

WORD

A woman with dark hair and a nose ring is holding a large ice cream cone with three scoops of light blue, pink, and white ice cream. She is wearing a black and white geometric patterned dress and several colorful bracelets on her right wrist. The background is a bright green wall with a textured, stone-like pattern.

SPRING 2014 ISLA VISTA ARTS & CULTURE MAGAZINE

ISSUE 22

free



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Cover Photo//Mariah Tiffany
Cover Model//Tori Granado



WORDS FROM THE EDITORS

Hey ho Isla Vista,

If we lived in another part of the world, one with seasons, then we would say that spring has sprung. But here in Santa Barbara, the sun shines every day, and we at WORD are happier than ever to celebrate the season and all it brings—delicious spring recipes, a gluten-free guide to IV, and an epic food challenge picnic!

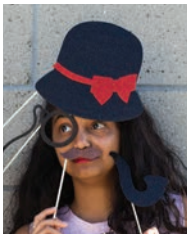
And let's not forget our fabulous students—some with magnificent facial hair (hipsters unite!), some with innovative minds and entrepreneurial drive, and some with bands that are rocking IV. We have a Del Playlist with music for every mood and, in anticipation of graduation, a sneak peek at your futures with our horoscopes by major. We all know that spring in Santa Barbara is stupendous, so come celebrate the best quarter of the year with us! Check us out on Facebook and at our website, www.wordmag.org, for more. Until next time IV, WORD up!

Anjali Shastny and Cassandra Miasnikou

Editors-in-Chief

WORD STAFF

Anjali Shastry
CO EDITOR IN CHIEF



Cassandra Miasnikov
CO EDITOR IN CHIEF



Maryland Doll
MANAGING EDITOR



Sharone Almog
CO ART DIRECTOR



Marina Woodbury
CO ART DIRECTOR



Parisa Mirzadegan
COPY EDITOR



Murphy Quinn
DESIGN EDITOR



Mariah Tiffany
DESIGN/PHOTO EDITING



Dylan Chase
WORDS/CAPTION EDITING



Ateken Abia
DESIGN



Beth Askins
DESIGN/PHOTOGRAPHY



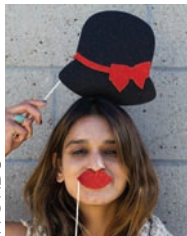
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Jennifer Chang
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Apoorva Chiplunkar
WORDS

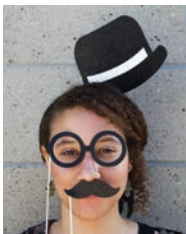


Elyse Craig
WORDS/PHOTOGRAPHY



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Katana Dumont
WORDS



Shaina Goel
WORDS



Leah Hardin
WORDS



Sydney Howard
WORDS



Amelia Jasinski
DESIGN/PHOTOGRAPHY



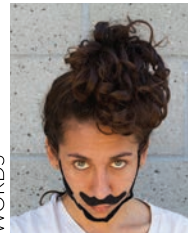
Madi Kay
WORDS



Kaylee Latimer
DESIGN/PHOTOGRAPHY



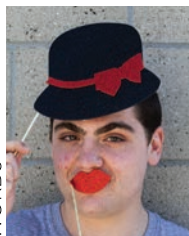
Loretta Lewis
WORDS



Devon McNaughton
WORDS



Matt Mersel
WORDS



Liliana Muscarella
DESIGN



Alea Olivas
DESIGN/PHOTOGRAPHY



Ari Plachta
DESIGN/ILLUSTRATION



Jacqueline Puga
DESIGN/PHOTOGRAPHY



Brittany Regan
DESIGN/ILLUSTRATION



Rob Wojtkiewicz
DESIGN



ADVISORS

ELLEN ANDERSON

D.J. PALLADINO

SADIE SOLOMON



RESURRECTION

WARBLER RECORDS AND GOODS IS KEEPING THINGS SPINNING



Snap. Crackle. Pop. No, I'm not referring to Rice Krispies. I'm referring to the vinyl. The record. The LP. Call it what you may, the ringed circle of musical life is still alive in the heart of Santa Barbara on East De La Guerra Street at Warbler Records and Goods. The husband and wife team of Kurt and Leigh Legler, the store's owners, have curated a wide but finely tuned array of music, from your standard Beatles and Zeppelin to the more obscure and hard to find. Walking into the Warbler, you find yourself immersed in records, yet not overwhelmed.

Warbler Records is small enough that you can peruse albums and actually find what you were looking for—and some things you didn't even know you were looking for. Its local and

down-to-earth feel is a refreshing change from the pretentious, "you don't know this band?" stuffy hipster vibe of more commercial record stores. The purity of its setup makes it clear that Warbler is all about the music and not about the fuss. There is a particular simplicity and nakedness to the Warbler that makes it alluring: the white, slightly yellowed walls match Kurt's dry sense of humor, and the Warbler presents a raw exhibition of Santa Barbara culture that is reflective of the couple's eclectic backgrounds. Leigh hails from Oregon and Kurt from LA, and with the recent arrival of baby Louise, the couple is playing a new tune these days: parenthood.

Apart from records, Warbler offers a select collection of CDs and DVDs, handmade cards,

candles, and other assorted local delicacies like pinyon tree incense and bird stamps. The kitschy and classic come together in a sweet reunion that cements Warbler Records and Goods in the built-from-the-ground-up kind of locality that is disappearing with every new corporate business that pops up in Santa Barbara.

Kurt Legler's brain is an archive of musical knowledge, and it is because of music enthusiasts like him that the vinyl is still alive. Legler mentioned that "there is a certain authenticity to the vinyl" that has kept it in our culture in the midst of MP3s and Spotify. To him, the vinyl is a kind of "art form," in that it is unique and presents more than just an original, primordial listening experience.

A visit to Warbler Records offers the chance for a kind of treasure hunt. You can unearth hidden gems like a psych-rock album from the store's impressive collection of '60s pscyhadelia, or take the chance to tap your feet to some pre-war blues on an in-store record player that allows you to listen before you buy.

"It's kind of cool that people get into '70s rock in high school, listen to it, and then want it on vinyl," Legler says as he fiddles around with a broken record player.

The vinyl culture lives on in downtown Santa Barbara, and represents more than just what's hip. "The other side of the well-curated coin is filtering out or only carrying more common records in our dollar bin. Some titles are best left in the thrift stores!" Legler mentions, indicating his particular tastes. The seduction of the record is that you are buying more than

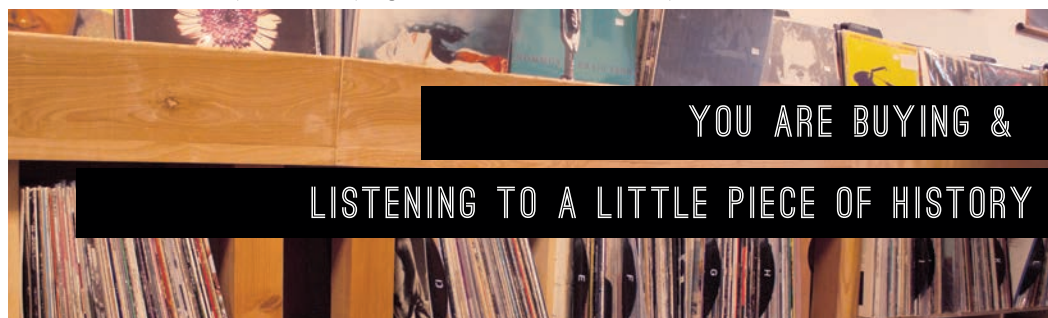
just music; in a sense, you are buying and listening to a little piece of history. As Legler pointed out, a band or artist can really embody a certain place or time.

Not too long ago, Isla Vista housed around three groovy shops where you could pick up some vinyl: Morning Glory, Turning Point, and Licorice Pizza. Now there are none. Have we lost a little bit of our musical souls with the eradication of such sacred entities? I think so. Luckily, not all hope is lost; Warbler Records is one of two record shops downtown, with Warbler being the more personal and affordable, and, dare I say it, the better of the two.

"We also think record stores should be stores, not museums, so our higher end collectable and rare LPs are priced realistically and more common editions are priced low," says Legler, who represents the increasingly rare community-oriented business owner that actually wants the customer to be satisfied on their visit.

Warbler Records and Goods symbolizes a part of the artistic thread that has woven itself deep into the Santa Barbara community. Instead of losing its roots in the commercial monotony that surrounds it, this small yet significant temple of sound and history continues to feed the community delicious tunes in their most sacred form.

What makes Warbler a Santa Barbara staple? Legler sums it up, saying, "We love talking music, giving, and taking recommendations. We want to be the friendly neighborhood shop and be involved in the community."



eADOPTME- FIND YOUR SPECIAL ONE



WORDS. PHOTOGRAPHY. DESIGN // KAYLEE LATIMER



eAdoptMe creates joyful, loving, and fulfilling relationships that are proven to be better than dating because these animals will never break your heart. Petting animals, especially dogs, releases a hormone called oxytocin, which helps lower blood pressure, provides relief from stress and depression, and generally just makes you feel happier. This is why UCSB has therapy dogs come during dead week: to help relieve the unfortunate side effects of being a college student, mainly stress. But in between the quarters, head over to the Santa Barbara Humane Society and check out some of these adorable pups and see why eAdoptMe relationships are verified as the most satisfying bonds you will ever have the pleasure of building.

To find information on how to get involved at the Humane Society or adopt one of these cute creatures, visit sbhumanesociety.org



LUCY-BELLE




FEMALE / 2 YEARS / CHIHUAHUA MIX

SIGN // Sagittarius

ENJOYS // Fetching, smiling, observing others

SEEKING // A family that loves to play and take walks

"I live in the moment and will sometimes stop whatever I am doing to observe my surroundings. I listen to Jack Johnson when I am at the beach, getting a sun tan, and taking a nap. I love a good yoga session to wrap up a beautiful day." 



BABY

←←————→→
FEMALE / 7 YEARS / AM. STAFF MIX

SIGN // Aries

ENJOYS // Fetching, running, going to the park, and playing

SEEKING // Outgoing friend who will throw the ball to me for long periods of time

“I love meeting new people and making new friends. I believe a good smile can brighten anyone’s day, so I never leave home without one. ‘Nobody puts Baby in the corner’ is my motto, because I am a free spirit that cannot be tied down. Instead, I will dance until my paws fall off.” 🐾

KAHLUA

→→————←←
FEMALE / 7 YEARS / LABRADOR MIX

SIGN // Virgo

ENJOYS // Food, running, back-scratches, eating, exploring new places

SEEKING // A messy cook/eater so I can catch the crumbs

“I LOVE food! I have an expert nose and can find a morsel almost anywhere. Besides finding new things for my tongue to taste, I like going for hikes in the Santa Barbara mountains and trips to the dog park. I am active, but laid back. I am my own woman and I don’t need to be coddled constantly. I am independent, but I love company!” 🐾





SPEEDY



MALE / 9 YEARS / CHIHUAHUA TERR. MIX

SIGN // Leo

ENJOYS // An exciting game of tag and playing with other dogs my size

SEEKING // Anyone with the energy to keep up with me

"I am fast, but I love to be pet. I lose my train of thought quickly, but I am trying the natural ADHD medication of exercise and a pure diet, but so far the results aren't great. I am scared of vacuums, but who isn't? Those monsters are terrifying!" 🐾

MARLEY



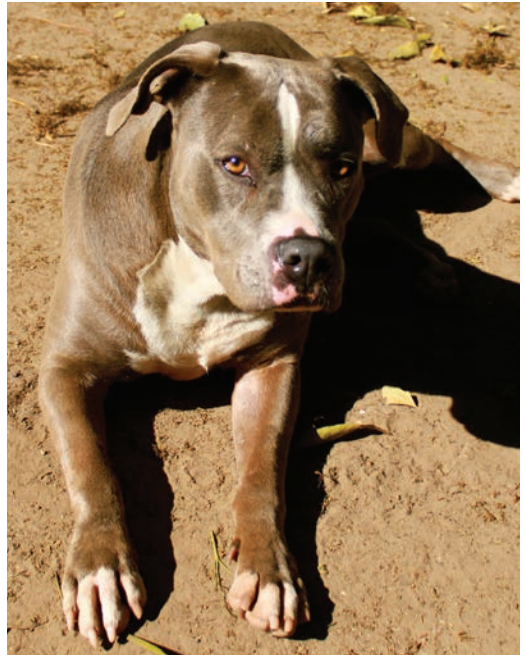
FEMALE / 6 YEARS / AM. STAFF MIX

SIGN // Libra

ENJOYS // Long walks on the beach and a good back-scratching

SEEKING // Loving and caring parent

"My ideal Friday night is staying in, watching a romantic comedy like *As Good As It Gets*—but definitely not *Marley & Me*, because that dog makes the rest of us look bad! I am more of a Bob Marley kind of girl: easygoing and relaaaxeedd. I am a hopeless romantic and want to find someone who will love me as much as I will love them." 🐾





KOBE



MALE / 4 YEARS / BOXER MIX

SIGN // Aquarius

ENJOYS // Playing ball, relaxing, good company

SEEKING // Friend(s) to play ball with me

"People compare me to Kobe Bryant because I love to play ball too! But I believe I am more handsome than Bryant, and a better companion because I don't travel the states for work. My only job is becoming your best friend." 🐾

JUICE



MALE / 10 YEARS / AM. STAFF MIX

SIGN // Taurus

ENJOYS // Walks around the block, giving kisses, and belly rubs

SEEKING // Anyone who can love an older guy with a great personality

"People tend to be intimidated when they first see me, but once they get to know me, they know I'm a big softy. My last parent said that I was the best dog he ever had, but he had to move and couldn't take me. I have been waiting six years for another family as great as my first." 🐾





YOURSELF:

Meet the Next Generation of Entrepreneurs

words (Jennifer Chang)
photography-→Alea_Olivas
-→design: / Robert_Wojtkiewicz

Picture this: you're at a baseball game in its ninth inning when suddenly, you're hit with an overwhelming craving for nachos. The lustful, gotta-have-them-now kind of craving that demands your attention and refuses to let go, leaving you unable to watch the game a minute longer. Succumbing to your desire, you get up, walk around the stadium, and find a vendor that isn't closed—and it's packed. You wait for what seems like an eternity, and finally you are handed your plate of cheesy, heavenly goodness. You make

your way back to your seat, but as tragic fate would have it, the game has ended. Your night is ruined, with only cold nachos and broken dreams to serve as a cruel reminder of the injustice of the world. If only there were a better way.

Luckily for all you sports fans, there very well may be.

Some ideas, like penicillin and artificial sweetener, are born out of happy accidents. Others are designed to fill a need. For third-year UCSB computer science major AJ Jain and his team, the idea for an app called Shnack was conceived because of a mutual frustration: having to wait in line for food. The app is currently in the developmental stage, and was



created to make concerts, sports games, and other events more enjoyable by streamlining the process of ordering and receiving food.

With Shnack, the user is able to order and pay for food with the touch of a virtual button, and is notified when the order is ready, eliminating the need for long lines at snack vendors and giving the user something back no other app has: time. The tagline—“Never miss a moment. Never miss a meal.”—is a testament to what Jain and his team hope to achieve with Shnack: using mobile phones to make life more convenient.

Of course, as with any invention, the process of making life easy is a surprisingly difficult one. It’s grueling, time-consuming, and altogether exhausting.

“We sacrificed a lot of sleep,” said Jain. “Development mostly consists of buckling down and sitting in a room for hours on end just writing code.”

But so far, it’s been a payoff for the Shnack team, who will enter the New Venture

Competition in spring quarter, and were selected as finalists in the University Mobile Challenge in Barcelona out of 30 other teams.

Now, the next step is marketing and logistics.


“We’ve already gotten into a couple stadiums and venues and started meeting with potential clients,” said Jain. “Eventually, we want to expand to other places where people experience the same problem—theme parks, movie theaters. There’s no reason to ever have to wait in line.”

Now more than ever, the mobile landscape is changing the way we interact with our environment. But the mobile landscape itself is also changing—whether it’s ordering a plate of nachos without leaving your seat or tracking where your friends are at any given moment—making it easier for aspiring entrepreneurs to get their ideas off the ground and into the market.

Jain and his team aren’t the only ones on campus taking advantage of the

shifting demand in the technology market. Fourth-year biopsychology major Brandon Shin and fourth-year geology and geographical informational science major Marcus Bernales are revolutionizing the way we spend time with friends.

After you leave the dorms, you have three or four groups of friends but you really only hang out with a couple of them,” said Bernales. “I wanted to know what my peripheral friends were doing, and also I lost touch with my old roommate, which gave me the idea.”



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Together Bernales and Shin, with the help of two other friends, developed an app to help students stay updated on events around campus and in IV. Shin describes it as an “actionable landscape” that allows students to easily access all events on a map interface using event discovery.

“I thought back to Week of Welcome, when there are so many events going on but you don’t know where they are,” said Shin. “Notifications are calendar-based or text-based and you have to go to different websites to access them, which is a pain. We offer an easy-to-use platform.”

The app creates different channels to break down your social life into multiple groups of friends, including different groups that you can follow like Associated Students or the Multicultural Center, and you can get alerts when events are occurring. Pinpoints on a map of the area display where the events are, making them easy to find.

Both Bernales and Shin plan to pursue entrepreneurial endeavors when they graduate, hoping to hit the job market while they have minimal responsibilities, attempting to bridge the gap in technology that presently exists.

But it doesn’t mean they take their responsibilities lightly—Shin understands the importance of hard work, persistence, and taking action.

“Ideas are cheap. There’s no reason to protect ideas...it’s about creating and iterative process,” said Shin. “Ideas are worthless if they just stay ideas, so stop thinking about how everything is going to work, and just do it. Find a mentor. Be the person to reach out, really stick your neck out and see what’s possible.”

COME HANG OUT WITH US!

MAGIC LANTERN FILMS



We have an exciting new program of movies & events scheduled for **Spring Quarter!**

Join us Friday, April 4th, to kick-off the new quarter with the Oscar-nominated film *Her*.

Don't miss our **Wes Anderson** series, beginning Monday, April 14th, & our annual *Lord of The Rings* Spring Marathon in May.

We have an array of interesting & fun-filled events scheduled, including concerts & special guest appearances.

ELLWOOD BUTTERFLIES

A photograph of a monarch butterfly with orange and black wings, perched on a thin, leafy branch of a eucalyptus tree. The background is a clear, bright blue sky. The image is framed by a black diagonal line that runs from the top left towards the bottom right, creating a triangular shape on the right side of the page.

Every year, thousands of monarch butterflies migrate to the California coast. Between November and February, the leaves of the eucalyptus trees at the Ellwood Butterfly Reserve are taken over—covered with clumps of orange and black, spotted with white polka-dot trim.

On a sunny Sunday afternoon, four humans and one pug set out together on a butterfly adventure. From IV, we walked up the coast a couple miles, inhaling the open blue skies, enjoying Santa Barbara's eternal spring, and laughing at the idea of January being quintessentially cold. It's funny; we've walked this same beach for almost four years, and it's still refreshing. Every time, there's something different to see, something new to notice—the way that cliff is carved there, the gorgeous sand art someone did this morning that will be washed away by tomorrow. We'll miss it when we're gone. But for now, there's plenty to distract us from how long the walk is.

When we get to the grove, it's hard at first to spot the butterflies. Then once you see a cluster, you see another and another and suddenly they're everywhere. The eucalyptus branches sway in the breeze while the butterflies huddle for warmth, trying to find the spots with the most sun. They aren't afraid to flaunt their fabulous wings. One by one, they flutter by, from tree to tree; their flight is quiet and ephemeral. When a ray of sunlight slips through the layers of leaves to illuminate a flick of bright orange flutter, it's breathtaking.

As our necks start to strain, we turn to go. When leaving such a sanctuary, it is impossible not to feel a little sense of inner peace. These monarchs—in their quiet beauty, delightful flight, migration and departure—remind us of the transience of our time here. But, unlike us, they'll be back next year.

WORDS & PHOTOGRAPHY // ELYSE CRAIG

DESIGN // MURPHY QUINN





FROM BOTTLES TO SAND

THE RISE AND FALL
OF THE ISLA VISTA CLIFFS

WORDS // LORETTA LEWIS

PHOTOGRAPHY & DESIGN // MARIAH TIFFANY

Watching the sunset from Dog Shit Park, you can hear the sound of waves crashing down below and a bottle-shattering echo behind you. The human spirit occupying Isla Vista tumbles into Mother Nature's ocean at the cliffs. Both actions shape the cliffs you rest upon. And while you, an Isla Vistan, actively watch them morph, questions arise: how did they begin and where are they going?

The tops of these cliffs sat at sea level 45,000 years ago, allowing waves to lap up onto what is now Del Playa. Meanwhile, we modern humans, one million individuals strong, spread ourselves throughout Africa, Europe, and Asia.

Without any humans to play witness, faults littering the area began to lift the

"One day, IV could sink into the ground, and Santa Barbara County be given permission to forever forget about its black sheep."

cliff. Staring out at the ocean from Del Playa there stands a reverse fault, the product of two rocks being compressed and one sliding upward relative to the other. To the East, the More Ranch Fault, running from Ellwood to Montecito, operates by the same mechanism. These two, along with others that have yet to be investigated, push the ground upward in IV at an average rate of one foot per thousand years, with most of this growth occurring in spurts of several feet during large earthquakes.

Flash-forward through time, and the cliff now rests between 30 and 40 feet from sea level with Isla Vista perched on top. Stroll down to the beach below, and slowly look up at the cliff to admire three striated bands of sediments.

Touching the sand, a thick layer

of diatomaceous shale and siltstone, sedimentary rocks, press together to form a solid foundation. This layer is thought to be two to four million years old. At the youngest estimated age, mammals would have just evolved into the global ecosystem; at the



oldest, the first organisms would soon crawl from the sea onto land.

The middle layer is one of mollusk shells, including those of clams and sea snails, held tightly against one another amid dark diatomaceous mudstone. Observing closely, you can see that the mollusk shells are not

oriented in any particular direction. They lie in disarray as a result of what some scientists believe to have been a massive tsunami, which came and brought with it the deposited mollusks. From there, windblown sand deposits slowly built up on top of this mollusk bed, creating the top and final layer.

This means that Isla Vista and UCSB buildings constructed without support reaching down to the bottom layer are built directly on top of compacted sand—sand that if heavily saturated and accompanied by an applied stress, such as an earthquake, causes the ground to behave like a liquid. One day, IV could sink into the ground, and Santa Barbara County be given permission to forever forget about its black sheep.

Now go to the top of the stairs and direct your gaze down to the ocean and beach. Only on days of low tide does a substantially sized beach run along Del Playa.

In 1953 the Bradbury Dam was built.

This obstruction diverted the flow of the Santa Ynez River, which once flowed into the ocean, to create the Lake Cachuma drinking water reservoir. The sand that used to fill the Isla Vista beaches came primarily from the outpour of the Santa Ynez. Without this outpour the beach shrinks and waves crash closer to the cliff, inflicting a worse beating than previously.

Each year, about seven centimeters are cut away from the cliff's edge. There is undercutting, leading to eventual collapse of the compacted sand. Just as the cliffs rose, they will also fall. In hundreds of years, Sabado Tarde will likely be the new Del Playa. And in thousands of years, our playground will be gone and our shattered bottles turned back into sand.

A special thanks to Dr. Edward Keller and Dr. Arthur Gibbs Sylvester for their contributions.





BANDS TO WATCH OUT FOR

UP AND COMING BANDS IN ISLA VISTA'S MUSIC SCENE

WORDS // DEVON MCNAUGHTON
PHOTOGRAPHY // BETH ASKINS
DESIGN // BRITTANY RAGAN

Instead of sitting inside on a Saturday night while your headphones sing you to sleep, spend a few of your evenings with some of IV's worthy new musical talent. The next time you're roaming the streets of our little beachside town and hear the muffled tones of a far-off electric guitar, head toward it to catch one of the following up-and-coming bands.

SLOUCH

When asked to describe their sound, all the band's drummer, Richard Hubbell, had to say was "rock and roll, baby." Hubbell, guitarist Ryan Daly, and bassist Alex O'Leary got their start in a local Weezer cover band before deciding to pursue original music and adding guitarist/vocalist/songwriter Evan Blum to the mix. According to Hubbell, the band is influenced by "dirty dishes and crappy houses in IV, along with the usual Weezer, Nirvana, Green Day, Beatles, Weezer, Pixies, Weezer, etc."





KILLER KAYA

Five-piece blues rock outfit Killer Kaya met and began playing music together about a year ago. Since then, they've been writing original material and honing their performance skills playing shows in IV and Goleta. The band consists of drummer Eric Engel, guitarist Zach Rengert on guitar, bassist Alex Pavellas, trumpeter Cory Lund, and vocalist Apoorva Chiplunkar.

THE OLÉ'S

A staple of IV's music scene, The Olé's formed when guitarist/vocalists Matt Tweed and Cole Leskan met in FT their freshman year. Members have come and gone, but the band currently includes bassist Aaron Brennan, drummer Eric Lorden, keyboardist Luke Murtha, trumpeter Nick Marks, and trombonist Dominick Burnham. Their sound blends elements of both reggae and hip-hop. "It's hard to define the genre we play...our shows are about energy. We try to come across with a sound that keeps the crowd moving, whether it's a fast or a slow song," explained Leskan. Their influences include Josh Groban, Lil Jon, Alanis Morissette, Clarence Carter, and Fats Domino.

SUN DAES

Although composed only of second-year students, this psychedelic surf-rock band has already performed at venues all over the Santa Barbara area. Guitarist/vocalist Gabe Poissant, guitarist/vocalist Max Goldenstein, bassist JD Severino, and drummer Jared Payzant met and formed the group in their freshman year in FT. Since then, they've written a host of catchy original tunes and perfected a Vampire Weekend-esque sound.

SHADOWBOX

left > right // Kevin Malta, Kevin Vicencio, Sam Smith, Robert Wojtkiewicz



Shadowbox stands out as one of IV's only hardcore bands. Guitarist Robert Wojtkiewicz describes the group's sound as post-hardcore and new grunge. Wojtkiewicz and drummer Sam Smith began playing together last year, and after several members graduated, the band recently took on bassist Kevin Malta and vocalist Kevin Vicencio. Their live shows are heavy on distortion and effects, reflecting influence from the likes of Thrice, Brand New, and Smashing Pumpkins.

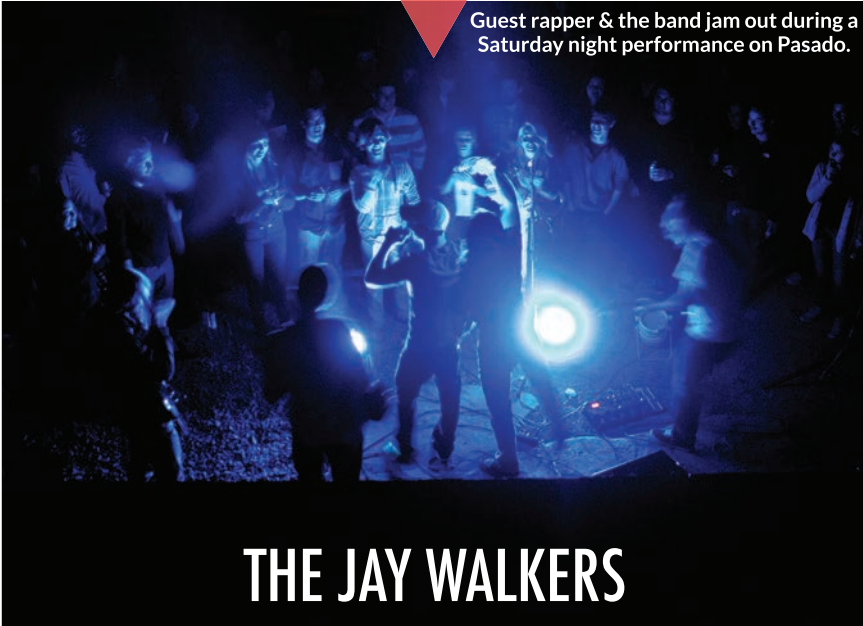
left > right // Kevin Malta, Kevin Vicencio



YANCELLOR CHANG

"If you've ever been abducted by aliens wearing fuzzy purple suede suits, playing space aged tunes, that's kind of the vibe we give off. That and rock/reggae root, but mainly the first," says drummer Gad Girling of Yancellor Chang. The band consists of guitarist/vocalist Patrick Therrien, guitarist Brad Katz, and bassist Sam Goff. The three were searching for a drummer when Girling luckily mistook the long-haired Therrien for a hot girl at a party and attempted to hit on him, only to recruit him as the band's drummer instead. The band names UCSB's Chancellor Yang as their main influence.

Guest rapper & the band jam out during a Saturday night performance on Pasado.



THE JAY WALKERS

Though relatively new to Isla Vista's music scene, The Jay Walkers are quickly gaining a following with their crowd-pleasing blues rock sound. Vocalist Liam Yafuso, guitarist Jay Bushey, and bassist Jordan Wolff met this summer through UCSB's Music Production Club. Bushey later recruited rhythm guitarist Emilio Jappelli. The group lists Led Zeppelin, Jimi Hendrix, Nirvana, and The Red Hot Chili Peppers as influences.



Jordan Wolff



Liam Yafuso



Johnny

HĒLO

Three-piece folk rock outfit Hēlo represents a softer side of IV music. Vocalist Laura Moreno, guitarist/vocalist Benjamin Boyce, and drummer Eric Stanton have played together since 2010, bringing their bluesy folk vibes to venues throughout the Santa Barbara area.

The group also performed at the IV Food Co-op for the launch of The Catalyst Literary Magazine. Their sound is reminiscent of The Lumineers and Of Monsters and Men.

All-girl band THAT'S WHAT SHE SAID jams out at an Isla Vista party hosted by the music production club.



THAT'S WHAT SHE SAID

Last but not least is my own band, an all-female group composed of vocalist/guitarist Marie Stassinopoulis, vocalist/guitarist Angelica Baird, drummer Allyson Werner, and myself, Devon McNaughton, on the bass. That's What She Said plays a mix of punk, pop, and rock tunes. Our main influence is Hayley Williams of Paramore, for whom our love is "not at all platonic," in the words of Werner. Our band started playing together fall quarter after meeting through Music Production Club, and we regularly play house shows in IV.

A LESSON IN FLOATING

WORDS // KATANA DUMONT

DESIGN. PHOTOGRAPHY. // JACQUELINE PUGA

I placed the plug into my right ear canal, gently pushing it in, then the left one, making sure to seal the entire cove of my ear. The risk of ear infection prompted me to be vigilant. After securing the ear plugs for the final time, I stepped into the tank.

The water was warmer than I expected. I slowly crouched down and turned to shut

the lid. As I pulled it down

I couldn't help but feel

like a celestial being

returning to the

sacred mother

ship after

a long and

strenuous 22

years on Earth. I

lay on my back and

allowed the water to

support me. After a few

seconds of positioning, I was able to float effortlessly. I switched off the artificial blue light that illuminated the tank and embraced the darkness. Staring up at the ceiling, I anxiously awaited my rousing moment of clarity and insight into this thing we earthlings call life.

Isolation tanks, or sensory deprivation tanks—i-sopod for short—are soundproof, lightproof tanks filled with about ten inches of water saturated with Epsom salts. The high concentration of salt allows for effortless floating. Developed by neuroscientist John

Cunningham Lilly, isolation tanks are meant to detach the inhabitant from sensory input, such as sound and light, allowing for the mind to function separately and create a dream-like state—all while wide awake. Lilly was interested in observing one's state of consciousness when the mind is deprived of most external stimuli.

The general idea is that sealing yourself in a dark pod filled with water just might cause your brain to do some wacky stuff. Many tank users report experiencing a deep state of meditation, while others report having hallucinations and out of body sensations. I wanted to try the tank for myself.

After a quick web search, I found the only place in Santa Barbara that offers the i-sopod experience: Alchemy Arts Center, a spa and wellness center located at 35 W Haley Street in downtown Santa Barbara. When I arrived at the center, I was asked to sign some waiver forms and read a few instructions. One of the first questions asked was whether I was under the influence of any drugs or alcohol. I found this question slightly amusing, considering that some of the reported experiences I'd been reading about strongly mimicked that of a psychedelic trip; many users even go into the tanks after eating edibles or taking large amounts of drugs. Being a first time floater, though, I felt that experiencing the tank with a sober mind would be more productive. So I confidently marked "No," completed the rest

"I ANXIOUSLY AWAITED
MY ROUSING MOMENT OF
CLARITY AND INSIGHT"



The pure white pod-like i-sopod tank at Alchemy Center is meant to trigger an ethereal state.

of the forms, and was then escorted to the i-sopod room.

The tank was in the center of the dimly lit room; its lid was open, revealing an array of soothing blues, greens, and yellows created by the LED lighting. The tank was pure white and shaped like a pod. I was instructed to put earplugs in before floating, for the salt water can get trapped in the ear canal and cause an infection. After rinsing off and changing into my bathing suit, I was ready to enter the pod.

For the first 10 minutes I lay absolutely still, waiting for something to happen. I tried closing my eyes and falling asleep, but because my anticipation kept me alert, I instead let my mind wander and hoped to trigger an ethereal state. After about 30 minutes, all my mind could really focus on was how I had turned 22 that day, trying to keep my earplugs securely fastened, and the frustrating sensation of needing to pee—even though I made sure to use the restroom right before entering. I assumed that my floating technique was at fault, since surely I should have felt something, anything, by now.

After some more time had passed and I

thought that maybe I had gotten the hang of it, the musical chimes of the tank's speakers went off, serving as the five-minute warning that my hour was almost up. My sense of urgency may have aided in the sensation of levitation that I felt in those last fleeting minutes. Though ultimately, I think I just really needed to pee.

So I may not have become one with the universe and discovered another part of myself during my hour in the pod, but I did leave a lot more relaxed. As I walked toward the transit center, I began to notice my carefree stride; with each step I forgot the cement beneath me, and my pace became more of a glide.

As I waited for the bus, a guy walked by wearing giant headphones, and I was reminded of an article I had read earlier that day about The Ganzfeld Effect. To achieve it, you place half ping-pong balls over your eyes, allowing yourself to only see diffused white light while listening to white noise through headphones, inevitably creating yet another form of sensory distortion and hallucinations.

"Yeah, ok," I thought to myself. "Maybe I'll try that."

COLLEGE OF CREA



WORDS // Dylan Chase
ILLUSTRATION // Ari Plachta
DESIGN // Amelia Jasinski & Sharone Almog



ATIVE STUDIES

FOOD FOR THE JOURNEY:
FORTY YEARS ON AND
AMID GREAT TURMOIL, CCS'S
LITERATURE PROGRAM
CONTINUES TO CULTIVATE ITS
OWN STRANGE FRUIT

On a campus largely known for its contributions to the world of academic theory and research, UCSB's College of Creative Studies stands as a bastion of hands-on education. Founded over four decades ago as a reaction to "conventional" undergraduate instruction, CCS aims, across its eight-major curricula, to give students a fully immersive, personally tailored approach to a particular field of study. Quirks of the institution are well known—there are no grades and no introductory courses; giant lectures are foregone in favor of tutorials, workshops, and small seminars; and excellent students sometimes end up teaching courses before they've even completed their B.A.s. Similarly, if you've ever passed the CCS's main complex as you hurriedly biked to class, you're likely to have seen whole classes of students wandering across the lawn on bright afternoons, sketching thoughtfully on easel pads, or discussing the merits of naturalist poetry in cross-legged circles. It is, for all intents and purposes, a place where outside-the-box is very much encouraged.

Unfortunately, concern has been raised as to whether one of CCS's founding programs has strayed from the "box" of acceptable academia altogether. According to a January 22 article from The Daily Nexus, the Office of the Executive Vice Chancellor recently requested an admissions hold on the college's literature program, effective for the 2014-15 academic year.

This decision, resulting from a program review that took place during the 2013-14 school year, will not affect current CCS students, nor will it disable students from other departments at UCSB from taking courses in the program. Still, some campus administrators and students have expressed dissatisfaction with CCS Lit course offerings, a concern that CCS Dean Bruce Tiffney and his colleagues are currently working to address in a formal attempt to improve the program. An

even deeper blow to the community was felt recently with the passing of professor Barry Spacks, a teacher said by many to have been a great inspiration to fellow faculty and students over his 32-year tenure on campus. With the loss of an integral figure in the program's faculty and a great number of political questions still looming, 2014 is currently adding up to be a time of great transition for one of our most lauded programs.

STAYING THE COURSE

Professor Teddy Macker is one of many CCS Literature faculty members who will prove crucial to the program's redirection. Macker, who himself discovered CCS through the teaching of Spacks almost two decades ago, can often be seen walking the campus perimeter on weekday afternoons, a felt panama hat on his head and a green watering pail in his hand as he tends to various plants that flank CCS buildings. It's like this that I find him on a gray afternoon in February.

When asked about the program's currently precarious situation, Macker is quick to point out that the campus is trying to avoid the kind of "us versus them" mentality that can take root when an institution is under duress.

"We don't want to be stubborn isolationists. We want to continue to connect with other realms on campus and continue to thrive." Macker pauses a moment to sprinkle water over a patch of succulents just outside his faculty office trailer. "However," he continues, "We're also feeling grateful for being able to do what we do, which is to help provide other nourishment—and I think we need to make our point by embodying what we value."

One of those values, according to several students and professors, is openness and diversity. Although CCS has been accused of being too "inward"-looking, the reality is

The background of the page is an abstract, textured artwork featuring a mix of vibrant colors including yellow, orange, red, pink, blue, and green. The colors are blended and layered, creating a sense of depth and movement. A large, white, rectangular text box is positioned on the left side of the page, containing a quote in a clean, sans-serif font.

"ART, CREATIVE
WRITING,
LITERATURE—
THIS STUFF
HELPS US
DEAL MORE
GRACEFULLY
WITH OUR
SUFFERING."

that any student can take classes in CCS by pursuing the department's "Current Courses" page online and following up with an inquisitive email to a CCS professor—regardless of their college or major. Past courses have included offerings like a student-led colloquium on the lit-nerd tome *Infinite Jest*, workshops on how to become a professional travel writer, and Macker's own class, "Zen & American Poetry"—stuff that's hard to imagine coming from elsewhere on campus.

Aside from this apparent diversity, Macker speaks to a different, more intangible quality that the department must protect: "I think at once we are trying to celebrate who we are and what we have, but also remain flexible to the winds of change...It's a delicate dance, but we don't want to forget our own crucial helpfulness."

And how exactly can that helpfulness be proven, given the critiques aimed at the department lately?

"It's hard for us to quantify and microscope, what this place provides, but it's still crucial..."

Macker, now seated in the office he used to share with Professor Spacks, scans the art-strewn wall looking for the right word, and settles on the cover of one of his old teacher's poetry collections.

"This place gives you 'food for the journey.' Art, creative writing, literature—this stuff helps us deal more gracefully with our suffering. Helps us feel less alone. Literature also deepens our reverence, our joy, our gratitude, so there is something sacred about this place. It gives us other nourishment."

At the very least, there's an idea that can be tested.

CALENDAR



Isla Vista Arts Check our up-to-the-minute calendar for an enticing variety of films, theater, visual arts, and popUp events!
www.ihc.ucsb.edu/ivarts

Multi-Cultural Center Don't graduate without making friends at the MCC. They host an astonishing variety of culturally enriching and educational events on campus, in Isla Vista, and in the Santa Barbara area. Stop by their "Evenings of Self Expression" open mic nights at Crushcakes. Bring your guitar!
www.mcc.sa.ucsb.edu

IMPROVability Start your weekend with a laugh. Join the audience of UCSB's premier improvisational comedy team and be a part of their fast-paced show. Voted "Best Late Night Entertainment" at UCSB! Fridays at Embarcadero Hall.
www.facebook.com/islavistalive

UCSB Art Openings Check out the Art Department's calendar of weekly art openings and shows for undergrad and graduate students on campus.
<http://artsite.arts.ucsb.edu/event>

UCSB Theater & Dance Just 30 seconds from Isla Vista! Walk through the Pardall tunnel and your world opens up to cutting-edge theater and dance performances. Check out their exciting season and low-cost student tickets.
www.theaterdance.ucsb.edu

Shakespeare in the Park This event brings both classical drama and wild Commedia d'ell Arte performances to the heart of Isla Vista. Founded by UCSB graduate student Jason Narvy and currently directed by Gerry Hansen, Shakespeare in the Park provides free, family-friendly productions. Join us Saturday & Sunday, June 7th & 8th, at the Anisq'Oyo Park for a free performance of Twelfth Night. Bring a blanket & a friend!

Kinotek Films Screenings of classic and cult favorite films every Wednesday night in the IV Theater. Join your fellow film junkies at their screenings. www.kinotekseries.com

AS Program Board AS Program Board is a student-operated non-profit organization funded by lock-in fees that aims to coordinate fun and educational events for the UC Santa Barbara community. Appointed student board members gain hands-on experience in planning, booking, advertising, and running various events ranging from intimate open mics to 10,000 capacity festivals. You can depend on them for a great movie every Tuesday night in IV Theater. www.aspb.as.ucsb.edu

Biko Infoshop Embracing a wide variety of styles, this long-standing group presents regular concerts in a garage. The Biko Garage is an open, respectfully run, and cooperatively managed community space inspired by Stephen Biko, an intellectual anti-apartheid leader who shared a vision of a world where people of all races, genders, and backgrounds could learn from and support one another across boundaries. The Biko Garage furthers that vision by providing a community space. www.sbdij.org

Be the Producer Need advice on producing your own exciting show or performance in the wilds of Isla Vista? Isla Vista Arts can help. Contact Ellen, eanderson@ihc.ucsb.edu.

UCSB Health and Wellness In addition to providing resources and support, Health and Wellness hosts field trips and Dog Therapy days. www.wellness.sa.ucsb.edu

The Box at IV Theater Are you interested in designing an exhibition seen by thousands of people every day? The Box is a student-curated gallery located in the lobby of IV Theater. The Box promotes the visual arts within the community of IV. Contact Thuy Tran, thuy@museum.ucsb.edu.

Candlelit Yoga St. Michael's Church in Isla Vista has always been a welcoming gathering place for the Isla Vista community. Check their online calendar for yoga classes and AA meetings. www.saintmikesucsb.org

Laughology UCSB's weekly stand-up comedy show, featuring national headliners alongside student comedians. New faces every Saturday night in Embarcadero Hall. Find our upcoming professional lineup at our Facebook group.

Gauche Certified Farmers Market Eat fresh. Buy loco! An avenue for staff, students, faculty, and the local community to access fresh, locally grown produce and artisan goods. Wednesdays from 11-3 p.m., parking lot 23. www.facebook.com/gauchocertifiedfarmersmarket

Adventure Programs UCSB Adventure Programs offers exciting excursions like kayaking and backpacking trips at reasonable prices. All are welcome! <http://recreation.sa.ucsb.edu/adventureprograms/>

Magic Lantern Films Magic Lantern Films celebrates its tenth year of Friday and Monday film and music entertainments this quarter. Besides our annual Lord of the Ringathon All-Night hobbitfest (May 2), we are doing three concerts, a quarter-long Monday night tribute to Wes Anderson, a fake movie trailer contest screening with Grindhouse as we continue to offer more first-run films, including Lars von Trier's Nymphomaniac Volume One and Two. Why watch movies at home when you can see the likes of Her, The Lego Movie and Veronica Mars out with your friends in the beautiful IV Theater? All events, just \$4. www.facebook.com/MagicLanternFilmsIV

COMPILATION // Jinny Ahn
DESIGN // Sharone Almog

FACIAL HAIR OF ISLA VISTA

WORDS // SHAINA GOEL

DESIGN // MARIAH TIFFANY

PHOTOGRAPHY // MARIAH TIFFANY & SHAINA GOEL



Since their pre-pubescent days, some exploratory men have looked to the future—to the glorious day where they might be able to grow their facial hair as desired. Some men were capable of showing all they had to offer with victorious beards, muttonchops, and handlebars. Others failed with disorganized, pubic-looking patches of “hair” above their lips. While “No Shave November” is a time for men to get hyped about their facial hair in order to raise awareness for prostate cancer, some men simply go the whole year without shaving. Here, I pay homage to the men who keep IV ridiculous, manly, fuzzy, and fabulous.



If you had to describe your mustache in one word, what would it be?

Mustache specifically: Cowboyish. Whole set of facial hair: Busy.

What do you call your facial hair?

Style-wise it is a short beard. However, it is named Wallace.

When was the last time you shaved?

Yesterday. Can't have that neck beard!

What is the weirdest thing that has happened to your facial hair?

Finding parts of it that are wet—even though it's been a while since you've drank anything.

Do you feel an emotional kinship with others with fantastic facial hair?

A little. Since most people don't have facial hair it is almost a joint experience with others who have it.

What's the number one con to having such fabulous facial hair?

People touching and rubbing it. It happens more often than you'd think.

Who is your beardspiration?

Myself. Not in a conceited way though. I just grew a beard because I wanted to see what it would be like. I feel like anyone who can grow facial hair should try it to see how they look. They might like it.

ROBERT WOJTKIEWICZ



Do you feel an emotional kinship with others with fantastic facial hair?

Absolutely. There's always "the nod" that happens between bearded men. Two of us could be across the room from each other and immediately notice and nod. Game recognizes game.

What's the most trouble/ the most awkward situation your facial hair has gotten you into?

It is very much a defining characteristic. I have to behave at parties or I might get recognized weeks later and run into some trouble.

If you had to describe your mustache in one word what would it be?

Long.

What do you call your facial hair?

It just kind of grows. Full beard maybe?

What is the weirdest thing that has happened to your facial hair?

When my dog was a puppy she used to try to chew on it.

Who is your beardspiration?

Definitely my dad's chinstrap beard from the '70s.

When was the last time you shaved?

August 9th, 2012.
I quit working at my old job the day after and I didn't look back.



If you had to describe your mustache in one word what would it be?

Tasty.

What do you call your facial hair?

I'd call it a goatee.

What is the weirdest thing that has happened to your facial hair?

I've accidentally bitten my 'stache while eating burritos with too much vigor. I've also had some bad kissing experiences—or rather, given a few unlucky young women bad kissing experiences.

Who is your beardsperation?

Cipher from The Matrix!

When was the last time you shaved?

I trimmed it and cleaned it up today, but I haven't fully shaved in about three months.

Do you feel an emotional kinship with other with fantastic facial hair?

There is a certain deep-rooted, fraternal respect.



If someone offered you a one hundred dollar gift card to Hollister, a meet and greet with Bill Cosby and Nickleback, and a ticket to the premiere of Nicolas Cage's new movie in exchange for you to shave your most beloved facial hair, would you accept?

Hell no!

“There is a certain deep-rooted, fraternal respect.”

CARPE DP

THE ULTIMATE “MUST DO” LIST BEFORE YOU LEAVE UCSB

WORDS // MARIE BOSE ■ ILLUSTRATION & DESIGN // BRITTANY RAGAN

We all know the drill—college is supposed to be the time of our lives, our heyday, our zenith, the pinnacle of our very existence. To make the most of these quick four years, we’ve got a couple things you’ve got to try before you leave this beautiful paradise we get to call school. This list is meant to push you beyond the obvious essentials like learning to surf and raging hard through the madness of Deltopia. Whether you consider yourself the “artsy” type or are of the outdoorsier breed, we’ve got just the things for you. Although the list is subdivided by these various interests, we know that as Gauchos y’all don’t want to be confined to just one assemblage—so try them all!

CREATIVE

■ SANTA BARBARA INTERNATIONAL FILM FESTIVAL

Looking for that shot of culture and creativity outside the bubble of IV? Check out Santa Barbara’s own eleven-day celebration of cinema that is self-described as the “must-stop for frontrunners on the awards season fast-track.”

■ SANDCASTLE FESTIVAL

Remember the days when the purpose of the beach was to create a sandy wonderland of castles, moats, crab kings, and seaweed jungles? Throw yourself back to the days when sand, water, and a shovel were the name of the game at this day-long September festival. There’s even a free training the week before to hone that master castle-building potential inside each and every one of you!



OUTDOORSY

CAMP ON THE CHANNEL ISLANDS

Grab your warmest sleeping bag and your best pals and head to those islands we always admire from our backyards on DP. Be sure to ask anyone who's taken an environmental science class to point out the cute Island Fox while you're there.

LAND SHARK

Start off with a ride around downtown Santa Barbara, learning about the history of the streets as you go. The excursion continues as the amphibious vehicle folds its tires in and bares its fins, and the passengers plunge in to the Santa Barbara harbor. It's a great adventure to show off to any visiting friends or family who are looking for a well-rounded Santa Barbara experience.



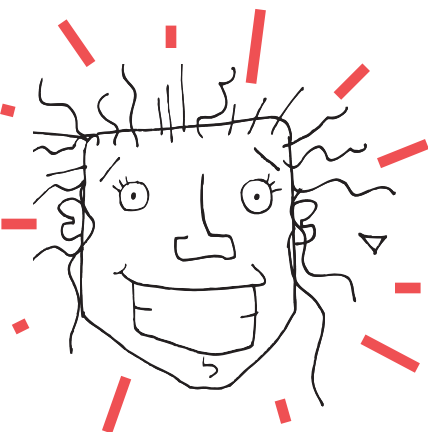
DAREDEVIL

UNDIE RUN

Join your fellow Gauchos in their quest to relieve some stress before finals. Donate your clothes to charity and bare your undies as you run around campus and through IV, all for a good cause. It's been dubbed the "sexiest charity work you can ever do."

GET TO THE TOP OF STORKE TOWER

Get the best view of our beautiful utopia—I mean campus—from its highest vantage point.



SPIRITUAL

WALK AROUND THE LABYRINTH

Head to Lagoon Island via the path southeast of Manzanita Village for the beautiful and serene walk that winds you into a circle of contemplation. It's just you and the ocean breeze on your back as you meditate on the meaning of life.

SUN SALUTATIONS AT SUNRISE

Go to Sands beach in springtime. Yoga is good for your body, your soul, and your sex life!

ROMANTIC

■ WEST WIND DRIVE-IN THEATER

Blast from the past! Flashback to the 50s! Take a break from the oh-so-romantic nightlife of IV and head to Goleta for a date that even your parents would be proud of. All you need is a car, a blanket, and a hot date (and \$7.25) to enjoy the big open skies, the starry night, and the feature film.

■ HOOK UP IN DAVIDSON LIBRARY

As Gauchos we're all about pushing boundaries and challenging ourselves to go outside our comfort zones (e.g. our bedrooms and the beach). So next time you're in the library, think about bringing a study buddy who you'd like to swap more than just books with.



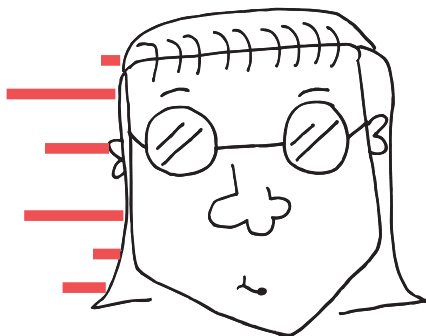
STUDIOUS

■ HAVE COFFEE WITH A PROFESSOR

Our professors are one of the biggest resources we have here, and they were all in college once too. Take an afternoon to treat yourself and your favorite professor and get to know their story outside the classroom.

■ GET ALL A'S FOR AT LEAST ONE QUARTER

Coffee and Adderall (with a prescription, of course), and all-nighters, oh my!



TRUE ISLA VISTAN

■ HOST A THEMED PARTY

Think "King Tuts and Egyptian Sluts," "Woodland Creatures with Hoodrat Features," and "Golf Pros and Caddy Hoes."

■ THROW TORTILLAS AT A SOCCER GAME

Don't let your UCSB career slip by without partaking in one of our most infamous traditions that serves as a faithful commemoration to our mascot. Follow these four simple steps to achieve true Gaucho pride. Step 1: purchase a package of tortillas. Step 2: charmingly bat those long lashes at security as you slyly smuggle said package into Harder Stadium. Step 3: wait for a Gaucho GOAAAAAL!!! Step 4: throw tortillas Frisbee-style at the field, all while yelling "¡Ole Gauchos!"

■ FIGHT A RACCOON

'Nuff said.





NEED NO FUNDING? NO PROBLEM!

The Associated Students CAB Foundation issues grants up to \$5,000 for ongoing service-based programs or projects that foster greater awareness regarding social, educational, economic, and environmental issues.

Know of a non-profit in need? Starting up a service organization of your own? Let them know about our grant application deadlines for spring quarter!"

Next funding deadlines:
APRIL 11TH, MAY 2ND

Check out our guidelines and application info:
cabfoundation.as.ucsb.edu



ISLA VISTA GIVES YOU CREDIT

THEATER 42/142: I.V. LIVE!

This course pushes the boundaries of the theater experience by programming, promoting, and producing live events for the students of UCSB and the I.V. community. Students produce weekly performances while learning about public relations, talent relations, advertising, and production management. Open to both upper and lower division students. Non-majors welcome.

FILM/MEDIA 119ML: MAGIC LANTERN FILMS FILM PROGRAMMING

Magic Lantern Films teaches students the ins and outs of film programming using I.V. Theater as a lab. Students gain experience in various aspects of film programming including brainstorming, fundraising, budgeting, publicity, researching, theater management, series-pitching, and curating, culminating in the execution of screenings that come out of students' own pitches.

INT 185: WORD MAGAZINE

This issue of WORD: Isla Vista Arts & Culture Magazine is brought to you by the student artists and writers of the INT 185ST course and its partner OSL campus organization. We meet Fridays from 3pm-5pm. All majors welcome.

Contact Ellen Anderson at
eanderson@ihc.ucsb.edu.



WHEN THE BIG BAD WOLF KNOCKS

WORDS // Madi Kay
DESIGN // Beth Askins
PHOTOGRAPHY // Amelia Jasinski

The boys in blue. The po-po-fuzz. The “Man”. Whatever you want to call them, the Isla Vista Foot Patrol is an undeniably substantial presence in the Isla Vista community. But the eternal question seems to be: friend or foe? “Students hate us, and we hate them. It’s that simple, right?” Sergeant Mark Signa of Isla Vista Foot Patrol jokes as he begins to address the complicated relationship between the fuzz and the students. Yes, the Isla Vista Police is aware that Isla Vistans have a mixed opinion about them. While some will defend the honor of officers to no end and others see them as nothing more than brutal oppressors, one thing is for sure: the relationship between the Isla Vista Police Force and Isla Vista residents is nothing short of complicated. Yeah, we get it, they’re here to help, but why do they have to be so mean about it? The difficult truth is that the palpable tension between the police and the partiers is not subsiding any time soon.

The Isla Vista Foot Patrol has a difficult challenge on their hands: keep the peace while trying not to look like the bad guy. Sargent Signa addresses this challenge and expresses the struggle of “trying to find a balance between the party atmosphere and the need for peace in the environment.” This balancing game is what leaves many Isla Vista residents salty about the authority that is trying to keep them in check. Whether it be walking down the streets of Del Playa or at a party in your own home, the Foot Patrol is an unavoidable part of Isla Vista nightlife that we all must face at one point or another. Sure, they are just “doin’ their job”, but when does their behavior cross the line? As individuals, it is our responsibility to know the rights and wrongs of the judicial system, in order to fully protect ourselves. When this is brought up in an interview with Sergeant Signa, he wholeheartedly agrees that there is misinformation, and is immediately eager to set the record straight. While we all know that situations with the boys in blue can get pretty rocky, the key to successfully dealing with the force is simple: know your rights.

On the next page, you’ll find some helpful tips to make sure that you can act in your best interests during a run-in with a cop.

KNOW YOUR RIGHTS

1 If you are approached and questioned by a police officer, the first thing you should ask is, "Am I free to go?" If they say no, keep asking until you are given a clear answer as to why you are being detained.

-In order to be legally detained, an officer must have reasonable suspicion. This cannot include any kind of profiling.

2 The officer that is detaining you can ask for few things initially: your name, residential address, and for your ID. If they ask you for anything else, you have the right to not answer, and instead say, "I am going to remain silent. I would like to speak to an attorney."

3 An officer is only allowed to frisk you if they have reasonable suspicion that you have a weapon and that their safety is in danger.

- During a frisking, an officer is not legally allowed to go into your pockets or bag, nor tell you to empty your pockets in order to recover evidence against you.

- - You do not have to consent to a frisk, and can stop them by saying, "I do not consent to this search." Even if this fails to stop the police officer at the time, this incident can come in handy at a later time.

4 Do not talk about the details of your arrest with anyone until an attorney is present, especially the police or District Attorney.

5 If you are searched by an officer of the other gender at the Precinct at the time of your arrest, the police must explain why in their command log.

6 If the officer has no legal justification for a search, you can say, "I do not consent to this search."

*- **Note:** Do not voluntarily empty your pockets, because this gives the officer consent to search you.*

7 Searches of bags and clothes can only occur under one or more of the following circumstances:

- An officer has probable cause that the search will lead to evidence of a committed crime, hidden weapons, or concealing contraband. (Note: probable cause calls for more reason to believe than reasonable suspicion.

- - If you consent to a search.

- - - If they have a search warrant.

- - - - If you have been arrested.

8 Police do not have the right to enter your home unless they have a warrant. A warrant is a legal piece of paper that gives police the okay to enter your home. This must be signed and dated by a judge, and the officer must present this warrant to you before entering your home. Exceptions to this rule include:

- The police hearing someone shouting for help.

- - They have reason to believe that drugs or alcohol are in the household.

- - - They are there in pursuit of someone that has committed a serious offense.

9 Copwatch is the right to watch and record police activity, recording any misconduct that occurs.

Well, there you have it. No denying that cops can be a buzzkill, but it is of dire importance to know the "cans" and "cannots" of police interactions, just in case that fateful day comes.

◀ DEL PLAYLIST ▶

A HIGHLY CONDENSED LIST OF TRIED & TRUE SONGS TO JAM TO

BIKING TO AN 8 A.M. ▶

It's early. It's cold. It's 7:55 in the fucking morning! While the rest of IV sleeps off another hangover, you've made the brave decision to sleep in class. This playlist will help you work some much-needed enthusiasm into your day and soothe those wind-chilled ears.

- ① **Andrew Bird** — Imitosis
- ② **Animal Collective** — What Would I Want? Sky
- ③ **The New Pornographers** — Myriad Harbour
- ④ **Ariel Pink** — Bright Lit Blue Skies
- ⑤ **The Decemberists** — Los Angeles, I'm Yours
- ⑥ **Earl Sweatshirt** — Luper
- ⑦ **FIDLAR** — Max Can't Surf
- ⑧ **Foxygen** — San Francisco
- ⑨ **Tennis** — Marathon
- ⑩ **The Hives** — Hate To Say I Told You So

SUN'S OUT GUNS OUT ▶

Soak up some SB Vitamin D to this upbeat mix and let the crashing waves in the background remind you why rent in IV is so damn expensive. Enjoy this playlist while sunbathing on your balcony or while washing the Freebirds out of your hair on another rough Sunday morning.

- ① **Sam Cooke** — Frankie And Johnny
- ② **Beach Boys** — California Girls
- ③ **Best Coast** — The Only Place
- ④ **BLEACHED** — Searching Through The Past
- ⑤ **Cults** — Go Outside
- ⑥ **Edward Sharp & The Magnetic Zeros** — Man On Fire
- ⑦ **The Growlers** — Sunset Girl
- ⑧ **Neon Indian** — Deadbeat Summer
- ⑨ **Zee Avi** — Poppy
- ⑩ **Smokey Robinson** — Cruisin'



△ BREAKING UP IS HARD TO DO

- ① **The Abigails** — No Jesus
- ② **Band of Skulls** — Cold Flame
- ③ **Girls** — Hellhole Ratrace
- ④ **Vic Chesnut** — Soft Picasso
- ⑤ **Band of Horses** — Funeral
- ⑥ **Black Gold** — The Comedown
- ⑦ **Brand New** — Me vs. Maradona vs. Elvis
- ⑧ **Dr. Dog** — Jackie Wants a Black Eye
- ⑨ **Elliott Smith** — Say Yes
- ⑩ **Florence + The Machine** — Falling

You're single now. No, not in the Beyonce "Single Ladies" kind of way—more like the "if I'm *too good* for him why am I not *with* him?" kind of way. Don't worry, we all know dating in IV is harder than a shot of Popov, so here are some songs to help mend that broken heart...although they might just encourage you to cry more. Your choice!

- ① **The XX** — VCR
- ② **Blackbird Blackbird** — Heartbeat
- ③ **Daft Punk** — Something About Us
- ④ **The Dandy Warhols** — Bohemian Like You
- ⑤ **Death Cab for Cutie** — PhotoBooth
- ⑥ **Devotchka** — I Cried Like a Silly Boy
- ⑦ **Noah And The Whale** — 5 Years Time
- ⑧ **Iron & Wine** — Naked As We Came
- ⑨ **Warpaint** — Undertow
- ⑩ **The White Stripes** — Hotel Yorba

△ FALLING IN "LIKE"

Love is a strong word for IV, so let's just say it was "like" at first sight. You met in section, hooked up in a crummy bathroom on DP, and he lent you his sweater INDEFINITELY. It's pretty much Facebook official at this point, so let these sultry, sassy tracks kindle the bonfire in your heart.

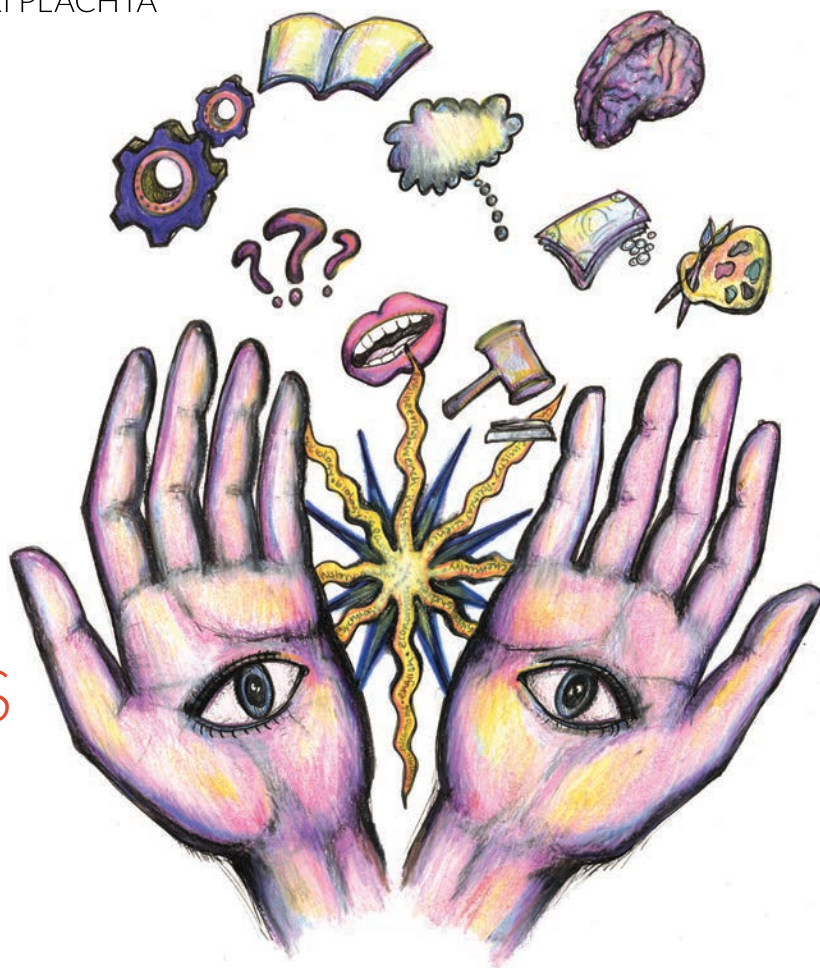
Use a QR Code Reader app on your phone to get the complete list.



MAJOROLOGY

WORDS & DESIGN // SHARONE ALMOG
ILLUSTRATION // ARI PLACHTA

YOUR
FUTURE
LIES IN
YOUR
MAJOR'S
HANDS



You will stand out from the other conforming non-conformists by selling your abstract nonfigurative painting—that you had your cat paint for you—for \$10,000. Use your money wisely, for the stars predict that your cat will die in the near future and you will no longer have a muse for your artwork.

The stars are aligned in your favor this quarter—you're either going to find the cure for a hangover, find a way to balance a social life and organic chemistry, or formulate a new pheromone-based perfume that will make you irresistible to the cornucopia of eligible suitors we have in IV.



ENGINEERING

Contrary to your monotonous existence, the stars actually foresee some sexual encounters in your near future, and not just those of the third kind. We know you're a cubicle-dwelling antisocial doormat, but when Venus and Mercury collide this month, ditch the pocket protectors and let your inner party-goer side shine.



ECONOMICS

Your lucky number this quarter is 24—look out for a change in the stock market that will make you almost as rich as Jordan Belfort. When the rings of Saturn reach their maximum widths, your innovative money-making ideas will finally come to fruition—but beware of an impending fiscal cliff in the near future.



ENGLISH & LITERATURE

The stars predict that “To Be or Not to Be?” is the question you will ask yourself when the only job offer you get, besides unemployment, will be to sweep up the floors after a poetry slam. Be meticulous when conversing with your contemporaries in the proximate forthcoming, for you may mystify them with your eccentric lexicon and honeyed mastery of syntactic concatenation.



FILM & MEDIA STUDIES

As Jupiter and Mars cross paths, your colossal knowledge of film theories, silent pictures, movie history, and porn will finally be of benefit when you film your masterpiece with your iPhone and get 8 views on YouTube...from your parents and your 6 closest friends.



PSYCHOLOGY

An understanding of the chemical origins of emotion will finally come in handy this quarter when your significant other's Oedipus complex takes over around late May. Be careful, you may end up trapped in your own Skinner Box, hopefully one that's not electrified.



COMMUNICATION

You will finally find the answer to the perplexing, never-ending question that everyone bombards you with on a daily basis: “What do you actually study?” The stars predict some cognitive dissonance this quarter when dealing with the moral dilemma of choosing between dyeing your hair ombre or leaving it natural.



POLITICAL SCIENCE

Being one of those opinionated, fact-filled, political junkies has threatened your friendships and drawn you into long arguments which you, of course, always won. You're in luck this quarter, as the moon and sun have switched paths and all of your friends will suddenly nod their heads and show interest in your one-sided debates.



HISTORY

Your ultimate search for the perfect match will come to its conclusion when you realize it was Louis XIV of France who unfortunately died in 1715. Upon this month's full moon, all your studying will finally pay off when you impress someone with your intricate knowledge of the underlying conflicts in every 20th century war everybody deeply cares for oh so much.



PHILOSOPHY

The stars pose a question for you this quarter—how do you see your life going? Will it be nasty, brutish, and short? Is it even possible to determine life by a system of quarters? You will walk through the door of enlightenment very soon, but beware, for after you enter it may be Locke-d and you Kant turn back.



UNDECIDED/OTHER

After agonizing months of critical and fretful discussion, the stars have decided it's better you don't know what's ahead.



GLUTEN-FREE IN IV

THE GLUTEN-FREE LIFESTYLE IS
EASIER THAN YOU THINK

WORDS // LEAH HARDIN

DESIGN // ATEKEN ABLA

PHOTOGRAPHY // BETH ASKINS

“HOW DO YOU LIVE WITHOUT BREAD AND BEER?!”

If I had a dime for every time I’ve heard that sentence, I would be a very rich woman. So many people cannot fathom what being on a gluten-free diet would be like, or even why people do it. There are many reasons why people choose the gluten-free lifestyle: for necessity, to eat healthier, or to try to lose weight. In recent years, more and more people are hearing about Celiac disease and going gluten free. Giving up gluten is not as scary as you may think, and many places in Isla Vista have gluten-free options!

Celiac disease is an autoimmune disease that affects about one out of every 133 people in the United States. A lot of the confusion about Celiac disease stems from the fact that many people don’t even know what gluten is. Gluten is a protein found in wheat, barley, rye, and any products made from those ingredients. People who have Celiac disease cannot digest gluten because it damages the villi that line the small intestine. Undiagnosed Celiac’s can result in a

wide variety of symptoms—bloating, weight gain, weight loss, constipation, diarrhea, fatigue, and many other possible problems. If left undiagnosed for decades, it can lead to more serious health issues like osteoporosis and other bone problems. A blood test is done to first test for Celiac. If that comes back positive, a biopsy of the small intestine is done to rule out the disease or to confirm the positive result.

The gluten-free diet often appeals to people who want to lose weight because they believe that it’s much healthier than a normal diet. Although many studies have been done that show cutting out gluten can be beneficial, the idea of weight loss while still eating gluten-free carbs is a myth. Gluten-free breads, pastries, cookies, etc. are much higher in sugar and calories. The gluten-free diet might not be the best fad diet for people who are trying to lose weight because it is quite a drastic change, but it is an absolute necessity for people with gluten sensitivity and Celiac’s disease.

If you do go gluten-free, Isla Vista has many



cupcake//
crushcakes



tropical berry cooler//
silvergreens



teriyaki hawaiian wings//
angry wings

options. Silvergreens has “GF” next to all the menu items that are gluten free. Pizza My Heart, Woodstocks, and Dominos all have gluten-free pizza, but unfortunately, none of them make individual slices. Angry Wings’ bone-in wings are gluten-free, and so are all of their sauces. Most Mexican food is okay, but make sure you get corn tortillas instead of flour! If you’re looking for a sweet treat, Crushcakes makes different gluten-free cupcakes and banana bread every day, and Café Equilibrium serves gluten-free crepes. For groceries, The Isla Vista Food Cooperative has a large selection of gluten-free foods. If you are a Celiac or have gluten sensitivity and have a meal plan for the dining halls on campus, contact the dining hall services and ask about their gluten-free pantry.

Sometimes gluten can sneak past you if you’re not careful. It can be hidden in certain foods that you’d never guess. Many sauces—including soy sauce, barbeque sauce, and teriyaki sauce—are a no-go for gluten-free people. Malt is another hidden ingredient in so many foods; it is made from barley and is in malt vinegar, Rice Krispies, Corn Flakes, and

malt liquor. Reading ingredient labels carefully and asking servers about menu items are absolute musts for Celiacs.

If you’re a fan of the hooch, stay away from beer and malt liquor (including Mike’s Hard Lemonade and Four Loko). Gluten-free beer isn’t great, but Angry Orchard’s Hard Cider is a wonderful alternative (it’s served at Sam’s To Go and Angry Wings, for all you 21-year-olds). When you’re at a huge rager in IV and they’re serving jungle juice, always check with the host to make sure they didn’t add beer to it. Most hard alcohol is safe, as long as it’s distilled. Be careful around whiskey, though, because it’s not distilled. Jameson Whiskey is gluten free, but always make sure to double-check on every alcohol brand’s website.

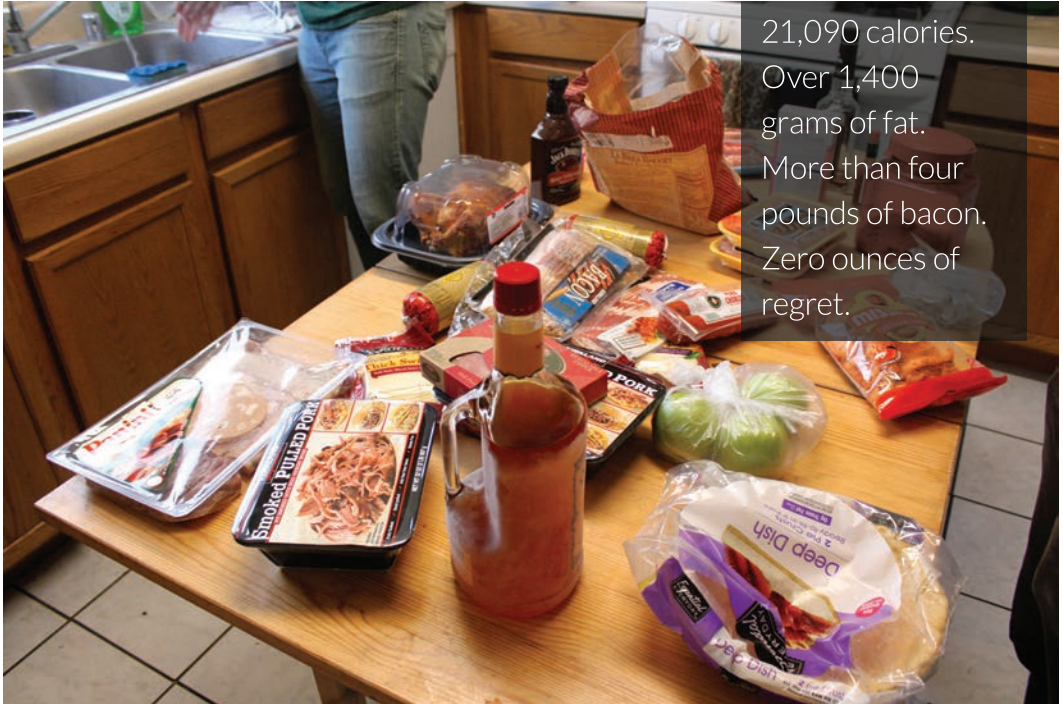
If you choose to go on a gluten-free diet, it truly isn’t as bad as it sounds! More and more restaurants and grocery stores are selling gluten-free items that taste just as amazing as regular food. It may take some getting used to, but the gluten-free lifestyle will definitely make you feel better if you have gluten sensitivity or are a Celiac. Life does go on without beer!



WORDS // Matt Mersel
PHOTOGRAPHY // Kaylee Latimer
DESIGN // Robert Wojtkiewicz

It's springtime. The birds are singing and the animals are all out to play. So how are we going to celebrate here at WORD Magazine? We're gonna take those birds and animals, cook them in a whole bunch of bacon grease, and stuff them in some big-ass six-shooter sandwiches and a giant pork salad. And you know we got you

covered with a delicious Fireball apple pie dessert creation. That's right, we're back for another epic meal, and this time it's a dirty, disgusting picnic for all you weird people that like being outside. So put on some sunscreen, grab your grandma's blanket, and settle in for your quarterly prescription of pork products.



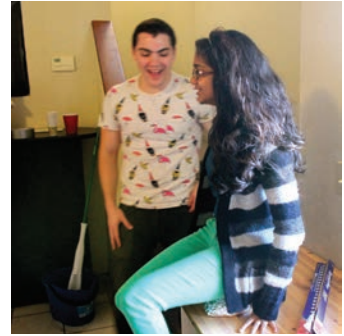
21,090 calories.
Over 1,400
grams of fat.
More than four
pounds of bacon.
Zero ounces of
regret.

THE SIX SHOOTER SANDWICH

A shooter is where you cook a bunch of food, stuff it in a loaf of bread, and compress it into a dense, destructive sandwich. We're making ours a six-shooter, featuring six types of meat.

Ground beef, steak, bacon, chicken, pulled pork, and some bro brats, cooked in Bud Light. Smart. And we also got slices and slices of cheese, some mustard, and a bourbon barbecue glaze. The world hasn't seen a union as unholy as this since Avril Lavigne married Chad Kroeger.





Weigh the sandwich down for a couple hours and crush that thing. You can use weights like a wimp. We used a rotation of human being consultants. Sit on that sandwich and hatch it like an egg.

THE PORK SALAD

PICNICS DEMAND SALAD. WE DEMAND PORK. IT WAS THAT EASY.

Mortadella capocollo "lettuce," pulled pork, bacon, chroizo, pink ham discs. And for added fun, pork rinds as croutons. I got so much pork that I'm feeling like the Pimp of Pigs. The Prince of Pork. The Sultan of Swine.



As Thomas Jefferson once said, no pork salad is complete without a bourbon barbecue dressing. And honestly, are you really gonna go against the guy on the \$20 bill? We put beef AND bacon grease in that sauce, because we're animals. Admire this succulent salad. Twenty years from now, you'll remember exactly where you were the first time you saw it.

THE FIREBALL APPLE PIE

The word “picnic” comes from the old French “pique-nique,” referring to a gathering of people dining in a restaurant who brought their own wine. That’s cute. We honor this tradition by bringing delicious cinnamon whisky into the kitchen for our soggy apple pie.



Now we don’t normally allow weak food like fruit in the kitchen with us, but we compensate by surrounding it with enough sugar and butter to make Willy Wonka sit down and take some notes. Get back to class, Bill.

As if we weren’t gonna cover this apple pie with candy bacon. Bacon lattice, how genius is that? Hopefully smart enough to compensate for the fact that we didn’t cook this pie nearly long enough. It’s ok, though, everyone screws up sometimes.

GAME ON



Look at this sandwich. And this pie. And this godforsaken pork salad. It’s an epic picnic, and we cooked this for you, readers. 21,090 calories. Over 1,400 grams of fat. Make it at home, go outside, and eat it in the sunshine. Then go back inside and stay there because you’re a disgusting, terrible person like us. But enough with the compliments. Let’s eat.



WORDS // SYDNEY HOWARD
PHOTOGRAPHY // BETH ASKINS
DESIGN // ALEA OLIVAS

IT'S A SPRING THING

RECIPES FOR RENEWAL

Winter has come to a close and so has the excessive indulgence in the belt-loosening comfort food of cold weather. It's time for rejuvenation, people! Here are four recipes that will keep you full, focused, and, most importantly, healthy as the weather gets warmer. We've embraced a gluten-free approach to pie, indulged in the delights of spring vegetables, and even tried a vegan soup that is to die for cold or hot. So eat your vegetables, get some exercise, and try out these go-to spring dishes to get yourself back on track to a great spring quarter and an even better summer.

THE PERFECT PEACH PIE

Gluten-Free Crust

Ingredients//

2/3 cup potato starch + extra for dusting

2/3 cup tapioca flour

2/3 cup millet flour

2/3 cup almond meal

2 tablespoon powdered sugar

1 teaspoon salt

2 sticks butter, chilled & cut into small pieces

2 eggs lightly beaten

Steps//

>>Preheat oven to 375 degrees.

>>Combine flours in a bowl. If using food processor, use quick pulses until completely incorporated.

>>Add the butter and cut into the flours until the mixture forms the texture of coarse sand.

>>Add in the egg and combine until you have sticky dough.

>>Cut a large piece of wax paper, place on table, and dust with potato starch.

>>Cut the dough in half and put each half, separately, on parchment. Knead the dough until it comes together and is malleable, but not sticky.

>>Form one half of the dough into a 10-inch circle, transfer to your pie pan, crimp the edges, or cut them clean from the sides.

>>Once done, place a piece of cut parchment paper over the crust and fill with dry beans to weigh it down.

>>Bake for about 15 minutes. Let cool.

Perfect Peach Filling

Ingredients//

8 large, ripe peaches

3/4 cup granulated or cane sugar

1/2 cup brown sugar

3 tablespoons tapioca flour or starch

2 teaspoons lemon juice

1/4 teaspoon salt

1/2 teaspoon ground cinnamon

1 egg, lightly beaten

Steps//

>>Cut the peaches into thick slices and place in a large bowl. Mix with rest of the ingredients, except the egg, until completely combined.

>>Pour mixture into pie crust. Take second half of the dough and cut into 1-inch lines. Place on top of the peach mixture, crisscrossing until you form a uniform lattice pattern.

>>Take a pastry brush and wipe the egg wash over the lines. If you'd like, you can sprinkle with extra sugar for a crunchy, sugary topping.

>>Bake in the oven at 375 degrees for 15 minutes or until golden brown.

>>Serve with soy vanilla ice cream for an indulgent but health conscious end to your meal!



VEGAN COCONUT, CARROT & GINGER SOUP

Ingredients//

- 3 tablespoons olive oil
- 1 small yellow onion
- 1/4 cup fresh ginger, minced
- 4 cups peeled and chopped carrots
- 3 cups vegetable broth
- 1/2 cup orange juice
- 1/2 cup coconut milk
- Salt and pepper

Steps//

- >>In a large pot on medium heat, add olive oil, onion, and ginger. Cook until translucent.
- >>Add the chopped carrots and vegetable broth. Bring to a boil, then turn down the heat and simmer for 40 minutes until the carrots are soft.
- >>Transfer the soup into a blender and puree until smooth.
- >>Return soup to pot and add the orange juice and coconut milk and simmer until incorporated, about 5 minutes.
- >>Serve cold with a garnish of cilantro and enjoy!

ROASTED ASPARAGUS WITH ALMONDS, MANDARINS, & GINGER SOY SESAME DRESSING

Ingredients//

- 2 bunches of asparagus with ends snapped off
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- Pepper to taste
- 1/2 cup drained mandarin oranges
- 1/4 cup sliced almonds

Steps//

- >>Preheat oven to 400 degrees.
- >>Place asparagus in a thin layer on baking tray.
- >>Drizzle with olive oil, sprinkle with salt and pepper, roast for 20 minutes. Let cool.

Ginger Soy Sesame Dressing

Ingredients//

- 2 green onions, chopped
- 2 cloves garlic, minced
- 1 piece fresh ginger, minced
- 2 tablespoons sesame oil
- 4 tablespoons soy sauce
- 1/2 lemon or lime, juiced
- 2 tablespoons honey
- 1 tablespoon toasted sesame seeds

Steps//

- >>Mix all ingredients in a bowl and whisk until completely combined.
- >>Place asparagus in a serving dish, sprinkle with sliced almonds and mandarins.
- >>Drizzle dressing over the asparagus.
- >>Serve as a side dish with poultry or fish, or just over rice or quinoa. Delicious with salmon.



TABOULCH WITH CHARRED RED PEPPERS & GARLIC CHICKEN

Ingredients//

- 1 cup bulgur
- 1 2/3 cup boiling water
- 1/3 cup olive oil
- 1/3 cup lemon juice
- 1 cup green onion chopped
- 1 cup chopped parsley
- 1/4 cup chopped mint
- 1/2 of a small red onion (optional)
- 1 pint cherry tomatoes cut in half
- 1 cucumber peeled and chopped
- 1/2 cup crumbled feta cheese
- Salt and pepper to taste

Steps//

- >>Pour bulgur in large bowl, cover with boiling water and cover. Let it sit for 1 hour.
- >>Once bulgur has soaked up water, mix with olive oil, lemon juice, salt, pepper, & herbs.

Charred Red Peppers

Ingredients//

- 2 Red Bell Peppers

Steps//

- >>Place peppers separately on top of stove burners and allow blackening, turning to char each side.
- >>Once blackened all over, let the peppers cool before discarding the stem, seeds, and skin.
- >>Pat dry & slice the peppers into long strips.

Baked Garlic Chicken

Ingredients//

- 2 chicken breasts (boneless is preferable)
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- Salt and pepper to taste

Steps//

- >>Preheat oven to 400 degrees.
- >>Mix olive oil, garlic, salt and pepper in storage bag. Place chicken inside and allow to marinate for at least 30 minutes.
- >>Place chicken on baking tray that is covered with foil. Bake for 20 to 30 minutes or until browned and cooked through. Check to make sure that when cut, the juices run clear.
- >>Once done, let chicken cool before chopping or shredding.
- >>Once all parts of the salad are done, mix the bulgur with the red onion, tomatoes, cucumber, feta, red peppers, and chicken, and taste to make sure seasoning is okay.
- >>Serve cold and try to resist eating it all yourself!



EXPRESSIONS

ARTWORK SUBMITTED BY STUDENTS IN OUR COMMUNITY

COMPILED AND DESIGNED BY MARINA WOODBURY



LUIS VELAZQUEZ

Sculpture Emphasis College of Creative Studies

"The Inspiration for this series of works comes from natural forms, the human body, memories from childhood, and present-day events. This series of works explores ambiguity and the relationship that is created between the viewer and the art piece."



One of Velazquez's
Sculptures hung outside
of the Chemistry Building

SARA ISABEL QUINTANILLA

Digital Art Major

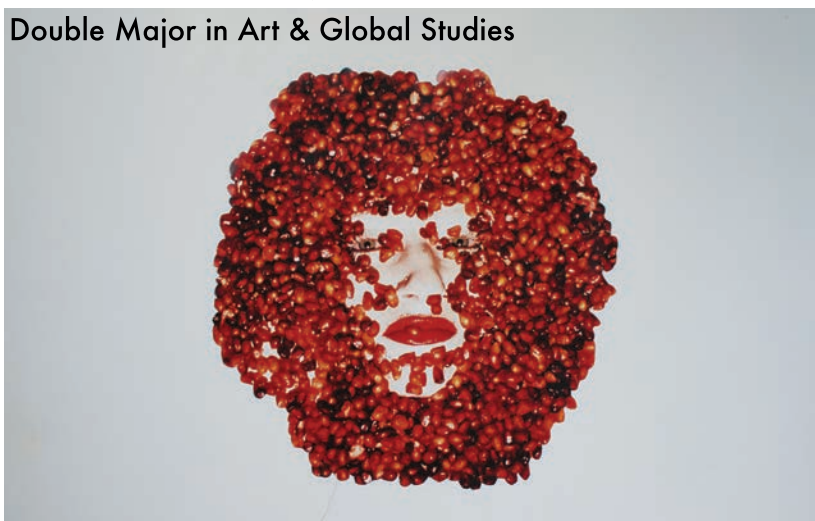


8x12in. // Digital Photo Manipulation

"This image is part of a series called 'The Not So Humble Mundane.' This series explores the abstraction of objects and structures (through digital manipulation) that we see in our daily lives that go unnoticed, not just in terms of art. This image, and others in the series, beg the audience for a longer look at its strange obscurity, yet vague familiarity."

MICHAELA RAVASIO

Double Major in Art & Global Studies



Tea Time // 13x19in. // Digital Photography

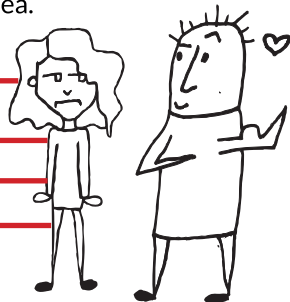


THE GHASTLY GROUP

Stop. Drop and roll like that house is on fire. Or just ask where the bathroom is and make a run for it.

A FEROCIOUS FLIRT

Guy won't stop mackin' on dat booty? Find a friend and get your freak on. The flirt will get the idea.



PARTY PROBLEMS AND HOW TO DEAL!

WORDS.DESIGN.ILLUSTRATIONS // BRITTANY RAGAN



THE MUSICIAN

When this guy whips out the acoustic guitar, quickly put on Icona Pop and scream, "DANCE PARTY!"

FOREVER ALONE

Whip out your phone and send selfies to your mom. Or just leave the party. Duh.




THE TALKER

Is the story never ending? Introduce a third party into the conversation and then slyly slink away.

SIERA HOTEL COLUMN

WORDS // BEN HATCHER DESIGN // ARI PLACHTA & SHARONE ALMOG



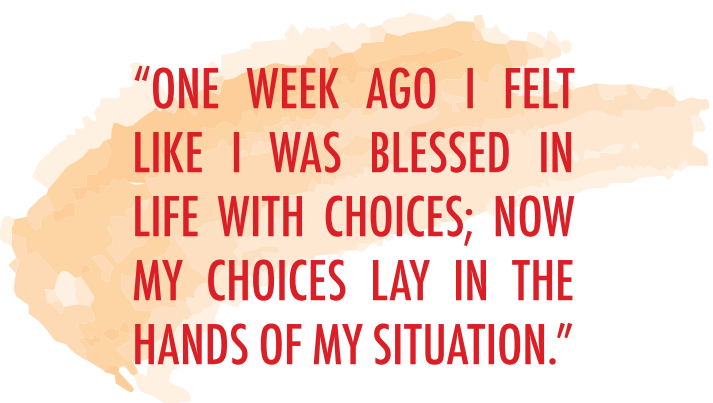
HATCHER'S PROFILE: Boatswain Mate Second Class Petty Officer, USCG, 2001-2005. Tours include: Small Boat Station Pensacola search and rescue 2001-2003, North and South Pacific Patrols 2003-2004, Persian Gulf with the Expeditionary Strike Group 2004-2005.

After spending a year at Small Boat Station Pensacola, Florida, conducting search and rescue and minor law enforcement, I was sent to Law Enforcement School. The school presented the ins and outs of past cases in law enforcement. The school covered all the past mistakes and success stories about drug trafficking. What struck a chord with several of us were the reasons some of the drug runners decided to take this path of life for themselves. Their reasons were many, and we had to consider many different factors that had gone into their decision to take this job.

Our instructors at the school made sure that they didn't send us into the field with the mindset that every person we were going to arrest was only out there because of selfish greed and wrong intentions. Several of these individuals were taking part in these acts to protect or be able to provide for their families. There were several cases in which the detainees would jump overboard to their death after being handcuffed to avoid punishment of their families back home because they had failed to complete the job. The entire game of law enforcement out on the open seas was less black and white than I had initially thought.

The story that follows is the first of many cases I would be involved in over my four years in the Coast Guard. I wrote this story from the perspective of one of the crew members of a boat that our ship had come across and detained.

GO FAST



"ONE WEEK AGO I FELT LIKE I WAS BLESSED IN LIFE WITH CHOICES; NOW MY CHOICES LAY IN THE HANDS OF MY SITUATION."

It was two in the morning and the night was pitch black. We had left the Galapagos Islands at nightfall and had been traveling at full speed for quite some time. All I could think about was my family back home in Columbia sleeping peacefully in their beds. My body ached from the constant beating of the waves through the open seas at twenty-two knots. Every hard wave reminded me that I wasn't home but on a go-fast boat delivering twelve tons of uncut cocaine to the port of Acapulco, Mexico. One week ago I was working at a factory, making it week by week on the paycheck I received. It wasn't much, but I was happy with what I had. Then for whatever reason I got forced to run drugs for the warlord. I knew when asked there was no choice, and from local knowledge I knew that if I were not successful at the job, my family's lives would be lost. One week ago I felt like I was blessed in life with choices; now my choices lay in the hands of my situation.

With a zero light policy on the go-fast boat, all I could see was darkness. Out of my gaze the veteran runner shook me as he was trying to signal something over the roar of the engines. I could tell from his facial expression that something had gone wrong. The US Coast Guard had detected our boat, and the ship was less than 500 yards behind us. The veteran runner maneuvered the boat with shaky hands as we tried to escape the inevitable. It was only a matter of time before they would launch the helicopter, and our doom would be sealed.

From the moment I was forced into this scenario this thought had been replaying in my head. I had already come to terms with ending my life if I was caught, in an attempt to save my family. Runners' families' lives were taken to let others know that if caught, your family would pay the price of your failure. This made sure that runners would not intentionally turn over millions of dollars in drugs to law enforcement, and it gave the family man the ultimate motivation.

My thoughts were interrupted by the sound of the helicopter rotors overhead. I couldn't make out what they were saying over the loudhailer, but could tell by the tone that it was serious. It didn't matter if I could make out what they were saying; we all knew what it meant. Then three fifty-cal bursts swept the bow in a warning shot that meant internationally to stop your engines. The veteran runner stopped the engines and began dumping our fuel in the boat in an attempt to burn the evidence. The veteran runner and myself emptied every last gallon into the hull of the boat. He handed me the flare and jumped overboard. The US Coast Guard was now less than a hundred yards away. From the illumination of their flares I could see the massive outline of the ship. I could see the guns along the deck pointed at the boat, and I could see the ship lowering a boat full of armed men. I could see my choices left were pretty slim to none. I was covered in fuel and had one last choice to make. I choose to burn.



GENERATION GOLDFISH

How digital distractions
killed our attention spans

Words by Cassandra Miasnikov

Six second Vines. One hundred and forty character tweets. Simple sentences. Simple thoughts. The shortening attention span of our generation is no surprise given the social media platforms we have to work with.

Social media expects us to summarize our lives into quick snapshots and highlight reels—where did you eat lunch? Who were you with last night? Why do I care? Relationships become glaring, in-your-face “Lifetime Events” polluting our newsfeeds, regardless of whether the couple dates for a year or two weeks.

Conversations are now held via texting rather than face-to-face or even over the phone, and stories that can’t be told through pictures, videos, or two lines of text are often dismissed or forgotten. The average text message is 160 characters long—just a few words more than a tweet.

I am not one to shun social media altogether; in fact, I work at a marketing company where I make money advertising to digital addicts through Facebook, Twitter, and Pinterest. But the saddest part of my job is taking a beautifully crafted hour-long video interview and condensing it into ten bullet points or fewer to keep you engaged. Marketing experts claim that the average attention span ten years ago was twelve seconds. Today we’re down to eight—that’s one second less than a goldfish.

How did this happen? Many psychologists blame the digital age for over-stimulating our brains with too many options. Every time you start a new task and switch your focus, your brain has to reorient itself, throwing off your concentration. So are we better at multitasking and socializing than ever before? Or are we just less involved and entertained by the world around us?

It works both ways. On one hand, oxytocin, the hormone that controls emotional bonding and attachment, releases during both face-to-face conversations and when logging onto a social media website like Facebook and scrolling through your news feed. Celebrities like Justin Bieber and Bo Burnham were discovered thanks to millions of hits on their YouTube videos. Social media serves as a great medium for self-promotion by allowing us to network professionally with potential employers and business partners, thanks to websites like LinkedIn and even Facebook. The digital age has also made it much easier to keep in touch with friends and family on the other side of the world with Skype, Google Hangouts, and Apple's FaceTime.

On the other hand, we're often so busy obsessively Skyping with friends back home or long distance boyfriends that we decline going out with our roommates and really giving our present location and circumstances a chance. As I write this, only one person sitting inside Starbucks doesn't have her laptop out, and she's scrutinizing her iPhone with such intensity I half expect it to jump off the table to escape.

We are the first generation with attention spans rivaling goldfish, because this is how we live our lives—watching the world through a thick layer of glass. How much shorter can our attention spans get before we turn ourselves around or derail our trains of thought forever?

There is a way we can break the cycle—but you're not going to like it. Neither do I. Give up multitasking. Multitasking damages your attention span by dividing your attention up, which inevitably hurts your ability to concentrate. By focusing on either a single thought or on avoiding thoughts altogether, you're reducing your susceptibility to distractions and increasing your working memory.

The most popular method recommended by psychologists to increase the attention span is meditation. Others include allowing yourself an hour or less of social media a day, or even going out to a movie. Because heaven forbid some of us actually spend less than an hour on Facebook a day of our own free will or are capable of watching a movie at home without the comforting glow of our phone screens.

Adjusting daily life to avoid digital distractions feels excessively paranoid to me. Does that make me a digital junkie too? Do I need to allot myself "tech breaks" where I can only check my emails twice a day? Do I need to quit rewarding myself for finishing a paper with a few six-second vines? Aren't we in control of our attention spans? Aren't we? Hang on—my favorite song is on. If I wait to replay it online later, I'll have to sit through a Spotify commercial.

SPRING QUARTER MUSIC

Presented by the UC Santa Barbara Department of Music

UNIVERSITY WIND ENSEMBLE

May 29th at 8pm
Lotte Lehmann Concert Hall
\$15 GA // \$7 Students

CHAMBER ORCHESTRA

June 2nd at 8pm
Lotte Lehmann Concert Hall
\$10 GA // \$5 Students

CHAMBER CHOIR & WOMEN'S CHORUS

May 30th at 8pm
Trinity Episcopal Church
\$15 GA // \$7 Students

MUSIC OF INDIA

June 5th at 7pm
Karl Geiringer Hall
\$10 GA // \$5 Students

THE MIDDLE EAST ENSEMBLE

May 31st at 8pm
Lotte Lehmann Concert Hall
\$15 GA // \$7 Students

THE GOSPEL CHOIR CONCERT

June 6th at 8pm
Lotte Lehmann Concert Hall
\$15 GA // \$7 Students

Primavera 2014: UCSB's Festival of Contemporary Arts & Digital Media // April 21-26
1st Annual Montage Concert: A Celebration of Genres // April 11th // 7:30 pm

RECURRING EVENTS

Spring Spotlight: Celebrates Performing Students
April 16 & 30, May 14 & 28 // 4pm //
Lotte Lehmann Concert Hall

World Music Series

Wednesdays // Noon // Music Bowl

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