

## UCSB Captures 1st Big West Win, Defeats Cal Poly 65-56

Omar Hernandez  
Sports Editor

The UCSB men's basketball team was triumphant in its Big West debut with an electrifying 65-56 win over the Cal Poly Mustangs.

The Gauchos remain at the top of the conference standings with a 1-0 conference, 12-3 overall record while Cal Poly is now in last place in the Big West with an 0-1 conference, 4-10 record.

After the big win, it's safe to say that the Thunderdome is back.

From the new high definition video board to the masses of students in attendance, UCSB is steadily building up its best home court advantage in almost a decade. The fans were jumping out of their seats and the energy in this Blue-Green rivalry seemed to even surpass the rivalry on the soccer field.

The Gauchos came out the gates with a burst of energy of their own.

They started off the game hot from the three, as Jaquori McLaughlin knocked down his first two triples, and combined with an early Ar'mond Davis deep shot, UCSB jumped out to an early 11-5 lead.

However, after a very early timeout, the Mustangs showed that they weren't going to go down easy. Donovan Fields put up two quick buckets to cut the lead early run. The junior guard has the Mustangs, averaging a team-assists.

that the Gauchos threw at him had advantage, Fields was still able to will, and he ended the game with points.

the first half for UCSB was fluidity. subs in the first five minutes, which an intense switch-heavy defense to with great off the ball movement on hockey-style substitutions meant that player's hand for long.

hot from the three-point range, the long jumpers as the ball zipped easy buckets for the frontcourt.

Sow, followed by a thunderous possession, lit up the Thunderdome just under seven minutes to go.

ever, and a quick 11-2 run by the point with two minutes to go in the from three, but back to back deep jumpers forced the Gauchos to call time-out, and it seemed going into the half.

Jaquori McLaughlin had other plans, however. After a couple quick buckets by freshman Sekou Toure, the Oregon State transfer knocked down his fourth three of the half to put UCSB up 35-27 going into halftime. The two teams started the second half off by trading buckets.



SIAVESH GHADIRI / DAILY NEXUS

Although the frenetic pace at the start of the game favored UCSB, the Mustangs were able to slow the game down in the second period. Freshman Daxton Carr knocked down a couple buckets to bring the score to 43-41 with 14 minutes to go, and for a second it seemed as if Cal Poly had finally worn down the switch-heavy Gauchos defense.

However, just as the Mustangs were poised to take the lead, UCSB kicked into another gear. "I think it's always about our defense," Head Coach Joe Pasternack explained postgame. "Holding them to 37 percent from the field was the key to the game for us."

The Gauchos stifled Cal Poly in the last 10 minutes, but another important factor was cleaning up the glass to finish off their solid defensive possessions. UCSB ended with a 45-35 advantage in rebounding, and their +16 second chance point margin showed that they didn't allow the Mustangs to get multiple possessions.

With nine minutes left to go, junior guard Max Heidegger knocked down his only bucket of the game to put the Gauchos up two, and they never looked back, as the lead never went under five again.

Four clutch free throws by transfer guard Deveal Ramsey helped seal the game down the stretch, and threes by Armond Davis and Jaquori McLaughlin ballooned the lead to double digits as the clock wore down.

Ultimately this was a great win for the Gauchos to start off conference play. However, they know they have a long and arduous road ahead.

## Interpreter Program To Place Students in Real-Life Setting

Arturo Martinez  
Reporter

UC Santa Barbara's Interpersonal Humanities Center is currently reaching out in classrooms and on its website to students who can help overcome the language barrier between elementary school students, families and teachers.

The Interpersonal Humanities Center (IHC) established the program, called Interpreting In Our Local Schools, during the 2016-2017 school year to assist local elementary school districts.

The program draws on UCSB students to work as paid translators for parent-teacher conferences in schools where a language barrier exists between the student's family and the teacher.

Susan Derwin, director of the IHC, said the program was created as a way for graduate and undergraduate students to refine their language skills and practice them within a community setting.

"Our aim was to draw upon tools associated with the humanities to deepen students' engagement with local communities while also strengthening relationships between the university as an institution, local schools, and UCSB students, faculty, and staff," Derwin said in an email.

The program has two main goals: facilitating the involvement of parents with the education of their children and providing UCSB students as role models for children pursuing higher education later in life, Derwin said.

Isla Vista Elementary and Franklin Elementary are the schools currently part of the parent-teacher interpreter program.

Interpreters have also been provided for the Individualized Education Program in three different school districts: Santa Barbara Unified School District, Goleta Union School District and Hope School District.

The Humanities and Fine Arts Instructional Improvement Grant, which supports the improvement of language instruction for UCSB students, and the Goleta Union School District fund the program.

Derwin says the program initially faced problems getting the word out to possible interpreters for the

program and bringing in people who were interested.

Much of the support for the program came when Professors Aline Ferreira and Viola Miglo of the Spanish and Portuguese Departments became interested in the program and recruited the help of their language students.

Ferreira holds the training sessions, according to Derwin.

The program had 21 interpreters working for the Fall 2018 conferences and Derwin expects that number to rise to about 35 for the Spring 2019 Conferences.

Student translators are taught key vocabulary needed to navigate the parent-teacher conferences, as well as how to handle issues of confidentiality and family-based issues.

"They see that the skills they take for granted - their own bilingualism - is an important resource for the future, as they consider careers paths that might draw upon the outstanding language skills they possess," Derwin said.

Derwin says the program has largely been a success with schools. Feedback from the translators and teachers has shown a high level of satisfaction with the program.

Casie Kilgore, principal of Franklin Elementary, said the translators were a highlight of fall semester and were constantly talked about.

"My translator was great," wrote one teacher at Franklin Elementary. "She told me after that she saw herself in the little girl during the conference and was so touched to help a family understand the importance of education at an early age. After she left, I realized, what a great example she is to the family and the student of a current college student pursuing her education."

The program is receiving more and more requests for interpreters and Derwin believes that it is an indicator of the program's quality and success.

"Many of our interpreters who are heritage speakers have shared with us that when they were in elementary school, they often had to serve as interpreters for their own parents, and this was very challenging. "Now they are in a position to help students who are in a similar position."

## I.V. Sees Fewer Electric Scooter Violations in the Month of December

Evelyn Spence  
County News Editor

December saw a decrease in electric scooter related crashes, fewer impounds and lower numbers of citations, according to UC Police Department Acting Lieutenant Matt Bowman.

Bowman, who spoke at the Isla Vista Community Service District (I.V. CSD) meeting on Tuesday, attributed this to UC Santa Barbara's winter break, when most of the university's students head back to their respective hometowns.

However, both the I.V. CSD and the university have made small steps toward regulating the electric scooters that often end up scattered on sidewalks, in the ocean or on bike paths.

At the I.V. CSD's Tuesday meeting, the board discussed further problems with the scooters, as well as the county's proposed regulation of them.

Santa Barbara County first put limited regulations on the scooters back in November, requiring electric scooter companies to obtain encroachment



SICHENG WANG / DAILY NEXUS

permits to operate within the county's boundaries among other stipulations.

The companies are also required to monitor their fleets, retrieve the scooters "as needed" and manage the number of scooters out, according to a press release sent out by the county in early November. The changes went into effect early December.

In I.V., the county has also approached the idea of parking zones for the scooters, I.V. CSD General Manager Jonathan Abboud said during the meeting.

The county will also implement an annual permit fee, a monthly per-vehicle fee and an impound fee for the companies to pay.

"The county is going to be a lot more active and they're kind of tying it to the outdoor space," Abboud said during the meeting.

He noted that the county is taking some of the I.V. CSD's suggestions into account.

Additionally, the county has now capped the number of scooters per company in I.V. at 200, according to I.V. CSD Board President Spencer Brandt.

Brandt said that the CSD has also met with Santa Barbara County Supervisor Joan Hartmann to discuss different ways of transportation in I.V.

UCPD faces its own share of problems when it comes to the scooters.

Despite the app's warning that the scooters are not allowed on campus, a threat of a \$200 ticket and UCSB's strict interim policy banning all of the scooters from campus, the department continues to impound hundreds of scooters, according to Bowman.

Lime recently picked up 147 of their scooters from UCPD, but there are still currently 253 Bird scooters in impound. UCPD charges the company \$24 a scooter to retrieve them.

SCOOTER p.3

A  
LOOK  
INSIDE

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Food of  
2018

Weather Report  
Mostly Cloudy  
High 59°F | Low 47°F  
Surf Report  
Rough  
May require  
helicopter evacuation

# THIS WEEK'S UP & COMING



## FRIDAY JANUARY 11

### JON BATISTE CAMPBELL HALL | 8:00PM

Multifaceted jazz artist Jon Batiste is seen by millions on television five nights a week as bandleader of The Late Show with Stephen Colbert. With his soulful brand of high-energy pop mixed with New Orleans funk and American jazz standards, his 2013 album Social Music with Stay Human topped the charts as the No. 1 jazz album in the world. This must-see solo performance supports his forthcoming album produced by T Bone Burnett.

## SUNDAY, JANUARY 13

### BERTIE GREGORY CAMPBELL HALL 3:00PM

Whether camping with wolves in Vancouver, pursuing peregrine falcons in London or tracking leopards in the streets of Mumbai, wildlife photographer/filmmaker Bertie Gregory specializes in intimate shots of animals, capturing the essence of peaceful coexistence with nature with respect and humor. A passionate advocate for the natural world, he is host of National Geographic's wild life with Bertie Gregory.



## WEDNESDAY, JANUARY 16

### CRAZY RICH ASIANS FILM SCREENING

#### MCC THEATER | 6:00PM

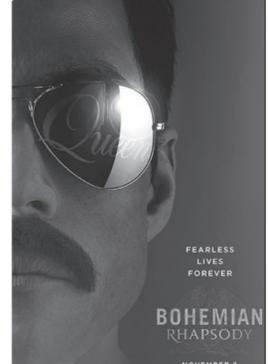
Rachel Chu has been dating her boyfriend Nick Young for over a year when he invites her on a trip to his home country of Singapore. On the trip, when they're booked into first class on the plane, Rachel soon finds out Nick comes from a very wealthy family. When Rachel meets Nick's mother, Eleanor, it quickly becomes clear that the woman thinks Rachel isn't good enough for her son and never will be. Rachel feels she either has to stand up to Eleanor — or let Nick go.



## FRIDAY, JANUARY 11

### IMPROVABILITY THE NEW YEAR SHOW 8:00PM | \$3 EMBARCADERO HALL

### MAGIC LANTERN FILMS: BOHEMIAN RHAPSODY 7:00PM AND 10:00PM IV THEATER JAN. 11 & 14 | \$4



## DAILY NEXUS

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## SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

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SOLUTION TO THURSDAY'S PUZZLE 5/4/12

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9	3	5	7	1	8	6	4	2
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5	8	9	4	6	2	7	3	1
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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](http://www.sudoku.org.uk)

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### ACROSS

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

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- 1 Comic's delivery
- 2 Dickens villain
- 3 Like a thicket
- 4 Folded corner
- 5 Tina's "30 Rock" role
- 6 "... for \_\_\_, a tooth ..."
- 7 Poet Frost
- 8 Franklin of soul
- 9 Hippie's digs
- 10 Dentist's tool
- 11 Traffic violation consequences
- 12 Slumps
- 14 Camera maker that merged with Konica
- 17 Fries, for one
- 18 Coke Zero competitor
- 23 Battery unit
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- 28 Gary Larson's "The \_\_\_ Side"
- 29 Pedro's peeper
- 31 Dol. parts
- 33 Compete
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- 35 NBC sketch show
- 37 Yemen neighbor
- 38 Met, as a difficult challenge
- 39 Decays
- 40 Somewhat
- 45 Like political hawks
- 46 "Hell is other people" French dramatist
- 48 At no charge

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

### ANSWER TO PREVIOUS PUZZLE:

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xwordeditor@aol.com 04/15/13

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

## WEATHER

The Weatherhuman is so fucking happy the shitshow that was 2018 is finally over. Ze is hoping 2019 will either hold better days for hir or at least death.

Tomorrow's Forecast:

A good time or no time.

## SCOOTER

Continued from p.1

Lime has done a better job than Bird of retrieving scooters and communicating with the university, according to Bowman.

A Lime representative has been in touch with Bowman to set up an event in Isla Vista to teach residents how to safely use the scooters, and has even offered to move Bird scooters off campus, Bowman said.

UCPD is currently discussing what to do with the scooters that are not picked up by the companies within the allotted time frame. For example, the department has discussed the idea of dismantling the scooters and recycling the batteries, Bowman said.

UCSB also created a policy committee in October to discuss how

to address scooters on campus. The committee then floated the idea of geofencing the scooters to help with regulation.

However, the committee has not yet created a new policy regarding the scooters, according to Jennifer Lofthus, UCSB policy coordinator, ADA compliance and privacy officer.

"We also continue to keep an eye on statewide concerns and methods of addressing the impacts of the scooters on communities such as ours," Lofthus said in an email.

"The committee will convene again at some point in Winter Quarter to discuss but that meeting has not yet been scheduled."

*Sanya Kamidi contributed reporting.*

# Term in Review: CSD Vice President Natalie Jordan

Sofia Mejias Pascoe  
Asst. News Editor

Isla Vista Community Services District Vice President Natalie Jordan resigned from her position on the Board effective early January, leaving the Board with three vacant seats and no female representation.

Jordan's resignation comes short of her official two-year term, which was initially delayed after elections due to technicalities in elections code. The delay in the start of her term would have meant that Jordan would serve for longer than the two-year term, according to Jordan.

"I felt like it was time for someone else to step into that position as I'm finishing up grad school in the next couple months and most likely will be taking career opportunities in a different location," Jordan said in an interview with the *Nexus*.

Jordan, who is set to obtain her masters in technology management from UC Santa Barbara this spring, looks back on the past two years in her position and the challenges, accomplishments and change she has seen along the way.

"Walking into it, I didn't really know what it was going to be because we were shaping it," Jordan said. "I think that it was just more than I could have ever thought or expected to have. It's a truly amazing experience and I'm blessed to have had it."

Jordan's campaign in 2016 for a position on the Board focused on increasing safety in Isla Vista through securing more street lighting and parking for residents. Now, she says the past two years in her role were more about working with other board members to create the foundation of the Isla Vista Community Services District (IV. CSD) and define its role for the public.

"That was a big part of it for me, was making sure that we were able to kind of set a precedent of what it meant to be on the Isla

Vista Community Services District and setting a tone for the community as a resource."

Jordan participated in the CSD's policy committee, which created governing documents for the functioning and mechanics of the Board as well as its interactions with the public and media.

These policies helped to build the "baseline" for CSD's growth and efficiency in the future, according to Jordan.

While Jordan says the CSD has made progress toward increasing safety in Isla Vista, lighting and parking projects never came into full fruition during her term.

The IV. CSD organized lighting walks and began discussion on lighting in IV., but there is still work to be done before the community will enjoy additional lighting in the area, according to Jordan.

Increasing parking in IV. also required a more lengthy and tedious process than anticipated, but as with lighting, Jordan hopes it will continue to be a priority for the IV. CSD.

"It's still a pressing need for our community but should be set as a long term goal," Jordan said. "I think there are a lot of solutions to kind of take that on."

Among the accomplishments made toward increasing safety in the community, Jordan cited the collaboration made with UC Police Department for safety stations in IV. and the implementation of an interpersonal violence investigator as steps toward her overall term goals.

Being the only woman on the board, Jordan said her perspective helped to shed light on safety concerns and issues faced by women in Isla Vista including sexual assault, catcalling and interpersonal violence.

"Of course I can't speak for all women in any circumstance but I think the perspective I have as a woman in Isla Vista is really imperative... and being able to address those [concerns] from



NEXUS FILE PHOTO

my perspective I think was really important and important for the board and our community to hear and understand," Jordan said.

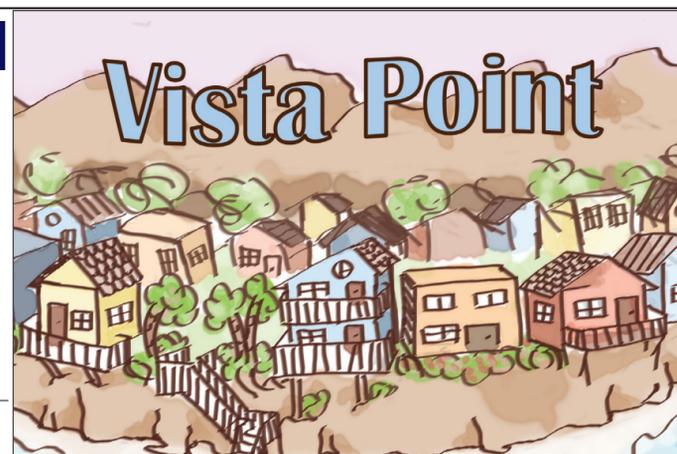
Now that the board is without a female member, Jordan hopes that women in the community will pursue the opportunity to get involved with the board.

"I do hope going forward that women in our community are inspired and empowered to come forward to take on these leadership positions."

Jordan also noted that her "frankness and honesty" during board meetings allowed her to contribute unique perspectives to discussions.

"I'm never afraid to really speak my mind. I think that that's a big part of what I brought to the board... a perspective that I had as a student, as a first-generation college student and

JORDAN p.4



## Weekly Events in Isla Vista

### Dollar Pizza

Dollar days at Woodstocks are back baby. For only \$1 you can get a slice of cheese or pepperoni, while combo comes in at \$2 and Dale's Pale Ale Pints are \$3 for those over 21. This promotion is only running at the Isla Vista location, and will be held on Thursday from 4 to 9 p.m.

### Spooks and S'mores

This Thursday at 6:30 p.m., Santa Barbara Hillel will be hosting a Spooky Story S'mores Night to take a break from the first week back, and hosting a scary story contest. Whether you have stories to tell or a chocolate craving, Hillel is the place to be.

### Live Music

I've said it before and I'll say it again: no weekend is complete in IV. without live music. We're in luck this weekend because Noise Complaint and Two Sleeves are teaming up for a great night full of heavy metal and hard rock. The event is a Red Out, and the organizers request that attendees wear as much red as they can. Two Sleeves opens from 9 to 10 p.m., with Noise Complaint following until 11:30. There will also be free beer, so make sure to head over to 6618 Pasado Road this Saturday.

### Purrfect Stretch

The best way to unwind from the first week of winter quarter is a nice stretch and there's only one place to do yoga with cats in Santa Barbara – Cat Therapy! Every Sunday this quarter at 9 a.m., they will be hosting an hour of gentle yoga, followed by 30 minutes of cat cuddles. The event is appropriate for all levels, and ages 13 and up, so get ready to get moving and snuggle up with some adorable kitties! Cat therapy is located at 1213 State Street Suite L, Santa Barbara, California 93101, and admission is \$20. Tickets can be reserved at: [www.cattherapysb.com/book-now](http://www.cattherapysb.com/book-now)

### Krav Maga

As part of the A.S. Commission on Student Well Being's free fitness series, SB Krav Maga will be returning to Pardall Center every Tuesday at 5 p.m. to teach free Krav Maga classes. According to the event, "SB Krav Maga Self Defense teaches situational awareness along with the ability to defend yourself when left with no other choice. You will learn step-by-step self defense techniques addressing everything from an aggressor's confrontations, to a weapon threats/ attacks and multiple attackers situations. The goal is to bring you to a high level of proficiency in short period of time. Working cardio/calisthenic exercises, striking drills and reality based attack scenario drills." All experience levels are welcome.

# Newly Appointed UC Regent Sparks Concern About Board Diversity

Simren Verma  
University News Editor

Former California Governor Jerry Brown appointed a new University of California Regent on Jan. 4 as one of his last acts as governor.

The new regent, Jonathan "Jay" Sures, is a UC Los Angeles graduate who is currently the co-president of the United Talent Agency (UTA), according to the UC Board of Regents website.

His term will end on March 1, 2020.

Sures' appointment has caused some concern regarding a lack of diversity on the UC Board of Regents, and whether the makeup of the board accurately represents the students of the UC campuses.

"He seems to have some considerable leadership [and] financial experience in his past and current positions serving as the Treasurer of Entertainment Industry Foundation and in his role in the UCLA Jonsson Comprehensive Cancer Center board of directors that qualifies him for this role," Associated Students President Brooke Kopel said.

However, Kopel finds his appointment to "continue the lack of

diversity that currently plagues the UC Regents."

With Sures' appointment, there are now 12 white people and seven people of color on the board.

"Only seven of those individuals are women," Kopel added.

"While I hope to see Mr. Sures carry out good work and better higher education for UC students, Governor Brown almost certainly could have found and selected an individual just as qualified as Mr. Sures that better represented the diversity of the UC System at large."

The UC Regents act to govern the UC as a public trust in fulfillment of its educational, research and public service missions, according to the University of California website.

"Lobby Corps sees a dire need to appoint regents that more accurately represent the student body of the UC system," A.S. Lobby Corps said in a statement.

"We desire future Regent appointees to have a greater understanding of the issues affecting UC students, to have experience working to address these issues with work in state university systems, or to have a background in education policy."

*Evelyn Spence contributed reporting.*



SANYA KAMIDI / DAILY NEXUS

# UCSB's Los Ingenieros Named Best Small Chapter

Laila Voss  
Senior Copy Editor

On Nov. 8, the UC Santa Barbara student organization Los Ingenieros was recognized as the "Best Small Chapter of the Year" by the Society of Hispanic Professional Engineers at the annual convention in Cleveland, Ohio.

Los Ingenieros primarily caters to Latinx students in science, technology, engineering and mathematics (S.T.E.M) majors and operates under the umbrella of the national organization who awarded the group the distinction, the Society of Hispanic Professional Engineers (SHPE).

SHPE has over 250 university chapters in the United States and selected Los Ingenieros due to its accomplishments in "ensuring the post-graduation collegiate success of their members and uplifting their local community," Karen Siles, the chair of the SHPE National Affairs Committee, said in an email.

Siles also noted that Los Ingenieros has increased their membership by over 40 percent and that they have shown continuous focus on membership recruitment and retention.

Still, Los Ingenieros isn't new to recognition – the organization was awarded UCSB's Student Organization of the Year for the 1998-99, 2001-02, 2008-09 and 2010-11 school years, according to the Los Ingenieros website.

A main focus of the group is professional development, according to Enrique Guzman, a Mathematics, Engineering, Science Achievement (M.E.S.A.) Program Coordinator and Gaucho alum who advises Los Ingenieros.

Guzman was a member of the organization in his undergraduate career. "There are a lot more people doing internships and research in com-

parison to my years and a lot more students going to graduate school. The organization's been growing and evolving with the times," he said.

One of Los Ingenieros' efforts in professional development is the annual Professional Academy for Student Success (P.A.S.S.), a full day of workshops held in partnership with the M.E.S.A. program.

At P.A.S.S., for example, "we... try to expose our members to the professional world and networking with other students," Angel Rocha, fourth-year mechanical engineering major and Los Ingenieros president, said.

In addition, Los Ingenieros works closely with M.E.S.A. in supporting community outreach.

"One of our main events is Science and Technology M.E.S.A. Day. We bring in 500 middle schoolers and high schoolers to compete in engineering competitions," Rocha said.

The program serves local students from sixth to 12th grade.

The organization also gives tours and hosts science projects for more than 1,000 high school and middle school students who visit UCSB on school-organized trips per year, according to Micaela Morgan, K-12 Programs Director and M.E.S.A. Coordinator.

Beyond professional development and community outreach, Los Ingenieros focuses on supporting its members socially and emotionally.

"Being a S.T.E.M. student is difficult and staying in a S.T.E.M. major can be even more difficult and it is important to have that community where one can tap into," Guzman said, noting that this is especially true since many of the members of Los Ingenieros are first-generation college students.

Los Ingenieros partners up younger members with mentors, holds social events and seeks to build a community within the group, according to Rocha.

"We create a sense of *familia*, a sense of family."



Courtesy of Angel Rocha

# JORDAN

Continued from p.3

a resident of Isla Vista,” Jordan said.

Throughout her term, Jordan at times struggled to effectively divide roles and responsibilities among board directors, a challenge which she attributes to the initiative demonstrated by board directors.

“I think all of us on the board are natural leaders and... everyone wants to take on as much as they can but I think being able to have us all kind of share in that responsibility is a really big part of it.”

However, Jordan at times arrived late and left I.V. CSD Board meetings early or failed to show up at all, according to *Nexus* reporters who regularly attend the I.V. CSD meetings.

Jordan said her absences were due to conflicts with her job as an event coordinator. When her work conflicted with I.V. CSD meetings, Jordan was obligated to attend her paying job over the meetings, which Board directors only began getting paid for last November.

“I was responsible for paying for my own tuition, which is a big issue so as a full-time student I was also working around 55 hours a week,” Jordan said. “At the end of the day, I needed to make sure that I could pay for my school, which is the reason that I was here in Isla Vista in the first place.”

During her term, Jordan oriented herself more toward university players and issues, but said that I.V. CSD could have benefitted from her developing more relationships with stakeholders in I.V. as well.

“I was much more involved with university politics than I was more local and state, so I think that learning more about those key players and how I could’ve contributed to those conversations would have been meaningful to the board,” Jordan said.

Jordan said she fulfilled her role on the board to the best of her ability despite these difficulties. Overall, she said she is proud of the work she did while serving on the Board.

Going forward, Jordan advises that the I.V. CSD maintains their obligation to the community as their top priority.

“I think the only thing that we should be concerned about is continuing to serve the community and just always keeping that as our guiding force,” she said.

Jordan believes the past two years have set up the board for success in the future.

“I have very high hopes that this inaugural board was precedent setting for expectations for board members for years to come and also in creating relationships with community members and truly being a representative government.”

For the next I.V. CSD Vice President, Jordan said that being open to the opinions and suggestions of others is vital to the position.

“Everyone is coming into it with their own unique perspectives and everyone is coming into it with what they feel is the right thing to do,” she said.

“Hearing people out is the most important thing you can do [when] trying to make an educated decision.”

Jordan also said that I.V. CSD needs a vice president with a strong resolve and commitment to the community.

“Somebody who [has] got a can-do attitude and has a little bit of grit. That’s what we need in Isla Vista. Somebody with grit and a willingness to get it done at all costs,” Jordan said.

After completing her master’s degree this June, Jordan hopes to obtain a job that provides her with the same motivation she found while serving on the I.V. CSD Board.

“Being able to find a career that still gives me that meaning and driving force and willingness to go to work everyday is really important,” Jordan said.

“I hope that eventually I’m able to come back to something like a local elected position because I really found a lot of purpose and meaning in that job as well.”

# A.S. Addresses Mold in I.V. Homes with New Committee

Sanya Kamidi  
Asst. News Editor

UC Santa Barbara’s Associated Students Senate voted Wednesday evening to create a committee to address mold in Isla Vista residences.

The resolution, authored by senators Christian Ornelas and Dallin Mello, establishes a committee made up of Ornelas and five other off-campus senators, who would be the only voting members. Ornelas is the chair and will only vote in tie-breaking instances.

Associated Students (A.S.) Executive Director Marisela Marquez and representatives from the office of the External Vice President of Local

Affairs, the Isla Vista Tenants Union and the Environmental Affairs Board will serve as non-voting ex-officio members.

“Every year that I’ve lived in I.V., my house has had mold in the bathroom,” Ornelas said at the meeting Wednesday evening. “That really comes down to lack of proper ventilation, and then when you have multiple people using these same facilities, it’s just always going to be like wet and damp in there paired with just the climate that we have here.”

“It just creates the perfect conditions for mold to grow in new spaces and it’s really toxic and can be damaging to health.”

The committee is tasked with developing a

survey to distribute in I.V., publishing the survey results and bringing back its recommendations for how to address the mold problem to the Senate.

The resolution notes that there are over 9,500 UC Santa Barbara students living in I.V., many of whom have expressed concerns about mold in their homes, particularly with the number of students living in each residence.

“...students living in Isla Vista often have multiple housemates and roommates requiring them to all use common facilities,” the resolution writes.

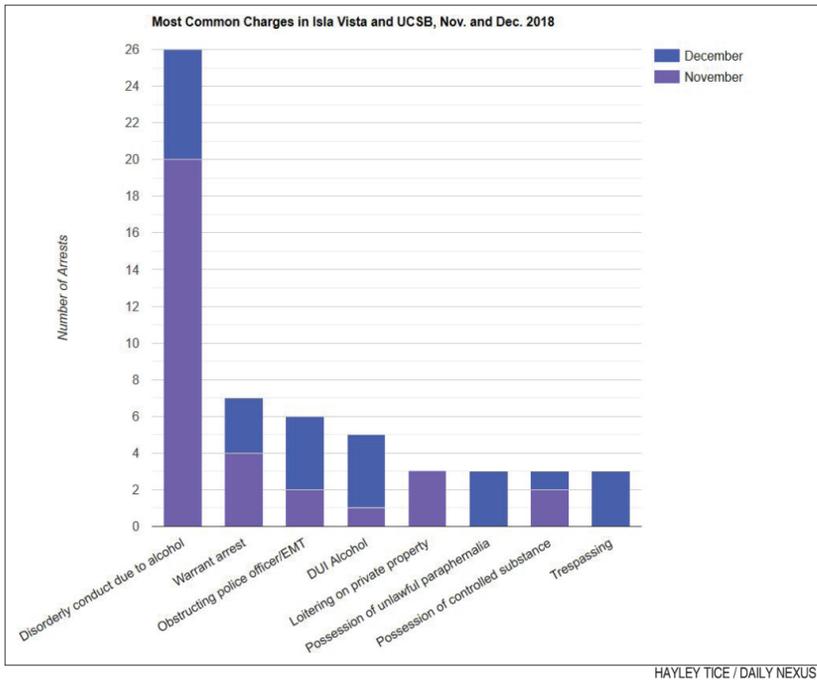
“Having multiple people share these facilities throughout the day, without proper ventilation can create a warm, damp and humid environment which perpetuates mold growth.”

Ornelas also said at the meeting Wednesday evening that he spoke with A.S. Legal Resource Center Attorney Ron Perry over the summer about how students could address mold. He learned that laws about mold were vague because of the range of molds that exist and their varying levels of harm to residents.

The resolution also notes that “some Isla Vista landlords have begun adding mold clauses to their leases which relinquish responsibility for dealing with mold entirely up to tenants.”

The committee plans to report back to Senate on a weekly basis and by the end of Winter Quarter, make a decision on the future on the committee.

# Disorderly Conduct Due to Alcohol Named Most Frequent Charge in I.V. in Nov./Dec. 2018



Hayley Tice  
Data Editor

Police arrested 44 individuals in Isla Vista and at UC Santa Barbara in November 2018, and 29 in December of that year, according to the *Daily Nexus* crime log.

The map is based on daily arrest logs from the Santa Barbara County Sheriff’s Office and includes arrests in I.V. as well as on the UCSB campus.

More arrests occurred in I.V. than on campus. During November and December 2018, 52 individuals were arrested in I.V. and 21 on the UC Santa Barbara campus.

In comparison, 81 were arrested in I.V. during September and October of that year, and 15 were arrested on campus during those months.

The majority of individuals arrested in I.V. during these months were between 18 and 24 years old, although 20 people between ages 35 and 78 were arrested.

Approximately 27 percent of individuals arrested in I.V. were current UCSB students, while about 24 percent of individuals arrested on the UCSB campus were current UCSB students.

Most arrests occurred at night. At least 63 percent of arrests occurred between 11 p.m. and 4 a.m. A time of arrest was not provided for three individuals charged during these months.

Fifty percent of individuals arrested in November were charged with at least one crime relating to alcohol, as well as 62 percent of individuals arrested in December.

Disorderly conduct due to alcohol was the most frequent crime individuals were charged with. During November and December, 26 individuals were charged with disorderly conduct due to alcohol, 19 of these in I.V.

Two individuals were charged with obstructing a police officer in November, and an additional four were charged in December.

Five individuals were charged with driving under the influence of alcohol during these months, one in November and four in December.

An additional two people were charged with driving under the influence of alcohol or drugs, and one was charged with driving under the influence of any drug.

During these months, one individual was charged with operating an electric scooter while under the influence.

## DAILY NEXUS

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UPPER: ANGIE BANKS / DAILY NEXUS

# UCSB VS. CAL POLY

WEDNESDAY, JAN. 9 | THE THUNDERDOME

65 56

LOWER: SIAVASH GHADIRI / DAILY NEXUS



Armchair QB



Sources say that Jimmy Butler has already overstayed his welcome in Philadelphia. How much longer until he takes Markelle Fultz and the bench and beats the starters in a scrimmage?

# S P O R T S

## 2018-2019



### MEN'S BASKETBALL PREVIEW

Stats accurate as of 1/09

## UC Santa Barbara All previews by Max Kelton

For the second consecutive year, the UCSB men's basketball enters Big West Conference play with an 11-3 overall record and picked up a huge win to begin league play against Cal Poly last night to improve to 12-3, 1-0.

Despite having some rough losses along the way in non-conference play, overall Santa Barbara played with poise.

The Gauchos offense has been quarterbacked by a dynamic backcourt duo in JaQuori McLaughlin and captain point guard Devearl Ramsey.

Ramsey has contributed 11.2 points per game while averaging 3.8 assists, good for sixth best in the conference, not to mention he shoots the fifth highest mark from deep in the Big West with a three-point percentage of 42 percent. McLaughlin compliments with 10.9 points per contest with 3.5 assists per game which gives him the eighth most assists on average.

Ramsey and McLaughlin, a pair of sophomores, control the ball on the attack for the offense, but it's graduate guard Armond Davis who delivers the bulk of the scoring with 14.2 points per game for the Gauchos.

Davis adds 5.4 rebounds per game as a multifaceted offensive threat that crashes the boards along with Amadou Sow.

Speaking of Sow, the freshman won his first career Big West Conference Athlete of the Week award after a 21-point, 9-rebound performance against Mid-Major No. 10 University of San Francisco. Sow is the most efficient shooter in the Big West Conference shooting 58.2 percent on field goals.

There have been flashes of stardom from the other two freshmen on the team as guard Sekou Touré has the highest player efficiency rating in the Big West, and Jay Nagle owns

the No. 3 three-point percentage in the conference with 46.2 percent.

With such a deep team for the Gauchos this season, the real question is who will face the wrath of Coach Joe Pasternack in his second season with Santa Barbara?



NEXUS FILE PHOTO

## Cal Poly Mustangs

The Mustangs have hit a metaphorical wall in the world of Big West basketball.

The last time Cal Poly had a winning team was during the 2012-13 season and coming off a 9-22 year, Poly showed that this season is more of the same.

It's not all bad for the Mustangs who have a leader in senior point guard Donovan Fields who posts 15.8 points per game to go along with 4.3 assists.

Similarly, sophomore wing Mark Crowe is a dynamic threat from virtu-

ally anywhere on the floor as he shoots the fifth best rate from the field in the Big West while also splashing 51.6 percent from range, No. 2 in the conference.

However, much like the Highlanders, Cal Poly doesn't have a solid facilitator to protect the restricted area in its strife to get rebounds.

Only two of Cal Poly's four wins have come against Division I programs — one of those schools is playing its first season in Division I.

Unfortunately, conference play is not off to a good start for the

Mustangs as they lost their conference opener at UC Santa Barbara.

In that loss, however, the team continually showed fight and positioned itself as a team that will not sit back and just take a last-place finish.

In Cal Poly's most recent game, Fields was stellar yet again scoring 18 points while dishing out eight assists and collecting a few boards.

Still, the problem persists with a lack of help as no other players scored in double figures.

Cal Poly will hope to figure it out against vs CSUN on Saturday at 7 p.m.

## Long Beach State 49ers

Tied for fourth in the conference with two other squads, the 49ers look to turn their season around come conference play.

LBSU started off the season promisingly, with a narrow loss to UCLA followed by a dominant victory over Menlo College.

They eventually went on a four game losing streak however, and although they have now won three of their last four games, it remains to be seen how if they will rise to the high level of competition in the Big West this year.

Beach has relied on the dynamic offensive production by senior guard Deishuan Booker who has posted 14.2 points per contest, the third most in the Big West.

In the paint, redshirt senior center Temidayo Yussuf drags down 7.2 rebounds per game for the Niners as he contributes 12.9 points on average.

Yussuf shoots at the seventh best rate in the Big West, knocking down 49.7 percent on field goals, but Long Beach still has faced struggles offensively.

The Niners have shot just 41.7 percent from the field this season, the lowest mark in the Big West, while they fail to take care of the ball as well, with conference-high 16.0 turnovers per game.

While CSUN appears to be clawing their way up to first-place contention for years to come with a trio of talented young players, Long Beach seems to be searching for its next generation of studs as all three of its top leading scorers are seniors and will depart from the program next year.

## UC Irvine Anteaters

The Anteaters held the top spot in the conference for the majority of the first half of the season before losing a couple toward the end of their non-conference schedule.

Neck and neck with the Gauchos, Irvine has earned the mid-major No. 15 spot with a 12-4 record, placing the team second in the Big West.

The big wins against Texas A&M and Santa Clara.

They followed it up with another impressive victory of 80-75 over Saint Mary's College in late November but finished off their non-conference season

with a pair of losses a month later.

Still, this Irvine team has a remarkable rotation with a dangerous and experienced duo of guards in the backcourt in, thanks to junior guards Evan Leonard and Max Hazzard who bolster Irvine's deadly three-point attacks.

Irvine's 36.2 percent from deep is ideal when competing against the first-place Gauchos, who allow just 28.1 percent from the three, the 13th best in the NCAA.

UCI's graduate forward Jonathan Galloway sits in the No. 2 spot of the Big West in rebounding with 7.3 boards per game while senior forward Elston Jones

supports with 7.1 rebounds per game, fifth in the conference.

The pair of big men patrol the paint as well as any frontcourt in the Big West, allowing just 66.6 points against per contest which ranks slightly below UCSB's top mark of 64.3 average points allowed.

The Anteaters, who surrender just 38 percent of field goals from opponents, thrive on the defensive end with the best defensive shooting percentage in the Big West.

This makes the Eaters the most significant threat against UCSB which currently shoots a conference best of 48.1 percent from the field this year.

## Cal State Northridge Matadors

Following a 6-24 season, one of the most disappointing years in program history, Cal State Northridge wiped the slate clean with the hire of first year Head Coach Mark Gottfried, in addition to adding former NBA Champion Mo Williams to the assistant coaching staff.

The new-look leadership is certainly a huge reason why the Matadors rank among the best offenses in the Big West, but without freshman phenom Lamine Diane, CSUN could be in the same position as the season prior.

Diane has catapulted CSUN into fourth place in the conference through

his Big West best of 24.3 points and 11.1 rebounds per game.

The freshman also ranks among the top defenders with 1.7 steals per game while blocking 2.3 shots on average, both coming in first in the Big West as well.

However, the CSUN attack doesn't just rely on Diane's two-way ability.

While the freshman tops out the Big West as the No. 1 scorer, it is sophomore guard Terrell Gomez who delivers 18.4 points on average for the third best mark among Big West players.

Complementing Gomez in the backcourt, freshman guard Darius Brown II

produces a play-making boost with 5.1 assists per contest, another first place in the Big West.

While Irvine is UCSB's biggest threat on the defensive end, the Matadors are certainly the top threat on offense with their harrowing attack.

CSUN ties UCSB in first with 77.8 points per game while passing the ball better than any other team in the Big West.

The only thing holding CSUN back? Its sluggish defense. The Matadors are last in opponent field goal percentage, allowing a massive 82.9 points per contest.

## UC Davis Aggies

Sitting in dead last, the Aggies have suffered a heart-breaking year. Heading into 2018-19, Davis had eyed a repeat crown as Big West regular season champions.

UCD comes into conference play with a 4-10 overall record, a steep drop-off from their 9-5 non-conference record at this point last season.

The Aggies returned every starter from last year's first place roster, but the results are drastically different.

Davis hasn't won a game on the road this season, going a shocking 0-7 when playing away this year.

With senior forward AJ John out with an injury half-way through the season, senior guard and 2017-18 Big West MVP TJ Shorts II is left to bear the scoring burden.

His 14.2 points per game just haven't been enough to carry the Aggies' struggling offense, which scores only 62.9 points each contest, the least in the Big West.

Another player who has seemingly regressed from last

season is senior guard Siler Schneider.

Schneider so far is averaging 3.9 points less than he did last season, and he's been shooting the three ball about .05 percentage points worse as well.

Both Schneider and Shorts will have to at least return to their averages from last year if they hope to have a chance to make a splash in the Big West.

The lack of production from their veterans seems to be affecting the rest of the squad as well. As a team, the Aggies have trouble shooting from deep and have been unable to match teams on the boards with a -3.6 rebounding margin, another Big West Conference low.

On paper, the Aggies should be a fierce competitor with 2017-18 Coach of the Year Jim Les at the helm.

But on the hardwood, finding points have been slim pickings, something they hope will turn around come Big West play.

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But on the hardwood, finding points have been slim pickings, something they hope will turn around come Big West play.

## Cal State Fullerton Titans

Coming off of a Cinderella Big West Tournament last season that ultimately landed them in March Madness, Fullerton loaded its front half of the season with difficult matchups throughout.

However, this year Cal State Fullerton has struggled boasting just a 4-10 overall mark and lost its conference opener against Hawai'i 79-68.

The Titans have a pair of two of the most effective scorers in the Big West as senior guards Kyle Allman Jr. and Khalil Ahmad pose significant threats to any defense. Allman Jr. adds 18.5 points per game while

Ahmad follows close behind with 18.2 on average.

With junior forward Jackson Rowe averaging 7.2 rebounds per game in the post, the third most in the Big West, Fullerton seems to have all the bases covered.

So, the lingering question remains: what the heck is this team doing wrong? My answer: playing teams that are, quite simply, better than them. Fullerton gets little to no production from its offense, barring the three aforementioned starters.

Yet, with a dangerous offense, don't count out the Titans. CSUF looks like the ideal team to impede a

playoff-hopeful team with its dynamic scoring duo, so make sure to remember the Titans when they face off against top teams in the Big West.

Came alive losing a game-high 24 points while getting help from Rowe and Allman who were also in double figures. For the majority of the game, CSUF hung in hard down just four with three minutes to play, but ultimately it could not stop Hawai'i.

So while Fullerton has the offense, it needs to boast an equal defense if it hopes to repeat as champs.

CSUF will continue its season against UC Irvine on Saturday.

## UC Riverside Highlanders

Talk about a team that can shoot the three well.

Between junior guard Dikymbe Martin and sophomore forward Ajani Kennedy, the Highlanders have one of the most dangerous three-point duos not just in the Big West, but in all of college basketball.

Martin is the only double-digit scorer on the Highlanders with 15.9 points per game as the fifth best scorer in the conference, but he also hits on 44.8 percent from behind the arc.

As for Kennedy, the sophomore out of Moreno Valley owns the most efficient three-point percentage in the conference, shooting 56.3 percent

from deep along with his 7.5 points per game which is second on the Riverside roster.

Just a hundredth of a percent behind UC Irvine, Riverside is second in the Big West in shooting from the perimeter with 37 percent but struggles to get second chance opportunities on misses.

Nobody on the Highlanders roster brings down over 4.5 rebounds per game as UCR is the second worst rebounding team in the Big West, solely in front of last-place UC Davis.

As teams in the professional world consistently begun to move away from the

paint and mid-range to the three point line, it will be interesting to see how much success UCR will have in the college game.

Expect minimal post play while jumpers are hoisted from deep since the Highlanders shoot the most three-pointers in the Big West.

But who can blame them? With a pair of spot-up shooters like Martin and Kennedy, all eyes should be around the perimeter.

If UCR can string together enough wins to make it to the Big West tournament, they could be one hot shooting streak away from making a deep run.

## Hawai'i Rainbow Warriors

Winners of three games straight, the Rainbow Warriors have emerged as legitimate contenders to make a run for the title of Big West Champion as they currently sit in third place heading into the latter half of the year.

Now, Hawai'i has a little more confidence as conference play starts after picking up a huge win against CSUF to kick off league play.

Hawaii has a solid collective of starters that can score the ball well, as four players average double-figures in points led by junior guard Eddie Stansberry who posts 13.2 points per game following a 26-point performance against Alabama A&M.

Stansberry also came up big in the Rainbow Warriors first league win as he dropped a team-high 16 points. He received help from guard Jack Purchase who added in 14 points of his own.

While Stansberry delivers the most scoring on average, it is sophomore guard Drew Buggs who strikes with a pass-first mentality. Buggs owns the second highest assists per game in the Big West, averaging 5.0 per contest.

He had exactly five assists in Hawai'i win over CSUF.

Buggs has an array of weapons at his disposal with Stansberry running the

wing but when the Warriors look to move the ball inside, junior Zigmars Raimo is the likely recipient.

Raimo, a Latvia native, rebounds at the fifth highest rate in the Big West with 7.1 boards per game while shooting 57 percent from the field, placing him as third in the conference.

Hawaii recorded statement wins against University of Colorado at Boulder and Utah earlier in the non-conference half of the season to build up its resume and makes an underdog run for the Big West title come conference play.

Now, Hawai'i will turn its attention to CSUN as it hosts them on Saturday.

## Men's Basketball Big West Standings

**UCI** 12-4, 0-0  
4th  
Next game: at UC Davis

**LB** 6-10, 0-0  
5th  
Next game: at UC Davis (Sat.)

**CP** 4-10, 0-0  
6th  
Next game: at UC Irvine

Next game: vs Riverside  
1st

12-3, 1-0  
UCSB

Next game: vs CSUN  
2nd

10-5, 1-0  
H

Next game: vs Cal Poly  
3rd

UCR 6-11, 0-1  
7th  
Next game: at UCSB

6-11, 0-1

Next game: vs CSUN  
8th

4-10, 0-1

Next game: vs UC Irvine  
9th

# 2018-2019



## WOMEN'S BASKETBALL PREVIEW

Stats accurate as of 1/09

### UC Santa Barbara By Brandon Victor

Anytime the UCSB women's basketball team takes on Cal Poly, the stakes are already high. And with the Gauchos looking to secure their first win in Big West play the tensions will be even higher.

When the two struggling sides meet up on Saturday in San Luis Obispo--both desperate for their first conference victory--the stakes will be even higher.

Despite Santa Barbara entering the game with a 3-11 record, the team has begun to show major signs of improvement in recent weeks.

After knocking off San Diego State in December, the Gauchos have dropped both of their last matchups by merely single digits, including a valiant 73-65 defeat in the Big West opener against CSUN. That game in particular displayed the growth of the young Gauchos side, with the team keeping the game close throughout despite junior Coco Miller--the team's leading scorer--shooting only 2-17 from the floor.

Santa Barbara's offense--the biggest culprit for the team's slow start--has seen an uptick since sophomore guard Danae Miller came back from injury. Danae's four assists per game leads the team, and her speed has allowed the Gauchos to play more in transition, leading to easier baskets.

In their last game against CSUN, Head Coach Bonnie Henrikson opted to tighten up the rotation, playing both Danae Miller and Coco Miller for almost the entire game. While the Gauchos scored 73 points in that game, the bench contributed only 11 of those points--with all 11 coming from junior forward Tal Sahar. As conference play continues

and fatigue becomes more of a factor, Henrikson will need greater production from her bench if the Gauchos hope to stay competitive.

Only one game into conference play, it's risky to call any game a must-win matchup. Still, for two teams that have struggled mightily throughout the season, a win on Saturday will aid greatly in getting their season back on track. Given both teams' offensive struggles and defensive prowess, expect a low-scoring affair on Saturday where 60 points may be all that's needed to secure the win.



ANGIE BANKS / DAILY NEXUS

### Cal Poly Mustangs

By Brandon Victor

The Cal Poly women's basketball team enters Saturday's match just as desperate for a victory as any other Big West team after getting thumped at home by UC Irvine in their conference opener 75-59.

On the season, Cal Poly comes in with a 3-9 record, with only two of those victories over division I opponents.

Similarly to the Gauchos, the Achilles heel for Cal Poly all season has been their offense, with the team scoring only about 60 points per game.

Recently, however, the Mustang's offense has been slightly more potent since the return of graduate transfer Hana Vesela from injury.

In her three games this season, Vesela has averaged almost 11 points per game. As she gets more acclimated to the team's offense, her offensive output should continue to increase even more.

Saturday's game will be a battle of two nearly identical teams

when it comes to play style. Both teams look to play inside out, featuring their big on the inside to swallow up rebounds and finish off easy layups. For the Mustangs, sophomore center Devin Stanback leads the team with 13.6 points per game while shooting an impressive 51 percent from the floor. For Santa Barbara, junior center Natalia Bruening has essentially played the same role, scoring 10 points per game while shooting 50 percent from the floor. Imperative to both team's success on Saturday will be their stud center staying out of foul trouble--an issue that in particular has plagued Bruening throughout the season.

Cal Poly also excels on the boards; despite their overall struggles, they have consistently outrebounded their opponents throughout the season. For a Gauchos team that prefers to play with four guards, it will be imperative for them to box-out and limit any easy second chance opportunities for the Mustangs.

### Long Beach State 49ers By Brandon Victor

Despite being picked to finish fourth in the Big West preseason poll, Long Beach State struggled significantly in non-conference play. With both an anemic offense and an undersized core that has been dominated on the glass, LBS limps into conference play with a 3-10 record.

Led by sophomore guard Shanajah Davison's 14.8 points per game, Long Beach State averages fewer than 60 points per game. Even Davison -- a preseason All-Big West pick -- has struggled with her efficacy, shooting only 37 percent from the floor despite taking almost 15 shots per game. When Long Beach has been able to

keep it close -- with five of the team's losses scoring in the single digits -- the team has been sunk by its 59 free throw percentage.

While Long Beach has played with a relatively solid defense -- they currently hold opponents to 43 percent from the floor -- their Achilles heel all season has been their lack of rebounds. On average, Long Beach State has been outrebounded by 16 rebounds per game, allowing their opponents to have second-chance opportunities despite their solid initial defense.

Still, they will enter conference play with a bit of momentum on their side after winning their last two non-conference match-

ups, including a 50-48 victory over Utah State in their last game.

During that game, graduate transfer forward Cydney Kinslow made her season debut after sitting out the first 12 games injured, and immediately made her presence known by grabbing nine rebounds in 37 minutes.

The addition of Kinslow should help Long Beach play more competitively.

Though Long Beach State has struggled most of the season, don't be surprised if Davison cleans up her offensive efficiency and leads the team to a .500 record in the conference.

### UC Irvine Anteaters

By Jorge Mercado

The UC Irvine women's basketball team was selected to finish in third place by the Big West preseason poll with only sophomore forward Jordan Sanders earning a spot on the preseason All-Conference Team.

Now, 13 games and one league match into the season, there is no doubt that the Anteaters are the team to beat thus far into conference play.

Currently, UCI is at the top of the Big West conference with a 1-0 league record and, more importantly, an 11-2 overall mark.

One of the Anteaters two losses came against a very tough Oregon team ranked No. 5 in the country but the other came against a much weaker San Diego State team that is just 5-8 on the year.

SDSU did beat two other Big West programs in Hawai'i and Cal State Fullerton but lost to UC Santa Barbara.

Regardless, UC Irvine is the only team in the league thus far to have double digit wins and that is in large part to the performance of Sanders who is averaging an astonishing 21.1 points per game.

That is not just the best mark on her team but the second best average in the Big West sitting just behind UC Davis' Morgan Bertsch.

Sanders also leads her team in rebounds per game with 5.5 boards per contest.

She also receives help from fellow teammates Lauren Saiki and Andee Ritter who both average double figures in points per contest.

With three stud players on offense, UC Irvine hopes it can continue its great start to the year and possibly earn a Big West title.

UC Irvine takes on CSUN on Saturday at 2 p.m.

### Cal State Northridge Matadors

By Kunal Mehta

Cal State Northridge women's basketball team is currently 7-8 on the year and will look to get back to .500 as they played their second game of the conference schedule.

It has been an up and down year for the Matadors but they were able to pick up a win in their most recent matchup against UC Santa Barbara.

They are led by senior center Channon Fluker who is averaging a double double on the year with 16 points and 11 rebounds. She also leads the team with the highest field goal percentage from the field with 48.3 percent.

One of the problems that the squad has faced this year is that they lack a consistent second scorer behind Fluker. With no one on the team averaging double figures besides Fluker, it has been difficult at times for them to put up points consistently. With them in the midst

of conference play, it will be crucial for a second scorer to emerge in order to keep opposing defenses from keying on Fluker in the paint.

On the flip side, CSUN has been very impressive on the defensive end of the floor as they have held opponents to just 38 percent from the field. Much of that can be attributed to the consistent ball pressure which has led to opposing offenses struggling to find the bottom of the net.

In order for the Matadors to turn their season around, they will need to find more ways to score the basketball, which also means that they must improve their three point percentage. With more consistent from behind the three point line, it will help keep defenses honest which will lead to easier shots for every player.

CSUN is back in action at UC Irvine where they will look to pick up their second win in conference play at 2 p.m.

### Hawaii Rainbow Wahine By Jorge Mercado

With Big West play in full effect, the Hawai'i women's basketball team is set to bounce back following a tough league opener loss to Cal State Fullerton.

Overall, Hawai'i has struggled all year long boasting just a 4-10 overall mark to this point in the season.

Additionally, the Rainbow Wahine are just 1-4 away from their home court.

Luckily, they will return home for a quick two-game stretch with matches against UC Davis and Cal State Northridge.

Just recently, Hawai'i had won three straight games with two coming against well known division I programs but it is now losers of three straight. It's last two losses have been by a combined five points.

Coming into conference play, the Rainbow Wahine were hoping to turn around this season and, despite a loss at the Cal State Fullerton, they still played a great game.

On Jan. 5, the Rainbow Wahine scored 68 points which was their third highest point total this season.

Hawai'i's big scorer in that game was redshirt sophomore forward Amy Atwell who came up huge. She scored a career high 25 points in just 16 minutes with 18 of those points coming in the second half alone.

For the season, Atwell averages just four points a game, even after that terrific coming out party. With an increased role maybe she can be a factor this team needs to turn it around.

For now, the Rainbow Wahine will hope to continue relying on junior forward Makenna Woodfolk who leads the team in points per game with the only player in double figures at 11.8.

Unfortunately, in the last three games she has averaged just three points per contest.

Hawai'i will host UC Davis on Saturday at 1 p.m.

### Cal State Fullerton Titans

By Jake Ciccone

The Cal State Fullerton women come into Big West play in 2019 one year removed from finishing last in the conference, missing out on the Big West Tournament and losing 12 out of their final 13 games.

Right now, however, their season is moving in a totally different trajectory, as they are currently sporting a 9-5 record and have won seven of their last eight contests -- including a win over Hawai'i in their conference opener.

The Titans have a roster that contains a mixture of upperclassmen and underclassmen that provide valuable contributions to the squad. Four players are scoring in double figures on the season and that group is led by redshirt senior Daeja Smith, whose averages of 13.8 points per game and 9.7 rebounds per game rank fifth and second in the Big West, respectively.

In addition to Smith, one of the keys to Fullerton's early season success has been the playmaking ability of their back-

court duo. Raina Perez and Jade Vega both average double-digit scoring numbers to go along with their averages of five-plus assists per game, each.

Perez and Vega rank second and third in the Big West in assists per game, giving Fullerton added versatility as the two players are capable of handling the ball and playmaking for others on the floor. The ability that Perez and Vega have to score and assist the ball complements the inside scoring game of Daeja Smith and makes their team as a whole extremely difficult to guard.

The Titans finished in last place a season ago and were yet again picked to finish last according to the Big West preseason poll, but with the improved play of their returning players and the addition of some elite newcomers, Fullerton will look to turn the tables on the conference and show everyone that they can be a legitimate force in the Big West.

### UC Riverside Highlanders

By Richard Benites

Conference play for women's basketball is now in full effect, as the second fixture for UC Riverside's Big West campaign is set for this Thursday.

Coming off a close 59-67 defeat to UC Davis, for their first Big West confrontation, the UC Riverside Highlanders will look to improve as the young conference schedule begins to ramp up.

So far through the season, the Highlanders find themselves at a 6-9 overall record; enough for a .400 win percentage.

Signs point upwards, however, as the team evenly split their game schedule in the month of December, snagging a couple of road wins along the way.

Although, they'll want to find their rhythm as soon as possible considering they dropped their first conference matchup of the new year.

UC Riverside's redshirt junior guard, Jannon Otto, leads all scorers on the team with 19.5 points to her name so far through the season; that's a 13 point per game average. Playmaking seems to also run through her as she also leads her side in total assists with 47.

Close behind Otto, in scoring, is junior forward Marina Ewodo.

Featuring as the squad's premier rim protector, Ewodo leads all her teammates in blocks, with 33, as well as rebounds, with a total of 107.

Together, these two tend to be at the top of opponents' game plan as they play such a crucial part on the team this season.

In terms of conference performance, UC Riverside finished as a middle of the table team in Big West standings last year; ending their campaign with a 6-10 overall record in conference play, good enough for the sixth seed in the playoffs.

However, they did perform very well during the postseason, making it as far as the semifinal stage; ultimately giving the No. 1 overall seed, UC Davis, a nail biter of a game after falling just short by a final score of 46-49.

As far as this young year goes, their 0-1 start places them in sixth place once again.

Expectations are high however, as a better league finish can set up yet another surprising playoff run for the Highlanders.

Next up on UC Riverside's schedule is another Big West bout, this time against Long Beach State, who is 3-10 on the year.

This will be Long Beach State's first Big West matchup, but the Highlanders should have a slight upper hand entering this one.

UC Riverside hosts Long Beach State this Thursday, January 10th, in the SRC Arena at 7 p.m.

### UC Davis Aggies

By Spencer Ault

They're the two-time defending regular season Big West champs. They've lost just four regular season Big West games in the last two years. They've got the fifth-leading scorer in the nation. They've won six games in a row.

The UC Davis women's basketball team is the team to beat in the Big West. That's been the case for a couple of years, and a slow Aggie start isn't enough to change that this year.

UCD, now 9-5 and 1-0 in the Big West after beating UC Riverside, started this season 0-3. That mark included a blowout loss to then-no. 7 ranked Stanford and tough losses to Pacific and Portland State.

That start seems to be in the past now for head coach Jennifer Gross's squad.

The eighth-year coach has guided her team and steadied the ship, even despite some key graduations from last year's group.

On the court, the turnaround has largely relied on the back of Morgan Bertsch, a 6' 4" senior forward who's fifth in the NCAA, is the leading scorer in UC Davis program history.

As Bertsch goes, so does the Aggie's offense. That hasn't been a problem considering the senior's production, but it gives opponents an obvious point to focus on.

Point guard Kourtney Eaton has been the woman in charge of feeding Bertsch, a job the four-year starter and the program's all-time assist leader has performed capably with 5.1 assists per game. Junior forward Nina Bessolo works as Bertsch's scoring complement with 9.3 points and 4.1 rebounds per game while sophomore Cierra Hall leads the team with 6.9 rebounds per game.

Compared to the rest of the Big West, the Aggies love the three-ball. UCD has put up 333 threes so far this season, more than any other rival school. Only UCSB comes close with 331, and the Gauchos' 26.1 percent mark from deep pales in comparison to UCD's 32.4 percent.

All that shooting and all those points -- the Aggies are second in the Big West in points per game at 71.4 -- hasn't come at the expense of their defense. UCD has given up just 62.5 points per game, again second in the conference, and are holding opponents to a Big West-worst 36.5 points per game.

UC Davis is rolling on both ends of the court right now as they begin to defend their crown again. It's hard to bet against them.

Big West Prediction: UC Davis (Hard to bet against the champs when they've got the best scorer and maybe the best defense).

## Women's Basketball Big West Standings

<b>7-8, 1-0</b> Next game: at UC Irvine <b>4th</b>	<b>3-10, 0-0</b> Next game: vs UCR <b>5th</b>	<b>6-9, 0-1</b> Next game: at LBSU <b>6th</b>	<b>4-10, 0-1</b> Next game: at UC Davis <b>7th</b>	<b>3-9, 0-1</b> Next game: at LBSU <b>8th</b>	<b>3-11, 0-1</b> Next game: at UCSB <b>9th</b>
<b>13-1, 1-0</b> <b>1st</b>	<b>9-5, 1-0</b> <b>2nd</b>	<b>9-5, 1-0</b> <b>3rd</b>	Next game: vs. CSUN	Next game: at UC Davis	Next game: at Hawaii

# ARTSWEEK

## Artsweek's Favorite Albums of 2018

Antonio Morales  
Staff Writer

The last 12 months in music can be labeled the year of the statement. In 2018, artists broke down their own personal barriers to share full-length declarations of love, loss and struggle – showing both depth and versatility. Upon weeks of reflection, and the start of the new year, here are 10 of the best albums of the year.

### 7 by Beach House

Dedicated to the indie population, *7* encapsulates Beach House's best transcription of musical emotions. The duo spins dreamy synths and rock instrumentals to dazzle listeners from track to track, while the album progresses in an immaculate motion. Beach House comes through with a refreshing level of experimentation that sculpts together a new sound which establishes them as progressive innovators.

### Daytona by Pusha T

G.O.O.D Music rapper Pusha T has had an eventful year, partly due to the fact that he has been in a back-and-forth battle with music industry Goliath, Drake. Nevertheless, his choice of battle is what makes Pusha T so undeniably addictive to listen to and in *Daytona*, an entirely Kanye West-produced project, Pusha T continues to prove just how ruthless he is. Throughout the seven-song tracklist Pusha T utilizes his nonstop arrogance in order to fine-tune a flow that makes his dark voice intoxicating. On *Daytona*, we are given unmerciful bars that solidify Pusha T as a menace of the rap game who should not be battled with.

### Isolation by Kali Uchis

Following her well-rounded record *Por Vida* in 2015, centered around eclectic jams, Kali Uchis has delivered the quintessential pop fantasy album *Isolation*. Uchis takes listeners through a surreal rollercoaster that travels through some of the most luxurious and gloomiest of landscapes. The sensual singer unravels a variety of emotions that glide along effortlessly. *Isolation* consist of dreamy melodies that accents Uchis's angelic vocals perfectly with a level of versatility that brings her into the spotlight.

### Some Rap Songs by Earl Sweatshirt

Through excellent lyricism and a unique discography with complex wordplay, Odd Future native Earl Sweatshirt has earned himself a spot in the top list of current generation rappers. As his career progresses, his music takes a darker, lo-fi approach. This is exemplified throughout his flow in *Some Rap Songs*, which remains top tier as per usual but becomes much more experimental with jazzy, minimalistic production. *Some Rap Songs* is an inward-looking compilation of work, which allows listeners to explore just exactly what is going on through the mind of Earl Sweatshirt.

### Negro Swan by Blood Orange

Blood Orange is an artistic effort created by the singer-songwriter Devonté Hynes. On his most recent project, *Negro Swan*, we are given a side of Hynes that shows his multifaceted ability to tell complex narratives and reincarnate tender sounds which are culturally significant and impactful for the black community. Hynes has shined throughout the years by lending his songwriting abilities to big name artists such as Solange, FKA Twigs and even ASAP Rocky. This time, he has used his impeccable ear for pop and songwriting abilities to create a project of his own. *Negro Swan* works to give people a collection of beautiful harmonies and sensual grooves that define Hynes as a sonically driven artist.

### Room 25 by Noname

*Room 25* is an extremely conscientious record where Noname toys with soulful sounds and finds a newfound elegance. She manages to find great power in nimble basslines and gentle string sections that support the exploration of her confidence as a young, black woman. The instrumentals are refined enough to create a wonderful flow, but not to the point where they lose their natural groove. This really is a soothing album that makes well-needed admissions to the struggles in creativity for rappers – which are often times brought upon by racial tension.

### Die Lit by Playboi Carti

While it was largely overlooked by self-proclaimed hip-hop connoisseurs, Playboi Carti's sophomore album *Die Lit* is a generational landmark in trap music. The rapper's ingenious adlib repetition along with the hypnotic production is a high point in this a new wave of refined rap minimalism. Filled with countless bangers and trap lullabies, *Die Lit* garnered a subtle buzz from fans all year. It's an addictive project, to say the least.

### Sweetener by Ariana Grande

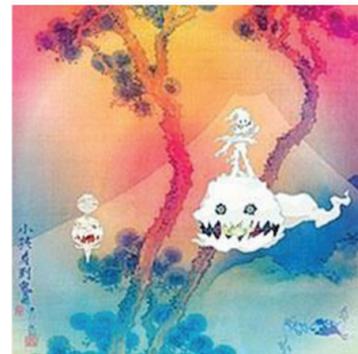
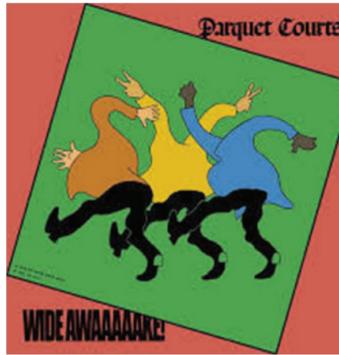
Ariana Grande is one of – if not the – biggest name in pop right now. Though she struggled with major tragedies and losses in love, she takes these moments and fuses them together to deliver a cohesive package of eccentric pop ballads. Beds of lavish and elegant strings serve to make Grande's voice voluminous and powerful unlike ever before. A skilled hand from legendary producer Pharrell helps Grande convey her fragmented emotions through spectacular vocals.

### Wide Awake! by Parquet Courts

*Wide Awake!* is a testament to the music world that punk and underground hardcore are everlasting scenes, and can be just as powerful as they were in decades past. Parquet Courts shifts punk into a new gear and gives listeners a mixed bag of accentuated riffs alongside incredible bass lines that elevate the grunge aesthetic. The band uses hints of nostalgia in a true rock-and-roll fashion.

### Kids See Ghosts by Kids See Ghosts

After months of speculation and isolating himself in Wyoming, in a matter of two weeks, Kanye West provided a back-to-back delivery of two impeccable projects which continue to solidify his instinctive production and masterful flow. On *Ye*, we are given a version of Kanye unlike those of the past. He dabbles in a diabolical approach that taps into some of his innermost demons. West explores his relationship with himself, allowing us to see a more vulnerable side. On *Kids See Ghosts*, the self-titled collaborative effort between West and Kid Cudi, West brings out an energy from Cudi unlike any other. Both Cudi and West play over West's production of monstrous samples with triumphant delivery – capturing yet another monumental project in the career of the two rappers.



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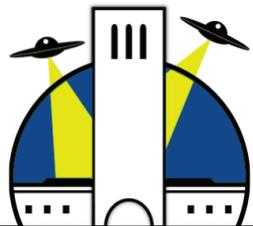
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# NEXUSTENTIALISM

Listicle, Satirical, Never Newsical



NEXUS FILE PHOTO

## UCSB Responds to CCS Break-in: We Would Never Give them Enough To Be Missing 10k

Ollie Tabooger  
Staff Writer

UC Santa Barbara's College of Creative Studies was burglarized over winter break, according to an email sent out to all of the college's students earlier this week. The college estimates the loss to be about \$10,000. Finally, after days of silence, UCSB has released a statement addressing the crime.

The university's Department of Lesser Important Crimes announced, "There is no way this is possible." Elaborating further, the department went on to say, "UCSB would never give a department that's not explicitly S.T.E.M. as much as 10,000 dollars."

Students of the college have begun developing their own theories as to what actually happened.

While there are many who believe that the burglary actually happened, there are also many who believe the

whole situation is a hoax. There are multiple students coming forward claiming that the burglary was an inside job.

A member of the CCS staff, who prefers to remain anonymous, came to the Nexus to share their side of the story. "The rumours are true," the source proclaimed, "it was an inside job." The source went on to describe how the department faked the burglary just for the money. "They wanted to replace their 1995 Dell computers with nicer 2005 Dell computers."

CCS has not released a follow-up statement, but the investigation is continuing on as normal. The Department of Lesser Important Crimes noted that the investigation was going slower than planned, though, because everyone they tried to interview from the department was, "so weird."

Ollie Tabooger didn't do it!

## How To Lose a Frat Guy in 10 Days

Chad Simpleton  
Staff Writer

Frat guys are great ... OK, maybe some of them are – jury's out on the rest. Maybe you get lucky and actually find a decent guy with letters who treats you right, or maybe you don't. Have you ever considered what would happen if you end up with a Chad, Brad, Preston or male named Taylor? God forbid you end up with a male Taylor; those ones are the worst. Who would ever name their son Taylor? It just sets them up for failure and endless ridicule by both sexes. In any circumstance, you can't always be on your A-game, and you could find yourself waking up next to a sick boi like any of these, so here are the five ways to lose a frat guy in 10 days, just like Kate Hudson did to Matthew McConaughey.

**Days 1 & 2: Tell Him His Grammar Sucks**  
It's a known fact that frat bois like to spew out some gibberish that makes it seem like they're Darwin's missing link. Ranging from "brah" to the occasional pin-headed shout that mimics a whale in labor, these guys just can't get their act or acapella right. If you call your brah out on this, he'll likely sink back into that turtle shell of a stringer and never come out of it. This is the perfect opportunity for you to walk out with your head held high, kiss your fist and touch the sky (bonus points if you don't take a shacker shirt; that kind of defeats the purpose ... porpoise? Kinda stuck on the whale thing).

**Days 3 & 4: Call Him Out on His "Gains"**  
Speaking of stringers, have you ever noticed that when a frat boi isn't sounding like a defective train whistle he's going to the gym to "get some max gains"? Here's what you gotta do to get out of the Taylor-Zone: Tell him he is a "smol boi." That's right, nothing hurts a house bro's ego like finding out he isn't maximizing his potential and putting on at least three Chads' worth of girth on them arms. Point this out to him and he'll likely start watching a playlist on how to max those

reps and hit those meal preps.

**Days 5 & 6: Refuse the Juul**

The Juul is a sacred tradition; if you turn it down, you are not welcomed back ever. FOR-EH-VER. Just like in "Sandlot."

**Days 7 & 8: Bring Up the Fact That You Hate Patagonia**

It's a near guarantee that every Brad or Chad has at least one sweater from that company (we aren't gonna talk about Taylor again). I don't care if that sweater is softer than a pacifist's spine; you have to turn it down and make a scene out of it. The minute you put it on, you're locked in and you're basically house mom. If you really want to break that boy's spirit and end things for good, tell him that ultra-light yet indescribably soothing, handmade chest hammock is uglier than the picture on your driver's license. He'll understand – all of our ID photos suck, and I still look like I belong to Serial Killers Anonymous in mine.

**Days 9 & 10: The McConaughey**

It's the final countdown – none of the other methods have worked, and we have a Stage 5 Clinger ... looks like we need to do The McConaughey. What is The McConaughey, you ask? The McConaughey is an advanced method in which you must choose one of the characters from a Matthew McConaughey movie and embody that character until your pseudo-manz gets fed up enough and leaves you. You can't break character whatsoever, for doing so will give the manz hope. The best character to do is Steve Edison from "The Wedding Planner," because he kinda looked like a dork with those frosted tips. Worst character to do is Tripp from "Failure to Launch" because he's endearing like a golden retriever with only three legs, and that just won't help anyone.

Chad Simpleton had The McConaughey done on him once, but it didn't work and now he's engaged to Rustin Cohle from "True Detective," which is unhealthy and alarming.

## DAILY NEXUS ART & COMICS



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# ON THE MENU



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## Year in Review: 18 Food Trends from 2018

Winnie Lam  
Asst. On The Menu Editor

Before we begin our food adventures in 2019, we should look back and appreciate all the dishes that captivated our taste buds last year. Take a look at 18 different trends that came out of 2018 and decide for yourself whether they'll continue or phase out in the upcoming years!

### "GUT-FRIENDLY" FOODS AND DRINK

2018 saw a rise in pickled and fermented vegetables like kimchi, sauerkraut and miso and prebiotics such as garlic and onions. The "gut-friendly" trend also applies to beverages, as many different brands and flavors of kombucha, a fermented black or green tea drink, hit the shelves. These foods and drinks became popular because of their health benefits, such as aiding digestion.

### PROTEIN-RICH SEEDS

Chia seeds, hemp seeds and flax seeds have become common additions to smoothie bowls, yogurt, oatmeal and plenty of other foods. They add a nice unique texture to whatever you put them in and they're highly nutritious!

### ROLLED ICE CREAM

Thai rolled ice cream gained popularity because of its fun method of preparation. A milk and cream mixture is chopped and stirred on an ice pan until it solidifies and is then rolled and decorated with tons of fun toppings such as pretzels, cookies and whipped cream.

### MATCHA

In 2018, it seemed like almost every cafe or dessert spot had matcha on the menu. From matcha soft serve to matcha lattes, this green tea powder has dominated the dessert world. Since one serving of matcha tea is the equivalent of 10 cups of regular green tea, it's sure to keep you awake and it even has more antioxidants than loose leaf tea for that health boost we all need.

### HAND-MADE BOBA

A few boba shops elevated their game in 2018 by hand-making their own boba in-house. By making boba from scratch, a variety of different flavors, like taro or black sesame, can be incorporated into each tapioca ball, making your drink even more flavorful.

### ACAI BOWLS

It's no doubt that acai bowls grew in popularity, even more so than previous years. Acai bowls are a quick, tasty snack you can grab from a local cafe, which makes it good to satisfy your cravings and spruce up your Instagram feed. 2018 saw the addition of new flavors for smoothie bowls and a variety of different toppings.

### HOT POT

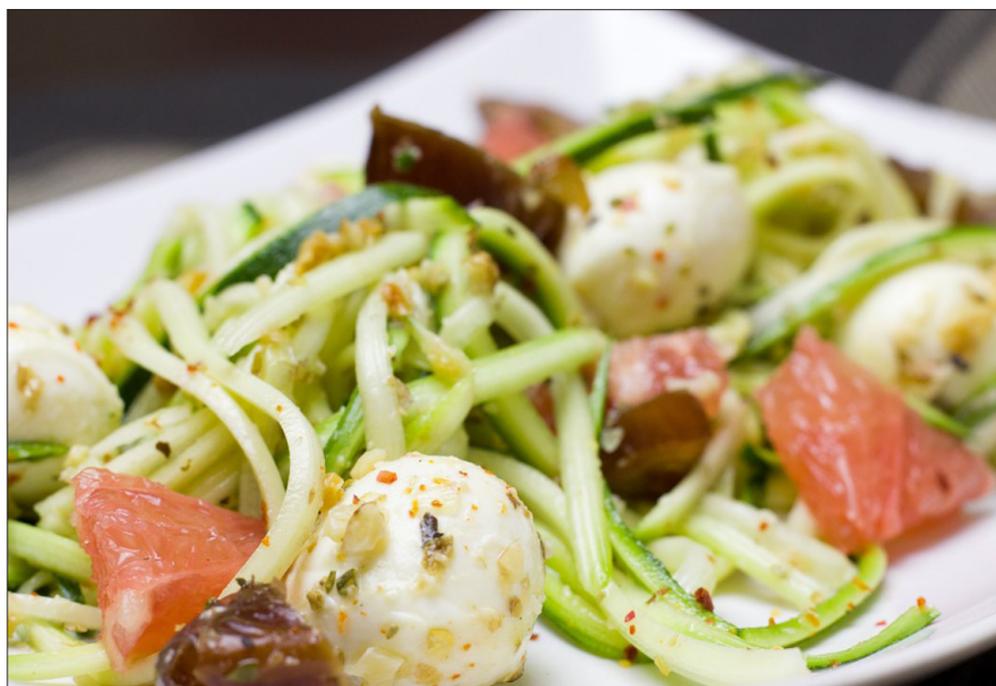
Hot pot soup rose in popularity, especially during the chillier months, because of its wide array of flavor options. You can customize anything from the flavor of your soup to the types of meats and vegetables in your hot pot. UCSB students definitely experienced this food trend with the grand opening of not one, but two new hot pot restaurants in the area.

### PLANT-BASED CUISINE

As people became more health-conscious, they leaned more toward a plant-based diet based on foods made from vegetables, whole grains, seeds, nuts and fruits. Restaurants picked up on this trend and introduced more plant-based options in their menus, as plant-based cuisine is often high in fiber and provides many health benefits.



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### ZERO-WASTE COOKING

Sustainability was a big issue in 2018, so cooks and restaurants tried to incorporate no-waste cooking into their meals. "Nose to tail" cooking means using as many parts of an animal as possible to reduce waste and while we saw a lot of this, plants were also included this year, subsequently termed "stem to leaf" cooking.

### HOUSE-MADE CONDIMENTS

Heinz Tomato Ketchup will always be a favorite, but house-made chipotle mayo and Sriracha-infused ketchup innovated the condiment industry in 2018. Restaurants whipped up their own unique creations to pair with fries, burgers and much more. With this many new creations and combos, the possibilities are endless.

### STREET-FOOD INSPIRED DISHES

Many restaurants offered an elevated twist to classic street foods like tacos and hot dogs. Restaurants often fuse flavors from different cultural cuisines to make a unique creation and provide customers with street-food cuisine at a sit-down restaurant.

### CARB SUBSTITUTIONS

With the increasing use of vegetable spiralizers, carb substitutions gained a lot of popularity since they could be incorporated into pasta dishes and many other classic meals. This is perfect for people on a low-carb diet and will surely become more common in upcoming years.

### UGLY PRODUCE

2018 saw the start of the ugly produce movement, as companies like Imperfect Produce advertised their delivery boxes filled with flawed vegetables and fruits for low prices. Purchasing imperfect produce reduces food waste and saves billions of gallons of water.

### MICROGREENS

Microgreens are harvested after sprouting and in 2018 they were used largely for a visual component in many dishes. Their delicate texture and vibrant colors made it perfect for photos and help any dish look both healthy and tasty.

### OVERNIGHT OATS

Overnight oats gained popularity last year because of their convenience and customizability. It's perfect to make the night before a busy morning and you can add fruits, nuts and seeds as desired.

### UPGRADED CHICKEN AND WAFFLES

In 2018, fun creations like popcorn chicken in waffle cones and chicken and waffles on a stick gained attention on social media for their unique twists on one of our favorite sweet and savory combos.

### SOFT SERVE

While a classic vanilla cone is sure to satisfy our sweet tooth, a variety of different soft serve flavors reached the market in 2018 and took the ice cream game to the next level. Some of these funky flavors include activated charcoal, ube, watermelon and corn. Many dessert shops even swirl different flavors together for double the fun.

### FILLED DOUGHNUTS

Many boutique doughnut shops popped up in 2018 with unique flavors and fillings. Some include Nutella-filled doughnuts, s'mores doughnuts and cereal-covered doughnuts.

# SCIENCE & TECH

## UCSB Researchers Help Develop New Technique to Detect Changes in Bone Structure

Jacqueline Wen  
Science Editor

Our bones constantly form and absorb bone tissue throughout our lives. What becomes worrisome is when we have a progressively greater loss of bone density as we age, which could lead to osteoporosis. A disease that causes the deterioration and fragility of bones, osteoporosis increases the risk for bone fractures.

While it affects over 10 million people over the age of 50 in the United States and millions more around the world, osteoporosis oftentimes isn't diagnosed until one has already experienced a bone fracture. The bone disease is typically tested for by measuring bone mineral density (BMD), which assesses the amount of calcium and other minerals in bones.

However, some studies have indicated that BMD may not be well correlated with predicting fracture risk as there is significant overlap in BMD between healthy individuals and those with fractures. Still, BMD in conjunction with measuring the architecture of trabecular bone itself can provide a fuller picture of bone strength.

"That's the origin of the project, is to be able to combine this new clinical technique to probe the structure of bone, to validate this technique and identify some markers of the bone structure that can be used to potentially classify whether bone is healthy or osteoporotic," Chantal Nguyen, a graduate student in the UC Santa Barbara Department of Physics, said.

Along with her advisor, Jean Carlson, Nguyen partnered with local medical imaging startup bioProtonics to consult and assist in validating the ability of the magnetic resonance technique the company developed – called  $\mu$ -Texture – to probe the texture of various biological tissues at the micron level ( $\mu$ ).

Their study "Novel magnetic resonance technique for characterizing mesoscale structure of trabecular bone" has been published in the journal *Royal Society Open Science*. To help determine parameters for diagnostic data related to various biological tissues, the researchers started out with bone.

"It's easy to see the difference between bone and not bone in a structure, so it's an easier tissue to start off with to study," Nguyen said. "The differences in the structure of bone are easier to resolve."

There are two types of bone in the body: cortical bone and trabecular bone. The harder and denser cortical bone forms an outer protective layer that encases trabecular bone. Mostly found in the interior of vertebrae and the femur, trabecular bone consists of a "spongy" web-like structure of connected struts and rods called trabeculae. With age, the trabeculae will erode and perforate and is associated with diseases like osteoporosis.

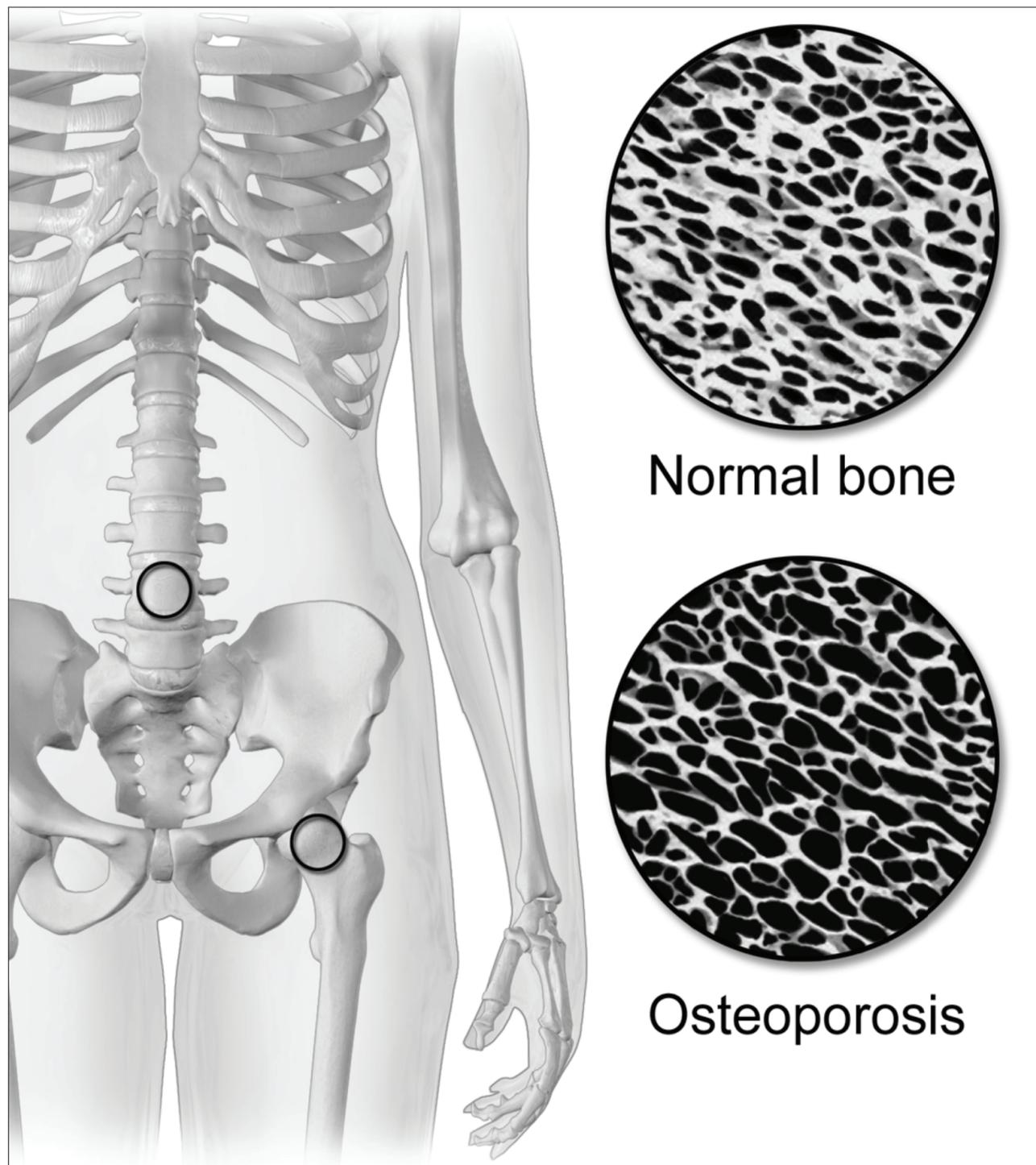
Micro-computed tomography (micro-CT) is the leading method for imaging bone and other tissues at high resolutions. However, micro-CT involves a high level of radiation, preventing its usage on humans in vivo and instead restricting it to small animals and isolated samples.

One method that could be used to image the living human body is magnetic resonance imaging (MRI) though it also faces limitations. MRI cannot achieve the same quality of resolution for bone imaging due to challenges of motion. It takes longer to be able to generate an image than with micro-CT and even involuntary movements from a patient, such as the heart beating or involuntary twitches, can negatively affect the resolution.

The  $\mu$ -Texture MRI technique doesn't actually image the body but samples a region of tissue in question by acquiring data from frequency values relevant to the structure of the tissue, Nguyen said. By taking fewer measurements,  $\mu$ -Texture is able to overcome these motion limitations. It can still produce high-resolution data that can help in diagnosing and monitoring diseases without the need to acquire an entire 2-D magnetic resonance image.

"What  $\mu$ -Texture does is it picks out which frequency values are most relevant to the structure that you're going to probe to then convert that back to images you can see. So it takes that data in a shorter amount of time, and the hope is with that data we're able to determine some sort of markers that tells us whether a bone is healthy or diseased," Nguyen said.

"The idea of probing bone texture is not to actually look at or measure the density of bone, because this is a technique of probing bone that is completely distinct from BMD testing," Nguyen continued. "We don't want to measure bone density or acquire just a simple bulk measure of how much bone is



Courtesy of Wikimedia Commons

Osteoporosis is a condition characterized by low bone density, resulting in bones becoming porous and thin and increasing the risk of bone fracture. While osteoporosis can affect any bone in the body, the most common sites are the spine, hip and wrist.

there, but to actually be able to probe textures, to be able to get markers from this web of struts and see if we can extract information about how thick the struts are, how many struts there are. Some sort of finer detail measures than just 'there's this much bone, period.'"

With the  $\mu$ -Texture technique, the researchers calculated a ratio metric that could distinguish osteoporotic from healthy bone characteristics to identify potentially osteoporotic bone.

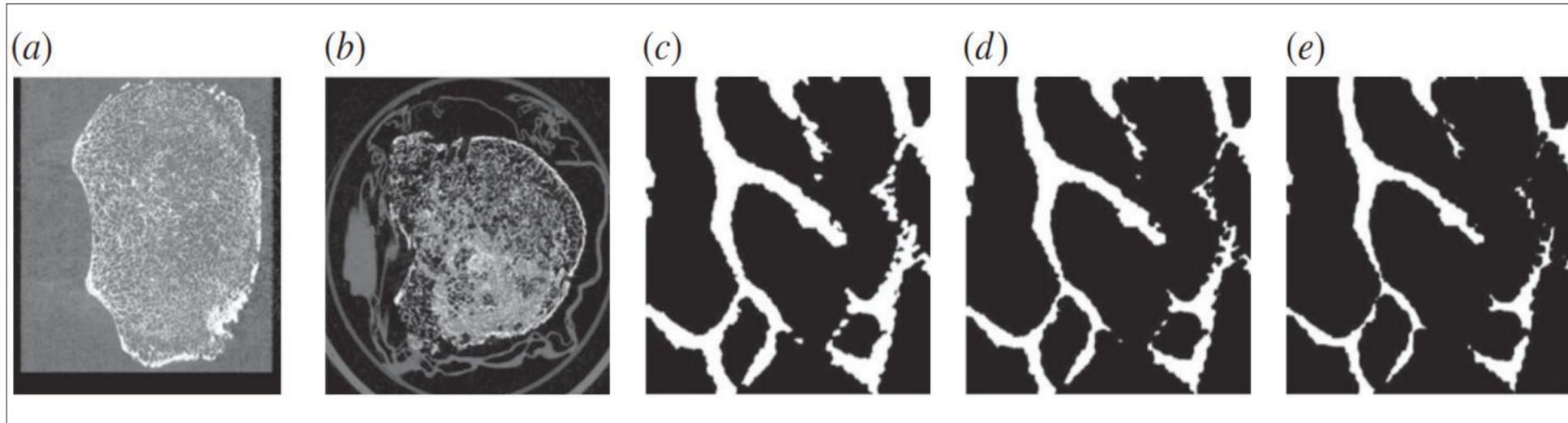
One potential limitation is that there are certain wavelength frequencies of trabeculae that the  $\mu$ -Texture cannot probe. Nonetheless, the  $\mu$ -Texture technique shows much potential as a rapid, non-invasive method to improve detection and monitoring of bone disease.

While this study focused specifically on trabecular bone, the  $\mu$ -Texture method can be applied to other biological tissues. It can be used to probe the texture of brain tissue – specifically

to detect the onset of diseases like Alzheimer's, which is marked by the degradation of the neuronal architecture of the brain.

"This technique is, in theory, able to be applied to, for instance, the lungs and the heart, and is able to detect the growth of tumors as well. It can be used for any tissue that exhibits sort of textural changes with the onset of disease," Nguyen said.

"The ultimate goal is to be able to implement it clinically. If you're already going to be getting an MRI scan for whatever reason, you could append this  $\mu$ -Texture procedure at the end of that. It would be very short. Within the context of osteoporosis, the idea is to be able to detect the onset of osteoporosis as early on as possible so that you can implement new lifestyle changes to try to slow the onset of disease."



Courtesy of Royal Society Open Science

(a) and (b) show example raw micro-CT image slices from vertebral body slices, with (b) displaying signs of osteoporosis. (c) exhibits a baseline healthy section of a micro-CT image, and (d) and (e) exhibit the same section at increasing stages of simulated osteoporosis.

# OPINION

## A Revived Relationship With Food

### How Studying Abroad Changed My Eating Habits and My Life



Miya Herzstein  
Opinion Writer

Growing up, I never put too much thought into the food that I ate. Of course, I kept in mind that salads were a healthy alternative to hamburgers, but I nevertheless enjoyed late nights at In-N-Out with my friends from time to time. I ate primarily balanced meals at home and enjoyed dessert in moderation. My day-to-day life was always filled with physical activity. I rode my bike five miles to school every morning, dog-walked four times a week to make a little extra money, taught children's dance classes and then took my own classes as well. On weekends, I would take hikes with my friends and family as well as go running atop the hill behind my house. Thus, I never put too much thought into the foods I was eating because all of my physical activity balanced out the food that I would consume.

Going to college was the first time in my life that I would be living away from home. I would now have many new responsibilities, one of them being managing my own food. Fully wary of the freshman 15, I decided to pay close attention to my diet and exercise routine in order to avoid falling into this common fate.

In the beginning, my plan bore nothing but favorable effects. I ate fruit with my breakfast each morning and made sure to balance every lunch and every dinner with a salad. I enjoyed checking UCSB NetNutrition before serving myself in the dining commons, just to be knowledgeable about the ingredients I was putting on my plate. I began drinking more water and tried to exercise every other day. These were all positive changes in that they got me into a healthy routine among a time of such great change. My skin became clearer and I no longer fell into exhausted slumps after eating as I sometimes would after consuming those heavy In-N-Out burgers. I had never really paid attention to nutrition while living at home, so I felt a mature sense of agency through being able to control the way in which I was powering my body.

While these were positive changes to begin with, the goodness was not to last. My careful attention grew into an all-encompassing obsession that bled into every aspect of my life in innumerable negative ways. The health-conscious decisions that started as choices became rules to be followed at all costs: Always drink coffee before breakfast to suppress appetite. Never eat meat. If there is a low-cal alternative, always choose it. Bread, pasta and



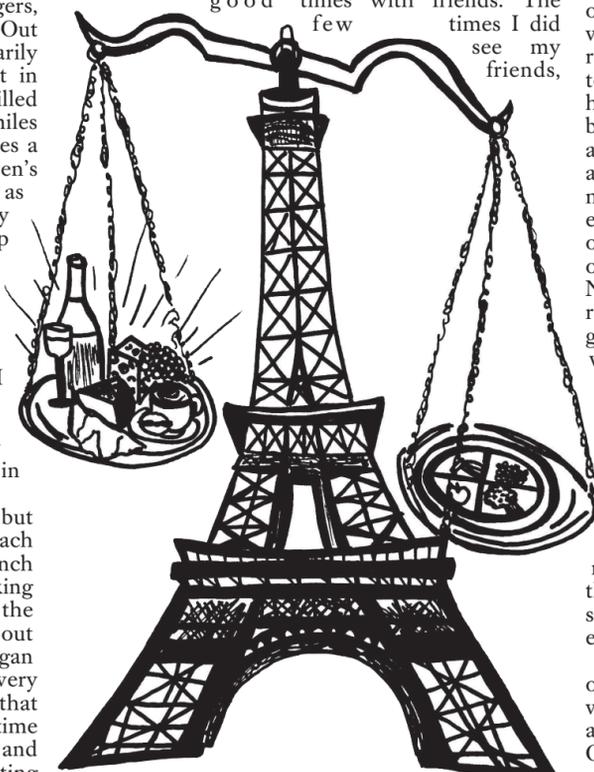
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and rice are all absolute no's.

Checking NetNutrition became the definitive criteria for picking a dining hall. If my friends invited me to Ortega but Carillo served more balanced options, I would formulate some lie explaining why I could not join them, then walk all the way around the lagoon alone in order to eat a light meal of low-calorie polenta topped with microgreens. I was never one to skip class in high school, nor at the beginning of college. However, as my fixation progressed, my priorities began to change. If I knew that I would be expected to eat cake for a friend's birthday that evening, I would skip class in order to make time to exercise so that what I burned would balance out what I ate.

Weighing myself became as much a part of my daily routine as brushing my teeth. I tracked every calorie I ate down to a pinch of vegan parmesan atop my zoodles. I fidgeted throughout all my lectures because sitting still meant minimal calorie burn and minimal calorie burn was bad. When not in lecture, I could be found on a Rec Cen elliptical, pushing my undernourished body to its max. Though I was already quite lean upon entering college, by the end of my freshman year, I had lost 15 percent of my body weight.

Although these behaviors arose when I went away to college, they did not cease when I returned home for the summer. I remember getting invited to a pizza party by a dear high school friend. Although I had no plans for that evening and had not seen my high school friends in six months, I declined the offer. I valued saving the calories by staying home alone more than sharing pizza and good times with friends.



JESSICA BIXBY / DAILY NEXUS

they noted my weight change and concernedly questioned my well-being. I blamed the "pesky dorm plague" for my lack of appetite.

I knew that my tendencies were detrimental to my everyday life, but I was so fixated on the number on the scale that I didn't care. I stopped getting my period, stopped enjoying spending time with friends and stopped caring about things that were non-food-related.

There was one thing, however, that my fixation did not destroy: my dream of studying abroad. After only a few days in Paris for a family vacation when I was 10, I became infatuated by the French language, music and way of life. Since then, I aspired to spend my junior year of college sipping warm espressos reading *Le Petit Prince* in cozy cafés.

I was struck with elation upon receiving my acceptance email from the UC Education Abroad Program (UCEAP) for the University of Bordeaux's study abroad program. In a few short months, my decade-long dream would finally materialize. Yet, before departing, I would have to fill out all the mandatory paperwork, one of which was the housing preference form. My options were single apartment, shared apartment and homestay. Pondering these options, my head began to swirl. I knew that living in a homestay with a French family would be the best way for me to truly experience the French culture in which I so yearned to be immersed. However, choosing a homestay meant living by *someone else's* rules, adhering to *their* schedule and, by all means, eating *their* food. I shuddered at the idea of willingly forfeiting my diet of kale smoothies, cauliflower rice and tofu scrambles for the rich, creamy, meat-heavy, veggie-lacking French cuisine.

Despite my fear of gaining weight and renouncing all the "healthy changes" I had made during my first two years of college, I did not want to let my obsession tarnish my long-held dream. I checked the homestay box on the form, then closed my



I knew that my tendencies were detrimental to my everyday life, but I was so fixated on the number on the scale that I didn't care. I stopped getting my period, stopped enjoying spending time with friends and stopped caring about things that were non-food-related.

laptop with trembling hands.

When I arrived at my homestay, I walked into a home very different from what I was used to; it was exactly what I had dreamed of and more. My host mother's dwelling was classic *Bordelaise*, crafted of white limestone and furnished with sun-faded vintage wood. Verdant plants surrounded the living room piano, and books with yellowed pages bound to cracking spines filled the shelves. Her kitchen had 50 of everything – spoons, forks, knives, bowls, plates, cups, wine glasses – and with these abundant apparatuses, she had delicately prepared an exquisite dish of spaghetti Bolognese to welcome me. When I saw the steaming plate on the table, my excitement extinguished in a snap. Red meat, olive oil and carb-heavy spaghetti – it was three evils in one, all teaming up on me to corrupt my regimen. Nevertheless, I knew that sharing the meal was the right thing to do. I pushed aside my thoughts and got to know my host mother over our plates. Her warmth made me feel welcome and comfortable, and my anxiety about the food began to slip away.

Throughout my first few weeks, each meal felt like a mountain to be scaled. Yet, after reaching the summit and laying my cutlery aside my plate, I felt not accomplishment, but guilt. However, over time, I learned to enjoy the view.

The creaminess of warm-buttered purée, the tantalizing juices of duck confit and the heavy richness of quiche Lorraine ... These are all plates that I never would have dreamed of tasting before studying abroad but now cannot imagine my experience without.

I enjoyed the new flavors and began to seek out more. After hearing that France's best-rated viennoiserie was situated in Bordeaux, I eagerly took a special trip downtown to sample its chocolate. On a weekend trip to Lyon, France's gastronomic capital, I eagerly tasted the buttery culinary specialty of foie gras. Throughout my study abroad experience I sampled canelés, the classic *Bordelaise* pastry flavored with rum and vanilla, from multiple shops, in order to discover the best one.

My newfound joy for food spilled over into other facets of my life. I rediscovered interests which had been so long ignored while I was carefully counting the cherry tomatoes on my salad and logging them into my calorie-counting app. I now had the time to create things and started writing a blog about my study abroad adventures. I went out to bars with friends and ordered the drinks that looked appealing to me – even if they were made with non-diet tonic water! I spent lazy Saturday mornings reading poetry in my sunlit living room, fidget-free and entirely content. I finally saw the value in a life centered around the pursuit of joy instead of a quest to fit into double zero jeans.

Reflecting on the past four months, I am astounded at how much I've changed. Living with a French host family incentivized me to stray from my "perfectly clean diet" in order to create true familial connections. Being surrounded by a gastronomy-centered society prompted me to let down my guard surrounding food in order to experience its cultural beauty in entirety. Thus, studying abroad gave me more than just change of scenery; it also allowed me a change in the way I view my life.

I'd be lying if I said that my conscience doesn't sometimes flicker when I take a bite of chocolate cake. But the relics of my past mentality never trump my newfound desire to engage in life's pleasures. I love food, as well as the countless lessons and connections that it can bring. Thus, I have no reservations swallowing my rules in order to fully digest life.

*Miya Herzstein seeks to inspire anyone and everyone to experiment with new flavors.*

## HOROSCOPES

The signs as Winter Quarter predictions

MARCH 21 - APRIL 19

You will drown in a puddle on the bike path.

TAURUS

APRIL 20 - MAY 20

What made you think it was a good idea to take 24 units, you idiot?? Drop EARTH 7 like it's hot!

GEMINI

MAY 21 - JUNE 20

Honestly just start scouting for your finals week spot in the lib now. Get comfortable, it's going to be a long quarter!

CANCER

JUNE 21 - JULY 22

You're going to get pinkeye like eight times. Don't use the FT elevators.

LEO

JULY 23 - AUGUST 22

You'll eat shit going too fast on your bike in front of your crush. But hey, maybe they'll help you up?

VIRGO

AUGUST 23 - SEPTEMBER 22

You will make the trek to class in a torrential downpour only to discover that your professor canceled it once you get there.

LIBRA

SEPTEMBER 23 - OCTOBER 22

You'll somehow be that one person who gets an absurdly low grade on the midterm. Best of luck on that final.

SCORPIO

OCTOBER 23 - NOVEMBER 21

You will go to your cool professor's office hours to make a good impression but end up crying instead.

SAGITTARIUS

NOVEMBER 22 - DECEMBER 21

Your TA will reveal themselves to be a Tinder match that you totally ghosted. They'll recognize you.

CAPRICORN

DECEMBER 22 - JANUARY 19

You will overdraw your bank account from Ubering to class on rainy days.

AQUARIUS

JANUARY 20 - FEBRUARY 18

Your friend will hook up with your ex. Not chill...

PISCES

FEBRUARY 19 - MARCH 20

Your Patagonia will finally rip at the armpit :(