



UCSB Peace Corps Rank Rises

In 2015, UCSB had the eighth highest number of Peace Corps volunteers among universities, increasing from a ranking of 18th in the previous year



Daily Nexus file image

Several UCSB alumni who later became Peace Corps volunteers were encouraged to join the program by Peace Corps representatives who gave presentations on campus.

Effie Sklavenitis
Staff Writer

UC Santa Barbara's rank among universities producing Peace Corps Volunteers rose from 18th to eighth place in 2015.

Since U.S. President John F. Kennedy established the Peace Corps in 1961, over 220,000 Americans have volunteered with the organization in 141 countries. Currently, there are 43 UCSB graduates serving in 27 countries including Paraguay, Mali and Cambodia.

The top recruiter for large colleges and universities is University of Washington with 72 volunteers abroad. Among medium-sized colleges and universities George Washington University ranked first, and Gonzaga University tops the list

for small colleges and universities.

Tymon Manning, UCSB alumnus and Peace Corps regional recruiter for Los Angeles, said he is glad to see the positive effects of recruitment efforts at UCSB.

"We work with career services to set up information sessions, post positions through the job portal and attend career fairs," Manning said. "And then I'll do things like class talks encouraging students to come to our events."

Manning said he has seen an increase in "sustained interest" from UCSB students.

"I think it's really nice that we are moving ahead even as the number of applications is increasing," Manning said about UCSB's eighth place rank. "It makes me proud to think that students are becoming more interested in the

world and not just getting jobs in America or California ... [We are getting more globally minded.]"

Tara Flint, UCSB alumna and Peace Corps returnee, said she was always interested in the Peace Corps because her father volunteered in the 1980s, and she decided to join after hearing a representative speak in an environmental careers course at UCSB.

"One of the sessions in that class actually had a Peace Corps representative come and talk to us about Peace Corps, what it is and how you apply," Flint said. "That kept my interest [in Peace Corps] going."

Flint said she believes joining the Peace Corps is a valuable experience, and she encourages UCSB students to volunteer with the organization.

"I encourage any and all UCSB students to look into the Peace Corps and see what it is," Flint said. "I think it is extremely rewarding; you just have to make sure that it is the right thing for you to do at that point in your life."

Associate Director of UCSB Career Services Emily White said Peace Corps is establishing relationships with many different departments and has presence at career fairs, application workshops and career panels.

"Over the last two years, Career Services has been working with Ty Manning ... who really understands UCSB and has been able to increase the numbers in Peace Corps volunteers," White said. "He is promoting the Peace Corps in all different types of places, all throughout campus and its different communities."

This year, the Peace Corps will be "heavily involved" in UCSB's LGBTQ events, according to White.

"You can really see the success in building those relationships and getting the word and opportunities of the Peace Corps out there," White said.

Darlene Moreno, UCSB alumna and current Peace Corps volunteer in Armenia, said she attended Peace Corps information sessions at

PEACE p.6

Downtown Bike Plan Approved

SB City Council to replace parking spaces with bike paths



LORENZO BASILIO / DAILY NEXUS

Parking spaces on Micheltorena St. become bike paths from Council vote.

Zareena Zaidi
Staff Writer

The Santa Barbara City Council approved the Bike Master Plan by a vote of 6-1 on Tuesday, moving forward a plan that will create more bike paths in downtown Santa Barbara.

More than 300 community members attended the meeting, with many voicing concern over the plan to remove between 85 and 100 free parking spaces on Micheltorena St. to make space for the bike lanes. The council approved the green-painted bike lanes

BIKE p.7

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GAUCHO CLASSIC I

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VS. GEORGIA TECH | 10:30AM
SATURDAY
VS. SOUTH CAROLINA | 8:30AM
VS. GEORGIA TECH | 1PM
SUNDAY
VS. SOUTHERN UTAH | 11:15AM

UCSB CAMPUS DIAMOND

EVENTS THIS WEEK

W BASKETBALL V UC IRVINE
THUNDERDOME
THURSDAY FEB. 25 | 7:00PM

#8 M VOLLEYBALL V #15 CBU
FRIDAY FEB. 26 | 7:00PM

M TENNIS V PACIFIC
SAT FEB. 27 | 12:00PM
M TENNIS V FRESNO STATE
SUN FEB. 28 | 11:00AM
REC CEN COURTS

BASEBALL V UCLA
CAESAR UYESAKA STADIUM
TUESDAY MAR. 1 | 2:00 PM

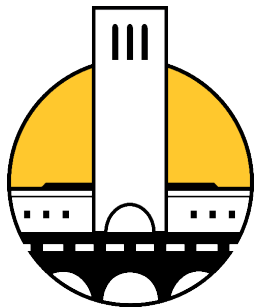
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/UCSBathletics

DAILY NEXUS CALENDAR

UNIVERSITY OF CALIFORNIA, SANTA BARBARA



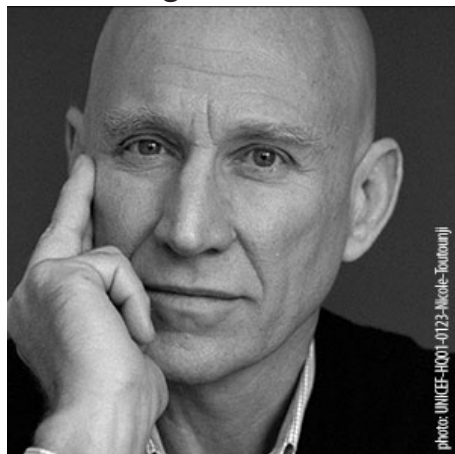
IV LIVE
IMPROVABILITY'S
HIGH SCHOOL
REUNION
Friday, February 26 at
8 pm
Embarcadero Hall, IV
\$3

Magic Lantern Films
THE GOOD DINOSAUR
Friday, February 26 at 7pm
& 10pm
Monday, February 29 at
7pm & 10pm
IV Theater, IV
\$4



Brothers from Other
Mothers
BFOM's FALL CONCERT:
BATTLE OF BROTHAS
Saturday, February 27
at 7pm
Embarcadero Hall, IV
\$3

Sebastião Salgado Wed,
Mar 2
8:00 PM
Arlington Theatre



The subject of the Academy Award-nominated documentary film *The Salt of the Earth*, Brazilian-born Sebastião Salgado has travelled in more than 100 countries for his photographic projects that capture the effects of poverty, famine and industrialization. He has been awarded every major photographic prize, is a UNICEF Goodwill Ambassador, and an honorary member of the American Academy of Arts and Sciences. His recent *Genesis* project is a collection of images depicting nature, animals and indigenous people in breathtaking beauty. Salgado will give an illustrated presentation of *Genesis* and other iconic works followed by a conversation with acclaimed writer Pico Iyer.

Steve Winter
On the Trail of Big Cats:
Tigers, Cougars, and
Snow Leopards Sun,
Mar 6
3:00 PM
Campbell Hall

Free Public Lecture
Marcy Darnovsky,
Executive Director and
co-founder of Center for
Genetics and Society
Thursday, March 3 at
8:00pm at 1104 Harold
Frank Hall, UCSB



Marcy Darnovsky will unpack the controversies that have erupted in recent months about how we should — and should not — use gene editing tools, and explores the technical, social, and ethical stakes of these imminent decisions.

Sarah Koenig & Julie
Snyder, Binge-Worthy
Journalism:
Backstage with the
Creators of *Serial*
Thu., Mar. 3, at 8:00 p.m. at
Campbell Hall



José González and
Thu, Mar 10
8:00 PM
Campbell Hall



José González is a testament to the irrefutable power of one man and a guitar. His classically-inspired playing draws comparisons to Nick Drake, Paul Simon and Elliott Smith. He is a masterfully eloquent interpreter of folk, pop and world music traditions, building songs that are powerful, haunting and intimate.

Grupo Corpo
Sat, Apr 2
8:00 PM
The Granada Theatre



With its seductive movement, scintillating music, vibrant costuming, sets and lighting, Grupo Corpo reflects the amazing diversity and rich color of Brazil. This hugely popular dance company returns with a program that will light up the Granada stage with its incomparable mix of ballet and contemporary Afro-Brazilian movement.

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WEATHER

Tragedy has befallen the Weatherhuman's hometown. A truck carrying Trader Joe's produce spilled across the 210 freeway.

Tomorrow's Forecast: A moment of silence for the celery, please.

WOCC To Discuss Gender Issues, Empowerment

The annual Womxn of Color Conference (WOCC) aims to recognize and support ethnic minority womxn as members of marginalized communities and identities

Josh Ortiz
Senior Staff Writer

The A.S. Womxn's Commission will be hosting its annual Womxn of Color Conference (WOCC) this weekend, where attendees will discuss topics ranging from gender violence to diversity. The conference will be held in the Student Resource Building (SRB) on Saturday from 9 a.m. to 6 p.m. and on Sunday from 9 a.m. to 2 p.m. This year's theme is "Recognizing and Cultivating Intersections for Our Collective Liberation" and will include performances, discussion workshops and lectures from keynote speakers, including Irene Lara, professor of women's studies at San Diego State University. WOCC is a free event, and food will be provided.

According to the conference mission statement, the event recognizes that womxn of color are members of marginalized communities whose shared experiences come to shape their identity in society. The purpose of the conference, then, is to create a means of supporting ethnic minority womxn — to "exist unapologetically."

"We work towards empowerment for ourselves in a world that tries to shame or erase our existence," the statement said.

Organizers have laid out several questions they hope to discuss throughout the weekend, such as "How do we navigate and come to comprehend our trauma in relation to our very existence?" and "Why is it important to center our movements on love and re-incorporate joy into every aspect of our lives in order to counteract this dominant narrative of struggle?"

"We hope to generate answers to these questions through a combination of individual reflection and the sharing of collective

“Living in a racialized patriarchal society, womxn, and especially womxn of color — our needs aren’t met.”
- Michaela Austin

knowledge,” the statement said.

Karen Hanna, graduate student in feminist studies and event volunteer, said she and Lola Mondragon, graduate student in Chican@ studies, will be hosting a workshop titled “Sacred Bodies, Safe Spaces: Healing in Community Through Drumming, Meditation, and Coloring.”

“It’s a place that we can build and say it’s for us, and we don’t have to feel guilty about that,” Hanna said.

As an Asian American womxn, Hanna said she often feels devalued by stereotypes that define Asian womxn as quiet and submissive.

Hanna said the conference offers a place of healing for womxn of color who are often subject to stereotypes.

“There’s a feeling of devaluation amongst womxn of color,” Hanna said. “There are all these stereotypes that society does to devalue me.”

Michaela Austin, first-year environmental studies major and feminist studies minor, said WOCC acts as an opportunity for ethnic minority womxn to discuss issues that society does not otherwise address.

“Living in a racialized patriarchal society, womxn, and especially womxn of color — our needs aren’t met. We’re not talked about in issues,” Austin said. “Having a space where we can talk will

build solidarity and space.”

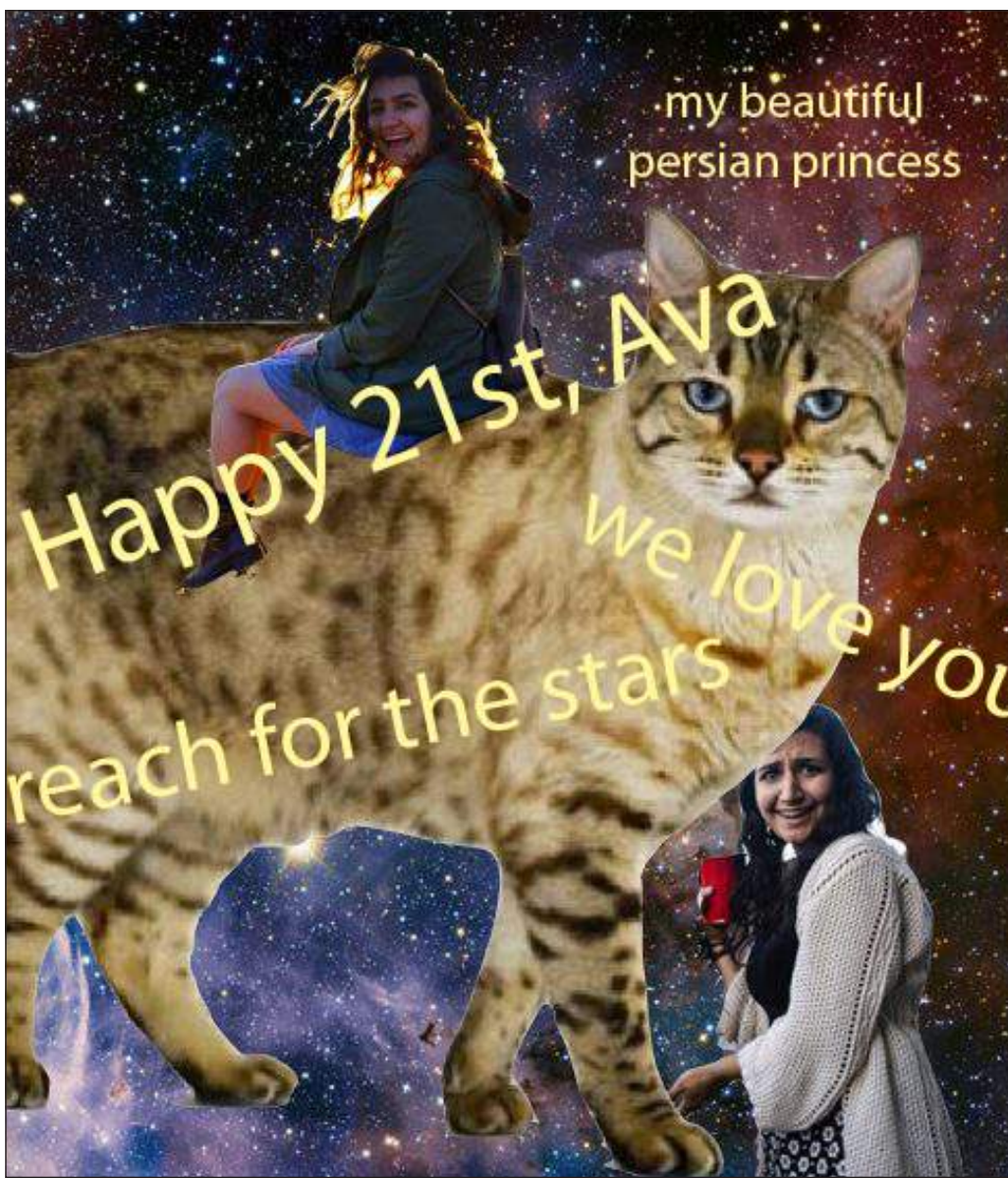
According to Mondragon, the conference is a “sacred” space for womxn of color to support one another.

“It’s not only sacred but it’s a safe space where we have a shared experience in multiple ways as we can come together to help lift each other up, lean on each other and see each other,” Mondragon said. “We aren’t usually seen by others in a world where we’re often invisible.”



Courtesy of A.S. Womxn Commission

The WOCC, hosted by the A.S. Womxn's Commission, will be free for all students and include free food and events.



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THTR 3 (GE Area F)	DRMA 103
ECON 2 (GE Area D)	ECON 101
Glob 2 (GE Area D)	ECON 141
Fulfills GE Area D	ENGL 101
Glob 2 (GE Area D)	GBST 141
HIST 2C (GE Area E and European Traditions)	HIST 102
Fulfills American History & Institutions	HIST 119
HIST 2C (GE Area E and European Traditions)	HUM 102
POLS 12 (GE Area D)	POLS 103
PSY 1 (GE Area D)	PSY 101
Fulfills GE Area D	PSY 117
SOC 1 (GE Area D)	SOC 101
BL ST 4 (GE Area D and Ethnicity)	SOC 120

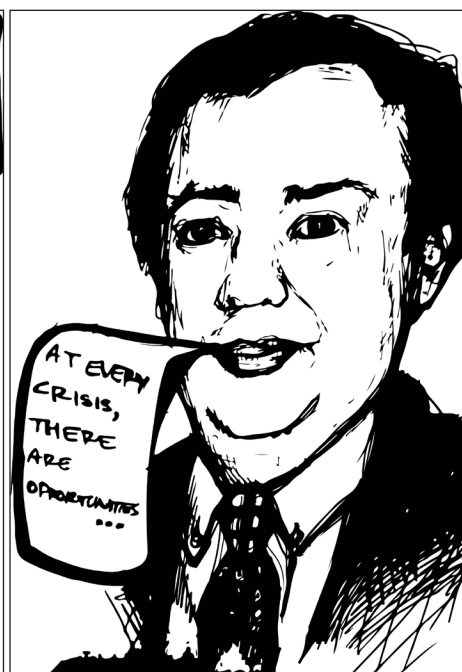
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International Experts Join To Discuss Palestine

Distinguished and senior fellows of the Washington Institute for Near East Policy joined Wednesday to discuss the Israel vs. Palestine situation, honing in on deeper issues



ARI PLACHTA / DAILY NEXUS

Sohila Sandher
Reporter

David Makovsky, distinguished fellow and director of the Project on the Middle East Peace Process at the Washington Institute for Near East Policy, and Ghaith al-Omari, senior fellow at the Washington Institute for Near East Policy, met Wednesday night to discuss the issues plaguing the Israeli and Palestinian citizens in an event titled "Israel and Palestine: A New Paradigm?"

The Campbell Hall event focused on the speakers' ideas for a movement from a two-state solution to a focus on smaller-scale initiatives for peace. The discussion centered on the notion that for the two countries to reach a definite resolution, they must first create trustworthy relations through the reconciliation and realistic negotiations.

Makovsky is an adjunct professor at John Hopkins University's Paul H. Nitze School of Advanced International Studies. He is the co-author

of *Myths, Illusions, and Peace: Finding a New Direction for America in the Middle*

East and frequently contributes to the *New York Times*, the *Jerusalem Post* and *Foreign Policy*. Makovsky served as a Senior Advisor to U.S. Secretary of State John Kerry during the Israeli-Palestinian negotiations of 2013 and 2014.

Al-Omari formerly served as the executive director at the American Task Force on Palestine. Al-Omari has worked extensively within the Palestinian Authority, with roles including director of the International Relations Department in the Office of

the Palestinian President and advisor to former Palestine Prime Minister Mahmoud Abbas. He also played a key role in the Palestinian-Israeli peace process as an advisor to the Palestinian negotiation team throughout 1991-2001. He participated in negotiations leading to the Camp David Accords and the Taba Summit.

According to Makovsky, both countries must wholeheartedly try to negotiate toward peace.

"[An] all or nothing approach tends to be nothing," Makovsky said.

Makovsky said current leaders are facing challenges as they try to work with a generation that "wasn't even born when the handshake happened," referring to the Camp David Accords.

"Objectively difficult leaders that are risk averse are left with the toughest work ahead," Makovsky said.

Makovsky said a critical part of the issue is the lack of compromise.

"Instead of sharing opinions, they reflect them," Makovsky said.

Al-Omari said in order to believe progress is possible, Palestinians must see progress in their daily lives.

"From a security point of view, Israel can take more measures in the West Bank that will give the Palestinians breathing room," al-Omari said.

He also said he believes a "rehabilitation of the P.A. [Palestinian Authority]"

would support a new paradigm that shifts toward progress.

Makovsky said he hopes it is possible to shift away from the current five negotiation points of water, settlement, Jerusalem, mutual recognition and security because he believes the "five for five" deal is too absolute.

"I think what you would do is — this new paradigm, when you want to flesh it out — is to say 'okay, we're not going to do the five for five. We're not going to get the grand deal on all five issues,'" Makovsky said. "But we're going to single a direction towards the two states, maintain a viability."

According to Makovsky, Israelis need to see less of a military presence in order to feel safe.

"The army would stay exactly where they are. Of course they'd have less of a footprint because they'd have to protect less people, but I think for the Israelis living in Jaffa, Jerusalem, Tel Aviv and other cities — all they want is to be safe," Makovsky said.

Makovsky said Israeli citizens want their government to be honest in explaining the country's situation.

"All they want is their leaders to tell them, 'If I make gestures to the Palestinians, am I more secure or am I more vulnerable?' That's all they care about," Makovsky said. "I think they'd care less if some small settlements outside of Nablus stay exactly where they are."

According to Makovsky, there needs to be a distinction between ideology of safety and individual safety.

"So, what you'd be doing is decoupling these two issues and signal a new direction — tell the Palestinians you want them to have their own space, but because the region is a meltdown, you're not going to pull the army out," Makovsky said.

Julie Alexander, fourth-year psychology major who attended the talk, said she heard about the event through Facebook and was interested to hear from individuals who have played key roles in international policy.

"A lot of the time, all we get is media coverage," Alexander said. "To hear the reasons why from a source closer to the issue is a really special opportunity."

Kimberly Ruiz, fourth-year global studies major, said she believes discussing the Israel-Palestine conflict from a new perspective could lead to a solution.

"The discussion has the possibility to bring out new ideas," Ruiz said. "Shifting the way a problem is approached can make some change."

“From a security point of view, Israel can take more measures... that will give the Palestinians breathing room.”
- Ghaith al-Omari



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Alumnus Fran Mancía Elected as Alumni Regent

Mancía, who graduated from UCSB in 1980, will begin his two-year term as Regent in July



Fran Mancía

Josh Ortiz
Senior Staff Writer

The UCSB Alumni Association Board of Directors elected alumnus Fran Mancía this week to serve as one of four Alumni Regents.

The chance to elect an Alumni Regent is rotated through UC's 10 campuses based on each campus' alumni populations, allowing UCSB to elect an Alumni Regent every six years. Mancía graduated from UCSB in 1980 with a bachelor's degree in communication and later received his MBA from the University of San Francisco. He currently serves as Vice President of

Government Relations at MuniServices, a Sacramento advocacy firm that specializes in representing government agencies, cities, counties and special districts. His two-year term as UC Alumni Regent will begin July 1. He will also serve as UC Alumni Associations President for 2017.

According to Mancía, his plans as Regent are to address issues such as tuition costs, fiscal responsibility and quality of education.

"I see this role, first and foremost, as a conduit for all the stakeholders who are invested in the university, whether it's faculty, staff, students, alumni or the community," Mancía said.

Mancía said he wants to form committees on diversity, student-alumni engagement and finance once he begins his term as Regent. He said he also hopes to create task forces that can inform him of issues within the UC system.

"What I would like to do is have task forces of people bringing information to me that are of importance so that I can be proactive and reactive prior to meetings and so I can be a voice for constituents that we serve," Mancía said.

Mancía also said he hopes to host campus workshops to talk to students and hear their concerns.

"I'm only as good as the people who provide input," Mancía said.

Mancía said overall, he views his new role as one of advocacy for both UCSB and the entire UC system.

"I'm honored and humbled to be selected by members of the Alumni Association Board to represent UCSB in particular and the system as a whole," Mancía said. "It's just a great honor and I'm very excited about the challenge and to be a voice for our campus and for our system."

According to John Lofthus, UCSB Alumni Association Associate Director, Mancía is a good choice for Alumni Regent.

"The Alumni Association Board of Directors voted based off of which candidate would be able to represent not only UCSB, but the entire UC system and its alumni most effectively as a Regent," Lofthus said. "That person was Fran Mancía."

Cuca Acosta, UCSB Associate Director of Admissions and Alumni Association board member, said

she believes Mancía presented himself as a candidate who "could have done the job and done it well."

"Fran is a wonderful representative for all the UC alumni. His work in government affairs and his ability to put his career on hold to jump head-first into the role of Alumni Regent is commendable," Acosta said in an email. "I also know that he's going to be a great communicator with the constituents, namely alumni."

George Thurlow, UCSB Alumni Association Executive Director and Assistant Vice Chancellor for Alumni Affairs, said Mancía's background working with legislators will be an asset when he begins his term in July.

“Fran is going to play a very valuable role because he knows many legislators personally. He totally understands how Sacramento works.”

- George Thurlow

National News

Mohan Saxena
Staff Writer

President Obama Sends Guantanamo Bay Plan to Congress

In an attempt to fulfill a campaign promise, President Barack Obama sent a plan to Congress on Tuesday to close Guantanamo Bay detention camp. Experts and lawmakers say Congress will almost certainly reject this plan, since many Republicans, including presidential candidates, believe it should remain open. The nine-page plan outlines where the 91 prisoners currently at the military prison will go. Many of the prisoners are not eligible for transfer to other U.S. military prisons, and have been banned by Congress from entering the U.S. [nytimes.com](#)

Court Order in California Requiring Release of Education Records Raises Concerns

Earlier this year, a federal court ordered the release of personal data of over 10 million students in California as a part of a lawsuit claiming disabled students in the state have not been served according to federal standards. This has sparked controversy because the order was justified with a 1974 privacy law stating educational information can be released by order of a federal court, but much less information was collected from students when this law was written. The data requested includes students' grades, test scores, specialized education plans, names, Social Security numbers, addresses and health records. [abcnews.go.com](#)

International Spotlight

Women Now Allowed to Serve in Combat Roles in the Indian Armed Forces

Indian President Pranab Mukherjee announced Tuesday that women will be allowed to serve in combat roles in the country's armed forces. Women have already been allowed to be short-serving pilots in the Indian Air Force, and this announcement signals a shift allowing women in all combat roles. The Indian government has resisted the movement in the past due to concerns of the mental health and safety of women, especially if they are captured. Prior to the announcement, only 2.5 percent of India's armed forces of over one million strong are females, and they primarily serve medical or administrative roles. [aljazeera.com](#)

Jeremy Clarkson Apologizes to 'Top Gear' Producer

Former presenter of the internationally popular BBC show "Top Gear" Jeremy Clarkson publicly apologized to one of the show's producers, Oisin Tymon, after he assaulted him physically and verbally almost a year ago. The incident led to an out-of-court settlement of over \$140,000 and the removal of Clarkson from the show. His co-presenters, Richard Hammond and James May, although not involved with the incident, decided to leave the BBC as well after over a decade on the show. The three men have since signed a deal to present a motoring show on [Amazon.com's](#) streaming service. The BBC has since cast presenters to replace the three for future productions. [topgear.com](#)



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PEACE

Continued from p.1

UCSB to learn more about the organization and even kept in touch with UCSB's Peace Corps recruiters up until leaving for her service.

"Through these sessions, I learned more about the application process and what the Peace Corps was looking for in a volunteer," Moreno said in an email. "Because of the suggestions I received during these sessions, I became a volunteer at my old high school and at a local library near my home in Los Angeles in order to gain more experience with students before applying to the Peace Corps."

Carl Haislett, UCSB alumnus and current Peace Corps volunteer in Lesotho, said Peace Corps's

campus recruitment events taught him about the organization.

"I contacted our school's recruiter, Tyman, and met with him a few times to discuss the application process," Haislett said in an email. "I also attended an event put on by the Santa Barbara Peace Corps Association which was a great way to meet returned volunteers and pick their brains."

Haislett said UCSB's recent ranking does not come as a surprise.

"I'm super proud," Haislett said in an email. "Gauchos are high achievers and are doing big things everywhere."

“It is extremely rewarding, you just have to make sure that it is the right thing for you.

- Michaela Austin

PEACE CORPS FACTS:

The Peace Corps was created on March 1, 1961 by President John F. Kennedy, who wanted American students to serve the United States by living and volunteering in less developed countries.

The Peace Corps application process is simple and includes an online application, a health history form, an interview, a selection of a country and an invitation to participate in the program.

The Peace Corps is an independent agency within the executive branch of the U.S. government. The president appoints the Peace Corps director and deputy director, positions which then must be approved by the U.S. Senate.

The Peace Corps has served 140 countries worldwide, with the first being Ghana in 1961.

There are currently 6,919 volunteers and trainees assisting in fields such as education, health and medicine, the environment, agriculture and youth development. Two hundred and twenty thousand Americans have volunteered since 1961.

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BIKE

Continued from p.1

on Micheltorena St., between Castillo St. and State St., by a vote of 5-2, saying the lanes will connect gaps in the bike paths within downtown Santa Barbara, making bike travel safer and easier.

Fire Marshal Gina Sunseri said City Council was dedicated to ensuring that the community was a part of the discussion.

"The city administrator's office takes it very seriously to get the information to the public," Sunseri said. "It's not like we gear up with a fire marshal and the police to send people away. We really try to make it so that everybody can hear and participate."

Vernon McCaslin, who owns a local business and works with veterans, was concerned about the impact on handicapped parking.

"The plan needs to be thought out better," McCaslin said. "[City Council hasn't] offered a viable solution for what they are going to do with businesses, cars and people that go to those businesses."

Mike Ober, a UCSB alumnus and an architect, said a bicycle lane would be more valuable than parking spaces.

"The primary purpose of streets is to facilitate the movement of people," Ober

said. "Free parking is a bonus. All [that space] is just free parking that anyone has a right to."

Ober said that because more people are commuting via bike, there will be more parking spaces available.

"Every day that I ride a bike instead of drive, there's going to be one more parking space — one more precious, beautiful, asphalt parking

space — just waiting," Ober said. "I think once the emotions settle, people will realize making biking more accessible and safe will result in additional parking."

Joey Juhasz-Lukomski, operations manager for the Santa Barbara Bicycle Coalition, said it is "so valuable" to have a complete and connected bike pathway.

"I think it's going to encourage more people to ride their bikes," Juhasz-

Lukomski said. "That's going to be more people biking downtown, which could actually free up more parking spaces because there will be less people driving downtown."

Omar Uribe, Santa Barbara City College student, said he is looking forward to safer bike travel after the Master Plan is

implemented.

"As a bicyclist, I know that [Micheltorena] has no bike lanes," Uribe said. "I've been close to getting hit a couple times, and I've seen people get hit on that street."

Ober said bicycle safety should be a primary concern for the Council when considering the Master Plan.

"A lot of motorists get passionate about parking or keeping streets for cars, but for them, it's a convenience issue," Ober said. "For cyclists, it's a safety issue. It's life and death."

Ober said his time spent on UCSB's campus helped him discover the efficiency

of biking.

"UCSB is a lovely place to discover cycling as a practical way of getting around," Ober said. "I lived on 6800 block of DP [Del Playa Drive]. I also lived on Phelps [Road] which is out by Costco. It taught me that it is way faster to ride a bike to get to class."

Tiffany Wu, second-year economics and accounting major chair of the A.S. Bicycle Committee, said she is pleased with the Council's decision.

"I'm really glad they passed it because it's more sustainable and a lot safer for students because we are part of the community as well," Wu said.

"I'm really glad they passed it because it's more sustainable and a lot safer for students because we are part of the community as well."

- Rodger Casier

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Under Storke's Rectangular Erection, A Poem
By ChillBagel

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Armchair QB



Bed bugs at a “haunted hotel” led to Cleveland Cavaliers point guard Kyrie Irving to leave Sunday’s game at OKC ... now teams know how to prevent Uncle Drew from scoring buckets.

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WOMEN’S BASKETBALL FEATURE

Sisterly Ties: From the Court to the Heart

Sean White

Asst. Sports Editor

Whether we admit it or not, we’ve all had that older relative whom we held a friendly envy toward in our childhood. For all of us, there’s always been that brother, sister or cousin that we’ve so greatly admired but desired to be better than at the same time.



DUSTIN HARRIS / DAILY NEXUS

In her third season, Onome Jemerigbe has started in 79 of 86 games for UCSB.

Once the challenges of newfound independence approach our youthful lives, it has been the experiences — good or bad — of these older relatives that have been most significant in our own upbringings.

In the life of UCSB women’s basketball junior point guard Onome Jemerigbe, it has been her older sister, Afure Jemerigbe, alongside her unbreakable bond of family that has groomed her into the person she has become.

From Stockton, CA and a former student and women’s basketball player at St. Mary’s High School, Onome is the youngest of four siblings, all of which attended St. Mary’s as well.

“At times, I would say the oldest kind of got the benefit of the doubt,” Onome said. “As the youngest child, I had to work for more things. But it’s great having multiple siblings. I’ve always loved the fact that there’s always multiple people to talk to; it’s like having three best friends.”

Of those three best friends, the relationship with her only sister, Afure, developed into a relatability beyond the ties of lineage, for it also revolved on the basketball court.

“She’s [Afure] definitely one of the biggest influences I have as a person and for the reasons why I play basketball,” Onome explained. “She started off playing basketball when she was young. Me being the youngest, I always kind of copied my older siblings, so I kind of followed her into it. Her love for the game influenced me to even try out for basketball.”

Undoubtedly, Afure’s love for the game of basketball didn’t develop without the persistence of

a valiant effort that was committed to improving everyday. Nonetheless, Onome served as a constant reminder in ensuring Afure displayed her best at all times.

“I have always had an incredible love for the game. It was that love that made playing basketball so much fun for me,” Afure said. “I truly believe that Onome plays the way that she does, with so much heart and passion because she too has this love for the sport.”

Afure attended and played basketball for St. Mary’s High School from 2006-2010. She ranked No. 15 on ESPN HoopGurlz 100 list during her senior year and was a 2010 McDonald’s All-American.

When Afure was a senior at St. Mary’s, Onome was a freshman. While it was one of the few opportunities for the two to play together, Afure made sure to cherish her last year both being around and playing with her sister.

“When baby sis played with me for a year during her freshman year in high school, my senior year, I loved it,” she said. “I could watch over her. Make sure she was doing her homework especially on the road games. She was the point guard and could see things from a perspective that I couldn’t, and as a wing guard and an experienced athlete, I could see things that she couldn’t. We have always had such a fun, goofy and close sister to sister relationship. I consider her to be my best friend. I want her to always be the best person that she can be, and I knew that it in order for her to be that, that it started with me. It started with me because I am her older sister and she looked up to me. We were always around each other.”

Yet their time together would end with Afure attending and playing basketball at the University of California, Berkeley. After graduating in 2014, she played one season overseas in Spain for Al-Qazeres women’s basketball team.

It is through these experiences in which Afure has been able to help guide Onome throughout her career. Specifically, helping enhance Onome’s capabilities both on and off the court is most paramount.

“From playing at Cal and then going to play



CAMERYN BROCK / DAILY NEXUS

Onome Jemerigbe leads the Big West and UCSB in assists per game at 5.4.

overseas, I learned the importance of good character. Character is what is deep inside us; it’s who we are on a daily basis, when things go well and when things go wrong,” Afure said. “It’s who we are in the locker room, on the court as well as in the classroom. We have reason to be proud when both reputation and

character are a mirror image of each other.”

As Onome was in her first year at UCSB, Afure was a senior preparing to conclude her collegiate career at Cal. Although the two sisters were members of opposing programs, Afure helped integrate Onome into the duties and responsibilities of being a collegiate student-athlete.

“A lot of the stuff she [Afure] went through has helped me to become a better player,” Onome said. “I’m not the perfect player, but I’ve definitely grown because of her. She explained what she should have done, all the mistakes she made. It helps me to not make the same mistakes.”

Currently in her third year at UCSB as the floor general for the Gauchos’ women’s basketball team, Onome has had an immediate impact on the court since her arrival. Thus far, she has started in 79 of 86 career games played, having started all 29 games her sophomore season.

Her performance through the years has resulted in her being named to the 2013-14 All-Big West Freshman Team, and she was an Honorable Mention All-Big West recipient last season.

So far this year, Onome has excelled since the start of the Big West Conference schedule, leading the conference in assists per game with a 5.4 average while ranking second in steals per game with 2.1.

She also set career-highs in scoring with 20 points at UC Davis and 11 assists versus Cal State Fullerton.

While her individual accolades do not surpass the team’s long-term goals and the role she plays in them, Onome accredits her maturation as a person to her production on the court.

“Freshman year, I was easily bothered,” she said. “Not to say that I don’t get bothered every once in a while, but I’ve definitely grown in the mental part of basketball. Just being able to control my emotions and make sure I give my all every time despite if I have turnovers or if we weren’t being successful as a team.”

While Onome continues to impress on the court and owes much appreciation to Afure for inspiring her love of the game in addition to providing advice on life as a collegiate student-athlete, true inspiration for both sisters begins with their mother. An immigrant from Nigeria who persevered and raised four children, Onome acknowledges her mother as the constant reminder to continue to work hard each day.

“My mother keeps me balanced, keeps my head straight,” Onome said. “She always seems to know what to say to get me back on track.”

It has been the existence of this family foundation that has contributed to the person Onome is both on and off the court. According to her, the core to this foundation originates with one word: loyalty.

“They’re the people that are going to be there for you when times are hard and when times are good,” Onome said. “You can always rely on them to support you and be there for you.”

Afure has epitomized this essence of loyalty all along, and is now just attempting to replicate the same support system that was provided to her.

“Home is where heart is. Family is the epicenter of all reasons. Family to me is root of my very existence,” she said. “Without family we wouldn’t be the people that we are today.”

While basketball helped to further establish the relationship between sisters Onome and Afure, it never defined their bond.

Once the shot clock hits zero and it’s time to hand in your jersey, the temporary reality of basketball is realized, but family is forever.

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WOMEN'S TENNIS

UCSB To Visit Honolulu, Will Face Hawaii and Oregon

Elliot Thornton
Staff Writer

After a nearly flawless weekend at home the UCSB women's tennis team gears up and hits the road to face conference rival No. 64 Hawaii on Friday before turning around to face No. 35 University of Oregon the following day in Honolulu.

Following a series of close defeats to nationally ranked opposition, Santa Barbara is looking to get back in the rankings starting with the road matchup against the University of Hawaii.

During the most recent encounter between the two teams, the contest ended 5-2 in favor of the Big West runner-ups in UCSB.

However, the Rainbow Wahine are currently riding out a five-game winning streak, defeating the likes of then-No. 64 Arizona as well as conference rivals UC Riverside and Cal Poly.

Hawaii is currently undefeated (2-0) in conference play, led by 2015 Big West Player of the Year junior Cindy Nguyen.

Even though the Rainbow Wahine have lost key contributors from last season, freshman Marina Hrubá from Prague, Czech Republic has been filling the void and has played an important part of the Hawaii arsenal, attributing to the team's recent success.

The true freshman is currently undefeated at 11-0 in singles play this season.

UCSB is currently on a three-match win streak of its own and hopes to continue

its good fortune with another conference win against a tough Hawaii side. Santa Barbara will also hope to have a pleasant turnout against the Ducks.

The last time these two teams met, the Ducks came out on top, toppling the Gauchos by a score of 5-2.

Oregon has started the season strong, having only faltered against No. 8 Texas Tech and to No. 45 Baylor University, and is now at an overall record of 5-2.

Oregon and UCSB will have a clash of talent with four nationally ranked players competing with one another.

On the doubles court, No. 18 sophomore Palina Dubavets and junior Stefani Stojic will have another chance to improve their 16-2 doubles record.

On the other hand, the Ducks will lean on their singles talent. Leading the way will be No. 76 sophomore Kennan Johnson, a transfer from Central Florida, and No. 116 freshman Shweta Sangwan from India.

The previous weekend's standout sophomore Lou Adler from UCSB looks on what could have been as she exudes the confidence from a team that has been tough to beat.

All four losses for UCSB have been determined by a point, a play, a single swing of the tennis racket.

The fine line between winning and losing has been razor thin, and the Gauchos have to play with surgeon-like precision and confidence to come home with the Ws.

"All our four losses were down to a

decisive set in a decisive match. Our team is brand new. It takes a bit of time so that everyone can come together at the same time ... the season is still very long and our results give us hope for what comes next," Adler said.

While future matches await the Gauchos, they are gradually improving as a team having won four of their last five contests.

In addition, UCSB's 1-0 start to Big West play is an encouraging sign early in the season.

"The good thing is that when we lose we are very tough to beat, and we know we have a lot of potential and that we can defeat any team ... Everyone in our team is confident about it" Adler said.



STEPHEN MANGA / DAILY NEXUS

After shutting out UCD, UCSB will look to improve to 2-0 in Big West games.

UCSB will play Hawaii this Friday, Feb. 26 at 3 p.m. PST and Oregon on Saturday, Feb. 27 at 11 a.m. PST. Both games will be played in Honolulu, HI.

SOFTBALL

Gauchos Set for Home Opener Hosting Gaucho Classic I

Antonia Bird
Staff Writer

Sitting at an overall record of 4-6, the UCSB softball team is looking forward to hosting its first regular season tournament of the year — the Gaucho Classic I. Although Santa Barbara will have the home field advantage, there is no easy way around the tough matchups that lie ahead.

The Gauchos' preseason schedule has been stacked with powerhouse teams, and that will only continue into the weekend as the three teams traveling to the west coast will be the South Carolina Gamecocks, the Georgia Tech Yellow Jackets and the Southern Utah Thunderbirds.

"As long as we keep up our game offensively, score runs and get the kind of pitching that we did against LSU, our expectations going into this weekend are that we are the ones to beat," Head Coach Brie Galicinao said.

Through 10 games, UCSB has scored 60 runs, hit nine home runs and has been productive at the plate, batting with a collective clip of .351. Junior outfielder Kristen Clark will be sure to come out strong in this weekend's tournament, as she has a .459 batting average with eight runs scored thus far.

Alongside her will be freshman infielder Sierra Altmeyer, who has already made a name for herself leading the Gauchos in virtually all offensive categories. Hitting at an incredible clip of .467, she has knocked in 10 RBIs and has scored six runs so far in this season. Although only a freshman, Altmeyer has a pretty good feel for her team.

"If everyone's on the same page and connecting on the field or in the dugout,

then our day rolls pretty well," Altmeyer said.

The pitching staff, who as a team is sporting a 5.47 ERA, will need to use the remainder of the week to prepare. Especially starting pitcher Ashley Ludlow, who is carrying a solid ERA of 2.23, as she will have to face South Carolina first with a lineup featuring four players batting at least .400.

"Obviously, when playing a top team you get a little excited to prove yourself, but I prepare myself the same way against any team," Ludlow said. "Pitching is mostly mental for me, so it's all about being in the right mind set."

When facing the 9-1 Gamecocks, Ludlow will have to pay special attention to their biggest threat: senior outfielder Alaynie Page. Page set five South Carolina single-season records in the last year, including 15 home runs.

The Gamecocks' junior pitcher Jessica Elliott will have an intimidating presence on the mound as she carries a stellar 0.98 ERA into the Classic. Gaucho top hitters Clark and Altmeyer will surely be tested when facing Elliott's efficient pitching.

Georgia Tech may pose an easier game for the Gauchos as it enters this tournament, not having won a single game. Despite the Yellow Jackets' six-game losing streak, an upset victory could be the starting point to a possible turnaround. Although the Gauchos are favored to win, they cannot take any game lightly.

The Yellow Jackets' biggest threat to the Gauchos will be junior outfielder Samantha Pierannunzi. She leads Georgia Tech in a majority of the team's offensive categories, batting .278 with five runs scored this year.

The Southern Utah Thunderbirds come into the tournament with a 3-9 overall record. They have lost their last three games and are struggling through the early stages of the season. They are led by junior catcher Morgan Leonard, who is hitting .387 on the season with three home runs and 10 RBIs.

Junior infielder Jordan Theurer also is a key contributor for Southern Utah at the plate, with a .455 batting average and six runs scored. However, the primary problem for the Thunderbirds is their pitching, as they have a team ERA of 8.96.

The tournament's opening game will take place this Friday, Feb. 26 at 8:30 a.m. as the Gauchos take on the South Carolina Gamecocks, then face Georgia Tech at 10:30 a.m. The two-game series with both teams will continue on Saturday, Feb. 27 with UCSB taking on South Carolina again at 8:30 a.m. and the Yellow Jackets in the afternoon at 1 p.m. The Gaucho Classic I will conclude Sunday, Feb. 28 with UCSB's matchup versus Southern Utah set to take place at 11:15 a.m.



DUSTIN HARRIS / DAILY NEXUS

UCSB's first 10 games this season have been away; it enters Friday 4-6 overall.

ARTSWEEK

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Silk Road Ensemble Thrills Granada

Nicholas Bogel-Burroughs
Asst. News Editor

Yo-Yo Ma and the Silk Road Ensemble played to two consecutive sold out crowds in the Granada Theatre on Sunday and Monday night.

The backdrop transitioned from blue to amber behind dozens of speakers stacked up, as if prepared for a rock show. But the music seemed to emanate directly from the instruments themselves. Kayhan Kalhor, an internationally known musician, slowly began playing the kamancheh, an Iranian stringed instrument. After four minutes of solo play, more than 20 members of the ensemble picked up their violins, clarinets and bass, adding to Kalhor's skillful strumming.

Ma was the last person to begin playing, and while many of those in the audience likely came to see him, it was members of the ensemble who were front and center for much of the night.

Cristina Pato, bagpipes player for the Silk Road Ensemble from Galicia, Spain, said that "In Galicia, playing bagpipes is like playing soccer — you only have two choices."

She said that in the United States, many refer to Hispanic women as simply "Latina,"

rather than focusing on their accomplishments or profession.

"In Galicia, I was known as the Galician Bagpiper," Pato said. "When I moved to the U.S., I was called Latina."

Then she burst into a song, filling the theatre with the high-pitched screams of her bagpipe as she swayed her hips and danced around the stage. The clarinetist gyrated, swinging from side to side and looking at his fellow musicians with emphatic smiles. Many of the other musicians also danced and moved around while playing, but Ma simply focused on his cello with serious ferocity, surely knowing that the audience's eyes were flying back to him after every measure.

This seriousness was contrasted at one point by a man who began using his own body for percussion, slapping his thighs, chest and at one point his buttocks, resulting in a scream from an elderly woman next to me.

During one brief break from the music, a violinist said that the ensemble loved coming to Santa Barbara because of the dining options.

"Musicians, they live for food," he said. "We've been feasting on Lilly's Tacos. We're going to try and feed you back food for the soul."

When the audience returned from intermission, only four musicians took the stage, including a clarinetist, a cellist, Kalhor and Sandeep Das, who played the tabla: an eastern percussion instrument. Das went back and forth with Kalhor, challenging him with more and more complex rhythms.

The instruments created such strong vibrations that it sounded like there were six musicians on stage even though often only three of the four were playing.

Das said the quartet's music was "about how we meet, about how we fall in love, about how we learn about each other's culture."

Later, the audience was rewarded as Ma



JENNY LUO / DAILY NEXUS

took center stage with accompaniment from only Pato on the piano.

Hundreds of heads stood still as they fixated on Ma's masterful playing, his eyes closed, his hand viciously sliding his bow back and forth on the cello.

The Silk Road Ensemble is releasing a new album, *Sing Me Home*, on April 22.

Graphic Voices Showcases New Media

Frank Horne
Asst. Artsweek Editor

Last weekend, Feb. 20-21, the Limitless Coalition (with the generous help of the Film & Media Studies Dept.) hosted the second annual Graphic Voices conference, dedicated to linking together students from all fields to inform them on the ins and outs of the world of interactive gaming and animated media development. Bringing in a collection of speakers representing a broad variety of occupations and areas of expertise within these industries, Graphic Voices indeed provided a voice for students interested in exploring and developing their diverse passions.

Saturday's schedule kicked off with Camille Kanengiser and Max Pittsley, the co-founders of Freeform Labs, a virtual reality (VR) startup behind ElemenTerra, a VR game in which players assume the role of a spirit shaping and creating a living world with their bare hands. Kanengiser and Pittsley came engaged their audience with tips and insight focused on how to build a small business by taking full advantage of the human resources available to them. Since game design is one of the most interdisciplinary industries there is, they said, networking is key. Both were incredibly enthusiastic to be working in such a groundbreaking technological and creative field as VR, an enthusiasm shared with their audience as together they considered its unprecedented applications in gaming, film and beyond.

Eric Homan, the Vice President of Development at Frederator (the independent animation studio behind hits like "The Fairly OddParents," "Adventure Time" and "Bee and PuppyCat"), spoke with the event-goers and the *Nexus* on what it's like to incubate some of the most prolific animated

series in the world. Regarding the studio's thoroughly contemporary distribution relationship with YouTube, Homan highlighted some of the drawbacks that come with its advantages.

"We tend to produce a lot less and spend a lot more money," he said, as in the online model they "don't have the resources of say, 'Adventure Time.'"

Proud of their open pitching policy and independent, evolving production methods, Homan's eagerness for Frederator's future was certainly matched by attendees.

The day continued with a slate of animators, all presenting unique corners of view on their craft. Phil Weinstein is a storyboard artist and animation director who's worked on series like "Darkwing Duck" and "Jackie Chan Adventures" as well as movies like "Balto" and "The Lion King 2." He explained the process of directing for animation as opposed to live action, detailing all the moving parts that go into creating an episode of animated television and how the director takes on the massive task of overseeing every step to ensure that the product is cohesive. Mark Kirkland also shared his insight on animation direction; he's directed over 70 episodes of "The Simpsons," more than anyone else in the show's 27 years. A graduate of the ever-prolific CalArts, Kirkland expounded on a bit of animation history before discussing earnestly with the audience his experience working with such beloved characters for so long. He shared vintage "Simpsons" art and information on the importance of time away from work, detailing the live-action film hobbies that relax him in his time away from Springfield.

After spending the day soaking in captivating information, munching on snacks and spending breaks wrecking each other in Smash Bros, the Graphic Voices gang split up, ardently anticipating

the next day's guests.

On Sunday, Nexus Shift Studios intrigued attendees with "Archive," their renovation of the tabletop RPG for today's connected world. Bemoaning the monopoly of Dungeons & Dragons and the steep learning curve required to get new players involved in the imaginative world of tabletop gaming, the Nexus Shift team showed off how their game pairs with an app in order to make the process more intuitive and less math-intensive.

Wrapping up the event, husband and wife duo Ross O'Donovan and Holly Conrad (aka RubberNinja and Commander Holly) were undoubtedly the superstars of Graphic Voices. Known for their hugely popular YouTube channels (hugely popular might still be an understatement; Ross is a member of Game Grumps, a Let's Play channel with over 3 million subscribers), the two shed light on their relatively young industry. They revealed the importance of constantly putting out content and of self-branding, reminding people that you're funny enough to earn their subscription. When an ad popped up before they screened one of their videos, Ross exclaimed emphatically "This is making me money! You want those potato chips, don't you?" The audience, hanging to his every word, erupted in laughter. Conrad and O'Donovan even invited up Andre Taylor, a student and aspiring



VIVIAN BUI / DAILY NEXUS

Youtuber, to give him some pointers on his budding channel.

As the weekend winded down in an upstairs meeting room of the SSMS building, the Nexus Shift team, Conrad and O'Donovan rubbed elbows with the assembled students, snacking, Smashing and just chatting geekspeak. After an intense eight-player round, Ross's Kirby launched my own sleepy-eyed Villager over Temple's ceiling, and I left the event in an afterglow of new insight and unabashed nerdiness.

Though the Film & Media Studies Dept. doesn't have programs designed specifically around animation and games, Graphic Voices proves that the passion is there and that the only place that the study and development of these forms has to go is up.

For the full story, see dailynexus.com.

MCC Features Jungle Fire

Nisa Smith
Staff Writer

Bingo night met Isla Vista on a Friday night as the old and young murmured and mingled together for a night of Afro-Latin rhythms courtesy of Jungle Fire on Friday Feb. 19 in the Multicultural Center.

Jungle Fire's loud and stern chants from behind the red curtain trumped the muted conversations of the crowd, demanding a surge in energy that would come to characterize the evening. Chanting and clapping, the Los Angeles-based band emerged from behind the curtain and stationed themselves near one of the 13 glistening instruments positioned all over the stage before jumping into some tracks from their debut album, *Tropicoso*.

Although the wedding band look of crisp, white button-ups, fedoras and five-o'clock shadows may be misleading, this 10-member collective knows how to keep the crowd out of their seat. While the band maintained a mild two-step throughout their performance, the fusion of 1970s funk and Afro-Latin dance rhythms moved the crowd beyond a simple two-step. Led by somebody's father in the front row, the second the percussion instruments rang throughout the theatre, people whipped out some funky moves to the funk-filled tunes.

The audience's acceptance of the "Firewalker" artists' dependence on instruments and an absence of lyrics illustrates that music is all about energy. The rattling of the West African shekere, the booming Cuban congas and piercing American electric guitar meshed together to create undeniable dance tunes for those from all walks of life. Santa Barbara resident Betsy Brenner praised such combinations.

"I like the way the different rhythms come together, the drums with the cow bells," she said.

As the drums echoed throughout the theatre and



TARUSH MOHANTI / DAILY NEXUS

the horns screeched, zebra-striped ponytails swung from shoulder to shoulder alongside hip-twisting neighbors. Everyone was connected through the complex fusion of Jungle Fire, unbothered by anything outside the rhythms.

The Santa Barbara first-timers reiterate these sentiments of interconnectedness as they shared the development of their sound. One member shared that a particular song developed as they witnessed some children in an alley toying with a melody before allowing one of the guitarist to record their efforts, later transforming it to create their own track. Although there are no lyrics offering an explicit message, their blending of cultures through their sound and sources of inspiration conveys to listeners the positive interactions

and feelings that arise when people embrace the fact that everyone is interconnected.

While Jungle Fire steers clear of melodies, their special guest, Alan James, brought lyrics and powerful vocals to complement the soulful beats. As James bellowed, giving Bruno Mars a run for his money in the funk realm, he maintained the clapping ignited by the composers. Together, they bounced near the grounds, symbolizing the breakdown in the beat before bouncing upwards with an increase in instrumentation to accompany James' exclamations of "gotta get myself together, gonna get higher." As James' appearance came to an end, the collective directed more rapid clapping and declared, "It's getting ready to be that time," before the lights dimmed to pink.

As the show approached its end, the band aimed to leave the crowd in the highest spirits possible. Abandoning their two-step, the groovy group entertained an occasional jump and clink of drumsticks. The three percussion players stationed at the front of the stage maintained the excitement through their version of musical chairs as they bounced from one instrument to the next with the seemingly permanent smirks of all band members widening.

While one concertgoer plopped down in her chair with her head dangling over, most attendees were able to drag themselves out of the MCC theatre and examine hard copies of the music that tired their bodies. To hear the tunes, check out their self-titled website junglefiremusic.com.

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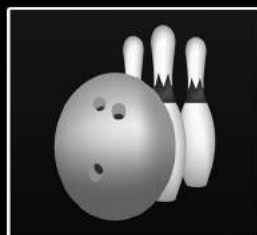


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A Diner's Guide to Dining Guides

Rae Ann Varona
Staff Writer

Going out to eat is almost like a journey in which you can explore new foods, people-watch and take in the ambience of different environments while enjoying delicious food. Dining out has come a long way from being a status symbol of the elite to becoming an integral part of our lives. It has provided a lot to the culture of food; home cooks are able to become great chefs and people are encouraged to pursue studies in the culinary arts. It has become so much a part of leisure and culture that people have made careers off of critiquing restaurants and eateries, a job that once was reserved for art, music, film or other similar works.

It's no surprise that the activity has led to us looking for credibility of restaurants on rating sites, which is evident through the many times we've looked to Yelp or read through food blogs before settling on a place. In the same way, eating out has led many restaurants and chefs to become concerned with approval from such rating systems like Yelp, Gayot, AAA and Forbes among others. Below are two restaurant rating systems that stemmed from and were inspired by the culture and enjoyment of going out to eat. Each has developed their own criteria and methods for evaluating restaurants to provide diners with experiences that keep them going out.

Michelin Guide

Regarded by some as the Bible of dining guides is one of — if not *the* highest — restaurant rating system in the world with its Michelin Star being one of the greatest honors with which a restaurant can be presented. Yes, the tire manufacturing company is also responsible for curating the world's top best restaurants to eat at. Starting in 1900, two French brothers by the names of André and Édouard Michelin, founders of Michelin Tires, wanted to encourage longer distance drives and promote cars as viable transportation vehicles to, of course, boost their profits from tire sales. Hence, the first *Small Guide To Improve Mobility* was created in August of 1900. At the time, less than 3,000 cars were around in France. Vast road systems had yet to be established, and gasoline stations weren't as readily available. The brothers believed that through the guides that included recommendations

on hotels, mechanics and gasoline vendors, they would be able to promote the commuting culture. They even put up homemade signs to guide travelers.

By 1920, the company and guide had grown larger, so much so that they began creating country-specific guides. This was also when they decided to start charging for the booklets. Noticing a growing popularity in their restaurant guide, the brothers began



Photo Courtesy of Flickr.com

to recruit anonymous inspectors to review restaurants. It wasn't until 1926 that the illustrious Michelin Star was introduced. By 1931, a star hierarchy was created with three being the most stars a restaurant could receive. The guide covers 25 countries over four continents and entered the U.S. beginning in NYC in 2005, then to Chicago and San Francisco.

Method: The guide is created by the reviews of anonymous inspectors that have extensive backgrounds in culinary arts, and many of whom were former chefs. All inspectors are required to pass the official Michelin Guide training in France. When evaluating restaurants, they tend to visit more than once, unaccompanied,

and do not take notes while eating. Michelin Stars are rewarded based on the quality of ingredients, the personality and consistency of food, the proficiency of cooking techniques and not on decor and service. The stars, still in a way paying homage to travel, are distributed as follows:

One Star: "A very good restaurant in its category."

Two Stars: "Excellent cooking, worth a detour."

Three Stars: "Excellent cuisine, worth a special journey."

Zagat Guide

The Zagat guide, referred to some as the "high-end version of Yelp," finds its roots in New York City or, more specifically, in the home of Nina and Tim Zagat during a dinner party in 1979. Sometime during their dinner party talks, the topic of restaurant reviews came up as guests started to complain about the unreliable reviews in a major newspaper which led to the hobby of surveying friends and handing out newsletters about the restaurant reviews to them. Not long after, the attorney and Yale Law School alumni couple saw the potential of their method and formally created the Zagat Guide. Acquired by Google in 2011, the guide has gone through some changes since its inception, but continues to use the method of surveying as its means of curating reviews and ratings.

Method: Zagat uses the ratings and reviews of regular people. Diners are able to rate restaurants and eateries in the categories of food, decor and service. Ratings are given on a zero- to three-point scale with zero being poor, one being good and three being excellent. The ratings are then averaged into a 30-point scale:

0-10: Fair

11-15: Fair to Good

16-20: Good to Very Good

21-25: Very Good to Excellent

26-30: Extraordinary to Perfection

Diners are also encouraged to post comments and share opinions and insights which are then curated by editors to create more concise reviews.

Nothing Bundt Delicious!

Kelli Filbin
Staff Writer

C-A-K-E, cake. Just four small letters but with a plethora of special purposes. Birthdays, sporting events, weddings, Mardi Gras, Fourth of July, you name it. Pretty much any emotion you experience can be properly accompanied with a deliciously drizzled slice of cake.

Located a short distance from Isla Vista, Nothing Bundt Cakes just unlocked their doors and announced their grand opening on Calle Real in Goleta. Whether you ride by bus, bike or vehicle, you must get your hands on one of these dream-filled bundt cakes.

In 1997, founders Dena Tripp and Debbie Shwetz combined forces and expanded to entertain more people beyond their own families and friends. With all guaranteed fresh ingredients, their bundt cakes surpassed the experience than others ever made before. It quickly branched out to become a nationwide business that caters to tons of special events.

This past Valentine's Day, I visited the new business on Calle Real and, let me tell you, I was lost in a hurricane of remarkable head-spinning flavors.

As I reached for the cold metal handles and peeled back the heavy glass doors, a gust of brand new ingredients hung on my nose like a sweet, tart candy cane. Crowds of people swarmed around the tables of trinkets and goodies, and I was instantly greeted by the bright, shining smile of an employee.

As I waited my turn, my eyes trailed around the vibrantly deco-

rated shop. The walls were painted a rich chocolate-chip brown and the furniture a crisp, flawless white. Ribbons of blue and dark brown draped along the back wall over the menu, punctuated with shiny gold medallions. Neon pink, blue and green balloons bobbed up and down elegantly in the air. Each table flaunted a variety of gift ideas, ranging from wine glasses and silverware to key chains and accessories. A table lay on the outskirts of the store with a colossal book of signature-styled cakes for a whole variety of special events and holidays. Completing the voyage around the shop, my eyes landed last on the mesmerizing display of bundtlets, bundtlet towers, bundtins and tiered cakes. With flavors ranging from Chocolate Turtle, Red Velvet and Pecan Praline to White Chocolate, Cinnamon Swirl and White Chocolate Raspberry, each cake is famously decorated with fresh cream cheese petals or drizzles.

When my time came, I settled on the single-serving bundtlet, which amounted to a wonderful cost of only five bucks. I selected the scarlet batter of Red Velvet as my first flavor. I sunk my teeth into the first layer of smooth cream cheese frosting, followed by the vibrant red cake beneath. It was cold, refreshing and sprung in my mouth like a sponge, releasing every crumb and stream of flavor. My mouth was overcome by a wave of rich melted chocolate chips that danced within the velvet batter substance.

Honestly, I always thought I was not a fan of cake, but WOW! This place has done it. My whole perspective has been flopped on its back. I skipped away with the most satisfyingly fresh feeling in my tummy, as if I have just flounced outside the exit gates of Willy Wonka's chocolate factory. Here, my friends, is your golden ticket into the Nothing Bundt Cakes bakery!



Photo Courtesy of Flickr.com

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Image courtesy of Weimbs Laboratory
Tumoregenic kidneys (middle and right) appear larger than healthy kidneys (left).

The Kidney-Saving Diet

Lawrence Esbig
 Staff Writer

Polycystic Kidney Disease (PKD) is a genetic disease, characterized by giant fluid-filled cysts growing in the kidneys, which enlarge the organ to potentially fatal sizes. Treatment for slowing or stopping cyst growth caused by PKD is at the moment nonexistent. However, a team of researchers at the University of California, Santa Barbara, directed by Thomas Weimbs, Ph.D., a professor in molecular, cellular and developmental biology (MCDB) and in the Neuroscience Research Institute at UCSB, has recently discovered that reducing food intake in mice can substantially dampen the rapid proliferation of cyst growth in the kidneys and in turn preserve kidney function.

PKD currently affects 15 million people worldwide and is considered one of the most common life-threatening genetic diseases. PKD is slowly progressive and usually affects its patients in their 40s or 50s, but if growth is left unchecked, the aberrant cyst growth will ultimately progress to kidney failure, forcing many with PKD to undergo kidney transplants or dialysis.

The findings on Weimbs' research focus on the inhibition of the mTOR pathway, a biological signaling pathway activated in times of wound healing, whose main function facilitates cell proliferation and cell growth. In PKD, the protein that the mutation has encoded for interacts with the mTOR pathway, causing the mTOR pathway in the kidney to be aberrantly active, facilitating cysts to grow and proliferate uncontrollably. Due to this overly active and unregulated mTOR pathway, the kidneys, which are normally the size of human fists, enlarge to the size of footballs in PKD patients, thereby causing pain, disrupting proper renal functions and eventually leading to kidney failure.

"Rapamycin, a drug that targets and down regulates the mTOR signaling pathway, has tested effective in reducing polycystic kidney growth in rodents but unfortunately comes with unwanted and harmful side effects such as weakened immunity," Weimbs said. "We thought about other measures we could take to dampen the mTOR pathway, such as reduction in food intake. It is well studied that the mTOR pathway is strongly regulated by nutrients and the energy status of cells. Therefore we chose a mild reduction in food intake, around 23 percent, and discovered that it negatively affected polycystic kidney growth while having no negative effect on normal body growth."

The findings have also shown that mice administered with a 23 percent reduction in diet, exhibited a 41 percent reduction in kidney weight growth over the course of a seven-week period. Meanwhile, the mice that were administered the normal non-reduced diet exhibited an increase of 151 percent kidney weight growth also in the same seven-week time period. The researchers also discovered that the cyst-lining cells in the reduced diet mice proliferated 7.7 percent while the non-reduced diet mice had their cyst-lining cells proliferate at 15.9 percent. Further examination of the mTOR pathway also revealed that the mice that had been administered the reduced diet had two of their activating signaling branches of mTOR suppressed. This would make reduction in diet more effective than pharmaceutical rapalogues, such as rapamycin, which only suppresses one activating signaling branch.

"This would be fantastic if we could achieve these results in patients. Because of the slowly progressive nature of the disease, the kidneys keep growing over years and decades, but kidney function remains relatively normal to the very end. The idea, therefore, is that cyst growth doesn't have to be completely stopped or reversed but slowed substantially enough to retain kidney function until old age, essentially curing the patients," Weimbs said.

The future of the study will be attributed to finding specific dietary restrictions that will benefit PKD patients.

According to Dr. Weimbs, "The goal now is to find which nutrients are important to reduce. For example, should we reduce carbohydrate, lipid or protein intake, since we do not want to put patients through unnecessary dietary restrictions?"

How to Prevent Alzheimer's 101

Emily Ohara
 Reporter

How many times have you walked into a room and forgotten what you needed? Forgetfulness is a part of everyone's daily lives, but many fear that as they age and their scatter-brained tendencies increase, it can be a sign of a disease many dread to face — Alzheimer's disease. Alzheimer's disease is a progressive brain disease in which memory, thinking skills and, eventually, the ability to perform basic tasks are destroyed. Dr. Kenneth Kosik at UC Santa Barbara is a lead neuroscientist trying to crack the code to Alzheimer's disease who recently published a book, *Outsmarting Alzheimer's*, which provides information on how to best prevent occurrence of Alzheimer's.

After performing an autopsy on a deceased woman who exhibited memory loss and unpredictable behavior, Alzheimer (a German psychiatrist) discovered what is now known as the main feature of the disease — a brain riddled with plaques and tangles. These plaques and tangles compromise the ability of neurons to communicate with one another. Amyloid plaques form when specific proteins in the neurons of the cell membrane are processed abnormally. This causes small fragments called beta-amyloids to be released that clump together and form insoluble oligomers that are toxic and interfere with the function of neurons. Tangles are made when proteins, called tau proteins, malfunction. The stable tau proteins are coupled with microtubules to form critical structures for the cells' internal transport system. In patients with Alzheimer's disease, tau malfunctions and causes the transport system to fall apart, allowing strands of tau protein to break free and form tangles inside of the neuron. Consequently, neurons disconnect and die, destroying the cell and causing many of the symptoms associated with Alzheimer's disease. The plaques and tangles continue to build up, causing the brain to slowly shrink and lose function. A fascinating aspect of Alzheimer's disease is that the mechanism of how the neurodegeneration occurs — that is, what parts of the brain are malfunctioning — is well understood. The mystery of Alzheimer's disease surrounds the fact that what triggers the malfunction of proteins in the brain that cause plaques and tangles to be formed is not well understood.

Dr. Kosik's research focuses on the plasticity and evolution of synapses to better understand Alzheimer's disease; he researches how mRNA is involved in plasticity. There are two main parts of the role of mRNA in plasticity — mRNA translocation and translation in dendrites. DNA is transcribed into RNA and RNA is translated into an amino acid sequence that codes for proteins. Dr. Kosik has been able to observe the translocation of mRNA in dendrites in the form of granules that move along microtubules. This was done by engineering a nucleic acid-peptide capable of visualizing the translocation of a 5' untranslated RNA sequence complexed to a green fluorescent protein. Using RNA sedimentation techniques, Dr. Kosik was also able to isolate and characterize the RNA granule as control site where specific mRNAs were held until they were stimulated for use. Future projects involving RNA granules include but are not limited to the identification of the components within the granules, characterization of their interaction with microtubules and the direct visualization of RNA transport. Alzheimer's is a progressive neurodegenerative disease in which plasticity is lost.

The multifaceted research done by Dr. Kosik is ultimately designed to better understand the mechanisms of Alzheimer's disease. In his book, he outlines steps everyone can take to help lower their risks of getting the disease. The recommended steps presented in his book are easy to follow and apply to everyday life. Dr. Kosik's advice is broken up into six easy to remember "smarts" — social, meal, aerobic, resilience, train-your-brain and sleep smarts. Following the M.I.N.D. diet — Mediterranean and Asian or vegan eating — as well as exercising for about 30 minutes a day lowers blood pressure, cholesterol and blood glucose, which in turn is beneficial for brain health. In addition, maintaining an active brain through puzzles or learning a new language is a major key to healthy brain success. Dr. Kosik emphasizes that although everyone is susceptible to the disease, when people change their lifestyles, brains change for the better as well.

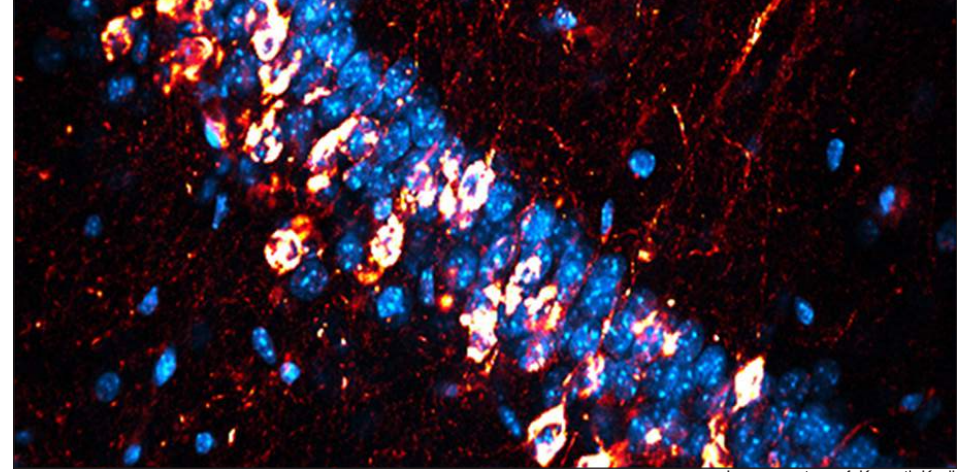


Image courtesy of Kenneth Kosik

Neurofibrillary tangles formed by tau protein aggregations bound by microtubules compromise neural communication and are a leading cause of Alzheimer's.



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DAILY HOROSCOPE

Aries (March 21-April 19) -- Today is a 9 -- Creative work has a bittersweet flavor, and it still tastes good. Commit to what you believe in. But don't bite off more than you can chew right now. Take baby steps at first.

Taurus (April 20-May 20) -- Today is an 8 -- Delays can be surprisingly fun. Check for changes before proceeding. If you're going to be late, call. Don't rest on your laurels just yet. Continue to put in extra effort, and follow your gut instincts.

Gemini (May 21-June 20) -- Today is a 9 -- It requires getting everyone aligned to move forward to get the task done ... but it's worth it. Imagine the project complete, and work backwards to see what steps are necessary. Inspire with treats.

Cancer (June 21-July 22) -- Today is an 8 -- Relationship frustration and disagreement requires a step back. A solution is available, if you listen. Relax and breathe deeply. Look from the other's viewpoint. Talk it over, and it goes better than expected.

Leo (July 23-Aug. 22) -- Today is an 8 -- Don't try to bend the rules. It's not worth the energy. It may require discipline to do what's needed, rather than plot alternatives, but it's ultimately the easiest route. Just do it.

Virgo (Aug. 23-Sept. 22) -- Today is an 8 -- Use an opportunity to dig deeper into a favorite subject. Your ability to concentrate gets enhanced marvelously. Express your true feelings gently at work. Replace outdated and broken junk.

Libra (Sept. 23-Oct. 22) -- Today is a 9 -- When it comes to money, now's the time to watch and learn. View the situation from a different perspective, and then exceed all expectations. You may have to travel to get what you want.

Scorpio (Oct. 23-Nov. 21) -- Today is a 9 -- You're in the spotlight today and tomorrow. Beat a deadline. Don't spend all your money on bills ... one little treat's nice. Get together face to face for best results. Build something of value.

Sagittarius (Nov. 22-Dec. 21) -- Today is an 8 -- Venture farther out. Grasp the next opportunity. Compromise is required. Keep your objective in mind, and make the changes you desire. Don't take more than you need. Listen with a practical ear.

Capricorn (Dec. 22-Jan. 19) -- Today is an 8 -- The action today is behind the scenes. Move files to storage or organize structures. You can afford a special treat (although saving counts the same as earning). Maintain self-control. Others warm to your ideas.

Aquarius (Jan. 20-Feb. 18) -- Today is a 9 -- Cultivate the ground. You're learning, with practice. Friends are eager to help and vie for your attention. Seek help from a female teacher. Stick with the rules and routine. There may be a test.

Pisces (Feb. 19-March 20) -- Today is a 9 -- Complete an old project, and stick with what worked before. Do a good job and increase your status. Keep a discovery private, for now. Travel and romance look good for the next two days.



- ACROSS
- 1 Fabric named for an Asian capital

7 Letter-shaped lift

11 Suntan lotion letters

14 Eight-time tennis Grand Slam champion

15 Finish line

16 Covert ops gp.

17 "We've got this one!"

19 Snitch

20 Anglo-French fliers until 2003

21 Cuppa contents

22 Haggard

24 "Mischievous child"

27 Fuel holder

31 Mind

32 Ferrell's "SNL" partner in "Morning Latte" skits

33 i follower

34 Some PCs

38 "YouTube piece"

42 Opinion sampling

43 Fun unit?

44 Crete peak: Abbr.

45 Like some vaccines

47 Pirouetting

49 "India's national animal"

53 Collar inserts

54 Jack's place

55 Soho stroller

59 Cyclades island

60 What auditors look for, and, in a way, what the ends of the answers to starred clues are

64 ID material

65 Pound of poetry

66 Render powerless?

67 Night sch. class

68 Gloom partner

69 Biblical poetry
- 3 Spar

4 Yard sale caveat

5 W-4 info: Abbr.

6 Litter box trainee

7 Fine-tune

8 Seafood restaurant freebie

9 Parseghian of football

10 Jamaican genre

11 Deep-clean

12 Scott Joplin's instrument

13 Like marbled meat

18 "Dang!"

23 More than fans

24 "I feel your _"

25 Sporting footwear

26 "Venerable" monk

27 Sticky stuff

28 Oxygen's 8: Abbr.

29 Hawk

30 Tolkien's "The Lord of the Rings," for one

33 ATM access

35 Sub on a screen

36 Modest skirt length

37 Stretch across

39 List shortener, for short
- 40 Electrical unit

41 "A Jug of Wine ..." poet

46 Spoke like Vito Corleone

47 Composer

48 On deck

49 Unlikely hit on a 45

50 Preppy collars

51 Like some cavities

52 Letter-shaped girder

55 Smurf with a beard

56 Little brook

57 Grad

58 Voice mails: Abbr.

61 Dye that comes from the French word for nitrogen

62 Tour golfer, e.g.

63 OR or ER workers

ANSWER TO PREVIOUS PUZZLE:

A	L	M	S		H	E	R	D	S		B	O	C	A
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A	L	L	O	Y		B	R	O		C	I	V	I	C
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B	O	I	L		S	M	A	L	L		N	O	R	W
A	S	T	A		T	A	M	E	S		S	O	O	N

xwordeditor@aol.com 05/08/13

1	2	3	4	5	6	7	8	9	10	11	12	13
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49	50	51						52				
53						54			55	56	57	58
59					60	61	62		63			
64					65				66			
67					68				69			

By Marti DuGuay-Carpenter
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SUDOKU

THE SAMURAI OF PUZZLES By The Mephams Group

Level: 1 2 3 4

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

SOLUTION TO WEDNESDAY'S PUZZLE 4/4/13

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

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

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OPINION

OPINION@DAILYNEXUS.COM

Asian Americans: The Precarious Position of the 'Model Minority'

This past weekend, thousands of protestors swarmed the streets of L.A. to show support for NYPD officer Peter Liang, who was recently charged with second-degree manslaughter in the November 2014 murder of Akai Gurney, an unarmed black man. My community, the Asian-American community, turned up in droves to protest Liang's conviction, pointing to the plethora of white police officers who have faced no legal consequences for police brutality. Daniel Pantaleo, who killed Eric Garner in an illegal chokehold in July 2014. Darren Wilson, who shot and killed Michael Brown in August 2014. Timothy Loehmann, who shot and killed Tamir Rice in November 2014.

On the surface, it does seem like an act of injustice. Liang discharged his weapon in a dark stairwell, and his bullet ricocheted off a wall before fatally hitting Gurney. Paralleled with the video evidence we've seen throughout the last several years documenting targeted police aggression against unarmed black men, it seems like his conviction is the epitome of white privilege corrupting the system we all coexist in.

The Asian-American community in the United States is in a precarious situation. We're still a minority community who has suffered a history of discrimination and persecution. From the Chinese Exclusionary Act of 1882 to the relocation of Japanese-Americans to internment camps during WWII to Vincent Chin's murder in 1982, every Asian-American feels the burden of being a minority, of being "other."

We, however, also bear the badge of being the current "model minority:" a minority who rises above systematic oppression and works hard to belay the odds against us. In the 1800s, we were in the place of other minorities, labeled "job-stealers" and "coolies," with the government limiting our immigration and, for a time, completely stopping immigration from China and Mongolia.

It's in this dichotomy that I see the problems of the Asian-American community arise. This past weekend highlighted our problems as a community. As the current model minority, there's a sense of injustice that we don't benefit from all the aspects of white privilege. Liang's conviction is a reminder that no

matter how clean our image is and how much the media compliments our work ethic, we will never be at the top of the food chain.

The protests this weekend were also a slight to the other minorities we should be supporting. Regardless of your opinion of the prosecution of police officers for murder, Liang shot and killed Akai Gurney, who was unarmed. He's another police officer in the corrupted system that promotes and accepts police brutality against minorities, particularly the black community. There's room to argue that Liang's conviction is another case where a minority was scapegoated to protect the status quo, but the problem is not that of Liang's conviction, it's that rules aren't thoroughly and consistently enforced for police officers across the country. Rather than calling attention to the perceived injustice of Liang's conviction, the Asian-American community should be calling for police officers like Daniel Pantaleo, Darren Wilson and Timothy Loehmann to face the consequences of their actions like Liang will.

After the events of this weekend, I feel that the Asian-American community has forgotten where we should stand. We are better than the stereotyped racist caricatures other people see us as. By not supporting other minorities' struggles, we push ourselves into a corner where we will not only be systematically oppressed, but looked upon disdainfully by other minorities. Our struggles, our issues aren't limited to the Asian-American community. Instead of standing behind Liang, we should acknowledge his wrongdoing and fight for other police officers to be convicted for murder.

As a minority, we should fight alongside other minorities to disassemble the system that is rampant with prejudice and discrimination, rather than seek privileges and promote the system of racial equality. By fighting for Liang, we forget our roots as a community and we promote the racial inequality among minorities,



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and forget what we're all fighting against.

Amy Koo hopes Asian Americans realize solidarity in the wake of the charges against NYPD officer Peter Liang.