

WORD

WINTER 2019 ISLA VISTA ARTS & CULTURE MAGAZINE



ISSUE 36

free

TABLE OF CONTENTS

LOVE SICKNESS	MADISON HALLAM	4
6	IN VERSE: POETRY BREAK	MARINA SONN
BLACK IN IV	ZOË JONES	8
11	CO-OPS: SANTA BARBARA HOUSING COOPERATIVE	MARICRUZ MENDOZA
AROUND TOWN: WHAT'S GOING ON IN THE COMMUNITY	ISLA VISTA ARTS	16
18	RAIN RENEGADE: BUS ROUTES FOR BAD WEATHER	RYANNE ROSS
COME UP SMILING: A STUDENT PROFILE ON MENTAL HEALTH	CASSIDY BROWN	20
24	FIND YOUR LOVE: THE FIVE LOVE LANGUAGES	HAILEY GROSS
ADULTS OF IV: PROFILING THE NON-STUDENT POPULATION	KODY CHONG	28
30	SIERRA HOTEL	GIO CABALLERO
FOR THE LONG RUN: LONG DISTANCE RELATIONSHIPS	KHANDO DECKYI KHANGSAR	34
38	LUNAR NEW YEAR	PHOEBE JIN
TO TEA OR NOT TO TEA: REVIEWING BOBA OF IV	BRANDON KUO + VICTORIA PENATE	40
44	SLEEPLESS NIGHTS: A VISUAL JOURNEY THROUGH INSOMNIA	EMILY KOMESSAR
HOW SEXUAL ASSAULT PREVENTION OUGHT TO WORK	SUMMER VAN HOUTEN	46
50	BALANCING THE SPECTRUM: DATING ACROSS POLITICAL LINES	ANANYA MADIRAJU
UCSB ROYALTY: OUR LOCAL DRAG SCENE	ROSALIE RUBIO	52
56	SKATERS ON CAMPUS	HANNAH FORD-MONROE
BIRDS: DATE NIGHT WITH A SCOOTER	MARCOS REYNOSO	58
60	IV BANDS	MICHELLE POLITISKI
ALBINO RACCOON	CASSIDY BROWN	64

LETTER FROM THE EDITOR

Most people aren't inclined to jump into the ocean during the winter. It's cold, the sun sets too early, the rain gets bacteria in the water, the gusty winds chill us to the bone when it's time to trek back home. When we think of winter, all of our happy-go-lucky spontaneity seems to take a back seat.

And that's not necessarily a bad thing. I like to think of it as a hibernation: winter is the season to rest and recover, to refuel for the year ahead. It's a fresh start, placing us in prime position for self care and growth.

But let's be honest—that's not typically how winter quarter works. Realistically, you tend to find yourself furiously pedaling against the wind and rain, desperately hoping to get a seat at the library by an outlet because your laptop is dying and so is your will to live. Somehow, everything seems to be more exhausting than it was before.

That's when you realize: all that self care is more easily said than done.

We all fall victim to gloomy moods. Even the girl in her perfectly shiny rainy rain boots and the guy who loves to stomp barefoot through puddles get sad sometimes. So if you do get caught up in the winter blues, it's okay to feel bad. Embrace this sadness, write about it, reflect on it. I'm not saying that the best things come out of negative times. But, you can take advantage of them.

Everyone has their own cold weather rituals to get them through the darker months. Find yours, embrace them, and don't be embarrassed—no matter how self-indulgent they seem. Prioritize both what you want and need in the quietest time of year. That's what winter is, after all: a cool sigh, the earth taking a break from feeding us and keeping our bodies warm. Let's do the same, and rest when we need it most. Be kind to yourself—you deserve it.

Most people aren't inclined to jump into the ocean during winter. But it's nice to sit back and admire the waves.

Cassidy Brown & Zoë Jones
Editors in Chief

**VISIT OUR WEBSITE TO SEE PAST ISSUES AT [WORDMAGAZINE.ORG](http://wordmagazine.org)
WORD MAGAZINE IS BROUGHT TO YOU BY:**



WRITING TEAM



ZOË JONES
EDITOR



HAILEY GROSS
MANAGING EDITOR



CASSIDY BROWN
EDITOR



KODY CHONG



BRANDON KUO



MICHELLE POLITISKI



MADISON HALLAM



ROSALIE RUBIO



**KHANDO DECKYI
KHANGSAR**



ANANYA MADIRAJU



**SUMMER
VAN HOUTEN**

ADVISORS:

ELLEN ANDERSON
DJ PALLADINO
BRITTANY RAGAN

NOT PICTURED:

VICTORIA ELIZABETH PENATE

COVER ART + PHOTO ILLUSTRATION // MARICRUZ MENDOZA
PHOTOGRAPHY + DESIGN // ALASKA YOKOTA

ART TEAM

RYANNE ROSS
ART DIRECTOR



ALASKA YOKOTA
ART DIRECTOR



MARICRUZ MENDOZA



MARCOS REYNOSO



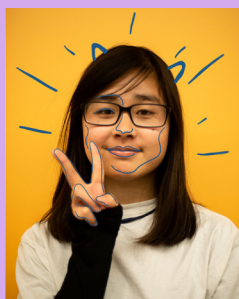
JAKE FEDER



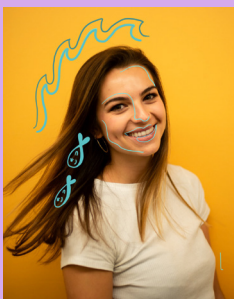
MARINA SONN



EMILY KOMESSAR



PHOEBE JIN



KAILAH KORSH



THERESA PHAN



HANNAH
FORD-MONROE



BRIANNA YOUNG



DANIA ASCENCIO



HAVEN KATO

LOVESICKNESS

A DIAGNOSIS

WORDS // MADISON HALLAM ILLUSTRATION // MARINA SONN DESIGN // BRIANNA YOUNG

DIAGNOSIS

Lovesickness is the sharpest double-edged sword of them all. It's a grand marriage of elation and despair. If we consider substance addiction a disease, then we must also consider lovesickness a disease because it is an addiction to a person. And like any addiction, it's easy to lose grasp of rational thought and throw yourself at the thing that means the most to you, because at the moment it feels as if your life depends on it.

SIGNS AND SYMPTOMS

It begins with giddiness and a fluttering heart—a sensation that you think will last much longer than it actually does. After this runs its course, another emotion possesses your mind and body: anxiety. You worry that your love won't be reciprocated—that the person who has a hold of you doesn't intend to keep you for long. Anxiety will thoroughly shake you—leaving your lungs void of air and your hands numb. You exist between a state of joy and worry—a balancing act that is difficult enough in itself, except you are blindfolded and unable to see how far the fall is—how much pain you could experience if you slip off.

CAUSES AND RISKS

Obsession is the most prominent cause of this sickness. The issue with being fixated on a person lies in the fact that humans are ever-changing. It is naïve to rely on someone as your foundation, for they may become a bird in the next moment and be lured away by the slightest breeze. But instead of a clean sweep out from under you, like a tablecloth abruptly removed from underneath fragile plates, it's careless and harsh. The delicate pieces of you that rested on this person come crashing to the ground in a loud and messy scene that rings in your ears for months to come.

Sacrifice is the other risk of being in love. You are willing to ignore your wants and your desires to better accommodate another person in your life. Slowly, day by day, you will be reconstructed until you do not recognize yourself anymore. At what point were your needs replaced with theirs? You were not aware that it was happening even though it took place within your own mind.





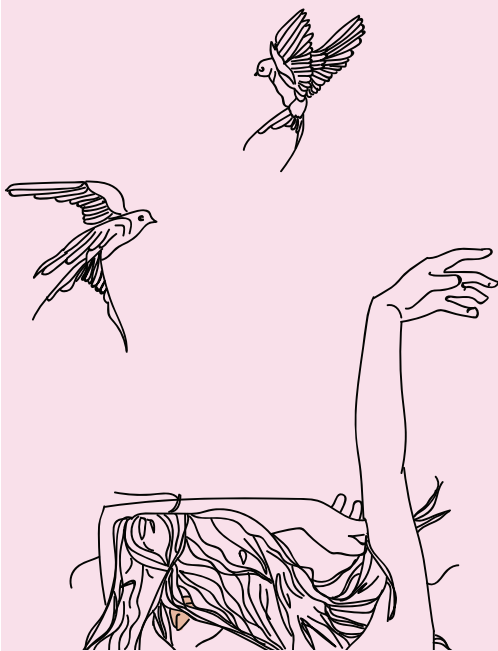
TREATMENT

There is no cure-all, no medication, no extraordinary trick. There will still be days when the sun kisses your skin and you'll wish it was them instead. Push past this. Tilt your face up, pause, find the patience you forgot you had. After a while, you'll remember that your face can feel wonderfully flushed without relying on another person to do it for you. Wake up earlier, and do it for you. Rise with the birds and have an open ear to their stories. Go for a run and breathe deep, absorb the rich aroma of plumerias and honeysuckle, and breathe it back to people you come across throughout your day.

Most would say that the key to curing lovesickness is distraction, but really it is removing the veil you've been looking through and coming to the realization that your life should be dictated by none other than yourself. Do not be impressionable—stand tall.

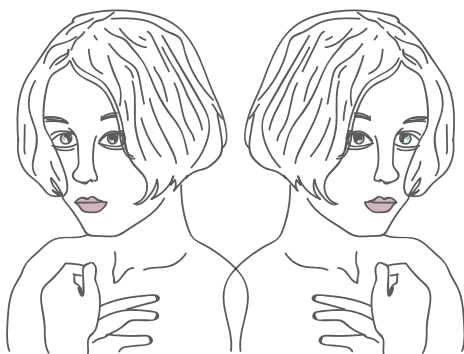
PREVENTION

To prevent this sickness from taking hold of your heart and mind, you must do the emotional work. Don't bury your flaws like you've been taught to do, dig them up and take a good look at them. Tell them that they are welcome within you, that they are safe. Be introspective, come to know yourself on a deeper level. Know yourself so well that there is no chance of forgetting it when you fall in love with someone else. At the end of every single day you, and all that is within you, are the only constants. Hold onto that thought tightly, find comfort in it, and do not let anyone convince you to loosen your grip. **W**



IN VERSE

POETRY EDITOR +
ILLUSTRATION +
DESIGN // MARINA SONN



MY MATERIAL IS OF NO
SIGNIFICANCE

words // Karina Huft

I am nothing but Love
Hidden in skin I was given
Embodied to experience Earth

FOUR OBSERVATIONS AT
MIDNIGHT,
ISLA VISTA, CALIFORNIA

words // Kai Glick

- 1
Beyond the posts, which demarcate
The receding cliffline from the looted
Sky, a trio of aluminum cans bathe
Gloriously in a trail of Holly's light.
- 2
In painted shards, a solitary beacon
Illuminates a bridge to shore, where
Mud-caked tarpaulins sit still in the
Fragile breeze, imprisoned & forgotten
in sickly shadows of purple & green.
- 3
Pebbles join together in the swelling
Of new surf, overcoming the stubborn
Rambling of maltreated loudspeakers,
& voices grated thin through the cold
Shufflings of whisper & spirited feet.
- 4
This ledge of concrete is suspended
Over the bottomless waters, & it must
Only be a matter of time. A lifetime of
Patience, famished & having craved
Of things to churn in the tides of her
Hands, the ocean will joyously welcome
Dry soils & rich fragments of terracotta,
Pieces of raw glass & chalky land into
Salty claps of pacific thunder. Someday,
I too will feel her palms.

LE REVE FOR MARIANA SERNA

words // Andy Le

We walked
Under the phantom of
Dark clouds and dead night
With smiles opening
The doorway of our hearts
That engulf the moonlight
As we pass around
Laughs and chuckles
Like lavender tea
To keep each other warm
Pacing ourselves to the
Metronome of your bike ticking
And our footprints
Imprint timestamps into the past
That we can
No longer hold onto
And you
Became a poltergeist
Slipping away
Like a blinking star
Trapped into the night
Of a dream
So I look for you
Under the veil of lamp posts
Whenever I walk alone
Knowing that it was
The last place
Where I saw you shine
But this is not a love poem
This is a map
To mark the place
Where we once were
And the place
Where I need to go

THE SHADOWY THING

words // Marina Sonn

She was just a beautiful little shadowy thing
Who sang with the birds and lept stones in
the fields by the giant barn.
And she would probably never grow old
As the nature of shadows seem to be
momentous youth
But she was wiser than any barn owl she ever
met
And she could not count all her knowledge if
she tried to.
So someone wrote her name in the stars
And at night she could only be found
Tucked away past all that does not glow.

I think they set her there because they were
afraid-
The nature of shadows has never been to
shine,
No matter how beautiful that shadow may be.

UNFILLED SPACE

words // Stoddy Carey

My aching heart
Feels Like an empty utensil drawer
As it bleeds a vacuum of intimacy.

Your departure spins me
Creating a void of validation
That smells like a cast iron pan
Unkempt and Unwashed

Creator of black holes
Your empty space in my bed
Is the total eclipse

BLACK IN IV

HOW I LIVE IN ISLA VISTA

WORDS // ZOË JONES ILLUSTRATION + DESIGN // RYANNE ROSS

I always felt like a prop—a black Barbie in the frat house. It was as if my presence justified the sampling of black culture: the hip-hop songs, the throwback jerseys, the manipulation of words that I felt belonged to me.

This is why parties were the place I always felt most different. In the dim light, my white teeth stood out against the darkness of my skin. My hair didn't flow when I danced.

I wasn't myself in this setting. The sweating, the flashing lights that hurt my eyes, the men that whisper-yell into my ear with beer-soaked breath. Parties in Isla Vista are usually of this variety: the classic college rager. I can remember the last time I went to one; winter of my sophomore year. I was eighteen—still looking for my adventure in a house full of people I didn't know.

It wasn't long before I grew irritated with a group of guys invading my personal space. My toes hurt from being stepped on with all of their weight. I complained loudly, which caught the attention of one of the drunk boys. We went back and forth, I told him he was stupid.

"Well, your hair is ugly," he said, and walked away, clearly vindicated in the delivery of his weak insult. I brushed my braids back off of my face, collected myself, and left.

"He just said that because you're black," my roommate insisted as we walked home,

more angry than I had ever seen her. Of course he did; he knew it would hurt. He could see me wearing my insecurity on my skin, in those braids. I don't go to parties like that anymore.

I don't think Isla Vista is an inherently racist town, and I don't think that I am in danger because of my blackness. But as a black woman, there is a constant oscillation between hypervisibility and invisibility. Hypervisibility when I am angry or upset,

invisibility when I long to feel beautiful or accepted. There aren't many black people here, and there never have been.

Many IV residents go to UCSB, so the town population is clearly reflected in the campus demographics. According to the annual Campus Profile, as of the 2017-2018 school year, UCSB is 5% Black and African-American. That's just over

1,000 people out 25,000 students.

But I don't have an issue with this town's whiteness itself. At the heart of all the problems I've experienced is treating whiteness as what is most 'normal.'

There are things I've seen white people in IV do that I never did before living here, like walking down the street barefoot. Maybe I'm too polite to ask questions, because these concepts, which are incredibly weird to me, are often accepted as the norm because of

I WANT MORE
BLACK PEOPLE
-MORE BLACK
WOMEN-TO BE
SEEN AND HEARD
IN ISLA VISTA.



their association with whiteness. Whiteness has become normal in my personal life, too—especially while dating in IV.

Most of the men I've dated since my time in college have been white, and my current boyfriend is white, too. I don't tolerate behavior that exoticises my blackness, but that doesn't prevent me from dating outside of my race. I know that it's better I take any issues as they come, rather than writing off an entire group—and a large percentage of people my age agree with me.

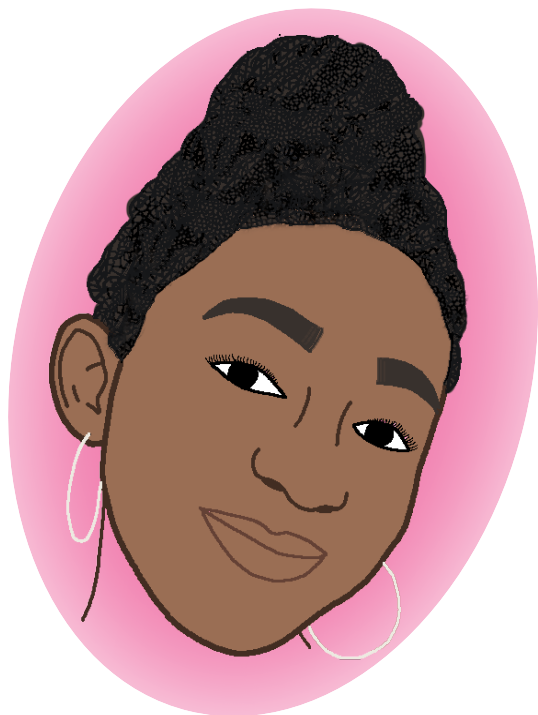
A study conducted by the dating app Tinder showed that 62% of their survey participants have been on a date with someone outside of their race. It's not clear how many of these people were black, or black women, but I am a part of this group. If I choose to be with someone, it'll be someone who wants to listen to me, who wants to see me. Being colorblind is not an option.

Although black people still make up a

small percentage of Isla Vista, people of color as a whole are almost half the UCSB and IV population. As of 2018, approximately 40% of students in college are students of color, according to the American Council on Education. Because of this ever-growing number, many students' of color experiences are often lumped together to become one story about non-whiteness.

I do think that it is important for us all to be in touch about our experiences—but, at the same time, each is our own. It is simply not fair to group stories of being black here in Isla Vista with other narratives, whether it's out of convenience or to make a point about all students who are different.

There are things that have been said to me, or happened to me, explicitly because of my blackness, that no one else could relate to. Here's a sampling of stupid questions that have been asked of me and black girlfriends of mine: "Your butt is so big." (No, it's not).



black women—to be seen and heard in Isla Vista. I want everyone to understand that there is more to blackness in Isla Vista than the rap playlist at a frat party. But I won't attempt to change an entire place, or teach people here how to interact with each other. Instead, I'm starting a conversation that I've been thinking about for the past four years.

I love being black.

I am here, and I should be visible. W

"Does your hair look, like, big when you comb it out?" (No, not really). "I've never been with a black girl before" (Cool, me neither). Am I supposed to be honored by you choosing me to be your first black conquest? Am I supposed to willingly answer all the questions you have about my hair?

These encounters would likely happen in other places where there aren't a lot of black women. But the thing about IV is that you'll see the people who deeply disrespected you cutting in line for food, or biking in front of you, or even sitting in the same class as you. They will barely acknowledge you, refusing to be aware of the space that you're claiming. It's a strange experience: the sudden shift from hypervisibility, to invisibility. As soon as they choose to stop watching you, you dissolve into their surroundings.

I want more black people—more

AS A BLACK WOMAN, THERE
IS A CONSTANT OSCILLATION
BETWEEN HYPERVISIBILITY
AND INVISIBILITY.
HYPERVISIBILITY WHEN
I AM ANGRY OR UPSET,
INVISIBILITY WHEN I LONG TO
FEEL BEAUTIFUL OR ACCEPTED.

GO OPS

Santa Barbara Housing Cooperative

DESIGN + ILLUSTRATION // MARICRUZ MENDOZA



BIKO house
+ Biko garage DIY
space
Theme: POC Queer
House
12 bedrooms
6 bathrooms
DIY garage safe
space: FB /
Instagram @
Biko Garage



Merton
House
Theme: Interfaith
house
prioritizes
low-income
residents
co-op main
Office on 1st
floor

Manley house

named after Steven Manley, 21 year old Junior Environmental studies major. He died battling a brush wildfire August 15, 1979.

11 bedrooms
2 Seperate units
Solar panels & an avocado tree



Patti NEWMAN

LGBTQIA+ house ♡

We're right next to Campus.



NEWMAN House

Theme: LGBTQIA+ Safe space

9 Seperate apartments

6 - 2 bedroom One bath

3 - studios



Dolores house

Theme: vegan

9 bedrooms

3 bathrooms

3 singles, 6 doubles

The house focuses on ethical & cruelty-free food consumption.

Persimmon House

Located in downtown Santa Barbara.

7 rooms

Most residents are graduate students & alumni.





ISLA VISTA GIVES YOU CREDIT

MAGIC LANTERN FILMS

FILM/MEDIA 119ML

ISLA VISTA FILM EVENTS

Magic Lantern Films teaches the ins and outs of film programming using IV Theater as a lab. Students gain experience in budgeting, publicizing, and curating, culminating in the execution of screenings that come out of students' own pitches. Contact DJ Palladino at djpalladino@ihc.ucsb.edu.

WORD MAGAZINE

INT 185ST

THE CREATION OF THIS MAGAZINE

This issue of WORD: Isla Vista Arts & Culture Magazine is brought to you by the student artists and writers in INT 185ST and its partner OSL campus organization. We welcome new writers, designers, photographers, and illustrators from all majors at our Friday meetings. Contact Ellen Anderson at eanderson@ihc.ucsb.edu.

IV LIVE!

THEATER 42/142

PR AND ON-SITE EVENT MANAGEMENT

Experience promoting and producing weekly improvability comedy shows along with additional live performances in Isla Vista. Learn backstage and front-of-the-house skills. Explore public relations, advertising, and production management in this real-world setting. All majors welcome. Contact Ali Albanese at alialbanese1@gmail.com.

SHAKESPEARE IN THE PARK

Theater 194A, Group Studies in Acting & Directing

Study Shakespeare while producing a theatrical performance for the Anisq'Oyo' Park amphitheater. Students play assigned roles, execute specific production duties, attend rehearsals, and finally perform their work during the final weekend of classes. All majors welcome. Contact Dave Mancini at: dmancini@ucsb.edu.

AROUND TOWN

PHOTOGRAPHY + DESIGN // ALASKA YOKOTA

Magic Lantern Films

IV's personal movie house screens the best of current cinema and occasionally keeps you up all night with a Harry Potter or Lord of the Rings marathon! Friday and Monday at 7 & 10pm in IV Theater.

Only \$4. Free treats.

www.facebook.com/MagicLanternFilmsIV

IMPROVABILITY

Start your weekend with a laugh. Join the audience of UCSB's award-winning improvisational comedy team and be a part of their fast-paced show. Voted Best Late Night Entertainment at UCSB! Fridays, 8pm in Embarcadero Hall. Only \$3.

www.facebook.com/islavistalive

Jeffrey's Jazz Coffeehouse

Swing by one of their free jazz concerts! Jeffrey's is more than a music and poetry venue; it is a place of healing and solidarity that welcomes all Isla Vistans.

<https://www.facebook.com/JJCIslaVista/>

MultiCultural Center

Make MCC your "home away from home."

They host a thrilling program of culturally high-powered events on campus, in Isla Vista, and in Santa Barbara.

www.mcc.sa.ucsb.edu

Be the Producer

Need advice on producing your own show or performance in the wilds of Isla Vista?

Ellen Anderson, the director of Isla Vista Arts will happily help.

Ellen Anderson at eanderson@ucsb.edu

The BOX

Do you wish your visual art could be ogled by thousands every day? Display it in The BOX, a student-curated gallery located in the lobby of IV Theater. Exhibits range from skateboard art to watercolors.

Open to all students!

Petra Favorite at petrafavorite@ucsb.edu &
Tess Reinhardt at tess@ucsb.edu

AS Program Board Films

AS Program Board is a student-operated, non-profit organization that provides fun and educational events for the UCSB community. You can depend on AS to show a terrific free movie every Tuesday night in IV Theater.

<https://aspb.as.ucsb.edu>

Laughology

Live stand-up comedy shows. Past comics include Vincent Oshana, Rory Scovel, and Andy Hendrickson. Always funny, always free, most Saturdays at 8pm in Embarcadero Hall.

www.facebook.com/Ucsblaugh

UCSB Theater & Dance

Just 30 seconds from Isla Vista! Walk through the flashing Pardall Tunnel and your world opens up to thrilling theater and dance performances. Check out their current season and low-cost student tickets.

www.theaterdance.ucsb.edu

RAIN RENEGADE

FOR MORE INFO CHECK OUT
SBMTD.GOV/MAPS-SCHEDULES
OR DOWNLOAD THE APP,
SBMTD BUSTRACKER.

RYANNE'S BUS SURVIVAL GUIDE FOR GETTING AROUND IN IV

WORDS + ILLUSTRATION + DESIGN // RYANNE ROSS

LINE 11: STATE/ HOLLISTER/ UCSB

TRANSIT CENTER ~ STATE ~ LA CUMBRE ~ HOLLISTER
~ DOWNTOWN GOLETA ~ AIRPORT ~
UCSB ~ CAMINO REAL
MARKETPLACE

WEEKDAYS
5:50A-12:15A
SATURDAY 6A-11P
SUNDAY 6:30A-10:30P
EVERY 30-45 MINUTES

LINE 15x: SBCC/ UCSB EXPRESS

UCSB ~ ISLA VISTA ~ CAMINO REAL
MARKETPLACE ~ SBCC

WEEKDAYS
7:15A-9:45P
EVERY 15-30 MINUTES

LINE 24x: UCSB EXPRESS

TRANSIT CENTER ~ UCSB ~ ISLA VISTA
~ SANTA CATALINA ~ CAMINO REAL
MARKETPLACE

WEEKDAYS
6:25A-12A
EVERY 20-75 MINUTES
SATURDAY 7:55A-11:35P
SUNDAY :55-11:35P
WEEKENDS EVERY 30-75 MINUTES

LINE 27: ISLA VISTA SHUTTLE

UCSB ~ SABADO TARDE ~ SANTA CATALINA ~
CAMINO REAL MAR

WEEKDAYS
7A-8:45P
EVERY 12-45 MINUTES
SATURDAY 10A-6:20P
SUNDAY 10A-6:25P
WEEKENDS EVERY 35 MINUTES

LINE 28: UCSB SHUTTLE

UCSB ~ EL COLEGIO ~ SANTA CATALINA HALL ~
PHELPS ROAD ~ CAMINO REAL
MARKETPLACE

WEEKDAYS
7:25A-11:55P
EVERY 15-30 MINUTES
SATURDAY 7:30A-10:15P
SUNDAY 7:25A-9:55P
WEEKENDS EVERY 30 MINUTES

COME UP SMILING

KLIO IRBY HASN'T HAD IT EASY—BUT THAT WON'T HOLD HER BACK

WORDS // CASSIDY BROWN

ILLUSTRATION + DESIGN // KAILAH KORSH PHOTOGRAPHY // ALASKA YOKOTA

The first thing you notice about Klio Irby is her smile.

It makes the room brighter. It makes you feel excited.

It makes it surprising that she's struggled with mental health since childhood.

"Every Wednesday night in third grade, I would get extreme anxiety when 'Sons of Anarchy' came on," she said. "I would get nauseous and shake myself to sleep. Every Wednesday I would get sick."

SEEKING HELP ISN'T A
SIGN OF WEAKNESS—IT'S A
SIGN OF STRENGTH

She couldn't control her temper. She'd get severe anxiety. She'd sink into a depression when her parents fought. In 2016, she began her first year at UCSB as a Biological Sciences major.

"When I came to college, I just focused on school. I studied all the time. My worth was based on how I was performing."

Then she scored below the curve: her first breaking point.

She found herself breaking down more and more frequently, until somebody asked her if she had ever talked with a psychiatrist.

They diagnosed her with bipolar disorder—a mood disorder associated with

episodes of mood swings ranging from depression to mania. These episodes can last weeks or even months before symptoms shift again.

"That day I thought, 'Holy shit, this all makes sense.'"

The anger. The anxiety. The hours she could spend sitting in front of her homework.

"Those were all manic episodes. Everything I felt was extremely amplified."

So she started making adjustments. She told her parents about her diagnosis and brought up the possibility of medication.

"My parents have always believed that mental issues aren't really a thing," she said. "My mom didn't want me on medication. She told me to start exercising more."

She tried everything: spending time outside, physical activity, being alone, being with friends, filling her days. But when she was done, her symptoms would persist.

Because mental disorders don't go away with lifestyle adjustments—they are results of chemical imbalances, and sometimes it takes more than a workout to feel better.

"Some people have to deal with these things on a regular basis. It's not as simple as 'go exercise' or 'go distract yourself.' At the end of the day, it's still there."

That's the thing with mental health: so many people treat it as a temporary rut, a bad day, or a sign that you need more Vitamin D. It enables individuals with mental

illness to downplay their symptoms and convince themselves that professional help is unnecessary. And that's when it becomes dangerous.

"College has been the most scary time for me, because it's the most lonely time," Klio said. "It's harder to think, 'If I wasn't here, how would people be affected?'"

She's struggled with suicidal thoughts for about 10 years now—it isn't new. But it's different in college.

"I'll feel like I just don't want to do this anymore. Sometimes I don't want to be here. That's scary to me."

Suicide is the second leading cause of death for college students, according to the National Institute of Mental Health. (Accidents are number one.) She's not alone.

"But I don't want to have these thoughts—I know I should be here. It's not okay to be having those thoughts, and they're not healthy. Suicide is never the option. It's never productive. That's why I've gotten help, and I'm super excited for the rest of my journey."

Klio is among thousands of young adults who have thoughts like this, but most of them don't bring it up.

Think about this: According to the Center for Collegiate Mental Health, nearly 40 percent of college students surveyed said they'd "felt so depressed in the prior year that it was difficult for them to function." A whopping 61 percent reported "overwhelming anxiety." To top it off, the average age of onset for mental health issues is in one's early 20s. There are heaps of evidence that mental health problems are affecting the majority of college students.

So why can't we talk about it?

"I'm always worried about what people are going to think of me," Klio said.

Everybody wants to look strong. In the middle of a crisis, the last thing anybody wants is to be judged, misunderstood, or belittled. But unfortunately, it's a common experience.

"My sister has always been super supportive of me, but she doesn't understand because she doesn't deal with it," Klio said. "You can really only have genuine conversations with people who have dealt with it and who understand. You don't feel attacked."

But it's impossible to find those people without opening up. When we talk about it, we



normalize it. When it's normalized, it becomes easier to ask for help.

"Some of the most brilliant, famous people deal with mental health problems. I just think it needs to be emphasized that seeking help isn't a sign of weakness—it's a sign of strength."

That's what finally brought Klio to therapy.

"It was really, really good," she said. "At the end of the day there will always be situations where you have to seek out professionals. And it's OK."

She only recently started therapy but is already reaping the benefits.

And that's how it begins. All it takes is one step in the right direction to see how far you've come.

"I think of the times where I was really close to not being here," Klio said. "And that's what always propels me forward. I don't know what's to come or who's going to come into my life. But I know that I'm strong."

It took years for her to reach this point. It took hard work, persistence, and too many bad days to count. But with practice, she's learned to be self-aware and put herself first when needed. The bad days aren't going anywhere—but they don't control her.

"I just breathe. I take deep breaths and pay attention to how it feels to calm myself down."

She's created a full arsenal of coping

I DON'T WANT TO LET THIS
HOLD ME BACK

mechanisms: a drive in the mountains on a sunny day, watching the waves crash at the beach, being alone, spending time with her seven furry pets.

"Animals are so therapeutic for me—all they have to do is look at you, and you can't be sad. They're always happy to see me and



they make me feel important."

But even if she does all the right things, her mental illness won't disappear.

"I've had a really hard time finding my happy place here," she said.

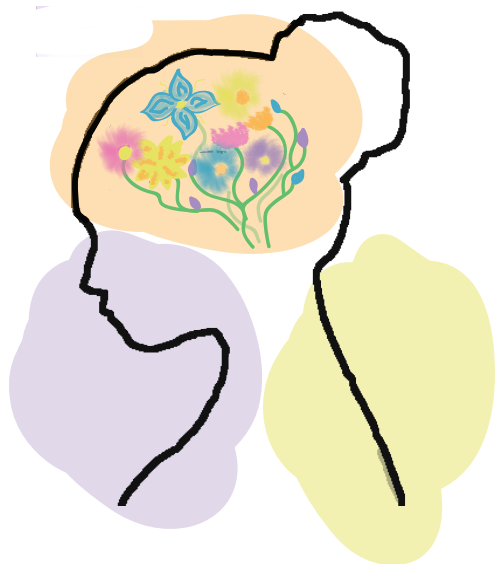
After struggling with living in IV, she commuted to UCSB from Ventura for her second year. With nobody around to share her academic stress, her depression flared up again. She wasn't motivated anymore.

"Every quarter my grades started slipping more and more. When you're depressed, it's hard to see the future because you're so focused on how you feel in the moment. I know I'm capable of being a very good student, and I wasn't representing myself," she explained.

"So I decided to work on myself before I went back to school. What we do in college is very important, and I don't want to let this hold me back."

And she'll come back stronger than ever.

Because "pushing through" is not what defines strength when it comes to mental health. So many of us fight the same invisible



battle each day and never know it. We find strength in showing ourselves compassion, encouraging each other, and celebrating our victories together.


Klio's story is one that many of us can relate to. Bipolar disorder, clinical depression, anxiety disorders, and other mental illnesses are more common than we think. As a community, it's up to us to eliminate the stigmas around mental health.

"The best thing you can do is listen," Klio said. "And for people who are struggling—don't be scared to get help."

Mental illness is hard to talk about. It's hard to experience. It's hard to watch.

But it's worth the fight.

"People who have to deal with mental health issues are some of the strongest people," Klio said. "You have so many internal factors that are trying to tell you that you can't do things or that you won't be anything. I'm proud of myself for overcoming those obstacles."

And that's what makes her smile so beautiful. 

Need to talk?

UCSB & IV Community Resources:

UCSB

Counseling and
Psychological Services:
(805) 893-4411

Disabled Students Program:
(805) 893-2668

Alcohol & Drug Program:
(805) 893-5013

Social Work Services:
(805) 893-3087

IV & Goleta 211 Helpline

Cottage Hospital Emergency
Psychiatric Services:
(805) 569-8339

Santa Barbara County
Department of Wellness:
(888) 868-1649 (24-hour hotline)

Mental Health Buddies:
Facebook Group

Find Your Love

WORDS // HAILEY GROSS

ILLUSTRATION + DESIGN // THERESA PHAN

Welcome to winter.

It's a season that hosts our colder and darker nights, our rare rainy days, our possibly dwindling motivation to go to class—and best of all, the simp Drake playlists. But remember, winter also brings us the month of February.

Approaching this season of love, you may find it extremely necessary to prepare for or hide from the one day of the year (yes, Valentine's Day) that is fully dedicated to expressions of love. If you decide to prepare, consider alternative ways of expressing that love to those around you and most importantly, yourself.

Yes, I know, what you might think—as a college student it can often be difficult to find enough time to get a full damn REM cycle, let alone take the time to fully consider our happiness and that of those closest to us.

Though we do not always take the time to consider it, “love” can be imparted in more ways than simply purchasing flowers

and boxes of chocolate from your local convenience store or hauling around a giant teddy bear that quite frankly makes up for its lack of practicality with its Instagram appeal.

“How?” you might ask. Well, if I still have your attention, I'd like to provide you with some ideas that could potentially bring a lil' more love into your life on February 14, and every other day of the year.

In his best-selling book, *Love Languages*, Gary Chapman proposes an idea that intends to revolutionize our understanding of how to maintain healthy relationships. According to Chapman, the ways in which we prefer to receive and express love in relation others can fall into one of five categories or “languages:” words of affirmation, acts of service, receiving gifts, physical touch, and quality time. In practical application it is not only important to know your own love language, which you can now determine by taking the *Love Languages Quiz* online, but also that of those around you in order to avoid unnecessary conflicts and misunderstandings. That is, once one understands their own needs and innate desires, taking into consideration the fact that these may differ from those of their loved ones, they become better equipped to build and maintain healthy relationships—whether it be with a significant other, family member, or even a roommate.

Though we highly recommend taking the online quiz for most accurate results, our hope is that through the following you will find some key attributes that may help you pinpoint or tailor your language of love, followed by some ideas on how to brighten up anyone's day with those in mind. So come one, come all, and let's speak the language of love!

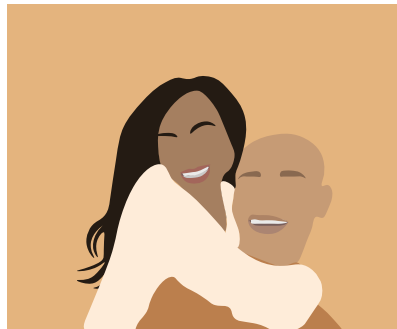




RECEIVING GIFTS

If this is your love language, the magic words for you might be, “What do you want from In-n-out?” Small gestures can truly go a long way, or who knows maybe you’re into diamonds and rubies—there’s really no judgement here. The point is, to you, nothing says I love you quite like a thoughtful token that lets you know someone was thinking about you.

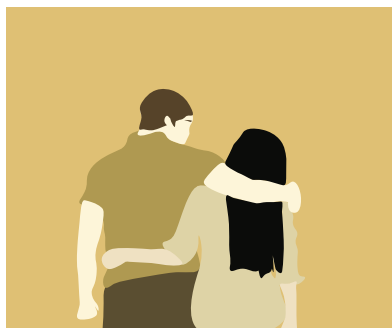
For them: Consider buying extra snacks or another drink from Starbucks for your roommate, best friend or significant other who may be stuck in the library studying for a midterm. They may not have asked for it, but will appreciate it nonetheless!



PHYSICAL TOUCH

While words are important, some communicate best through actions. Whether it’s a hand hold, supportive hug, or a kiss to display intimacy, you need to be acknowledged warmly, as a physical being in order to feel the love.

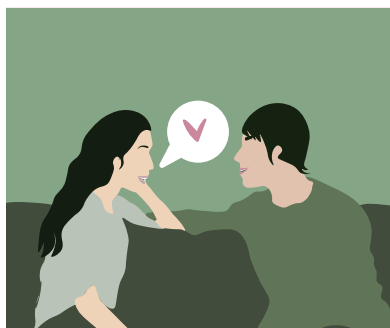
For them: First, of course be sure you discuss boundaries with your loved ones in advance and do not simply assume any sort of physical touch will fly at any time or place. Be conscientious of personal space and respect, but if you know that your bestfriend is a hugger or that your lover places high importance in physical intimacy, you may want to be extra mindful they do not feel they are receiving a cold shoulder when you simply want your space.



QUALITY TIME

This one is self explanatory. Who doesn't like spending time with people they love? But if this is your love language, you may require a little more time than the next person. No, you are not needy. You enjoy spending one-on-one time with those you care about and value every moment you get, from intimate conversations that go on for hours to simply laying together and doing absolutely nothing.

For them: If you have a busy schedule and can not always give your time and undivided attention, designate times to be with those who crave your physical presence. Plan date nights with your S.O. or make time on a Tuesday night to go to Trivia Night at Woodstock's with your housemates. Even though you're showing love to those who need it, you'll find that the love they shine back at you is worth making time for.



WORDS OF AFFIRMATION

The tongue is a weapon that can make or break your day and kind and encouraging words from those close to you can mean more to you than they will ever know. Verbal communication is very important to you and you need to hear the three magic words "I love you" in order to feel at ease.

For them: Don't forget to let them know every now and then how much you appreciate their presence in your life—from occasional compliments to a quick text letting them know you were just thinking of them. Don't be afraid to say it in words—no one's asking for a love sonnet in MLA format, people!



ACTS OF SERVICE

To you, actions speak volumes and someone taking time out of their day to make yours run a little smoother is just the bee's knees. Whether you need help running errands, finishing chores, or sending tedious emails, someone who simply slows down from their own hustle and bussle to show their care and support is something you truly value.

For them: If you know your loved ones enough to be able to tell when they're stressed and anxiety-stricken, ask if there is anything you can do to help them—and if we do ever get some of that annual rain every Californian seems to melt in, and you feel led to give your housemate a ride to class, you will be the hero of the day and your friends who enjoy acts of service will feel loved. **W**

www.Slovelanguages.com

WHICH ONE ARE YOU?

ADULTS OF IV

WORDS // KODY CHONG

PHOTOGRAPHY // ALASKA YOKOTA

DESIGN // THERESA PHAN



MILES DI PERI

Age: 31

Profession: Grocery manager at the IV Co-Op has lived in IV since 2015, after graduating from UCSB in 2010.

What is so unique about IV:

"I still love this place and consider it my home. I always think of it as Neverland, from *Peter Pan*. It's such a beautiful place, and I feel like if you can accept it for what it is, you can live here. But it's not for everybody."

What he wishes would change about IV:

"What I would like to see are more resources to help the houseless situation because I feel like IV is a sort of police state since there are so many cops. I think if there were other resources to handle problems other than police, that would make everyone feel a lot better about being here and it wouldn't get such a negative rep. And I hope that the university does not just buy the whole town."



GERSHON KLEIN

Age: 26

Profession: Rabbi at Chabad UCSB
Has lived in IV since 2016.

Advice to students in IV:

"Call your parents tell them you love them. Ask yourself not 'How do I have a meaningful life?' but rather ask yourself, 'What am I needed for?'"

What has kept him in IV:

"My wife and I are here to serve Jewish students' community, and Isla Vista is the best place to do that! We actually love the youthful energy of Isla Vista. People are young, thinking, and open to ideas. People have respect for each other, and we don't like confrontation. The weather and views are gorgeous, and we love interacting with and caring for the student community. We envision staying here for life and raising our family here."



LAURIE RICHARDSON

Age: 60

Profession: Former preschool teacher
Has lived in IV since 2002.

Advice for students in IV student community:

"Take care of yourselves and take care of each other. Watch out for each other. I know it can be a really egotistical time, but just drink your water, get enough sleep, watch out for your neighbors, park your cars so people can get in and out. If we don't take care of each other, none of us are going to make it."

What she doesn't want to change in IV:

"I would hope that Isla Vista always keeps that exuberance and overall enthusiasm. It reminds me to enjoy life when I see someone skateboarding through town, enjoying their bike riding, surfing, or hanging out with their friends. I came home and I saw these four guys sitting on their roof, and I know they're not supposed to be sitting on their roof, but they were just having a great old time. Yeah, that's great." **W**

COMMON ACCESS CARD

SIERRA HOTEL

WORDS // GIO CABALLERO

DESIGN // THERESA PHAN

Coming into my final year of undergraduate studies at UC Santa Barbara, doubt and uncertainty linger in my pursuit of being a medical doctor. In an attempt to ease my anxiety of not doing enough or not being competitive enough, I look at my Common Access Card to be reminded of my ability to overcome hurdles.

The CAC is a military identification card that contains all the service member's information. It is used in all personnel actions, and while in the service, it is the undeniable proof that a person is in the military. It was an object that all military personnel had to have with them every single second. That being said, I lost it four times. Every time I renewed my CAC, I had to notify my chain of command all the way up to the commander and had to get my picture re-taken. Often times, the process to re-acquire the CAC involved a long day of mental bullying from multiple superiors and a label of being a "shit bag"—a person who lacks effort and often gets carried by the team rather than doing his or her own part in accomplishing the mission. This always provoked a feeling of disappointment and shame followed

by a vow to myself that it would never happen again.

While the actual presence of the card is merely a piece of plastic with a chip that no longer functions, the information is replaced with memories of overcoming hurdles and executing the mission with initiative that regained the trust of my superiors. The contrast of the first and last CAC symbolizes how far I have come from when I first had my picture taken. While the first shows a zombie with two hours of sleep trying to survive Basic Combat Training, the last symbolizes a proud U.S. Army Sergeant that has been extensively commended by superiors and respected by peers and subordinates.

And so, as I reflect on my CAC, I proceed in my current journey of pursuing medicine with the mindset that this transition has twists and turns. I am encouraged to continue this long process, because there are still many great opportunities that lie ahead. Whenever I stumble or face embarrassing moments of being subpar, my CAC is there to remind me that I can turn the momentum around, because if I have done it before, I can do it again. **W**

ABOUT THE AUTHOR

Gio Caballero served four years on active duty in the United States Army, from 2013–2017. He served as a Preventive Medicine Sergeant in Tripler Army Medical Center, a role that covered the majority of Army public health operations in Hawaii. He is a senior majoring in Biology at UCSB in pursuit of public health and preventive medicine. He is interested in the application of Zen and Christianity principles on a societal and organizational level. His favorite saying is “enjoy the moment.”

ABOUT THE SIERRA HOTEL

“Sierra Hotel” presents writings from participants in UCSB’s creative writing workshop for veterans and military dependents. The workshop, which began in 2012, provides the opportunity for this unique group of UCSB students to write about their military experiences as they study the craft of creative non-fiction. To read more work by UCSB student veterans and military dependents, visit Instant Separation, A Digital Journal of Military Experience from the University of California: www.instantseparation.org

BREATH OF FRESH AIR

ILLUSTRATION + DESIGN // ALASKA YOKOTA

YOU'RE A
WORK OF
ART. NOT
EVERYONE
WILL
UNDERSTAND
YOU, BUT

FRESH
THINKING

You spin me right 'round

HAPPINESS LOOKS
GORGEOUS ON
YOU

BREATHE



THE ONES
WHO DO,
WILL NEVER
FORGET
ABOUT
YOU.

A LIFETIME OF ADVENTURE

YOU'RE
NOT
ALONE

LOVE

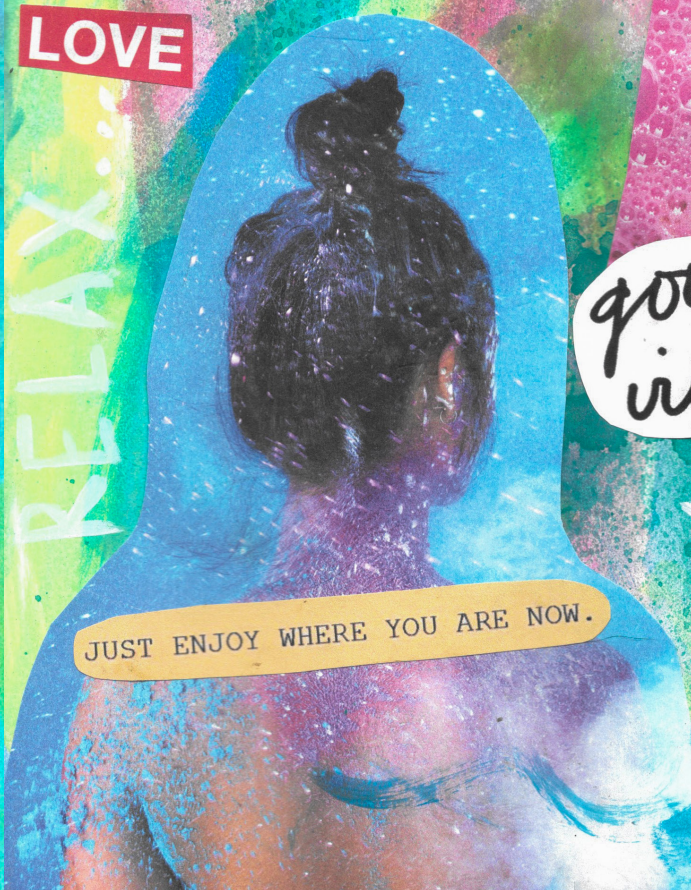
good
vibes

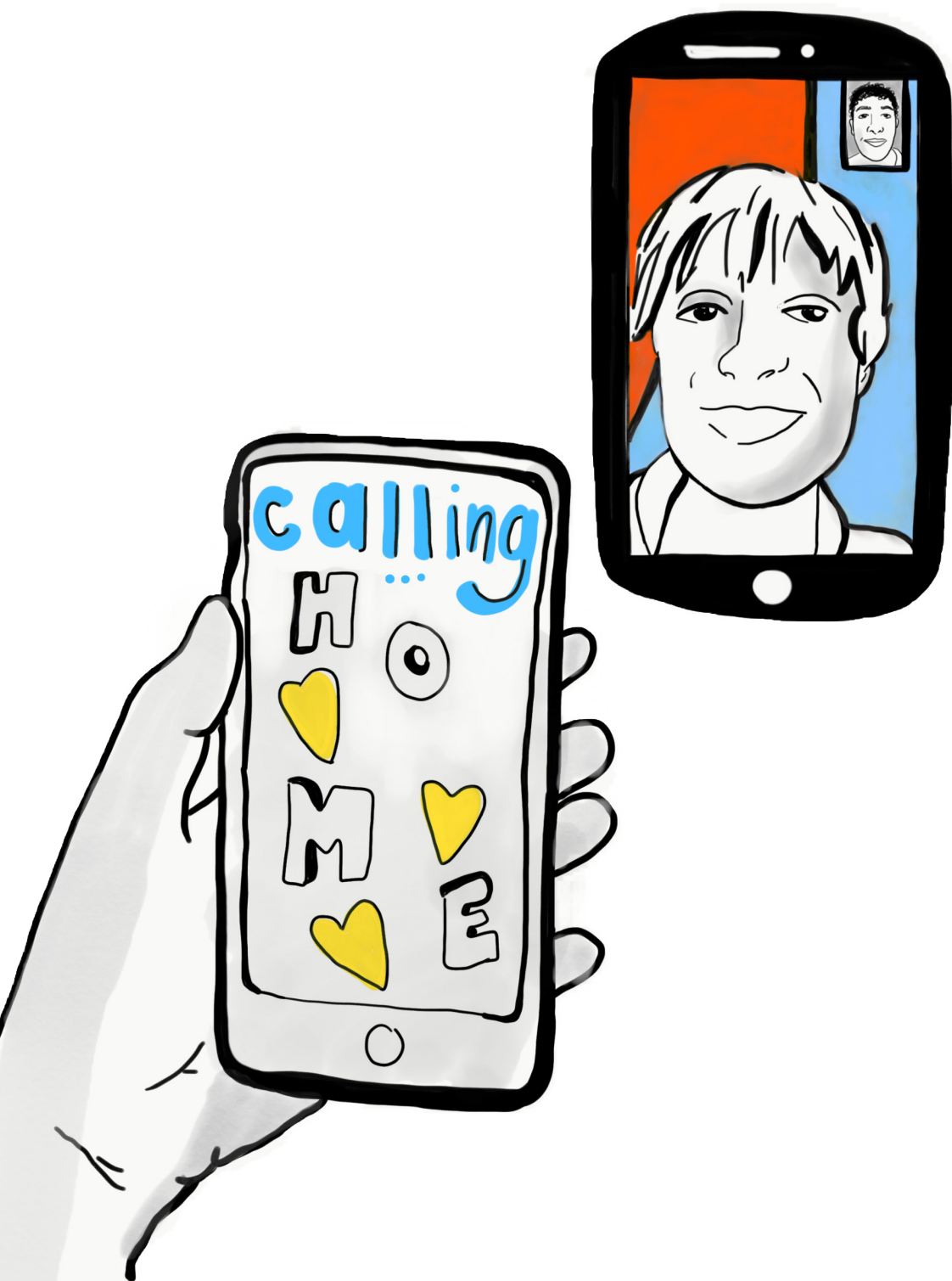
xoxo



JUST ENJOY WHERE YOU ARE NOW.

IN TRANSITION





FOR THE LONG RUN

HOW TO SURVIVE LONG DISTANCE

WORDS // KHANDO DECKYI KHANGSAR

ILLUSTRATION // MARICRUZ MENDOZA DESIGN // HAVEN KATO



As we sat in a small mom-and-pop restaurant in Berkeley, savoring our last bites of Thai curry and sticky rice, we all confessed our biggest fears entering college. What we never anticipated was how difficult it would be without each other. We went from eating in the same spot every day at lunch, to being almost 100 miles apart; from reminding the group chat about a story to tell at lunch, to scheduling a time to FaceTime weeks in advance.

Look, no one said distance was going to be easy. Moving away from your family, leaving behind friends and classmates that you have known since kindergarten—no one ever said it would make your relationship any better than it was before. The best thing you can do is read this article and learn how some of your peers deal with the distance.

“It’s natural to be homesick. You’re used to eating what you eat, you’re used to seeing familiar faces, and people tend to stick with what they’re comfortable with.”

Alex Moon, a psychology major and Isla Vista resident, shares his experience with homesickness with his mom living 5,869 miles away from him in Seoul, South Korea. As a parachute child (a sociological term defining a child from a foreign country who is sent to live with relatives in the United States in hopes of pursuing a better education), he came to the United States when he was fifteen. He is past homesickness, as it’s been ten years since he has lived in Korea, and he avoids this feeling by communicating often with his mother.

“I try to talk to my mom at least five days a week through FaceTime or phone call. Sometimes it’s a ten-minute check in, or sometimes we can talk for over an hour,” he says. Texting or calling your family every once in a while can make their day.



"You have to learn to get out of your comfort zone. The most important thing is to be okay being by yourself and being independent."

The biggest challenge for third year Karisma Davis was realizing that you can't communicate with your friends as much as you want. Davis keeps in close contact with her two close friends attending UCLA in unconventional ways. Karisma is "always tagging friends in memes on Facebook" as a form of communication. Long-distance friendships are difficult: you begin to lead extremely different lives from people who used to know what time you went to bed or how late you studied for a test. It's a shift in your lifestyle when you can't reach the friends you were once able to reach at any given moment to discuss trivial things that meant the world to you in high school.



Going weeks without seeing her significant other is a challenge that third year Ana Cristancho faces in a long-distance relationship. The hardest thing about distance is finding a way to mimic the feeling that your partner is still with you—despite the miles that keep you apart.

"Act like the person is always with you, because if you wouldn't want it done to you, then you shouldn't be doing it yourself," she advises. By sharing the little things and being open to conversation, Ana's technique to overcoming distance is having conversations that go beyond their relationship. "You should look at them as a human before your partner."

As I approached my partner's house at five in the morning after sitting in a small seat on an Amtrak bus for eight hours, I knew the look on their face would make that painfully long bus ride worth it. At first glance, a college campus may not seem advantageous in facilitating a long-distance relationship. However, communication and effort are keys to surviving it.

As cheesy as this sounds, it gets easier. The goodbyes get easier and you adjust to spending time apart. It's the little things that will make your time apart feel like less of a hurdle: calling your partner on the way to class or the library, falling asleep together over FaceTime, and planning weekends together can help those weeks feel less and less challenging.

Don't let distance be your anchor. W

RACCOON PLATOON

ILLUSTRATION // PHOEBE JIN



A stylized illustration of a pink pig in profile, facing left, set against a yellow circular background. The pig is surrounded by falling yellow stars and vertical lines. Two red lanterns with yellow tassels are positioned on either side of the pig. A red banner with white text is draped across the middle of the image.

HAPPY LUNAR NEW YEAR

WORDS + DESIGN + ILLUSTRATION // PHOEBE JIN

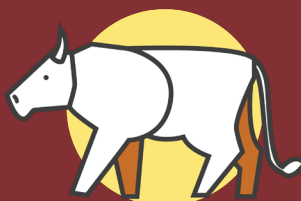
**2019 YEAR OF
THE PIG**

Lunar New Year is a new year celebration that follows the moon cycle. Since several cultures recognize it, the holiday can fall around early January to early February—or even later in April. It is a time to gather, spend time with family, and step into the new year together.

Each new year is represented by an animal from the zodiac. This coming new year will be the year of the pig—here are the twelve other animals that appear throughout the cycle.



RAT



OX



TIGER



RABBIT



DRAGON



SNAKE



HORSE



SHEEP



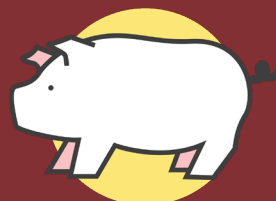
MONKEY



ROOSTER



DOG



PIG

A photograph of two cups of boba tea. The cup in the foreground is in sharp focus, showing a white lid with a yellow straw, a purple spiral logo on the cup, and black boba pearls at the bottom. The cup in the background is slightly out of focus, with a green straw. The background is a blurred blue and white.

TO TEA OR NOT TO TEA

BOBA, RATED

WORDS + MODELS // BRANDON KUO + VICTORIA PENATE
PHOTOGRAPHY // ALASKA YOKOTA DESIGN // KAILAH KORSH

FIRE & ICE

More like fire & nice.

This place—listed officially on Google as Ice Milk Company, but known commonly as Fire & Ice—is a gem in the Isla Vista community. What Fire & Ice does best is serve up everyone’s favorite chewable black pearls. Consider me dazzled, because I confess that I have visited this establishment more frequently than most lecture halls during my three years so far at UCSB.

Upon tasting Fire & Ice’s classic black milk tea with boba, I knew I had found something special. The drink was sweet and creamy, yet dominated by the bold flavor of real tea. The boba was perfectly soft, like the spot this place had just earned in my heart.

But when the very friendly man—nay, angel—behind the counter first offered to help me customize the perfect drink, I knew it was truly over for my bank account. Somewhere, my future home-buying potential “poofed” out of existence as I took my first sip of that sweet concoction: a peach green tea ice milk, half-sweet, with boba.

The peach flavoring was sweet without overwhelming the drink. It was a lot like the smell of a pie baking in the next room: the taste was muted just enough to be perceptible, but left me craving more. This allowed the floral, delicate green tea to make its aromatic appearance before my taste buds, performing a beautiful duet with the peach. Their stage was the ice milk—the ingenious star option on the menu. They innovated ice-blended drinks by making the frozen component milk instead of water, so the drink is as cold as possible while still never having to succumb to being watered down. Rather, the drink is milked down—which really just means more milk tea, which is all I’ve ever wanted in the first place.

RATING: 10/10 BOBAS



WAKE CUP

This boba joint delivered on its name.

Everything about Wake Cup involves doing a lot, but it manages its excess well. Embracing the chaos, it created a certain charm through sheer effort. Plus, this establishment has recently undergone a change in management—casting a bright light of optimism into the future of Wake Cup. This is a cause for hope for anyone who has been previously put off by past marks of disorganization as the place figured itself out. I sense a redemption arc coming.

Speaking of arcs (and redemption in the most Biblical sense)—rainbows. When I walked into this boba joint, the first thing I noticed was the massive swath of multi-colored sticky notes that had been attached by guests to the left wall of the sitting area. I vividly (in neon color, you could say)



remember the beginning of this iconic collage of our college community. I found it a highly charming and fun way to liven up a new space with good times. The era of the sticky wall passed, however, sometime around the thousandth Instagram account plug and lewd proclamation transcribed on the post-its.

But I looked ahead regardless, because the tea was worth it. The black milk tea measured up to any competitor in the area, holding true to classic standards. However, what shone the brightest at Wake Cup—and really Wakes me Cup every time—is the green tea. This drink is was caffeinated as you could wish for out of a late-night study drink—it perfectly suited the establishment’s great-for-studying assortment of seating arrangements, and ultimately embodied what the business provides for the community on the whole: a bright, lively spot to be with friends and get things done.

RATING 7/10 BOBAS

HANA KITCHEN

Definitely the OG when it comes to boba in Isla Vista.

This trailblazer opened its doors in 2012, picking up many local fans as they quenched the thirst of boba lovers. Sitting on Pardall Road, business is never slow for this veteran boba shop.

The storefront greeted me with a comfortable patio, equipped with homey wooden benches and tables amidst the wild bustle of Isla Vista. Under Hana’s bolded entrance, camo-printed panel doors opened up the restaurant’s interior. The design within drew heavy inspiration from modern day pop culture, with the back wall behind the cashier featuring an iconic Bruce Lee decal.

Now moving onto the bread and butter—or the tea and pearls—you know what I mean.

Hana’s classic black tea with milk, aka their Royal Milk Tea, is a house special recommended for those with a dainty palette. This drink had a distinct milky flavor, complemented by a sweet herbal aftertaste.

Another notable drink was the Matcha Green Tea. Although it may seem like a run of the mill menu item, it’s getting the spotlight because of how “meh”(cha) it actually tastes. The green tea surely imposed a light sensation, but the drink was too diluted and had a bland ending, due to the complete



absence of real matcha aroma.

Sneaking outside of the box, we move onto the Strawberry Mango Slush (a personal favorite combination of yours truly). This Slush earned my highlight because of the real fruity flavor it exuded. I absolutely recommend this snowy fruit-bination to anyone. If it isn't your taste, Hana Kitchen also caters to personal preference when mix and matching—so flex those picky taste buds!

The boba pearls born here have near-perfect consistency: soft around the edges and chewy to the core.

Overall, HK is a classic boba joint to hit for any, boasting a fantastic roster of drinks to pick from and a lively atmosphere that's always poppin'.

RATING 8/10 BOBAS



MOJO TEAHOUSE

The rookie on the block.

This boba stop is a fresh new tea house stationed on 65 Trigo, founded exclusively by Gaucho alumni in 2018. The shop is still enjoying its honeymoon phase as it cruises through its opening.

Upon arriving, I was welcomed by an overhauled deck area, fitted with joyously occupied benches and tables. Decor inside

the teahouse left more to be desired: it only squeezed out a narrow hallway for ordering and pickup. Customers were nudged tight in single-file as I “excuse me’d” my way past a goofy Spongebob mural holding up Mojo’s main wall.

Mojo may not have the years under its belt—but when it comes flavor, this spot packed the heat. It featured fiery snacks like Spicy Korean Wings or Kimchi Fries, alongside other fried yummys like popcorn chicken.

When customers aren't raving about Mojo's delectable food choices, the quality of the teas surely gets a shoutout. Mojo Teahouse offers a time-honored inventory of boba drinks, mixed with traditional black tea or their rich Jasmine Green Tea. A typical milk tea equivalent, Mojo's house Jasmine Green Milk Tea set a great tone for the quality of their drinks. This seemingly easy order was accentuated due to Mojo's perfect balance between milky sweetness and their tea base, presenting a savory nectar taste that was juuust right.

Up next, Mojo's Hong Kong Lemon Tea (with Grass Jelly) is a traditional HK-style tea embodying a refreshing cool splash with every sip. The sweetness was balanced impeccably with two lemon slices forming the icing on top. This drink was the epitome of satisfaction. The choice of Grass Jelly was a great replacement for boba—I paired its luscious chill with this well-brewed serving.

Last (but surely not least), my favorite drink on this Teahouse menu was their Roasted Oolong Peach Tea with Mango Stars. With this delight, I really tasted the strong Oolong base; it wasn't at all bitter. Adding the mango stars brought another “umph” of natural sweetness.

Mojo Teahouse is a real prospect for Asian appetite in IV. Where they lacked a bit in infrastructure, they completely came back with their authentic tea selection. Mojo's boba is already touted as the best in town by fans, and the consistency in their other toppings is top-notch. A new face maybe, but undeniably a strong contender in Isla Vista's boba game.

RATING 7/10 BOBAS W

A Guide To Sleepless Nights

WHEN THOUGHTS ARE ROLLING IN YOUR MIND
AND RIPPING YOU FROM SLEEP,
STRIPPING YOU INTO FRAMED EXHAUSTION,
BREATHE DEEPLY.

CALM YOUR MIND, LABEL THE THOUGHTS THAT
PLAGUE YOU.

FOLLOW THEM BACK TO THE SOURCE AND PUT
THEM IN BOXES TO KEEP THEM FROM
RUNNING IN CIRCLES IN YOUR HEAD.

LAY OUT A GUIDE TO DEAL WITH
TONIGHT'S DEMONS AND TOMORROW'S
BURDENS—AND REMIND YOURSELF
THAT WORRIES PASS, AND THE
DAY BRINGS CLARITY,
AND LIFE CAN BE GOOD.

LOOSEN THE TENSION IN YOUR
MUSCLES, SPRAWL OUT
LET THE TIGHTNESS MELT AWAY
FROM YOUR BONES.

BREATHE LONG AND
DEEP.

4, 7, 8.

UNTIL THOSE 3 BREATHS
COME EASY.

WRAP YOURSELF IN
BLANKETS AND DARKNESS
AND SILENCE
OR THE SOUND OF
WIND AND WAVES
AND JUST LIE STILL
UNTIL YOU

REMEMBER
THERE ARE PATHS TO
WALK, AND MUSIC
TO LULL YOUR SOUL,
AND STORIES TO DISSECT
IN, AND STARS TO
REMIND YOU OF THE
VASTNESS OF
THE WORLD
AND STARS FOREVER
OF THE NIGHT.





WORDS + ILLUSTRATION // EMILY KOMESSAR

B	E	Y	O	N	D
T	H	E			

C	
U	
P	

O	
F	

T	E	A

HOW

SEXUAL ASSAULT PREVENTION

ought To

WORK

WORDS // SUMMER VAN HOUTEN

PHOTOGRAPHY + DESIGN // MARINA SONN

Maybe you've sat on a city bus wearing headphones that aren't playing any music or have held your keys firmly in your hand while walking to your car no matter the time of day. Maybe you don't get gas at night, or you run down the street instead of walking alone, or you choose to wait hours for a train in a well-lit station rather than catch the bus out of the shadowy terminal next door.


This perpetual vigilance is deeply ingrained in most women. We are taught from a young age that this is the way the world works. These are the lessons our mothers taught us, the habits picked up from our friends, the information learned through television shows and local news. The National Sexual Violence Resource Center (NSVRC) tells us to expect that one in five of us will be sexually assaulted during our lifetime, that our likely assailant will be someone we know, that the majority of us will never report what will happen. Many of us will believe it was our fault, despite the fact that we structure our lives around these preventative measures. Our identities are stripped away; we are no longer seen as women, but as anticipated victims of sexual violence. We are depicted as helpless, perceived as passive, and surrounded by sexist discourses that persuade us to believe our agency is no longer ours to exercise on our own terms.

There have been numerous attempts to counter the pervasiveness of these ideologies, including the nationwide implementation of sexual assault prevention programs on college campuses, where rape

culture can be especially insidious—think party themes like Workout Bros and Yoga Hoes, fraternity banners that read “Only Girls Take Knees at Our House,” or the obfuscation of sexual violence perpetrated by star athletes.

Title IX, established in 1972, prohibits discrimination on the basis of sex in universities that receive federal funding. The 2013 Campus Sexual Violence Elimination Act explicitly requires these schools to implement sexual assault prevention courses for their students. At UCSB, this includes mandatory programs for incoming students such as Gaucho FYI, Haven, and Think About It, prevention training for staff members, and campaigns facilitated through CARE and other student organizations. The important part to note is that these laws do not require universities to assess whether their programming actually works. Gaucho FYI has been criticized for failing to adequately address the scope of rape culture within the UCSB community, while many students are unaware of the broad range of services and educational opportunities that CARE offers.

A lesser-known prevention program is offered through the UCSB Police Department, free of charge for students and staff members. Rape Aggression Defense (R.A.D.) is the largest self-defense training program in the country, with more than 350 universities participating nationwide. R.A.D.'s mission is to advocate for realistically employable tactics of self-defense for women through a 12-hour training that requires no previous experience




Sexual assault is not an attack on the body alone. It is a deeply psychological abuse of power; an exploitation of self-expression that often takes place behind closed doors. The vast majority of perpetrators are intimate partners or acquaintances (NSVRC). It can happen after consent to sexual activity has been given just as often as when consent has not been given at all. It happens regardless of your gender identity, sexuality, race, able-bodiedness, age, class, or religion. The experience of sexual assault is not the same for a woman of color as it is for a white woman, it is not the same for a trans woman as it is for a gay man; it intersects across all possible social categorizations and is reflective of deeply embedded hierarchies of power. It is not enough to learn how to say no in the face of sexual violence, because many of us will never have the chance to do so in the first place.

R.A.D. and other campus prevention programs have a valuable opportunity to

Intervention is more
than using cups of tea to
explain consent.

or athletic ability. The program acknowledges that well-known tactics of carrying pepper spray, biting, and scratching rarely achieve their desired effect, and instead, seeks to implement hands-on skills such as strikes, kicks, and blocks. UCSB's most recent R.A.D. program consisted of only seven women: six staff members and myself, a startling discrepancy considering college-aged adults are subject to an increased risk of sexual assault (NSVRC). Despite this difference in demographics, the program instills an immediate sense of comradery among the few who participate: an unspoken acknowledgement that we are here because our lives have been affected by sexual violence in some manner.

R.A.D. teaches you how to break wrist grabs by pointing your thumbs up and pulling your arms out, how to control a chokehold by tucking your chin to your chest, how to use your own momentum to land a paralyzing strike to the neck – but you can only learn so much in twelve hours. The physical defense methods taught are techniques that require extensive dedication in order for them to become instinctual. Instructors acknowledge this limitation and stress that the most important part of their training program is developing a defensive mindset—but in doing so, they fail to recognize not only how triggering the practice of an assault can be for participants but also that these scenarios rarely represent the reality of sexual violence, especially in a college community.



It is not enough to learn how to say no in the face of sexual violence, because many of us will never have the chance to do so in the first place.

address the complexity of this issue, yet fall disappointingly short. One in every ten survivors of rape is male (NSVRC), yet R.A.D. for men mentions nothing about sexual assault, focusing instead on the de-escalation of aggressive behavior against other men. According to the National Resource Center on Domestic Violence, sexual violence occurs against transgender people at more than double the rate of cisgender persons, yet these programs maintain a heteronormative approach. Without an acknowledgement of the ways in which experiences of sexual violence shift between social boundaries, the notion that sexual assault is an exclusively physical and gendered attack is preserved.

The focus here needs to be on intervention, not prevention. We teach our children that the exploitation of another human being is wrong, but we also enforce school dress codes that teach boys to sexually objectify girls, minimize non-binary identities to a box marked “Other”, and characterize women of color as sexually submissive. Intervention is more than using cups of tea to explain consent. It is the recognition of the roles we play in propagating a culture that justifies sexual assault.

It is absolutely necessary to remind women that they are not physically defenseless, but it is much more important to recognize that not every individual will have the opportunity to use that self-defense. In order for these programs to actually serve our community in the way they claim to, they need to broaden their understanding of sexual assault to include these marginalized voices. UCSB has several student movements and organizations that promote awareness of intersectional issues within the realm of sexual violence, but often lack a substantial voice in the wider community. R.A.D. and

programs like it have access to a platform from which these students can speak. We need more than twelve hours of feigned kicks and blocks—this degree of change demands the reframing of sexual violence as a cultural offense. It is time to take the burden of prevention off of the shoulders of women and examine how sexual violence has become the norm, not the exception. **W**



BALANCING THE SPECTRUM

THE STRUGGLES AND SUCCESSES OF INTER-POLITICAL DATING

WORDS // ANANYA MADIRAJU ILLUSTRATION // EMILY KOMESSAR DESIGN // JAKE FEDER

When it comes to dating, they say you should avoid four major conversations: your ex, religion, marriage, and finally, politics.

You've just met this great guy or gal, and WOW. You're hitting it off. That is, until the dreaded question arises. The political question. Your newfound crush (cue dramatic gasp) voted for Trump (or for Hillary)—which you did not. And then the barrage of red flags. What do you mean you voted for [insert candidate here]? But wait, are you judging them too fast? You liked them before the politics. Maybe you should just hear their side. And in that moment, you realize: things just got real.

In an age dominated by politics, it's difficult to turn a blind eye. In terms of dating, political opposites rarely tend to attract. According to Shanto Iyengar, a professor of Political Science and Communication at Stanford University, our country's biggest social divide might not be race or religion, but political affiliation. Other studies have shown that inter-political dating is increasingly frowned upon as the years pass. 60% of Democrats and 63% Republicans said they would not date outside their respective parties. Quite regressive.

Jake Ortega, second-year Film major and Democrat, is a prime example. "A lot of what defines political views is who we are on the inside. I think it depends on how Republican or Libertarian they are. I don't see how you can be kind or a good person if you are very right wing." You start to disregard qualities like personality, intelligence, or kindness when facing political differences.

Most college campuses nationwide are heavily Democratic, UCSB included. According to a recent Panetta Institute poll,

60% of students lean more left than right. Among the like-minded, it seems taboo to date someone with different politics.

Republican Computer Science graduate Dominick DeCesare ironically agrees with his liberal counterpart. "It's very tough. The only surefire thing I need in any relationship is similar family values, and liberals are generally more likely to not have my family values."

A vast majority of these assumptions are over-generalized. Yet, my reaction to dating someone outside my own party was the same. In today's climate, we've been conditioned to automatically demonize anyone from the opposition regardless of who they are. It wasn't until rather recently that my very liberal bubble got popped, with a capital P.

Upon many fruitless matches on dating apps, I finally chose one match who was a fascinating and genuinely nice guy—let's call him John. Our conversations were fluid and incredibly diverse. I thought things were going smoothly—until I began ranting about politics. Growing up in an area where the majority were staunch Bernie supporters, I bleed blue. My rant was cut off abruptly when John sheepishly mentioned that he had voted for Trump. I halted. My words dwindled and I stared at my phone in utmost horror. WHATT?? I could feel the disappointment creeping up. In my self-pitying state, John had apologized and asked if that was a deal breaker. "YES," I screamed internally.

It was later, after reevaluating the situation that I decided to be open-minded and give John a chance, just like what Ortega and DeCesare did in past relationships. In order to exert my inner progressive, I needed to be nondiscriminatory. DeCesare felt the same.

ROYALTY



ROYALTY

UCSB ROYALTY

UCSB ROYALTY

UCSB ROYALTY

UCSB ROYALTY

UCSB ROYALTY

UCSB ROYALTY

UCSB ROYALTY

UCSB ROYALTY

INTRODUCING MEMBERS OF UCSB'S DRAG SCENE

WORDS // ROSALIE RUBIO PHOTOGRAPHY // MARCOS REYNOSO

DESIGN // DANIA ASCENCIO MODEL // COCO D. BAUCHERRY



Warmth emanates from Brian Ochoa's big smile. The amiable 21-year-old has a lot to grin about. This year, he won Santa Barbara's Queen of Pride pageant as Coco D. Baucherry. Her official debut: April 21, 2018.

But what was Brian's inspiration?

"I would have to say the drag community at UCSB. I remember going to my first drag show in 2016," he recalled.

"The first drag queen I actually met and talked to was Echo. I was like, 'Holy cow, this is awesome.' Then, boom! Right afterward comes Vivian Storm, and I was like, 'Who's that bitch who looks like Beyonce?' It's funny, 'cause it's gone full circle and they're now my biggest supporters and mentors."

According to Brian, Coco D. Baucherry is "sexy, promiscuous, a little slutty, but also very eccentric. When I'm Coco, I feel like I'm a completely different person... confident. Coco is a little bit of those things, but she's also lost. There's still more to discover about her because she's so young.

"She's also a motherfucking queen."

Coco is strong, courtesy of Brian's mother. He takes a moment to recognize her influence: "I think Coco has a little bit of her. She is strong and she can put up with a lot, but when it becomes too much, she's gonna let you know. So with Coco, I've been able to conjure my mom and utilize her strength,

perseverance, and everything that she's gone through. I try as Coco to make my mom proud."

With the strength and support of his mother behind him, Brian courageously faces intolerance in his family. His grandmother and uncle have unaccepting attitudes toward his sexuality, and now, his drag. Even his father has told him that he'd rather not see his drag.

He battles intolerance in the queer community, as well. Brian describes a particular incident in the same voice one would use in a ghost story: "So the world famous Grindr app..." He had included drag in his bio. When he didn't respond to someone's unsolicited nudes, the person responded angrily: "By the way, I saw that you're a drag queen. You're so fucking ugly. That's gross."

However terrifying and painful it may all be, Brian remains strong. Narrow-mindedness does not stop him from doing



what makes him feel happy and powerful.

"It makes me feel like I've found a piece of me that I hadn't known of before."

His advice for people who want to pursue drag? "Just do it. Honestly, don't be afraid. Just have fun with it."

Next up is Monica Valera. She sits nervously across from me in the RCSGD. Eyes that never seem to meet mine. Shy giggling to fill awkward pauses. A soft voice to answer the preliminary questions. But soon, I see her eyes light up and her passion unfold. Her smile is contagious, and I can feel how happy drag makes her.

"It makes me feel so confident. I'm such a shy girl. You would never see me be on stage talking, but when I'm in drag, I completely transform." Drag gives her a creative outlet to express herself and "not give a fuck."

Monica loves the performance. It's where she can channel her alter ego, Professor Cunnilingus, and experience the euphoric adrenaline rush that comes with performing. She reminiscently describes it: "I go off on the crowd energy, the vibes that the people are exerting. I pick songs that I'm really into, and I go from there. Then I do a little choreography—but not structural choreography, because that loses the connection with the audience."

Along with Brian, she made her debut as a drag king at Pride Week's 2018 Drag show. But she had been thinking about doing drag for a while.

"I was thinking about performing for months. I was like, 'Oh my god, I would really love to do that.' But there weren't really people that I thought I could go to. And then Camilla Chameleon—a queen who used to study here—said, 'Do it! You're gonna look so cute. If you need help, I got you.'"

It was time to pick a name.

"I wanted to be Alejandro or something cute, but then my girlfriend said, 'No, you should do Professor Cunnilingus!' and I was like, 'Actually that's cute as fuck.'"

It matched her drag style perfectly.



"My drag is super sexy. Super sensual. Erotic. I just like to give off this papi vibe. A chulo papi vibe." A beard and eyebrows that must be "on fleek" contribute to Professor Cunnilingus's energy and look.

But to Monica, being a drag king is also about vulnerability and being brave and confident. As a person of color up against marginalization, it's scary to step out into the world being true to herself. But she feels empowered when she gets to be herself. It "uplifts her identity."

For anyone who's on the fence about drag, Monica says: "Do it. Look at videos and get into contact with community members who will help. Try it out.

"It's such an amazing experience." **W**

**"IT MAKES ME FEEL LIKE I'VE
FOUND A PIECE OF ME THAT I
HADN'T KNOW BEFORE."**

SKATERS ON CAMPUS

words + illustrations // Hannah Ford-Monroe



THE SKATER

IF THEY RUN INTO YOU, IT'S PROBABLY YOUR FAULT. THEY AREN'T AFRAID OF THOSE YELLOW CROSSWALK BUMPS!

~ELECTRIC~

THIS ORANGE-WHEELED GIZMO IS EVERYWHERE, THE FUTURE IS NOW! BONUS POINTS IF BOARDER HAS THEIR HANDS AWKWARDLY IN THEIR POCKETS.

ALL FEARLESS, THESE ARE SEVERAL ABUNDANT
SKATER ARCHETYPES ON CAMPUS! SPOT THEM
ZOOMING BY ON YOUR WAY TO CLASS!



↳ GIRLS IN DOCS ↳

SKATING IN DOCS
IS ACTUALLY REALLY
HARD, ROCK ON SIS!

FLIP to the FLOP

BOARD IS NOT QUITE
A LONGBOARD AND NOT
QUITE A CRUISER. MIGHT
BE FROM AMAZON.

TALL MAN & PENNY

SHOE AND BOARD ARE
SAME SIZE, THIS IS
CRAZY PRECARIOUS!



It has been said
that something
as small as a
butterfly's wing
can ultimately
cause a storm

BIRD

BIRDS

Only a cheap date if you
don't ride one on campus
(\$250 fine)



PHOTOGRAPHY // MARCOS REYNOSO
DESIGN // DANIA ASCENCIO MODEL // ROBERTO CHAVEZ

IV BANDS

WHAT MAKES THE MUSIC SCENE IN IV SO HARD TO IGNORE

WORDS // MICHELLE POLITISKI PHOTOGRAPHY // HAVEN KATO + JAKE FEDER

ILLUSTRATION // HANNAH FORD-MONROE DESIGN // DANIA ASCENCIO

Friday nights in IV are notoriously loud—shrieking freshmen wandering Del Playa and music thumping down the rows of Greek houses—but a semi-underground phenomenon is taking place, and has been not-so-quietly going about its business since IV first came to life as a college town. Band culture in IV is a fascinating whirlwind of constant change and diversity, so I sat down with as many bands as I could meet in two weeks to talk about what makes the house show scene so interesting.

First, I met with three-piece indie outfit Careless Cub after one of their shows. We filed into a cozy upstairs living room while the ruckus of the next acts continued in the garage below us. We plopped down on the couches so I could pick their brains about how IV influences their music.

"I think Isla Vista has made us much more rock 'n roll," said lead vocalist Grant Chesin without a moment's hesitation. "I think playing in IV, you've gotta get people's attention."

This is a common theme with IV bands. While some might suspect that IV would be full of soft indie-pop because of its beachy personality, many bands find that something more energetic works better for the

night crowd.

"People come here because they want to hear something real," Chesin noted, "But they're also like, 'I just wanna hear something that gets me pumped at the end of the day.'"

Psychedelic five-piece Glitterfish, a touring band based in Santa Barbara, agreed that IV shows' energy is something special.

"Venues are very professional, and everything is timed," said guitarist and keyboardist Iggy Cohen after their show at Velvet Jones, "You see festivals where there's that 13-foot gap between the artist and the people, but at house parties, that doesn't exist."

Drummer Sasha Cohen chimed in, "At house parties, if you play something bad, someone can like, punch you."

It seems, though, that audiences in IV are generally supportive of whoever's on the stage (if there even is one). After a high-energy opening set, I sat down with two of the members of rock band Odd Army. Mitchell Wright (drummer) and Alec Luttrell (guitar and vocals) told me how common it is for crowds to suddenly flood into shows and make their sets come to life, whether or not they were expected to show up.

Luttrell explained over the screams of

Hey, can we have a show at your house?



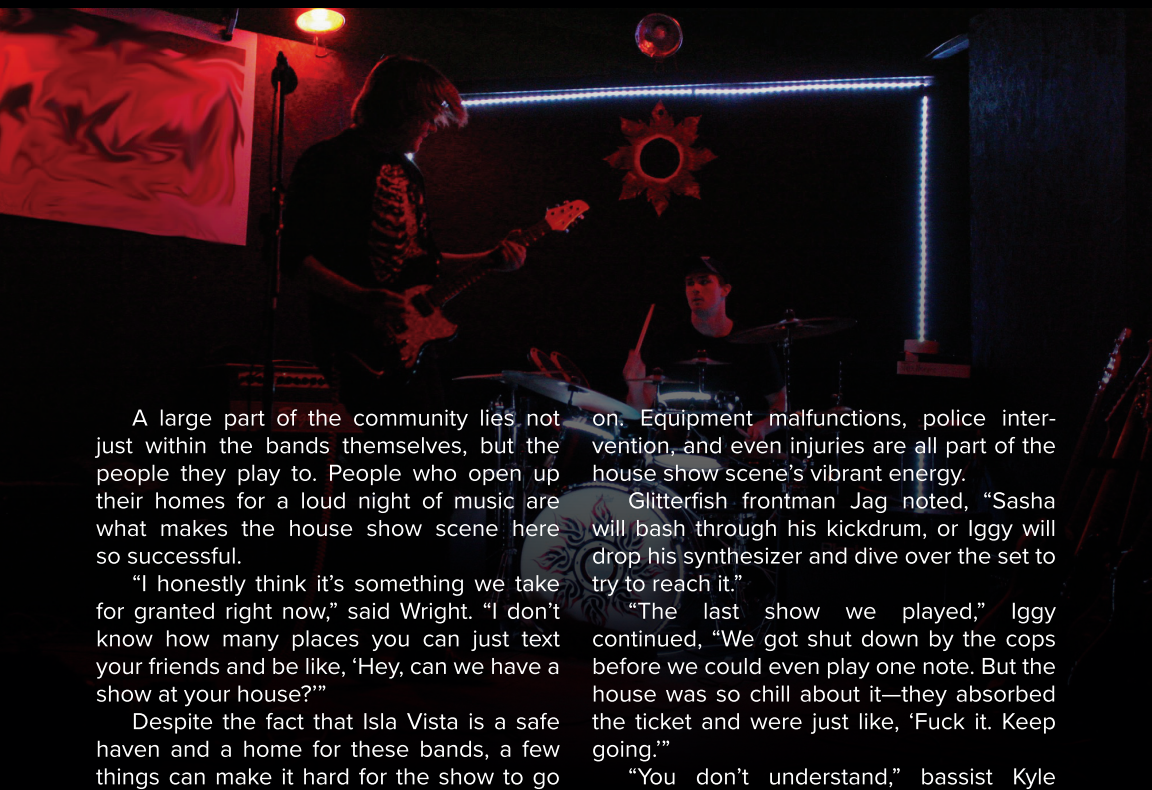
new metal band Noise Complaint playing outside, "The event page will maybe have 20 people going, but it's really a toss-up whether it's going to be those 20 people there or 300. Sometimes you'll just have an out-of-the-blue show that'll be crazy. That's what's cool about the IV scene."

As I wandered from show to show, something became very clear to me: IV has successfully fostered a band community, not just individual bands playing individual shows. No matter how different their music styles may be, these groups are all

inextricably linked together.

"I played last year with The Mallards," said Ray Muhlenkamp, bassist of Careless Cub. "Two of the guys graduated, which was sad, but I knew it was gonna happen. Then Careless Cub was like, 'Hey Ray, we wanna add a bass player. Are you down?'"

In addition to member switches, bands often record music for each other and assist in production. While being a full-time member of Odd Army, Luttrell helped Careless Cub produce their single "Isla Vista" and produced, mixed, and recorded The Mallards' album.



A large part of the community lies, not just within the bands themselves, but the people they play to. People who open up their homes for a loud night of music are what makes the house show scene here so successful.

"I honestly think it's something we take for granted right now," said Wright. "I don't know how many places you can just text your friends and be like, 'Hey, can we have a show at your house?'"

Despite the fact that Isla Vista is a safe haven and a home for these bands, a few things can make it hard for the show to go

on. Equipment malfunctions, police intervention, and even injuries are all part of the house show scene's vibrant energy.

Glitterfish frontman Jag noted, "Sasha will bash through his kickdrum, or Iggy will drop his synthesizer and dive over the set to try to reach it."

"The last show we played," Iggy continued, "We got shut down by the cops before we could even play one note. But the house was so chill about it—they absorbed the ticket and were just like, 'Fuck it. Keep going.'"

"You don't understand," bassist Kyle

> IV BANDS >>> IV BANDS >>> IV BANDS



Abatie jumped in. "The people at this house completely cleared out their living room in about five minutes so we could move a quarter of our stuff inside and continue playing."

Wright of Odd Army also recalled police interventions at their shows.

"It makes me angry," he began. "You can always hear club music until two in the morning. But the second we play, they're like, 'OK guys, shut it down.'"

Despite these difficulties, I realized through talking to the musicians that the house scene is a dynamic and exciting space for bands to explore their passions. According to them, it's not expected to disappear anytime soon.

Ultimately, the joy people glean from coming to these shows is a combination of the bands' talent, the energetic atmosphere, and a little bit of mischief. These musicians aim to carry on the legacy of bands that cycle through over the years.

"It's not so much that we have to be the same," Muhlenkamp said, "But when I was a freshman, I went to The Six Sevens' shows, and those were my favorite memories—200

people on a DP balcony, just jamming. I want to give other people the opportunity to go to a show like that."

Isla Vista's vibrancy and artistry wouldn't be the same without the musicians who invite us to enjoy these nights with them. We are reminded constantly of our community's personality thanks to bands that keep us jammin' every weekend—whether in a garage on Sueno with 30 people, or on a swanky DP balcony packed to the brim.

Of course, some bands have gone on to make lasting careers out of their house show roots. Acts such as Rebelution, Ugly Kid Joe, and local legend Jack Johnson all sprang from the same types of Friday night crowds as the bands playing in IV right now.

As Chesin put it so clearly, "IV is this enigma. You can't just do this anywhere." **W**

>> IV BANDS IV BANDS >>> IV BANDS IV BANDS >>> IV BANDS IV BANDS >>> IV BANDS IV BANDS



IT'S THYME FOR A CHANGE

A COMMUNITY PSA FROM YOUR ALBINO RACCOON

WORDS // CASSIDY BROWN

DESIGN + ILLUSTRATION // PHOEBE JIN

I've recently begun gardening. I am terrible at it, but I put my heart and soul into it and that's what matters.

It started last year: I lived across from St. Michael's Church and noticed their community garden plots. After a deposit of 15 dollars and a payment of five dollars per month, one of those plots became mine.

I dabbled with vegetables like spinach, broccoli, and onions. Herbs like parsley, oregano, and cilantro. At that point in my college career, I was struggling a lot with my mental health and became overwhelmed with my course load and responsibilities. But when I was gardening, it all seemed to go away. It was just me, the fresh air, and my little plant babies.

When the school year ended and I moved out of that apartment, I surrendered my plot and dedicated a corner of my new backyard to a small potted herb garden. Since August, I've

been watching my tiny plants grow and change. And it's been so satisfying.

Recently, my neighbors threw a party. It happens a lot, and it doesn't bother me. But this party was particularly popular. When I woke up the next morning, my housemate tentatively greeted me in the kitchen: "Has anybody told you?"

My plants.

I braced myself for what I was about to see. My heart raced as I stepped into the yard. I looked to the corner.

It was devastating. My little plastic table that had supported the pots was shattered, dirty footprints smeared across its top. The trough containing my basil, rosemary, and oregano was tipped over. My lavender was knocked on its side. Everything else—my marigolds, brussel sprouts, tulips, spinach—was beyond recovery.

I stood before my demolished herb garden in silence for a moment. I actually felt a lump in my throat and a tear in my



eye. I remembered potting them over the summer, watering them with care every morning, peeking out the kitchen window to see if the sun was hitting them enough. It wasn't just my wasted time and energy that upset me—nurturing my plants and seeing their beauty is one of the most therapeutic activities in my week.

You know what isn't therapeutic, though? Seeing that beauty destroyed so somebody could hop over my fence

to a trashy, party compost pile.

As a member of the Isla Vista family, I call for a change.

You may be thinking, "I've never punched in a side mirror, or dug my heel into an arugula, and I don't even litter—so this doesn't apply to me."

You could not be more wrong.

It's not enough to drink responsibly. It's not enough to respect the property of others. Because as a decent human being, you should be doing those things

WE ARE DEFINED BY THE COMMUNITY WE CREATE, AND WE CAN DO BETTER

to get into a party.

There's no doubt that IV has a rowdy history. It's a stereotype our unique community has been defined by. We defy it by holding each other accountable and conducting our weekend activities with dignity.

But lately, that hasn't been the case. Side mirrors are being punched in. Bird scooters are left knocked over like dominoes. Graffiti greets bikers as they enter Pardall Road. My poor, god-forsaken marigolds were torn from this world against their will. Our community is special—it's a place of camaraderie, of fond memories, of peaceful sunsets, of new experiences. But if we don't change something soon, it will inevitably revert



in the first place. To fix this problem, we need to take action—whether we're guilty or not.

Tell your friends to stop drawing pictures on car windows. Pick up the scooters that have been toppled over on the sidewalk. Tell the strangers up the street that it's not okay to punch in anyone's side mirrors.

Because we are defined by the community we create, and we can do better.

Then—and only then—will my plants will be avenged. **W**



UC SANTA BARBARA

THEATER / DANCE WINTER 2019 PERFORMANCE SEASON

PERFORMANCE / TRAINING / RESEARCH

SANTA BARBARA DANCE THEATER

JAN 11 - 20
HATLEN THEATER

a LAUNCH PAD preview production

THE WATSONS GO TO BIRMINGHAM - 1963

FEB 15 - 24
PERFORMING ARTS THEATER

ACTING UP FRONT THE LARAMIE PROJECT

MAR 1 - 9
HATLEN THEATER

THEATERDANCE.UCSB.EDU

