Welcome Class of 2022!

My name is Jorge Mercado and it is my honor to be the first to introduce you to this wonderful, independent student-run newspaper.

By now you have undoubtedly had dozens of people congratulate you on your acceptance into UC Santa Barbara. While learning new things will be exciting, the real pleasure of UCSB comes in its extra-curricular activities.

One thing we implore you to do is look beyond the surface level. Yes, we are by the beach and yes, you will (eventually) be going to tons of parties filled with crazy nights and blissful memories. But attending college, especially UCSB for that matter, is even better than you can imagine.

Isla Vista is a wonderful community filled with aspiring local bands, delicious local restaurants, dedicated researchers and athletes competing at the highest level in college sports. In this issue, we hope to provide at least a glimpse into just what this place has to offer.

The Daily Nexus has been around throughout UCSB’s history, consistently providing insight into all the happenings on and around campus. We have done amazing things, and will continue to do so, but that is only possible because of your support.

We are a small, but lively community and no one can better tell our stories than us students.

Beyond that, I cannot tell you how excited I am for you to start this journey. Three years ago I never could have imagined being in the position that I am today, but I think maybe that’s the point: No matter what you expect, no matter who you are, you can find solace in the idea that most things won’t go as planned.

The Nexus has been a saving grace for me. It has given me the opportunity to do something productive outside of campus and given me a goal beyond life in college. If there’s one thing I hope you gain from the special issue we are bringing you today, it is that this is a wonderful paper filled with dedicated people. And if you have any interest in joining us, please feel free to stop by, my door is always open!

WELCOME, CLASS OF 2022

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## Sudoku

**The Samku of Puzzles**

**By The Mepheg Map**

**Level:** 3/12

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**SOLUTION TO SUNDAY'S PUZZLE:**

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Coast Carvers Hit the Streets of Isla Vista

Sofia Mejias-Pascoe Asst. News Editor

Ten women weaved through the streets of Isla Vista. Hair flying, wind whistling, skates clacking.

Coast Carvers, a newly formed group of all-female skaters in I.V., took to the streets of Del Playa last Sunday for their first skate session together.

Alaska Yokota, the founder of Coast Carvers, and the nine other girls who attended the session skated through I.V., teaching each other new tricks, showing off their skills at a skate ramp in I.V., and amassing supportive cheers from neighbors and people along the way.

"So many people cheered us on as we were skating too, it was great," said Yokota, a fourth-year psychology major and art minor at UC Santa Barbara.

The first skate session of Coast Carvers was a huge success for Yokota, who created the group with the hope of bringing together girls locally for skate sessions and creating a space for girls to gain confidence in their skating.

"Being part of a group of girls that also have the same passion and level of interest as you just makes your love for it grow stronger," Yokota said. "I think that’s my biggest purpose, to make girls feel comfortable and confident in what they’re doing that they love."

Coast Carvers has quickly gained traction among residents in I.V. after Yokota made a post on Facebook to recruit girls in the area to join "a group of girls who shred the streets like you," as the post reads. Within seconds, Yokota quickly received likes, comments and messages in response to her post.

"For some reason it just blew up like crazy, so quickly, too. The second I posted it, my phone was blowing up with messages and notifications.

At the time of the Nexus interview with Yokota, there were a total of 71 members in the GroupMe for Coast Carvers and approximately 100 people who had contacted Yokota about her post, from newcomers to I.V. to experienced skaters to parents using Yokota to teach their own kids how to skate.

Yokota founded the group after taking interest in a similar female skateboarding group based out of Venice Beach called GRLSWRL, which is "a modern-retro all-female stoke-chasing community focused on bringing femininity... to the male dominated skate scene," according to the group's website.

Yokota was never able to attend one of GRLSWRL's bi-weekly scheduled skate sessions, but from meeting up for casual skate sessions with some of the members, she felt that I.V. would provide the ideal space for a group with similar purposes.

"It’s something that I.V. had never had, but nobody knew it needed that," Yokota said.

Although they have similar missions, the two groups hold some key differences, such as Coast Carvers' inclusion of "anything that shreds in I.V." namely roller-skating and surfing in addition to skating. Yokota says this inclusion is ideal for their group given the diversity of sports and hobbies practiced by girls in I.V.

Yokota also notes variations in the general energy and mood of the two skate groups, which she attributes to the differences of the locations that each group call home.

"[In Venice] there’s just a bunch of random people and strangers and it’s really crowded, it’s kind of stressful," Yokota said. "But then when I skated on DP, it was a Sunday evening and I just had my nine girls with me, and it was just perfectly peaceful."

Being a girl in the world of skating can prove to be intimidating for many people, she said.

The seemingly overwhelming proportion of men to women who skate can make it difficult for women feel confident attending skateparks and the like, but skating in groups like Coast Carvers can afford them a sense of support and companionship, according to Yokota.

"It’s really hard to full-send something when you’re just scared... so having girls around you just kind of builds your confidence," Yokota said. "I don’t want girls to feel like they can’t do things just because they’re girls or that there aren’t enough girls doing something."
Dear Gauchos:  
Welcome! We look forward to having you join our UC Santa Barbara community for 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 peaceful 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 assault 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 (https://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 that 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, just as there may be times 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.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 that 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.ucsb.edu/). Such harassing speech could jeopardize your status as a student. UCSB also has time, place, and manner regulations that 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 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://wego.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://ooshs.ucsb.edu/
- Counseling and Psychological Services (CAPS) and 24/7 Counseling, 805-893-4411 or http://counseling.ucsb.edu/ucsb/
- UC System-wide Intolerance Hate/Blasphemy Report Form, to report a hate or bias incident: https://ucsystems.ethicspoint.com/custom/uc_ccc/default.asp
- UCSB Police Department, 805-893-3446 or www.police.ucsb.edu/ (911 in an emergency) and Isla Vista FootPatrol. 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://wego.sa.ucsb.edu/RCCD/ 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 list 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
Katy Armstrong
Assistant Vice Chancellor/Dean of Student Life

Katie Wolf
Asst. News Editor  

FRANCES WOO  

Frances Woo got the idea to create her own magazine last year as she was working in an editorial meeting for Spectrum magazine, another publication at UC Santa Barbara.

Woo, a second-year sociology major at UCSB, said the idea came to her when she and the rest of the editors were debating which article they should feature in their magazine. One article suggested they print the article that was written by a woman because “women rarely get published in literary magazines.” (That comment) got me thinking how a lot of times in magazines and in general, that straight, white, able-bodied heterosexual man tends to be prioritized unconsciously and consciously throughout society,” Woo said.

Woo, along with a team of eight other second-year students, then decided to create a literary space of their own where students of all genders, races and sexualities could be equally represented.

“I wanted to make a space and a platform for people who don’t live by those labels to showcase their art and creativity in a way that uplifts them and lets them speak for themselves,” Woo said.

The publication will be called “Um…” Magazine because it represents the “psychological fillers” used by marginalized groups as they speak to others as to not come across as “aggressive,” “rude” or “harsh,” which is often the case with the magazine’s Gofundme page.

The magazine will start as a website that will feature content such as photography, videography, art and literary pieces. Each featured category will also have its own sub-section like poetry, prose, drawings, paintings and sculptures, Woo said.

“Um…” Magazine’s editorial team hopes to have print editions of its content by Winter Quarter 2019, according to Woo.

While the magazine does plan on having consistent writers on their team, Woo said the majority of the content they wish to include will be submitted by students themselves, who will hopefully showcase students’ writing and other creative stories.

Anyone who wants to submit content will be allowed to do so, according to Woo.

“The magazine would prioritize marginalized people … but we don’t exclude anyone who wanted to submit content.”

I think opening up people’s eyes to new perspectives will help them practice more than just tolerance

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Abortion Pill in Public Universities One Step Closer to Becoming Law

Simren Verma
University News Editor

Senate Bill 320, which would require all California public universities to provide their respective Student Health clinics with Mifepristone — also known as the “abortion pill” — passed its final Committee vote in the State Assembly, making it one step closer to becoming law.

Senate Bill 320, which was originally introduced by California Senator Connie Leyva in February 2017, was approved by the California Senate in January.

The bill would require all University of California and California State University campuses to offer the pills by Jan. 1, 2022, including UC Santa Barbara. If the full Assembly votes to pass SB 320 with no amendments made, the bill heads straight to Governor Jerry Brown's desk for signing.

However, if the full Assembly amends the bill before it passes, the bill must go back to the State Senate for re-approval before being sent to the governor.

“California law recognizes abortion as a basic health service that must be covered by Medi-Cal and by private, managed care insurance plans regulated by the state,” the bill reads.

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“It is the intent of the Legislature that public university student health centers make abortion by medication techniques as accessible and cost-effective for students as possible, and thus public university student health centers should treat abortion by medication techniques as a basic health service.”

The bill also says that “abortion by medication techniques is extremely safe” and “staff at on-campus student health centers include health professionals who are licensed to provide abortion by medical techniques.”

The Nexus previously reported that the National Academy of Science, Engineering and Medicine (NASEM), a non-partisan council, released a report on March 16 that confirmed that the Mifepristone pill is safe and effective.

“Oftentimes, students may not find out that they are pregnant until the fifth or sixth week, so it is vital that these services can be accessed promptly at student health centers on campus where students feel safe and already receive health care services,” Senator Leyva said in a press release.

“College students should not have to delay medical care and travel many miles away from their work and school responsibilities to access medication abortion services,” she added.
UCSB Increases Admits, Admission Rate Drops Slightly

As UC Santa Barbara’s freshmen prepare to begin their first year of college, the Nexus looked at what got them there.

The Nexus compared this year’s freshman class of 2022’s admission statistics to those of their predecessors and found that the class of 2022 had slightly higher average grade point averages (GPAs) than the admitted last year, according to preliminary data from the UCSB Office of Admissions. Freshman admits in 2017 had average GPAs of 4.25, while the average GPA of admitted students in 2018 was 4.28. Between 2014 and 2018, the average high school GPA of admitted freshmen students has increased steadily from the initial 4.15.

GPAs and S.A.T. scores, however, do not necessarily reflect the full experiences and qualifications of the freshman class, according to Lisa Przekop, the UCSB director of admissions.

The admission rate for freshmen applicants decreased slightly to 32.4 percent between 2014 and 2018, according to the data from the UC Office of the President (UCOP). The middle 25 to 75 percent of students who took the S.A.T. received S.A.T. Evidence Based Reading & Writing scores between 560 and 720, while S.A.T. Mathematics scores were between 640 and 760, according to UCSB’s freshman admission profile from University of California Office of the President (UCOP). The average GPA of transfer admits remained nearly flat but increased 82 points from 3.57 to 3.59 between 2014 and 2018, according to the data from the UC Office of the President (UCOP).

The admission rate for transfers increased from approximately 48 percent to 52 percent over the same period, according to admissions data from UCOP.

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The middle 25 to 75 percent of high school GPAs for admitted freshmen to UCSB were similar to statistics from UC Irvine, UC Davis and UC San Diego.
The Santa Barbara Superior Court found the University of California Regents in contempt of court on Aug. 16, stating that a student accused of stalking and sexual violence had been denied due process on two separate occasions and thus would be allowed to return to UC Santa Barbara.

The court documented that the student who filed the complaint, referred to as Jane Roe in court documents, said Doe initially made a formal complaint to UC Santa Barbara about the “harassment and stalking” by Jane Roe in December 2015. Doe said he left the school temporarily before the quarter ended to “escape the stressful situation,” alleging his grades suffered due to Roe’s harassment.

Regents Found in Contempt
Of Court, Expelled Student
Allowed to Return to UCSB

Asst. News Editor
Sanya Kamidi
County News Editor
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Asst. News Editor

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Judge Donna D. Gock ruled the UC Regents failed to provide a fair hearing for an accused student, known in court documents as John Doe, in a Title IX investigation. UCSB expelled Doe in Nov. 2016 after a student filed a Title IX complaint against him that June. Doe initially made a formal complaint to UC Santa Barbara about the “harassment and stalking” by Jane Roe in December 2015. Doe said he left the school temporarily before the quarter ended to “escape the stressful situation,” alleging his grades suffered due to Roe’s harassment.

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Of Court, Expelled Student
Allowed to Return to UCSB

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Unfinished Business: Gauchos Enter Season Hungry for Redemption

Brandon Victor Staff Writer

At the press conference following the UCSB women's soccer team unveiling for the upcoming season, Head Coach Tim Vom Steeg revealed that his squad has all of the tools necessary to challenge for the Big West title this season. He stated that since he was named the NEC defensive player of the year last season, he has worked hard to improve his team's organization and shape of the defense. He also mentioned the addition of sophomore Caesar Vom Steeg, who played for Stanford last year, appearing in 23 matches and helping to shore up the back line. Vom Steeg will immediately improve the organization and shape of the Gauchos' back line.

There are many reasons to be excited about this year's team, as many new acquisitions have been added to the mix. UCSB's five leaders in kills from last season were all underclassmen, and thus they are all accomplished freshmen. One of these five is star outside hitter Lindsey Ruddins, who was selected to finish second in the Big West conference, and before last season, the Bruins had made 34 consecutive NCAA tournaments. UCSB women's volleyball has not had a winning record in the 2018 season. The team will certainly expect more consistent play through the season.

UCSB Aims To Defy Expectations

Jake Ciccione Staff Writer

Fall is here and the women's volleyball season is back and ready to go. This will be the seventh season for Head Coach Nicole Longhini Welch as she hopes to guide this very promising squad has all of the tools necessary to challenge for the Big West title this season. She has guided her team to a historically strong program that has already made 34 consecutive NCAA tournaments. While the expectations might not be that high for this year, there is a lot of optimism going into this season with many interesting new pieces and returning stars; however, this does mean that expectations will be higher for the Gauchos and Coach Longhini Welch.

UCSB women's volleyball has not had a winning record in the Big West since the 2013 season, during which they went 13-3, which is their best season in the Big West for the last five years. The team will certainly expect more consistent play throughout the season. The Gauchos had a 5-1-4 record, but the team went just 1-6-1 when Billingseley was unable to play. Michael was one of the lone bright spots for UCSB last season, leading the team in both goals and assists en route to a spot on the all-conference team as a freshman. With another year of training under his belt — as well as experience playing for the U-20 Sierra Leone national team — offensive threat for Santa Barbara on the wing.

The Gauchos begin their season on Friday, Aug. 24, with a match against Cal Poly in the traditional Blue-green rivalry game. With an abundance of talent and the hunger to leave last season's blemish in the past, this UCSB squad has all of the tools necessary to challenge for the Big West title this season.
By Omar Hernandez

It is no secret that UC Santa Barbara is not a typical college sports powerhouse. Our location, combined with our party reputation and lack of a football team, makes for a lot less hype surrounding our college game days. While days are a staple source of school spirit at other big schools, UCSB has yet to see similar excitement over sports in quite some time. With so many teams on the rise this upcoming year, we want to provide both incoming freshmen and returning students with a guide of what to look forward to and, hopefully, work toward cultivating a stronger, more unified sports culture here on campus.

UCSB can become a strong sports school in the future – we know this because we have seen glimpses of greatness in the past. Early footage from the 90s of the men’s basketball team facing #2 UNLV in the Thunderdome paints a very different image of our school than recent years. The palpable energy and electricity which gave the Thunderdome its name has yet to reach the same level as in the past, but our 2018-19 men’s basketball team might just have the power to turn the tide.

As points out in the article above, star junior guard Max Heidegger tracked second in the Big West after scoring 19.1 points per game last year and the Gauchos are aiming for success – not just in the Big West, but on a national scale. While attendance last year was low, this year could be the year to see a rise in on-court production and off-court support. Head coach Joe Pasternack hopes to see the same energy and electricity in the Thunderdome as back in the 1990s, and his staff to be so invested in the students and fans.

“Towards the end of the year, whether it was Irvine at home or the last game of the year, specifically Cal Poly, there was an energy in the crowd that was unmatched in the Thunderdome, which gave the Thunderdome its name,” he said. Pasternack.

“The culture of the Thunderdome is back. And with momentum from last year’s success, the Gauchos are prepared for another remarkable season you’ll want to be a part of.”

The Freshman Guide To UCSB Sports In 2018-19

Omar Hernandez
Sports Editor
Under the Radar: A Profile of the SB DIY Scene

Santa Barbara is not typically one of the cities mentioned when discussing music's DIY movement, which is based in punk roots. However, the underground scene's influence has moved up the coast and found a home amongst the waves.

While it often feels like the underground has associated with being at a show labeled "DIY" and obviously having more fun as their friends swell in numbers and become bolder with their new cool attitude generally associated with being at a show labeled "DIY," which, of course, stands for "Do It Yourself.

The usual June fog hung over downtown Santa Barbara a few Friday nights ago on the south end of Olive Street. The low, heavy mist reflected the lights of State Street with an orange glow, and kids shuffled around outside the gate of DIY space Bici Centro between cigarettes and beer cans. The gaphup-covered space behind the gate housed 20 more people huddled together, chanting among themselves listening to the first soundtrack. It was obvious that most of the people inside knew each other. There was a nervous energy that filled the air as the first band, Little Bitch, took the stage.

Acts from Santa Barbara help each other.

The series of shows this summer at Bici Centro is, in part, organized by Raben Zarate, the eminent frontman of Santa Barbara-based Pants Bitch. With his own band experience, Zarate, along with indie label Last Resort Foresee, are helping to fill the void left by the popular DIY venue FUNZONE's closing last year. FUNZONE, which occupied the old maintenance shed for the bating cages on Milpas in the back of East Beach Tacos, came alive at night with youthful energy. As Santa Barbara's only all-ages venue for three years, it was at the heart of the scene. Local kids had a safe, substance-free space where their music was the focus.

For a five-dollar donation, you get a night of music at FUNZONE -- a staple in the lives of those who frequented the spot. Spencer von-Hernman, manager of the East Beach Batting Cages where FUNZONE resided, started the venue as an experiment aimed at providing a breeding ground for local talent, with a regular cast including Little Bitch and Toro y Moi. With the demise of FUNZONE, the shows at Bici Centro are now the last holdout of the scene and to the cultivation of talent in the 805 area.

FUNZONE helped teach bands to be good players and to become a part of the underground scene that Santa Barbara's DIY ethos is alive and well in. However, the up-and-coming acts today are all one in learning how to put on a show.

Under the Radar: A Profile of the SB DIY Scene

Velvet Jones offers close proximity to your favorite rappers and some of the best post-show mac and cheese. If you are an avid rap consumer, the place you are bound to find yourself amidst a mosh pit in Velvet Jones. The pre-tap I'd give before going to a Velvet Jones gig is being five dollars in cash if you are under 21. Other than that, you will probably have to lose the majority of your life in this 350-person-capacity venue.

SOHO

SOHO is a trendy venue that caters more toward a 21-plus crowd, as it offers a full bar with a seating area. SOHO and its in-house DJ, the popular (and litigation) David Dewaele, have been recently collaborating to bring even more music to Santa Barbara. For example, Toro y Moi will be taking the SOHO stage this November.

Lobero

The Lobero is one of my favorite lesser-known venues in Santa Barbara. One of the best shows I've ever covered was from the understated, classic-rock-influenced Dawes. The steep steps lead to a charming, mid-sized concert space with comfy seats and a welcoming ambiance. Nestled in between office buildings on downtown Santa Barbara side streets, the Lobero was the perfect venue to showcase a night of rock-and-roll.

Biko Garage

If you're looking for something a little more intimate, head down to the Biko co-op house at Santa Barbara. Featuring a house band, the Biko garage is a great spot to see local bands. From punk to hip hop to indie, Biko has it all.

The house's no-substance shows are held in a converted guest house, where the owners, Isla Vista residents, are crowd-funded for live music venues in the area.
Just Some of the Terrible Things That Could Happen During Freshman Year

Hannah Jackson
Asst. Opinion Editor

Are you worried about all of the potentially horrible things that could happen to you your freshman year? Well you should be. Disaster lurks around every corner, so be prepared for any of the following scenarios:

1. Your roommates sacrifice you for a 4.0
   If you think your roommates are talking shit about you, they may just be planning to sacrifice you to the Academia Gods for a 4.0. Beware of any freaky chants and “Eyes Wide Shut”-esque robes and masks.

2. You get butane poisoning from taking a dab
   Not only will everyone know you’re incredibly lame and that you can’t hang, but dabs are stupid. Just smoke weed like everyone else.

3. You get food poisoning from the dining hall
   This is a rational fear, and it definitely will happen. Prepare your digestive system accordingly. Honestly, just go vegetarian now.

4. Your floormates could spread some incredibly rare and disgusting illness
   None of you are on the nose. Hand, foot and mouth disease ran its course through IV two years ago. Let’s bring back swine flu, am I right?

5. Your top bunk roommate is a bed-wetter
   You may think you totally finessed the best bed in your shoebox of a triple, but all of that will change the first time you feel your blacked-out roommate’s piss drip through their mattress and onto your head in the wee hours of the morning.

6. Your TA does actually hate you and low-balls your grade
   Nobody really knows how TAs think and grade, but your TA really fucking hates you. They die a little inside every time you show up in office hours and find slick ways to fuck with your grade.

7. You get caught in a mid-shower fire alarm
   This may seem like a classic cinematic trope, but IT REALLY HAPPENS. You can avoid this highly-plausible scenario by never showering.

8. Your roommate is a chronic masturbator
   Look, everyone needs to let off some steam every once in a while, but for the love of god wait until you’re alone. If your roommate is jerking it all the time, seriously just move out.

9. You get caught in the crossfire of your roommate’s criminal activity
   Possible red flags include if your roommate asks you to hang onto a large quantity of drugs or to dispose of something that looks like it belongs in an evidence lockup.

10. Your significant other is a Russian sleeper agent
    In this political climate anything is possible. It’s gotta be super disappointing to find out your new boo thang was just using you to establish their cover all while infiltrating national intelligence, though.

11. Your one night stand turns out to be your professor
    Yeah this shit happens all the time. Such a bummer when the person you thought you’d never see again turns out to be teaching your class for the next 10 weeks. Best to just stay in your age range on Tinder.

Hannah Jackson suffered from a mid-shower gas leak her freshman year. Mid-shampoo and everything.

Daniel Carroll
Staff Writer

Francisco Torres – Bonding over living on the same floor, loving avocados and enjoying getting shitfaced platteried four nights a week, freshman Bailey Simpson stumbled upon her three best friends for the rest of college within the first half hour of move-in. “I thought it was cool how we all dressed and talked the exact same,” said Simpson just hours later. “I don’t know what I would’ve done if I didn’t meet these girls.”

Still open to acquiring new friends through the next four years, Simpson is well aware that no one will ever compare to her “day-ones,” whom she does not know any solid information about besides a shared upper-class socioeconomic background. Simpson noted that she is mainly concerned with spending every waking moment with her newfound sisters to establish that lifelong college-bond she’s always wanted.

“Is this vacation or school?” asked Simpson in an Instagram caption posted that night featuring a photo of “the squad” dressed up in her floor’s lounge. ‘Either way, can’t wait for the next four years with these girls!”

Daniel Carroll is a fourth-year hanging out with the same three people he met on the first week of freshman year.

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PEYTON STOTLEMYRE / DAILY NEXUS
DAILY NEXUS ART & COMICS

FIRST COUPLE WEEKS OF FRESHMAN YEAR...

How about that one pretty cool art we meet
The key from Grandma Polly
How about that one pretty cool art we meet
The key from Grandma Polly

I’m so glad I finally found my college group of friends!

I’m so glad I finally found my college group of friends!

We should do something insightful
We should do something insightful

Just hat that sound. Lawns, baby!
We should do something insightful

We could have people over in our room...

Hey mmm... How about...

I don’t really know anyone...

We should do something insightful

We could have people over in our room...

I’m so glad I finally found my college group of friends!

I’m so glad I finally found my college group of friends!

Peyton Stotlemyre / Daily Nexus
Take a Bite out of Isla Vista

Tiffany Velazquez
On The Menu Editor

Your first year at UCSB will be filled with a plethora of new experiences: nights spent with your roommates in your dorm, sitting in a gigantic lecture hall full of 500+ other students, pulling an all-nighter and venturing out into Isla Vista for a bite to eat – away from your family for what is probably the first time, endless possibilities seem like the right choice. You're in luck here because there's everything from burgers to sandwiches and burritos over, you're in the mood for something new. That's where I.V. Vista for a bite to eat … Away from your family for what

Sugar, Spice and Everything Nice

As a full-time college student you're going to find yourself spending a lot of time in cafes and coffee shops. Whether it's Starbucks and Cafe Equilibrium on Parrell Road, Caji and IV. Drip on Embarcadero Del Norte, Bagel Cafe on Trigo Road or Spudnuts on Sevilla, you're going to need a little pick-me-up to keep you going in the midst of midterms exams and essays. Sweet or savoury, you're bound to find what you're looking for at one of these.


You've probably heard horror stories about those pesky calories sneaking in through late night pizza runs and the endless dining commons buffet. It is probably the first time, endless possibilities seem like the right choice. You're in luck here because you're not when you're trying to avoid the Freshman 15. Also, drinking black coffee can prove beneficial for your physical and mental health.

11. Dust off your coffee black. Caffeine is a life-saver in college, but is all that sugar and creamer necessary? No, not when you're trying to avoid the Freshman 15. Also, drinking black coffee can prove beneficial for your physical and mental health.

10. Don't multitask while you eat. Try to avoid being on your phone or studying while you're eating a full meal because you're likely not to pay attention to what you're putting in your body, which tends to lead to overeating.

9. Skip the diet fiz. If you do see yourself putting on a little weight, don't rush to a diet plan or a raw-food diet. People prefer the quick-fix solution to their weight gain, but these fad diets don't help you keep your weight, don't resort to a detox diet. People prefer the quick-fix solution to their weight gain, but these fad diets don't help you keep your weight, don't resort to a detox diet.

8. Don't neglect sleep. Massive amounts of calories burn on the weekdays and late nights out on the weekends tend to make us forget that our bodies need rest. Make sure you're on a consistent sleeping schedule because disruptive sleeping patterns lead to weight gain.

7. Eat with other people. It’s easy to overeat when you’re alone, and eating with friends is an easy way to keep each other accountable.

6. Try getting some sleep in, too. Whether it’s annapurna or portions that are too quickly often consume too much because you’re eating a full meal and stopping by for a short class. But breakfast is the most important meal of the day. It wakes up your metabolism and provides energy to your brain and muscles, so even if you’re in a hurry, at least grab a piece of toast and a banana on your way out the door.

5. Watch out for binge snacking. You should probably skip out on keeping a family sized bag of chips in your fridge. Healthy snacking just means anything, with good proteins and carbs to find you for those long study sessions.

4. Stock up on healthy snacks. No, I’m not saying to keep a bag of spinach in your fridge. Healthy snacking just means anything, with good proteins and carbs to find you for those long study sessions.

3. Take advantage of the Rec Center. UCSB is not one, but two YWGs for its students, and you’ll be able to have a short workout a few times a week and feel ready to go on your way.

2. Eat with other people. It’s easy to overeat when you’re alone, and eating with friends is an easy way to keep each other accountable.

1. Limit yourself at the dining commons. It’s a difficult habit to resist trying everything. But grabbing a plate of everything may not be a good idea. Suddenly, you’re stuck with five plates of uncooked food or you’re finished, everything and regret all your life choices.

12. Don't consume all your calories in one meal. You've probably heard horror stories about those pesky calories sneaking in through late night pizza runs and the endless dining commons buffet. It is probably the first time, endless possibilities seem like the right choice. You're in luck here because you're not when you're trying to avoid the Freshman 15. Also, drinking black coffee can prove beneficial for your physical and mental health.

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In the Mood for Something New

As with the dining commons, you may find yourself tired of the same old thing. After all, there are only so many times you can eat pizza and burgers. For those other times, you can try out a bread bowl with custom fillings at Buddha Bowls or fresh poke from Pore-Ceviche over on Embarcadero Del Mar, rice bowls and boba from Hana Kitchen or Hawaiian cuisine and juices from Hilo Tropical Fusion on Parrell Road, steaming broth and fresh ingredients from 32° Hotpot on Trigo Road and Middle Eastern eats at Aladdin Cafe on Embarcadero Del Norte. Your options to eat in I.V. are as diverse as the students who inhabit it.

Take your time trying out the restaurants and eateries available at your disposal. Just on Parrell Road you have Habit Burger, one of three Subways around campus, Freebirds, South Coast Deli and IV. Deli Mart. The latter offers buffalo chicken cheese fries, which are not to be missed while you're in Santa Barbara and which are even offered with vegan chicken. Embarradores Del Mar has Rosarito and Deja Vu offering Mexican and American food respectively. If Rosarito isn't your preferred choice, you also have Super Czar’s to satisfy your craving for burritos on Madrid Road. And, if you really just need a familiar taste of home, the Grilled Cheese Truck on Embarcadero Del Norte is exactly what you need.

EXTRA CHEESE PLEASE

Pizza: a staple in any college student's diet. As such, you can bet that there will be plenty of options within the roughly two square miles that make up I.V. Enjoy a taste of what life has to offer when you're living in paradise, and welcome to UCSB!
Dedicated UCSB Researcher Makes Headway in Cause of Brain Wrinkles

Aimee Miller
Staff Writer

When you're asked to visualize the brain, one of the first things that may come to mind is that it is wrinkly, like our fingertips may get when submerged in water for an extended period. These wrinkles are especially beneficial to us, as they create more surface area for our neurons to carry information and to continue making vital connections.

They start forming during early brain development and continue until the day we die.

The process of exactly how our brain wrinkles is studied by Eyal Karzbrun, a KITP postdoctoral scholar working in UCSB's Streicher Lab.

Karzbrun's research involves using 3D cultures of stem cells to study brain development and the physical constraints that may alter the shape of brain tissue.

As stated by Karzbrun, "The brain is a complex organ whose remarkable architecture allows it to continue making vital connections.

This is an abstract concept, yet it is "assembled by itself." How this assembly takes place and what physics come into play are fundamental to our understanding of the brain.

He goes on to explain that when we are born, our neurons take their correct positions, causing the brain to grow. When we exit the womb, and there are several different hypotheses as to why this is the case.

"One of the main hypotheses is that the brain wrinkles due to a mechanical instability during growth, which is a purely physical phenomenon," Karzbrun said.

This physical phenomenon goes back to the 1700s, when Leonhard Euler, a Swiss mathematician, discovered that a critical force will cause a straight and elastic material to fold into a wavy shape when it is compressed.

Similarly, in a computer, the computational elements are layered out on a surface. In terms of the intersection between physics and neurobiology that is necessary when studying our brain's wrinkles, Karzbrun states that the first step should be to study living systems.

From mechanics of active materials, to emergence of patterns in large collective of small interacting agents, [it is important to study] what makes a network of neurons into a competing brain," he said. "These can help answer tough questions such as what determines the average lifespan of a human being versus a mouse.

At the end of the day, a vast majority of the hypotheses and structural reasoning are still unknown. However, thanks to the scientific efforts of scientists such as Karzbrun, we are catching up to get a few steps closer.

UCSB Researchers Work Toward Agricultural Carbon Solution

Jacqueline Wen
Science Editor

Here's a fun mental exercise: suppose you've got a plot of land in its original, untouched state. Assume you're a farmer and you need to grow some crops, but you're also environmentally conscious and want to do so in a way that decreases the escape of CO2 into the atmosphere. The question is that in order to clear land for your crops, you destroy forest area and all of the carbon that was stored safely inside the roots and leaves of the forest's first inhabitants, is now released into the atmosphere.

Given that some extent of destruction is inevitable, the eco-friendly agriculturalist turns to the sort of crops that will come easy. Some crops conserve carbon more than others, but they're also lower yield, so you need more land to grow more food. It's an algorithm of sorts: maximize the yield while minimizing carbon loss to the atmosphere. How would you proceed?

David Williams, a conservation scientist and postdoctoral scholar at UCSB's Bren Hall, has spent years researching an optimal solution. During his time in three different world regions, Williams and his team conducted field research exploring the complexities of the aforementioned puzzle.

They found that regardless of the region, whether it be humid forests of Ghana, temperate Polish wetlands or dry areas of Mexico, the land-sparing land use strategy which maintains biodiversity and contributes the least carbon to the atmosphere, while allowing for a comparable level of food production.

We've been doing about half that equation right so far. Worldwide over the past eight years, the global community has committed to feed the growing world's population by preserving as much carbon as possible, this technique uses the remaining land to grow high-yield agriculture. This maintains biodiversity and contributes the least carbon to the atmosphere while allowing for a comparable level of food production.

Related to this method is another policy mechanism that makes use of environmental instruments, as Williams put it. These could be land taxes, payments or subsidies that encourage yield increases or provide assistance to farmers, dependent on them not expanding agriculture.

According to a policy paper published a few years ago by Ben Phalan, Costa Rica has cracked down on its land use, and this forces higher yield in an interesting way. When regulations zone only some land as okay for agriculture, farmers have a limited space, but the market doesn't care, so they find higher yield methods to get a comparable harvest using less land. In this sense, stricter agricultural expansion laws could spell success.

To farmers, dependent on them not expanding agriculture, it said. For example, Williams referenced several programs across the globe, including in an area of Northern India called Syps, where the government has provided assistance to prevent snow leopard predation of farmers. Ticks in return for the farmers agreeing to designate some spots as conservation areas. For this region, this works. Fewer of farmers flock are picked off by the local predatory cats, so their business becomes higher-yield while protecting land.

When the crop grows higher yields, their business becomes higher-yield while protecting land.

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The best path depends on the culture and politics of each area, so naturally, some mechanisms will be policy-based while others will rely on social change. Whatever the path we choose to pursue for ourselves, however, Williams and his team have set up a beacon. We know where we're going, and we've got the freedom to decide how we'll get there.
Volunteer Like Your Life Depends On It

At a time when civic participation is especially critical, casting your ballot is an essential step to ensure your voice is heard.

Hannah Jackson
Assistant Opinion Editor

I turned 18 on Nov. 2, 2016, six days before the 2016 election. As someone who has been politically engaged from a young age, I was so excited to vote in the most important presidential election of my lifetime, and the thought of elevating a woman — as president of the United States. Read more...

VOTER PARTICIPATION IN THE 2016 PRESIDENTIAL ELECTION

61.4% of all eligible citizens reported voting

46.1% of all eligible 18-29 year-olds reported voting

Following politics may seem boring and voting may feel futile, but consider the kind of world you want to live in when you finish college and have to support yourself. Read more...

Hannah Jackson encourages freshmen (and everyone else) to make their voice heard by voting.

VIEW EXPRESSED ON THE OPINION PAGE DO NOT NECESSARILY REFLECT THOSE OF THE DAILY NEXUS OR UCSB. OPINIONS ARE SUBMITTED PrimARily BY STUDENTS.