

UNIVERSITY OF CALIFORNIA, SANTA BARBARA

2018 Midterm Election Results: SB County Victories

Sofia Mejias-Pascoe
Asst. News Editor

The *Nexus* compiled information about several winners and passing measures from last night's mid-term election. Read about their campaign promises and what they plan to do during their times in their respective offices below:

Governor Gavin Newsom

Gavin Newsom (D), former San Francisco major and lieutenant governor of California, won the gubernatorial seat in the 2018 midterm election. Newsom campaigned in support of expanding healthcare, diminishing the National Rifle Association's (NRA) influence on legislation, protecting California's status as a sanctuary state, closing the gender pay gap and protecting women's reproductive rights, according to his campaign website.

His platform consists of expanding economic growth through a new job training system, improving infrastructure and maintaining California values of diversity and social equality.

He won against his Republican opponent, John Cox.

Secretary of State Alex Padilla

Alex Padilla (D) was elected for a second term as secretary of state. During his campaign, he directed voters to his previous terms as secretary of state, state senator and president of Los Angeles City Council.

Padilla said in his candidate statement that his work in the last four years helped to register millions of eligible voters in California. He pointed to his beginnings as the son of immigrant parents with blue-collar jobs as an indication of his commitment to working-class families.

He won over the majority of voters against his opponent, Mark Meuser (R).

California Senator Dianne Feinstein

Now officially elected to her fifth term in the U.S. Senate, Dianne Feinstein (D) ran on a progressive platform for the 2018 midterm elections. Feinstein cited her experience in the position in previous years for issues including immigrants' rights, women's rights, LGBTQ rights and universal healthcare.

She promised to attack prerogatives of the Trump Agenda such as his anti-immigration policies and proposed oil drilling permits off California's coast, according to her candidate statement in the 2018 Voter Guide.

Feinstein won the majority vote against her opponent, Kevin de León (D).

24th Congressional District Representative Salud Carbajal

UC Santa Barbara alumnus Salud Carbajal won the majority vote for representative of California's 24th congressional district for a second term. Carbajal campaigned on creating cooperation between Republicans and

Democrats to support the Central Valley.

He pledged to advocate for the middle class, fight for environmental protection, push for safer gun laws and regulations, help to make higher education more affordable, create higher-paying job opportunities and strengthen Medicare and social security.

He won against his opponent, Justin Fareed (R).

State Assembly 37th District Representative Monique Limón

Santa Barbara native and Goleta resident Monique Limón won another term as representative of the 37th state assembly district. She campaigned on her years of experience in higher education, especially at UCSB working in various departments to increase diversity and assist in transitions from college to graduate school.

She promised to advocate for education, defend the environment and expand opportunities for job training and internships, according to her campaign websites.

She won the majority in a landslide vote against her opponent, David Norrdin (D).

Goleta Union School District Luz Reyes-Martin

After serving the Goleta Union School District for the past four years, Luz Reyes-Martin will now serve for another term, winning in the 2018 mid-term elections against her opponents, Richard

Mayer, Carin Ezal and Bruce Wallach.

Reyes-Martin points to her experience in public schools, leadership on the Santa Barbara School Board and parenting of young children as evidence of her qualification for the position. Her goals in this position are to maintain safe schools, support education staff and advocate for students' issues.

Measure G2018 County Ordinance

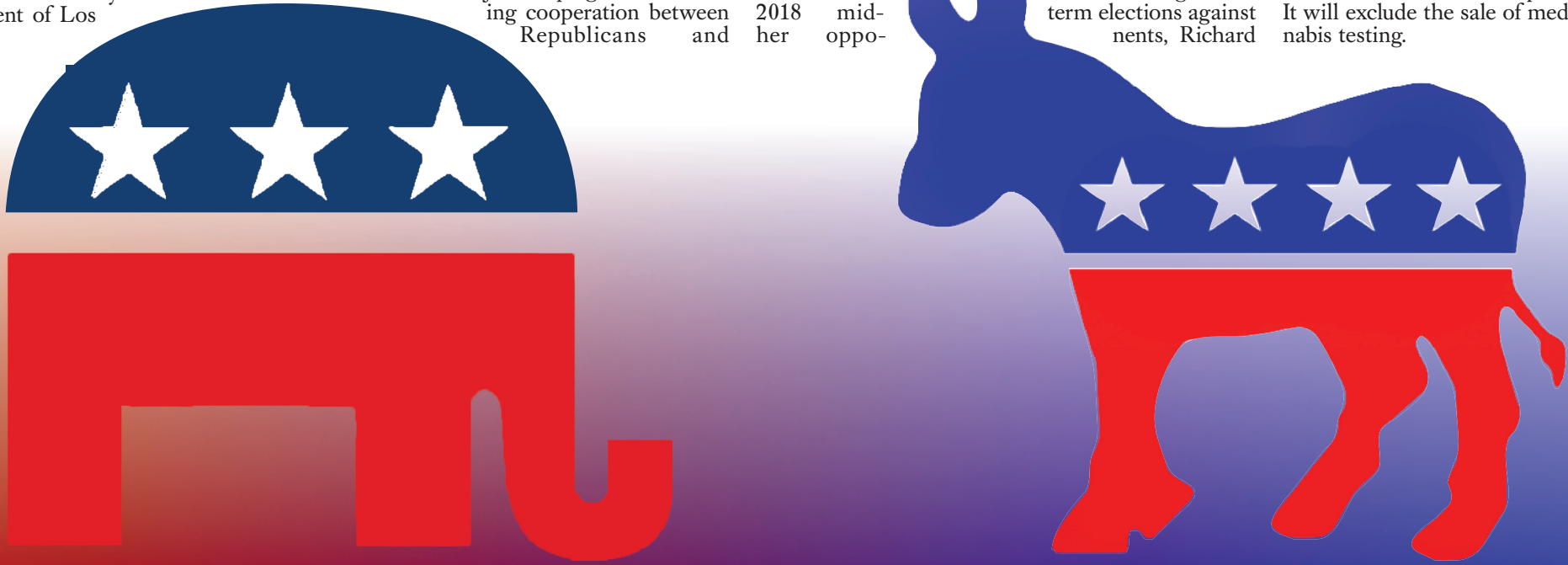
Measure G proposed a redistricting of Santa Barbara County which would be spearheaded by the Santa Barbara Citizens' Independent Redistricting Commission. The measure will establish clear procedures for determining electoral district boundaries within the county.

The commission leading the redistricting will be designed to be free of influence from campaign contributors, political parties, special financial interests and more as well as be representative of diversity in the county.

Measure Z2018 City Goleta Cannabis Tax

Measure Z passed overwhelmingly in the mid-term elections, placing a tax on cannabis businesses in Goleta to provide revenue to be used by the city of Goleta.

The measure will impose taxes on individual processes of the cannabis industry in Goleta, including cannabis distribution/transportation, cannabis cultivation and cannabis processing/manufacturing. It will exclude the sale of medical cannabis and cannabis testing.



Grad Rep. Resigns from Title IX Student Advisory Board

Simren Verma and Sanya Kamidi
University News Editor and Asst. News Editor

UC Santa Barbara's graduate student representative on the Title IX Student Advisory Board announced her resignation on Tuesday following disagreements with the University of California Office of the President, leaving UCSB without representation on the board.

Jennifer Selvidge, a materials engineering graduate student, was selected to serve on the board in February 2018 alongside UCSB undergraduate representative Mariah Tanaka soon after the board was established in November 2017.

Former Title IX Coordinator Kathleen Salvaty told the *Nexus* in November 2016 that the board would advise the Title IX office on how to implement Title IX policies and procedures.

The board contains one undergraduate student representative and one graduate student representative from each UC campus. Tanaka resigned over the past summer, and with Selvidge's resignation on Tuesday, the board now has no UCSB representation.

Timeline of Events Leading Up To Selvidge's Resignation:

On Oct. 11, the *Nexus* reported on proposed changes to the system-wide Sexual Violence and Sexual Harassment (SVSH) policy currently under formal review that Selvidge presented at a Graduate Student Association meeting and at Associated Students Senate.

UCOP's Director of Media Relations Claire Doan emailed the *Nexus* on Oct. 12 with a list of corrections to statements Selvidge presented.

In the email, Doan requested that the *Nexus* immediately remove the article due to the alleged inaccurate information. The *Nexus* responded that the reporter attributed all of the information in the article to an official Title IX representative, Selvidge.

According to Selvidge, UCSB Title IX Coordinator Ariana Alvarez met with Selvidge on Oct. 12 to discuss the *Nexus* article, where Selvidge explained reasoning behind her statements.

Selvidge said she "felt everything was resolved" at that point.

System-wide Title IX Program Coordinator Evelyn Cheng then emailed Selvidge on Oct. 15 requesting to have a conversation about the *Nexus* article, according to documents obtained by the *Nexus*. Selvidge responded that she was unavailable and it was unlikely she would find time to meet that week.

Cheng emailed again, asking to schedule a time to discuss the *Nexus* article. Selvidge did not respond.

On Oct. 18, Selvidge received an email from Interim Systemwide Title IX Coordinator Suzanne Taylor stating Selvidge's participation on the Student Advisory Board was suspended.

"The article attributed several grossly inaccurate statements to you that harmfully misrepresent proposed revisions to UC's Sexual Violence and Sexual Harassment Policy," Taylor said in her email to Selvidge.

"Your unwillingness to correct the article is contrary to the purpose of the Student Advisory Board, and of great concern."

On Nov. 5, Selvidge published the resignation letter on UCSB's Facebook page, detailing her experiences with UCOP and the reasons

behind her resignation.

"The sudden suspension of my position on the Board seemed to be a clear attempt to bully me into issuing the retraction UCOP could not obtain from the *Nexus* themselves," Selvidge said in her resignation letter.

Taylor declined to comment on Selvidge's suspension.

Taylor also told Selvidge not to attend the in-person board meeting that was scheduled for the next day, Oct. 19.

Selvidge decided to attend the board meeting regardless.

"I knew there was no undergraduate representative and therefore if I, or a proxy, did not go UCSB would not be represented at the meeting," Selvidge said.

Selvidge's experiences at the board meeting are detailed in her resignation letter.

"It is now my belief that this committee serves no purpose other than to soothe public pressures and stave off student activism," Selvidge wrote. "In good conscience I cannot continue to serve on such a committee without significant structural reforms."

In her letter, Selvidge also calls for the resignations of Taylor as well as Chris Carrubba-Katz, the Title IX principal investigator in the UCOP office.

She references Carrubba-Katz for his comments at the Oct. 19 meeting regarding a survey that students had proposed, in which Carrubba-Katz asked how they could reword the survey to put a "positive spin" on the results, said Selvidge.

"Talking about a study and saying you want to put a positive spin on it is in my mind akin to saying you want to publish false results," she said.

"I understand that it's very likely that I will disagree with them on policy issues," Selvidge said. "I don't think I should disagree with them on the scientific method."

Where UCOP and Selvidge Disagree:

UCOP took issue with Selvidge's statements in large part because she had included her own interpretations of the policies during her presentation on Oct. 10 at a Senate meeting.

In an interview with the *Nexus*, Selvidge said she had pulled directly from the policy itself for her presentations and then expressed her opinions about the implications of the policy changes.

"If students on university committees can be suspended for not giving the positive spin that UCOP wants, then really they have no ability to speak frankly, either in the committee or outside of it," Selvidge said at a Graduate Student Association meeting on Nov. 6.

"These are statements that are factual in nature, that are not open to interpretation. It's not opinion-based assertion that Jenny is making," Doan said in an interview.

One of the corrections in Doan's Oct. 12 email to the *Nexus* concerned the definition of consent.

The *Nexus* reported that Selvidge said "the committee now defines consent as 'unable to understand the...nature of sexual activity due to...alcohol and drugs.'"

Doan said in the email that this is "misleading and discourages

reporting by complainants." In an interview with the *Nexus*, Selvidge said that she chose to make this interpretation due to the specific examples that the policy change provided.

Another correction Doan mentioned in the email was in regards to the sexual assault of minors.

On Oct. 10, Selvidge said UCSB does not consider statutory rape to be sexual assault. Doan said in the email that this was inaccurate.

In an interview with *Nexus*, Selvidge said that she chose to make this interpretation because the official policy states that "sexual intercourse with a person under the age of 18 would be considered statutory rape" under the subsection of "other prohibited behavior," and not the subsection of "sexual assault."

"It's specifically in a different section, so it's not sexual assault."

Another correction concerned the board vacancies.

Doan added that "the Systemwide Title IX Office and UC Office of Student Affairs are in the process of deciding how to fill that vacancy," even though Selvidge said in the Oct. 10 Senate meeting that interested students should contact the UCSB Title IX Officer.

"Ariana Alvarez told me that they should contact her," Selvidge said. "If that's wrong, then UCOP isn't communicating with Ariana."

Again, UCSB has no current representation on the Title IX Advisory Board.

UCOP has not yet put forth a plan for how the two vacancies can be filled, Taylor said.

"We don't have a process in place at this point for filling a vacancy. There are formalities that we have as we move forward, we will be putting into place, but I'm sure you can understand not all of these things have been worked out," Taylor said in an interview.

To Selvidge, the board's voice has not been heard.

"At this point, I don't feel that they value student input significantly enough that it really makes a difference, which is sad, but I would not encourage any undergraduates to take the time to apply," she said.



RILEY ESGUEIRA / DAILY NEXUS

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INSIDE

SPORTS
page 6

Men's
Basketball
Season
Preview



Mid 90's -
A Success
for Jonah Hill

ARTSWEEK
page 8



ON THE MENU
page 10

A New
Outlook on
the Keto
Lifestyle

Weather Report

Sunny
High 78°F | Low 53°F
Temperatures hitting high 70s this weekend



Surf Report

Fair
Steep swells all day



THIS

WEEK'S

UP & COMING

SATURDAY

NOVEMBER 3

COMPAGNIE KÄFIG: FRENCH URBAN DANCE

GRANADA THEATRE | 8:00PM

Precision, energy, speed, power – France’s acclaimed Compagnie Käfig merges elements of Brazilian urban dance and capoeira with hip-hop, modern dance and circus arts in its breakneck productions. Created in collaboration with French digital production studio Adrien M & Claire B, Pixel is a masterpiece featuring the company’s 11 outstanding dancers navigating a sophisticated interactive environment of light and lasers that confounds our perceptions of what is virtual and what is real. A global phenomenon, Pixel is a surreal brew of bodies and abstractions yielding a visionary approach to both video and bodily gesture.

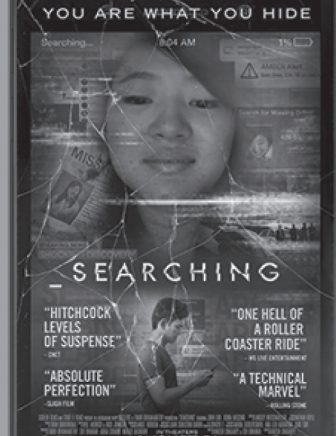


FRIDAY, NOVEMBER 9

IMPROVABILITY

EMBARCADERO HALL

8:00PM | \$3



MAGIC LANTERN FILMS PRESENTS

STUDENT DOUBLE FEATURE*

SEARCHING \$4

7:00PM

IV THEATER

A SIMPLE FAVOR

10:00PM

IV THEATER



*ADDITIONAL SHOWINGS ON MONDAY, NOVEMBER 12

DAILY NEXUS

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“His hands were terrifying.”

The Daily Nexus is published by the Press Council and partially funded through the Associated Students of the University of California, Santa Barbara on weekdays during the school year.

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The Daily Nexus follows the University of California’s anti-discrimination codes. Inquiries about these policies may be directed to: Ray Huerta, Affirmative Action Coordinator, phone (805) 893-3105.

Single copies are free; additional copies cost \$1.

Printed at the Santa Barbara News-Press printing facility, in Goleta.

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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4

7					3	1		
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SOLUTION TO WEDNESDAY’S PUZZLE 5/3/12

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

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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WEATHER

The Weatherhuman is SoOO fucking stoked that the dems took back the house!!!!!!!!!!!!!! Thank u, next 115th Congress lmao

Tomorrow’s Forecast:

FDT all day every day

WEDNESDAY, NOVEMBER 14

LIVES STILL IN LIMBO: UNDACAMENTED AND NAVIGATING UNCERTAIN FUTURES WITH ROBERTO G. GONZALES

MCC THEATER | 4:00PM

When the Trump administration announced an end to President Obama’s DACA program, the fate of more than two million young immigrants became uncertain. What does this termination mean for these young people and their families’ futures? And what is the role of communities in this new policy’s wake? Based on a six-year study, involving interviews with 481 young people in six states, Professor Gonzales provides some interesting answers to these vexing questions. Roberto G. Gonzales is professor of education at Harvard University’s Graduate School of Education.



A.S. Senate Entered Closed Session Illegally, Violating State Law

Sanya Kamidi
Asst. News Editor

Associated Students Senate violated state law during its Oct. 31 meeting when it went into closed session without previously including the session on that night's agenda.

The Ralph M. Brown Act of 1953 "guarantees the public's right to attend and participate in meetings of local legislative bodies," according to a pamphlet published by the California Attorney General's Office in 2003.

The act requires that all boards, commissions and councils publicly detail the items they plan to discuss in closed session before closing the meeting to the public.

Closed meetings are those in which the public and executives are excluded, Associated Students (A.S.) Attorney General Zeina Safadi said.

Last week's closed session was unusual in that Senate asked A.S. Internal Vice President (IVP) Steven Ho and A.S. Executive Director Marisela Márquez to leave as well.

"As an individual who was explicitly stated to not be a part of the closed session, I also cannot comment on what was discussed since I was not permitted to be present," Ho said.

Off-Campus Senator Rafael Cornejo first motioned to go into a closed meeting "to discuss internals," according to meeting minutes.

Cornejo rescinded his initial motion but made a second motion around 7:30 p.m., this time specifying that the meeting would discuss "internals of A.S. and increasing accountability with senators and proxies only."

Safadi sent out an email to all A.S. executives, senators and advisors on Nov. 2, warning senators that they "must adhere to the Brown Act in its fullest capacity."

"Violations [of the Brown Act] may result in external litigation and repercussions," Safadi said in the email obtained by the *Nexus*.

"The attorney general simply informed senators on how to go about closed sessions," Ho said.

Senate must include both intent to have a closed meeting and a description of the content of the closed meeting that is descriptive enough to provide the public with a semblance of the topic, according to Safadi's email.

If they take any action during the meeting, the Senate would be required to disclose those votes or actions to the public within 24 hours.

Senate is only allowed to go into closed session to discuss personnel, public security, pending litigation, labor negotiations and real property negotiations, according to the Brown Act.

Safadi highlighted personnel and pending litigation in her email as the two reasons more relevant as to why Senate would hold a closed session.



RILEY ESGUERRA / DAILY NEXUS



Weekly Events in Isla Vista

Tea Time
Everyone loves chai tea, so head on over to the IV. Food Co-Op this Friday from 4 p.m. to 6 p.m. to try their bulk chai selection. They carry both caffeinated and decaffeinated varieties, so there is something for everyone. The tasting will be held on the patio of the Co-Op.

It's Lit
The Office of the External Vice President for Local Affairs is leading a lighting walk this Friday from 5:30 p.m. to 8:30 p.m. IV. has often been criticized for being dark and poorly lit, so the EVPLA is asking for volunteers to help identify places that need more lighting in order to create a safer community. Attendees can receive volunteer hours and will be provided In-N-Out as a token of appreciation. The walk will begin in the Isla Vista Community Room.

Bark, Bark, Bark
The Isla Vista Recreation and Parks District is offering free dog training in IV. every Sunday at 11 a.m. Drop by with your little fluffy pal to teach them a few tricks. The newly-opened dog park is located on 6650 Sueno Rd. The trainer, Jill Atamian Hall, is an experienced dog trainer from Santa Barbara. Dogs will learn commands including sit, stay, come and place. Harnesses and four- to six-foot leashes are required equipment for the class. Flexi-leashes, prong collars and e-collars are not allowed. The class is first come first serve, so show up early and come prepared!

Self Defense
The A.S. Commission on Student Well-Being will be hosting free Krav Maga in Pardall Center every Tuesday at 5:00 p.m. Pedro Sanchez will be teaching, and free blenders will be provided to participants, so get ready to get a killer workout and learn some nifty moves.

Kosher Cookout
Santa Barbara Hillel will be hosting a Kosher Cookout in their backyard next Tuesday from 6:30 p.m. to 8:30 p.m. They'll be serving up hot dogs, veggie burgers and good times, so make sure to come hungry! The Education Abroad Program will also be there to talk about study abroad opportunities. All are welcome so bring your friends. Hillel is located at 781 Embarcadero Del Mar.

Fun Films!
If Halloween was not spooky enough for you, Associated Students (A.S.) Program Board is playing "The Nun" at Isla Vista Theater this Tuesday. The show times are at 7 p.m. and 10 p.m., and admission is free for students with presentation of an access card.

Senior Portraits!

Professional portraits can be purchased from www.laurenstudios.com. they are the official photographer for senior photos, and they will be on campus for these dates only! You may register and make an appointment on their website. It is not mandatory as students can drop in for photos, but it's recommended to have any appointment as they have priority over walk-ins. After your session, you can log onto the website to look at your proofs, choose the photo to appear in the yearbook (free), and purchase portrait packages if you choose. Receive a 10% discount on portrait packages if purchased at photo session.
Phone: 951-272-8600 Website: www.laurenstudios.com

WHO: SENIORS GRADUATING IN FALL, WINTER OR SPRING OF 2018/2019
WHAT: TAKE YOUR FREE, YES FREE, SENIOR PORTRAIT!
WHEN:
FALL: OCTOBER 15 - NOVEMBER 20 AND NOVEMBER 26-DECEMBER 7
WINTER: JANUARY 21 - MARCH 1
SPRING: APRIL 1 - 26
WHERE: UNDERNEATH STORKE TOWER, GROUND FLOOR, ACROSS FROM THE UCEN IN THE DAILY NEXUS ADVERTISING OFFICE

SENIOR BOOK 2018-2019

Your experience here at UCSB is filled with many memories. The UCSB Senior Book will be your reminder of your college days and your hard work that led to you graduating! The Senior Book will contain senior photos, photos from the events of your senior year and a list of all of your graduating class. Additionally, you will also have the opportunity to submit a senior quote. At your photo appointment, for only \$30 you can purchase it by charging it to your BARC account! These also double as a perfect gift for family to look through during commencement or as a memory book.

Associated Students Senators’ Office Hours

UCSB’s Associated Student Senators are mandated to hold office hours and publicly post them by the end of the third week of the quarter. Until the *Nexus* reached out to Internal Vice President Steven Ho requesting a public list of all of the senators’ office hours, there was not one compiled. Each senator oversees a specific constituency. Some specifically serve on-campus students, some specifically serve off-campus students, some serve transfer students, some serve students in the College of Letters & Science and in the College of Engineering. They also work with a number of boards, commissions and units as their liaisons. These senators are your representatives in Associated Students and handle your student fees. This is where you should be able to find them on a weekly basis. Contact the *Daily Nexus* if you show up to your senator’s office hours and are unable to find them. It’s your job to hold them accountable.

Associated Students Senators’ Office Hours:		
Senator	Time/Date	Location
Allison Adam	Wednesdays 3-4PM , Fridays 3-5PM	AS Main
Nima Bencohen	Fridays 10-1PM	Caje
Alexis Bettencourt	Tuesdays 2-5PM	Caje
Xochitl Brisenó	Mondays 11-1PM, Thursday 3:20-4:30PM	AS Main, SRB 1st Floor
Jalia Carlton - Carew	Fridays 2-5PM	AS Main
Adam Chohan	Monday 4-5PM, Thursday 4-6PM	AS Main, Caje
Rafael Cornejo	Tues/Wed12:30-1:30PM, Thur 12:30-1:30PM	AS Main, Pardall Center
Anthony Hernandez	Mon 2-3PM, Wed 2-3PM, Fri 11-12PM	AS Main , AS Main/Transfer Student Center, Uni-Owned APT (rotation)
Sydney Karmes - Wainer (Proxy Rose Ettleson)	Thursdays 11-2PM	Ucen Starbucks
Yash Nagpal	Tuesday 9-11AM, Thursdays 9-10AM	Arbor, San Nicolas Hall Rec Room
Ashley Ng	Fridays 9:30-12:30PM	Isla Vista Starbucks Patio
Andrew Nguyen	Wednesdays 12-3PM, Fridays 9:45-10:45AM	AS Main, Pardall Center
Christian Ornelas	Mondays 4-6PM, Tuesdays 5:15-6:15PM	Coffee Collab
Jasmine Palmerin	Wednesdays 5-6PM, Friday 3-5PM	AS Main, SRB
Melissa Perez	Mondays 11-12PM, Tuesdays/Thursdays 4-5PM	AS Main, MCC
Yasamin Salari	Wednesdays 12-2PM, Thursdays 3-4PM	AS Main, Ucen by Subway
Zion Solomon	Mon 1:30-3:30PM, Tues/Thur 9-11AM	AS Main, ADCRC in SRB
Joshua Takeuchi	Mon 12:30-1:30PM, Wed3:30-5:30PM	AS Main
Lea Toubian	Mondays 10AM - 12PM, Fridays 1-2PM	Arbor, Santa Cruz Formal Lounge
Ricardo Uribe	Thursdays 4-6PM, Fridays 5:30-6:30PM	AS Main
Office Hours for Senator Alex Funk, Carla Cernat (Proxy: Noah Fleishman), and Yara Khamis (Proxy Eric Moon) could not be found		

CSD Directors To Begin Earning Compensation for Board Service

Evelyn Spence
County News Editor

Directors of the Isla Vista Community Service District will now be compensated for time spent serving on the board, as discussed at the board's Oct. 30 meeting.

The seven-member board of directors can each be compensated up to \$600 per month, according to the board's compensation resolution.

However, a director's payment will most likely amount to \$200 each month because of the board's biweekly meetings, said Ethan Bertrand, Isla Vista Community Service District (I.V. CSD) president.

This amounts to \$100 per meeting, regardless of the meeting's length.

The seven directors -- Ethan Bertrand, Natalie Jordan, Spencer Brandt, Jay Freeman, Father Jon-Stephen Hedges, Robert Geis and George Thurlow -- will now also be reimbursed for any traveling expenses incurred while on I.V. CSD business.

"Obviously this is not a living wage, this is not a big salary or anything. This is just a basic payment," Bertrand said.

"Public service is absolutely important and we're privileged to do the work that we do, but we want to make sure that people

who want to get involved in their community and serve in this capacity can have at least a little more assistance and financial security."

The resolution passed with four yes votes and one abstention by Director Thurlow.

Directors also have the option to waive their payments or accept the money and immediately return it to the board, an option Thurlow said he would be following.

There is approximately \$16,800 in allocations for the year to compensate directors for their time, according to the I.V. CSD's 2018-19 budget.

The board has been discussing this for about two months, following an acquisition of the I.V. CSD's funding through Measure R, Bertrand said.

The I.V. CSD's policy committee is creating a policy for what can be reimbursed. The committee will discuss this during its Policy Committee Regular meeting on Nov. 8.

"This is something that will make service in the board of directors more inclusive," Bertrand said.

"We recognize that we have very limited finances, and we want to be respectful of that while also making sure there's a basic level of pay to just assist with the incredible amount of work that goes into this."

I.V. Arrests Decreased

Hayley Tice
Data Editor

Arrests in Isla Vista decreased in October from September, according to data from the *Nexus*' crime log.

The map is based on daily arrest logs from the Santa Barbara County Sheriff's Office and includes arrests in Isla Vista as well as on the UC Santa Barbara campus.

The *Nexus* launched the crime map Oct. 1.

While 26 individuals were arrested in Isla Vista in October, 55 were arrested the previous month.

There was also a decrease in arrests of UC Santa Barbara students in Isla Vista between the two months. In September, eight UCSB students were arrested, while four were arrested in October.

It is *Daily Nexus* policy to check if any college-aged individuals who are arrested are students at either UCSB or SBCC.

Most individuals arrested in Isla Vista during these months were not current UCSB students. Only about 15 percent of arrests in October in Isla Vista were of UCSB students.

Approximately 54 percent of people arrested on campus that month were UCSB students.

Most individuals arrested, however, were of typical college age. Approximately 88 percent of people charged with crimes in Isla Vista whose

age was known were between 18 and 24 that month.

About 51 percent of people arrested in Isla Vista and on campus were charged with at least one crime related to alcohol, and the most common crime individuals were charged with was disorderly conduct due to alcohol.

33 individuals were charged with disorderly conduct due to alcohol in September and October.

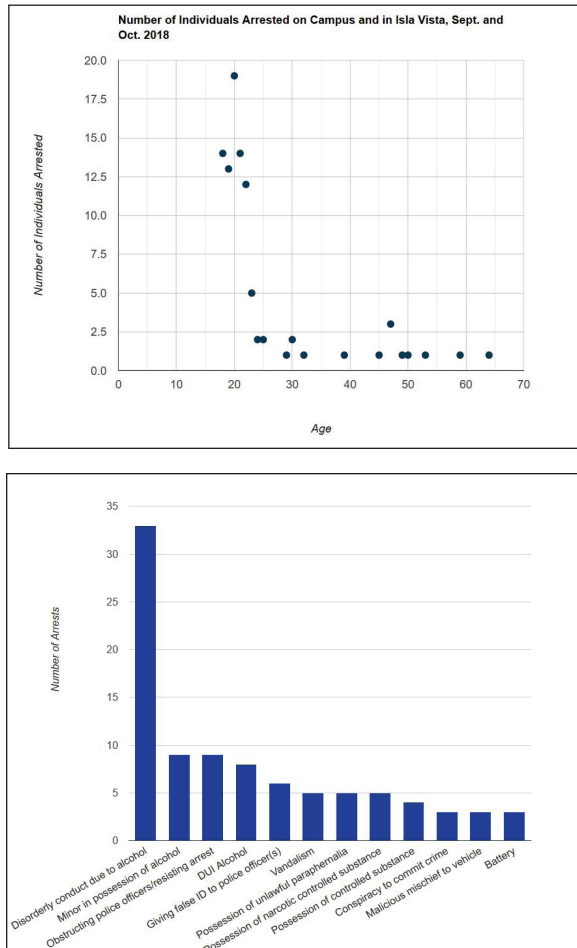
The second most common charges were possessing alcohol as a minor and obstructing police officers/resisting arrest, with nine individuals arrested for each. Eight people were also arrested for driving under the influence of alcohol during those months.

Over half of the arrests occurred between 11 p.m. and 2:59 a.m., and the most popular hour for arrests was 2 a.m. Approximately 23 percent of all arrests over these months took place between 2 a.m. and 2:59 a.m.

Most arrests happened in Isla Vista. While 15 individuals were arrested on campus, 81 were off campus.

Del Playa Drive was the most popular spot for arrests in Isla Vista. Approximately 35 percent of arrests in Isla Vista occurred on or by an intersection of the street.

Most arrests occurred on Saturdays and Sundays. About 36 percent of arrests occurred on Saturdays, and 34 percent occurred on Sundays.



HAYLEY TICE / DAILY NEXUS

SoCal Edison Partially Responsible for Thomas Fire



NEXUS FILE PHOTO

Amira Garewal
Reporter

The Southern California Edison (SCE) electric services company took responsibility on Oct. 30 for being one of the causes of the Thomas Fire that tore through the Santa Barbara and Ventura counties last December.

"SCE believes its electrical equipment was associated with an ignition near Koenigstein Road in Santa Paula -- one of at least two origin points for the Thomas Fire," SCE said in press release sent out on Oct. 30.

However, the statement noted that there were other factors that contributed to the Thomas Fire, including dry vegetation, high temperatures and strong winds.

"Wildfire risk is increasing at the same time as more and more residential and commercial development is occurring in some of the highest-risk areas -- with over a quarter of SCE's service territory in high fire risk areas identified on the CPUC's (California Public Utilities Commission) fire risk maps," the press release stated.

SCE is now awaiting permission from the California Department of Forestry & Fire Protection (CAL FIRE) to further its investigation into the causes of the Thomas Fire.

According to the press release, CAL FIRE has removed equipment located near Koenigstein Road, so SCE has not yet been able to inspect it. "SCE will not be able to determine the specific cause of the Koenigstein Road ignition until it

can analyze the equipment currently in CAL FIRE's possession."

According to the press release, SCE is conducting an ongoing study regarding the causes of the Thomas Fire. This study takes an in-depth look into possible ignition points and fire progression from each point, among other factors.

SCE is one of the largest electric utility companies in the U.S., serving about 15 million customers in Southern California, according to the press release.

The Thomas Fire devastated the Santa Barbara area last December, burning over 281,893 acres of land. It was the largest fire in California history at the time, until it was surpassed by the Mendocino Complex Fire in July 2018.

During the fire, UC Santa Barbara opened its recreation center to evacuees from the Ventura and Santa Barbara counties.

UCSB's Associated Students Senate also allocated over \$2,000 to students who needed to return home because of the fire. UCSB Chancellor Henry Yang later canceled finals week for Fall Quarter 2018 due to the unsafe conditions on campus.

The fire burned the soil, preventing it from being able to absorb the heavy rainfall that followed, thus leading to the Montecito mudslides which killed over 20 people in January and forced thousands to evacuate.

The findings come as SCE faces multiple charges relating to the Thomas Fire, including from attorneys representing local residents and the City of Ventura.

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UCSB Works To Support Transgender Students in Face of Proposed Gender Redefinition

Sanya Kamidi
Asst. News Editor and Social Media Manager

The Trump administration's proposed redefinition of gender would leave transgender students at UC Santa Barbara stuck in limbo between federal and state guidelines, according to Craig Leets, Resource Center for Sexual and Gender Diversity director.

Leets said the proposed redefinition, which defines gender as the sex assigned at birth, would cause complications particularly with passports, social security cards and insurance benefits.

He has been working to advocate for LGBTQ students in higher education since 2012.

"It's really complicated for a trans person to get their gender marker with the federal government," he said. "If [the redefinition] were to go through, there would be no chance at all for a trans person to change that gender marker that is on record with the federal government."

Transgender students travelling internationally run the risk of being held up in airports, both domestically and internationally.

"Their appearance might align with one gender and [if] their gender marker on their passport says something different, that can cause problems for people who are going through customs," Leets said.

Insurance companies that operate across state lines would also be able to deny transgender students' benefits, particularly to cover mental health or transitioning expenses, despite California's more progressive laws.

"Many things are more than just state-specific... which is where federal guidelines come in," Leets said.

California Senate Bill 179, which was signed by Gov. Jerry Brown in Oct. 2017, would allow California residents three options for their gender on their driver's licenses and birth certificates: male, female and nonbinary, which is denoted by an 'x.'

The law fully goes into effect on Jan. 1, 2019, but the Trump administration's attempts to redefine gender could override the state law.

"If the federal government were to change that definition it could really impact all of the progress that has been made," Leets said.

On UCSB's campus, students would not see any effects to the protections they are already afforded by the university and the state of California.

"UCSB has a nondiscrimination policy, and there are a set of protected classes who are legally protected in the state of California... so someone cannot be discriminated against in accessing housing or employment based on their gender, gender identity or gender expression," Leets said.

"So our nondiscrimination policy, which aligns with those protected classes here in the state of California, would not be impacted or affected."

The Resource Center for Sexual and Gender Diversity (RCSGD) is currently working on two efforts to support transgender students on campus: first, by providing a community-building space for trans students on campus and second, by implementing policy changes within the university.

Currently, the center is working on cataloging the number and location of all-gender restrooms on campus. They are also trying to expand the preferred name option on Gaucho On-Line Data (G.O.L.D.) to include pronouns.

According to Leets, there are approximately 70 all-gender restrooms on campus, with the majority of those being single-stall restrooms.

Through the RCSGD's work to establish a map of all-gender restrooms on campus, it has identified a corridor on Ocean Road by the Gevirtz Graduate School of Education and Robertson Gym where there are several buildings without a single all-gender restroom.

"If a student is in one of those classes, one of those buildings or they have multiple classes in those buildings, it's really hard for them to find a restroom space that's close enough by for them to get between classes or for them to go during a class," Leets said.

Ideally, Leets would like to establish several all-gender restrooms in all buildings on campus, but says the more realistic goal is at least one in every building "so a student or faculty or staff-person would not have to leave the building that they're in to have an accessible restroom option."

The RCSGD is currently in the inventory phase of the project. Once it identifies priority spots, like the Ocean Road corridor, it will begin requesting funding and approval to convert existing restrooms to all-gender restrooms.

Leets said the center is also working with the university to expand the preferred name option already available for students.

For students who have not or cannot change their legal name, they can currently change their preferred name on G.O.L.D. This change will be reflected in numerous locations including their access card, GauchoSpace, G.O.L.D., advising records, the online campus directory and housing rosters.

"In many places, students will be able to see their preferred name and not have to interact with their legal name. That system is pretty good; we're just trying to make sure it's as good as it needs to be," Leets said.

As a partner project, they are also working toward including pronouns in the university system in the same places the preferred name already appears.

Despite the work they've already done, projects like these often take longer than the center hopes them to.

"I think many people want to do that work [to support trans students] and are excited to do that work ... The challenge that comes from any large organization [is], 'Is the money there?', 'What's the technical complications of making these changes,'" he said.

Leets said the center works closely with Vice Chancellor Margaret Klawunn and Associate Vice Chancellor for Diversity, Equity, and Inclusion Maria Herrera-Sobek.

"Our role on campus is to be the leaders of the advocacy and improvement on campus for trans students," Leets said.

"[The administration is] supporting the work that we are doing and help[s] us to make movement when we can't ourselves to try and make campus more welcoming for trans students."



COURTESY OF CRAIG LEETS

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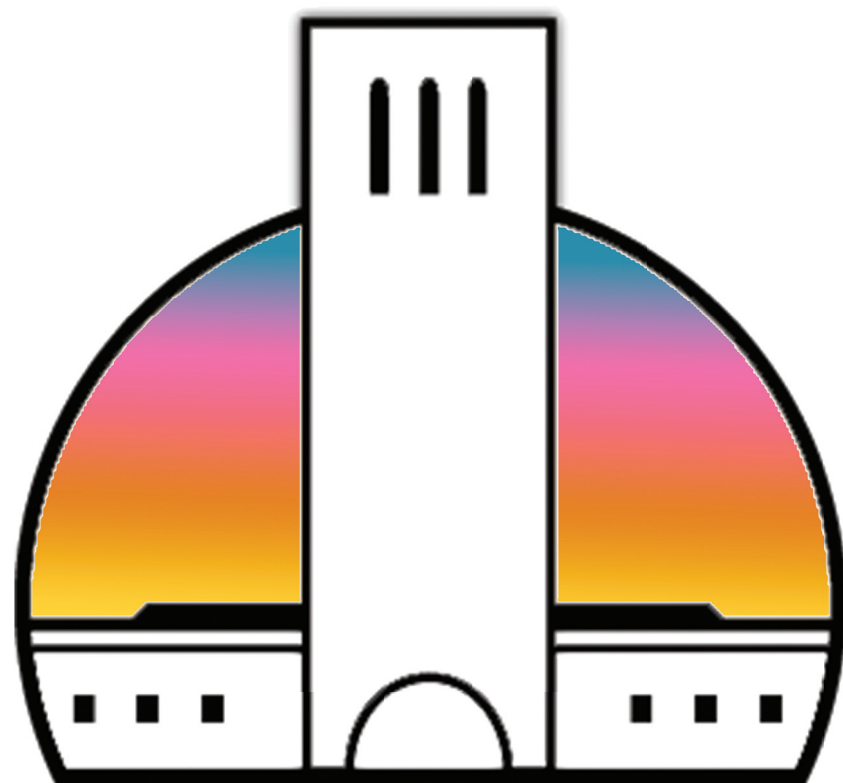
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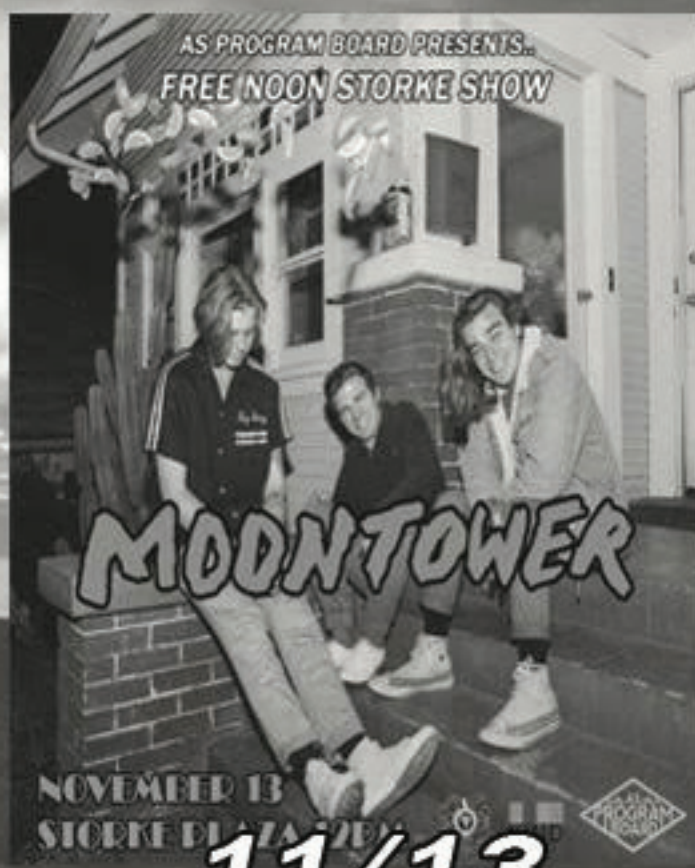
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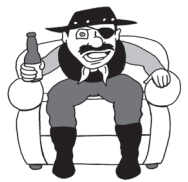
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The trade talks have already started for Lebron's team. With the Lakers' coach already on the hotseat, will L.A. get back to its gold standard or just become Cleveland 2.0?

SPORTS

Daily Nexus Sports

Check out the first basketball game in the Thunderdome this season on Friday, when women's basketball takes on CSU Bakersfield at 7 p.m. Men's basketball will play their first home game next Tuesday.

Heidegger, Ramsey Lead the Charge for Coach Pasternack



Max Kelton
Staff Writer

NEXUS FILE PHOTO

With Head Coach Joe Pasternack at the helm in his second season, the UCSB men's basketball team looks to take a step toward a playoff berth into March Madness for the first time since 2011.

The Gauchos tied a program best 23-9 record last season in Pasternack's first year as the SB Head Coach. Following the 2016-17 season when the Gauchos recorded the worst single season in program history with a feeble six wins, Pasternack took the reins to deliver a 17-win difference in 2018.

The win differential was the largest single-season turnaround in NCAA history.

Led by First Team All-Big West player Max Heidegger, the Gaucho offense produced the highest single-season point total in program history as Heidegger added 95 three-pointers, which totaled the most by a UCSB player in a single year.

Now a composed junior guard, Heidegger was named to the preseason All-Big West Conference Team as the only Gaucho starter to return from the historic 2018 squad.

Although four starters departed after last season, Santa Barbara has added a myriad of newcomers headlined by captain sophomore point guard Deveal Ramsey.

The Sierra Canyon product appears to have earned himself a starting role after being named as a team captain before playing a single regular-season game in the Gaucho blue.

"Last year I tried to watch what the guys were doing and see where I could fit in and how I could make my impact," Ramsey recalled about the transition to UCSB. "We all have a chip on our shoulders and we all just want to be the best; we haven't really hit a wall yet."

Ramsey, along with junior guard Zack Moore, redshirted during the previous season after transferring from the University of Nevada and Seattle University respectively.

The extra year of development in the Gaucho system puts each of them in a prime spot to fluidly mesh with the new-

look rotations.

"We're not naive that this is going to happen overnight. It's going to take some time," Associate Coach John Rillie said. "We lost some really good players from last year's team, and replacing them with young guys... that'll take a little time, but all are willing learners."

Santa Barbara also added graduate Alabama guard Armond Davis, sophomore forward Robinson Idehen out of Trinity Valley CC and sophomore guard JaQuori McLaughlin from Oregon State.

"It's a big change from high school to college, from junior college to Division I," the towering 6'10" Idehen said. "They wanted me to come here to have a rebounding role and be energetic. I've worked on my shot a lot and my touch around the rim; we've been working on that since the summer... I just want to out-hustle everybody. Whether it's going up to get rebounds in the air or my speed running down the floor – getting fast breaks, playing fast pace."

Idehen's height puts him among the tallest on the Gaucho squad this season as he strives to complement fellow big man and senior forward Ami Lakoju.

Lakoju spent the summer nursing a foot injury, but the post-up facilitator looks ready to go for tip-off on Tuesday evening.

Other returners for the Gauchos include senior forward Jarriesse Blackmon, senior forward Maxwell Kupchak, junior guard Christian Terrell and junior forward Andrew Pickles.

Following the changing of the roster over the summer, Christian Terrell has assumed a significant leadership role as he fuses together the new Gauchos.

"I feel like CT: Christian Terrell, he's helped me out a lot too with going over the offense," Ramsey said. "Those older guys like [Jarriesse], like Max [Heidegger] my roommate – those guys all made my transformation easier."

With leaders like Heidegger, Ramsey and Terrell in place, the coaching staff went out and recruited top-tier freshmen without worrying about their transition into the program. Over the summer, the Gauchos added Prolific Prep. High School standouts forward Amadou Sow and guard Sékou Touré along with forward Jay Nagle, who played at Will C. Wood High School.

Sow has long been one of the highest-coveted big men in his recruiting class; while Touré's lengthy wingspan forecasts him as one of the top defensive stoppers on the roster.

Nagle was recruited as a 6'6" forward, but over the summer, the freshman sprouted up an additional two inches to tower at 6'8" just in time for the start of the season.

"They're all the best players on their teams from where they're coming from, but that's not necessarily the case once they get to college," Rillie said. "They have to understand how hard they've got to play. Simple things like running back in defensive transition – as simple as some skills seem – they're a little harder to execute if you're not giving the effort."

Projected to finish fourth in the Big West, the Gauchos kicked off their season opener with a 76-66 win in Laramie, Wyo., on Tuesday, over the University of Wyoming.

They're set to take on North Dakota State in Scheels Arena on Sunday, Nov. 11, at 11 am.

New-Look Women's Basketball Seeks to Defy Expectations

Brandon Victor
Staff Writer

After being pegged to finish at No. 7 in the Big West preseason poll, Head Coach Bonnie Hendrickson and the UCSB women's basketball team will be looking to defy all expectations when they kick off their season this week.

Last season, the Gauchos stumbled out of the gate, starting off the season 3-10 before going a respectable 9-7 in conference play – good enough for fourth in the conference.

However, their season ended prematurely when they were upset at home by CSUN.

This year, Santa Barbara will be tasked with the challenge of replacing its top three leading scores from last season. In particular, the Gauchos will need someone to step up in the absence of Drew Edelman, who led the team with 16.2 points per game.

Despite fielding a relatively inexperienced front court, UCSB boasts an experienced backcourt, with sophomore Danae Miller, last season's starting point guard, returning to allow some continuity.

In addition, the team will welcome back junior Coco Miller, who missed all of last season due to injury.

Two years ago, however, Miller averaged 9.1 per game. Miller also will allow the Gauchos to stretch the defense, as her 111 three pointers made are already the seventh most in program history.

If the exhibition game against Cal St. San Bernardino was any evidence, the team will likely use a committee approach to filling Edelman's presence.

Junior center Natalia Bruning led the team last Monday with 18 points and 15 rebounds, while sophomore guard Bri Anugwom chipped in 15 points on 5-8 shooting from the floor.

Anugwom, a community college transfer who scored 20 points per game for West Los Angeles CC, should provide a solid scoring spark for the team off the bench.

With a tough non-conference schedule, Hendrickson will need the seven new faces on the team this season to get acclimated to Division 1 basketball quickly.

The Gauchos' biggest test will come Nov. 15 when they travel to Los Angeles to take on USC. Later in the non-conference slate, Santa Barbara is also scheduled to take on UNLV, St. Mary's, Cal and San Diego State.

The team's schedule won't get any easier when they open up conference play against CSUN on Jan. 5, with the Matadors picked first in the preseason Big West coaches poll. In that game, the Gauchos will be looking to avenge their tournament loss from last season.

They weren't able to avoid a loss in their first game at Utah Valley, falling 63-54 to the Wolverines. The lone bright spot for UCSB on Tuesday night was Natalia Bruning's 20 point, 11 rebound performance on 9 of 14 shots.

Without Edelman in the lineup this season, there's potential for Bruning to break out as the team's primary scoring option down low.

Santa Barbara will have the chance to get its season back on track when it takes on CSU Bakersfield at home this weekend.

Last season, the Roadrunners went 18-14 overall, falling just short in the WAC tournament final. The team returns without its leading scorer from last season, senior forward Aja Williams, who averaged nearly 13 points a game off the bench last season.

Where Bakersfield dominated last season was on the defensive end, giving up only 56 points per game to its opponents while causing nearly 18 turnovers per game. While the Roadrunners scored merely 61 points per game last year, their solid defense enabled them to go 10-4 in the conference.

The last time these two teams met was in 2015 when Santa Barbara came away with a 61-60 victory.

Ironically enough, that game was Hendrickson's first game in charge of the Gauchos. UCSB will look to repeat that success on Friday, eager to avoid the slow start that plagued the team last season.

For a young and inexperienced Gaucho team, building confidence in non-conference play will be key. In a wide-open Big West conference, anything is possible – all UCSB needs is a couple players to step up in the absence of Edelman. If they can do that, look for Santa Barbara to surpass expectations this season.



DUSTIN HARRIS / DAILY NEXUS

Women’s Volleyball Still Fighting In Final Stretch of Big West Play

Spencer Ault
Staff Writer

As the regular season winds down, the UCSB women’s volleyball team isn’t playing for a playoff spot. At 6-6 in Big West play and 14-10 overall, the team’s next four games will be its last in 2018.

However, that doesn’t mean the Gauchos don’t have anything to play for.

One more conference win would equal their seven-win total from last season, and fourth place, currently held by the 8-5 UC Davis Aggies, is within reach.

But just because it’s in reach doesn’t mean it will be easy. UCSB must more or less close out its season with four wins in a row,

starting this week with matches at UC Irvine on Thursday and at Davis on Saturday.

Neither opponent will be easy for the Gauchos to defeat. Both teams beat UCSB the first time around, with Irvine pulling off a contentious 3-1 victory back in mid-September and Davis battling back from a 2-0 set deficit to steal a 3-2 win in the Thunderdome just over a month ago.

Both matches were close ones that UCSB had its chances to win, which should give the team some hope going into the week. On the other hand, matching up with the two will only be harder when the Gauchos take their show on the road this week.

First up is Irvine, the third-place Big West team with a 15-10 overall record and a 9-4 record in conference play. The Anteaters started Big West play on a tear with six wins in their first seven

games, but they have cooled off recently, going 3-3 since.

UCSB is sort of a tune-up for Irvine, who closes its season with matches against first-place Cal Poly and second-place Hawaii. The opportunity exists, then, for the Gauchos to take advantage of what may be a sort of trap game for the forward-looking Anteaters.

Irvine has a balanced attack with no one player standing out. Redshirt sophomore outside hitter Loryn Carter leads the team with 2.91 kills per set, but four other players have around two kills per set as well. One of those players, Abby Marjama, has excelled in Big West play with 3.07 kills per set.

The Gauchos struggled to stop that balanced attack the first time around, something they’ll have to improve upon to win on Thursday night.

UCSB will also have to replicate its own balanced performance from that first matchup, when Charlie Robinson and Torre Glasker backed up Lindsey Ruddins’s 23 kills with double-digit totals of their own.

There won’t be much time for UCSB to regroup after its Thursday match. The Gauchos will have to travel back up the state to Davis almost immediately in order to take on the Aggies on Saturday night. When they do so, they’ll be seeking to avenge their incredible collapse in late September.

Saturday’s match will also be Senior Night for Davis’s class of seniors, a group that includes standout outside hitter Emily Allen. Allen leads the Aggies in kills per set with 3.76 this year and is 15th in the Big West with 2.99 digs per set.

Allen is also a Santa Barbara native and the sister of UCSB’s Chloe Allen. Senior Night, then, will likely be extra special for the Allen family.

The Gauchos will have to overcome any sort of emotional lift UCD may get from their departing seniors in order to win. UCSB established clearly that it can beat the Aggies in their first matchup, but the Gauchos have to actually close the deal and do it on the road this time around.

A repeat performance from junior middle blocker Charlie Robinson, who had a career-high 22 kills in the first UCD-UCSB clash, would go a long way for the Gauchos on their quest for vengeance. Robinson hasn’t broken double-digits in the kills category in any game since, however, so UCSB may need to find new sources of offense in order to win.

If the Gauchos can do that against Davis on Saturday and stifle the balanced attack of Irvine on Thursday, they’ll stand a chance of sweeping the week and besting their conference mark of last season. Playoffs might be out of the picture, but there’s still plenty to play for.



NEXUS FILE PHOTO

Gauchos Return Home for Final Regular-Season Match

Kunal Mehta
Staff Writer

The No. 5 UCSB men’s water polo team, currently 18-8 overall and 3-1 in conference play, will face No. 8 Pepperdine this Saturday to finish the year in their last home game of the season.

After a well-rounded victory against No. 12 UC Irvine, the squad will look to add to their two-game winning streak and finish the season with a 4-2 home record.

This game will mark the last time senior driver Boris Jovanovic will compete in a Gaucho uniform.

Jovanovic currently leads the team in scoring and has been instrumental in Santa Barbara’s dramatic turnaround from last season.

Not only has he been an offensive force, but he has also brought stable leadership for the team as the only senior on the roster.

The Waves come into this game on a three-game winning streak, with an overall record of 15-10, in which they have outscored their opponents by an average of seven goals per tournament.

In their most recent matchup against Santa Clara, they were able to net 17 goals while only allowing six. Freshman attacker Balazs Kosa led Pepperdine with a career-high seven goals in the

match.

It has been an up-and-down season for Pepperdine, but they have seemed to have found their rhythm as of late, specifically offensively.

Behind Kosa and senior center Chris Dilworth, the duo has been able to constantly put pressure on their opponents, leading to not only many goals for each player but also assists – they have over 30 assists between the two of them.

Both Pepperdine and Santa Barbara are very familiar with each other as they had matched up earlier in the season, with the Gauchos grabbing the win narrowly by a score of 16-14. Jovanovic led UCSB with six goals in their previous match-up.

UCSB will look to continue its strong defensive performance, as it has held its past two opponents under 10 goals.

With the Waves playing its best on the year, the Gauchos’ defense must communicate effectively, particularly when facing power plays.

Throughout the year, the Gauchos have struggled to keep the ball out of the back of their net when being a man down, primarily due to defensive breakdowns.

If they are able to limit them, they will be in prime position for defense stops, which could lead to offensive success for them through fast-breaks.

With all of the Waves’ attention certainly

going toward stopping Jovanovic and junior utility Ivan Gvozdanovic, other members on the UCSB team must step up in order to keep a strong defense.

Freshman attacker Sam Nangle and freshman driver Nathan Puentes were able to score in their last game, and it is prospected that the duo will make an impact in the last home game of the season for the ‘Chos.

By maintaining constant pressure on the opponent’s half of the pool, they will be able to increase their amount of shots on goal, inevitably leading to more goals scored.

As Santa Barbara wraps up the season, it will have the potential to increase its win count by eight games in comparison to last year.





Many attribute the turnaround to the team’s selfless nature.

Twelve players currently have more than 10 goals on the year, making the Gauchos extremely difficult to defend, since every player in the pool is an offensive threat.

Looking to pick up its fourth win at home on the year, UCSB will play Pepperdine at 12 p.m. on Saturday, Nov. 10, in Jovanovic’s last home game as a Gaucho.



NEXUS FILE PHOTO

MENS' WATER POLO		GOLDEN COAST CONFERENCE					
		1ST	2ND	3RD	4TH	5TH	6TH
CONFERENCE OVERALL							
	OVERALL	18-8	15-10	10-10	9-11	8-13	6-16
	CONFERENCE	3-1	3-1	3-1	2-2	1-3	0-4

ARTSWEEK

Jonah Hill Kickflips Into Our Hearts With Mid90s

The actor makes his directorial debut with a skateboard flick that combines his love of Los Angeles, hip-hop and semi-vintage film

Kristina Valencia
Staff Writer

Before going to see “Mid90s,” I thought I had already reached my quota for watching and loving movies of the skateboard genre. I’ve already seen “Lords of Dogtown” and “Bones Brigade: An Autobiography” 50 times each – weren’t those the only ones that mattered? But as I left the theater after a few days ago, I realized Jonah Hill’s directorial debut shone as an original skate film all on its own.

This film follows the life of Stevie (Sunny Suljic), a young boy who is struggling to belong in a world of abuse and neglect. One day, while biking around his hometown of Los Angeles, Stevie spots his destiny: the coolest boys he’s ever seen, skateboarding on the sidewalk. This group, comprised of Ray (Na-Kel Smith), Fuckshit (Olan Prenatt), Fourth Grade (Ryder McLaughlin) and Ruben (Gio Galicia) introduce a place for brotherhood and acceptance to Stevie, allowing him to blossom into a confident young man.

The component that really drove this film forward was Hill’s ability to cast a bonafide group of gritty teenagers rather than career actors who had never picked up a skateboard before. At only 13 years old, Sunny Suljic completely embodies the disposition of his character: innocent and promising. Ray, the leader of the group, is played by real-life professional skateboarder Na-Kel Smith, who often shows off his skills throughout the movie. By casting genuine boys like these, Hill was able to create a skate movie without any of the generic tricks and references that frequently plague the genre.

Although Stevie was the main character of “Mid90s,” Fuckshit, played by Olan Prenatt, stood apart from the others as the confident and witty jokester who provided comedic relief during the movie’s tense moments. Fuckshit’s presence in the film wasn’t a dominant one, yet he still managed to steal the spotlight anytime he was on screen. His performance was remarkable; the delivery of his lines was so natural it was almost hard to believe this was his first time acting. During a Q&A with the cast, Jonah Hill even described Prenatt as “one of the most explosively, funny, and charismatic people, so much so, that I forgot to even officially audition him.”

Besides the impressive acting in this film, Hill has also successfully managed to capture

the 90s aesthetic through his vintage style of filming. Unlike many modern movies, “Mid90s” is shot on film, not digitally, and is shown in the classic 4:3 aspect ratio. This subtle stylistic choice was the final push that separated “Mid90s” from anything else currently out in theaters, offering the viewer a unique watching experience.

The soundtrack was also wildly thoughtful. Though Hill chose to use popular 90s artists like A Tribe Called Quest, Nirvana and Morrissey, he did this tastefully by including their lesser known songs rather than their big hits. In turn, this not only displayed Hill’s appreciation for 90s music but also worked to make this nostalgic period piece feel more legitimate. Here’s a surprising fact: Because of the low budget on this film, Hill had to personally reach out to every music artist featured in the motion picture soundtrack to gain the rights to play their songs in his movie. “We didn’t have any money and the soundtrack is crazy,” he explained. “I had to write letters to all of my favorite artists ... every song that’s in the film, I wrote the scene to have that song in it.”

However, I will say “Mid90s” is far from being perfect. I won’t give away any spoilers, but there are some very questionable scenes that, while I had expected to see them, almost felt too dark, too lengthy and too inappropriate in comparison to the spirit of the rest of the film.

The ending felt rather rushed and abrupt. Usually, movie endings offer some kind of resolution, and “Mid90s” was lacking just that. At only an hour and 24 minutes long, Hill could have added more to the plot in order to make the story overall feel more complete. But, since this is his first endeavor as both a writer and director, it’s hard to find too much fault in these shortcomings, especially when there are so many beautiful moments to focus on in the film.

Jonah Hill has plenty of room for improvement in his future projects, but this introduction of his into the world of writing and directing was especially commendable. Rather than showing us obnoxious skating and fashion trends for the sake of a retro aesthetic, Hill instead gave us a believable, relatable story with an extremely charismatic, lovable cast. I never would have thought the “Superbad” star would become this dedicated to the art of film, but I’m glad he did.



STAFFER / DAILY NEXUS

Toro Y Moi Is Blissed Out at SOhO in Downtown SB

Max Pasion-Gonzales
Staff Writer

Occasionally, certain artists develop brands that seem to be more iconic than the sum of their solo work alone. Artists like Pharrell Williams, for example, who seem to have production credits and contributions all over in pop culture, are rarely cited for their actual solo work, becoming (unfairly) more of an image than a powerful solo musician. Toro Y Moi has often been placed into this strange and often inaccurate box of music culture; he’s been seemingly everywhere across genre and style and influence. Any music fan can recognize his face and fashion, yet strangely enough, he is not praised for his music to the same degree that he should be. Despite all of this, Chaz Bear, more frequently known as Toro Y Moi, proves through his live presence

and energy that he is a great performer despite these constraints, standing alone as not only an iconic image but also a major influence and pioneer of 21st century indie music.

Toro Y Moi hit downtown Santa Barbara’s SOhO last Thursday for a stop on his tour following his *Boo Boo* album release and after announcing a new album, *Outer Peace*, which is coming early 2019. With a long, successful career and a ton of commercial buzz, Chaz beautifully arrived on stage, maintaining a delicate balance of high energy and chill waves and prompting one of the danciest crowds I’ve ever seen.

Chaz began his set with *Boo Boo* album opener “Mirage,” which was met with a strong response from the audience. The energy didn’t reach full potential, however, until he performed his new single, “Freelance,” soon after, which seemed to be the true start of the night.

Toro himself was alternating between keys, a beat pad and solo vocals, meshing seamlessly with his incredibly rehearsed backing band. Sonically, things were just about perfect, with the vocal reverb balanced exactly as it is on record and instrumentation that was clean and vibrant.

The South Carolina native continued on with tracks from *Boo Boo*, including deeper cut “Labyrinth” and soulful pop masterpiece “Girl Like You,” which was one of the highlights of the night in terms of vocal performance, instrumentation and crowd response. This moment in particular marked some of the highest audience involvement, with nearly everyone singing along to the catchy hook and dancing with the grooves. Despite the electronic-heavy landscape of “Boo Boo,” the live setting translated alarmingly well, with every 808 drum, groovy baseline and synth chord hitting hard and true. Much of the magic that Chaz Bear presents here lies in turning his recorded dreams into a live reality.

In person, Toro Y Moi was about as quaint and down-to-earth as I had imagined. He was a man of few words between songs and seemed to say more in performance than anything else. His movement and engagement were limited, yet effective, which made for a very intimate and immersive show. This mysterious and somewhat reclusive element of Toro is a bit of a staple of his image, and it proved extremely effective once paired with the strong backing band and lighting choreography.

Some of the more exciting moments mid-set came from Toro’s early classic album, 2013’s *Anything in Return*. Some of these deeper cuts worked as a nod to his more dedicated fans and provided a change of pace from the other tracks in the set. Moving emotional tracks like “Say That” and “So Many Details” were memorable moments at SOhO, and they personally took me back to my high school days when *Anything in Return* was first released. Toro Y Moi wrapped up his set with classic hit “Rose Quartz,” a track that is lodged in the memory

of any true fan of Chaz’s music and one that marked the start of a huge career. The performance was extremely powerful in its nostalgic nature and celebratory tone, ending the night where a lot of Toro’s fans began with him.

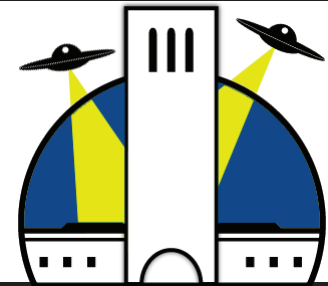
Toro Y Moi is a total icon, not only in image and cultural positioning but also in diverse musicianship, intimate performative value and sheer, raw talent. If a look into his discography doesn’t prove this, surely some time in his live setting will. After an incredibly fun and ultimately moving night at SOhO, I can assure you that Toro Y Moi isn’t going anywhere but forward.



This mysterious and somewhat reclusive element of Toro is a bit of a staple of his image, and it proved extremely effective ocne paired with the strong backing band and lighting choreography.



Courtesy of The 405



NEXUSTENTIALISM

Listicle, Satirical, Never Newsical



NEXUS FILE PHOTO

“I’m Not Mad, I’m Just Disappointed:” Parents’ Weekend 2018 Report

Brock Clark
Staff Writer

Well, UCSB’s Parents Weekend came and went, and things were less than perfect. Parents Weekend is supposed to be a time when we can stop having anxiety attacks from econ, pretend like our social lives are more than just a weekly hookup and disregard the Yerba-and Aderall-induced coma we’re all on the brink of, but this year we shit the bed, guys. Three out of four parents said they were either disappointed, appalled or, and I’m quoting here, “downright ready to choke someone,” after seeing what they saw. For the safety of students, the interviewees will each receive an appropriate pseudonym.

1. My Hookup’s Mom

Early thoughts from this seemingly random parent were highly positive. Campus Point was beautiful, and the guest lecture she got to attend reassured her that her daughter was in the right place. All this changed when the Fire Nation attacked. Nothing ruins Parents Weekend like walking in and seeing your precious little [name redacted] trying to shove a half-naked boy out a window at an oceanside house. “You are trash, and I am downright ready to choke you,” was all this reporter got out of this interaction.

2. Suzy V. Over-Protective

Upon Suzy’s arrival, she was both happy and concerned because it looked like Gregory had the sniffles. “It just seemed

like he was developing allergies all of a sudden ... His eyes were bloodshot and he just kept sniffing.” What Suzy didn’t know was that Gregory had developed a fiendish coke addiction as well as a mildly successful business. When asked if she would return next year, Suzy candidly retorted, “Not even the cornhole competition at Storke Tower will entice me to rejoin Parents Weekend.” Well, boo on you, Sue, boo on you.

3. Jeff, Awkward Stepdad

Jeff was invited to join Tim, his stepson, in all normal activities this weekend. They played a few rounds of frisbee golf and went paddleboarding. Then night fell and Jeff found out his stepson was a star who went shot-for-shot with everyone at Dubs (Dublin’s for parent readers). “It would be weird to say I’m proud of him, but I’m not not proud of him...” Jeff looked concerned and mildly hungover during this interview.

4. Party Mom Karen

Party Mom had a great time and got into three fraternity parties. She only wishes she could have come here sooner. “This was the best fucking time I could have ever had.” It was at this time that she looked to three bros in the corner and said, “I’m gonna outdrink all your little bitch asses.” Godspeed, Karen, godspeed.

Brock Clark wants you to know that he was actually called a “piece of trash” by his ex’s mom once and it still hurts.

Now That’s What I Call Stress Eating!

Hannah Jackson
Asst.Opinion Editor

As midterm season approaches, students are beginning to exhibit classic psychological behaviors associated with stress. While some may turn to compulsively smoking stogies or crying in the library’s egg chairs, freshman Daniel Diaz has taken up a record-breaking stress-eating habit.

“At first we didn’t think it was a big deal,” said Diaz’s roommate Nicholas Wolf as he stepped over a pile of empty Flamin’ Hot Cheetos bags on the floor of their dorm. “But pretty soon his trash took up the entire floor’s trash cans, and now he’s commandeered the entire Anacapa bin.”

Diaz’s case has astounded Arbor workers and dining hall employees alike. Veteran Arbor employee Rachel Lee was stunned by the sheer quantity of food Diaz bought in a single trip, noting that she had never seen someone purchase a

shelf’s stock in its entirety before. Portola staff member Charlie Harris added, “I don’t think Portola has ever run out of food before this kid showed up and practically inhaled the taco-nacho line.”

Those victimized by Diaz’s stress-eating habit include Subway workers tasked with his frequent visits and gross sandwich requests, as well as unsuspecting library gSoers confronted with all of the weird smells that emanate from his backpack.

All sources interviewed noted that they were glad they would be long graduated by the time Diaz can enter upper-division courses. “This kid has a big storm coming,” said fifth-year biochemistry major Phil Morrison.

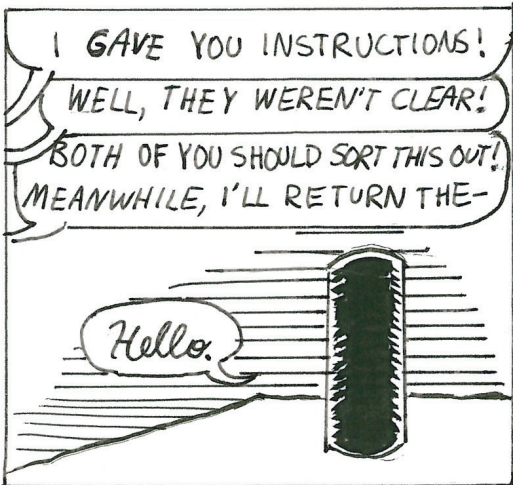
When asked by the Nexus what midterm he was studying for, Diaz replied, puzzled, “What midterm?”

Hannah Jackson recommends the cop’s vegan cookie dough for fellow stress eaters because you can’t get salmonella.



DAILY NEXUS ART & COMICS

the cathartic exchanges of **GOATBOY** by SAM RANKIN



MIDNIGHT SNACK



ON THE MENU

How to a Make a Lifestyle Out of Keto



Marilu Bedolla
Reporter

Was your 2018 New Year’s resolution to lose weight? Did you try a dietary change for a week and then go back to old eating habits? I am guilty of that, too. This summer I decided to make a lifestyle change that made me rethink my relationship with food and exercise.

I was introduced to the keto diet this summer after looking on the internet for sustainable diets. The keto diet, also similar to the Atkins diet or low-carb diet, became a fad during the 90s because of its requirement to eat high-fat foods like cheese and bacon yet still allow for weight loss.

The keto diet has grabbed the attention of reality television celebrity Kourtney Kardashian, vegans and vegetarians. The perk of the diet is that people are able to lose weight and indulge in high-fat foods while removing carbohydrates and sugars from their diet. This means that tropical fruits, fruit juices, dried fruits and fruit syrups are off the menu. Instead, low-carb fruits in the berry family, melons, coconut and avocados are labeled keto-friendly.

Foods high in carbs make our bodies produce glucose, an energy source, and insulin, a hormone that regulates glucose in the blood. Glucose is the main energy source in our body and is used first as a source of energy, but if there’s too much it’s stored as fat. When the body has low carbs, the body starts using ketones a byproduct that break down fat as the main source of energy.

The body then enters a state of ketosis when keto levels are higher in the blood, which can happen through fasting or dieting and can take a day or a week, depending on the method. The keto diet is used to treat epilepsy and help with weight loss, and it is recommended for type 2 diabetes.

Keto has made me rethink the way I see food and has worked for me because I already enjoy the foods that I can have, and because I already do not consume as many artificial sugars or starch. By following #ketomeals and #ketoapproved on Instagram and watching Keto Connect on YouTube, I have found a keto community to help me sustain keto as a lifestyle. On top of keto, I have developed a better workout routine and do not extensively work out my body as I did in the past. From time to time, I do indulge in bread and pasta, but I do not stress myself out because of this – after all, we are human.

Now, after four months of going keto, I have developed my own recipes that are keto-approved and that I can modify depending on my cravings. Below is what I eat during a day of keto:



Marilu Bedolla
Reporter

BREAKFAST: *Poached Eggs with Avo-Tomato Salad*

Servings: 1
Start to finish: 25 minutes

- 1 tbsp. of apple cider vinegar
- 2 large eggs
- 2 slices of Trader Joe’s uncured turkey bacon
- ½ of an avocado
- 1 medium-sized tomato
- ½ of a serrano pepper
- ½ of a lemon
- 1 tsp. of garlic salt

1. In a small pot, bring water and apple cider vinegar to a simmer.
2. Once bubbles start forming around the pot, break an egg. Once the water is boiling, lower the heat and let the egg cook for 3 more minutes. Remove and set aside the egg and repeat the process for the second egg.
3. Cook the turkey bacon in a skillet over medium heat until each side browns evenly. Set aside.
4. Chop avocado and tomato into cubed slices. Cut the serrano pepper into thin slices. In a bowl, mix the avocado, tomatoes and serrano pepper. Squeeze lemon and sprinkle garlic salt on top of the salad.
5. Dress a large-plate turkey bacon and both eggs on top of the salad. Serve imminently.

VARIATION:

1 Trident Seafood Alaskan Salmon Burger or grilled chicken can be used instead of a poached egg.

LUNCH: *Salmon Burger Salad*

Servings: 1-2
Start to finish: 25 minutes

- 1 Trident Seafood Alaskan Salmon Burger
- 2 cups spinach
- 1 cup kale
- ½ cup toasted slivered almonds
- ½ of a medium avocado
- ½ cup tomato
- ½ of a cucumber
- ¼ cup plain goat cheese



ALL PHOTOS BY MARILU BEDOLLA / DAILY NEXUS

Dressing:
1 tbsp. olive oil
1 tbsp. apple cider vinegar
1 tsp. black pepper
1 tsp. red chili pepper flakes

1. In a medium saucepan over medium heat, cook each side of the salmon burger for 5 minutes. Once ready, remove and let it cool for about 3 minutes. Cut in half.
2. On a large plate, start placing the spinach on the bottom, layer slices of avocado slices on top, then add the cubed tomatoes. Add slices of cucumbers and macadamia nuts.
3. Place the salmon burger slices on top of the salad. Stir the dressing ingredients and drizzle over the salad. Sprinkle red chili pepper flakes for heat. Eat immediately.

VARIATION:

A poached egg (or no protein) can substitute the salmon burger.

DINNER: *Lemon Roasted Broccoli and Chicken*

Servings: 1
Start to finish: 35 minutes

- 3 oz. skinless and boneless chicken breast
- 1 medium-sized onion
- 3 cups broccoli
- 1 lemon
- ½ tsp. garlic salt
- 1 tsp. black ground pepper
- 1 tsp. red chili pepper flakes
- 1 tsp. olive oil

1. Preheat the oven to 450°F. In a medium-sized bowl, marinate the chicken breast with lemon, black pepper and red chili pepper flakes.
2. Cut the broccoli head into smaller pieces. Season with garlic salt, lemon juice and grounded black pepper. Slice onion into rings and set aside.
3. Oil the bottom of a medium-sized pan and place the chicken breast on top. Make three slices on top of the chicken. Next to the chicken, about 1 inch apart, mix the broccoli and onion rings and spread evenly throughout the pan.
4. Bake for 30 minutes. Remove pan and let it cool for 3 minutes before transferring to a plate. Garnish the plate with a lemon and serve.

VARIATION:

1 Trident Seafood Alaskan Salmon Burger may replace the chicken.

5 Reasons Why You Should Start Eating More Chocolate

Anna Constantino
Reporter

Let’s face it: Chocolate gets a bad reputation. We like to profile it as the diet-crushing, sugar-filled, guilt-inducing sweet that keeps us craving more. Although chocolate is commonly demonized, we should look at the optimistic reality of this glorious snack. Chocolate with high cocoa content has plenty of overlooked benefits that improve mental, physical and emotional health. Here are five reasons why you should be eating more chocolate.

It alters your mood – for the better.

We often say that chocolate is a “remedy” or “comfort” food – it can help us get over a breakup, fix a bad day or simply make us feel happier. But why is this? No, it is not just because it tastes so good. According to the Australian Academy of Science, chocolate contains a chemical called phenylethylamine (PEA), which stimulates centers in the brain that control pleasure and satisfaction. In addition, the tryptophan found in chocolate produces several substances, one of them being serotonin. Serotonin is a hormone that controls our levels of happiness (and a lack of it can cause symptoms of depression). We’re not saying you should remedy your midterm blues by consuming two full chocolate bars in one sitting, but treating yourself to a square after some difficult studying might just boost your mood.

It helps with fatigue.

Here at UCSB, we remedy our fatigue and all-nighter “hangovers” with Yerba and loads of coffee. While chocolate might not pack the same punch as drinks and foods with higher caffeine content do, it can still work as a sweet pick-me-up. About one ounce of 85 percent cocoa dark chocolate contains approximately 23 milligrams of caffeine – about a fourth of the caffeine content in a cup of coffee and only five milligrams less than what’s in a regular Coca-Cola (and much less sugar, too!) If you’re looking for the right dark chocolate that tastes good and will get the job done, my personal favorite is Trader Joe’s Dark Chocolate Lover’s Chocolate Bar. It is smooth, rich and not too bitter like most dark chocolates are.

It holds nutritional benefits.

Believe it or not, dark chocolate is densely packed with minerals, antioxidants and even fiber. Healthline describes a 100-gram chocolate bar as containing a large percentage of the recommended daily intake for

minerals such as iron, magnesium and manganese. This same chocolate bar contains around 11 grams of fiber as well. Darker chocolates with higher cocoa contents also carry antioxidants called flavonoids, which, like many other foods with antioxidants, can help prevent a variety of diseases and keep the body healthy. While fruits and vegetables certainly contain more antioxidants, chocolate is still a great dessert choice compared to alternatives that do not provide nearly as many health benefits.

It keeps your heart healthy.

According to a long-term study conducted in Germany and Sweden, consuming one to two servings of dark chocolate per week, or one square of dark chocolate per day, resulted in lowered risk of cardiovascular failure and lowered blood pressure (Women’s Health). We can also accredit this health benefit to flavonoids, which positively affect the arteries and veins.

It prevents overeating.

Although the amount of chocolate the typical person consumes in a sitting is not high in volume, it certainly fills us up more than most snacks. The rich quality of dark chocolate, even in small amounts, provides much more satisfaction than other desserts. Since dark chocolate does not contain as much sugar as other desserts or sweeter chocolates, it satisfies cravings for both sweet and salty flavor profiles. So, instead of trying to go back for seconds, thirds and fourths (we’ve all been guilty at some point or another), dark chocolate can help prevent overindulgence and consequential overeating.



MAKENA SUMI / DAILY NEXUS

Now, don’t use this article as permission to down a pint of chocolate ice cream or inhale an entire Hershey’s bar in one sitting – that is not what we are suggesting. As with anything else, chocolate should be consumed in moderation to prevent yourself from eating too much sugar or fat. Consume wisely, pick the bars with higher cocoa content and don’t forget to savor each bite. Happy snacking!

SCIENCE & TECH

UCSB Researcher Studies Optimization of Wind Farm Performance



Courtesy of Wikimedia Commons

Luzzatto-Fegiz and Caulfield’s theoretical model portrays the turbines on a wind farm to control the greatest amount of air possible in order to determine the maximal performance, or upper limit, for a wind turbine on a wind farm. Based on their model, they found that the performance could improve by ten-fold compared to the productivity of existing wind farms.

Jacqueline Wen
Science Editor

As pressure mounts to find and use cleaner sources of energy, harnessing wind power has become increasingly common. But while wind turbines may be a large prospective source for generating electricity, these immense devices aren’t living up to their full potential.

That is, at least, according to the research conducted by Paolo Luzzatto-Fegiz, a mechanical engineering assistant professor at UC Santa Barbara, and Colm-cille Caulfield of the University of Cambridge.

Their study, “Entrainment model for fully-developed wind farms: Effects of atmospheric stability and an ideal limit for wind farm performance,” appears in the journal *Physical Review Fluids*.

While the performance limits for a single wind turbine have been

established, the same couldn’t be said of the power output from a large wind farm before their research. And with large groups of wind turbines being utilized by the hundreds or thousands, understanding how the collective qualities of the group affect wind farm performance becomes more crucial.

“We are interested in trying to develop ultimately better wind farms, and part of that is to understand what would make for a better wind farm and how do we even define that. Right now, we optimize wind turbines so that they are really good in isolation, but that’s not how we use them,” Luzzatto-Fegiz, lead author on the paper, said.

As air approaches a rotating turbine, the spinning motion creates turbulence and slows down the air, depleting the air flow around it for neighboring turbines. This creates pockets of air on a big wind farm, in which only the turbines situated in the direct path of the wind can maximally benefit from the high-wind velocity for higher energy production.



Photo by: Bel Air Aviation Denmark - Helicopter Services

Courtesy of Energy Journal

The wind shadow effect can be seen in foggy conditions at an offshore wind farm. The wakes of lower-speed air created behind the first line of wind turbines lower the possible wind power production of a turbine and reduce optimization of wind farm performance.

“In that kind of situation, you have this wind shadow. Behind a wind turbine, the wind has been weakened because a lot of that energy has been extracted by that turbine. And so for the following turbines, that’s a problem. Usually it diminishes how much power they can extract. So this suggests that you don’t want to optimize the turbines by themselves; you want to optimize some property of the group,” Luzzatto-Fegiz said.

Luzzatto-Fegiz and Caulfield have come up with an equation to calculate the optimal power density — that is, how much power is extracted per unit of land — for a large wind farm.

The researchers’ theoretical model isn’t concerned with the look of the turbines or their spatial layout as much as it is focused on their possible productivity. The model displays how energy travels from higher up in the atmosphere down to an array of generic machines that take out energy. The researchers designed the devices to control the turbulence next to themselves so that they produce greater churning of the air.

The mathematical model accounts for properties of the individual turbine — for example, how the angle of the blades can affect the flow of the air — as well the properties of the turbulence behind other wind turbines, such as the amount of mixing of the air, which relates to the physics of the flow.

It provides an upper bound, or the maximal performance, for a wind turbine, determining the amount of room for improvement relative to the productivity of existing wind farms.

“You can ask, if I make a machine that does the best possible level of churning or mixing right next to the wind farm, how much could you improve things? And the surprising thing is that the [potential] improvement is a factor of 10,” Luzzatto-Fegiz said.

Further, the model showed the role local weather plays on turbulence and power output.

When solar radiation heats the ground during the day, it heats the surrounding layer of air, causing the warmed air to rise. This creates extra turbulence. At night, the opposite events occur. The ground can cool down quickly, causing an inversion, or a layer of cold air near the ground. That diminishes the mixing of air and subsequently makes it more difficult to extract power from a wind farm.

“The main idea is that we should think about the turbulence each wind turbine makes behind itself,” Luzzatto-Fegiz said. “You might have multiple turbines designed in a complementary way to make turbulence together. You might take into account this effect of local weather, or what we call atmospheric stability, which is bottom heating or cooling.”

The ultimate goal is to have the slow-moving air behind each turbine mixed with the faster moving air above the turbines as quickly as possible to allow subsequent turbines to harness the maximal amount of kinetic energy. Currently, wind turbines aren’t designed to have this effect.

“We’re looking at ways to modify existing turbines to improve our output by following assumptions and essentially having ways to enhance the turbulence each turbine makes. There is the upper bound, which we think is the most exciting thing from a scientific standpoint. It’s more about a goal for engineers, for long-term research,” Luzzato-Fegiz said. “It doesn’t mean you can get there. But it suggests that there is room for growth.”

OPINION

Overworking Yourself is Overrated



Anabel Costa
Staff Writer

Here’s my big secret: I’m taking 12 units this quarter. And guess what? I took 12 units last quarter too. I’m taking 12 units, and I’m getting pretty tired of justifying it to everyone. The thing is, you never know what’s going on in someone’s life, and you never know their reasons for making the academic choices that they do.

Throughout my years in school, from high school to college, I’ve noticed what I like to call the “whose day was worse” phenomenon. I think that just about everyone has noticed this or participated in it in some way – it’s the toxic culture of putting an exorbitant amount of pressure on ourselves to do as much as we can, regardless of whether or not it makes us happy, as a result of the romanticization and glorification of being overworked. There’s this idea that if you’re not driving yourself crazy with all-nighters, double majors or extracurriculars – well, then you’re just not working hard enough. I’ve come to the point in my life where I’ve decided enough is enough, and you know what? It’s okay to take 12 units.

As a dancer, I am often involved in performances in the Dance Department at UCSB and thus required to give my schedule to my choreographers so that they can find rehearsal times that work with the cast. I remember being in one particular show during Spring Quarter of my freshman year. That quarter, I had made the decision to take 12 units. My choreographer made multiple comments about how my schedule was so easy and it was such a “freshman schedule.” These comments are not inherently bad; she was right – my schedule was pretty easy. What she didn’t know, however, was that the previous quarter I took 19 units of S.T.E.M. classes. I had taken these classes because I thought I wanted to study biology, but what I discovered that quarter was that those types of classes led me down a toxic path of anxiety and self-loathing. I found that although I love science, it wasn’t in me to study it in college and I should instead go toward my

other love: writing. What she didn’t know was that I struggled a lot with allowing myself to take 12 units that quarter; every time I looked at my schedule my head filled with voices telling me that I wasn’t working hard enough, and her comments only solidified those ideas.

Every person you encounter has demons, and unless you have a particularly close relationship with that person, you will most likely never know what those demons are. For me, I have a lot of anxiety around having a busy schedule. In my example of my Winter Quarter, it got to the point where just looking at the long list of assignments I had to complete was debilitating. This is my particular problem, but there are so many others that might cause someone to take fewer units than what you deem normal or expected.

I know people who struggle every day with depression. This type of struggle is something that could prevent someone from going to class or studying. This also goes hand in hand with the same type of anxiety that I deal with. Issues like these can make college really difficult for some people, and unfortunately there are all too many stories of students who struggle with mental illness and push themselves too far. Being able to say how busy you are when someone asks what you’re up to this weekend is not worth the loss of someone’s happiness or their life.

While mental illness is one reason a person might choose a lighter workload, financial stability is another. Although I believe that everyone should be able to attend school full time and not worry about having to work, that’s just not the case. All too many students are working to put themselves through college. They could be working anywhere from 20 to 40 hours a week, and they just might not have the time or energy to take as many classes.

In my case, I have made the conscious decision to do my best to take between 12 and 17 units for the rest of my time in college because for me, my mental health is more important than bragging rights. You might be thinking, “But how will you graduate on time!?” To that I say, I don’t have to. I am more than willing to take an extra quarter or two, or perhaps

“There’s this idea that if you’re not driving yourself crazy with all-nighters, double majors or extracurriculars — well, then you’re just not working hard enough.”

summer classes, if it means I don’t have to overdose on Yerbas just to keep my head above water. That being said, I do want to acknowledge that not everyone has the freedom and flexibility in their lives to be able to say they don’t need to graduate in four years. The emotional and financial support of my parents allows me to prioritize my mental health, but I recognize this is not the case for everyone.

Regardless of what someone’s reasons are for choosing the course load they do, I ask that we never judge. I mean sure, maybe that guy in your psych section is a trust-fund baby and only came to college to party, but I promise he’s the minority. Everyone has a story we know nothing about, so instead of figuring out whose day was worse, let’s start trying to make each other’s day better.

Anabel Costa wants students to know that it’s okay to prioritize mental health over units.



MAKENA SUMI / DAILY NEXUS

Why the Plastic Straw Ban Kind of Sucks

Alysha Agarwal
Staff Writer

On Oct. 8, the Intergovernmental Panel on Climate Change announced that Earth is heading toward the 1.5° C temperature increase threshold much faster than scientists originally thought. Basically, the world has until 2030 to get its shit together; otherwise, major earthquakes, Category 5 storms and volcanic explosions will begin to destroy our beautiful planet. Um ... hello?! Why is no one talking about the fact that the world is pretty much ending?!

Since the 19th century, Earth’s average temperature has already risen by 1° C; from the death of over two-thirds of the Great Barrier Reef to the several Category 4 and 5 storms on the East Coast, we have already begun to see the catastrophic results of our warming planet. Scientists have concluded that we have to keep our average temperature increase under 1.5° C if we want to save our planet from extreme natural disasters. If we get to this point, melting land ice could cause the sea levels to rise by over four feet, meaning areas close to the water, like Santa Barbara, could be flooded and eventually completely underwater.

A recent movement to combat climate change has been the turn away from single-use plastic. On Oct. 9, the Santa Barbara City Council voted to officially ban all plastic straws, cutlery and stirrers in the entire county. This vote came in addendum to Assembly Bill No. 1884, a state bill that requires all restaurants to give plastic straws only upon request from the customer, which was approved by California Governor Jerry Brown in late September.

It is estimated that the combined total of every straw that has ended up in the ocean accounts for only approximately 0.3 percent of all plastic pollution. Plastic pollution unquestionably has an effect on our ocean’s health — but not as big of an effect as greenhouse gas emissions. Over the past several years, specifically since the Industrial Revolution, the emissions of greenhouse gases have skyrocketed. So why are we so focused on plastic straws when there’s clearly a much bigger problem right in front of our faces?

The government and large corporations have brainwashed us into thinking that this huge global catastrophe is because individuals occasionally use a plastic straw to drink their coffee or a plastic bag to bring home their groceries, turning the blame away from themselves and onto us. The director of the United States Environmental Protection Agency (EPA), Scott Pruitt, has publicly stated that he doesn’t believe there is any correlation between carbon dioxide and climate change. He has, in fact, rolled back on policies that regulate carbon dioxide emissions, making it easier for big corporations to release as much toxic waste

“Why are we so focused on plastic straws when there’s clearly a much bigger problem right in front of our faces?”

into the air without any repercussions, stating that the regulations circa the Obama administration were too “restrictive.” Making already wealthy companies wealthier is so obviously more important than saving our dying planet, right?

So, as a society, we need to take a step back and look at the bigger picture here. If the person in charge of the most powerful agency for protecting our environment won’t fight this battle for us, we’ve got to do it ourselves. But before we can turn to outside forces, we need to find a change within ourselves. Nothing can be done in our fight against the government and large corporations if we don’t

enact change in our everyday lives.

I am in no way discrediting the plastic straw ban — it is definitely a step in the right direction, but it is a minuscule step in what needs to have already happened at this point. It is a step that is getting far too much attention and credit considering how deep we are in this whole climate change situation. If you open any form of social media, environmentalists of every shape and form are boasting about their new straw-free life instead of pushing for further movement in this direction. If we spend too long stuck in this same spot, we won’t get anywhere; we need to have a faster turnaround in movements instead of fixating on this small victory.

The reason the plastic straw ban is so bizarre to me is that people will stop using straws to save the fish, yet they won’t stop eating fish to save the fish. Twisted logic, right? Instead of blaming people for picking up a straw at their coffee shop, let’s educate people on the impact that the decisions they make three times a day can have on the environment. Animal agriculture is responsible for the emission of more greenhouse gases than all of the world’s transport systems combined, so let’s use this momentum and continue the fight to bigger and better steps rather than staying fixated on this smaller one.

There are so many other ways to reduce our carbon footprint besides cutting back on plastic straws. It’s very obvious that change is needed at a larger scale, but you have to start small to go big; it’s easy to get people to want change, but it’s much harder to get people to change.

Once our society can make the shift toward a more sustainable lifestyle, we can start demanding change from the bigger players in this disaster. Change won’t happen unless we educate one another and change from within. We’ve become too fixated on this small movement away from plastic straws; instead of being stuck in this place, let’s use this traction to continue this fight that our planet so desperately needs and deserves.

Alysha Agarwal wants people to be aware that their environmental impact goes far beyond plastic straws.

HOROSCOPES

ARIES
MARCH 21 - APRIL 19

You will go home for Veterans Day and drink wine that did not come from a plastic bag for the first time in months.

TAURUS
APRIL 20 - MAY 20

Rex Orange County will crowdsurf directly into your arms at Camp Flog Gnaw.

GEMINI
MAY 21 - JUNE 20

You will find out that the person you’ve been banging voted for all Republicans in the midterms. Time to get back on Tinder.

CANCER
JUNE 21 - JULY 22

Your roommate will buy a pet snake without alerting you first.

LEO
JULY 23 - AUGUST 22

You will have a sex dream about Beto O’Rourke.

VIRGO
AUGUST 23 - SEPTEMBER 22

You will have weekly nightmares about Ted Cruz until 2020.

LIBRA
SEPTEMBER 23 - OCTOBER 22

Someone will erase the chore chart in your apartment and all hell breaks loose.

SCORPIO
OCTOBER 23 - NOVEMBER 21

You will run into your professor in the elevator and stress out for the entire ride about whether or not to talk to them.

SAGITTARIUS
NOVEMBER 22 - DECEMBER 21

Remember the cup song?

CAPRICORN
DECEMBER 22 - JANUARY 19

You will fail a midterm and run into your TA at Trader Joe’s right after.

AQUARIUS
JANUARY 20 - FEBRUARY 18

Your ex will take inspiration from Ariana Grande and release their own breakup song on SoundCloud.

PISCES
FEBRUARY 19 - MARCH 20

Time to clear out the collection of bowls and glasses that have accumulated in your room. Your housemates will thank you.