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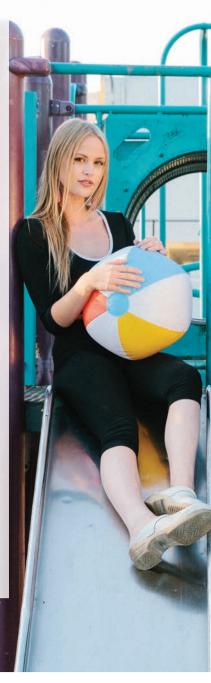
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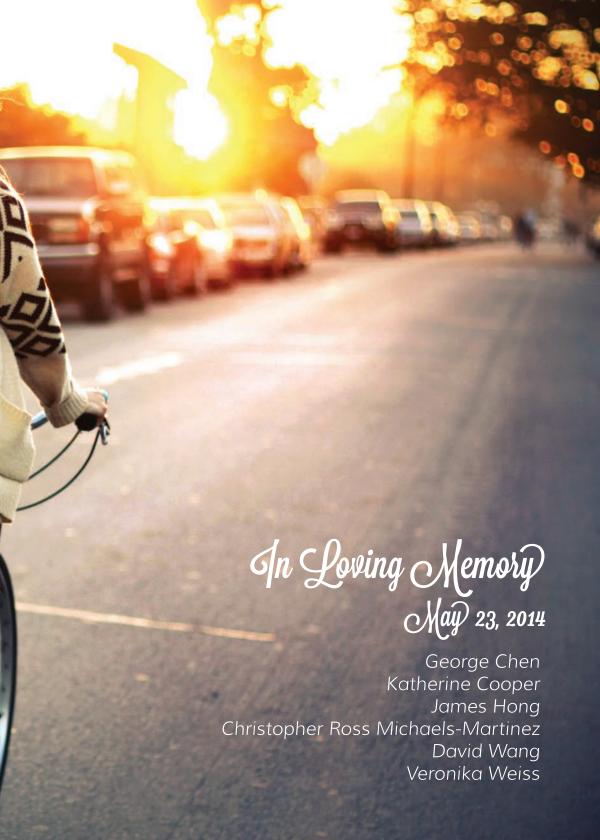
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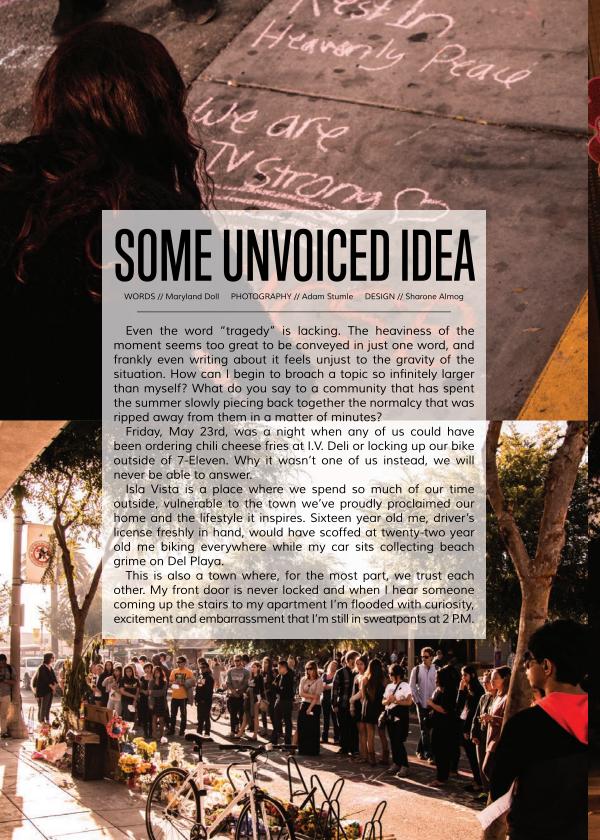


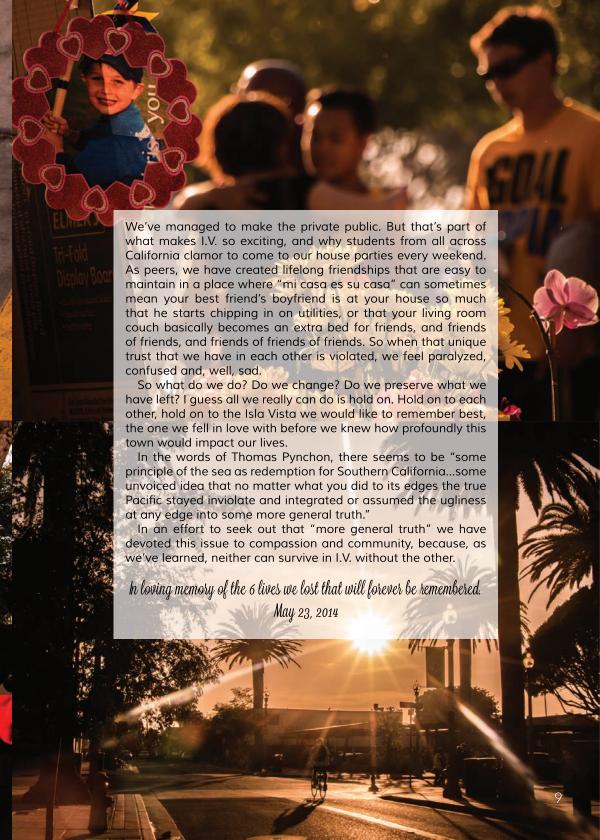


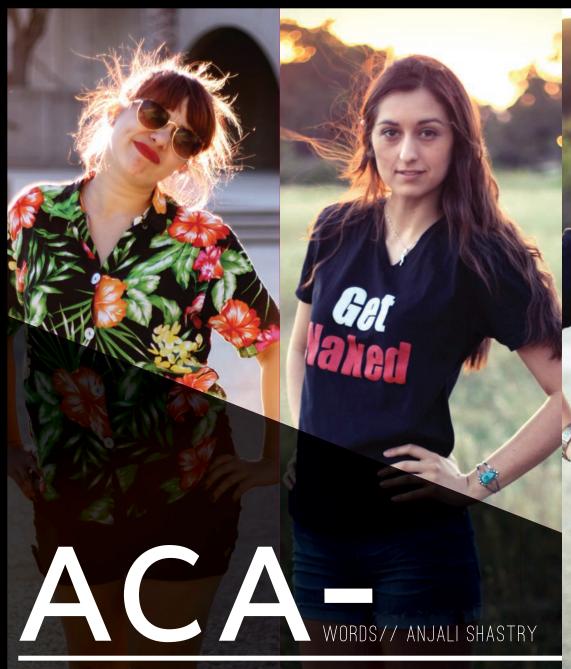
Photography // Mariah Tiffany











DESIGN & PHOTOGRAPHY//TREVOR MAUK

## awe

FROM LEFT TO RIGHT: JANESSA PUCKETT//INTERVALS GIOVANNA DAVILLA//NAKED VOICES JESSIE HYDE//VOMO. CONNOR GREENE//BFOM



BFOM RYHAS FROM OTHA MOTHAS

some

Lately, when I've thought of a cappella, the image that comes to mind is of a bunch of college students having a sing off in an empty pool with perfectly mixed vocals and deadly accuracy, trying to outdo one another with great panache, à la Pitch Perfect. Naturally, they would also have a twister board that they spin to find what genre to sing from.

UCSB's cappella scene, while  $\alpha$ entertaining in its own way, is not exactly composed of turf wars between groups like the Barden Bellas and the Treblemakers, and, disappointingly, nobody has sung in an empty pool in the dead of night before. Instead, the five a cappella groups on campus actually get along rather well. InterVals is one of three co-ed groups, alongside groups Naked Voices and Raavani. The groups are rounded out by Brothas From Otha Mothas, an all-male group who refer to themselves as BFOM, and VocalMotion, an all-female group." I don't feel any rivalry—we're the only all-male group, so we're our own niche in

the niche of a cappella music," says Connor Greene, the former president of BFOM and class of 2014 UCSB alum. "Our types of performances and goals are so different that there isn't much of a rivalry. There is a lot of support throughout the groups."

However, integration of the different a cappella groups into one cohesive scene is still an ongoing process. The realm of a cappella music, as fourth-year financial math and statistics major and InterVals member Merylynn Valencia likes to refer to it, is a burgeoning scene at UCSB. Our campus only has five groups, while UCLA has upwards of twelve.

When Sara Frederiksen, a third-year microbiology major in VocalMotion, started at UCSB, she didn't think twice about the a cappella scene on campus.

"It's this whole subculture," she admits now. "I didn't know the groups were all friends, that they did their own thing. I hadn't really thought about that."

While name recognition, concert





attendance for all the groups, and interaction between the groups has been on the rise, the path to success has been the slow grind.

"BFOM, Naked Voices, and Vomo are all more established groups—maybe nine to eleven years now," says Danny Padilla. The fourth-year economics major is in both Naked Voices and BFOM, and is also an aspiring YouTube musician along with fellow BFOM member David Fowler. Although the members of the groups do interact regularly, connections between groups are just now becoming more encompassing. The "Big Three," as Padilla calls them, are working on reaching out to the newer groups. "We all make an effort to go to each other's shows, and we open for each other's shows. On occasion, you'll see InterVals, and we'd love to incorporate Raavani as well."

One of the newer groups, InterVals was only founded three years ago and is still working on finding its place in UCSB's a cappella scene.

"We are something different, not stereotypical, more original," says Valencia.

"We like to describe ourselves as being alternative. I like to think we bring a little spunk to the a cappella realm."

Despite their flair for uniqueness and just a dash of drama, founding InterVals as contenders in the established a cappella scene was tougher than expected.

"We're the underdogs because we're so new," Valencia continues. "But we're more in touch with a cappella groups, involving ourselves more, booking more gigs, and letting UCSB see that more groups exist. We've gotten our names out a lot, and people are seeing us growing more from that. It was a little hard in the beginning."

If InterVals is the underdog, then Raavani is the dark horse. Younger even than InterVals at two years old, Raavani is the only cultural a cappella group, singing and performing both "Indian pop" and western music mashups.

Third-year biology major Tanaya Deshmukh, a co-captain of Raavani, insists that her group isn't worried about trying to enter the a cappella realm in a conventional way.



"We have no intention of getting into the mainstream—that's not one of our big goals," she says. "We want to keep it Indian cultural. We want to maintain awareness of Indian culture and music amongst the

of Indian culture and music amongst the members and people who are watching."

While the four "mainstream" a cappella groups regularly socialize and perform together, Raavani has been relatively isolated in terms of collaboration with the other groups. While members of other groups maintain they would love to perform with Raavani, there hasn't been communication. Deshmukh says, "We've never been invited to collaborate with the other teams, but we'd be open to that."

Newness is not the only uphill battle that a cappella groups face. VocalMotion, UCSB's only all-female a cappella group, faces subtle sexism. Frederiksen believes that while VocalMotion has name recognition and an audience, it has been tough going to accomplish what they have. Part of what makes them so unique to her is the female power that Vomo exudes in fighting for their success.

"I like that it's all girls. I like the solidarity,"

Fredriksen says. "But you have to work a little bit harder because you're a girl group, and I love BFOM to death, but it's easier for them to get attention. With the girls, you have to work a little harder for the same kind of recognition, and we do the same thing BFOM does, but it's not the same kind of funny for us."

Despite the challenges that come with establishing each group, a cappella is first and foremost a sphere for students to express themselves through music. Each group looks for something different when creating carefully cultivated images for themselves.

Of InterVals, Valencia says, "We're very accepting to all kinds of people and different voice styles. I'm a soul and R&B singer, Hannah has a high choir voice, and our [former] president, Alice, sings opera. We're not looking for someone in particular. We want you to bring something new to our group."

That same goal of inclusion drives Raavani. Though they are an Indian cultural group, they are hardly constrained by race. Raavani comprises singers from all over India as well as a few non-Indian members who love and

appreciate Indian culture. The non-Indians particularly bring something unique to the group.

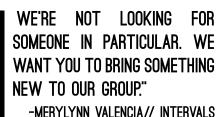
"We know songs that we've picked and we've grown up with them, we don't see anything but the song," Deshmukh says. "But when you bring in someone who is just hearing the music of it, they see what we could change, how to mash it up with other songs, and elements of the song we're not able to see because we're so used to it. It's a huge creative booster."

VocalMotion's spunk, on the other hand, comes from their quirky musical background as well as their vision for themselves.

"We actually started out as an 80s cover group!" Frederiksen says, laughing. "So we used to cover solely 80s power ballads and female rock artists. As the group grew, we moved away from that, and now we have a really eclectic group of songs... I think, because it's all female, it's a little sassier than the other groups, which is also fun for me!"

Padilla, as a member of two groups, compares Naked Voices and BFOM.

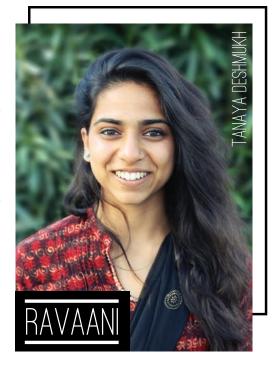
"Naked Voices, which is generally very good looking," he says with a sly smile, "is co-ed, and they are consistently looking for nothing other than perfection... Naked Voices has a lot of fantastic soloists that are highlighted



in our arrangements." On the other hand, he says of BFOM, "They try to highlight the background rather than the soloists."

Naked Voices also has a quirk that Padilla is quick to joke about.

"We don't wear shoes during a lot of our performances, which is a thing that the other groups don't do. That's cause—living off the whole naked thing, yeah—that's the most



naked we can get without being weird, and you know, not legal."

In contrast with other groups, BFOM has the unique characteristic of being equal parts music and comedy.

"BFOM brings the sense of brotherly love," says Padilla. "In concerts, there is a huge sense of incorporating the audience and making them feel like they're part of the experience. They're the best at maintaining that connection with their audience members."

Padilla also loves the nerd factor of a cappella and how it drives the scene in comical ways.

"I thought a cappella was nerdy, but it has to do with the music you end up doing. Sometimes BFOM does really nerdy stuff like video game medleys, but we also cover contemporary music a lot."

Greene maintains that the nerdy aspect of a cappella is what makes it cool now.

"Any time when you can recreate music in a new and exciting way," he says, "it creates a lot of interest and a lot of that cool factor."

So is quirky a cappella here to stay as a social and artistic staple in IV? Padilla shrugs. "I like to think people think we're cool."



WORDS / / APOORVA CHIPLUNKAR DESIGN & PHOTOGRAPHY / / ALEA OLIVAS

Woodsy. Earthy. Hints of Lavender. The warm aromas of Santa Barbara's Plum Goods match the mellow, feel-good vibe of one of downtown's most artistic treasures. With a motto of "Hand-crafted, Fair-Trade, and Recycled," owner Amy Cooper is putting the elegant in eco with a variety of home goods, books, artwork, jewelry, and other environmentally-friendly finds.

You could say she's a mover and shaker. After moving to Santa Barbara in 1996, Amy Cooper has created a store unlike any other. With a thirteen-year-old daughter and a business to run, Cooper is always on the go, and is bringing a new level of sophistication to the environmentally-friendly industry like never before.

Creative director Fabian Ojeda worked closely with Cooper to establish the nostalgic, homey, and unique flair that is iconically Plum Goods. As Cooper gave some background on how she started, she casually stated that "People told me I was crazy to open in a recession." But Io and behold, Plum Goods has become a staple and has a steady tourist draw with the allure of taking home with them a little piece of sustainable Santa Barbara.

Cooper is trying to maintain the heart and soul of Santa Barbara while still helping the Earth. "Don't preach, but educate," she mentioned as she put items together for a gift basket. Ecofriendly fashion and art has gotten mixed reviews, as it is usually synonymous with words like "hippie" or "hemp." Cooper described going to eco and hand-made trade shows, and finding a very limited market to choose from. The lack of variety motivated her desire for Plum Goods to go beyond the image of an environmentally-friendly store. "I want to represent Santa Barbara and for customers to find something one of a kind," Cooper said.

While browsing through Plum Goods, you'll find trinkets like bottle openers made out of recycled bike parts and exotic hand-poured candles with scents like Black Pepper Patchouli Balsam that are stored in recycled containers. Plum Goods also houses artisans and designers—SPARQ, who creates innovative products like reusable whiskey rocks, and Lily Lambert, who makes intricate beaded jewelry. In other words, Plum Goods offers a little something for everyone.

The permanent white Christmas lights that weave through the store are just one of the aspects that makes the store inviting to all age groups—not to mention their diverse price ranges. This makes it the perfect spot to grab a gift for your roommate, or for those with a Santa Barbara sized paycheck to buy an unusual piece of art. Cooper's curation of designers and artists in Plum Goods makes it quite clear that every piece has a purpose and, more importantly, a story.

Plum Goods is a bridge—or rather, a promenade—between the radical and more pedantic environmental world

and the art world. There's a feeling of enchantment as you walk through various parts of the store. In a community like Santa Barbara that is trying to make greener lifestyle changes, Plum Goods provides an alternative outlet that doesn't put the modern environmentalist into exclusive, stereotypical categories. Instead, it serves to make sustainably sourced goods available to people with varied tastes.

"I want people to feel inspired and happy when they come into Plum Goods," said Cooper—and it's hard not to get a smile on your face when things that are usually considered trash have been transformed into practical, beautiful items.

Plum Goods goes beyond just a cool place to visit with funky décor; it is blurring the lines between art and environmentalism. A visit to Plum Goods is a little taste of the Santa Barbara lifestyle, and an eye-opening look at what can happen with a lot of hard work and a heavy dose of inspiration. As Cooper aptly said, "If you want your community to be a community, they must make informed choices."



## TRIBE TIES ADDS SPLASHES OF COLOR TO IV



On Fridays they wear tie-dye—but not the typical spiral of mass consumerism. Their shirts are not made with tie-dye kits from Michael's. Tribe Ties wears and makes the real deal.

Tribe Ties, Isla Vista's grooviest group of friends, makes intricately detailed tiedye shirts using techniques passed down by a Bay Area diehard Deadhead of the 70s—a man who happens to be the father of organization spearhead Thomas Kenney.

Using fishing line and fiber reactive Procion dyes, Thomas's father, Paul Kenney, began making these vibrant shirts to support his Grateful Dead habit. His shirts were a huge success, allowing him to go to over 300 of their concerts.

"It got to the point where he would literally show up outside the concert with like ten or fifteen of his shirts, and within minutes, someone would come up and buy all of them at face value," said Thomas, a second-year CCS biology major. They were sold for the same amount Tribe Ties now sells theirs, which is about 20 or 25 bucks a pop, depending on the shirt.

Allegedly, a few Grateful Dead members don Paul's shirts themselves. Thomas said that Phil Lesh wore one of his dad's t-shirts to Jerry Garcia's funeral in 1995.

Eventually, Paul passed on the legacy, and Thomas learned the secret trade. Thomas then taught Kyle Wycoff, a second-year chemistry major, and convinced his dad to come to Isla Vista to teach more of his friends. One-by-one, they were soon all making trippy shirts and tapestries.

Thus, Tribe Ties officially launched in February 2014 and now consists of seven members total, including second-year English major Kenneth Oravetz, second-year financial math and statistics major Will Shearer, first-year CCS art major Owen Gay, second-year global studies and French double major Jamie Brannan, and second-year history major Jake Weeks.

While talking about their style, process, the hippie movement, and the resurgence of tie-dye, the tribe's voices would often overlap in excitement, making it hard to differentiate who said what at times.

In terms of style, the members have

subtle differences, but they are all interested in various designs and color schemes. Brannan even thrifts her shirts, offering a variety of tie-dyed apparel that ranges from ribbed tank tops to American Eagle t-shirts.

One member said, "You realize what not to do. It's like experimental science. You try something, you see the results, you analyze it to see what possibly could've gone wrong, try something different to get what you want, and after a couple iterations, we finally honed in on our sweet spot."

Overall, the tribe prides themselves for their signature bilateral, symmetrical splotches of color and attention to detail. The secret, they share, is in the tying technique.

"Our tying method is the thing that separates us the most, as most people will get a shirt and then either rotate it to make a spiral, or like, put a rubberband to section off color," said another member. "Our tying method involves fishing line. [The tied result is] a weird little protein-like thing."

Depending on the fabric and size of the material, tying can take anywhere from fifteen minutes to three hours to the course of multiple days. Many of the members' hands are full of cuts and sport calloused palms of dedication.

With practice and patience, the tribe said they have gotten a lot faster at tying. The blood, sweat, and tears seem to be worth it, for the results are a mind-boggling, beautiful kaleidoscope of shapes and colors. With or without drugs, their shirts are a trip.

"What's great about these insane and abstract [designs is that] I love that you can see whatever you see in these," said Weeks. Brannan added that she always sees an owl or koala in the shirt Weeks was wearing.

"I definitely see an animal in this... I don't know what though," commented Weeks. "And everyone sees something different... It brings out the individualism in the artist and the viewer."

As for the color scheme, the tribe said they stick with primary colors so "when they bleed into each other they don't make mud," but that for the most part, they don't know what is going to exactly happen.

"With experience you figure out how some of it goes," said Brannan. "Part of the fun is not knowing."

Besides the logistics of the dying process, the tribe talked about where tiedye is today.

One member mentioned that tie-dye is coming back in popular culture today.

"Go look at what people are wearing to Coachella, go look at what the companies are selling. Or like, the popular brands. You see a lot of tie-dye in a lot of the fashion coming out," he said.

Brannan added, "A lot of streetwear companies are incorporating it... I mean, you see a lot coming back in street fashion when you look at Thrasher."

And these sentiments ring true. Tie-dye is used in brands such as UNIF and can even be seen sported around in Isla Vista on any given Saturday afternoon. But tie-dye shirts go back to the hippie movement of the 1960s and are often times associated with the use of drugs—particularly lysergic acid diethylamide.

Commenting on this generation's hippie movement, Gay said, "We're not necessarily going to be on the same counter culture level as we might have been [in the past], or they [our parents] might have been, but it's a wonderful way to be."

They mentioned that Isla Vista has a dominant hippie culture, especially seen in music groups and the co-ops. However, a member noted, the ideals of the hippie lifestyle today are driven less by politics.

"I think we may be less politically charged," he said. "There were a lot of things to be angry about in the 60s. The government's not great now, but there's not like a draft. I'm not running away from the military. We want to be left to do our own things and enjoy our existences more."

Despite the differences in reason, today's hippie movement still holds similar ideals to

that of the past.

Commenting on this, one member said, "I like that the hippie movement of the 1960s represents a freedom of expression and a freedom of individuality, and I feel like that's what the hippie movement of today totally is... Be who you want to be. Do what you want to do—with respect."

"And a little color never hurts," added another.

The tribe also recounted some interesting stories that occurred when they wore their psychedelic tie-dye shirts.

"I own one of Paul's t-shirts, for like a year before he started teaching us how to do this," one member said, "and it just makes me interested in all people, of all generations. I've definitely had some interesting talks with some old people. I always get 'where did you get that' from concert-goers."

"I swear I've seen you in '73," someone interjected, at which the tribe laughed.

"I had this old guy follow me around at home depot, saying 'where'd you get that shirt?' This crazy, hippie guy working at home depot... and he found me again in the checkout... and got the company email from me and stuff like that, saying "I gotta buy one of these shirts. It's awesome," said another.

But the most entertaining encounter was one where Weeks described a story that occurred in San Francisco, before the tribe started making their own shirts. He said they were wearing Paul's tie-dye shirts to a Phish concert, teeming with "Phish fan hippies all on LSD, and this insane bearded guy—70 years old, wrinkliest skin I've ever seen—comes up to me and is like, 'Hey man. I like your shirt man.' He starts touching me [the shirt], and he's like, 'This is really good. You know when you can see your reflection in it its really good' and then he just wanders away."

Weeks added, "But that's when I realized Paul's shirts were something super extra."

YOU CAN CHECK OUT TRIBE TIES' MERCHANDISE ON INSTAGRAM OR FACEBOOK:







In a warm mirrored studio, James Holden's weird electronic sounds hang in the air above six dancers, who lie writhing on the ground. This is what they like to call "the alien dance." Standing above them, their director snaps and counts out sevens; it's an odd rhythm. As their movement grows and finds its form, it becomes intricate, idiosyncratic. It evolves.

This was my introduction to Selah Dance Collective. It's a new dance company, rooted in Isla Vista, that sprouted up onto the scene this spring. And it's growing.

Founder and artistic director Meredith Cabaniss is the driving force behind it all. She's been dancing all her life, but she says she "got serious" at age seven. "That's when a dancer commits, about seven," she muses casually.

Since receiving her BFA in Dance last year from UCSB, Cabaniss has been busy, establishing a dance company and designing its website while working as a manager at IV Drip. "I wear many hats," she laughs. There is clearly an active energy about her, which is expressed through her work.

Although Selah Dance is still in its early stages, Cabaniss has worked hard to get the ball rolling. The young company is already racking up an impressive list of performances

around town and abroad. Since its inception, Selah has danced at venues ranging from Santa Barbara's Center Stage Theatre and Yoga Soup studio all the way to the New Prague Dance Festival this summer. While she is working on a full evening-length piece over the next year, the company also has a performance planned at our own Anisq'Oyo' Park in October. Cabaniss says that staying active and relevant in the community is central to her company. "We want to perform often," she stresses.

With Selah Dance Collective, Cabaniss is looking to do something a little different: connect with you, the audience. She understands how frustrating it can be for viewers, especially non-dancers, who watch a dance and feel the expectation to "figure it out." It's in the mission statement: "although we begin each work with a clear theme or storyline for ourselves, we do not expect every audience member to reach the same conclusion." Selah aims to create an accessible, relatable atmosphere through innovation, creativity, and collaboration.

That atmosphere was definitely there on stage. It was a sunny Saturday in Santa Barbara, and Selah Dance Collective was performing at the Fair & Expo. It was my

first time seeing the company perform, and I didn't know what to expect as three dancers took to the stage. They performed a piece set to an acoustic version of Bastille's "Flaws." It was windy that day, and their simple black dresses rippled in the breeze. They worked with the wind, sweeping across the stage with beautiful extensions and moments of stillness. It made me miss dancing myself, and I realized I had really connected with the piece.

I think that's what Selah is all about: making connections. Cabaniss is interested in collaboration with other talented choreographers as well as people who have had little to no dance training at all. She wonders, "If other people were given the tools we have—the training and skills—what movement would they create?" With this question in mind, she is currently developing a piece with an engineer that will play with lights and color. She is also working on a piece with a poet, experimenting with poetic rhythms and spoken word.

It's about bringing people together through subjective, individual connections with movement. "I want dance to be accessible to everyone," says Cabaniss. In the past, she's had friends and loved ones come up to her after performances and say things along the lines of "you were amazing, but I felt like I didn't really get it." That's why she's aiming to do something different with her dance company. It's there in her mission statement: "Selah will look to construct an atmosphere individual to each work that will allow the audience to enter with no expectations and no need to 'figure it out.'"

I saw Meredith's mission woven into her choreography: through movement and collaboration, she makes dance accessible to everyone. Selah's dances work without trying to articulate some complex theme for you to "get," and instead simply create movement with the potential to illicit various interpretations and feelings in both the dancer and the viewer. Entering without expectations, I was able to see dance evolve into an engaging experience, and left excited to see how Selah will grow and blossom in Santa Barbara.





Photography & Design // Mariah Tiffany Assistance // Elyse Craig Models // Alexandra Dwight. Colette McGarrity. Emily Hansen. Elise Hartinger. and Shelby Bartlett Clothing // Endless Paradise Clothing Company There are 25 major district parks in Isla Vista. That's five playgrounds, ten slides, one vandalized whale, and one deceased dinosaur. As each street holds its own personality, so does each rusty swing and tagged spring rider.

In this series we explore Estero Park and Tierra de Fortuna Park, IV's often-forgotten treasures of the deep. All clothing featured is courtesy of Endless Paradise Clothing Company, the creation of second- year UCSB student Edgar Ballesteros. Distinguishable by their unique fabrics and elaborate patterns, each item is custom tailored and made by hand.

Isla Vista is our playground—choose your dinosaur.



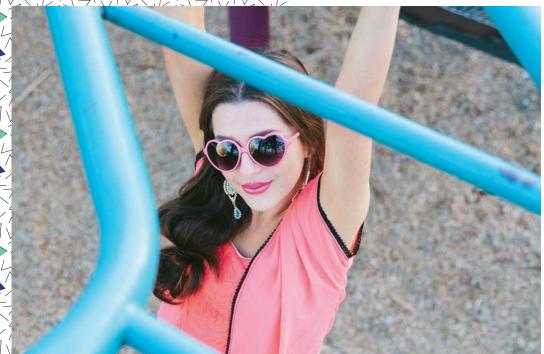












# SUPER SENIORS of Isla Vista

WORDS //
Katana Dumont

PHOTOGRAPHY // Mariah Tiffany

DESIGN // Liliana Muscarella

Clutching the stuffed white teddy bear her son gave her, Connie Steketee resembles a child on her birthday, proudly brandishing a brand new toy. She squeezes the bear's right hand and it begins to sing: "Happy birthday to you, happy birthday to you, happy birthday to you, happy birthday to you."

"I had no idea I'd make it this far," Steketee reveals to a friend. "Ninety years—can you imagine that?"

Connie Steketee is a silhouette artist, painter, and drummer originally from Michigan. She has been on 23 cruises, been around the globe twice, biked all around Europe with her husband, and she has four kids. Connie celebrated her 90th birthday on Friday, April 23, at the place she has called home for over fourteen years, Isla Vista's very own Friendship Manor Retirement Community.

Due to her age and increased need for assistance, Steketee had to move out of Friendship Manor, an independent living community, and move into an assisted living facility. Despite her relocation, Steketee still considers Friendship Manor home. Hosting her birthday party at Friendship Manor allowed her to reunite and reconnect with old friends.

"I miss it here," said Steketee. "This is nice; I have a lot of friends here."

Keeping true to its name, many of the Friendship Manor residents seem to have formed strong relationships with one another while living there.

"Everyone loves to be here," said Resident Service Director Chris Rendessy. "It's a very happy place... When I retire, I would probably retire here." Friendship Manor resides at 6647 El Colegio Road. Sandwiched between rows of student housing buildings, Friendship Manor often goes unnoticed. A retirement community is one of the last things anyone would expect to find in the vivacious college town of Isla Vista, though the history behind Friendship Manor proves otherwise.

Friendship Manor actually began as a residence hall for students, called the College Inn. But due to what Marketing Director Patricia Fabing describes as a "Bermuda Triangle of circumstance"—ranging from civil unrest on campus spawned by the Vietnam war and the infamous Bank of America burning, as well as enrollment caps—the College Inn didn't have enough students to fill its halls. It came under new ownership and was made into a retirement center.

From the very beginning, Friendship Manor has striven to provide affordable housing for senior citizens. As a self-supporting non-profit, Friendship Manor has the freedom to dictate their own entrance criteria. Fabing, who has worked with Friendship Manor for thirteen years and lives on site, feels the affordability factor is what really differentiates Friendship Manor from other retirement centers in the area.

"I'm right where I should be in serving this community... I love the fact that I don't have to qualify people by the amount of money that they make," said Fabing. "[They] don't have to be low income, [they] don't have to be millionaires... I don't have financial guidelines that put me in a box."

The affordability and location of



Friendship Manor is what helped Kelly Reid decide to retire here. Reid, a Vietnam veteran from Atlanta, Georgia, was forced into early retirement in order to help take care of his parents. After moving to Santa Barbara, it was difficult for Reid to find steady employment, so he came to Friendship Manor.

"I needed a roof over my head and this place was more affordable than others and it's right next to the beach," said Reid.

A self-proclaimed "gym rat," Reid likes to keep active by going to Spectrum Gym six or seven times a week, and he has been involved with UCSB's athletics for the past six years. His involvement both on- and off-campus has given Reid the opportunity to interact with students and the Isla Vista community.

"Isla Vista is a very unique place... Yes, it's mostly young people, but there are also low income families and senior citizens," said Reid. "The majority of students I've interacted with are well behaved."

Despite his eagerness to stay involved with the university and its students, Reid admits that at times the generational gap makes it difficult to relate with a younger crowd

"Ya'll talk a little too fast for me," said Reid

Communicational barriers might inevitably arise when baby boomers meet millennials, but that hasn't stopped some UCSB students from getting involved at the retirement center.

"Kids come and help in the kitchen... Sometimes they come and entertain us and we all really appreciate that," said Judy Martinez, a resident of Friendship Manor for the past fourteen years.

One of the more popular events that bring students and senior citizens together is the Senior Prom, a dance put on by the center where retirees and UCSB students bond through a mutual enjoyment of dance and music.

Student interest and involvement with Friendship Manor is something that Marketing Director Fabing has always been determined to facilitate. Fabing feels that it is fundamental that young people and older people are able to engage in dialogue, helping to bridge the gap



between generations while learning from one another.

"I really feel it's important to promote the heart of community...I encourage students to volunteer and stay involved," said Fabing. "People have a perception of seniors... Many young people nowadays didn't have that personal interaction with seniors that these people have had."

One unique opportunity for personal interaction between students and retirees is through Friendship Manor's on-site thrift shop. The thrift shop is managed by Friendship Manor resident Shirley Bagwell as well as other Manor volunteers. Operating mostly on donations, the small yet cozy shop offers everything from clothes to furniture, all for low prices. The thrift shop is open on Saturday from 9 to 11:30 a.m. and Tuesday from 10 to 11:30 a.m. If you're lucky, you'll get to see Bagwell's bunny, Butterscotch, whom she often brings with her.

This community-focused atmosphere between young and old is a valuable resource that many at Friendship Manor hopes to expand upon among the student population.

"I hope more young people would take advantage of what we have here," said Fabing.

"We have pieces of history living here."

One exemplary piece of history at Friendship Manor is resident Leo Maczulak, a World War II veteran who was a bodyguard for General Dwight Eisenhower. Like Maczulak, many of the residents at Friendship Manor are war veterans, willing to share their experiences.

Some of the Friendship Manor residents are senior orphans, or those who have outlived their family members. For Fabing, the unusual location of the center provides senior orphans and other residents with the unique opportunity to restore a sense of community and family while also benefiting from the energy of the university.

"Living in this sort of environment is really stimulating for many of the residents here," said Fabina.

Still, living in Isla Vista can have its downsides. One of the more pertinent hazards for many of the senior citizens are student drivers.

"Students sometimes don't see a little senior trying to cross the street," said Fabing.

The boisterous party lifestyle that permeates Isla Vista can also be a factor of discomfort for some of the senior citizens. During the infamous Deltopia riots, some of the residents became shaken up by the sounds of sirens and the smell of tear gas, which Fabing explains may have triggered some memories of war for those residents who fought in WWII and the Vietnam War. But in light of this, what the riots did do was open up a conversation among the residents about the younger generation.

"It [the riots] brought about a lot of enthusiastic conversation concerning young people and what happens when you get a large crowd of them together," said Fabing. "It really opened up a dialogue."

Generational cohabitation in Isla Vista is one that is bound to continue. With each new wave of young, fresh-faced students, there will also be a stream of wiser, furrowed ones. As Reid points out, "Santa Barbara gets greyer and greyer every year."

As a mother and grandmother—along with

her more than 13 years living and working in Isla Vista— Fabing has developed a strong grasp concerning young people and what makes them tick.

"Young people today are looking for ways to express their interest...young people love talking about what they can do to help this or change that... There is a lot of energy generated," said Fabing. "If there is a lack of opportunity to do these things, it will make lots of people unhappy... It's a matter of finding your cause and doing it."

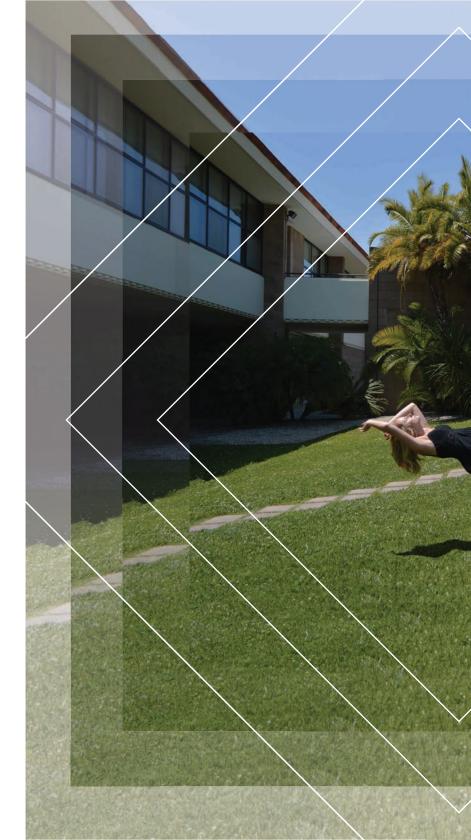
Connie Steketee can attest to this. She too encourages young people to follow their passions and talents, as she did with her art.

"My art is my way to express myself," said Steketee. "It's something that I have to do... it's a gift and I have to use it. Half of us don't realize our gifts till it's too late."

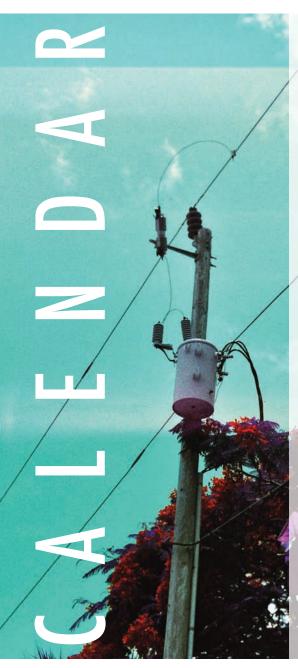
Even after 90 years, Steketee is still in awe of all life has given her and all it still has to offer.

"I can't believe I'm here; it's been a long time," said Steketee as she paused to try one of the jellybeans her son had placed in front of her. "These are so interesting—I just got one that tastes like popcorn."









Isla Vista Arts Check our up-to-the-minute calendar for an enticing variety of films, theater, visual arts, and pop-up events!

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. 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 cuttingedge theater and dance performances. Check out their exciting season and low-cost 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.

www.facebook.com/IVShakespeareinthepark

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 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.sbdiy.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 Mary McGuire, mmcguire@umail.ucsb.edu

Candlelit Yoga St. Michael's Church has always been a welcoming gathering place for the IV 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.

Gaucho 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! 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. All events, just \$4.

www.facebook.com/MagicLanternFilmsIV

COMPILATION // Jinny Ahn DESIGN // Sharone Almog PHOTOGRAPHY // Mariah Tiffany





Words // Dylan Chase design // Sharone Almog photography // Trevor Mauk

# IS ISLA VISTA THE EPITOME OF AN AGE gone soft?

Bret Easton Ellis is a name that rings of a not-too-bygone era. For many, he'll always be the novelist who wrote the books behind a few good movies from the late '80s and early '90s in Less Than Zero and American Psycho. However, for the millions who have purchased his paperbacks in the last two-plus decades, Ellis will always be cemented as one of the chief social critics. of Generation X. In sparse, aloof prose, Ellis crystallized much of the greed, vanity, and wayward materialism that consumed America at the height of our economic powers, when the boomtime '80s bled into the '90s. When you write novels about murderous Wall St. execs and jaded Hollywood heirs, human foible is pretty much brought to the forefront.

This year, Ellis has found himself in the news again, but not because of a novel. Rather, he's been swept up in the middle of a media debate concerning some controversial views he holds on Generation Millennial—and if Ellis is indeed a fine generational critic, we should all be at least a little dismayed at what he's been spouting.

"In a way it's down to the generation

that raised them, who cocooned them in praise—four stars for showing up, you know? But eventually everyone has to hit the dark side of life," Ellis said in a Vice UK interview earlier this year. "Someone doesn't like you, someone doesn't like your work, someone doesn't love you back... people die. What we have is a generation who are super-confident and superpositive about things, but when the least bit of darkness enters their lives, they're paralyzed."

Whether or not you agree with Ellis's further assertions that Millennials have yet to toughen up and, as he says, "grow a dick," it's cause for concern that one of America's most famous writers is lambasting us at a time when our own community finds itself in uncertain direction. Maybe it begs underscoring: Isla Vista, whose population is at a median age of 20.7, is just about filled with the kind of wusses Ellis is chiding these days.

If we're to give Ellis's assertion some weight, we may want to survey some of the recent events that colored our community throughout the spring, and the general wussiness that pervaded the area.

No more than four years ago, "Floatopia" was a beach party that saw thousands of students flocking the local beaches for an afternoon of drinking in the sun and sand. Once the party grew beyond reasonable limits, local authorities enacted a series of beach bans to keep people off the water and away from harm. "Deltopia" sprung up the next year as an only-in-IV act of civil disobedience via partying. After a few years marked by amicable-enough relations between students and police, Deltopia 2014 turned into a volatile situation that saw 100 arrested in what have been dubbed the "Del Playa Riots."

Associated Students, the media, and the police rushed to condemn the acts of the students and out-of-towners who participated in the riot.

"There is never an excuse to riot in the streets like many UCSB students did on held sentinel over the streets. Abboud heaped the blame on students, without questioning the tactics of a police force that administered tear gas on them. Words like "civil liberties" were overshadowed by words like "preserving our academic reputation"; actions like peaceful protest neglected in favor of heated Facebook statuses; phrases like "police state" in absentia, phrases like "it was the out-of-towners, we swear!" ad nauseam.

Where was the righteous indignation, the youthful fit of rebellion? It was enough to make you think that somewhere, sticking out a craggy finger of judgment, Bret Easton Ellis was watching our sorry tails between our legs and declaring... WUSSES!

But maybe it isn't so bad; by the looks of it, there may even still be a few young people around here with a vested interest

#### IT WAS ENOUGH TO MAKE YOU THINK THAT SOMEWHERE,

#### STICKING OUT A CRAGGY FINGER OF JUDGEMENT,

#### BRET EASTON ELLIS WAS WATCHING OUR SORRY

#### TAILS BETWEEN OUR LEGS AND DECLARING...WUSSES!

Del Playa," said AS President Jonathan Abboud in an April 6th email sent to the student body in the early morning following Deltopia. He continued, "The 'wild party' stereotype and image exists because we, the students, allow it to exist. The riot tonight happened, because we encourage an image of IV that is not healthy."

Elsewhere, town hall meetings and press conferences put on by campus organizations did little to spark protest against the police force, who, for their part, had failed to enforce parking restrictions that were supposed to, well, restrict parking. The student body eagerly assumed responsibility, while little attention was given to the ominous cameras that

in raising the flag of civil protest.

"We had a vibrant culture in IV of peaceful protest from the '60s to '90s, but for some reason it disappeared," says fourth-year political science major David Raban. Raban is one part of a newly formed activism group called STRIVE, composed of students at UCSB who saw a need for political protest groups in the wake of the riots. "I think a lot of it has to do with the general decline we've seen in civic institutions across the country—the rise of social media and people being able to talk to people they already know means less interaction on the street—less place for discourse."

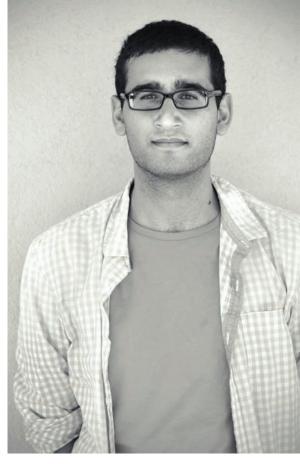
The lack of activism Raban speaks of

stands in stark contrast to his own group's efforts. Since being founded shortly after the riots, STRIVE amassed hundreds of signatures in a spring awareness campaign. Their mission? To propose initiatives and policies that might address some of IV's persistent problems, without entering into the arena of political elections. At the core, of course, will be an effort to encourage protest and enable concerned students to use their dissenting voices.

"We made clear we are not campaigning for office, we're not pushing any agenda, we're not advocating anyone for office. We are not and never will," Smith said. "After we get the petitions, it'll be me and our members emailing board members, the chancellor, and media sources nonstop. Sending it to AS. Essentially we're trying to gather public support for these initiatives, and then present them to the powers that be in the hopes that they're enacted."

Some of the primary initiatives STRIVE has focused on in its infancy is the implementation of an independent commission to monitor the use of surveillance cameras like those used around Deltopia. Such cameras, STRIVE asserts, need to be monitored to measure their effectiveness in stopping sexual assault and other crimes. A commission would help analyze data and footage, ensuring that the surveillance is doing its intended job of keeping citizens safe.

Other policy suggestions include an alteration or elimination of the festival ordinance that, in STRIVE's general view, helped contribute to the Deltopia disaster by increasing foot traffic at a time when half the town was half drunk or worse. Other mind-bogglingly reasonable ideas STRIVE has proposed include putting more lights throughout IV and attaching a lapel camera to every on-duty police officer—a move that, though controversial, helped reduce police brutality by 60 percent when implemented at UC Riverside. These cameras, Smith notes, could help make citizens and police more safe by increasing surveillance on both parties, reducing uncertainty and mistrust between the watched and the watchmen.



STRIVE founder / David Raban

With a sizable portion of civic duty heaped on their collective plate, Smith and his partners in STRIVE are about as far from wusses as educated, well-to-do kids can be. So what does he make of Ellis's assertion about Millennials?

"I don't think we're wusses, no. I think there are a lot of us who are brave. We just need to expose people who used to become leaders and make them leaders again. We need to show people you can be active, that you can lead others...that 'I have a great idea and I can express it to others."

Raban and his cohorts may never make a dime off of the ideas they're pushing. They're also unlikely to ever publish a best-selling book or become as famous as Mr. Ellis. But better yet, they're putting their convictions, and their reputations, on the line.

# SURVEILLANCE SURVEILLANCE WORDS//CARISSA QUIAMBAO PHOTOGRAPHY//KAYLEE LATIMFR

PHOTOGRAPHY//KAYLEE LATIMER DESIGN//MARINA WOODBURY



for by the university and are under the jurisdiction of the Santa Barbara County Sheriff's Office. "UCSB is providing funding resources to the County for these cameras," Fisher said in an e-mail to the Daily Nexus in April 2014. "This funding is consistent with other contributions that we have made in Isla Vista for safety."

Official documents regarding the CamGuard camera tower installations reveal that the six cameras temporarily placed in IV between March and April cost the university about \$8,000. Let's stop for a second to think about that number. What else could we have possibly bought with that \$8,000? Well, back in May 2013, former A.S. External Vice President of Local Affairs Rhandy Siordia and the IV Recreation and Park District got the county to pay \$6,300 to put up fences along the bluff of Walter Capps Park. That same year, Siordia and IVRPD got the County to invest in a project for better lighting in IV.

So why doesn't the university and law enforcement invest that \$8k in building fences, especially in light of the multitude of fatal cliff falls this year and in years past? And why not use all that \$8,000 to install streetlights—which are evidently lacking in IV—especially when studies show that crime decreases anywhere from 7 percent to 30 percent with improved lighting?

According to official documents, the UCSB Police Department and County Sheriff's Department intended to use "real time surveillance to act on crowd sizes, observable crimes, and the ability to deter crime activity during the event known as 'Deltopia.'" The document also says areas under surveillance have "historically been areas where violent crime and aggravated assault tend to occur." Yet it's very hard to believe CamGuards were really the best solution when they did little to stop the sea of rage that engulfed our seaside streets during that fated Saturday last spring.

Now I'll admit, a case can be made for their implementation. Instances of violence and sexual assault are a very large reality in IV, and it is very likely that administrators genuinely thought the cameras would provide cops with better tools to find and punish offenders. But did the cameras really decrease crime, as they were intended to? Or are they simply a serious infringement on our right to privacy?

Questions regarding privacy are ones that plague our Millennial generation in a way that our parents couldn't even fathom when they were our age. Especially with instances like Edward Snowden's disclosure of National Security Agency mass data surveillance and with features like facial recognition on Facebook, there is definitely a sense in which our generation can rightfully claim that, "Big Brother is watching."

In our parent's generation, the FBI had to make a file on you in order to keep track of your activities. These days, we make the file ourselves the moment we give our personal information away on the Internet. This brings us to a somewhat disturbing conclusion about ourselves—not only are we being constantly watched, but we're okay with it. Hell, we want everyone to know every detail of our lives, from racy photos of drunken nights in IV to tweets about how we walked our dog at 5 p.m. on the 65 block of Del Playa. Evidently, privacy means something very different to us than it did to our parents, and for generations beforehand. In Orwell's dystopia, the government forced citizens to relinquish their right to privacy. Now, individuals are willing to give up that privacy themselves. And for what? Well, to begin with, when it comes to social media,

we want to feel connected, to feel that pang of instant gratification every time we get another small numbered flag and little tonal ping assuring us that we are validated, accepted, and liked. In a similar vein, with regard to increased surveillance, there seems to be this shared notion that renouncing privacy means gaining peace of mind; that it's completely fine to subject ourselves to authority's all-seeing eye because its omniscient lens is also capturing the criminals lurking in the shady corners of our vulnerably late nights.

In many ways, this reasoning is compelling, especially in light of violent crimes such as stabbings and sexual assaults. But let's look more closely at some of these incidents of violence. In the case of the infamous November 2012 "Freebirds stabbing," the victim was not stabbed by a seasoned felon or even an out-of-towner, but, in fact, by former third-year UCSB student Peter Cho. Anonymous sources speculated that the incident may have been gang-related, and, furthermore, that certain fraternities in IV may be encouraging gang-related activity.

Now let's look at instances of sexual assault. There is no evidence that deduces whether or not March's violent gang rape—or any past sexual assaults in IV for that matter—were committed by strangers or non-strangers. However, there is definitely something to be said about the glaring statistic revealing that 80 percent of girls and women raped are victimized by someone they know, according to a report in the National Criminal Justice References Service.

There are indeed a multitude of problems in IV, but many of them are not things that can be seen on camera. Instead, the problems seem to stem from deeply entrenched social issues, like gang violence and rape culture, issues that Big Brother's eye simply cannot capture. And while administrators and law enforcement seem to believe surveillance is a surefire path to security, incidents like

the IV Riots tell us that that is definitely not the case; that in actuality there is something systematically, fundamentally wrong with our social structures; that the cameras' presence did nothing to prevent it and could have possibly exacerbated the tumult to come.

But we can't simply pin the blame on the powers that be. It is undeniable that the prime catalyst sparking the Deltopia mayhem was social media. There's no way those drunken hordes could have spilled into our streets without the infectious spread of that "Deltopia 2014" event page. It is interesting to note that countries under actual dictatorships, like Egypt or Tunisia, used social media as a way to voice their demands for human rights, whereas our riots featured kids taking drunk selfies in front of riot police.

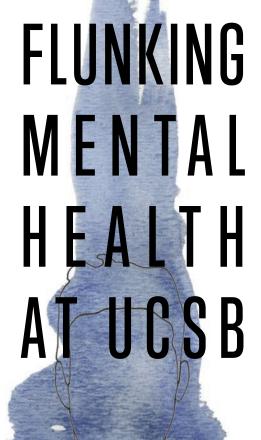
when we relinquish Evidently, privacy in favor for security and "interconnectedness," we end up disconnecting ourselves from real life. Instead of keeping others accountable and having a personal, physical stake in protecting our community, we've reduced ourselves to allowing CamGuards to survey the streets while we post statuses about our fear online.

So let's ask ourselves—is the crime really happening outside? Or is it happening subtly, slyly, everyday, inside our own minds? And if that's the case, are the cameras really there to protect us? Because while it seems as though they only serve as a testament to the fact that our right to privacy is being violated, we're all too immersed in our own little virtual worlds to actually care.

I think it's about time take our eyes off our LCD screens and wake up to what's going on in the real world. I think it's time we bring a critical lens to the very one that watches us everyday—on the computer, in our phone calls, on campus, and in our very own neighborhood.

If we don't, we're fated to make 2014 the new 1984. Hell, maybe we already have.





▼▼ WORDS // CASSANDRA MIASNIKOV | ILLUSTRATIONS // MICHELE ANGELILLIS | DESIGN // ATEKEN ABLA

SEEKING SUPPORT FOR MENTAL DISORDERS AT COLLEGE

You sit down for your last final of the quarter next to your roommate. You've been studying non-stop for days, and you're as ready as you can be.

But now you can't even hold your pencil, let alone take your final. You're starting to feel sick. You're gasping for air. The more you breathe, the more lightheaded you feel. You sit down. You're choking and your can't breathe. You're choking and your heart is pounding in your ears. Your skin is hot. You suddenly feel as if you're about to throw up. Your stomach burns and you start to lose feeling in your limbs. You think you're about to faint.

Your friend leans across her desk. "Stop being so dramatic—you're causing a scene. Just shake it off."

But you can't respond. Your body starts shaking uncontrollably, and you think, "This is it. I'm going to die."

You're not. But you can't shake it off, either. You haven't been drinking or abusing any substances, and you know you're not sick. But even though you're not sick, you feel it's impossible to get through your final without throwing up. You have panic disorder, and what you're experiencing is a panic attack.

Just as professors will usually accommodate you if you're sick with meningitis or the flu, they will also help you if you are suffering from panic attacks or depression. However, it's easy to tell a teacher about physical sickness—and that isn't always the case with mental illnesses.

It can also be difficult to explain it to your friends, since people don't always understand. Mental illness should be treated with the same respect and sympathy as physical illness. If you wouldn't ask an asthmatic, "Why can't you breathe in here? There's plenty of air!" then you shouldn't ask someone with depression, "Why are you depressed? There's plenty to be happy about!"

One in four college students between the ages of 18 and 24 have a diagnosable mental illness, according to the National Alliance on Mental Illness, and UCSB Student Health reports that suicide is the second leading cause of death among college students. Although unsettling, this statistic is not unknown to many on our campus. Just last year, two UCSB students

took their own lives.

One group fighting for change is Active Minds, an organization that minimizes mental health stigma by raising awareness of the issue and aiming to alter the perception of mental illness. Carly Chianese, communication director of UCSB's Active Minds chapter, believes that a false perception of mental disorders exists on college campuses.

"It's a treatable mental condition—it's an illness. It doesn't make you crazy to take medicine when you're sick," Chianese explains. "Mental health is relevant to every person. You just need to look outside of yourself."

It is especially important that we as a community take action to support those struggling with mental illness, and that those suffering seek treatment. There are many resources on campus that serve to do just that. What started as a personal journey for mental stability became an ongoing quest to find the best possible help at UCSB. After chatting with a therapist at CAPS, I discovered that there are several paths you can take at UCSB to find your own mental peace. So whether you're adjusting to college life, searching for help to cope with anxiety, or just trying to communicate better with your roommates, there's a way to find support here! The trick is knowing where to look

# MENTAL AND EMOTIONAL SUPPORT ON-CAMPUS

#### CAPS

Counseling and Psychological Services (CAPS) offers free counseling to all students at UCSB. CAPS offers up to ten one-hour-long appointments with licensed psychologists and advanced doctoral students preparing for careers in counseling and clinical psychology. Both individual and group counseling is available to students. CAPS is ideal if you're coping with changes in your life, building your self-confidence, and reducing stress. If you need more than ten sessions or want ongoing

therapy, CAPS will refer you to community providers. For more information, stop by the salmon-colored building across Storke Tower.

#### ► PROS:

- It's free
- You don't have to leave the campus to get help
- They have a lot of experience with college students

#### CONS:

- It may take longer than a week to get an appointment
- You may have to wait two weeks between appointments
- You can only get up to ten sessions of counseling

## STUDENT HEALTH: PRIMARY CARE CLINICIANS

UCSB's Student Health is a great place to start if you're not sure if you're depressed, sick, or just deficient in necessary nutrients. If they determine that you do need psychological treatment, they can prescribe psychiatric drugs or refer you to either an off-campus therapist or one at CAPS. If you get a referral from a medical practitioner at school, either a primary care doctor or a social worker, you can get an appointment at CAPS earlier than you would otherwise.

#### PROS:

- It's covered by Gaucho Health Insurance
- Doctors can prescribe antidepressants
- Doctor can run medical tests to make sure nothing else is wrong

#### CONS:

- It's not free for everyone
- These are doctors, not psychiatrists, and don't do psychological counseling
- Although they can refer you to a psychologist off-campus, they do not know them personally

## STUDENT HEALTH: SOCIAL WORKERS

UCSB's Student Health offers students free appointments to see social workers. Social workers serve as the "middle men" on campus by referring you to a service, counselor, or treatment that is best suited to your needs. Most of the social workers know many therapists in Goleta and Santa Barbara on a personal level and can refer you to the therapist they think will be the most helpful to you. Social workers also meet with students to help them identify and overcome obstacles college life can present.

#### PROS:

- It's free to all students
- Will refer you to an off-campus psychologist who best fits your needs
- Help beyond just mental illness to ensure you maximize your college experience

#### CONS:

- They do not usually provide counseling themselves
- You may not have time to meet with a "middle man" before seeking therapy
- They do not specifically treat students with mental illness

#### DISABLED STUDENT PROGRAM

The Disabled Student Program at UCSB provides academic accommodations to students who are mentally or physically disabled. This includes both permanent and temporary disabilities. Once accepted into the program, DSP offers a variety of services to students based on their needs, ranging from note-taking help to test-taking accommodations.

#### PROS:

• Offers test-taking accommodations such as taking more time for a final or

taking the test in a private room

- If you are unable to get to class due to a mental illness, telling a teacher you are in DSP can help you get notes from the missed lecture
- Note takers and readers are available for students in the program with learning disabilities

#### CONS:

- The process of getting into the program takes a few weeks
- The benefits do not usually kick in until the guarter after you are approved
- In order to start the application you will need detailed documentation from your treating physician

Note: All of these options are completely confidential. If you need immediate counseling, call this 24/7 number courtesy of CAPS: (805) 893-3087.

#### **GET HAPPY**

Laugh often—Researchers at University of Maryland proved that laughing boosts not only your mood but also your immune system, which means you'll smile more AND get sick less. Double win!

Treat yourself—You deserve to be taken out sometimes, so why not treat yourself to Crushcakes or a medical massage from Student Health every once in a while? Giving yourself something to look forward to midweek can keep you going through stressful times.

Go outside—Sunlight helps set your internalclock, which helps you sleep better at night. Psychology Today says that getting regular sunshine can also helps alleviate symptoms of seasonal affective disorder (SAD) and depression, so get out there and try to work just 30 minutes of sunlight into your day!

Exercise—This one should be a no-brainer for all you athletes. Research at Stanford University shows that a mere 30 seconds of exercise can leave you feeling less stress for a full hour after. Exercise boosts your brain's production of serotonin, the happy hormone,

which helps you stay calm in times of high stress.

Sing it out—Singing can lower both your heart rate and blood pressure according to researchers at the University of Wisconsin. Singing regulates your breathing, which calms the cerebral cortex and the brain stem, controlling your heart rate, stress hormone output, muscle tension, and anxiety.

Like many students, I grew up in a family where asking for help was admitting you had a problem, and admitting you had a problem meant weakness. But this is your life, not your parent's or your friend's. Struggling doesn't mean you're weak—it means you're fighting back. While struggling with my own issues, I remind myself of a simple quote from a song by the band Bright Eyes, "You should not be embarrassed by your trouble with living, for it's the ones with the sorest throats who have done the most singing."





# **CLAIMING A PIECE OF PARADISE**

WORDS // DEVON MCNAUGHTON

ILLUSTRATION & DESIGN // HALEY PAUL

I remember well the stress of finding housing after the dorms. The scramble to have my living situation figured out started around winter quarter, fueled by rumors that all the good places would be gone by the quarter's end. Additional rumors about vicious landlords, gross apartments, and crimes in IV made it sound like a treacherous urban jungle compared to the security of the dorms. Almost everyone I knew had zero experience with renting and no idea where to start. But with some information and planning, the housing process doesn't

have to be scary or overwhelming! Here are the tips I wish someone had told me three years ago.

Your first considerations should be budget and location. The Community Housing Office (CHO) estimates that a shared room in IV ranges from about 600-700\$ per month, with properties close to the ocean and campus being the most expensive. IV consists mostly of apartments, duplexes, and houses owned by rental companies or independent property managers. University-owned housing, co-op housing, and fraternities



or sororities are also good options, especially if you prefer a more communal living environment. When calculating your budget, remember that you will have to pay for food, utilities, transportation, and other expenses in addition to rent.

Different parts of IV can have vastly different vibes. Del Playa, of course, is the center of IV's party scene. Living there has the benefit of ocean views and lively nightlife, but the near-constant parties can become annoying and drain your GPA. In general, the farther you get from Del Playa, the quieter the atmosphere. The 68 blocks (those farthest from campus) tend to have a laid-back vibe and are filled with actual houses rather than apartments. If you want a quieter place that's close to campus, choose properties on the mountain side of IV. That's the route I took. My apartment

complex on the 65 block of Picasso had a quiet atmosphere conducive to studying, and I could wake up ten minutes before a class and still make it on time. Choose a place near Pardall if you want bustling activity without the hazards of living on Del Playa. The great thing about IV is that no matter where you live, you're within a mile of everything. I enjoyed living in a quieter area because parties were still just a short distance away and I had a calm place to go home to at the end of the night.

Something many new renters don't thoroughly consider is who they'll live with. You think you want to live with your best friends, but really, you probably don't. Being around them constantly will make you sick of them. Focus on finding people to live with whose lifestyle is compatible with yours, rather than people you like to



hang out with. You can always still hang out with your friends, and this way you won't grow to hate them because they never do dishes or they come home drunk at 3 a.m. when you have a midterm the next day.

Probably the most confusing part of the process for new renters is how to actually find a place to live. As a freshman I had no idea how this worked and wound up living in Manzanita my second year mostly to avoid apartment searching. In my opinion, the easiest route is to begin your search online. My approach was to gather the names of as many property managers as possible, then look through their websites for listings that met my needs. Many property providers will also post listings on craigslist.com. Independent property managers in particular will advertise their listings mainly on craigslist. Another resource is CHO's rental listing website. Its advantage is that every post has been verified by CHO and will only come from landlords they deem reputable. Property managers in IV include KAMAP Property Management, Sierra Property Management, Dean Brunner, Island View Properties, Meridian Group, Harwin and Co., Santa Barbara Rentals, Vista Del Capitan, Embarcadero Rentals, St. George and Associates, Bartlein and Co., Wolf and Associates, Del Playa Rentals, and more. I rented from KAMAP this year, and they were great.

Be warned that the scary rumors about IV landlords are sometimes true. Definitely ask around about the one you're considering before signing a lease. In particular, ask the current tenants if they've had any problems. CHO frequently deals with the landlords in IV and can help you if you have questions about a specific one. If you run into problems once you're on the lease, both CHO and IV Tenant's Union will help you advocate for yourself or refer you to legal resources if necessary. Though I never had any problems with KAMAP, most people I know have a landlord horror story.



To deal with this long-standing problem, Associated Students has a website in the works that will allow students to rate and make comments about landlords. RateMyIVLandlord.org will make word-of-mouth information public and easily accessible, so that students can be well informed about a landlord's track record. The site will also make it much easier for people to find housing by offering a clickable map of properties in IV. UCSB students can expect access sometime next year, with access for the entire IV community to follow soon after.

Once you find a property that meets your needs, visit the place in person. It's common practice in IV to knock on doors and ask the current tenants if you can check out their place. Be polite, and most people will be happy to give you a tour. If you still love the place once you see the inside, make an appointment with the landlord to discuss renting it.

The last step in securing your new home is signing the lease. Ask for a copy

of the lease to look over before signing, and read it carefully. CHO and IV Tenant's Union will look it over with you to answer your questions and ensure there's no surprises down the road. Don't know what "joint and several" lease is? Make sure you ask CHO before you sign one. Be prepared to name a cosigner and turn in your deposit at the time of signing. Lastly, don't forget to check out the property thoroughly before signing a lease.

I know the housing process seems daunting. But remember that every Isla Vistan with a dope pad you admire was once in your place, and they eventually figured it out. Resources like CHO and IV Tenant's Union exist to help you make the most out of your housing experience. There are tons of great places to live in IV, so take the time to find one you'll truly be happy to call home. Follow the tips above, and you'll easily carve out your personal piece of our little beachside paradise.

# INVOKING INSTRUMENTALS

► WORDS // SHAINA GOEL ► ILLUSTRATION // HALEY PAUL ► DESIGN // BRITTANY RAGAN



Instrumentals have been an underrated genre in the musical world but are now beginning to resurge. They give you the freedom to create your own story or identity without being told what to think or feel. Without the constraint of lyrics, your internal emotions and fantasies that mirror particular situations in your life are expressed effortlessly. Sometimes you feel deeper emotions as you delve into parts of your brain you've never gone to. You can listen to an instrumental song and feel like a character in an action movie with epic background music as the bass increases in volume and the pace accelerates. You have a personalized soundtrack to your life that makes walking around campus so much more intense, dramatic, or even calming. Instrumentals can provide those consistent rhythms with longer notes and silent pauses, which help you find that much needed inner peace as you take that fourth espresso shot studying for a test during an all-nighter. The slower rhythms can increase your focus or decrease your rapid and invasive thoughts, creating a meditative state—and that just might be what people need when life starts to get insane in the middle of midterms and finals.

# HERE ARE SOME INSTRUMENTALS FOR YOUR AVERAGE IV WEEK:

#### SITTING ON COLD SAND DURING A WARM SUNSET

- ► M83 // Where the Boats Go ► The Album Leaf // Twenty Two Fourteen
- ▶ This Will Destroy You // There are Some Remedies Worse than the Disease
  - $\blacktriangleright$  Explosions In the Sky // Six Days At the Bottom of the Ocean
    - Moderat // A New Error ➤ Mogwai // Emergency Trap
       Caspian // Further Up ➤ E-Vax // The Process of Leaving
      - ► Evenings // Friend [Lover] ► Hans Zimmer // Time

#### PEACEFUL STUDYING AT DAVIDSON DURING THE DESTRUCTIVE CONSTRUCTION

- ▶ Robert Logan & Ivor Guest (from the documentary Mea Maxima Culpa) // Credits
  - ▶ The American Dollar // Age of Wonder (Ambient) ▶ Tycho // A Walk
  - ▶ God Is an Astronaut // Lost Kingdom ▶ Beethoven // Moonlight Sonata
    - ► Johann Pachelbel // Canon in D major ► Orsten // Adagio Sostenuto
    - ► Emperor Penguin // Burnt Sienna and Avocado ► Escala // Palladio
      - ▶ The Six Parts Seven // Changing the Name of October

#### WALKING BACK FROM CAMPUS AFTER YOUR LAST FRIDAY CLASS

- ▶ Justice // Phantom ▶ Pelican // Ephemeral ▶ RJD2 // Ghostwriter
- ▶ John Frusciante // Murderers ▶ The Glitch Mob // Animus Vox
- ▶ El Ten Eleven // My Only Swerving ▶ D Numbers // Xylem Up
- ▶ The Bloody Beetroots // We Are From Venice (La Serenissima)
  - ▶ Ratatat // Loud Pipes ▶ Bossanova // Blue Bossanova

# ONE BANANA, TWO BANANA, THREE BANANA, MORE!

BANANA RECIPES FROM AROUND THE WORLD

WORDS & PHOTOGRAPHY & DESIGN // FRANKIE THORPE



It's autumn, and winter is coming. What better way to get that blubbery winter coat than to try out some delicious new baked goods, all of which are packed with a healthy intercontinental food the banana. Grown in Southeast Asia, this yellow fruit is shipped all over the world. Popular in countries like Britain, Mexico, France, and America, this vibrant snack is internationally loved and devoured. With these recipes you're sure to get a punch of potassium and a jump-start on your quarter.



#### AMERICA: BANANA BREAD BROWNIES WITH BURNT BUTTER FROSTING

#### Ingredients:

Yields 16 servings

#### Brownies:

1 ½ cups sugar 1 cup sour cream ½ cup butter, softened 2 eggs 3-4 bananas, mashed 2 teaspoons vanilla extract 2 cups all-purpose flour 1 teaspoon baking soda

¾ teaspoon salt ½ cup walnuts, chopped (optional) Frostina

> ½ cup butter 4 cups powdered sugar 1½ teaspoons vanilla extract 3 tablespoons milk

#### Directions:

- 1. Heat oven to 375 F. Grease and flour 15x10-inch pan. For the bars, in a large bowl, beat together sugar, sour cream, butter, and eggs until creamy. Blend in bananas and vanilla extract. Add flour, baking soda, and salt. Blend for 1 minute. Stir in walnuts.
- 2. Spread batter evenly into pan. Bake 20 to 25 minutes or until golden brown.
- 3. For frosting, heat butter in a large saucepan over medium heat until boiling. Let the butter turn a delicate brown and remove from heat immediately.
- 4. Add powdered sugar, vanilla extract, and milk. Whisk together until smooth (it should be thicker than a glaze but thinner than frosting). Using a spatula, spread the brown butter frosting over the warm bars (the frosting will be easier to spread while the bars are still warm).

#### **BRITAIN: BANOFFEE PIE**

#### Ingredients:

Yields 8 Servings

#### Pie Crust:

1 stick unsalted butter, melted 1 10-oz. package of digestive biscuits **Filling:** 

1 stick unsalted butter
½ cup (4 oz.) packed dark brown sugar
1 14-oz. can condensed milk
4 bananas
1 pint heavy cream
2 handfuls grated dark chocolate

#### Directions:

- 1. Make the crumb crust. Crush the digestive biscuits in a food processor until you get a fine crumb texture. Transfer to a bowl and stir in melted butter. Press into a 9-inch diameter tart base with a removable bottom. Press the mixture up the sides of the tart form with the back of a spoon. Chill the crust in refrigerator for at least one hour.
- 2. Make the toffee: Melt the butter in a small saucepan. Stir in the brown sugar and melt over low heat. Add the condensed milk and bring the mixture to a boil for a few minutes, stirring continuously. The toffee should darken slightly. Pour the filling into the crust. Cool and chill again for at least one hour until the caramel is firm.
- 3. To serve, remove the tart from the pan and carefully transfer to a serving plate. Slice the bananas and place them in a single layer on top of the caramel. Whip the cream and spoon it over the toffee and bananas, sealing the filling in. Sprinkle the top of a pie with grated chocolate.





#### Ingredients:

Yields 4 Servings

1 3.2-oz. disk of Mexican chocolate, chopped
½ cup heavy cream
½ cup granulated sugar
2 teaspoons ground cinnamon
4 firm, ripe bananas, peeled, halved lengthwise, cut into 4 pieces each
1 scoop vanilla ice cream, softened (for serving, optional)
2 pinches sweetened shredded coconut (for serving, optional)

#### **MEXICO: GRILLED BANANAS**

#### Directions:

- 1. In a medium saucepan on medium heat, melt the Mexican chocolate with the heavy cream. Whisk constantly until the chocolate is fully melted, and take care not to burn the chocolate. Turn the heat off and reserve.
- 2. Pre-heat a gas or charcoal grill or a stove top grill pan to medium-high heat.
- 3. In a medium mixing bowl, mix the sugar with the cinnamon until evenly incorporated. Toss the bananas with the sugar-cinnamon mixture until fully coated. Transfer to the grill, flat-side down. Grill until the bananas are browned and the sugar is caramelized, about 2 minutes per side. Transfer the bananas to a serving platter. Drizzle with the Mexican chocolate sauce, sprinkle with some coconut, and serve. It's best with a side of vanilla ice cream!

#### FRANCE: BANANA CREPES

#### Ingredients:

Yields 5-6 servings

#### Pancakes:

1 cup all-purpose flour ½ cup confectioners' sugar 1 cup milk 2 eggs 3 tablespoons butter, melted 1 teaspoon vanilla extract ½ teaspoon salt

#### Filling:

¼ cup butter
¼ cup packed brown sugar
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¼ cup half-and-half cream
5-6 firm bananas, halved lengthwise
Whipped cream and additional cinnamon
(optional)

#### Directions:

- 1. Sift flour and confectioners' sugar into a bowl. Add milk, eggs, butter, vanilla, and salt. Beat until smooth.
- 2. Heat a lightly greased 6 in. skillet. Add about 3 tablespoons of batter, spreading to almost cover bottom of skillet. Cook until lightly browned, then turn and brown the other side. Move to a wire rack. Repeat with remaining batter (makes 10-12 pancakes), greasing skillet as needed.
- 3. For filling, melt butter in large skillet. Stir in brown sugar, cinnamon and nutmeg. Stir in cream and cook until slightly thickened. Add half of the bananas at a time to skillet; heat for 2-3 minutes, spooning sauce over them. Remove from the heat.
- 4. Roll a crepe around each banana half and place on a serving platter. Spoon sauce over pancakes. Top with whipped cream and dash of cinnamon if desired.

# MEAT CEMETERY

WORDS // Matt Mersel
PHOTOGRAPHY // Trevor Mauk
DESIGN // Kaylee Latimer

Welcome to the first WORD of the year, everybody. If you've hit us up within the last year, you know that our cooking team has been doing some irresponsible things in the kitchen for a while now. This fall quarter, we're back with another good idea. Halloween and IV go together like sorority girls and sexy animal costumes, so it was only natural for us to devise a devious food structure to honor the spookiest of holidays. Submitted for your approval: a meat cemetery, with a chocolate zombie hand, bacon-wrapped tombstone, jack-o-lantern cake pops, and lots and lots of candy. More like trick or MEAT, am I right?

#### **Chocolate Zombie Hand**





We make some green chocolate for our chocolate zombie hand. Fun fact: this will be the first recorded instance in history of human beings eating zombie flesh, rather than the other way around.

Drop M&Ms into a glove and pour the chocolate into this makeshift mold. We didn't come up with this, but damn is it genius.

I can't get over how smart this chocolate zombie hand is. Make your own at home and use it to frighten a dear friend or family member, preferably by sneaking it into the stuffing at Thanksgiving.

#### **Bacon-Wrapped Tombstone**





We make a tombstone out of ground beef and then wrap it in bacon. This grave will commemorate the early death that will befall you if you eat a tombstone made out of ground beef and wrapped in bacon.

#### Cake Pops





We're not screwing this up like we did back in winter for our gingerbread Storke Tower. We learned how to bake this time, so we whipped up a disturbingly delicious cake pop batter—because Halloween needs more cake, and the Cake Boss has been ignoring my letters. You want something done right, you do it yourself.

Time to decorate these tasty treats as little jack-o-lanterns. Simultaneously adorable and creepy, like a little kid talking to an imaginary friend. I've seen enough movies to know that if your kid does that, burn your house down.

#### **Cemetery Decoration**











Sir Arthur Conan Doyle once said, "Where there is no imagination, there is no horror." So we imagined something horrifying: twinkies covered in white chocolate heavy cream mixture, decorated with cute little icing eyes. These are maybe the unhealthiest things you can possibly ingest.

Time to construct this succulent cemetery with plenty of candy, because this is Halloween, and we refuse to forget our roots. Build it up on a bed of ground beef, because you can't bury a body without some dirt.

We line up our armada of cake pumpkins and put our ghosts on top of some Reese's cups, the Muhammad Ali of Halloween candy. Put that zombie hand coming out of our meat-tombstone-marked grave, and there you have it!

Happy Halloween from WORD!

# IF OUR produce WANTED TO go to college IT WOULD GET in-state tuition

Local food is better food. When you shop local you're nourishing everyone from farmers to people who own businesses in your community.

When you shop local, you help us grow community!



FOOD CC OP

the heart beat our community!

6575 Seville Road ~ www.islavistafood.coop ~ open 8am-10pm

### 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. Studaents 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 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, seriespitching, 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@ theaterdance.ucsb.edu.





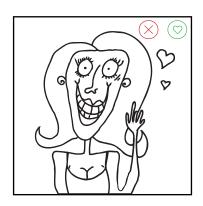


# tindertypes words, Design, & ILLUSTRATIONS // BRITTANY RAGAN

The hottest dating app of the year, Tinder, is getting people laid all over Isla Vista. With just a swipe of the thumb, people can find others who mutually find them attractive. Tinder uses profile pictures and the "About Me" section from Facebook in order to create a profile on the app. It then matches users to potential bang-buddies based on geographical location, number of mutual friends, and common interests. The user can browse through an endless number of profiles, and if they see someone they would like to talk to, they can swipe right; if they do not wish to speak to the person, they can swipe left. If two users both swipe right on one another's pictures... voila! It is a "match," and a chat window becomes available within the app for the new pair to talk. The dislikes are anonymous and the user is not notified of how many users did not swipe right—so there is nothing to lose! Your ego can only be boosted.

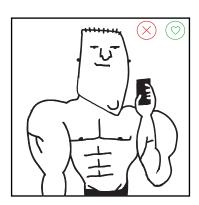
Tinder is the ultimate app for people just looking to get some, or just looking to mess around on a social media app with strangers. The slogan, "It's like real life, but better," rings true as the user is able to selectively choose strangers to talk to without going through the awkward yet polite phase of pretending you aren't both just in it for the sex. While Tinder is known to be a dating app, there are really four different types of Tinder users out there.





#### Anita Man, 23

Hey hey! I like long walks on the beach and am tired of being single. I'm looking for a boyfriend but just haven't been able to find him on my everyday prowl. Hoping to find a love that will last! Let's start with a date at Caje and then work our way up to going to dinner downtown. After that you can meet the parents. I'm willing to lie about where we met.;)



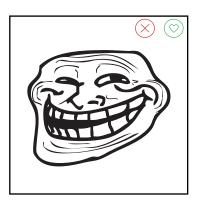
#### Jack Mehoff, 21

Hey Tinderella, looking for a tinderfella? My friends tell me I'm hot so I have mirror pics from the gym showing off my rockin' bod. Sex is just one swipe away. Did I mention I'm good in bed? I may be lying, but I have the confidence that gets me laid A LOT. Let's meet at Starbucks and then awkwardly stroll back to your place so we can get it on. Don't worry—I'll never call you again. IG: letsbone69.



#### Ray Somego, 24

Hi! I'm your pretty average college student just trying out the app for "fun" but also using it to see how many hot girls I can get to like me back. I'm just looking to make myself feel good. I probably won't ever reply to any messages you send my way, but every message will send my confidence levels through the roof!



#### Wanda Laugh, 20

I am a complete troll looking to make you laugh or possibly creep you out by acting as someone who I am not. I'll tell you I want eight kids or will only speak in pig latin. I'll scare you with the random things I say and will sometimes sound so close to normal that you won't be sure if I am kidding or not. I am not looking for anything but the lawlz. Tinder or die. Swag.

# SIERRA HOTEL COLUMN

WORDS CONTRIBUTED
// VICTOR GOMEZ

U.S. MARINE CORPS (2001 - 2006) UCSB BS CHEMISTRY

#### Toilet

It is 1 a.m. February 2003, Operation Iragi Freedom has not yet begun, but I have already been deployed for a month. Work detail has assigned me to the night shift, and I've been walking for almost an hour through the darkness of the Kuwaiti desert. There is not much to see except the flat horizon of sand and a few blast berms on the dark background. Ahead of me, suddenly, there is something that I cannot identify. I walk up to it, and I am perplexed by what I encounter. It is a toilet in perfect condition, attached to a small foundation. Why is there a toilet in the middle of nowhere? Could this be the remains of where a house used to be? No, the foundation is too small for it to have been a home, and besides, why would anyone place a toilet in the middle of a home? Maybe it was an outhouse, but then, where is the foundation of the main home? I look around but I can't find any evidence of where a house used to be. I decide to take a seat, because I find the idea rather amusing. Sitting on this toilet, I start to think that maybe this is what was here before Desert Storm, where the war took place when I was a child in elementary school. I remember coming home from school, sitting down in front of the T.V., and watching the news broadcast the war. I was too young to comprehend the weight of what was occurring in a land so far away. Now, twelve years later, somehow we are again preparing for another war; this time I will be fighting instead of watching. This location is also not far from the Highway of Death. How is it possible that last time so much was destroyed, but this toilet remained undamaged for over a decade? I wish I knew the answer, but I am also afraid that it would disappoint me. Oh well, I can't stay here forever, because I have a job to do. I finally stand up and continue my journey westward through the dark desert.

I searched for the toilet several days afterwards, and when I finally found it again, I was disappointed in what I saw: someone had destroyed my toilet, the very toilet that had given me peace and tranquility. I wish I knew who desecrated the thing I cared about.





## My Rosary

n my first and second deployments I carried a small metal rosary that my aunt gave to me that was blessed by the priest at her church. It stayed in my blouse pocket from the moment I stepped out of the house till the moment I walked back into it. My aunt would also always keep a prayer candle lit while I was away on deployment. At that time I was not really into religion, but I carried the rosary as a promise to my family. When I look back and think about my deployments, I start to wonder if the rosary actually had any effect on my well being. On my second deployment, while on base we had mortar attacks almost daily, and there would be casualties every once in a while because of them. After being on guard for a while, I was attached to a convoy security team. I would be on convoy security several times a week; we would provide the security for the convoys that would go out and resupply all the small bases in our region of Iraq. Before I was attached to the convoy security unit, there had been several casualties in the convoys. While in the unit we encountered IEDs and other problems, but unlike the other convoys, our convoys never had any casualties when I was with them. Not long after I left my group, casualties again started occurring on the convovs.

After my deployments, when I reflected on what had happened, I started to think maybe I was just lucky. Then I wondered if I was lucky because I carried around a rosary, and it had actually protected me. I don't think it could have been my religious beliefs, because they were pretty non-existent. Maybe it was the love and prayers of my family that kept me safe from harm. Could it have been actual divine intervention? If there is a God, could he have greater plans for me? I often wonder if I am just lucky to have survived two deployments and whether at some point my luck will run out. Will I meet an untimely death by crossing the road at the wrong time or being in a car accident? I remember hearing about people in history surviving deployments in war and then dying senselessly back home. I hope this does not become of me; this is one of my greatest fears in life. To this day I still have the rosary, but I no longer carry it with me. Instead, it stays locked in my desk at home.

# RETHINKING RINGE DRINKING



# THEALBINO A RANT BY YOUR NOT-SO-FRIENDLY N E I G H B O R

College—four of the best years of our lives. Not only do we get to further our education, but we also meet lifelong friends, learn more about ourselves, and experience living on our own for the first time.

One of the most thrilling parts about being on your own is that you can do whatever you want, whenever you want. It seems an important part of the college experience is partying—a way to branch out and have fun while socializing with a large group of people. Drinking in moderation on the weekends can be an entertaining way to cut loose and have a bit of fun.

But there is a darker side to underage boozing. Binge drinking seems to be a continuing problem on college campuses, with about 90 percent of people under the age of 21 consuming alcohol in the form of binge drinks, according to the Centers for Disease Control and Prevention. As one of the few countries in the world with such a high drinking age, America tends to create an environment in which alcohol is glorified.

When we are younger, we are taught that alcohol is taboo, not to be touched until we are 21. Getting introduced to alcohol as teens is rebellious, exciting, and usually kept from our parents. It's illegal. It's cloak and dagger. It creates situations in which kids binge drink because they don't know what they are doing. Getting trashed is made to look fun and cool—there must be a reason why we can't do it until we're 21! If we lowered the drinking age here, would young adults be more responsible with their drinking habits?

Drinking is made into a huge event here in the states; high school and college parties get out of control because everyone is drinking for the sole purpose of getting as hammered as possible as quickly as possible.

Drinking is a new experience for freshmen. With all the excitement of starting school, making new friends, and experimenting, they want to let loose. But most have no idea what their limits are because they've never drank before. Freshmen end up in

# RACCOON

the hospital after a night of drinking all too often here.

Alcohol poisoning is extremely dangerous, and it is not the only thing that can go wrong after a night of boozing. According to the UCSB Alcohol and Drug Program, 70 percent of college students admit to engaging in unplanned sexual activity while under the influence. When alcohol is involved people are much less likely to take precautions for safe sex, creating an increased risk of sexually transmitted diseases. As many of us at UCSB know, sexual assaults are another issue closely related to alcohol. The National Institute on Alcohol Abuse and Alcoholism states that more than 97,000 college students are victims of alcohol-related sexual assault and date rape every year.

So what is it about our culture that makes us glorify the sauce? Before we are able to drink, we can smoke cigarettes, join the military, and buy explicit material. People come to college and immediately overindulge, often leading to dangerous situations. Lately it seems that a lot of students don't know how to have fun without being drunk. If a party has no booze, it's considered lame. More and more, people are finding it difficult to be in a social environment without alcohol, claiming that it's just too awkward to meet new people without having a few cocktails in them.

With the increased amount of crime happening at our beloved UCSB, including the Deltopia shenanigans and multiple acts of sexual abuse, people wonder if things would be better with less alcohol, or at least a better attitude about alcohol. Of course it is okay to have fun and drink every now and then, but making alcohol into this glorified thing that we all need makes life more dangerous. These may be the best four years of our lives—don't we want to remember them when we leave?

