to pay for his next year of tuition.

“I really hope everybody can support him,” Jacob said. “He’s just a really fine human being, a fine student and I really want to see him graduate as a Gaucho.”

Jammeh says local communities have been instrumental in helping him to survive and continue to study towards his graduation.

“I feel really overwhelmed with the support I’m getting,” said Jammeh. “People helped me without asking any questions.”

Although 90 percent of campus is already irrigated with reclaimed water, UCSB is taking steps to further increase water conservation due to efforts to reduce potable water use by 12 percent.

Continued from p.1
Armchair QB

If there's one thing the Patriots have taught us over the years, it's that cheating in the NFL never comes without consequences. Otherwise they wouldn't have four Super Bowl rings, right?

It's too bad the Seahawks didn't have Graham for that last red zone quarterback in the NFL as Graham joined the Seattle Seahawks. Suh moved to the Dolphins and became the highest paid non-quarterback in moves.

The Indianapolis Colts, who already have one of the best quarterbacks in the league, a strong defense and a great group of receivers, added some phenomenal pieces to complete their all-star caliber team. This season, Frank Gore and Andre Johnson will suit up in blue to revamp an already potent offense. In addition, the team McCoy came from.

Vegas's Super Bowl winning predictions. This team and the players on it that we have come to know over the years have become idolized by Americans and they serve as the backbone to the huge progression of women's sports in the last 15 years. Players like Hope Solo and those before her, such as Mia Hamm, have created the blueprint for young women in the U.S. to take on sports as a part of their lifestyle. This push has been slowly accelerating since the new millennium, and this newfound attention to women's sports could be the evidence of its success. The era of women's sports is clearly upon us.

The Indianapolis Colts, who already have one of the best quarterbacks in the league, a strong defense and a great group of receivers, added some phenomenal pieces to complete their all-star caliber team. This season, Frank Gore and Andre Johnson will suit up in blue to revamp an already potent offense. In addition, the team McCoy came from.

Vegas's Super Bowl winning predictions. This team and the players on it that we have come to know over the years have become idolized by Americans and they serve as the backbone to the huge progression of women's sports in the last 15 years. Players like Hope Solo and those before her, such as Mia Hamm, have created the blueprint for young women in the U.S. to take on sports as a part of their lifestyle. This push has been slowly accelerating since the new millennium, and this newfound attention to women's sports could be the evidence of its success. The era of women's sports is clearly upon us.

NFL Offseason's Biggest Moves

In an off season that is crowded by suspensions and lawsuits, the actual trades and pickups being made by NFL teams have been deflated in media coverage to this point. This has definitely been unfortunate due to the fact that this off season has been very exciting for many players and a couple of teams in particular.

The Indianapolis Colts, who already have one of the best quarterbacks in the league, a strong defense and a great group of receivers, added some phenomenal pieces to complete their all-star caliber team. This season, Frank Gore and Andre Johnson will suit up in blue to revamp an already potent offense. In addition, the Colts got more protection for Andrew Luck in Todd Herremans and added savvy veterans in Kendall Langford and Trent Cole to their defense. Simply put, Indianapolis is deserving of being one of Vegas's Super Bowl winning predictions.

The Buffalo Bills have become very intriguing with their pickups that include new Head Coach Rex Ryan and a defense he is building for himself. With LeSean "Shady" McCoy on board, the Bills have a very exciting offense that could possibly shock many with quarterback Matt Cassel being the team's possible starter. Quite honestly, Buffalo will be just as hit-or-miss as the team McCoy came from.

Chip Kelly has set himself up to be either the biggest hero or the biggest homegrown in Philadelphia Eagles history. He has completely redesigned a team that had a 10-6 record under Mark Sanchez last year. Only time will tell if Chip is persuasive or wise in moves.

On the individual side, Ndamukong Suh and Jimmy Graham have made the biggest moves, raking up some cash along the way. Suh moved to the Dolphins and became the highest paid non-quarterback in the NFL as Graham joined the Seattle Seahawks. It's too bad the Seahawks didn't have Graham for that last red zone pass … just maybe, things would have ended differently.

Men's Soccer

Miss UCSB sports? Ready for some more “Soccer Heaven?” The wait is almost over. See the Gauchos play at Harder Stadium in their season opening exhibition against Westmont on Saturday, August 22 at 7:00 p.m.

Summer 2015 Rewind

The Nexus Sports staff chooses its top sports stories from the past two months

World Cup Victory Signifies Increase in Popularity for Women’s Sports

Daniel Moebus-Bowles

The U.S. National team may just have solidified itself as the greatest women's soccer program of all time with its recent one-sided World Cup victory. Dominating Japan in the final round gave the USWNT its third World Cup to add to its already decorated history that includes four gold medals and one silver medal in the five Olympics it has competed in.

This invincible team that has sat atop the throne for years has set all the records when it comes to stats, but the records it broke in this year's World Cup could benefit more than just the team and the sport. During the final, a total of 30.9 million people tuned in to watch the match. An average of 25.4 million Fox Sports viewers in the U.S. watched the tournament in its entirety, according to Nielsen ratings.

In addition, these numbers shatter the record that was set by the 2014 Men's FIFA World Cup and are well above the viewership of the recent NBA Finals, Stanley Cup and World Series. A women's soccer match is now the most viewed game on a single network in U.S. history.

This team and the players on it that we have come to know over the years have become idolized by Americans and they serve as the backbone to the huge progression of women's sports in the last 15 years. Players like Hope Solo and those before her, such as Mia Hamm, have created the blueprint for young women in the U.S. to take on sports as a part of their lifestyle. This push has been slowly accelerating since the new millennium, and this newfound attention to women's sports could be the evidence of its success. The era of women's sports is clearly upon us.

Williams Completes ‘Serena Slam’

Sean White

They say “20 is the new 30,” but in the world of sports, 30 is the age of decline in most playing careers. But at the age of 33, Serena Williams remains one of the most dominant athletes in the world. On July 11, Williams heightened her prominence atop women's tennis by earning her 21st Grand Slam victory at Wimbledon.

As Williams’ name continues to ascend in the record books amongst the legendary careers of players such as Germany's Steffi Graf and Australia's Margaret Smith Court, the nation's No. 1 player recreated her own history with the win.

It had been 12 years since she achieved her first “Serena Slam,” but after winning at Wimbledon, Williams repeated the feat of being tennis’ ultimate winner. This year's “Serena Slam” is the second time in Williams's career that she is the current champion of each of the four Grand Slam events. Also, the victory at Wimbledon made Williams the oldest women's tennis player to win a Grand Slam event.

Now, you may be questioning what is left for Williams to conquer in the latter years of her career, but the answer is simple: to win. Besides being just one win away from tying Graf's record of 22 Grand Slam titles, Williams is on the verge of achieving a task she never has before.

Nearly a month away from its arrival in September, it had been 12 years since she achieved her first Grand Slam event. 2015 is the next major event that Williams is on the verge of achieving a task she never has before.

As Williams' name continues to ascend in the record books amongst the legendary careers of players such as Germany's Steffi Graf and Australia's Margaret Smith Court, the nation's No. 1 player recreated her own history with the win.

They say "20 is the new 30," but in the world of sports, 30 is the age of decline in most playing careers. But at the age of 33, Serena Williams remains one of the most dominant athletes in the world. On July 11, Williams heightened her prominence atop women's tennis by earning her 21st Grand Slam victory at Wimbledon.

As Williams’ name continues to ascend in the record books amongst the legendary careers of players such as Germany's Steffi Graf and Australia's Margaret Smith Court, the nation's No. 1 player recreated her own history with the win.

Williams, who is building for himself. With LeSean "Shady" McCoy on board, the Bills have a very exciting offense that could possibly shock many with quarterback Matt Cassel being the team's possible starter. Quite honestly, Buffalo will be just as hit-or-miss as the team McCoy came from.

Just this past Independence Day, NFL players Jason Pierre-Paul of the New York Giants and CJ Wilson of the Tampa Bay Buccaneers both suffered finger amputations due to injuries sustained during separate firework accidents. Pierre-Paul lost his right index finger while Watson lost both his right index and middle fingers. Given their defensive positions, these injuries have proven to be career-altering. Pierre-Paul, who was franchise tagged, but hoping to earn a long-term deal instead, lost his opportunity of the desired deal just hours after the accident. Moreover, Wilson's incident led him to recently retire with hopes of returning to the NFL once recovered and healthy.

All Fun and Games Until...

Daniel Moebus-Bowles

Safety is a reoccurring and important issue within sports, especially when concerning the safety of participating athletes. Players have gone as far as to donate thousands of dollars in support of researching the best protective gear and, in some cases, even sued their respective leagues for the unfortunate outcomes that are connected to physical activity in their sport of play. It seems as if most athletes take their own safety into heavy consideration when on the field of play, so it is very surprising to hear of acts where athletes fail to display this attention when off the field.

Just this past Independence Day, NFL players Jason Pierre-Paul of the New York Giants and CJ Wilson of the Tampa Bay Buccaneers both suffered finger amputations due to injuries sustained during separate firework accidents. Pierre-Paul lost his right index finger while Watson lost both his right index and middle fingers. Given their defensive positions, these injuries have proven to be career-altering. Pierre-Paul, who was franchise tagged, but hoping to earn a long-term deal instead, lost his opportunity of the desired deal just hours after the accident. Moreover, Wilson's incident led him to recently retire with hopes of returning to the NFL once recovered and healthy.

It is hard to understand how these players, who are concerned with safety so much in the game, can sometimes be very careless outside of it. Both of these men make a living using their hands, and their actions could have cost their teams, families and themselves a lot more. Although this may be the most severe occurrence in outside injuries, this is not the only examples. We can point to Andrew Bynum who missed an entire season by rupturing Achilles he got while playing soccer. It’s inevitable that these accidents do happen, but one would expect athletes of professional caliber to be more responsible.
The NBA Summer League is officially a wrap. This Vegas showcase is where college rookies take center stage and prove to GMs why they deserve a shot to be in the pros. But this summer wasn’t all about the players — it was also about a coach. Becky Hammon led the San Antonio Spurs to their first summer league championship as the first female head coach in NBA history. In a dogfight against the Phoenix Suns with over 80,000 fans in attendance, it was Hammon’s coaching and poise that led her Spurs to a dramatic 93-90 victory.

Following 15 years in the WNBA, Hammon decided to put her pro career aside and do something no other female would dare try: join the NBA. On Aug. 5, 2014 the San Antonio Spurs hired Hammon as the first-ever female assistant coach. Under the wing of mentor Gregg Popovich, the former San Antonio Star learned the ropes of the NBA very quickly.

The sky is the limit for superstar Jeremy Johnson. The junior impressed scouts in the Auburn spring game on July 19th, passing for 252 yards and two touchdowns in the first half. Although this may be one of the most surprising free agency scandals ever, the Lions may still land him as a backup for Matthew Stafford. Whether you follow UCSD sports or not, you’ve most likely at some point heard of “Big Al,” the UCSD men’s basketball team’s all-time leader in rebounds and second all-time leader in points. After graduating this past school year, Alan Williams went undrafted before playing for the Houston Rockets in the NBA Summer League, where he represented the Gauchos and contributed more. Nonetheless, Prigioni’s defense and energy off the bench will be huge down the stretch when an aging Chris Paul needs a few extra minutes on the bench.

Although this summer wasn’t all about the players — it was also about a coach. During his 21 seasons in the NBA, Pierce has played in 50 playoff games and 11 championship series

DeAndre Jordan Agrees to Contract with Mavs ... But Re-Signs with Clips?

Jack Mathews

With a max contract all but signed, center DeAndre Jordan seemed to finally have what he wanted with intentions of joining the Dallas Mavericks. It left Los Angeles Clippers fans startled by the fact that their star center was off to Dallas to clean up boards for their conference rivals.

For the last seven seasons, the athletic Jordan has filled highlight reels and been a driving force behind the birth of “Lob City.” His defense and rebounding are irreplaceable and it was hard to imagine a title run without “DJ” in the mix.

For now, it’s safe to say that Becky Hammon has a heart of a champion, breaking barriers not only for herself, but for women everywhere.

Clippers Going All-In With Championship-or-Bust Mentality

Sixteen NBA championships have been won in the city of Los Angeles; however, none of them belong to the Clippers. Still, the momentum has clearly shifted the last few years as the Clippers have won 50-plus games for the past three consecutive seasons while the Lakers have had some of their worst seasons in franchise history.

With hopes of winning their first championship in team history, this offseason has shown that “Lob City” will do whatever it takes to win it all. After a disappointing loss to the Houston Rockets in the second round of the NBA Playoffs, (a life-long Clippers fan this still pains me to write) the Clippers took the “if you can’t beat them, sign them” approach.

The Clippers added NBA veterans Josh Smith and Pablo Prigioni, both members of the Rockets this past season, to provide some much-needed depth to a bench that was highly criticized throughout the year.

Smith is the much more talented of the two, and will undoubtedly contribute more. Nonetheless, Prigioni’s defense and energy off the bench will be huge down the stretch when an aging Chris Paul needs a few extra minutes on the bench.

Los Angeles’ other two moves earlier in the offseason highlighted the “championship or bust” mentality they are taking into this season. With hopes of winning their first championship in team history, this offseason has shown that “Lob City” will do whatever it takes to win it all.

The ten-time all-star is returning with his former Head Coach Doc Rivers, whom he won a championship with. In Boston back in 2008, while he is in the twilight of his career, Pierce’s finals experience and clutch scoring are still prevalent and can provide a huge boost for the Clippers if they make it deep into the postseason.

But as the days passed and rumors swirled about the potential return of Jordan to L.A., the tables turned against Mavericks fans who made the hearts of Clippers fans swell with joy.

Whether you follow UCSD sports or not, you’ve most likely at some point heard of “Big Al,” the UCSD men’s basketball team’s all-time leader in rebounds and second all-time leader in points. After graduating this past school year, Alan Williams went undrafted before playing for the Houston Rockets in the NBA Summer League, where he represented the Gauchos and contributed more. Nonetheless, Prigioni’s defense and energy off the bench will be huge down the stretch when an aging Chris Paul needs a few extra minutes on the bench.

But as the days passed and rumors swirled about the potential return of Jordan to L.A., the tables turned against Mavericks fans which the made hearts of Clips fans swell with joy.

For the last seven seasons, the athletic Jordan has filled highlight reels and been a driving force behind the birth of “Lob City.” His defense and rebounding are irreplaceable and it was hard to imagine a title run without “DJ” in the mix.

Suddenly, the urgent scramble to lure Jordan back to L.A. led Clipper players, owners and coaches to “camp out” at Jordan’s Houston home until the moratorium period ended.

Before anyone knew it, the weirdest offseason situation in recent memory ended with DeAndre Jordan returning to Los Angeles and leaving Mavericks owner Mark Cuban and fans with a bitter taste in their mouths.

Although this may be one of the most surprising free agency scandals ever witnessed, one thing is for sure: The Clippers are loaded, and Lob City will be in full effect this season.
For such a small area, Isla Vista has an alarming number of police officers patrolling on any given day. The outside eye may wonder if there had been some kind of threat to the community, being that officers can be seen patrolling the town in groups on weekdays and practically blockading streets on weekends. The issue isn't necessarily that there are so many officers — even though one has to think there might be areas more in need of protection — but that officers here don't tend to be the friendly faces you'd expect to see adjacent to one of the most prestigious public universities in the world. More often than not, there's a pervasive sense of observation without interaction, and police are detached until it's time for them to make an arrest.

In I.V. the streets are relatively quiet, and if you're sober enough, your chances of being a target aren't high enough to hinder your independence. As a female, however, it is not uncommon that a huge police vehicle will slow down and the officers inside will look at you almost menacingly and then keep moving. There's no smile, no nod, no inquiry regarding your safety, and the gaze of a police officer seems more threatening than safe. Incidents like this are upsettingly common. I've seen a friend who is over 21 arrested as she walked into her home by police officers who had followed us down the street. I've been at a quiet party on an out-of-the-way street and had a sheriff walk in without a knock to intimidate the stunned people there. More importantly, these experiences aren't unique to me: You can hear stories about police officers in other peoples' conversations the next morning after a night out. It seems most of the student community has developed a mistrust of people in uniform that needs to be recognized and addressed before we're inundated with more grim-faced, armed “protectors.”

Having police officers on every corner doesn't decrease the number of crimes that occur here. Anyone who wakes up to campus alerts multiple nights out of the week can attest to that. We're told of armed robberies, arson, sexual assault and even theft from inside the heart of campus. While it's not to say that police officers make no difference — I think it is safe to assume that adding more hasn't been solving — and will not solve, the problem. What it does do is make students feel resentful of police officers. This mistrust is a huge contributor to the large upick of social unrest we're seeing across the United States as our police forces become increasingly more militarized.

I believe anyone who makes sweeping statements about all police officers, or all of anything, is more part of the problem than part of the solution. However, realizing there's a rift between students and police officers and, on a larger scale, citizens and police officers, is only part of the healing process of a problem that shows its symptoms everywhere. Isla Vista is a microcosm of relations in the U.S. and has weathered many challenges to its peace. However, it is lucky to be a community that, while it has its own social and racial issues, is founded on learning and is, for the most part, a community of students. This puts us in the unique position to repair the relationship between law enforcement and the citizens they're here to protect.

I did experience a slight moment of confusion upon hearing that the senior class gift was going toward the student safety fund — did this mean more police officers? I nodded in agreement over Chancellor Yang's email about UCSB's coming improvements to Isla Vista until I realized the goal was to make it more campus-insular and protected. “Protected.” A large part of leaving home and going to an institution of higher learning, especially one as amazing and rigorous as UCSB, is to realize one's independence and become better able to function in the real world once the training wheels are off. Granted, with its surreal natural beauty and the disarming beauty of its population, Isla Vista may not be the best example of the real world. But sanitizing its culture and making it more like dorm life, like a police state even, is not the avenue to this realization of independence. If anything, it puts you into the world with a skewed perception of the people who dedicate their lives to keeping us safe.

I wish I could offer some kind of solution, but I think talking about problems like this, in a small student community and in the larger sense, is where the solution begins. Why not go to one of those lunches officers have so often and ask some of the hard questions? We need to get the point as a community where we're not afraid to start the conversation, because that's the only way to actually fix this problem and build up the trust. Also, I believe it truly is necessary to know your rights and to remember that, despite some degree of fear, you may feel these officers did put on a uniform that implies protection and service. Not all officers are good and not all are bad, but their garb implies that, on some level that goes past arrest quotas and tax revenue, they resonate with the need to keep you safe.

Sebastianne Kent is an environmental studies and French major from New York, New York.
ARTSWEEK
ARTSWEEK@DAILYNEXUS.COM

FYF to Return with Stylish Indie Lineup

ALEX BOCKNER
Artsweek Editor

Over the last decade, large music festivals have risen to stark prominence in America and redefined the live musical performance marketplace. The most successful of festival curators (obvious examples being Golden Voice of Coachella or Entertainment of Outside Lands) implicitly brand their respective events as the pinnacle of live alternative music. Although these fantastic festivals are very alternative, the presence of pop sensations like Drake or Mumford & Sons make the larger productions fall just shy of the impossible expectations of the indie music devotee's perfect festival. While this ideal is virtually unachievable, FYF Fest probably bears the closest resemblance to what “the perfect indie festival” might look like. If you're an indie idealist yourself, then you can put FYF to the test starting August 22nd at the Los Angeles Memorial Sports Arena and Exposition Park for two days.

Originally established in 2004 by zine writer Sean Carlson, FYF Fest has both a rich history and a promising future. In an interview with KCET, a large independent public television station based out of Southern California, Carlson cited his inspiration for FYF as, “a show in Gainesville, Florida. The show was multiple different venues that were all walking distance from one another … So you had access to see 21 different bands.” At 18 years old, Carlson took the structure of that concert, booked a lineup of exclusively punk, garage and post-hardcore bands and spat the first FYF into the L.A. Echoplex.

Since moving to L.A. Historic Park in 2009, the festival formerly known as Fuck Yeah Fest (yes, that does make its current name a melting pot of the best musicians from all across the independent music spectrum, and he has produced perhaps the most devilishly stylish lineup of any American festival this year.

Carlson hasn’t allowed FYF to abandon its raw and aggressive roots in hard rock ‘n’ roll. Heavy acts like Savages, Metz, Title Fight and many others serve to ensure that, if you need a mosh pit, you will have no difficulty finding one.

Due to Carlson’s unbelievably high standard for talent, FYF has become a melting pot of the best musicians from all across the independent music spectrum, and he has produced perhaps the most devilishly stylish lineup of any American festival this year.

Ian McKellen Redefines Dear ‘Mr. Holmes’

ALEX WEHRUNG
Staff Writer

We’ve seen a lot of different versions of Sherlock Holmes over the years, from the stereotypical deerstalker-wearing version popularized and made iconic by the likes of Basil Rathbone to the much-adored, long-faced Benedict Cumberbatch. And in over a century of on-screen depictions, not one has been as utterly punk, garage and light-years of rock. However, it seems as if Carlson books only musicians that are pushing innovation in their respective crafts. Even the arguably prime acts that music snobs might bash are easily definable: Morrissey was integral in the most influential band of the ’80s; Frank Ocean is the one of the most important songwriters of Generation Y and the first openly gay rapper and R&B singer to reach prominence; Chet Faker incorporates jazz elements into electronic production over which he sings modern heartbeat arias.

Even amidst his transformation into indie music vox populi, Cumberbatch is after all, known primarily for acting like a computer with legs. But deep down is a man who has finally realized his humanity. We've seen that from the way he's started to realize that being so logical has hurt him from making the same mistakes he did.

It’s a very interesting and new dynamic; we’ve, after all, have always had the Holmes-Watson relationship as the primary medium for showing the extent of Sherlock’s affection toward any human being in general. We’ve never had Holmes the grandfather before, a new concept that is played up quite convincingly. Make no mistake, however; Holmes has not turned into a teddy bear in his frailing years. He can still be cool and rely too much on his brain, rather than his heart.

Which brings us to the theme of this movie (oh, a theme!) which is regret. Sherlock Holmes, is after all, known primarily for acting like a computer with legs. But deep down is a man who has finally realized in his old age that being so logical has hurt other people, himself most of all. For the first time, Sherlock Holmes comes to terms that there are consequences to his actions, good intentions or not. It’s one of the rare instances when the great detective actually undergoes some true development. Holmes is just a man and, like him, we’ve all forgotten.

To sum these points up, this is without a doubt Ian McKellen’s film. Through his knockout performance, he has brought us an immensely humanizing portrayal of such a beloved character that we oh-so-rarely gain true insight into. Sir Arthur Conan Doyle’s magnum opus has been radically redefined while still keeping to his roots and that in itself is amazing.

In mind, however, this film is not an adrenaline-inducing thrill-ride like some thing that Steven Moffat or Guy Ritchie would be content to provide us with; “Mr. Holmes” is very calm, full of melancholy, but does have a touch of mystery and crime about it. Granted though, some characters have intentions that come off as unintentionally nonsensical, but that does not weigh the film down to a significant degree.

To those who are wondering if this film is even worth their time ... elementary, my dear friend. Elementary.

The guy who directed the last two “Twilight” movies did this? Alex Wehrung predicts that Bill Condon is on track for a Razzie Redeemer Award.
**HARD Summer: Party of the Season**

*Nissa Smith*  
**Staff Writer**

In an attempt to accommodate all of the neon and spandex-wearing festivalgoers and their desires, the HARD Summer Music Festival is returning to Fairplex in Pomona, CA for 2015. Taking on its 8th year, the festival will take place Aug. 1st and 2nd with headliners including The Weeknd and Jack Ü.

While promoters and creators of the event emphasize that HARD Summer is not a rave but a festival, the attendees’ outfits tend to suggest they feel otherwise. To the mild defense of the expected purple wigs and glittery bras, the spectrum of electronic musicians that fill the weekend are sure to put one in a raving mood.

Considering that the crème de la crème of DJs will be in attendance, perfect sets are to be guaranteed as the various artists compete for crowds and bragging rights. Representing the ladies in the industry, the Australian native, Anna Lunoe is expected to accompany her set with her sweet vocals on Saturday. Pretend EDM fans will continue their Saturday jumping and snapshotting in the crowds of Djemba Djemba, ODESZA and The Glitch Mob before The Weeknd takes a mellow, yet passionate route to end the night.

The hype from Saturday will not die as the festival comes down to its final 24 hours on Sunday. As Tumblr-perfect as it would be to see the massive crowd hold hands and simultaneously lip sync to Brunches’ “High How You Are” remix, such serenity is not characteristic of HARD Summer, and that is just what the fans love. Instead, things will get groovy with Mr. Carmack, everyone’s suppressed inner-Belieber will unveil itself when Jack Ü drops “Where Are Ü Now” and hair will swing in every direction with Chromee and Toro y Moi’s “Come Alive.”

For the EDM newcomers who may need a brief break from the jersey club and deep house, or those who simply desire a different way to turn up, a few hip-hop artists shall save the day! The “Throw Sum Mo” duo, Rae Sremmurd, is scheduled to rock the mic and summon off-beat dance routines on Saturday, as well as fellow newcomer, Young Thug. Los Angeles native, ScHoolboy Q is the biggest rap act for Saturday night, so be prepared to shout the lyrics to songs other than “Hands on Her Waist.” Sunday’s hip-hop acts, like Fetty Wap and DJ Mustard & Friends (please be YG), will continue to provide the fun, yet hardcore, beats that please the crowd and inspire other genres.

Ears ringing, bodies sweating and careless about work on Monday are how most will stumble out of Fairplex on Aug. 2nd. Check out the HARD Summer trailer, leftover ticket options and line-up at hardsummer.com. Ladies and gentlemen, please do not forget to hydrate yourself at this festival; your friends cannot afford to miss ILoveMakonnen gentlemen, please do not forget to hydrate yourself at this festival; your friends cannot afford to miss ILoveMakonnen to take care of you. Happy summer!

**Outside Lands Invades Golden Gate Park**

*Alex Bocknek*  
**Artsweek Editor**

While signifying tanning sessions and beach outings in most American locales, the month of August in San Francisco demarcates two happenings unique to the city. First, a perfectly salubrious climate that is cold enough to render T-shirts unsuitable as the>outfit of choice, but warm enough to make coat-wearers sweat, settles over the iconic city. The more agreeable event of the two is the return of the annual Outside Lands Music and Arts Festival.

August 7th marks the opening of the fairgrounds for the eighth installation in the OSL series since its debut. Although the festival has received international commercial attention and a surge in attendance since its humble beginnings, its producers, Another Planet Entertainment and Starr Hill, still manage to maintain an arts grata artis feel. A.P.E. and SH even made certain to bring back Ben Harper, Cold War Kids, Wilco and the Black Keys, from the first lineup in 2008. This act not only serves as a testament to OSLs tasteful booking, but also feels as if the agencies are saying, “Thanks for helping us get here. We didn’t forget.”

Of course, since then, OSL has experience rapid growth in other respects. Household names — Elton John, Sam Smith and Mumford & Sons — will accompany the previously mentioned veteran headliners on this year’s bill. These bookings reflect an inevitably strengthening preference for pop music that all rapidly growing festivals develop and undoubtedly will draw many greenhorn OSL festivalers. This humble guide will help those newbies navigate and enjoy the lively (and sometimes daunting) atmosphere.

Despite your Ezra Koenig devotion, the cold crippled your legs during Vampire Weekend’s set at Outside Lands 2013. Maybe, that cold winter I have ever spent was a summer in San Francisco,” is a quote often falsely attributed to Mark Twain. However, this is not Mark-Twain quote has some wisdom to share. If sporting a sundress or low-cut Chubbies to Golden Gate Park is absolutely mandatory, pack a hoodie just in case. The fog can be unforgiving.

For first-timers, the most important note is that OSL isn’t Coachella. This fest has a generally different feel than its desert-dwelling sister. While the lineup is littered with occasional big name electronic acts (RL Grime, Axwell & Ingrosso, DJ Mustard to name a few), it is not as large as a focus in the Northern California fest. As a result of this reduced electronic presence, the crowd tends to be a little less party-hardy, but no less friendly.

Secondly, as I said earlier the climate is not always the most welcoming. Maybe you’d been waiting all weekend to dance during Vampire Weekend’s set at Outside Lands 2013. Maybe, you never know if the person buying fries in front of you is the ex-manager of Nirvana, a father taking five-year-old son to his first live performance or someone in need of a friend after losing their group.

The festival consistently books one of the most tasteful lineups and boasts one of the most diverse crowds of any festival. It’s near impossible not to have a good time … as long as you catch Mac Demarco and Benjamin Booker.
As the new school year approaches and many of you last-year-newbies begin the new adventure of moving into an apartment, your world of eating changes. You no longer have those prepared dining commons meals, and those monthly rent and utility payments put a halt to as much dining out as possible. But lo and behold, you have a kitchen! Your very own stove, regular-sized refrigerator and an oven. There are now so many possibilities in the realm of culinary creation within the very walls of your kitchen.

I, myself, am in your very same position — the transition from dorm life to apartment living — and I am here to give you a few tips on how to make this change as smooth as possible along with a couple of yummy recipes to inspire your inner chef.

The first thing is utensils — how can you cook without those? You don’t need to get all Better Homes & Gardens, but it is important that you have the basics to get things going. A quick trip to Kmart or elsewhere if you’re like me and your heart belongs to Target, will work to get you these essential items.

**Essential Utensils:**

**Pot and pan:** one for boiling, one for sautéing. They should probably only be about medium sized, especially if you’re cooking for just yourself and maybe a couple more.

**Baking dish and cookie sheet:** I know you all have a sweet tooth and when the stress gets too high the double chocolate chip cookies you’re craving won’t be a problem if you have that sheet lying around. The baking dish is very versatile; from red velvet cakes to baked chicken or even lasagna, it is an essential tool you need.

**Large bowl set:** About two or three bowls will be useful whether it be for popcorn, mixing batter or making a salad, they are always handy. As a bonus tip, look for a set with lids. That way, if you have leftovers, you can store them neatly.

**Serving dishes:** Plates, bowls, cups and coffee mugs. Since you’re mainly cooking for one, you don’t need a full set of any of these items, but two or three of each should do.

**Cooking utensils:** You’ll need a stirring spoon, ladle, whisk and spatula at least, plus a knife set for chopping up anything. Most stores sell packs so you don’t have to worry about the particulars other than making sure these items are contained.

**Eating utensils:** Again, no need to get fancy, just a basic set. I personally bought a 20-piece set, which was the smallest one I found, but it contained forks, butter knives and spoons, which is really all you need.

**Odds and ends:** can opener, colander, cutting board, measuring cups and tupperware. Just a few more pieces that don’t need too much explaining, but are definitely useful in the kitchen.

Of course, this list is not a complete, all-encompassing guide to what you will need, but it is definitely a good start. As you learn the ropes of cooking for yourself, you will realize what best suits your preferences.

The exciting part is getting to create recipes or follow them to prepare your own meals, here are some great fresh recipes that I have christened my kitchen with.

---

**Pear Gorgonzola Melts:**

Adapted from a recipe in *Vegetarian 3 Books in 1* from Publications International, Ltd.

- 4 ounces of Gorgonzola cheese (do NOT use bleu cheese!)
- 8 slices of whole wheat bread
- 2 pears, cored and sliced
- ½ cup of spinach
- Butter, melted

Spread cheese evenly on 4 bread slices, layer with pears and spinach. Top with remaining bread slices. Brush outside of sandwiches with butter.

Heat large nonstick skillet over medium heat. Add sandwiches; cook 4 to 5 minutes per side or until cheese melts and sandwiches are golden brown.

**Watermelon Salad**

*From The Accidental Vegetarian by Simon Rimmer*

- 7 ounces Greek feta cheese, cut into 1-inch cubes
-½ cucumber, seeded and cut into 2-inch batons
-6-8 fresh basil leaves
-6 wedges of watermelon, about 3 ounces each

**For the dressing:**

- ½ cup Greek yogurt
- Lots of freshly chopped mint leaves
- Juice of 1 lime
- Salt and freshly ground black pepper

Combine all the ingredients for the dressing in a bowl; mix vigorously.

Toss the salad ingredients in the dressing, season lightly.

*I let my salad sit overnight in the fridge, I think that really melded the flavors together.*
**HEALTH & WELLNESS**

**Microbiome Changes in High Fat and Sugar Diets Correlate to Cognitive Decline in Mice**

**STEPHANIE PERNETT**

*Reporter*

“Let food be thy medicine and medicine be thy food,” a quotation associated with Hippocrates, the “father of western medicine,” is oftentimes interpreted with the principle that food can affect physical well-being. Researchers from Oregon State University have recently found that the adverse effects of a diet high in fat and sugar extend beyond weight gain and increased risk of illness; excess fat and sucrose can affect the gut microbiome leading to a decrease in cognitive activity.

According to Kathy Magnusson, a professor at College of Veterinary Medicine at OSU and lead researcher of this study, the bacteria in the intestines communicate with the brain, so microbiome alterations can contribute to changes in behavior, hippocampal-dependent memory and cognitive flexibility — the ability to adapt to changing situations.

The human gut contains about two kilograms and over 100 trillion different types of microbes. Bacteroidetes, a gram-negative anaerobic bacteria, and Firmicutes, a gram-positive bacteria that includes the classes bacilli, clostridi and erysipelotrichia, are predominant in the guts of mice and humans. This commonality, in addition to the 95 percent genome overlap, makes mice very effective model organisms in human research.

To assess the effects of a changing gut microbiome, two-month-old male mice were each fed a normal chow diet two weeks before the experiment and researchers analyzed their fecal matter to establish a baseline microbiome. The mice were then randomly separated into three groups, each of which had a different diet — a high fat diet, a high sugar diet and a normal chow diet. The feces were reexamined to study the relationships between bacterial order and cognitive function; similarities in alterations in the bacteria were observed.

Clostridiales showed to have increased in mice groups with a high fat and sugar diet. A decrease in Bacteroidiales was also observed, however, a greater decrease was seen in mice that were on the high sugar diet. Significant declines in performances involving long-term memory retrieval and cognitive flexibility were seen in mice that were fed a high sugar diet.

“There’s increasing evidence that our gut bacteria, or microbiota, can communicate with our brain,” Magnusson said. “Bacteria can release compounds that act as neurotransmitters, stimulate sensory nerves or the immune system and affect a wide range of biological functions.”

Magnusson and her team do not know the specific messages being sent to the brain due to the microbiota alteration, but the next step is to map out pathways and establish a biochemical mechanism.

---

**SCIENCE & TECH**

**Develop Efficient and Economic Water Splitter**

Lead author Haotian Wang studies the single catalyst water splitter created by him and fellow researchers.

In the search for clean and renewable energy, hydrogen is an attractive source for power. In fuel-cell electric vehicles that run on hydrogen, for example, only water vapor and heat are produced as exhaust. Obtaining it, however, is a much dirtier business because it is currently extracted from natural gases like methane, a process that results in the greenhouse emissions.

Fortunately, scientists at Stanford University have discovered a way to cleanly and cheaply produce the gas by extracting it from water. The study describing the design of the device was published on June 23 in *Nature Communications*.

The research team led by Yi Cui, an associate professor of materials science and engineering at Stanford, created a single-catalyst water splitter that runs on one triple-A battery.

“We have developed a low voltage, single-catalyst water splitter that continuously generates hydrogen and oxygen for more than 200 hours, an exciting world-record performance,” Cui said in an interview with *Nature Communications*.

The water splitter is more economical than common electrolytic processes, which use precious noble metals such platinum or iridium as electrodes. This newly developed electrolytic cell uses a nickel oxide and metal catalyst instead, which is much cheaper and more accessible alternative catalyst in comparison. Additionally, traditional water splitters require a barrier between both electrodes, adding to the over cost of hydrogen extraction.

“For practical water-splitting, an expensive barrier is needed to separate the two electrolytes, adding to the cost of the device,” Haotian Wang, a graduate student and lead author of the study, said to *Nature Communications*. “But our single-catalyst water splitter operates efficiently in one electrolyte with a uniform pH.”

The team was able make cost-effective changes to their design of the water splitter without sacrificing efficiency, an important factor in predicting the adoption of this hydrogen source.

“This bifunctional catalyst can split water continuously for more than a week with a steady input of just 1.5 volts of electricity,” Wang said. “This is an impressive feat considering that conventional water splitters lost 65 percent of the original energy produced.

In 2014, Canada and Germany began launching large demonstration projects of electrolytic hydrogen production in order to store the excess electricity that was being generated from their solar and wind power sources. This new, cost-effective design of the water splitter, however, can make electrolytic hydrogen production more feasible in places that lack the same scale of infrastructure in alternative energy.

In the future, the groups of scientists see significant opportunities of using their research approach to find new materials for applications in electrochemistry.

“Our group has pioneered the idea of using lithium-ion batteries to search for catalysts,” Cui said. “Our hope is that this technique will lead to the discovery of new catalysts for other reactions beyond water-splitting.”
ACROSS
1 Bandage often signed by friends
2 Top NHL player backing spot
4 1975 Wimbledon winner
6 Rudely abrupt
8 Lead-in for school or season
9 Reason for Bjorn Borg’s org.
10 “… on a Greek Urn”
11 Value system
12 Theater divider
13 Tears apart
14 Snouty sort
15 Actor in “River of Hades”
16 Like Bjorn Borg’s org.
17 River of Hades
18 Writing assignment
19 TV buying channel
20 Butter and cream
21 Snouty sort
22 Actor in “River of Hades”
23 Love stories
24 Speaks one’s mind
25 Actress Rogers
26 Unreturnable fee-collecting tab.
27 TV host Kelly
28 “No lifeguard on duty” site,
29 TV host Kelly
30 Leapt
31 Letter-shaped
32 Little League
33-, 41- and hidden in 17-, 30- and 33- Across
34 CD-__
35 Letter-shaped
36 Unreturnable fee-collecting tab.
37 Jazzy Fitzgerald
38 “… on a Greek Urn”
39 Water, to Juan
40 Neighbor of Arg.
41 Pass-the-buck accusations
42 Little League precursor
43 Like Bjorn Borg’s org.
44 “Son of …”
45 Helpful bag
46 Handbag
47 Resort with trails
48 Butter and cream
49 Becomes in love (4)
50 Aler
51 Love stories
52 Music licensing carrier
53 Little League synonym
54 Isn’t feeling up to snuff
55 Parent in the wings
56 Handbag
57 Fictional sleuth
58 Broken mirror, to
59 Kid’s response to “Who wants some?”… and a hint to what’s hidden in 17-.
60 Butter and cream
61 Method
62 Anticipatory night
63 ”__ Abner”

SOLUTION TO SATURDAY’S PUZZLE:

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
</tr>
<tr>
<td>9</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

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

SANSKRIT PUZZLE:

ANSAKJO

By Gail Grabowski and Bruce Venzke
© 2014 The Mepham Group. Distributed by Tribune Content Agency, LLC.

DAILY CROSSWORD PUZZLE

By Gail Grabowski and Bruce Venzke
© 2014 The Mepham Group. Distributed by Tribune Content Agency, LLC.

DAILY HOROSCOPE

**ARIES** (March 21-April 19) -- Today is a 5 -- You’re entering into a two-day busy phase, with steady, creative work and some unexpected circumstances to dodge. Logic and emotion come together. You see the value in an offer. Wait to make a final decision. Anticipate consequences from differing perspectives. Focus on priorities.

**TAURUS** (April 20-May 20) -- Today is a 5 -- The information you seek may not be in the manual. Speak with an expert friend or two for a new view. Resources and ideas arise in the social commons. Hang out with people you love and admire. Romance easily kindles sparks into flame. Go play.

**GEMINI** (May 21-June 20) -- Today is a 7 -- Today and tomorrow favor household changes and domestic bliss. Clean house and discover forgotten treasures. Work from home, and save travel time and energy. Handle practical family matters, too. Plan a party, and connect with friends. A little chaos goes down fine.

**CANCER** (June 21-July 22) -- Today is a 7 -- You learn quickly today and tomorrow, so pay attention. Measure twice and cut once. Go faster by taking your time. Your energy may be higher than expected. Let go of irritation with a quick walk outside, deep breathing and meditative moments. Balance study with rest.

**LEO** (July 23-Aug. 22) -- Today is a 7 -- Today and tomorrow could get expensive without a plan or guidelines. Focus on bringing funds in, and spend within your budget. Consider non-monetary resources when listing your assets. You have more than you think. Disorganization and chaos could mess with your flow. Clean up later.

**VIRGO** (Aug. 23-Sept. 22) -- Today is a 6 -- You’re in the driver’s seat today and tomorrow. Expand your territory, without overspending. Follow a hunch. Review your plan and resources, and tweak for high performance and two. The energy’s high, and you’re in charge. It could get messy. Make the changes you’ve been wanting.

**LIBRA** (Sept. 23-Oct. 22) -- Today is a 6 -- Face something you’ve been avoiding, and conclude arrangements. It’s especially satisfying to check it off your list. Listen to the emotional undercurrent. You’re especially sensitive to day and tomorrow. Avoid travel and expense. Clarify your direction with friends. Your curiosity’s attractive.

**SCORPIO** (Oct. 23-Nov. 21) -- Today is a 6 -- Handle the paperwork and update budgets for extra profits. Hide out, if necessary. Stifle your rebellious tendencies. Launch a project or trip later. Build a strong foundation. Get social today and tomorrow, and strengthen friendships. Your community appreciates your participation. Schedule meetings.

**SAGITTARIUS** (Nov. 22-Dec. 21) -- Today is a 7 -- Career matters demand your attention today and tomorrow. This project raises your status. The profits come later. Start saving up for what you want, together. Re-affirm a commitment. Make your wishes come true.

**CAPRICORN** (Dec. 22-Jan. 19) -- Today is a 7 -- Review your accounts; pay down debt and stash funds for a rainy day. Annoyance and frustration hit hard. Accept acknowledgement gracefully.

**AQUARIUS** (Jan. 20-Feb. 18) -- Today is a 6 -- Financial planning keeps your boat afloat, especially today and tomorrow. Adjust and prepare. Write down what you want. Plan for the unexpected. Deadlines loom, so take care of business.

**Canon PowerShot S120**

- Continuous Shooting at 9.4 fps
- DIGIC 6 Image Processing Engine
- Balanced Optical SteadyShot
- 2 in Live View LCD Display
- Wi-Fi via Optional WU-1a Adapter

**Panasonic HC-X1000**

- 4K DCI/Ultra HD/Full HD Camcorder
- 1/3.2” MOS Sensor
- 24-44mm (35mm Equivalent) Optical Lens
- Time-Lapse and Photo Burst Modes
- Ultra-Wide Angle Lens + SuperView

**Sony a6000**

- 24.3 Megapixel Live MOS Sensor
- 3” XtraFine Tilting LCD
- Wi-Fi for Remote Monitoring & Control
- Shoot burst at up to 11 fps

**Fujifilm Instax Share Smartphone Printer SP-1**

- Print Photos from Smartphone/Tablet
- Instant Prints of Your Mobile Photos
- Holds iOS & Android Devices

**Sigma AT-X 16-28mm f/2.8 Pro DG HSM**

- This super-wide-angle zoom lens has 16 elements in 13 groups, using aspherical & SD super-fine dispersion glass elements to reduce chromatic aberration & give maximum resolution.