The California Highway Patrol will begin enforcing the new traffic light law immediately after installation, which is expected to be completed by Sept. 15.

**County To Install Pardall Stoplight**

Maura Fox
University News Editor

The construction of a traffic signal at the intersection of Pardall Road and Eastshore Drive is expected to begin this month and will be completed by Sep. 15, according to county officials.

The County Public Works Department estimates the project will take four to six weeks. The traffic signal at the intersection was first discussed in 2010, and many residents have been waiting for the project to be completed.

**Admissions Stats Released, Students Feel Crunch of Rising Enrollment**

Jose Ochoa
County News Editor

Admissions data published in July by the UC Office of the President shows that 32.8 percent of applicants were admitted to UC Santa Barbara for Fall Quarter, a slight drop from last year's rate of 33.1 percent.

UC Santa Barbara admitted a total of 30,879 freshmen from 91,839 applications in 2017, a number that is up from 81,828 applications in 2016. Although the acceptance rate is lower, the number of applications is higher.

The Regents approved a cap on nonresident enrollment in May, limiting the amount of nonresident students to 12 percent of the student population across all UCs. This cap is expected to increase by 1 percent per year until 2023.

The UC passed a measure to increase tuition in January, raising the price for in-state students by 2 percent. Nonresident tuition also increased by $1,668.

The demand has forced the UC to accept additional 2,500 undergraduates into the system this fall.

**What You Need to Know About I.V. Government**

Jose Ochoa
County News Editor

I.V.’s vibrant political history is due in large part to its unique government. Established in 1968, the I.V. Community Services District (CSD) has been an essential part of the community ever since. The CSD has historically created and dissolved governments to serve the I.V. community.

The bill assigns the CSD responsibilities to create a new government for the I.V. community. The new government would be formally named the Isla Vista Community Services District (IVCSD).

The bill was signed into law by Governor Jerry Brown in 2016 and would create a new government for the I.V. community. The new government would be formally named the Isla Vista Community Services District (IVCSD).

The measure created the I.V. CSD with voters electing Ethan Bertrand as the first president on Nov. 9, 2016.

Bertrand said there are plans to put the tax on the ballot once more Tuesday, however, remains confident in its future. While most of the country focused on welcoming and protesting a new president, I.V. residents were the first to become involved because of its proximity to UC Santa Barbara.

The I.V. CSD was formed in 2009 through an 8 percent tax on gas, disposal for users in the area. The measure created the Isla Vista CSD with voters electing Ethan Bertrand as the first president on Nov. 9, 2016.

Bertrand said there are plans to put the tax on the ballot once more. The failure to pass this tax is worrisome for the future of the district, however, remains confident in its future. While most of the country focused on welcoming and protesting a new president, I.V. residents were the first to become involved because of its proximity to UC Santa Barbara.

The I.V. CSD was formed in 2009 through an 8 percent tax on gas, disposal for users in the area. The measure created the Isla Vista CSD with voters electing Ethan Bertrand as the first president on Nov. 9, 2016.
Letter from the Editor: From One ’90s Kid to the Last

Supriya Yelimeli
Editor in Chief

The last generation of babies lucky enough to be born in the ’90s will arrive on the UC Santa Barbara campus in less than a month. This realization absolutely makes all of us existing ’90s babies a little more hopeful and a little more nostalgic.

There’s nothing like adult zooming toward you without permission to make you want to hide in a blanket fort and seek comfort in the artifacts of a last-millennium childhood.

This time, we invite you to look back at pieces of history from the year you were born while preparing for a beautiful, scary, exciting and dizzyingly fast first year at your new-university.

An overbearing history of activism, environment, academics, struggle, athletes and brilliance have grown at UCSB since its own first years. During your time here, we hope you have a chance to question everything, fall in love with your surroundings and rewrite the kids you see as often as possible.

Welcome to UC Santa Barbara, ’90s kids. You’re among friends here.
Portola Dining Commons To Open in September

The old Portola Dining Commons contained approximately 450 seats, while the new building has 600 indoor seats and 200 seats on the outdoor patio. Though UCSB Santa Barbara has four dining commons across campus, the building construction is expected to make Portola the university’s largest dining commons, with specialized cooking equipment including a tandoori oven, rotisserie oven and tortilla machine in the bakery.

According to Horst, the old dining commons contained approximately 450 seats, while the new building has 600 indoor seats and 200 seats on the outdoor patio. The Portola Dining Commons will be supplied with specialized cooking equipment, including a tandoori oven, rotisserie oven and tortilla machine in the bakery.

Students will also be able to see their food prepared through the six open kitchens, said Carrie Whitney, spokesperson from KieranTimberlake, adding that the cooking and serving areas of the dining commons are “integral” to its overall design.

“We are really excited to see this event come to life,” Bill Whiting, director of dining services, said in an email. “I can’t wait for our guest to walk through the doors and experience this amazing venue while exploring a culinary five-course sensation in its best with flavors forward.”

The Isla Vista Community Services District (CSD) was established by Measure B, with taxable revenue from the Santa Barbara County parcel tax, in June or November of next year. He also said the district has received approximately $200,000 in annual funding from private donations, grants and contributions from Third District Supervisor Joan Hartmann’s office.

Distribution and Implementation

The CSD holds its first meeting in March and has been meeting every two weeks since then. Freeman said the district tries to make its meetings “as interactive as possible” because it works with all aspects of the community, including students, families and businesses.

Bertrand said the CSD is the “perfect opportunity to be involved in a governmental body that we have the ability to work directly with the public,” he said.

The CSD created an internship program in conjunction with UCSB’s political science department in Spring Quarter, employing five interns to date, but has not yet provided large-scale services to UCSB residents.

The district’s ability to provide services has been hobbled significantly by its lack of funding, as well as its limited staff. Bertrand said he aims to use its expertise to develop a series of monthly meetings with community-interest and develop proposals to follow. For the fall quarter, he said the district will be scheduling the first service the CSD provides since its creation.

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For the fall quarter, he said the district will be scheduling the first service the CSD provides since its creation: a series of monthly meetings with community-interest and develop proposals to follow. In addition to that exam, the district is applying for a $20,000 grant with the James S. Bower Foundation, a local philanthropy, and acquired $3,000 from the Fund for Santa Barbara for “community programming.”

According to Freeman, the district plans to schedule community meetings at the Cerro Victoria Conference Room on I.V., currently used for CSD meetings, and has been organizing interested members to gather there.

Freeman said the room can only be used for non-commercial purposes but said the district will not focus on the content of the meetings that happen there. He also said the district will be scheduling the first service the CSD provides since its creation: a series of monthly meetings with community-interest and develop proposals to follow.

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Dear Gauchos:

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

UCSB values respectful interpersonal interactions. This is more than a value; it is an expectation. There is no tolerance for sexual violence or assault of any kind, including sexual activity without fully informed and conscious consent, dating or domestic violence, or stalking. These actions, whether committed on or off campus, are violations of UC policy (http://policy.ucop.edu/doc/4000385/SHSV), campus regulations, and the law. We are committed to providing education to help prevent sexual violence, as well as resources to support survivors and encourage reporting. Ending sexual violence is a goal we must all work towards by confronting actions and attitudes that perpetuate such behavior.

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

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

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

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

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

Sincerely,

Margaret Klawunn
Vice Chancellor for Student Affairs

Katya Armistead
Dean of Student Life
**Take a Hike**

**Knapp’s Castle**

Santa Barbara, CA  
Trailhead address: East Camino Cielo (Forest Route 5N12), Los Padres National Forest, Santa Barbara, CA 93105  
Elevation: 2,900 feet  
Distance: 0.5 miles  
Knapp’s Castle is a privately owned landmark surrounded by the Los Padres National Forest. The ruins of the estate that burned down seventy years ago overlook the Santa Ynez River Canyon, Lake Cachuma, and San Rafael Mountains. Great spot for a picnic, view of the mountains, and perfect for sunset.

**Grass Mountain Trail**

Santa Barbara, CA  
Trailhead address: 5100 Figueroa Mountain Rd, Santa Ynez  
Elevation: 2,381 feet  
Distance: 4.6 miles  
Located near Santa Ynez, California, this trail features wildflower blooms and an elevation gain of 2,447 feet.

**Lizard’s Mouth**

Santa Barbara, CA  
Trailhead address: West Camino Cielo (Forest Route 5N12), Los Padres National Forest, Santa Barbara, CA 93105  
Elevation: 2,980 feet  
Distance: 0.25 miles  
Short but beautiful hike off of West Camino Cielo Road. Classic spot to go bouldering and watch the sunset, or just wander the tons of criss crossing trails.
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Make your parents even more proud!

By keeping the I.V. grunge & parking lot funk off your car.

Important Health Reminders!

1. Incoming Gauchos are required to complete two online immunization forms.
   More info: tinyurl.com/UCSBimmunizations

2. Health insurance is mandatory for all Gauchos. Keep Gaacho Health Insurance (GHI) or submit a waiver.
   More info: tinyurl.com/insurance-UCSB

Deadline for both requirements: September 1, 2017

Student Health

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healthcare.goarmy.com/medical

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STOPLIGHT

“We want to minimize the damage because we did the improvements along Pardall and it would be costly to remove all that,” McGolpin said.

McGolpin said the county has discussed the project with the Isla Vista Community Network, local businesses, the Associated Students (A.S.) Senate and local residents. He said it also plans to work with law enforcement to ensure a smooth transition to the new traffic signal.

The plan received criticism from students in February, when former A.S. Senator Alex Giolito created a petition in opposition to the traffic light installation. The petition called for the termination of the project and urged alternative methods of controlling the busy intersection.

County officials addressed the alternatives, such as additional bike lanes in I.V. or channeling bike traffic more evenly to and from campus from I.V., but they ultimately deemed these solutions “too multilayered” to be practical.

The county originally intended to install another traffic signal at the intersection between Pardall Road and Embarcadero Del Mar but decided a signal at one intersection would create a sufficient break in the bike traffic.

The county also considered installing a roundabout or a four-way stop at the intersection but determined it would not be able to safely sustain the amount of people on bikes at the intersection.

“It’s a cultural change, and we’re in the heart of the community,” McGolpin said. “We think this one signal should be enough, and we wanted to have a softer touch in the community since we’re doing a signal for the first time in I.V.”

Continued from p.1
Ice Hockey at UCSB

UCSB Ice Hockey Co-ed Club Sport is Now Recruiting Players For Fall 2017!
Coached by Scott Hyers and former NHL player Steve Heinze at Goleta’s Ice in Paradise. Participate against Cal, UCSD, Stanford, CLU, Santa Clara and others. Arizona and UCLA are also possible contenders in the upcoming season.

For more information contact Advisor Ben Brecher tenorskiucsb@gmail.com

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UCSB vs. Cal: A Rivalry Made in Soccer Heaven

Sean White
Sports Co-Editor

With the Bruins on the field to the form, the traditional chant of "Univconferenice, ole, ole, ole, Gauchos, Gauchos" encompasses the depth of UCSB and Cal Berkeley's rivalries.

Neither program can be accused of being less enthusiastic, but the Gauchos have always believed that their program can be on par with that of the Golden Bears.

This weekend's meeting on the pitch will be just the 26th between the sides, with Cal leading the series 18-7. The Gauchos have not won since 2008, but they are hungry for a victory.

UCSB's men's soccer team has earned a reputation for being one of the most competitive in the country, with a long history of success. They have won a total of 12 NCAA titles, including 10 of the last 12 years.

The Gauchos have consistently been ranked in the top 10 in the country, and they have been a force to be reckoned with in the Big West Conference.

Cal Berkeley, on the other hand, has a storied history in the sport, having won the NCAA title in 2017 and been a consistent presence in the top 10.

Despite the differences in program history, both teams have enjoyed success in recent years, and both have been2

UCSB and Cal Berkeley will face off in a Big West Conference match this weekend. The Gauchos will be looking to end a six-game losing streak against the Golden Bears, while Cal will be hoping to secure a victory and maintain their national ranking.

The game is set for Saturday, October 2, at 7 p.m. at Alex G. Spanos Stadium. Fans are encouraged to come out and support their respective teams in what is sure to be an exciting match.
Attention Newbies: Can't Miss Sporting Events of the 2017-18 Season

The CP-UCSB men's soccer match on Saturday, Oct. 14, one sporting event this year, make sure to at least be there to watch and scream. Normally, going to home openers is a safe bet just because those usually draw the biggest crowds. However, with everything that has gone on in the men's basketball program this year, fans have every reason to want to come to this one.

UCSB did not make the contract of 15-19 year Final Four Bob Williams after an abysmal season. However, the UCSB women's basketball team will kick off Big West play with tremendous fanfare against the team they lost last year in the Conference Tournament. This game is one of the best decisions since I have made since coming here. The game to try to win its first Big West title since 2012. This set up what is now my favorite sports memory, a match between Santa Barbara and Long Beach State.

UCSB claimed back from a 19-point deficit in that game to try to win in Big West title since 2012. The Gauchos had the ball with about five seconds left to try to get the game back. They had a good look, but the ball clanked off the front of the rim and the Nets went to Long Beach State.

Many of those UCSB players are returning this year hoping to right the wrong of a loss last year, and what a better way to do that than to host the team who took your trophy a year ago?

UCSB came out flat, being outscored 20-5 in the first quarter and going down 33-25 at the half. The beginning of the third quarter saw the Gauchos struggle, as they only scored three points in the third. The fourth quarter was even worse for UCSB, as they only scored seven points in the fourth. The Gauchos were outscored 52-29 in the game. Trust me, you forget about any stresses, like that midterm or paper for those few hours, and it will be gloria.

Personally, I think you should go to at least one match of every sport. Each has a unique charm about it even if it doesn't look like it on the outset. Even if you're not that Into the sport of baseball and softball. Few opening days are cooler than the ones for both. Not only is the chance of witnessing an upset cool, but the crowds for these games are also huge, as many different fans fill the coast of Campus Field. If nothing else, hearing their chatter is enough to go to the game.

UCSB's home opener is against Long Beach State. However, my absolute favorite game I was glad to have been a part of was this CSUB at UCSB match. However, my absolute favorite game I was glad to have been a part of was this one. The point I want to make to you, young Gaucho, is to forget about the parties every once in awhile, forget about school and forget about any other drama you will undoubtedly face in college because almost every night for the next year there will be a game to attend. And no parties are better than after a big win, that much is true for every college.
Zoe Jones
Artweek Editor

"I would be remiss if I didn’t say that much of our arts community hasn’t given enough credence to the electronic music scene in Isla Vista. It is an influential, forward-thinking scene, and a genre that has seeped into countless others. Many Top 40 hits of the past decade wouldn’t have existed without the influence of electronic music. And yet, the Isla Vista music scene as we know it today wouldn’t exist without it, either.

It is difficult to trace the genesis of an entire music scene in any community, especially when you consider something as vague as the “electronic” label. There isn’t any particular strain of electronica that is unique to Isla Vista — walking down the street on a Friday night, you’ll find your mental health, take advantages of UCSB’s nationally-ranked athletic teams and still have time for academics and still have time for community for the UCSB and Isla Vista community. Whether you have bills to pay or roommates, take advantage of your major could also lead to a possible career path.

If you attend a Steve Aoki show, you are there expecting at least one thing: cake. His performances have become famous because of his habit of throwing full, frosted sheet cakes into the audience. This carefree, slightly reckless approach to performing is something that can still be found in the style of Isla Vista’s punk scene culture. There is still a clear emphasis on getting up, getting pushed to the front of the crowd and getting a little bit reckless.

In 2010, Aoki returned to Isla Vista for a show in the Hub, organized by E. & F. Housing. Despite the lack of change and mild weather very quickly as word moved across campus that one of our own would be returning to grace the stage. He said to the Nexus, “My performances are all over the place, I didn’t realize something was going to go out. It’s cool to hear that, of course.”

Indeed, if not, how else would nostalgia tie the then-almost-superstar to play in off. It is important to note that this was a year when electronic music in the mainstream was taking off in a major way, signaling a turn-of-the-decade trend. Electronic music influences began to creep their way over so quickly into pop, alternative and hip hop, and it barely created a buzz. Now electronic music is not merely a trend, but a phenomenon across the country, including in Isla Vista.

Although the live music scene signifies guitar music overly basically, there’s a rising trend for electronics that flows through the veins of Isla Vista. Almost any significant party or event is bound to feature tracks with a bass drop, which is welcomed, loved and expected. As the veins of Isla Vista. Almost any significant party or event is bound to feature tracks with a bass drop, which is welcomed, loved and expected.

The Associated Students is the student life engagement. Located at the SRB, OSL can provide resources to any student life engagement. Located at the SRB, OSL can provide resources to any Student Life (OSL) is here to help you become involved in community and network with likeminded people and take advantage of the over 500 clubs at UCSB.

Whether it’s providing financial resources for an unpaid internship, guiding you through graduate school, or offering career services or helping you develop practical interview experience, UCSB Career Services can help you every stage of the job-hunting process. Put on some Converse’s Gold and go to work. Go to that resume building workshop, network with likeminded people and check out what the future could hold after your time at UCSB.

**UCSB Tips & Tricks: A Mixtape**

**Stephanie Rubio**
Asst. News Editor

**Mental Health**

"Brain Show" by Gwyneth Paltrow
"If We're Good" by Cab
"Come On In" by Selena

Your mental health should always be a priority.

**Academics**

"Learn to Fly" by Foo Fighters
"Reach of My Hand (God Like Die") by Digable Planets
"Brand New Day" by Radiohead

From guiding you through chemistry quizzes to helping you nail that personal essay, Campus Housing’s Academic Support & Tutoring Services can always help you with your academic journey. They will not only get you immediate assistance on your assignments, but can help you develop study skills and habits to help you succeed. Sign up for their tutoring program to get the support you need.

**Getting Involved/Social Life**

"Gotta Get It" by Wild Smith
"Baby One More Time" by Britney Spears
"Sign Me Up" by Noelle Taillefer

Home to several campus organizations and clubs, the Office of Student Life (OSL) is here to help you become involved in community and network with likeminded people and take advantage of the over 500 clubs at UCSB. Dorm events are another fantastic way to make new friends (and snatch some free food). Ask your RA what dorm events are coming up. They are a fun way to get认识 some of your fellow residents.

As an incoming student, it is crucial to get your adrenaline pumping. Joining an intramural sports team through the Department of Recreation is a fun way to get acquainted with other athletes and easy in shape. The Recreation Center also offers classes such as rock climbing, yoga and spinning.

**Exercise**

"Jump" by Kero Kero Bomba
"C.R.A. A.D." by Wax Poetic Clan
"Church Rock" by The Smashing Pumpkins

Whether you need to de-stress or just feel like getting a quick workout, here is a three-song playlist that will get your adrenaline pumping.

"C.R.A. A.D." by Wax Poetic Clan
"Jump" by Kero Kero Bomba
"Church Rock" by The Smashing Pumpkins

**Life After Graduation**

"The Man Who Sold the World" by Nirvana
"If I Could Be Someone" by Wilco

Whether it’s providing financial resources for an unpaid internship, guiding you through graduate school, or offering career services or helping you develop practical interview experience, UCSB Career Services can help you every stage of the job-hunting process. Put on some Converse’s Gold and go to work. Go to that resume building workshop, network with likeminded people and check out what the future could hold after your time at UCSB.
Outside Lands, celebrating its 10-year anniversary, has become a staple event in the Bay Area for music, food, and art lovers alike. Legendary performances, delectable local food vendors, and captivating art displays among the fog-covered Redwood Grove and Golden Gate Park have created a one-of-a-kind experience. The festival has seen a rise in attention from different festivals such as Coachella, Bonnaroo, and Firefly for these reasons alone. And, while the San Francisco landmarks remained stationary, Outside Lands also includes food and beverage areas such as Wine Lands, Beer Lands, Chocolate Lands, Booze Lands, and my personal favorite, Cheese Lands.

Last year, I quickly realized the food was less than mediocre. However, it was done in between various other bands and musical acts that I found interesting. As soon as the sun went down, we decided to go to the Lands End stage. The sun had set, and we walked to the blue stage, which was set up to host the main act. The stage was completely lit up with lights, and there was a large screen in front of it. We walked in for about 30 minutes, and we finally got to the entrance of the stage. We found the entrance, and we walked in. We saw a few people already there, and we decided to find a place to sit. We found a place to sit, and we waited for the main act to start. We waited for about 10 minutes, and then the main act started. We were all instantly impressed. The music was great, and the lighting was perfect. We stayed for the whole show, and we were all very impressed.
ON THE MENU

Any Way You Slice It: A Guide to Eating Pizza at UCSB

Let’s face it: College is synonymous with pizza. Venturing out into the world for the first time as young Americans can be frightening and perhaps a little overwhelming at times. So, how do we deal with that? Well, how about a nice steaming, cheesy, saucy, greasy pizza slice to calm the nerves? Yep, that sounds about right to me. I think that should do the trick. So, if it’s every stressful night and weekend weekend in going to require a dose of pizza, then I think you as the reader are going to need some guidance on where to grub and where to shun.

Dominio’s: Let’s start with an easy one and work our way up. You’re probably familiar with pizza Jeremy’s favorite delivery pizza. So, it makes sense that you’re already acquainted. However, you probably haven’t had the chance in the past few years to check out Dominio’s new online discount, especially for college students and especially around midterms and finals season. Plus, you’re already familiar with the thought of delivery. If you’re feeling hungry — oh, I mean ask Alene, Marisa and DiA — then you don’t even have to leave your pajamas but that UCSB having will serve you a dorm room to enjoy that sweet, sweet pizza. Seriously, don’t count out Dominio’s, it may one day be your life.

Woodneck’s: Let’s up the ante here a bit. The next up is a social hub you will probably find yourself getting to know as deep personal level. Just about every organization on campus has probably Woodneck’s on its ever-so-short list. The Nine included! The place is constantly bustling with a crowd other than for trivia night or for happy hour when the hour is under and abundance. You can also find Woodneck’s on campus at the Arbor for a mid-afternoon pick-me-up. The signature crust on this pizza is actually no crust at all but just the dough folded itself in itself. This gives the pizza its own unique spin on whether the crust should be eaten or not. (Totally should, don’t be a wuss.)

Pizza My Heart: For some you Meatball incomes, this chain may have already melted your heart. However, if you’re like me and you only learned about this chain your first year then get ready. This place — yes, known as a hub for sports fanatics and cheap beer — brings tasty pies to the table as well. The manageable dishes are perfect for a quick and cheap bite to eat to prep for any of your UCV showannas. PMH has somehow become my ritual to begin Deltopia every year. You will see me, it’s safe to say.

Blaze Pizza: The build-your-own pizza joint let’s you make the toppings as bold or as bland as you choose. Lately chains like Blaze Pizza have been sprout- ing on every corner and for good reason, too. A thin crust, few-footed pizzas customized to all of my heart desires? Oh, YESS PLEASE. Personal-sized pizzas customized to your order are its specialty, and boy, are they special. Blaze isn’t as much of a sit-down pizza parlor due to its limited seating, but by golly, it’s delicious. I mean, the crust? You can choose to go choice with just a simple pie with cheese, choose one of their signature concoctions or get funky with it and throw everything on it. The best part, no matter how many toppings, the price is always the same. Keep an eye out for their recurring BOGO coupons often featured in our newspapers. These are like gold found these days.

Rusty’s Pizza Parlor: Okay, so I am stretching it a bit by adding this restau- rant to the list because it isn’t technically in Isla Vista. However, at some point you’re definitely going to have to make a Rusty run at the nearest shopping plaza, and when you do you will come across this restaurant. It’s just like all the pizza parlors you’ve visited as a kid dated vinyl seating, arcade games and, of course, dank pizza. This has become one of my special treat places; I love going here with other a group of people as we date and enjoying a bit of the nostalgia that old-school parlor like this offer.

HONORABLE MENTIONS:
7-Eleven pizza: I know. Why would I even mention it? Well, when you’re in- between psychology and the late night munchies kick, sometimes you gotta do what you gotta do.
Denny’s: It’s not just good for free samples, the Denny feed court is actually a very popular stop for UCSB students, and the pizza isn’t half bad either.
Dining Commons: Hey, I shouldn’t have to spell it out for you. If you’re already paid for your meals there, then you might as well take advantage of free pizza. Need I say more?

Marisa Ratchford
On The Menu Editor

How to Avoid the Freshman 15

1. Make the Salad
Bar Your Friend
I know that seems kind of forced, and it’s not like every diet tip ever has told you to just eat a goddamn salad. It is there in some touch to it. Get creative; try new combinations. You’ll be creating some fruits and all of the gravy and junk.

2. Portion Control!
Most of you will be on a meal plan of some- kind, and with a beer belly. It may be just an old wives’ tale, but I know that it’s impossible to never go out to eat, but be cautious with how often you do so. It’s harder to maintain healthy eating choices when you’re eating down the Blaze Pizza toppings. But if you just nailed an essay, treat yourself. If you’ve finished all your studying before Friday night, then maybe you’ve earned yourself some Febreze machine

3. Eat Light at Night
My grandma always told me to eat like a prince at breakfast and a pauper at din- ners. It may be just an old wives’ tale, but working your body if you want to have a suc- cessful school year.

4. Avoid Eating Out Often
I know that’s impossible to never eat out, but be cautious with how often you do so as working your body if you want to have a suc- cessful school year.

5. Drink Responsibly and Health-Consciously
While I’m not condoning underage drinking, I’m not going to tell you what to do with your lives through this first quarter. All I ask is that you stay safe and smart and that you keep track of your drinking. Alcohol, especially beer, has way more calories than it may seem, and they can really add up. You don’t want to come back for Thanksgiving with a beer belly.

6. Take Advantage of Your Environment
You are coming to school in an amazing city. The beach is in your backyard and so are plenty of hiking and biking trails, hikes up the mountains. Not to mention, the weather here is as close to perfect as I’ve found. So take advantage, get out of the library and get active keeping your body active in just as important as working your mind if you want to have a suc- cessful school year.

23 lbs of pizza are consumed by the average American annually

350 slices of pizza are consumed in the U.S. every second

Food: 2017
Researchers at the Kavli Institute for Theoretical Physics take an interdisciplinary approach to explore the biophysics and neurobiology of the complex auditory system and why the brain has the ability to adapt to different surrounding sounds.

Hearing: A Biophysical and Neurological Enigma

Researchers determine the value of biodiversity.

As interest in protecting and conserving ecosystems increases, quantifying the trade-off between conservation benefits from species such as clean air and water, food and products can become complicated and expensive.

Dee and co-authors, Steve Gaines, dean of UCB's Bren School of Environmental Science and Management, and Christopher Costello, a professor at UCB, sponsored the study in an ecosystem.

Additionally they were able to determine that the optimal number of a species with the number of species that deliver a service or have a particular role, such as the pollination of plants, varies across the number of species. For example, the number of species that deliver a service or have a particular role, such as the pollination of plants, varies across the number of species.

The difference between the number of species that deliver a service or have a particular role, such as the pollination of plants, varies across the number of species.
Reflections from the Halfway Mark: The Ups and Downs of My First Two Years as a Gauchos

Laurel Rinehart

I can recall vividly the exact moment I clicked the button that determined the course of my life for the next 4 years. I was sitting at our kitchen island at home, whole family in tow, with my high school best friend. We had just watched a volleyball game on Zoom and were musing about the possibilities of different colleges that might be right for me. We had no idea what the future held.

My choice to attend UCSB did not occur through any sort of vision. "This is MY place" revelation as my high-school self had expected it would. If anything, the decision was more pragmatic than revolutionary. Santa Barbara was well-connected among the UCs. It had an exceptional economics program, my choice of major. The campus was not too close to my Bay Area hometown but not so far that I felt overwhelmed. I had relatives living nearby, and it was on the beach, for ECK’s sake. It seemed like the best option on paper, so I signed up.

Years later, I can see that I was looking for a fit. I was looking for a place to thrive and find fulfillment. I wanted to find a college that would challenge me intellectually and emotionally, while also providing a supportive and inclusive community. I searched, I researched, I visited. I attended an open house and met with current students. I was overwhelmed with the possibilities.

The journey of my college experience started at a place that's officially called Santa Catalina dormitory but is known among campus peers by its sole name, PT. The two towers loomed high above my overarching mind as I entered a new chapter of my life. University is a crucial time in my life where I was forced to confront my fears and limitations. It was a time of discovery and growth.

The decision to attend UCSB was a pivotal moment in my life. After making that choice, I knew it was time to apply, and I did. I had to be accepted into the college. It was a daunting process, but I was determined to make it happen. I was a sociology major who would rather smoke weed and talk about the environment than attend traditional college events. I knew I had to find a place that would accept me for who I am.

The community at UCSB was welcoming and inclusive, and I quickly found myself surrounded by like-minded individuals. I was part of several organizations that connected me with people who shared my interests and passions. I found the strength to get out of bed that day. I was a person in their element taking an Instagram picture on the beach, there were others like me who couldn’t wait to be there either.

While I was in college, I had a hard time adjusting to the new environment. It was a rude shock to my system. I wasn’t bothering anyone with it. As someone who's been playing an entirely different ball game all my life, I wasn’t used to having to fit in. I wasn’t used to having to be the best and brightest of the bunch. It was a rude awakening.

I went through a process of adjusting to my new environment. I had to learn how to navigate the new social norms and expectations. It was a difficult process, but I found my footing. I learned how to make new friends and build relationships. I found my place in the community.

The best experience of your life that you'll never want to forget is when you find your tribe. Your community. Your home. Your place. No one should have to feel like they are struggling the most, like I was, are the people who are living in dorms without letting yourself experience that. Appearances are deceiving, however. It wasn't until I settled into a routine and found my tribe that I realized how special this place was.

I have come to realize that college is a time of growth and discovery. It is a time when you are forced to confront your fears and limitations. It is a time when you are forced to find your place in the world. It is a time when you are forced to find your voice.

I hope that my reflections on my first two years at UCSB will inspire and encourage others to find their place in the world. If you are feeling lost or uncertain about your future, I encourage you to take the first step. Reach out to someone you trust and ask for help. You are not alone. There is strength in numbers.

Laurel Rinehart hopes that people find peace in their lives at UCSB.

Opinion