

CAMPUS POINT

— UCSB MAGAZINE —



SPRING.
TIME TO GET
FIT

S P R I N G 2 0 1 2

FREE

WHAT'S
THE DEAL
WITH
HOOKING UP?

IS
THE PARTY SCENE
GOING
TO DIE?

THE
APPEAL OF
THE
RAZOR SCOOTER

SECRET
RECIPES OF
THE
DINING COMMONS

MOTHER EARTH MEETS HUMAN NATURE



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FROM THE EDITOR



Lazy days and crazy nights; hot CF cards and ink-drenched notepads; missing product keys and wrinkled backdrops; grueling work and no pay. I want to commend and thank the staff of *Campus Point - UCSB Magazine* for standing beside each other through it all. I think you've done an outstanding job - hopefully readers agree. I think they will.

I found it surprising (and rather embarrassing) that the only two schools in the UC system without a campus periodical were us and UC Merced. Try and draw another similarity between us and Merced - try. Granted, of course, we do have a fantastic arts and culture magazine based out of Isla Vista, *Word Magazine*. *Campus Point* is not meant to be an alternative - rather a compliment to the current

THINGS WE DON'T COVER IN THIS ISSUE:

- *The disturbing prevalence of the stomach flu in Santa Catalina dorms.*
- *The list of the most disgusting houses in IV.*
- *How funny Portlandia is.*
- *A list of hairstyles we'd like to see on Chancellor Yang.*
- *The large sea beast lurking under the lagoon surface, as reported by the crew team.*
- *The best candies professors offer during their office hours.*
- *Increasing diabetic occurrence in students who attend office hours.*
- *Suspected "Dead Poets Society" gatherings at the top of Storke Tower.*
- *Apple's monopoly over technology in lecture halls.*
- *How to do anything illegal (liability).*
- *Projected class attendance rates on April 20th.*

Corey Lau

media on the UCSB peninsula. Our aim is to bridge the abysmal gap between students, student government, faculty, and administration while being delightfully sexy, informative, and entertaining. Did we do that? Eh. Could've been easier if faculty was more cooperative, but what can ya do?

What I noticed during the production of this first issue of *Campus Point* is that things tend to even out. Everything is swaying on a precarious seesaw of positive and negative. School, some people say, opens your mind and enables one to be a captain of the exciting professional world. Yes, but it's also boring to sit through a lecture, so it evens out. One moment, you're depressed that you've been written up for drinking in the residence halls, but you cheer up when you retreat to your closet and find a hidden bottle of vodka.

Things were evening out constantly, this winter quarter. I once asked a writer to put a story in my inbox, after which he suggested that I put the story somewhere else (up my ass). Upset with this writer, I sent a death threat to him. Oddly enough, a policeman then came to my door threatening me. Earlier in the quarter, I was showing off a gnarly skin rash I had. Then, a few days later, I was looking at *their* rashes. Another time, I heard this guy I know was having a party, so I called him and he said there was no party. But when a friend of mine called him, there suddenly was a party.

Eventually, I believe, everything evens out. Eons ago, an asteroid supposedly hit our Earth and killed all the dinosaurs. But maybe in the future, we'll go to another planet and kill *their* dinosaurs. Likewise, the expanding universe may eventually contract, crushing us all into an infinitely small singularity of even-outedness.

Once you realize that things even out it'll be like a light turned on in your head. Then turned off. Then being turned to dim.

Perhaps the release of this magazine will be catalogued as a notably good life event for those who worked on it. Based on the rule of evening out, this only means that something terrible is going to happen to us. So in parting, I'll say these motivational words from my mom: You are the most handsome boy in school, and don't let anyone tell you otherwise.

CAMPUS POINT
UCSB MAGAZINE

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THINK 03
PLAY 39



10 MOST ENRICHING CLASSES

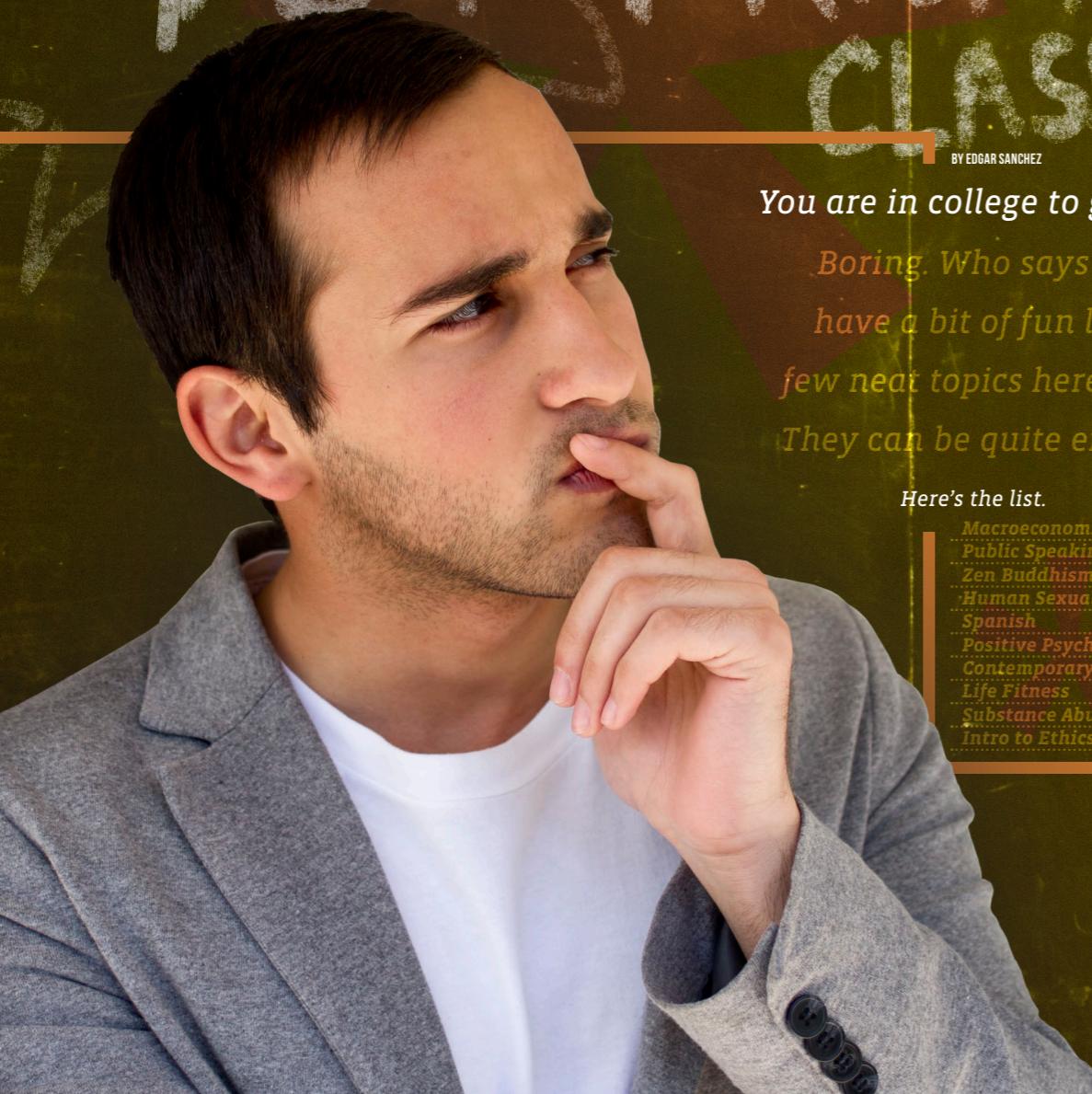
BY EDGAR SANCHEZ

You are in college to get a degree.

Boring. Who says you can't have a bit of fun learning a few neat topics here and there? They can be quite enlightening.

Here's the list.

- [Macroeconomics](#)
- [Public Speaking](#)
- [Zen Buddhism](#)
- [Human Sexuality](#)
- [Spanish](#)
- [Positive Psychology](#)
- [Contemporary Nutrition](#)
- [Life Fitness](#)
- [Substance Abuse](#)
- [Intro to Ethics](#)



1. MACROECONOMICS

Money makes the world go 'round.

* WHAT IT'S ABOUT

How individuals, households, firms, and the government interact with the world economy. The aggregate economy and the consequences of economic policy are explored in detail.

WHY YOU NEED TO TAKE IT

Take this course if you're tired of the media deciphering economic policy for you. Get a broad perspective of what the hell is going on with the U.S. and world economy that keeps raising our tuition fees. Reinforce your critical thinking when it comes to economic peaks and troughs and know when the world is ready for that million dollar idea of yours.

2. PUBLIC SPEAKING

No more sweaty palms.

* WHAT IT'S ABOUT

The power of the human voice and being able to use it accordingly. Expand your knowledge on the history of rhetoric and know how to use it in any given situation.

WHY YOU NEED TO TAKE IT

Overcome one of your phobias while preparing yourself for the so-called "real world." Verbal communication is essential in law, politics, medicine, business, or any other career field you choose to immerse yourself in. The right words will come to mind and you'll learn how to stay cool, confident, and sexy while delivering a speech to a large audience; trust me, they don't want to see you shit your pants.

3. ZEN BUDDHISM

Achieve Nirvana.

* WHAT IT'S ABOUT

The history and practices of one of the most influential Asian spiritual practices. The origins and methods of Zen transmission, poetry, and meditation are examined through texts, literature, and film.

WHY YOU NEED TO TAKE IT

Why would you pass on taking a course on meditation and deeper meaning? You'll find yourself incorporating many of the principles of Zen in your everyday life such as viewing problems in a simpler and refreshing way. There's nothing more enlightening than meditating at the beach after a long weekend of raging in IV.

3.



4. HUMAN SEXUALITY

The birds and the bees.

* WHAT IT'S ABOUT

Anything and everything related to fucking, obviously. Anatomy, birth control, sexual orientation, pregnancy, STD's, gender, masturbation, etc.

WHY YOU NEED TO TAKE IT

We've all had that heart-pounding, toe curling orgasm that leaves you mind blown and gasping for air. If you haven't, take this course and you'll be well on your way to achieving it. You'll understand your sexual anatomy as well as your partner's and you'll know how to pleasure him/her on a whole other level. Of course, the history and sociology aspect of human sexuality is taught as well, but I'm sure your attention will be focused on how to find the infamous G-spot in a matter of seconds.

4.



5. SPANISH

¿Qué?

* WHAT IT'S ABOUT

The fundamentals of one of the most spoken languages in the world. Grammar, tenses, and a vast array of useful vocabulary is taught in this course.

WHY YOU NEED TO TAKE IT

Latino-American relations are growing and Spanish is becoming almost essential for employment in many areas in the U.S. Learning the basics of Spanish can improve your resume and help you earn a higher salary. You'll be prepared for study abroad opportunities in Spain, Mexico, Costa Rica, many other Spanish-speaking countries. Gentlemen, seduce the woman of your dreams with the most romantic language known to man and ladies, be amazed by the flow of beautiful words.

6. POSITIVE PSYCHOLOGY

Look on the bright side.

* WHAT IT'S ABOUT

The course addresses the latest research, theories, and techniques that lead to a meaningful and happy life. Pre and post measures allow students to see if their well-being has changed over the course of the quarter.

WHY YOU NEED TO TAKE IT

If you've taken a psychology course previously, you know that humans are vulnerable to emotional and mental problems. Evade those problems and take advantage of the material this course addresses to learn how to live a happy and meaningful life while at UCSB and in your future life. The course focuses on how to improve relationships, understanding virtues, and becoming your own best friend.

7. CONTEMP. NUTRITION

Food for thought.

* WHAT IT'S ABOUT

The basic concepts of nutrition and their importance in daily life are explored in this course. Carbohydrates, fats, vitamins, proteins, energy, eating disorders, and balance are thoroughly covered.

WHY YOU NEED TO TAKE IT

As much as we'd love to, we can't function solely on Keystone Light and Freebird's. Our bodies need essential nutrients and this course offers the recipe for a healthy, balanced lifestyle. You'll know exactly what proteins and vitamins your body needs as well as information on keeping a balanced diet to keep your beach body all year long. Your level of expertise at choosing the right dish at the DLG will leave you satisfied with yourself.

8. LIFE FITNESS

Work it, baby.

* WHAT IT'S ABOUT

An introduction to the physical fitness and health that is beneficial for the human body.

WHY YOU NEED TO TAKE IT

It's only obvious that UCSB is home for some of the hottest beach bodies in the west coast but keeping that perfect boob-to-ass ratio and wash board abs isn't going to be easy in the long run. You will learn various ways of keeping fit through nutrition, exercise, stress-management, and the principles of overall wellness. Keg stands and rough sex just won't cut it anymore.



9. SUBSTANCE ABUSE

Learn your limit.

* WHAT IT'S ABOUT

How alcohol and drugs like weed, nicotine, LSD, and other crazy shit affect the brain and our health in general.

WHY YOU NEED TO TAKE IT

There are two paths you can take with this course. Either you avoid these drugs in general or you take the valuable information provided and learn how to use them without fucking shit up (...too hard)! By the end of the course, you will have successfully mastered the art of being shit-faced.

10. INTRO TO ETHICS

Right and wrong.

* WHAT IT'S ABOUT

An introduction to morality, behavior, and the theories of right and wrong.

WHY YOU NEED TO TAKE IT

Enhance your decision making process and learn how to critically evaluate ethical issues for yourself. We face problems with abortion, death, animal rights, euthanasia, and now even privacy issues in the world of Facebook. By the end of the course, you'll know how to articulate your own opinion on "right and wrong."



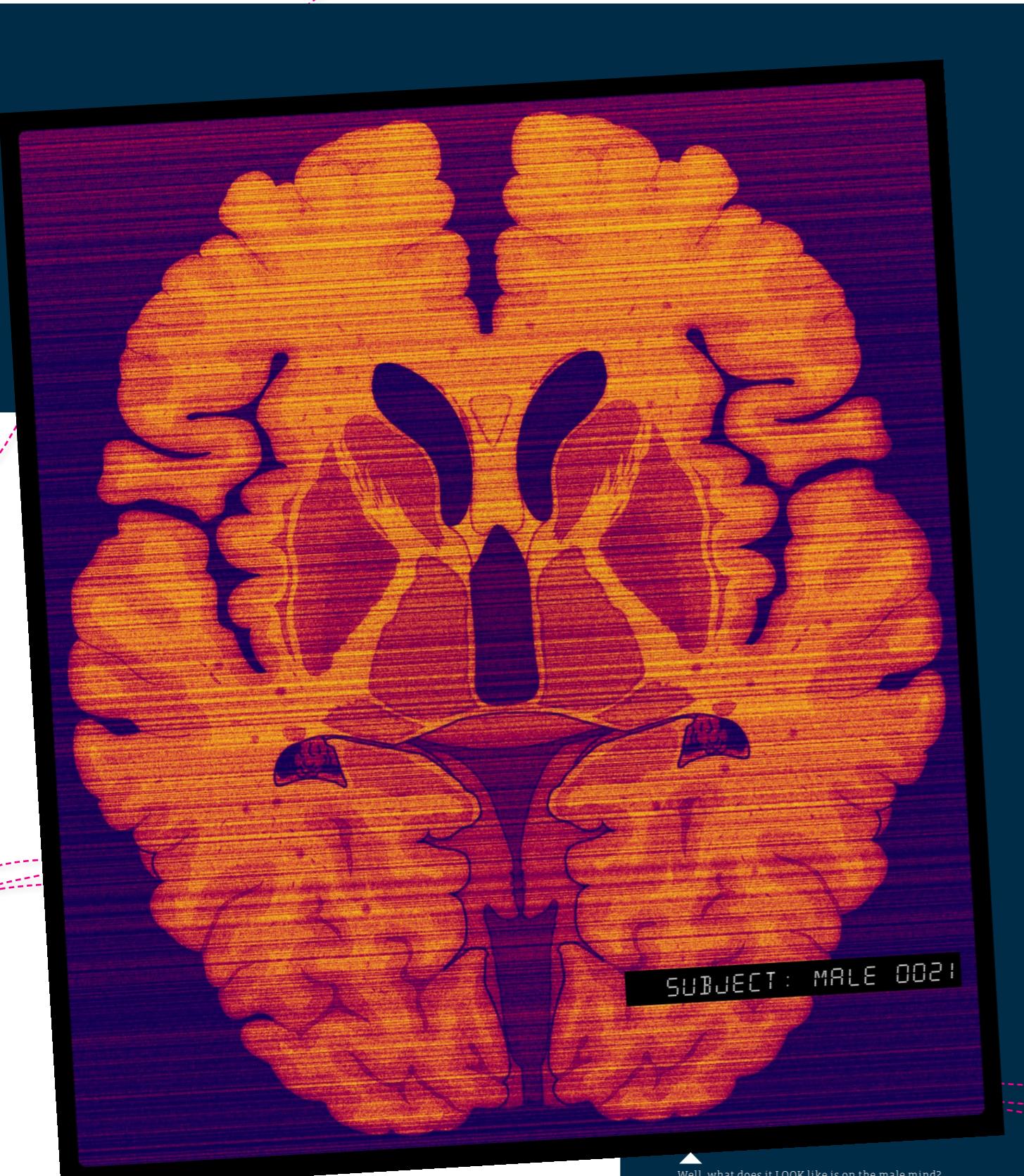
THE PSYCHOLOGY BEHIND THE HOOKUP

You brush, tweeze, shave, lather, and primp every night before going out. Then you do the whole smile-drink-flirt-dance thing.

Relationships are cute, but being single is worth the inconvenience of hunting down a new mate. Nightly. The college hookup culture seems to have students sprinting away in horror at the mention of the phrase “long-term.” But is the bend-it-and-send-it lifestyle making everyone happy?

BY ELLEN CAMPBELL AND ALEX MAITAN

Sex.



H

"Hey why are you off in such a hurry?" Some random guy asks you.

"Oh, I'm just tired and have a big day ahead," you reply quickly as you attempt to escape an IV house party.

"My house is much closer," he says with a wink. Ew. This is where you run. But unfortunately those Steve Madden pumps aren't exactly working in your favor tonight, and so you are forced to endure the pick up lines of numerous out-of-towners until you complete your march down DP. If you're a girl, this may sound like last Friday night.

Of course, men also often find themselves in less than ideal hookup scenarios. Isn't it annoying when some girl you take home keeps trying to cuddle with you? And why is she texting you the next day about your plans? You asked for her number to be nice and maybe you'd text her if you couldn't get with some girl in a few weeks; but truth is, she really did look better with the lights off.

It seems that nobody ever wins. College women either free themselves from men or wind up head-over-heels for them. Meanwhile men are either rejected or feel that they've wound up with a stage five clinger. Damn. The dissimilar motivations and benefits behind the male and female hookup have college students running from romance.

Take your average Isla Vista party: music, dancing, high quality plastic handles, and maybe some drinking games with good ol' Natty Light. This prevalence of alcohol changes the context of college dating. It has been found that alcohol consumption leads to higher expectations of sexual intent as well as the decline of

one-on-one dates. The authors of "The Dating Game: Similarities and Differences in Dating Scripts Among College Students," explain that alcohol consumption decreases inhibitions, and thus the "college experience increases ones' expectations regarding sexual play." The casual attitude toward dating among college students begins freshmen year. There are more options for underage students to meet in more social contexts such as parties because they cannot simply order alcoholic drinks at a dinner type date. Therefore, the "hookup" scene is born!

While dating occasionally occurs on college campuses, a relatively new trend is transforming the progression

"On college campuses, in recent years, 'hooking up' appears to be more popular... than the traditional date."

and prevalence of romantic relationships. Carolyn Bradshaw explains, "On college campuses, in recent years, 'hooking up' appears to be more popular... than the traditional date." While hooking up is an ambiguous term, research concludes that it is a semi-casual sexual encounter without commitment. UCSB students seem to agree; third year, Sedona Tosdal defines a hookup as "A general term for making out, oral sex, intercourse, and so on without exclusivity or officially being in a relationship." Hooking up is fueled by students socializing in groups and "partying." Parties enable more sexual encounters because there are more partner options, and we all know that UCSB has some pretty nice options. Moreover, students tend to have non-committal attitudes and do not place the same importance on marriage as previous generations. Thus, college students are under less pressure to find a spouse during their college years, but they are still sexually active.

ally active. It makes sense then, that our generation is receptive to the hookup scene.

Today, more women than men go to college. The increase of female students may lead to the emergence of the hookup era because "if there are not enough men to go around, the ones who are there have the greater power to determine what suits their needs when it comes to interacting with the opposite sex.

Therefore, women may have to adapt to a script that is particularly beneficial to some college men," according to Kathleen Bogle's research on the college hookup scene. Although women are making great strides, men still have a sexual advantage. Another frustration for many women, Bogle says, is that "college students recognize hooking up as the pathway to a potential romantic relationship, yet a hookup does not guarantee any commitment beyond when the encounter takes place." So how is a girl to know whether or not last night's hookup is her potential prince charming? Unfortunately, that is difficult to say.

75%

The purported number of Americans who have shed their v-card by the age of 20, according to the CDC.

Students believe that their college experience should revolve around fun, not serious relationships. Many students feel that college is a time to have fun and party; therefore, it is not likely that the majority of students will want to pursue committed, exclusive relationships because they are believed to interfere with fun, states Bogle. So, being single is associated with the freedom to enjoy oneself. This newfound independence is a key feature of college. Second year Lucy Qi explains "even though it is nice to have someone, there is nothing to hold you back from meeting new guys or girls when you're single. You don't have to worry about jealousy issues or guilt when you hookup with different guys. Plus, it's nice to be able to dedicate all of your time to yourself." It seems that college men agree; third year, Joey Cody mentions that "the chase" is always fun, as well as the excitement of meeting and hooking up with a variety of women.

Social status may make certain students more likely to follow the hook up trend on a more regular basis. Fraternity men are one example of such a pattern. Bartoli states that "Greek men's scripts--especially when drink--{are}...more sexualized." She

Seems romantic, doesn't it? Sadly, relationships at UCSB are few and far between, and often last only a short time.



considers this may be because membership in Greek social organizations has been shown to promote more traditional gender role expectations in dating and greater expectations of sexual interaction when compared to their non-Greek peers. Fraternity men have more opportunities for sexual encounters with women due to their status on campus because frat parties are one of the only venues to readily access alcohol. It is not surprising then, that the easiest place to find hookup partners is in a male-dominated party context. They basically have their pick of the litter when it comes to beautiful girls in Isla Vista. It doesn't really make sense to just pick one! Moreover, fraternity men tend to have characteristics that predispose them to the hook up mentality. Bogle

explains that "men who were less...likely to drink, and less inclined to have a conquest mentality toward sex, were most likely to drop out during the pledging process." Of course there are exceptions to any rule. Overall, each handle pull you take at frat house may not be a potion for love, but hey, it's free booze!

It is ironic that many college students feel that committed romantic relationships hinder their ability to have fun because research shows that single people are less happy and

healthy than those in relationships. Since the hookup culture on college campuses leads to a lack of relationships, it therefore eliminates the benefits that are connected to them. Moreover, frequent casual sex is associated with greater depression in women, according to Bradshaw. Thus, hook ups not only take away advantages of relationships, but more directly impact women's mental health for the worse. In addition, having a high number of hookups hinders men from their main goal: sex. Dr. John Baldwin, Professor of Sociology here at UCSB with a PhD in Sociology, explains, "Boys in solid relationships get the most sex...Even though boys talk about getting the most sex possible, those who actually get it most are in solid relationships." Further,

that more women than men showed interest in a relationship both before and after hookups. The gender gap in relationship interest is slightly larger after the hookup, with 48 percent of women and 36 percent of men reporting interest in a relationship. This difference in interest can lead to regret, sadness, and feelings of rejection for women.

It's probably not a huge surprise then, that dating relationships are better for women and less desirable for men. First, sex in relationships is far better for women. Women are more likely to orgasm when they have sex with a committed romantic partner because sex in a relationship is more likely to include sexual activities conducive to women's orgasm. In a relationship, men actually care about whether or not his partner is enjoying herself. Not only are there physical advantages for women, but also less mental stress. A woman's dating role has less responsibility than a man's because women play the reactive role. On the other hand, the man initiates and makes decisions. Therefore, men prefer the less stressful option of simply hooking up.

Overall, women are more selective and cautious about whom they mate with. Women have more to lose in casual sex situations; the risk of becoming pregnant physically affects women more than men. According to the evolutionary theory, men are programmed to want to spread their seed. All men have to do is ejaculate to accomplish their goal. Whether or not these primitive instincts are still intact today is still debated, but it appears to hold validity through male and female interactions in the hookup game we play.

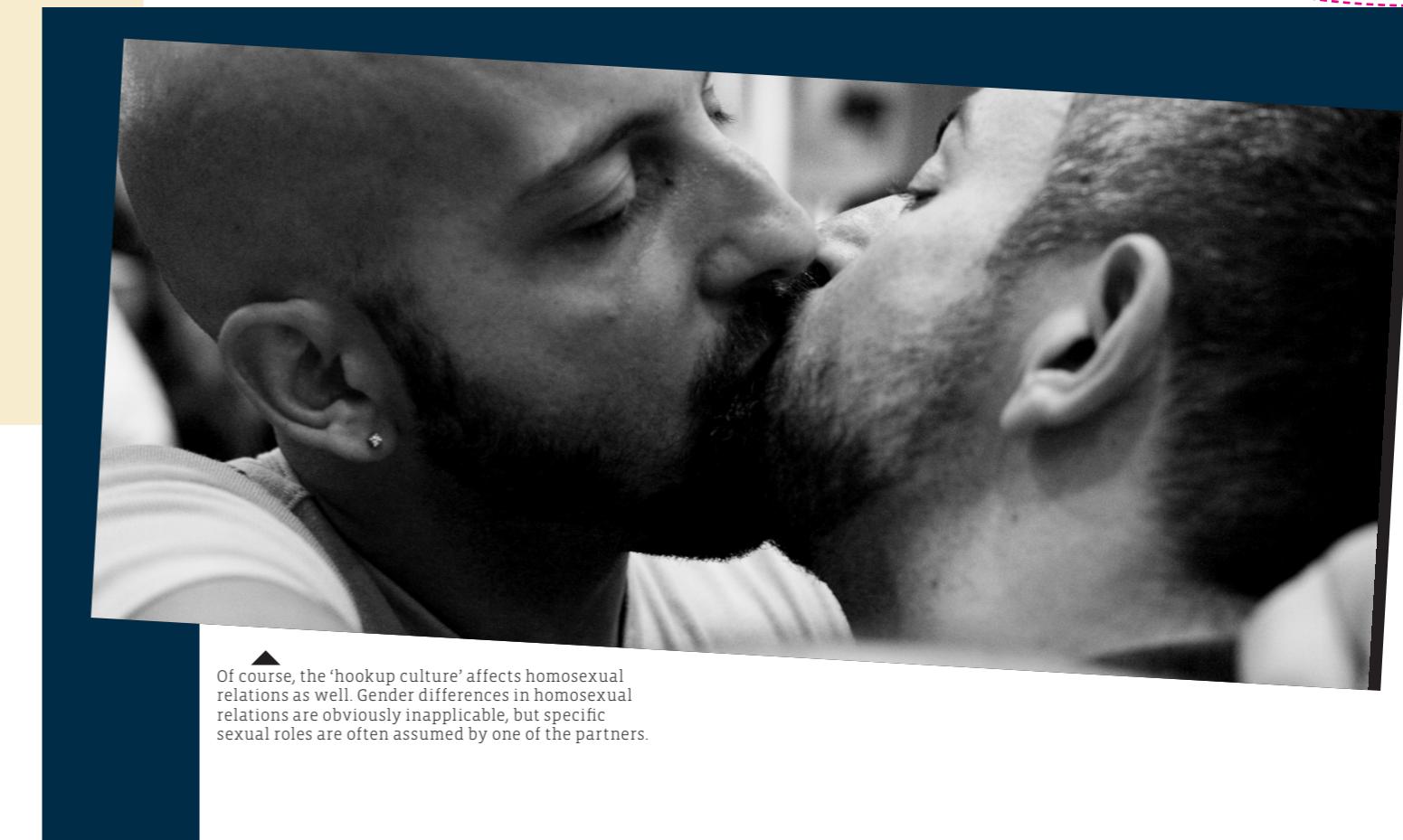
So we may as well embrace the positives of this obscure hookup culture. College men, live it up while you can! And ladies, do not fret because Isla Vista isn't real life. Your prince charming is just taking his sweet time and is not looking for you quite yet. *

More often than actual relationships are one-night stands. The couple pictured below reportedly got engaged, consummated their relationship promptly, and broke up—all in the same hour.



the pervasiveness of casual sexual activity among today's youth is more concerning than the age in which it started². In fact, students today are not having more sex at a younger age than their parents. Yet it is interesting that the modern hook up culture was not prevalent during their college years.

Generally, hook ups are less desirable for women and more desirable for men. It is debatable whether or not this hookup era is empowering for women. It may be possible that the issue is the way in which society looks down upon casual sex, thus making young women feel guilt and shame about engaging in such behavior; "men, on the other hand, rarely expressed regret and shame following a hook up" states Bradshaw. She notes that hooking up can be a much more egalitarian relationship than traditional dating in part because little communication can be initiated by either sex. Men are not necessarily in more control as they are in modern dating scripts. However, there appears to be more disadvantages for women. For instance, research shows



Of course, the 'hookup culture' affects homosexual relations as well. Gender differences in homosexual relations are obviously inapplicable, but specific sexual roles are often assumed by one of the partners.

AVERAGE STUDENT ASKS...

BY COREY LAU

We've got questions. Lots of them. We're lost minds, wading treacherously through bales of outdated syllabi and neglected lecture schedules on Gauchospace, hoping that the crappy 'Rate My Professors' evaluation of our lecturers are wrong. Here are some answers.

"What should I be taking notes on?" ■

Good question. Unless you're wildly interested in the topic of the class and want to save some bits for personal satisfaction, your job is to suck in lecture material and regurgitate it onto a scantron or bluebook. Write down anything put on the chalkboard or Powerpoint. Watch the lecturer's body language for emphasis on important topics and write them down. Also, always note scholarly definitions.

"Is summer session worth it?"

At \$571.51 in base fees and \$270.93 per unit for each of the two six-week summer sessions, attendees will pay less money for more units than they will during the standard academic year. Each class is held four or five times a week. Subleasing is easy and cheap, and the party scene is relaxed - usually only one party rages on DP. Also, science or math classes will give you Carpal Tunnel Syndrome, as they still cram a whole quarter's worth of information in, while other classes tend to have a less grueling curriculum. Summer sessions are a wise economic choice.



Where's the party, again?

"How do I get a good letter of rec?"

GO TO OFFICE HOURS
Such a personal undertaking by your professor or boss requires that they know who you are.

PERFORM WELL IN CLASS
Or on the job, if asking a boss. It is obviously necessary that they like the work you do before they tell others.

ASK IN PERSON
Asking over email is cold. Asking for a letter of rec. in person will add extra weight in personal interest.

Nattie Lite is chill, right?



"What do my professors expect from me?" ■

With faculty-student ratios climbing, allowing less personal interaction with professors, some students don't know what professors want.

YOUR ATTENDANCE

Did your professors skip class in college? Almost certainly. Does that mean you can skip theirs? Not to them. They've been through more schooling than you've been alive, and deserve your respect.

Not to mention, each of those courses is costing you around a thousand dollars. Plus, having a full lecture hall only during midterms and finals is demeaning to their profession.

YOUR ATTENTION

We've all nodded off in a cushy chair of a dimly-lit lecture hall once or twice. Or every Monday of the quarter. But the prevalence of dozing scholars doesn't render it acceptable. Sleeping during class is phenomenally rude and could hurt your grade, in smaller classes. Texting, reading a newspaper, or listening to music is rude, too. And put this magazine down if you're in class!

TO READ THE MATERIAL

Professors generally understand that their twice-weekly lectures aren't enough to give you a healthy understanding of the curricular material on an accelerated quarter schedule. Are they milking you for money by putting material from readings they made you buy on the final? Maybe. But they claim it's to give you a stronger understanding of the course fundamentals.

TO ASK QUESTIONS

Asking questions shows that you have some degree of interest in what they've devoted their lives to. Also, it shows that you're paying attention (see two above). Just be sure not to be the person asking questions which were answered less than ten minutes ago. Professors usually take a liking to students who regularly ask questions.

"When is it okay to skip class?" ■

Rarely. Missing class constitutes 1) a waste of tuition money 2) less in-depth understanding of course material and 3) awkwardly asking that stoner guy who always sits next to you if he wants to meet up for a "gnarly study sesh." And if attendance is taken, you're screwed out of points. Skipping class is okay only if you're deathly ill, a family member has died, or Deltopia falls on a weekday. And if you're allowed to miss a couple days, don't burn them out at the start of the quarter. Save them for a rainy day. Literally.

"How do I avoid end-of-the-year-itis?"

It's Spring Quarter: Sunshine, surfing, bro-tanks, sundresses, wayfarers, and condoms. And you managed to stay at UCSB another year - woo! Party err day! School is for chumps and pastey nerds. That's all well and good, but our school expects us to maintain the level of academic and personal success demonstrated in our applications. How do you do this? Have your fun, but plow through work just as before. Let that great ball of burning summer sunshine be the light at the end of the tunnel.

“Is the library really worth my time?”

This depends entirely on your study style. If you enjoy a quiet, orderly space to do your work, the library rocks. The trip to Davidson is worth it. However, if you're pained by a morbid lack of electrical outlets, the inability to think out loud, having to chew your Subway sandwich as gingerly as a frightened mouse, or the sedating stillness of the air, the library is not for you. It's not that there's a gold mine of information that makes the

library useful to students - rather the space for study. If your roommate is particularly annoying, Davidson Library can be your scholastic refuge.

“How do I avoid passing out in class?”

It's 8:04 AM. Roll has just been taken in psych section. Enter academic Darwinism: only the strong will s

EAT WELL

Staggering into class with a Cheeto and Mountain Dew hangover is a sign of collegiate malnutrition. Junk foods are delicious, yes, but don't yield enough nutrients to fuel the grand furnace of thought that is your brain. Eating a decent breakfast, with whole grains (maybe some peanut butter on bread) and citrus fruits can keep you alert through your most drowsy classes.

GET ENOUGH SLEEP

If you could stay awake in that psych section, you'd learn about the significance of Circadian Rhythms and what they mean for your energy level. In short, avoid daily naps and sleep six to nine hours a night. You'll supposedly rise most rested from sleep if you awake on multiples of 90 minutes. Partying can be savage on your sleep cycle, so partake in moderation. Also, we don't blame you for nodding off in an 8:00 AM.

EXERCISE

Keeping active not only opens your blood vessels to allow greater circulation of oxygen to your brain and conditions your body to operate more efficiently on less oxygen - it also has a therapeutic effect on the brain. It alleviates stress (whatever that is) and can serve as a means of clearing one's mind of the disorganized workload ahead. A more efficient brain will function better all day long, in Lehman's terms, and will translate to greater alertness.

SOME OTHER TRICKS

If you find yourself nodding off in class after attempting these solutions, try shedding a layer of clothing. About 75% of your body's energy is devoted to temperature regulation, and being cooler makes it easier to stay awake. Also, you can try keeping your mind active by doodling on your notebook as the lecture drones on. If you must, you can play with your smart phone for stimulation - it's better than falling asleep. And if that fails, sexual fantasies about your classmates can be arousing.

“What if I can't afford my books?”

Books. That extra bit of tuition that isn't advertised by universities. Some are shockingly expensive or overpriced. Here are some ways around paying full price.

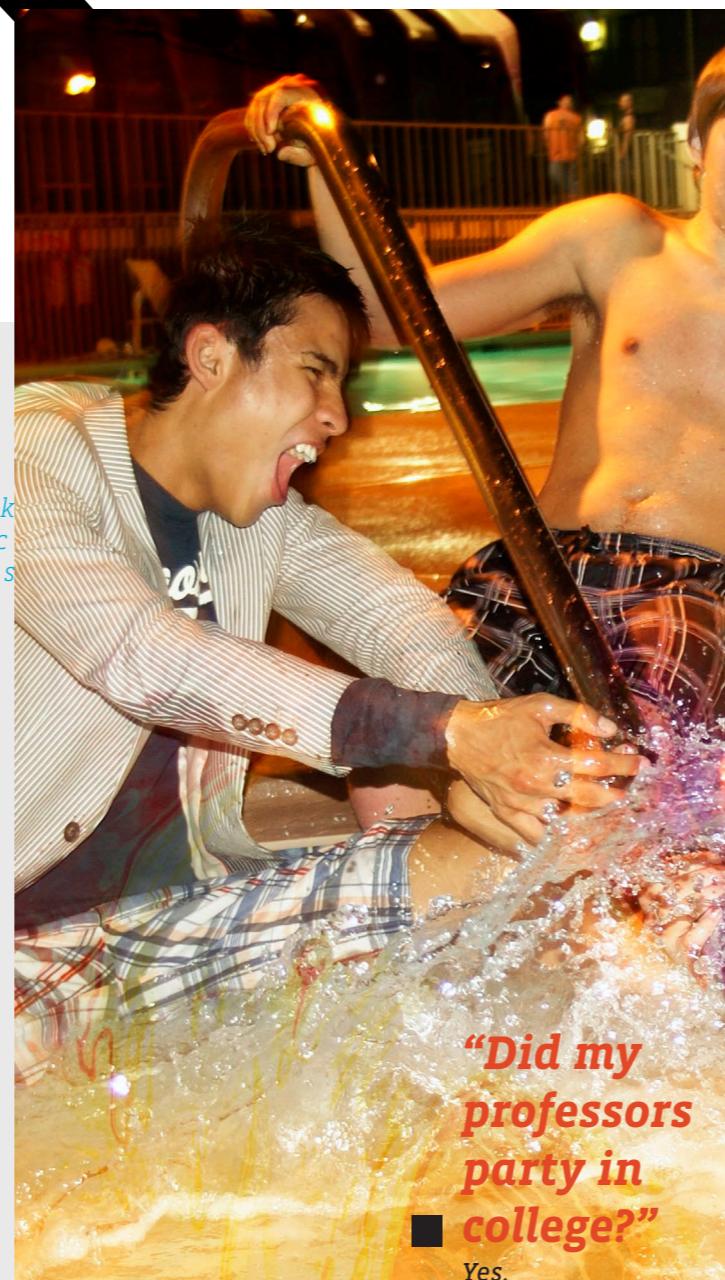


RUM, SUSCI SUM ETUR, QUI IS QUE MAGNATE

- 1) Buy used books, obviously.
- 2) Buy used books from peers.
- 3) Go halvesies on a book with a friend.
- 4) Buy an older edition online.
- 5) Rent the book from the library.
- 6) Don't buy your books.
(not recommended)



If a quiz is quizzical, what does that make a test??



“Did my professors party in college?”

Yes.

FURIOSLY CURIOUS STUDENT ASKS...

“How do I avoid finals stress?”

KEEP UP ON READINGS
Most finals stress stems from a looming sense of inability to perform well on exams. We all can relate. As mentioned before, professors expect you to keep up on your readings, which they'll include in your finals. Read and be saved.

WORK OUT
Just as it keeps you alert for class, exercising can sharpen your mind before important exams. It also can relieve the internalized nervous tension which plagues every attendee of this school at the end of the year.

INDULGE HERE AND THERE
What's life without pleasure? Hemingway says it's meaningless, and most of us probably agree. Sneak in a good meal or your favorite drink between study guides. And a bout of intercourse couldn't hurt... too much.

Is that a homeless man or a professor?





WHY IRRITATINGLY WELL-OFF COLLEGE STUDENTS LIKE ME DESERVE BETTER TREATMENT

BY IRENE KUO

Truth be told, the whole Occupy movement makes me feel a little left out. What do the 99% have that I don't? All I want to do is join in on the fun, but all these protesters say I can't relate. I know what hardship is like. I'm constantly burdened by money problems -sometimes, I just don't know what to do with it all, and it is issues like these that keep me up at night.

I find it so inconsiderate when I hear my friends worrying about financial aid. I don't get free money thrown at me to go to class. I don't receive any compensation for my diligence, and sometimes, I hold back tears knowing that I am not valued as highly as those on the lower rungs of society. I've always paid the full tuition, but do I get what I deserve? It's ridiculously unfair that I am put on the same level as these dogs - I don't get earlier pass times or access to past exams. I get nothing. Nothing.

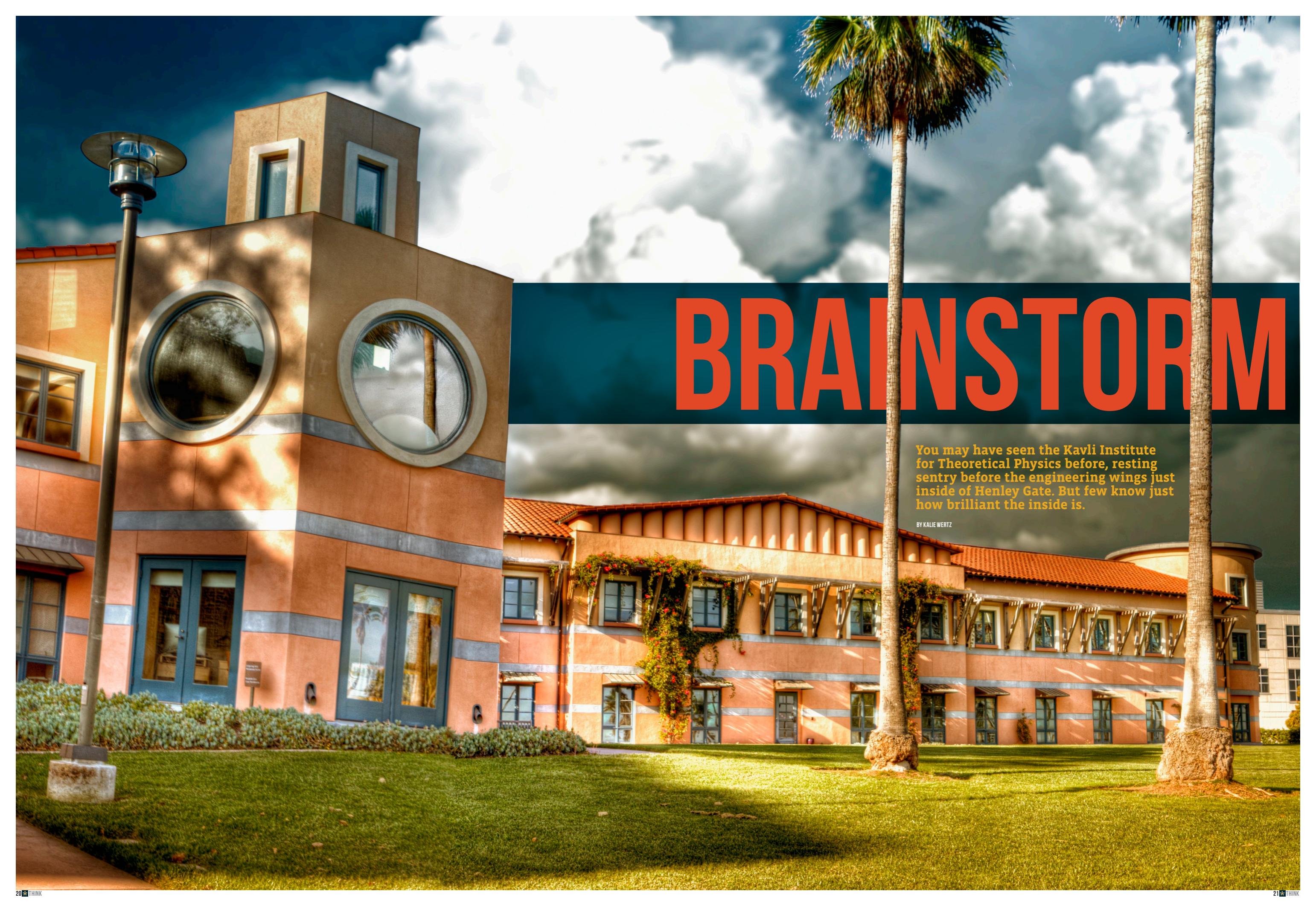
To remedy this discriminating situation, I propose that wealthy students like me, who are bogged down by injustice, should be prioritized over the poor, dirty bastards when I enter the workforce. In fact, I need the job more than they do. Do you think that it's easy leading my luxurious lifestyle? Recently, I had to sell my Audi to make room for my Maybach, and that's the least of it. The poor don't have to work hard to maintain their disgustingly meager ways.

I've been told I'm arrogant and elitist by my peers with inferior finances, but if

you really think about it, my disdain is only a response to their selfishness! They may know how to live on \$800 a month, but I've only ever lived on \$6000. I don't know how to adjust to their little lifestyle of thriftiness. Why should I be forced to adjust to do so? All they want to do is put me through hardship, but enough is enough. I'm only thinking about my community when I buy everything I don't even need. You see, what I'm really doing is stimulating the economy. Can I get any more thoughtful, considering that I, too, am struggling in this crippling recession? These underprivileged hypocrites cry for more, without ever giving back in return. Are they doing anything for their country? Well, I am. It's not only understandable, but perfectly reasonable to ask for a job that people may think I am unqualified for straight out of college.

Me, unqualified? Let's not even start on my endless qualifications. I can multitask better than those job-hoggers that work four part-time jobs just to afford the minimum standard of living. They think that's difficult? It's not easy drinking every day and making time to copy homework from others. I struggled with it at first, but now, I'm scraping by really well. Now, that's true time management.

This really is a plea to the less fortunate out there: let this trickle-down economy trickle down to me. I'm running low on funds as it is. Why can't I have my cake and eat it, too? Yes, people consider me part of the 1%, and being in this position is more than a little hard, if you ask me. The 99% are practicing discrimination, trying to stamp out the minority. I deserve a voice, as well as a job! I can't wait until my parents die to get my inheritance. What, am I supposed to starve? If all these smaller people continue to be so self-serving and unjust, I guess I'll just have to hire a private chef instead of going out to restaurants all the time. I may have a trust fund, but trust me; I sure don't have it easy.



BRAINSTORM

You may have seen the Kavli Institute for Theoretical Physics before, resting sentry before the engineering wings just inside of Henley Gate. But few know just how brilliant the inside is.

BY KALIE WERTZ

NERDS.

ONCE CONDEMNED TO HIDING IN DARK OFFICES, HUNKED OVER EQUATIONS ON PENCIL DUSTED PAPER, PUSHING WIDE RIMMED SPEC-TACLES BACK UP THEIR NOSES – NOW PROPHETS OF THE UNIVERSE! You'll find them excitedly wiping chalk-dusted fingers on their khaki slacks while rambling about string theory to other researchers at the Kavli Institute for Theoretical Physics, a hidden fortress of the UCSB campus.

Inside, leaning gingerly against a chalk dusted floor-to-ceiling blackboard, Nobel Laureate David Gross pans his eyes across his 180-degree view of the Pacific Ocean.

"Physics is what physicists do," he states matter-of-factly. He smiles downward. It would take more than one interview to fully understand the work of theoretical physicists.

Sunlight streams in from elongated windows onto piles of scribbled-on documents and an ageless Apple computer perched on Gross' desk. His office at the west end of the Kavli Institute of Theoretical Physics (KITP) is by far the best office in the building. And as director of the Institute since 1997, he deserves a beautiful place where he can spend some rare

"THERE IS THIS MISCONCEPTION, ESPECIALLY FROM SHOWS LIKE THE BIG BANG THEORY, THAT PHYSICISTS ARE A-SOCIAL LONERS WHO DON'T INTERACT WITH EACH OTHER... THAT'S JUST NOT HOW IT IS HERE."

free time.

"Nobody has any duties here except me," Gross states. "Everyone else is free."

Intellectual freedom is the essence within the Kavli Institute for Theoretical Physics, finding refuge inside of Kohn Hall, settled neatly on the eastern base of the University of California-Santa Barbara campus. Out of the fifteen Kavli Institutes tucked around the nation, UC Santa Barbara is the only campus dedicated to theoretical physics – a field too broad to restrict its researchers to any one pattern of thought. In here, conversations dance from one end of the universe to another. With anywhere from 50 to 75 visiting scientists occupying the building at a time, the little two-story Santa Barbara campus sees roughly 1,000 visitors a year from all over the world. And the environment, both inside and outside the building, is incomparable.

"The building itself is relaxing, not like the prison buildings that most university buildings look like," Gross speaks warmly. "It's a nice place to be intense."

Kohn Hall was itself designed by architect Michael Graves in 1994. Graves created dozens of famous projects nationwide, from the Roma Interrotta Exhibition in Italy to Dolphin Resort at Walt Disney World Florida. Outside, Kohn Hall breathes in the colors of a California sunset – it's much warmer than its engineering neighbors, who reflect a cool, crisp light. The building is much more organic in design than the adjacent structures, deviating from oh-so-clean edging and rounding the end offices of triangular hallways. A fresh sprawl of sod and flowering bushes garnishes the road-front property: conveniently showing it off to all who enter campus through Henley Gate. Kohn Hall is arguably one of the sexier buildings on campus. But what is most extraordinary is what goes on inside.

"There is this misconception, especially from shows like 'The Big Bang Theory', that physicists are a-social loners who don't interact with each other," Gross defends. "That's just not how it is here."

Instead of hiding in dark offices, cutting off all communicative relationship with the outside world, the Institute prides itself in being both interactive and aesthetically pleasing. Scientists from all fields, networks, and neighborhoods break out of their offices and take turns scrawling on five feet high blackboards in





what appears to be a caveman's lingo, occasionally fighting over numbers, letters, and white chalk dust.

"Some of Graves' designs allowed for a scientist to work by himself in a little cell and not be disturbed," details Jim Langer, a loyal physicist of the Institute since its founding in 1979. "We had to tell him that that was the exact opposite of what we wanted."

In the literal heart of the Institute is a courtyard with massive slate blackboards implemented into each wall, any way you turn. KITP has kept its resources clear cut.

"Pencil, paper, chalk, and theorists," Gross once again simplifies the reasons for KITP's unusual greatness.

The Institute was founded in the late 1970s, due to a competition held by the National Scientific Federation of Theoretical Physics initiating proposals for an institute on an individual campus. The Santa Barbara proposal slidded in an easy win, "partly because it was a good idea, and partly because of it being a nice place" nods an understanding Gross. "There is a lot happening at UCSB. Period."

KITP expands into four main aspects of study; Astrophysics, Biophysics, Physics of Matter, and the new "hot topic" in physics – String Theory. All in all, pretty common everyday stuff. "Its what we've done, what we're doing, and what we plan to do," commends Gross on the Institute's research.

Word on the string is that dedicated individuals have to go to a place where the weather is bad to do good work. "But that is a lie" Gross owns up, looking out lovingly toward the golden ocean sunset.

At KITP, visiting scientists emerge from a

"THE MOST EXCITING SCIENCE HAPPENS AT THE BOUNDARIES, WHICH ARE ARTIFICIAL THEMSELVES"

stereotypical cocoon of solitary confinement and begin to kara-te chop through the barriers of different departments. "What would be the relationship between atomic structure and the use of materials?" asked Langer. "What about engineers, biologists, kinesiologists?"

As the world's most modern and visible center for theoretical physics, staying within one niche of science will simply not fly anymore. KITP explores connections that have never been considered, bringing together people speaking different jargon, and almost physically bringing down departmental walls.

"The most exciting science happens at the boundaries, which are artificial themselves," discloses Gross. "If we want to try something, we run a program on it."

Around once per quarter, KITP heads two to three programs as chosen by the super-elite International Advisory Board. Conferences are also held that typically correlate with the program topics, and are typically invite-only. Backstage passes into these shows simply requires giving your

heart and soul to understanding science. Last year, the line-up opened with "Concepts of Graphene", "Black Holes" making a following debut, and rounded up the year with "Exotic Phases of Frustrated Magnets".

"Lots of places in the world have conferences," explains another Kavli legend Dan Hone. "Its very different here. About three talks a week, and then rest of the time, people feed off the conference in parts: going into other offices, going into rooms, collaborating and creating something new."

Prior to the groundwork on Grave's masterpiece and even before the name of entrepreneur Fred Kavli came onto the scene, the Institute was housed at the top floor of Ellison Hall. And while the views may be phenomenal, the scientists were surprisingly focused on other issues.

"Ellison was a mile wide and ten feet deep," commented Hone on the unnecessary amount of space. "And still is!" chimes Langer, "But the University guaranteed us a better facility if the Institute proved to be successful. And there were advantages in Ellison: everyone saw everybody else. It was a place where you couldn't avoid bumping into people in the halls. It grew to be a certain environment that we definitely

did not want to lose when designing a new building."

Grave's original design turned into reality in early 1990s, but was finally completed in 2002 when Fred Kavli donated \$7.5 million to the Institute. "Kavli hit us at just the right time," noted Langer. "He gives the money and then walks off. He doesn't tell us how to use it, he give us complete freedom."

Fred Kavli established the Kavli Foundation in 2000, and as a business leader and phi-

occurred out of KITP," said a proud Langer. "It is clear that it has played a unique role in the world."

In the short history of KITP, three of the five Directors have been Nobel Prize winners – including Gross who took the 2004 Nobel Prize in Physics – and nine Noble Laureates have been advisors on the theoretical physics' national scientific board. Kohn Hall's name sake Walter Kohn is also a winner of a Nobel Prize of Physics, and Chancellor Yang is on the Kavli Foundation Board of Directors.

"This Institute is the product of many, many people all over the world," states Gross. "And UCSB

is an exceptional place."

Walking through the Institute today, it does not look a day old. But for the thirty-three years that the Institute has been bringing people together, the future of KITP still has the force of physics on their side.

"Physicists are very arrogant and think they can do anything better than anyone else," said Gross. "And the truth is, they can." *

IN THE SHORT HISTORY OF KITP, THREE OF THE FIVE DIRECTORS HAVE BEEN NOBEL PRIZE WINNERS – INCLUDING GROSS WHO TOOK THE 2004 NOBEL PRIZE IN PHYSICS – AND 9 NOBLE LAUREATES

lanthropist, he focuses his time and money on establishing research institutions and leading universities around the world. Out of the six professorships that Kavli has established, two are granted to UCSB. He has also endowed two chairs of engineering to the Santa Barbara campus – one in Nanotechnology and the other in Optoelectronics and Sensors. Additionally, Kavli has recently introduced another Institute of Theoretical Physics – the only other in this far reaching planet – in Beijing, China. This institute has been modeled after the Santa Barbara campus, and Director Gross had a hand in helping to establish it.

"Kavli has a prestige," said Gross about the Institute's founder. "KITP has become a model; its very rare to find a theoretical physicists that has not been here."

As for what is discovered at KITP, it does not always get full credit for what was bred within its walls. But for those involved with the Institute, that's not the point.

"Dramatic novel science has

BIG THOUGHTS IN SCIENCE AND CULTURE FROM YESTERDAY TO TOMORROW!

Time is infinitely powerful. It constantly influences every aspect of our daily lives, simultaneously developing our understanding of these concepts. To explore the effects of time, we asked nine professors to detail the metamorphosis of their fields of study - this is what we learned.

BY BROOKE LYON & CHARLOTTE FARRANT



PREMARITAL SEX

Yesterday: If you were bumpin' unwed uglies back in the day - say, pre-1960s - you'd be ostracized as a moral deviant. This is largely due to the strong values in Judeo-Christian culture in America, which cultivated an extremely conservative social culture. Also, people married earlier in life.

Today: Premarital sex for everyone! Today marriage occurs later in life, which has contributed to an escalation in the role of women and an increase in sexual partners in one's lifetime. If there is a rise in premarital sex, it is only because men and women rarely marry as late teens or young adults, where it could be seemingly coincidental.

Tomorrow: The age and circumstances of which people have sex are expected to stay the same as decisions to have sex will continue to be fueled by natural curiosity and pressure from a partner. That doesn't change the fact that her dad will still probably want to kill you.

SOCIAL LIVES OF YOUNG ADULTS

Yesterday: It's 2 am on a Friday night in 1980 and you're walking into a party on DP: the music is still blaring and you're immediately faced with the aftermath of 25 kegs. #norestrictions. Of course, hashtags don't exist, because there's no such thing as twitter, and there was no witty Facebook invite to the party either. However, a neighbor may have walked over to your house and invited you, or slipped a handmade invite under your door a few weeks back. Typically the parties weren't enormous, and it was rare to find yourself walking into a house without knowing most people there. IV was just like any other friendly neighborhood (with a slightly different agenda). **Today:** Today's average Isla Vista has a lot more on his or her plate than the 1980s predecessor. For us, it's not as simple as school and social-- we prefer to be highly involved in various activities. This fragmentation is both impressive and worrisome, as it clearly catalyzes the increased presence of stress in our lives. **Tomorrow:** In the next 5-10 years, Isla Vista will be providing a higher standard, retaining its character, but becoming more diverse by offering more than the stereotypical IV lifestyle. This little square mile is a place students have grown to care about more and more, and hopefully soon the student culture will be celebrated in a community center. As UCSB admittance standards increase, more highly competitive students will be living in IV, but it will always be an attractive option for those who like having a balance between studying and a social life.

THE "GO-GREEN" MOVEMENT

Yesterday: Emphasis on the needs of our planet was formerly not often present. Governments were not seeking regulation in favor of the environment, and environmental science programs were far from common. However, this seemingly lack of care for the environment after the industrial revolution, was coupled with a lack of knowledge on the subject. It was not really until the 1960s that scientists began to focus on the environment.

Today: Environmental science is thriving, with research conducted around the world and programs offered at countless universities. This field is of particular importance to UCSB - a campus recognized for its earthly efforts and home to one of the nation's first environmental science program and school. Regulation from the government with green motives is present at the local, state and national level, and environmental issues are increasingly covered in media and politics.

Tomorrow: It's expected that interest in the environment will only grow. The future of seems to have a dependency on who's in office, as larger change relies on legislative momentum. Then again, we could discover that recycling is complete BS.

MUSIC

Yesterday: Ecstasy, alcohol abuse, dramatic performers and live music is a less modern list of expectations for music festivals than we may think. The concept of performing "completely smashed" for an assumably inebriated audience has been around for centuries. Being a total diva in order to draw a crowd was practiced as early as the 19th century, when charismatic composers such as Liszt and Chopin increased the popularity of their piano recitals through wild performances, which have been said to have inspired today's most prolific composers - like Nicki Minaj.

Today: The technologic sounds of today's music certainly weren't present in Beethoven's era, however Professor Rone argues that the electronic manipulation of music is an art form, in that "anything you use to pour an ineffable quality of your own self into something is artistic in nature." Although, he admits that he has never experienced dubstep - so there's a chance he could regret that.

Tomorrow: Prepare yourselves to explain the enigma that is Lady GaGa to your children, because Rone predicts that she, among few other popular artists will survive future decades. Although a historical remove is necessary to determine which artists should be studied in the future, music that best reflects today's society is most likely to prevail.

ASTRONOMY

Yesterday: Just over 400 years ago, anyone would have argued that Earth was at the center of the universe. Armed with the invention of the first telescope in 1609, Galileo contested this belief, and was prosecuted as a heretic for it. The invention of the telescope completely altered the way we think about the universe, inspiring a litany of profound questions we are still attempting to answer today.

Today: Today, astronomers are capable of viewing the first 100 years of the universe's existence, eliminating the idea that our universe is finite. Furthermore, they have also discovered endless possibilities in the future of the universe through observing its a variety of research projects, examining topics such as the creation of galaxies, black holes, supernova and the detectors used to understand the complexities.

Tomorrow: Hopefully in the future, astronomers will be able to answer some of the glamorous sci-fi questions we've all pondered in the midst of a haphazard star-gaze. What is the universe made of? Is there extraterrestrial life? Are there other planets that look like Earth? The knowledge that truly stretches to infinity and beyond.

COLLEGE DEGREES

Yesterday: In the far past, a college degree was an indication of aristocracy. And in the not-so-far past, a college degree meant you were a hard-working, qualified individual (depending on your major). The focus of your studies mattered in your professional future.

Today: A college degree is the new high school diploma! Graduates across the nation are settling in as baristas and grocery clerks, waiting for their time to shine in the excessively competitive job market. Little attention is paid to our majors now, as simply having a degree of some sort is becoming qualification enough to perform on the job.

Tomorrow: In the wake of billionaire dropouts who've changed the world like Mark Zuckerberg, and Steve Jobs, maybe being a college dropout could become a boastful accomplishment. The future is all about the startup, and spending the time to get a degree wasted valuable work time.

GLOBALIZATION

Yesterday: Competition has ignited disagreement for centuries, and although battles are no longer fought by knights in shining armor, we continue to see nations working together and falling apart on the global stage.

Today: Over the last 20 years we have seen the increase in importance of globalization, particularly among countries in the G-20. Issues such as economic flow, the spread of information, and pollution are no longer nation specific as was this case in the past, but handled by multiple countries working together. Production of goods has been spread to elsewhere, as seen with the innumerable products stamped with "Made in China", causing increased dependencies on other nations. In addition, military power cannot justify a nation as powerful when nations like China are responsible for many products for multiple nations. The United States learned through the Vietnam War that military strength is not enough to win a war.

Tomorrow: It is hard to predict where international relations will take us, as we are in the midst of change as a result of our availability to an instantaneous flow of information that makes it even easier for news to spread and issues to gather attention. One major change that seems to be inevitable is the rise of China, and global climate change will also further unite nations.

RELIGION

Yesterday: Religion is forever associated with American history, as the first settlers came ashore to New England to flee their homes to avoid religious persecution. Additionally, the framers of the Constitution were unique in granting a freedom of beliefs to all Americans, a revolutionary idea at the time. It was an essential part of life for much of the past, and sects such as Mormonism and the Southern Baptist Convention were created. If you didn't follow a god, you were outcast.

Today: Religion is often associated with politics, and despite the separation of church and state, it often comes into question with elections and candidate's values. As a general trend, non-religious people generally support more liberal or moderate candidates, while traditional, devout Christians look to deeply conservative candidates that claim will preserve traditional family values. Oh, and atheism has jumped to 18%.

Tomorrow: Much time and technology has been devoted to countering the religious perspectives of creation and proving that the world operates by the laws of science. Despite this, religion is not expected to stop being a significant part of the lives of Americans. But who knows? Maybe the next major religion will be Flying-Spaghetti-Monster-ism. All hail the pasta overlord.

THE GREAT DEBATE: ON MORALITY

Every individual possesses a unique definition of right and wrong. But how are our ethical guidelines established? On a sunny day in Isla Vista, two UCSB students - Kelly Borque, a second year bio major and Kevin Sewell a fourth year philosophy major - casually discuss the roots of moral development.

RECORDED BY BROOKE LYON



Kelly: Basically, I do believe that morality is nurtured through your development as a child and what you learn from your parents, of course if you don't have nurturing parents to teach you right from wrong then you probably won't learn right from wrong. But as we're growing up, certain pathways through the nervous system and sensory system are either developed or mutated or not developed as well as they should be. You learn habits, and those habits are engrained and if you don't make certain pathways different chemical and hormonal boundaries prevent you from learning certain behavior. For example, people with Autism, Aspergers or any mental instability can be taught right from wrong but they're still going to maintain the same behavior. I think that if a person doesn't know how to act morally, there must be some type of chemical imbalance which causes that behavior.

Kevin: I think that morality is ultimately learned through forced human interactions in society. Humans are ultimately going to do what is going to benefit them to survive. People can reason that acting well in a society is going to be good for their survival.

Kelly: Well there are different techniques for survival all of which depend on the inherit characteristics of an animal, which exist within them genetically and have guided their adaptation. Humans do have a more developed way of thinking, which would be more affected by societal influences. Where as in the case of animals they obviously aren't as affected by things like the media.

Kevin: Morality can be constructed in the same way the media brainwashes people. There are people who think that they should blow up a building because their religion tells them to. I don't think genetic code could create a situation like that without influences from the environment.

Kelly: I'm not saying that a terrorist is born with the idea to kill- it does develop from a kind of societal brainwashing. But I think this brainwashing again ties back to biology. I mean, in extreme cases like concentration camps, brainwashing works by reducing people to a primitive state where they become tolerant of everything-- you would see someone doing something bad, or you yourself could do something bad but you could no longer receive those stimuli in the correct way. That whole pathway becomes completely erased, because you have been brought back down to your most primitive state. Terrorism is a good example though, because like I said, I don't think anyone is born with murderous intentions, but I do think there are chemical imbalances in some people which can lead to those types of actions.

Kevin: Ok I'll just argue that from our genetic ability to be able to analyze things, humans use reason to choose to be moral or not. They do whatever is beneficial to them. This just gets into free will versus determinism. Ultimately determinism states that everything you do is just going to happen. Free will governs my view a little bit more because it establishes that humans have the ability to change their future-- nothing is set about their future. Your argument sounds like you think morality is more of a deterministic thing, that given our biology we're going to do something no matter what because of how we're designed. I think there is something else that allows humans to have a factor in establishing whether they have the urge to act morally. Genetics give the human the ability to reason, but they can change if they see that something else works.

Kelly: Ya, well in terms of the genes we pass onto the next person, we don't change-- like we're not going to pass on a tattoo to our child. Certain things aren't changed. Say you have a serial killer, which is obviously really extreme. I believe that even though a serial killer

could kill a bunch of people and be punished for it, that disciplinary stimulus will tell them that their previous behavior is bad. And I guess there are different types-- there can be the serial killer that does stop after receiving that stimulus, who learns through his morals and societal pressures that he needs to change his behavior. But I would argue that most of the time it's chemically in them. They're not going to develop the "right" behavior because they don't have the pathway necessary to understand what is wrong about killing people.

Kevin: I think that experiences can shape someone and that they are the driving force behind it. They end up changing the genetic ability. For instance as a child, if someone experiences some kind of trauma, that experience could change their morals. So the root cause of morality can be established on an experience. Although your genetics definitely do play a part, I'm just saying they can be altered by experience.

Kelly: I guess that would be dependent upon how developed your brain is. I think a lot of times it depends on the species and how well they can adapt and change. But I do see what you mean in saying that obviously if something happens to us in our lives it can cause us to change. I just think it is a lot harder for someone to overcome their hormonal instincts.

Kevin: Ok, then I'll go to a midlife crisis that somebody has. Because their brain is fully developed, are their genetics impervious to an experience affecting how they act at a certain point? What if we say that they're facing some major event like a financial crisis, or losing their house whatever it may be-- that could cause them to do something like turn to alcoholism or neglect their kids or something. I just think that the environment is always the driving force behind why we have to act morally, whereas our genetic code just gives us the ability to do so.

Kelly: Innately, say we're going through a midlife crisis and we go bankrupt so we start considering different paths of our lives and then we get depressed, which is caused by an imbalance of all the different hormones in your body. You no longer have high levels of serotonin or oxytocin. You need medication in order to go back. I don't think the environment can fully achieve a homeostasis on its own.

Kevin: Well what about positive moral behavior, like altruistic acts? There was a series of experiments conducted basically to assess egoism versus altruism. Egoism states that everybody does self-interested acts-- ultimately they're a good person because they reason that it is good to be a good person. Altruistic acts are done solely for the desire to help others. The way egoists argue against that is just that the desire to help others feels good. Ultimately the driving factor is your self interest and what you psychologically want to gain from it. Altruism just says that people do those acts for the sake of itself, that there is no other reason.

Kelly: I think that's incredibly interesting because in my ecology and evolution class right now we're actually learning about how species persist based off of their actions and we actually talked about altruism and egoism. Basically species or individuals that are altruistic and do things merely for others- like lions who will sacrifice themselves to protect their young, that's a really broad example, but those individuals are no longer naturally selected for in society and they end up becoming extinct. The individuals who are more selfish are the ones who take less of a risk in saving others, and those species are more fit, and ultimately persist longer than the altruistic species.

Kevin: From the egoist perspective, they would say that the lion gains a psychological reward even though it is a more primitive creature. But there is also the argument that they kind of co-exist, they go with each other like how you need a driver and gas to run a car or something like that. However, the egoist perspective says that the subconscious desire to help people is ultimately driven by similarities. The ultimate motive behind the behavior comes down to the desire to help people who are like you.

Kelly: Well I think this idea stems from the evolutionary concept of choosing a partner. As individuals we want to mate with those who have the best fitness but we end up mating with those with a more similar fitness. So, like your egoistic construct where people empathize and identify with others who are similar to them, we want to mate with the highest fitness-- with the best immune system and the best looks and other things that will carry on into the next generation and create a more productive and successful offspring. But a lot of times it is realized that we can't all get the best genes, and then we settle for those who are most like us instead of risking never having

someone. Instead of trying for a ten, we settle for someone who is like an eight, like you are.

Kevin: Ok, let's see. I think ultimately the driving force behind that is reason. We have the ability to reason, because of genetics, but we think things out in terms of our environment. And if our environment gives us a reason to want to have a child then we will. If a person is in a place where a diseased person is the only individual they can have a child with, then they know that their child is going to have that disease, but they're going to have it anyway. But if they were in an environment with tons and tons of other people then they would have reason to believe that it's something they don't have to do. It all depends on what the environment allows.

Kelly: But if the environment allows different outcomes, we have to consider the evolutionary effects of the decisions made. What I was going to say earlier was that if you have like, Mr. Nice Guy who is always acting altruistically, and you have Mr. Selfish Guy who is only concerned with his own well-being, Mr. Selfish Guy has a higher Darwinian Fitness. He is going to be able to reproduce and keep going because he is only helping himself which makes him more fit. Where Mr. Nice Guy is always risking himself and sacrificing his own fitness. Ultimately these things are going to hurt his fitness and therefore his species will not persist.

Kevin: Ok, well I think Mr. Nice Guy reasons that on a basis of reciprocity, he will ultimately be given more in return in order to survive. It's been proven that people want to do favors for people because they intern might get a favor of some sort back.

Kelly: I mean, idealistically. If one person helps another person that person could hopefully be more motivated to help a third person. And maybe by doing that enough times the altruistic species will overcome the selfish species, potentially driving them out so that reciprocity will always happen. But in the real world I don't think that could happen because the selfish people will continue to reproduce and increase their fitness at a faster rate than it takes to for the altruistic species to drive them out.

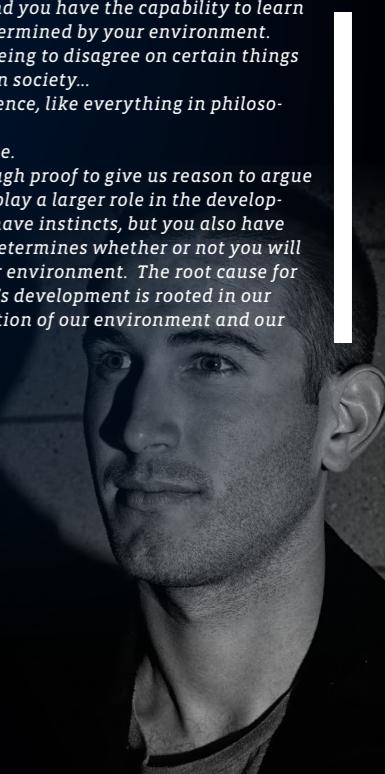
Kevin: I guess I'm saying that each person reasons what is best for them, and a selfish person realizes that they can act for themselves all the time which will eventually benefit them the most. But another person would reason that the more they sacrifice for people the more they might get back in favors which will ultimately lead to the highest level of fitness. That's why you see people who are scumbags who are rich and famous and nothing terribly bad may happen to them, but you also have people who are always helping and they receive help back because they've done a good job helping other people so other people want to do a good job helping them, which has ultimately allowed them to function at the highest fitness level. So morality is just something that is there to learn and you have the capability to learn it and whether you do or not is determined by your environment.

Kelly: Yeah... I think we're agreeing to disagree on certain things but overall based on what we see in society...

Kevin: there's not enough evidence, like everything in philosophy...

Kelly: Ya so we agree to disagree.

Kevin: Because there isn't enough proof to give us reason to argue whether environment or genetics play a larger role in the development of morality. Ultimately you have instincts, but you also have the capacity for reflection which determines whether or not you will change your actions based on your environment. The root cause for morality may be in genetics, but it's development is rooted in our motivations to act. It is a culmination of our environment and our design.



THE DEATH OF THE PARTY SCENE

It was getting late, but not too late. One of the guys in my hall seemed to know what he was doing and convinced our group that 10:30 PM was the perfect time to start our trek to DP. I still didn't know what it stood for at this point, but at least I wasn't the guy at orientation who kept saying Ihz-la Vista.

BY JASMINE MAGBUTAY



H

Half an hour earlier, I was standing in front of my wall closet trying to put together an outfit that was cute, but not overdone. Should I be curling my hair for this shit? Ugh, Storke Tower's bells weren't exactly making the situation any less stressful. I figured that a tank, jean skirt, and Reef flip flops covered in Campus Point sand from earlier that day would probably be good enough for this warm August night in 2009.

As our mob shuffled past Ortega and onto the freshly-sprinkled grass behind the UCen, I looked around and began to worry: "Hey, our group is a little too big. We look like freshmen. Let's split up when we get there." Most of my hall mates nodded in agreement, while the guy who led our troop of half of San Nic's 8th floor snapped about the girl-to-guy ratio we may need to get into a party. Shit, I forgot about that. I'm not gonna lie, I stumbled onto a student-run website that had forums discussing IV etiquette, and I soaked in all of the curious, albeit a little terrifying, "rules" the week before I had moved into the dorms. We were already starting to walk in the street after trudging past the gravel at the very onset of DP's 65 block, so I didn't need to convince anyone to get the hell off of the sidewalk. I was definitely more paranoid about getting pegged in the face with a water balloon, and I thought of all the other questionable fluids some upperclassman might manage to put in the balloons instead. I was just glad that every one of us had the common sense not to wear our UCSB sweatshirts.

From my attempts to study IV culture, I had an overwhelmingly good idea of what shenanigans to expect once I moved up here. That particular night was my first opportunity to survey the IV party scene first-hand; and although it wasn't raging extremely hard, I was still eager and excited by the considerable amount of noise in the street and got a good sense of what living in IV is really all about. We strolled into the front patio of a small house on DP, and the upperclassmen who lived there welcomed us with smiles and shouted about how cute it was to have all of us freshmen come join them. (Ha, so much for trying to disguise ourselves.) I even had the pleasure of having a guy in a bro tank fall on my foot while I was standing next to the pong table. Good times.

While the weeks passed and the summer session blended into the actual start of my freshman Fall quarter, my nights in IV varied from chill hangouts, like that first August night, to getting caught up in a giant mob of two hundred gyrating people that managed to fit themselves into a tiny front yard. I saw DJs with laser lights, ate Jesus burgers, and had hip-hop ringing in my ears on the dance floor of a multicultural fraternity. Those random parties were fun, but I could tell that the anticipation was building for UCSB's most notorious events. Through those online forums, talking to people in my dorm, and hearing sophomores brag about their experiences last year, I knew that Halloween was traditionally a hot mess. I was also aware that Floatopia was basically Halloween in the ocean, if you substitute the tens of thousands of drunken people in costumes for tens of thousands of drunken people in handmade floatation devices.

Needless to say, I was expecting one huge ass calamity come Halloween weekend. Instead, I walked into a lot of parties already shut down at 10:30 PM, hoards of confused people just walking up and down DP, and very exclusive parties that made me curse having to be a freshman since I didn't really know anyone who lived in IV yet. I mean I still had fun. Sort of. I wasn't surprised about the number of people in street and not being

able to breathe, but I was definitely looking forward to music blasting and actual partying on a larger, more extreme scale. Flood lights? Cops on horses? I was just as confused as the students I met in passing who drove out here from ASU and Cal.

As the quarter system always manages to fly by, Spring of that 2009-2010 school year came in a flash, but Floatopia was nonexistent. With the newly enforced alcohol ban on the beach, how could Floatopia 2009 ever be relived? Naturally, it evolved into the first DPtopia. And while there were wide-eyed, prospective freshmen attending seminars in Campbell and idiotically walking all over the bike paths for Spring Insight, we classy UCSB students were just on the outskirts of campus, partying with DJs all day and enjoying that sunshine we all love to brag about in our status updates. The entrances to the shore may have been blocked off, but in no way did that stop any of our demands for debauchery to ensue on that glorious April day.

Fast forward to this year, I live at the end of the 65 block on DP and haven't had to use my earplugs at all (not counting all the times I've had to drown out my housemates when I'm napping during the day, since we all know how fantastically sturdy and insulated these walls are in IV). I do hear a little bit of noise on weekend nights. And I have to deal with a nearby house and the same effing EDM playlist that its residents play on Tuesday afternoons. But other than that, DP living has been a lot calmer than I had predicted. This past Halloween was exponentially more fun than that of my freshman year: there was still a bit of the same parade with your pre-game rapidly wearing off, but at least I now know people in IV and could easily saunter into closed-door parties to get my drank on. There was definitely, however, a noticeable drop in crowd size. I was amazed at the amount of personal space I wasn't violating and how comfortably I could walk without doing a little sardine dance on DP. And I'm sure that another assortment of day-raging will continue to be arranged this quarter in order to make up for the long lost days of Floatopia.

The bottom line is that the UCSB party scene is resilient to the restraints imposed on it. That's pretty obvious. But what happens when changes surround us from out of nowhere and work to uproot the infamous party scene altogether?

Wait. What?

As UCSB students, we're already aware of the Res Hall restrictions and the county ordinances that have pretty effectively tackled our recent legendary party weekends. Anyone who actually attends school here knows that Halloween and Floatopia are pretty done-zo at this point in terms of partying at their maximum chaos level. There aren't any guests allowed around Halloween weekend in university housing, and there are access card and stamp check-ins at every hall's main entrance, the only open entrance during Halloween lock-down. Additionally, housing has a strict no tolerance policy for alcohol and drugs that is enforced year round. (Unless of course you're of legal drinking age because that means you totes have the luxury of drinking in your room with other elite 21+ chums). Regarding IV, there's the noise ordinance that prevents music from playing past 6 PM around Halloween weekend, which will forever crush my dream of having a colossal Halloween dance party out in the street. And I dare you to forget about the thousands of dollars spent on hiring extra police force and setting up road blockades.

Anyway, back to the uprooting of our partying in general: as you may or may not be aware, UCSB is planning to increase the number of students living in university housing, instead of in IV, in which the Res Hall rules would obviously have the power to better control our party bidness and change the overall dynamic of IV culture for students. How many more students would be living in uni housing, you ask?

Five thousand.

As President of RHA, Raul Martinez defi-

nately knows a lot about this topic and the efforts being done to alter UCSB's reputation. "I think that the big 'image changer' is that we want people to have a good lifestyle and have a good quality of life, and what the university is doing is increasing the number of people that go to school here by five thousand by 2016, I believe. We're building a new res hall near Santa Catalina called San Joaquin and another sideline project called Sierra Madre."

Another knowledgeable UCSB student and attendee of the campus student housing committee meetings, On-Campus Rep Jonathan Abboud, has insight on this agenda as well: "So basically we have thirteen thousand people in IV and five thousand in university-owned [housing]. And UCSB is trying to flip that number so that it's thirteen thousand in university-owned and five thousand in IV, so that there are [fewer] places to party and less people in IV to throw parties. And they're going to revamp all of Santa Catalina with a bowling alley, supermarket, and parking lot. Sierra Madre is going to be around the Rec Cen, and Mesa Verde, we don't know yet."

Okay, so whoa, there will be new Res Halls for a shit ton of more students. After speaking with Nate Walter, First Representative-Prottempore in AS Legislative Council, I had a clear understanding of how this agenda specifically targets our party reputation. He states that UCSB is "constructing essentially a village out there [with] a lot of options for student recreation that doesn't involve drinking, and that's going to be through RHA. It's going to take a lot of students away from the DP area, which is essentially the epicenter of the partying. And it's going to provide students more options because some of the problems come from people not taking advantage of the options they have or from just not being interested in other options besides partying."

Nate also brings up another possible factor: "I'm not sure if this is directed towards ending the party school reputation, but [there's] the fact that we're getting more out-of-state and exchange students to attend UCSB . . . They're going to be paying more. What that means is that the students' education will be valuable. And just by economics, that's going to be a big de-prioritization of partying, in my opinion."

Crazy, right?

Now, now, before you bring out the pitchforks and create a Facebook event for Avenging the Beloved Party Scene's Pregame on Sabado, let's step back and take a breather to further understand why these efforts are going down and why these county ordinances have been put into place.

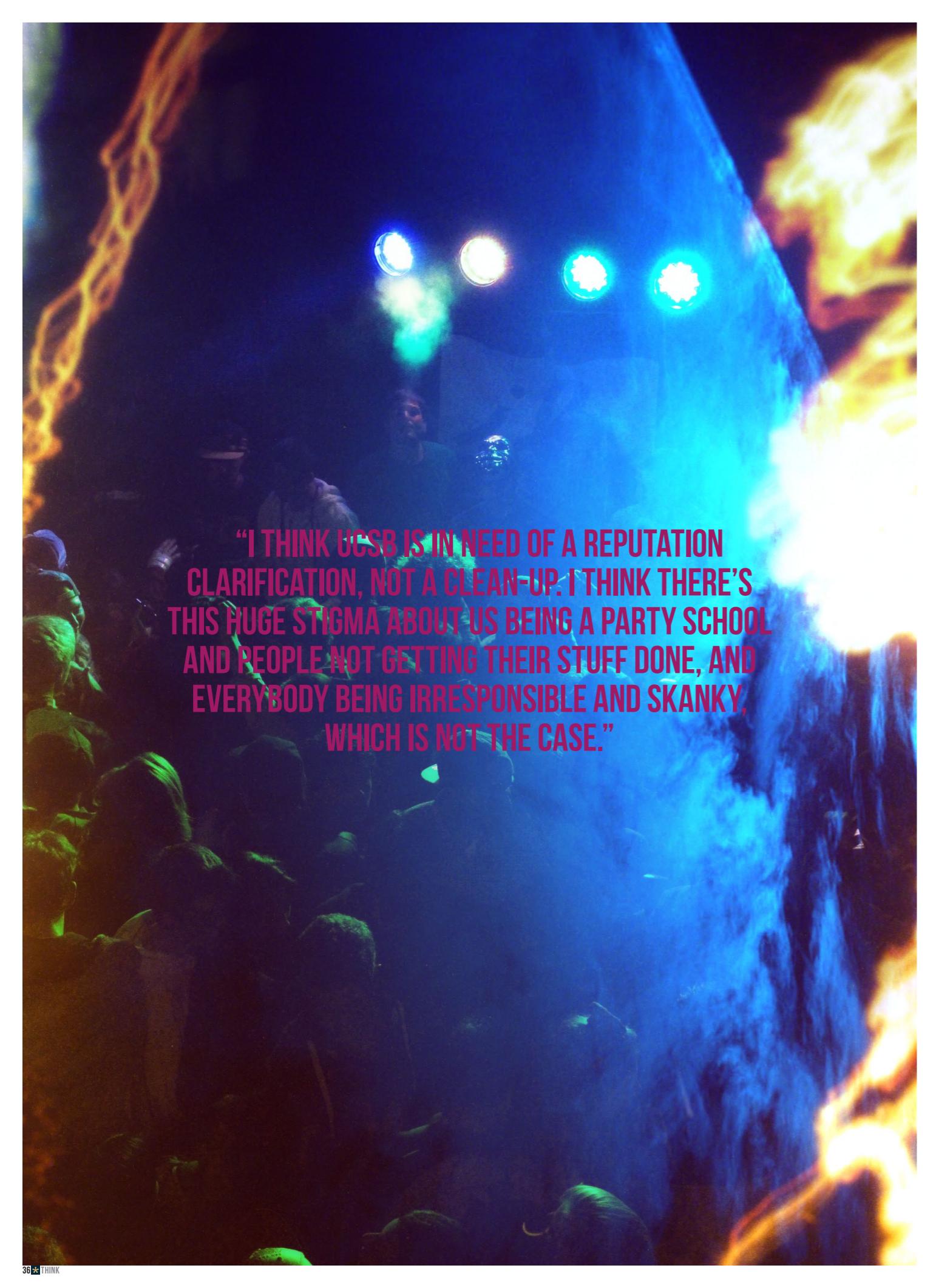
Even if the last UCSB class to experience Floatopia is about to graduate, the rest of us can easily do a quick search on YouTube to see how massive this beach party was at its prime. It was insane. IV is within the district of County Supervisor Doreen Farr, and when asked about her opinion of the multiple ordinances that have been established after Floatopia, she stated that "the problem is that it hasn't been a sponsored event. Nobody has taken responsibility for it to ensure that it cannot only be a fun event but a safe event, which is what the county and what I'm primarily concerned about."

Isla Vista Beach is part of the County Park system, when it looked like there was going to be another big unsponsored event in the form of Floatopia, then the Parks Department stepped in to close the beach and the Sheriff's Department got involved and that was to protect the general public's health and safety.

"So we just want people to have fun; we just want them to be safe. And that if they're going to have a really big event, whether it's Floatopia or any other event, they go through the necessary steps and the process to make it safe for everybody. And actually, AS has done that every year the last couple of years for Pardall Carnival. So it can be done, and I certainly encourage anybody in the county who wants a Floatopia event or any other large event to sponsor it and do it



"THE PROBLEM IS THAT [FLOATOPIA] HASN'T BEEN A SPONSORED EVENT. NOBODY HAS TAKEN RESPONSIBILITY FOR IT TO ENSURE THAT IT CANNOT ONLY BE A FUN EVENT BUT A SAFE EVENT..."



"I THINK UCSB IS IN NEED OF A REPUTATION CLARIFICATION, NOT A CLEAN-UP. I THINK THERE'S THIS HUGE STIGMA ABOUT US BEING A PARTY SCHOOL AND PEOPLE NOT GETTING THEIR STUFF DONE, AND EVERYBODY BEING IRRESPONSIBLE AND SKANKY, WHICH IS NOT THE CASE."

right."

And with that, we get a better sense of why county measures were taken. Floatopia simply was not legally set up in the first place. It's encouraging to hear that we're welcome to host huge events just like anyone else in the Santa Barbara County, but how realistic is it to think that we'll ever have another Floatopia?

Unfortunately, there were more issues at hand aside from the lack of permits and legality, and our Vice Chancellor for Student Affairs, Dr. Michael Young, sheds some light on the inherent problems of the Spring 2008 and 2009 events. "A couple years ago, the first problematic Floatopia took place, and it was a disaster. An absolute ecological disaster and a social disaster. There were at least forty beach or surf rescues by the county. There were thousands, somewhere guesstimated up to fifteen thousand people at this event, many not UCSB students, many of them outsiders.

"People were urinating in the ocean because there were no bathrooms. There was trash strewn up and down the beaches. I've seen pictures, so I know it happened, of people trying to go up and down the bluffs, and tearing up the vegetation trying to go up and down. Again, just trash and crap going up and down the ocean. It was just an absolute mess.

"And I was outraged, frankly, as a member of the UCSB community but also as a citizen. And for me, Floatopia and then the efforts by some knuckleheads who decided they wanted to do it again were just beyond the bounds... So I don't blame the county. As a citizen, people driving up from Riverside to come puke and pee in the ocean for me and leave, and leave crap and leave is well, you know," Dr. Young concluded with a shrug.

Aside from the county ordinances that have prevented Floatopia specifically, there is one ordinance that has been controversial amongst students living in IV. The Social Host Ordinance states that it's illegal to have a "gathering" of five or more people if police come into your residence and find that underage drinking is abound.

Wheneve this law comes up in conversation, I hear the same hullabaloo about how this ordinance allows police to enter your home without a warrant. According to UCSB's Life of the Party website, "The Social Host Liability Ordinance does not increase law enforcement's ability to enter someone's home or property." Apparently there are a number of reasons why law enforcement can enter a home without a search warrant as allowed by the State of California, and officers "would continue to be held to the same standards decided upon by the Supreme Court" should they enter your apartment with this particular ordinance.

Rhandy Siordia, Off-Campus Rep who has experience with the IV Community Relations Committee and EVPLA (External Vice President of Local Affairs), has clarified the origins and citations of this law. "[The Social Host Ordinance] originated in Santa Maria. It was actually a bunch of mothers that came together and sort of petitioned the county to make that ordinance. And down here, I guess they adopted it for Isla Vista, kind of changed it a little bit to match our climate down here and our age range. So the first fine is \$500, second is \$1000, and a third offense is \$2000. I think that's supposed to discourage people from having parties with that."

I'm sure by now you're wondering whose side we should take and what we are supposed to do about all of this. Well, what if the first word people think when asked about UCSB wasn't "party school"? What if they think "research" or "one of the best schools in the nation"? Is that basically the end of the world?

I sure as hell don't think it would be, since those claims about UCSB being a fine institution are already true. Our Executive Vice Chancellor, Gene Lucas, notes why we even have this party reputation: "It's a wonderful environment so people are outside all the time. Isla Vista is a very unique living

situation to have that large a student population living so near the campus. People having fun outdoors is much more visible than the kinds of partying you see on the East Coast, where the weather is miserable and all the partying goes on behind closed doors. So given our location and living situation, it's going to lend itself to people wanting to label us this way."

Our university evidently has a bad reputation because of our beautiful circumstances. Vice Chancellor Young counters that notoriety by saying, "If you think about it, whether we party all the time or not, I think one can get into a debate about what that means or if we do or not, the realities are that this is an extraordinary educational institution. It's highly ranked in every academic measure one might think of. It ranks high compared to its sister schools in the UC and in many rankings, and only behind the other top institutions in the UC, so this notion that somehow it's a party school is one of those, okay, you think that, so therefore what then do you do with the extraordinary rankings that the institution has and that of its graduates? So, often I think those party school reputations are driven by people who are uninformed or ill-informed."

UCSB has quietly developed a lot over the past few years amidst the raging party reputation that continues to haunt us. EVC Lucas also says that in terms of changing UCSB's image, "I think we've been very intentional, and this Chancellor in particular, of having twin goals of increasing excellence and diversity in our student population. [Chancellor Yang] instituted almost 15 years ago an undergraduate recruitment reception to go out and tell our best candidates and applicants about UC Santa Barbara and the opportunities here. And as a result of that, we've gone from having an annual pool of around sixteen thousand applicants for freshman positions, about four thousand positions, and basically taking anyone who was eligible to take those spots. And now 15 years later, this year, we had almost sixty thousand applications for the same four thousand slots.

"[My colleagues at other institutions are] mostly envious of UCSB and the fact that we've in a very short period of time climbed the ranks of research universities in the world. And it makes people want to come here. I've been here for 34 years on faculty, and 10 years in this position, and 4 years as an undergraduate, so I have a lot of time invested in UCSB, and I've just seen it grow in those almost 40 years in a very positive way," EVC Lucas happily acknowledged.

Off-Campus Rep Rhandy also had this to say about the realities of our situation: "I think UCSB is in need of a reputation clarification, not a clean-up. I think there's this huge stigma about us being a party school and people not getting their stuff done, and everybody being irresponsible and skanky, which is not the case. I think if there's anything about our reputation that needs to be highlighted or that people should know about, it's that students are really learning how to balance. Students are learning how to balance their social life and create really good social skills and networking skills, which are skills that will take them far places... I think everybody here really know how to have a good time and have fun on the weekends but still take care of their responsibilities."

And Rhandy's right. Our students have an incredible ability to balance between academics and having a social life, and employers do recognize that. A lot of companies list their job opportunities on GauchoLink, and Robert Kempken, Senior Vice President of IBISWorld, has noted why his company does so. "IBISWorld actively recruits for industry research analysts at all the major UC schools, especially those within a couple of hours of Los Angeles... We know that the UC schools, including UCSB, produce intelligent graduates who are curious about the world and eager to put their knowledge to work. UCSB students in particular seem to

be well-rounded and have the analytical and writing skills required for the analyst position. We've hired 4 UCSB grads in the past two years."

Anyone who is a second-year and older can obviously see how the partying here has already dwindled significantly as a result of the ordinances. In regards to the new housing plan of UCSB, RHA President Raul also stated, "I think that when you see less people live in Isla Vista, or even the same amount of people who live in Isla Vista as you do now, but have those five thousand new students live in San Joaquin, Santa Catalina, or Sierra Madre, then you're going to see a different cultural change at UC Santa Barbara. From the administration's side, that's how we really want to curtail the 'party rep' we've built, even though we've come a long way from the party ways of the 60's and 70's."

Realistically, partying at UCSB will never be fully eradicated. All colleges party with or without the party rep. There is no doubt, however, that our culture will eventually be altered if more students are housed in the Res Halls, where university housing rules are the vultures preying on the decaying carcass of the party scene. We can continue to party with that obnoxious IV anthem (How you party is how we pre-party cuz you ain't from IV, hurr durr!) and claim to go harder than other schools at drinking and merrymaking, but if that is indeed to be taken away from us, you can't deny that we are kicking major ass at a lot of other things too.

Chancellor Yang himself says that we have much to celebrate aside from our diminishing reputation of being a party school. "[In December 2011], The Centre for Science and Technologies Studies at Leiden University in the Netherlands published a four-year study that ranked UC Santa Barbara #7 among the top 500 world universities for the impact of our faculty's research in the sciences and social sciences.

"Since 1998, five of our faculty members have won Nobel Prizes, and just two years ago, a UCSB alumna was awarded a Nobel Prize as well. This is a record! Newsweek magazine has said of us, 'If there's more beautiful campus than this one at the edge of the Pacific, we haven't seen it.' We enjoy a beautiful location, one of the best climates in the world, and a great quality of life here at UC Santa Barbara. But clearly we don't just lie on the beach, or 'party,' to win Nobel Prizes."

The Chancellor goes on to say that our faculty consists of members and recipients of all sorts of prestigious associations and fellowships. U.S. News & World Report has ranked us as #10 amongst all public universities in America. And he also notes that "[UCSB] students take pride in knowing they are part of a university that has become known internationally as a center for innovative teaching and research. I think one of the really special things about this campus is that research is an integral part of undergraduate education. In fact, by the time they graduate, over half of our undergraduate students report that they have collaborated with faculty on original research or creative projects."

It's clear that revamping our most widely-known reputation can only help us. Let's face it: we eventually have to leave and should be recognized as a graduate of reputable academia, so this is probably really important. Regardless of whether or not we are one of the top party schools in the nation, we are a university (a damn good, nationally and globally-ranked research university, I should say) of smart and savvy and innovative Gauchos. Since the IV lifestyle will continue to be affected not only by the ordinances but by more students in more Res Halls, I guess we'll just have to deal with what's handed to us as always. We're inventive, right? We'll just party on the DL. Think of it as bringing back your freshman year in FT—with your handles shoved to the dark corner under your lofted bed, or maybe a towel under the seam of the door and a plastic bag over the detector—just on a larger scale. ☀

15 PLACES TO STUDY OTHER THAN THE LIBRARY

As construction projects are springing up all around campus, the Davidson Library is now ready for its own makeover. Although only about a quarter of the studying spaces will be closed, it will still likely impact a number of students who often retreat to the library for independent study. Because of this small inconvenience, we have put together a list of alternative study places around campus and IV for your convenience.

BY MANDY SHENG & MARY GAO



MORE INFO ON NEXT PAGE

15

PLACES TO STUDY

OTHER THAN THE LIBRARY

4 STORKE PLAZA Ask anyone and they'll remark on the creepiness of Storke tower's bells. But if you can look past it, consider it as study playa. The plaza is almost always clear of anyone who may bother you, making it an ideal place to get away from your roommate. The great barren expanse of the plaza creates a feeling of personal ownership. Or that you're in a prison.

1

SILVERGREENS Study munchies? Silvergreens it is. Everything on the menu, from breakfast sandwiches, burgers, pasta and smoothies is healthy and delish. Need to cram for a midterm the night before? Go take advantage of the great late night specials from 10 PM until closing. Silvergreens also offers free Wi-Fi for your convenience.

2

CAJE Freaking out about the final tomorrow that you haven't studied for? Try crashing Caje. A cup of coffee could be just what you need. Caje has a great location on Embarcadero del Norte that is close to campus and most IV residences. Seating inside and outside with space heaters. In addition, Caje has free Wi-Fi for your Facebook break.

3

THE CHEMISTRY LAWN The rectangular grass lawn sandwiched between the science buildings is a wide expanse of green that plays as a buffer to block out some noise from the surroundings. Choose a spot, under the protection of a tree's shade or in the sun's presence. Lay down that blanket and sprawl everything out before you as you get that tan on. Kick back and relax, the space is yours.

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CAFE Located across from the Davidson library, and right outside of Girvetz Hall, the Arbor is at the center of the campus and easily accessible no matter where you're coming from. The Arbor has a store that provides a great variety of snacks, sandwiches, and coffee. A word of caution: avoid eye contact with anyone holding a flyer.

CORAL TREE CAFE Situated between Cheadle Hall and North Hall, Coral Tree Cafe is conveniently located away from any major traffic at all times of the day. The walkway outside is lined with Coral Trees covered in stunningly beautiful red flowers that blossom from February to June. This restaurant serves breakfast and lunch and provides plenty of outdoor and indoor seating. Enjoy the scenery, your breakfast, and the homework you've been procrastinating on.

THE ART LIBRARY This is a library that is much smaller than our Davidson Library but provides just as good of a studying environment. You might even like it better here since it's quieter (there's no one having sex) than some of the floors at Davidson Library. While the first floor is less spacious, the second floor has long rows of tables and personal desks to sit at. Also, here you can be a tree-hugger and save some money by printing double-sided for the same price as printing on one side. Although, it's still cheaper to go "borrow" your roommate's printer.

PHELPS COMPUTER LABS Let down again by your printer? Of course you are. Phelps has multiple computer labs on the first floor that are open to students called Collaborate Labs. Each of these labs have about thirty computers for you the computers with internet access. Printers are also available for your convenience. Bonus: If you are a student of the College of Letters and Science, you can print up to one hundred black-and-white pages for free.

THE UCEN An old favorite. Plop down on the comfy sofas in the main lobby and get to work. If you're not one of those small-business advocates, Subway, Panda Express, Root 217, Wahoo's, and Jamba Juice will thoroughly satisfy your appetite. Forgot to print out your homework? No worries, one computer lounge is available across from Nicoletti's and another one is on the third floor - they've got print stations.

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SAVE A BIKE

**The scooter -
a relic of the
dorky past?
Maybe. But as
long as you're
not flaunting
your wicked
bunny hop and
tailwhip moves
in the Arbor, your
scooter can be the
new 'sick ride.'**

BY LEAH HARDIN

RIDE A SCOOTER

*Let's face it: we've made a mistake in attending UCSB. With the climate of the Celestial Kingdom and golden sunsets that look as if nature just learned Photoshop, heading to lecture is nothing short of a carnal dissatisfaction. Not to mention the bustle on campus: Walking to class can be a pain because it takes a while, you might get stuck behind people moving slower than snails, and you will probably get bombarded by every activist group on campus - even if you try your **hardest** to avoid eye contact.*

You might think that biking to class is a better choice, but that is not always the case. Many bikers are completely incompetent and seem to have no clue that anyone else is around them. You often get stuck behind two besties riding slowly, side-by-side, bantering about how much of a "omg blacked out drunk" her and "the bitches" were last night and how Jason tried to kiss her and she turned him down but she really wanted to kiss him and now she feels bad and needs to get drunk again this weekend... Then someone might ram into the back of you and then contemptuously glare at you like you're the

d-bag. But the scariest part of riding a bike is the roundabouts. It seems like at any moment, you could crash into all of the merging bikers. Your life flashes before your eyes, and there are no survivors.

So, how can you get to class with the ease and convenience of walking and the speed of biking? Ride a Razor scooter! Scooters are a fantastic way to get around campus. Using a scooter beats walking because it is much faster and you can swerve easily around all of the pedestrians. Scooters can go through the Arbor and on the sidewalks, whereas if you bring your bike there, you risk getting a \$120+ ticket.

Also, if you need to cut through the UCen or another building, the scooter's absurd versatility allows it to fold so you can carry it while you walk. When you do get to class, ignore seeking a spot to lock your bike and shoving it in between two beach cruisers. With a scooter, it folds

The standard model
This original Razor scooter is a classic. Completely reliable, too. But if you want more speed and terrain versatility, grab one with big wheels.

up, you can bring it into class with you, and place it in the aisle next to you or in front of your seat. Having it with you at all times also lessens the chance of it being stolen, unlike leaving a bike outside for hours. Scooters are also better for those of us who are huge spazies and are unable to use a skateboard or longboard. They are much easier to maneuver than boards, and they have brakes, which prevents riders from flying head first down a steep hill.

Scooters do not cost too much either. Prices range from about \$30-\$100, depending on what kind of model you want.

So, if you are getting tired of walking, riding a bike, or skateboarding to class, choose a Razor Scooter. Not only are they fun and inexpensive, but they are also easy to ride, portable, and fast!

How do you ride?

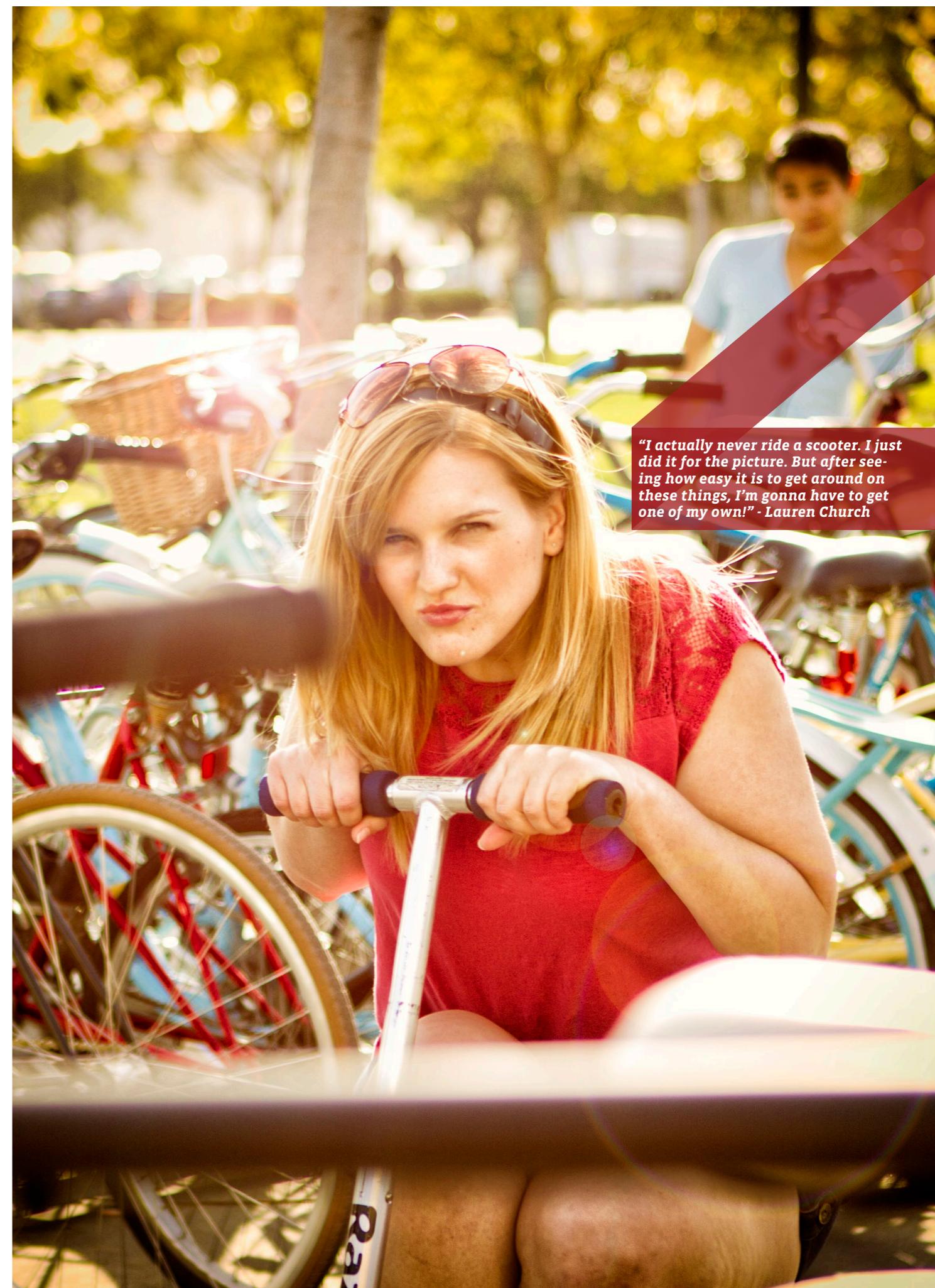
According to our survey, almost 70 percent of students use bikes as their primary mode of transportation to and around school, with just under 20 percent traveling by foot. The rest use cars, skateboards, or scooters.

Survey sample of 121 on and off campus UCSB students

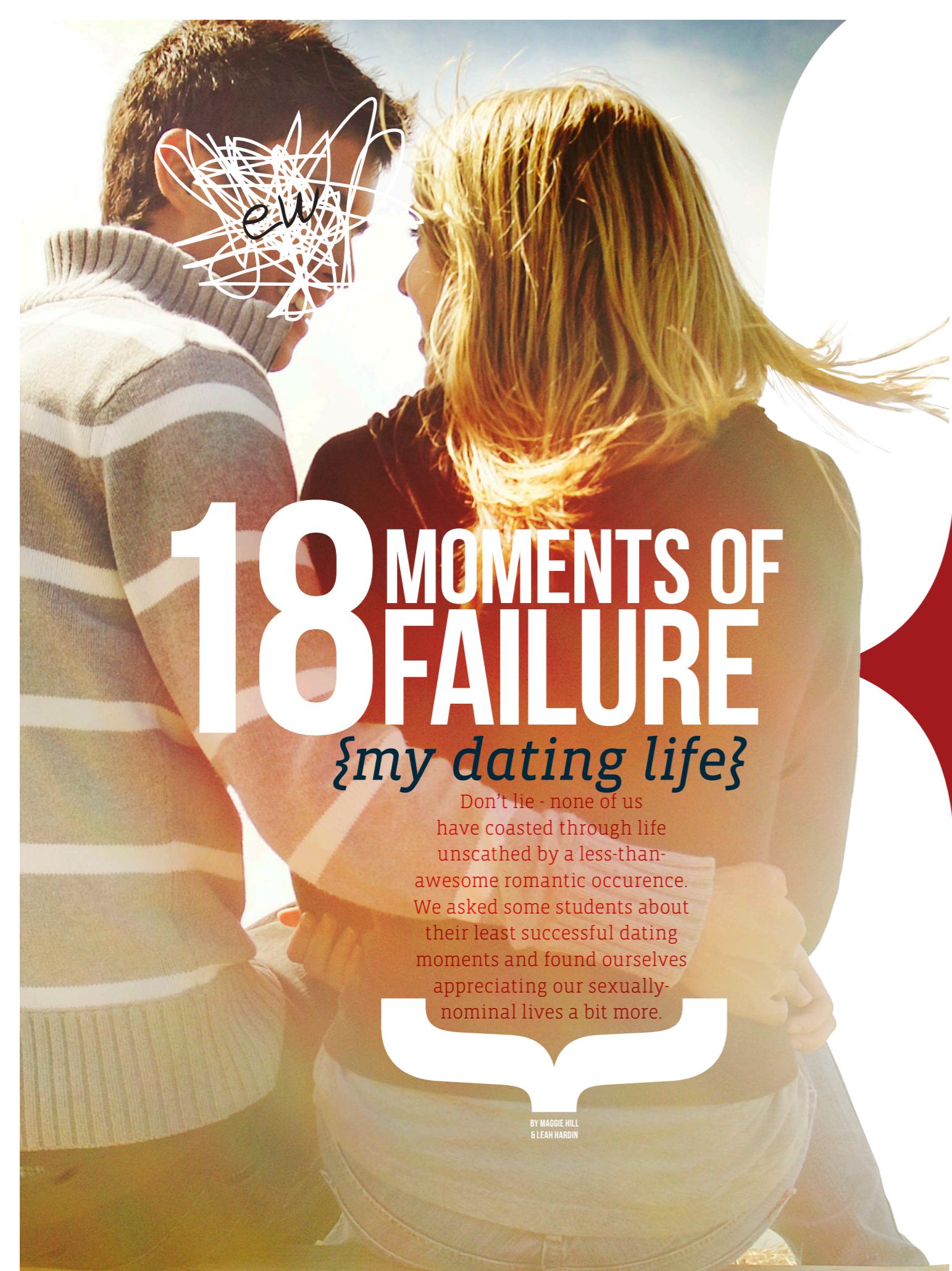




"I first took a scooter to class when my bike got impounded and it was my only transportation. In an honest evaluation, the scooter is my favorite way to cruise around campus. Plus it gets the ladies." - Mark Jordan



"I actually never ride a scooter. I just did it for the picture. But after seeing how easy it is to get around on these things, I'm gonna have to get one of my own!" - Lauren Church



18 MOMENTS OF FAILURE *{my dating life}*

Don't lie - none of us have coasted through life unscathed by a less-than-awesome romantic occurrence. We asked some students about their least successful dating moments and found ourselves appreciating our sexually-nominal lives a bit more.

BY MAGGIE HILL & LEAH HARDIN

KEY {
* = CRY IT OFF
+ = MAY NEED COUNSELING
* = LEAVE THE COUNTRY

* **BLOODY MARY** "My freshman year of high school, I was making out with my boyfriend while he was on top of me. All of a sudden, he got a nosebleed and bled all over my face and my brand new sweater." -Morgan Susalka, Freshman

* **BALLS OUT IN THE BASEMENT** "I was having sex with my boyfriend when his brother walked into the basement. I heard him coming down, so I ran into the bathroom. So his brother walked in on my boyfriend completely naked by himself and just walked back upstairs." -Anonymous

* **PUPPY LOVE** "One time, I was making out with my boyfriend and he was trying to be sexy, but he drooled all over my chest." -Anonymous

* **TRICK OR TREAT** "I was wearing a sailor costume on Halloween and someone yelled at me and said, 'I'll swab your poop deck!' Worst pick-up line ever. Absolutely revolting." -Nina Kuhr, Freshman, Biology

* **UH... HI MOM** "One time, my girlfriend's mother walked in while my girlfriend was giving me a blow job. After what seemed like the longest awkward silence ever, she told her mom to close the door. I got the fuck out of there." -Lorcan McGrath (double offender), Freshman, undeclared

* **MISTAKEN IDENTITY** "I was at a party, and things were going great, hooking up with this guy Dylan. Only when I looked up, I realized that it wasn't Dylan I had ran away." Lauren Waage, Freshman, Undeclared

* **NAME GAME** "I was like, kinda talking to this boy, and the whole time I thought his name was Alex, but his name was actually Caleb. So then when I met his brother and sister I said, "Alex is such a great guy" and they were like "Who's Alex?" Caleb was standing right there and I couldn't think of anything to say." -Rebekah Chon, Freshman, Communication

* **AMBULANCE AMBIANCE** "One time when I was in a park drinking with my friends, it was a few guys and a few girls. Anyway, everyone went off to play basketball except me and this one girl. I thought we were just friends and then all of a sudden she started taking her clothes off in the middle of the park. She was so drunk I ended up having to call her an ambulance." -Tom Ruckman, Freshman, Economics

* **PET NAMES** "I once called a girl I liked a pet name. This term we had learned it in a class together reading the book, 'A Brave New World'. Turns out it meant hermaphroditic cow. That was the end of our relationship." -Chris Duddy, Senior, History



* **PUT YOUR HANDS UP** "In the beginning of my freshman year I got walked in on while having sex by the CSO at, like, two am. I was in my dorm lounge, and the CSO stormed in and said, 'You guys can't do that' and just walked out. It kinda killed the mood." -Josh Fiasco, Sophomore, Communication

* **STICKY SITUATION** "One time I was giving my boyfriend head while I had gum in my mouth. The gum accidentally got stuck to his penis and I tried to get it off with my teeth, but ended up biting him. He screamed in pain and began to bleed, and I felt so bad that I burst into tears." -Anonymous



**EDITORS'
FAVORITE!**

KEY {
* = CRY IT OFF
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OUT WITH A BANG "My friend was having sex with his girlfriend in the car, in the garage of her extremely conservative parents' house, when her dad came in to get a beer from the garage fridge, and the guy tried to twist them down under the seat so the dad couldn't see, but ended up hitting her head against the seat divider and knocking her unconscious. Her dad heard the noise, and opened the door to see some guy on top of his naked, unconscious daughter, still inside of her." -Junior, anonymous



* **BATHROOM BATTERY** "So one time me and this girl started making out in my room and all that stuff and she said, 'I hear you like to be rough'. But, like, in a good way, you know. She was smiling. So I pushed her against a wall and she hit my towel rack and it broke. I asked if she was ok and she said, 'No, it's fine. Keep going.' -Raul Martinez, Junior, Business economy and Political science

* **MASTURBATION MISHAP** "I had never given a handjob before, and on my first attempt with my ex-boyfriend, apparently my skills weren't up to par. After quite some time, it was clear that my hand couldn't compare to his own, so he ended up masturbating in front of me while I just sat there and watched." -Cambridge Teter, Freshman, Undeclared

* **MESSY MORNING AFTER** "One night, I was too drunk to get my little black dress off, so I just had sex with it still on. The guy I was having sex with accidentally came all over the front of my dress. The next morning, I had the worst walk of shame I had ever experienced: I walked all the way back to my dorm with cum all over my black dress, and I had to pass by about twenty people that were right outside my door getting ready for a camping trip." -Anonymous



BREAKUP PLAYLIST

For your convenience!

- Let's Stay Together - AL GREEN
- Messin With My Head - K.FLAY
- Half Of My Heart - JOHN MAYER
- Castles Made Of Sand - JIMI HENDRIX
- Drink To Moving On - GRAND NATIONAL
- Ex Girl To Next Girl - GANGSTARR
- I'm Lost Without You - BLINK-182
- Crystallised (XX Cover) - GORILLAZ
- Better Days - GRAHAM NASH
- Games - JAMIE KENT
- Love Hurts - INCUBUS
- Look What You've Done - JET
- Jazzy Belle - OUTKAST
- Careless Whisper - SEETHER
- Kissing Families - SILVERSUN PICKUPS
- Revenge - SPARKLEHORSE
- Maybe Tomorrow - STEREOPHONICS
- Love Me Not - J COLE
- Reminded - TYGA

CONFESIONS FROM THE WRITERS

* **LOVE IS... COLOR BLIND?** "One time I was with this guy and he was sort of on top of me and he looked me straight in the eye from about a foot away and said, 'You have the most beautiful green eyes.' I said, 'I have blue eyes.' Super awkward." -Maggie Hill, Freshman, Undeclared

* **LOVE BITES** "I once gave this guy a humongous hickey, and the next day, he came into my astronomy class out of nowhere. His friend knew I had given it to him and made a huge scene by yelling, 'Who gave you that vampire bite?' and being really obvious that it had been me. My teacher just looked at me uncomfortably and the whole class was staring at me and laughing." -Leah Hardin, Freshman

* **HEAD OVER HOOTERS** "I was attempting to kiss a girl, but I accidentally tripped and fell face first into her boobs." -Alex Yenney, Freshman, Aquatic Biology

HOW TO GET A GUY TO ACTUALLY DATE YOU



The UCSB male is a peculiar mammal. He is steeped in a culture rife with the belief that monogamy is only for those who cannot achieve polygamy. Of course, there are men who rebel from this norm, but if you aren't fortunate enough to fall for one of those, here are a few tips on how to snag a man without scaring him away.

BY MAGGIE HILL

AVOID THE "R" WORD After the initial interaction; a flirt, a dance, some small talk, it's time to let him know that you're down to have fun. Mention the word "relationship" and most guys wig out. Try using a tag line, such as "I'm not looking for a relationship right now." This lets him know that you're looking for company, but the "for now" suggests to him that you might be interested in a relationship in the future. So if he does start having feelings for you, he won't be afraid to take it to the next level.

MIX UP THE MEETING PLACES Don't always go to his room or your room to see each other. Try finding nooks and hiding places on campus to have a little fun, and to keep it interesting and novel (Those dips in the cliff on the beach can make a nice little alcove for you and your man to get adventurous). Once you get into routines, the guy might start feeling like you two are an old married couple, which is exactly the opposite of what he wants. Show him that you can keep it interesting for a while and the thought of a long-term relationship may seem a little more exciting.

MAKE IT A GAME Guys love the give and take, so surprise him every once in a great while and chase him. It will catch him off guard if you open the door wearing just your lingerie, grab his shirt and pull him in the door to a ferocious kiss. He'll be thinking about that for many nights to come.

HANG OUT WITH HIS BROS Guys love it when a girl can chill with his men, it shows him that you're not just a lover, but a friend. Don't be afraid to let go of your feminine side when watching a game with the guys, shout at the TV, drink a beer, or point out a girl's awesome rack. This shows that you're down to earth, and it will make him want to invite you over with the boys again.

DON'T GET CLINGY If he cancels last minute, don't give him grief- tell him to go have fun. Most of the time, the idea of picking up girls partying sounds better than it actually is. Sexual tension will have him thinking of you all night long and wishing that he were there with you instead of with the bros. In fact, sometimes turning down a booty call can remind him that you're not his. The thought of losing your company, or the thought of you with someone else could be enough for him to want to keep you to himself. Don't overdo it though, remember: Jealousy works the opposite way you want it to.



MAINTAIN THAT RELATIONSHIP

1 BEFORE YOU LEAVE

Prior to heading back to your hometown, you and your partner should establish some boundaries and make some plans! Decide what kind of relationship you are willing to get yourself into. Figure out what counts as cheating and what doesn't, so there is no drama. Make plans about if and when you are going to visit each other and don't forget to spend your last few times in Isla Vista doing something fun so you leave each other feeling happy and remembering why you just committed yourself to a long-distance relationship!

2 COMMUNICATE

Whether you call, text, sext, Facebook chat, tweet or skype, you have to communicate with each other! But the true key is moderation. No excessive calls, texts, or Facebook stalking (it's going to happen – just don't become that guy/girl). We know you miss each other but filling up your partner's inbox or call log will only freak them out. Decide on an appropriate amount of conversation per day and stick to it! If you are going to talk on the phone once a day, make sure you actually do. If you prefer to watch Modern Family via skype, then grab your nutella, spoon and blanket and get cozy! Communication is the cork in the bottle; it's got to stay fresh somehow.

4 TRUST

Trust is the heart, soul, backbone and love handles of a relationship and without it your relationship is doomed. In long distance relationships, trusting your partner to go to parties or hang out with their friends back home without getting into trouble shows your confidence. And don't worry, all those comments and pictures of them surrounded by the opposite sex all the time are probably nothing. Really, even that one where they were all shirtless, they're always 'just friends'. Don't sweat it.

3 GET OUT AND LIVE LIFE

We know that you are going to miss each other but remember, summer isn't actually endless and you'll be wrapped in each other's arms again before you know it! Keep yourself busy to give your mind a break from missing your partner. If you find yourself crying over that framed photo of you both partying oceanside DP, put the Oreos down, get out of bed and go out and do something for yourself! Go join a gym, take a class or volunteer. And if you ever feel stressed, tempted or nervous about being away from your partner think about a moment that they made you smile or something they do that makes you happy. Remind yourself why you fell in love with them in the first place and why you have committed yourself to beating the odds of this whole "long-distance" thing.

5 KEEP THE FLAME GOING

An obvious issue with long distance love is lack of physical touch. Because you can't kiss, cuddle, touch or get it on, you have to get more creative when being intimate. Be fun and flirty with texts messages and maybe have a skype session sans clothes. Hey, if not now, when? College is the best excuse for trying new things. If you are able to visit each other, make the most out of your time together! Other ways to keep your relationship exciting is to be spontaneous! Take a risk, try something new (we know there's a few things you'd like to try), or surprise them! Maybe now is the time to try out your 365 positions calendar? Perhaps the only positive to being apart is you that you don't have to keep updated on your birth control.

6 BUMPS IN THE ROAD

Long distance relationships are rarely a walk on the calm, toe-warming beach. More likely, it might be like a full-fledged hurricane while you're out on a boat. You are going to have some ups and downs but there are ways to get back on track! Make time to have a conversation about what is going wrong in your relationship and then figure out how to fix it. But, make sure you also talk about what is going right! Be pissed if something truly bad happens but don't get your panties in a bunch for no reason! Solve your issues or move on.

BY RACHEL DONLEY

ALL SUMMER

To all UCSB students in a relationship, bottoms up to you. The drunken hook-up culture and hit-it and quit-it ideology of Isla Vista hasn't stopped you from finding that one person, whom upon seeing them, makes you go weak in the knees... and no, it wasn't from that handle pull. But summer is fast approaching and that means that shacking will become a farther and more dedicated feat. Distance can be detrimental to a relationship, even more so than finding out that your significant other once batted for the other team. Wanna stay together while being far apart? Here's how to do it!



7 AND LASTLY

When deciding if you should embark on the risky journey that is a long-distance relationship, remember that a meaningful relationship with someone you care about is so much better than a drunken one night stand with someone whose name you can't remember. If you have started falling in love with someone, don't let summer vacation scare you away from being with him or her. With a little trust, determination and love, you can make your long-distance relationship

CLASSY COLLEGIATE MALE
CHIVALRY



Why yes,
**YOU DO STILL
PAY FOR
DINNER**

BY COREY LAU



**HOW CHIVALROUS
ARE YOU?**

Start at zero. Add or subtract points for each answer.

1. ON A DATE:

- A) You always pay. (+5)
- B) Even on your birthday. (+15)
- C) But make her pay for what she's eaten off your plate. (-20)
- D) You go to the bathroom when the check comes. (-25)

2. YOU REACH A DOOR BEFORE A FEMALE.

- YOU:
- A) Hold the door for her. (+10)
 - B) And the woman behind her. (+15)
 - C) Walk in first. (-10)
 - D) Close the door behind you. (-15)

**3. YOU'RE SITTING ON THE CROWDED 24X
TOWARDS CAMPUS. YOU:**

- A) Plug in your iPod. (-5)
- B) Give up your seat to a woman. (+10)
- C) To an elderly woman. (+20)
- D) To a man with long hair. (+35)

**4. YOU'RE AT A PARTY WITH YOUR GIRL-
FRIEND AND SOMEONE PINCHES HER BUTT,
UPSETTING HER. YOU:**

- A) Punch anyone who won't make eye contact. (+15)
- B) Move to an open area. (+3)
- C) Yell "Hey!" angrily. (-5)
- D) Collect five dollars and ask your friend if it was worth it. (-20)

**5. IF YOU WERE LAME ENOUGH TO HAVE A
RINGTONE, IT'D BE:**

- A) Shake That Ass For Me, by Eminem. (+15)
- B) Ass, by Big Sean. (-15)
- C) Chasing Cars, by Snow Patrol. (+10)
- D) The version of Chasing Cars you remade for your girlfriend. (+30)

6. IF A GIRL WERE A CAR, SHE'D BE:

- A) A BMW - sleek, sexy, and smart. (+15)
- B) A Hyundai - decent looking, but faulty and unpredictable. (-5)
- C) A minivan - purely utilitarian, slightly embarrassing. Best for carrying children. (-40)

CONTINUED ON NEXT PAGE

WHEN IT'S OKAY NOT TO PAY*

If it's at the dining commons.

If she drunkenly offers you Freebirds nachos.

If her dad is present.

If you traveled more than 4 hours by Amtrack (3 by Greyhound) to see her.

If you paid for the past 3 meals.

If it's your birthday.

If she asked you out.

If she absolutely insists.

* Still doesn't hurt to offer.

**ASK A
WOMAN**

**CHIVALRY FROM A
FEMALE PERSPECTIVE**

Pulling out her chair at a restaurant: a noble chivalrous deed or an act of outdated chauvinism? An actual woman gives us the low-down!

WITH MAGGIE HILL



**SCENARIO: IT'S SATURDAY
NIGHT IN IV AND WE SEE
YOU WALKING DOWN THE
STREET ALONE, CRYING.
WHAT DO WE DO?**

Female's response: Approach us, but don't throw a pity party. If you wanna help, offer a specific service like calling a cab or offer a tissue, rather than "are you okay?" We want attention, but only if you don't mind our smudged mascara.

**WE SEE YOU IN AN
INTENSE VERBAL FIGHT
WITH A MAN - PROBABLY
YOUR BOYFRIEND. DO WE
INTERVENE?**

Only if it looks like it's getting physical, in which case ask the us if we need any help. Otherwise, stay out of it - we're probably embarrassed as it is.

**YOU INSIST ON PAYING ON
THE FIRST DATE. HOW DO
WE RESPOND?**

That depends. If you invited us to dinner, we're trying to get you to pay without looking cheap. If we were to ones to initiate the date, it can't hurt to offer to pay half the tab.

**YOU ASK IF YOUR
CLOTHES MAKE YOU LOOK
FAT...AND MAYBE IT'S NOT
THE MOST FLATTERING
THING ON YOU. WHAT DO
WE SAY?**

Either gently tell us that it's not your favorite dress, but don't say that WE look bad. And never respond with only "Honey, I love you."

**YOU DROP YOUR PEN IN
CLASS AND IT'S CLOSER
TO YOU THAN US. SHOULD
WE PICK IT UP?**

Yes, if it's within reasonable range. Even an attempt at picking it up can make you look like a sweetheart. Be sure not to rush to it, though, or else you'll look like an eager creep.

**WE SEE YOU AT A DANCE
PARTY AND SOME RANDON
GUY STARTS GRINDING
ON YOU. YOU LOOK
DISPLEASED. SHOULD WE
DO SOMETHING?**

If we're looking around for our friends and isn't finding any, it's time to conduct a rescue operation. Pretend that you know us and make a big scene about "how long it's been." If we're smart and actually want to leave this guy, we'll be thankful.

**WE FIND YOU BELIGER-
ENTLY DRUNK, STAGGER-
ING ALONE DOWN THE
STREET. SHOULD WE DO
ANYTHING?**

Yes. Introduce yourself and offer to walk us home - do not hang around to help us recover. Find another girl to do that. If we don't know where we live, use our phone to call one of our favorites. Taking us back to your place is not advised.

**WE'RE SITTING ON THE
BUS AND YOU'RE STAND-
ING IN FRONT OF US. DO
WE GIVE YOU OUR SEAT.**

If we're pregnant, tired, or visibly ill, yes. Otherwise you risk looking like a chauvinistic douche who thinks that women can't stand.

**YOU'RE UNLOADING A
COSTCO-SIZED PALLETTE
OF WATER BOTTLES
FROM YOUR CAR AND ARE
CLEARLY STRUGGLING. DO
WE LEND A HAND?**

Yes, we'd love that. Just make sure you hold conversation the whole time, or else we'll feel that your show of chivalry is forced.

CONTINUED FROM PREVIOUS PAGE

7. YOU'RE WALKING DOWN TRIGO WHEN A MAN ATTACKS A WOMAN. YOU:

- A) Attack the man. (+20)
- B) Call the police. (+3)
- C) Yell "Hey! stop that!" (-10)
- D) Twice. (-15)

8. YOU'RE WATCHING THE STARS WITH A GIRL ON THE CLIFFS WHEN A PACK OF AGGRESSIVE RACCOONS APPROACHES YOU TWO. YOU:

- A) Pick her up and run away. (+10)
- B) Toss them the cookies she made for you. (+1)
- C) Tell her to run and make yourself look as big as possible. (+20)
- D) Run and tell her to make herself look as big as possible. (-35)

9. IF YOU WERE ONE FEMININE OBJECT, YOU'D BE:

- A) A pepper spray can - protecting her from harm. (+15)
- B) A foldable mirror - telling her how beautiful she is. (+15)
- C) A birth control regimen - taming her sexuality. (-10)
- D) A tampon - in the right place at the wrong time. (-30)

10. WHEN BIKING TO CLASS, YOU SEE A GIRL ON THE SIDE OF THE PATH WITH A FLAT TIRE. YOU:

- A) Pull over and offer roadside assistance. (+20)
- B) Give her a pump as long as she returns it later. (+5)
- C) Keep heading to class. (-5)
- D) Oh wait, but she's got nice knockers. (-30)

SCORING KEY

150 - 200:

Congratulations! You promenade on the same stratum of chivalrousness/treating women right as Prince Charming and Oprah. Please date my daughter.

80 - 149:

I mean, you're alright. You could be more chivalrous, if you tried - and you should.

LESS THAN 80:

Disgraceful. You treat women almost as badly as a Ugandan warlord. Almost. Even gesture at my daughter and you'll be on the receiving end of a restraining order. Go make a rap album.



HOW TO GREET HER

FIRST IMPRESSIONS ARE IMPORTANT - EVEN IN SMALL INTERACTIONS. PROTECT YOURSELF FROM SOCIAL DOOM BY FOLLOWING THESE RECOMMENDATIONS.

Physical	Verbal	Avoid
Stranger in class	N/A	Sighing.
Professor in hall	"Hello, Professor ____!"	Nicknames.
FB friend in IV	"Hey!"	Squinting.
Actual friend in IV	Loud profession of fondness.	Her boyfriend.
Stranger in elevator	Gentle "hello."	Eye roll.
Boss	Friendly grin.	Ass pat.
Past hookup buddy	"Greetings, ____"	Blowjob gestures.
First date	Friendly chat.	Oogling.
GF of 18 months	"Pleasure to see you."	Oogling.
	N/A	Sighing.

Modifications dependent on intensity of sexual relations between you two.

Hold the door: 8 steps away for women, 15 for elderly, pregnant, and handicapped.

THINGS A MAN SHOULD NEVER DO IN THE PRESENCE OF A WOMAN

- Comment on her weight.
- Question her footwear.
- Blowdry his hair.
- Quote "The Notebook."
- Talk about past manicure/pedicure experiences.
- Refer to another man as a tramp/ho/slut/bitch/cunt.
- Refer to anyone as a tramp/ho/slut/bitch/cunt.
- Scratch his testes.
- Cry - not gentle sobbing - bawling.
- Stare at her boobs.
- Stare at someone else's boobs.
- Refer to pornstars by name.
- Make a snide remark about female drivers.
- Polish high school trophies.
- Rap.
- Forget to carry cash.
- Stick anything in her butt, unless previous discussion has occurred.
- Agree when her parents point out one of her flaws.
- Hogging her arm rest in lecture.
- Finish a handjob himself. (See Page 50)
- Get super angry. About anything.
- Swear excessively/yell.
- Ask her where she wants it.
- Poop.



WHEN CHIVALRY GOES BAD

LEARN WHEN TO STOP, OR ELSE YOU'LL LOOK LIKE ROSE'S FIANCÉ FROM TITANIC



ON A DATE, AVOID:

- Ordering for her.
- Suggesting a salad.
- For dessert.
- Asking her to feed you.
- Calling the waiter "boy."
- Taking her to the restaurant of "her people."
- Talking about all your accomplishments.

AT A PARTY, AVOID:

- Constantly offering to refill her drink.
- Stepping up when any guy tries to talk to her.
- Holding the door for her to go to the bathroom.
- Repeatedly asking if she's having a "chill" time.

AT A PARTY, AVOID:

- Asking more than once if she came.
- Showering beforehand. Separately.
- Avoiding words like "pussy" and instead replacing them with their grade school equivalents.
- Asking her what she's cooking for dinner.

WHAT'S OKAY WITH FEMALE PEERS

BE WARY OF HOW YOU INTERACT WITH YOUR FEMALE PEERS - HOW YOU TREAT YOUR GIRLFRIEND CAN LAND YOU IN JAIL, IF ATTEMPTED ON A PROFESSOR

	FRIEND	FB FRIEND	BOSS	PROFESSOR	TA	NEIGHBOR	SITTING BESIDE YOU IN CLASS	JUST MET IN IV	NEMESIS
Hold door?	●	●	●	●	●	●	●	●	●
Daily hello?	●		●			●		●	
Dirty jokes?	●	●				●		●	
Eat lunch with?	●	●				●		●	
High five?	●	●	●		●	●		●	
Hug	●							●	
Really tight hug?								●	
Accept sexual invitation from?	●		●		●			●	
Pull out chair?	●	●	●	●		●		●	
Drink with?	●	●				●		●	
Give b-day present?	●		●			●		●	
Compliment looks?	●	●				●		●	
Say thank you?	●	●	●	●	●	●	●	●	

REVERSE CHIVALRY
SOMETIMES, LADIES,
IT'S YOUR JOB TO TAKE
CARE OF US

1. If we're carrying something small, like a magazine or a pair of sunglasses, it's nice to have you carry it in your purse.

2. If we're sick, we'd love for you to make us a hot drink.

3. Our penis is perfectly-sized. Don't forget to mention it.

4. If we hold the door for you, don't walk slowly.

5. Laugh at at least 3/4 of our jokes. Asking us to tell one of our good stories when with other people is also not discouraged.

6. Posting something cute on our Facebook wall feels like receiving a shiny new boycout badge. It lets us show you off without being boastful.

7. If you're going to hurt us, like mom always said you would, don't make a big deal of it on Facebook.

SECRET RECIPES OF THE DINING COMMONS

Complaining about dining common food was so last quarter. It's time we stopped moaning about the borderline criminal meals they serve us (turkey meatloaf...again?) and get creative with our dining options. After all, beneath the bun of that questionably-cooked cheeseburger could lie an explosion of flavor, if you use a little elbow/grill grease.

BY ANDERS NORDMEYER & ANNA TINER

Ingredients:

- 1 waffle
- 2 spoonfulls cinnamon sugar
- 1 banana
- 2 dallops peanut butter
- syrup

Steps:

- 1.) Gently pour batter into the center of the waffle iron, distributing the liquid evenly amongst the four sections. Close iron and wait patiently. For extra crunch-crispy waffles, rotate iron once more. Remove waffle carefully.
- 2.) Divide waffle into four sections.
- 3.) Spread peanut butter on the surface of each section.
- 4.) Slice banana and place slices on each section evenly.
- 5.) Sprinkle cinnamon sugar mixture.
- 6.) Combine two waffle sections together to make a sandwich, for a total of two sandwiches.
- 7.) Enjoy with syrup.

Banana Waffle Sandwich



Hummus Club



Ingredients:

- 2 slices sourdough bread
- sprouts
- 2 dallops hummus
- red onion
- 1 spoonfull olive oil
- sliced cucumber

Steps:

- 1.) Apply a dallop of hummus to the surface of each sourdough slice.
- 2.) Evenly distribute sprouts atop the hummus.
- 3.) Place red onion consistently on both slices, working from the inside out.
- 4.) Drizzle with olive oil.

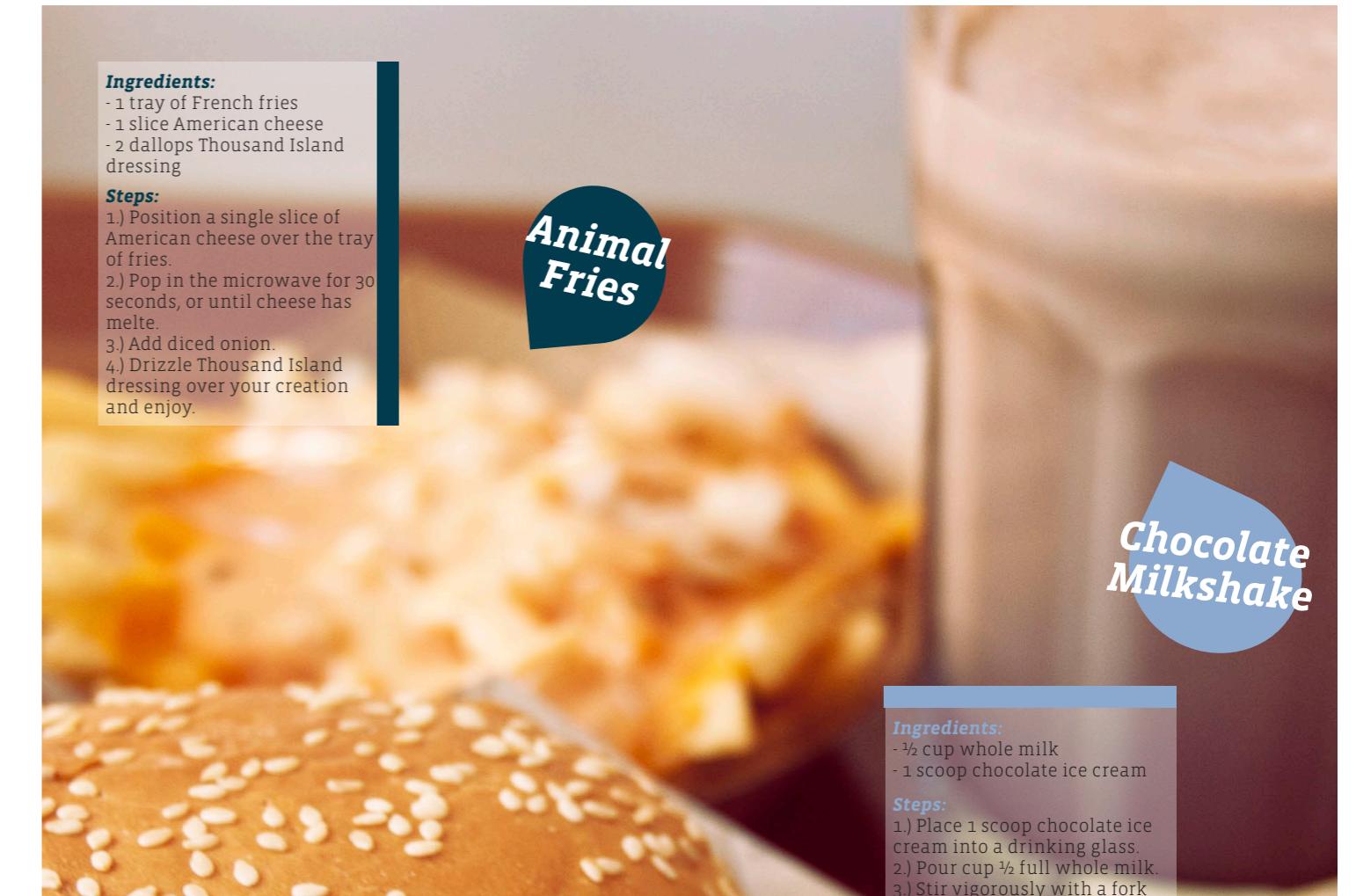
Ingredients:

- 1 tray of French fries
- 1 slice American cheese
- 2 dallops Thousand Island dressing

Steps:

- 1.) Position a single slice of American cheese over the tray of fries.
- 2.) Pop in the microwave for 30 seconds, or until cheese has melted.
- 3.) Add diced onion.
- 4.) Drizzle Thousand Island dressing over your creation and enjoy.

Animal Fries



Egg McMuffin Sandwich (Portola, Carrillo)

Ingredients:

- 1 English muffin - ¼ cup sliced peaches
- A dallop of butter
- 1 slice of grilled ham OR a sausage patty
- 1 slice of cheese, preferably cheddar
- 1 egg over-medium

Steps:

- 1.) Toast the two halves of the English muffin on the darkest setting.
- 2.) While it's toasting, use the time to order 1 egg over-medium from the chefs.
- 3.) Retiree toasted English muffin and butter each piece.
- 4.) Place egg, ham/beef, and cheese in between the muffin halves.
- 5.) Microwave for 15 seconds too melt the cheese.

Peach-Strawberry Greek Parfait (Portola, Ortega)

Ingredients:

- Greek yogurt
- Sliced peaches
- Strawberries
- Granola
- A squirt of golden honey
- A pinch of sliced almonds

Mushroom Spinach Quesadilla (Portola, Ortega, DLG)

Ingredients:

- 2 tortillas
- A healthy amount of shredded jack & cheddar cheese
- Mushrooms
- Spinach
- A spreading of butter

Steps:

- 1.) Sprinkle cheese evenly on the surface of one tortilla.
- 2.) Heat in the microwave for up to 30 seconds, or until cheese has melted to your liking.
- 3.) Combine butter and mushrooms in a small bowl. Microwave until butter has melted, approximately 20 seconds.
- 4.) Distribute mushrooms over the cheesy tortilla.
- 5.) Add spinach.
- 6.) Top with the second tortilla and enjoy.

Drinks

Autumn Apple Punch

- Apple juice
- Lemonade
- Orange juice
- Sprite
- Cinnamon

Brazilian Hot Chocolate

- Hot chocolate
- Coffee
- Half and half
- Cinnamon

Cranberry Cooler

- Cranberry juice
- Orange juice
- Sprite



Chocolate Milkshake

Ingredients:

- ½ cup whole milk
- 1 scoop chocolate ice cream

Steps:

- 1.) Place 1 scoop chocolate ice cream into a drinking glass.
- 2.) Pour cup ½ full whole milk.
- 3.) Stir vigorously with a fork until satisfied with viscosity.

(Kinda) In-n-out Burger

Ingredients:

- 1 dining commons cheeseburger
- 2 slices tomato
- 1 lettuce leaf

Steps:

- 1.) Remove burger buns and gently situate in toaster. Lightly toast buns and remove.
- 2.) Replace bottom bun. With top bun still removed, add tomato, lettuce, and onion to the center of the burger patty.
- 3.) Spread Thousand Island dressing onto the top bun.
- 4.) Replace top bun.

Fiesta Salad



Ingredients:

- Brown rice
- Black beans
- Corn
- A few cherry tomatoes
- Cilantro
- Diced onion
- 1 lime half
- Olive oil
- Salt and pepper to taste

Steps:

- 1) Mix!

Pasta Bake (DLG, Portola, Ortega, Carrillo)

Ingredients:

- Cooked noodles of your choice
- Red sauce
- 3 spoonfuls shredded parmesan cheese
- Croutons
- A squirt of olive oil
- Cherry tomatoes
- Diced onion
- Salt and pepper, to taste

Steps:

- 1.) Combine noodles and sauce in a medium sized bowl.
- 2.) Slice cherry tomatoes in half and mix well with pasta.
- 3.) Add diced onion.
- 4.) Add shredded parmesan and microwave entire dish for 30 seconds.
- 5.) Lightly crush croutons above the pasta.
- 6.) Sprinkle the remaining parmesan.
- 7.) Drizzle olive oil and add salt and pepper to taste.

Ham and Cheese Melt (DLG, Portola, Ortega, Carrillo)

Ingredients:

- 1 Sourdough English muffin
- 2 slices ham
- 1 handful shredded jack & cheddar cheese
- Grated parmesan cheese
- 1 dallop of mustard
- Salt and pepper, to taste

Steps:

- 1.) Separate English muffin halves and place vertically into toaster slots. Turn dial halfway and depress lever. Remove from slots.
- 2.) Carefully spread mustard onto the inside surface of each English muffin half.
- 3.) Position 1 slice of ham at the center of each half.
- 4.) Distribute jack & cheddar atop the ham. Sprinkle parmesan.
- 5.) Microwave for 30 seconds. Remove carefully to avoid scalding.
- 6.) Add salt and pepper as desired.



The most important thing is you. If you disagree, your morals are far too sound to be reading this magazine (and we're surprised you've made it this far already). But if you truly care about your image, health, and well-being, you'll need to give the next few pages a gander.

BY BETSY KABAKER
KYRA KLOPP
BRIGITTE LE MOINE
ANDRE THEUS
ALEXANDRA SPAN
BONNIE CASILLAS
KATELYN STEFANI
TANYA ZADORIAN
JORDAN KILLEBREW
& COREY LAU

LOOK FEEL YOUR BEST

L F B Y B S 1 2
FASHION, HEALTH, & SELF

ON HER

Necklace \$14 **Miss Behavin'**
Crop Top \$28 **Miss Behavin'**
Shorts \$30 **Miss Behavin'**
Boots \$60 **Sheikh Shoes**

ON HIM

Jacket \$70 **American Apparel**
Sweater \$40 **American Eagle**
Belt \$38 **Gap**
Shorts \$7 **H&M**
Shoes \$12 **Burlington Coat Factory**

01

THE COMFY COLLEGIATE

This spring, be bold. Girls, let's give those yoga pants a rest. Guys, put those sweats away. Having early classes is not an excuse to look like a gym teacher every day.

This season
Wear bright colors to keep you and everyone else in your class awake. Keep things more interesting than your lecture with big patterns. Dress up your comfy clothes with bold accessories. Wear your classics like you've never worn them before- mix it up. Let's just agree to keep pajama wearing to a minimum this quarter.

ON HER

Jacket \$250 **Walter**
Dress \$45 **H&M**
Heels \$99 **Guess**
Backpack \$1,970 **Louis Vuitton**

ON HIM

Shirt \$60 **Strelson**
Jacket \$235 **Diesel**
Belt \$295 **Gucci**
Pants \$80 **Diesel**
Shoes \$99 **Zara Homme**

02

THE MEETING WITH YANG

Be yourself. Don't wear something that makes you uncomfortable. Wear what you feel best in. The average suit is what it is; it's AVERAGE. You are not average! Be confident and show off that dazzling personality.

This season
Don't wear black and white. Wearing a bold color will make you stand out..literally. Make sure your nails are in tip-top condition. No one wants to shake a nail-bitten hand. Be careful with your accessories. Wearing too many can be very distracting! Most importantly, be prepared; looking presentable will only take you so far.



04

THE DATE WITH THE NIGHT

Don't wear what all of your friends are wearing. No one looks more freshman than that group of girls walking down DP wearing the same exact outfit.

ON HER
Dress \$38 **Miss Behavin'**
Shoes \$140 **Jeffrey Campbell**

This season
You don't have to wear a tight skirt and patterned shirt every single time you go out. Let's spice it up. This is your time to experiment and to actually get away with it. No one's going to remember much the next day, anyway. So go all out and try something new. Be bold.

ON HIM
Vest \$150 **Members only**
T-shirt \$48 **Urban Outfitters**
Jeans \$45 **Levi's**
Shoes \$70 **Supras**

DRESSING FOR MUSIC FESTIVALS

Stay away from grey. Sweat stains are most visible on grey and pastel colored clothes. Opt for a white shirt or a dark shirt to avoid those unattractive underarm circles. Don't be that person.



ON HIM

Shorts \$40
Shoes \$45 Vans

ON HER
Bathing Suit \$30 Wet Seal
Skirt \$20 Amazon
Shoes \$45 Converse

EXTRAVAGANZA

ON HER
Earrings \$19 Miss Behavin'
Dress \$40 Miss Behavin'
Belt \$14 Miss Behavin'
Shoes \$49 Urban Outfitters



LOOK YOUR BEST

STAGECOACH / COACHELLA



ON HIM
Shirt \$70 **Gocoune**
Shorts \$50 **Giordano**
Shoes \$40 **General Surplus**

ON HER
Dress \$45 **Miss Behavin'**
Boots \$58 **Francesca's Collection**

GLOBETROTTING GAUCHO

Senior Natasha Wynn studied abroad in Barcelona, Spain from August 2010 to June 2011. We couldn't resist asking about European fashion.



03 *Describe a typical weekend.*

"For most people, you go to bars until 3am and then at 3am you go to the clubs and you'd leave at 6am and take the metro back and eat something and go to bed at like 8 or 9am on crazy night. On average for me, I'd hang out with my friends make dinner drink wine and then find cool bars. A lot of the bars had live music. We went through a phase of going to dive bars to find beers for a euro and stuff like that. Everyone stays up really late. We would be walking to a club and see a group of eighty year olds watching the five year olds run around."

05 *What was the typical going out outfit?*

"It was really casual. I mean, if you're going to go to the beach clubs there are a lot of tourists so you will see people in heels. It's not like you don't see it at all. But the bar scene - that's what I did - was really casual. You don't dress up at all. You wear what you've been wearing all day, like jeans and shoes. Whatever's comfortable."

01 *Why did you choose to go to Barcelona?*

"Barcelona is such a good place to go because it's so close to everything as opposed to Madrid. The flights are cheap to go all over Europe. It's great for road trip purposes: it takes four hours to drive to Italy and two hours to drive to France."

02 *Were you shocked when you first arrived?*

"Yeah, you definitely feel shocked. I mean, I think the biggest adjustment for me was the fact that they didn't speak Castilian Spanish, which is Spanish-Spanish. They speak Catalan, which is a completely different language. That was difficult because signs would be in Catalan and I wasn't used to that at all. Daily life there is really different... everything closes. They really do take siestas. That's not a joke. Everything closes from around 1pm until whenever they decide to open, like four or five. And normally that's when I would get up and get ready and I'd leave in the afternoon and everything would be closed. There are little things you definitely had to adjust to."

04 *What was the style like in Barcelona?*

"Everyone in Barcelona has dreads or mullets. That's what they do and that's what's in. Some people have mullets with dreads in the back. The hairstyles were a huge thing that I was weirded out by. It's kind of a mixture of punk/mullet. People would do the craziest stuff, like shave half their head and then have dreads and put things in their dreads like seashells. They have such bizarre style. They would wear parachute pants with a patterned shirt and then their mullet-dreads. Even girls do the mullet. Everyone does the mullet. If they don't, their head is shaved with a little rat-tail."

06 *How did your style change?*

"When I went there initially, I had a lot of tanks and floral pieces and sandals. But once I got there I realized how much walking you do. I wore boots all the time because you need something you can trek in. Even if it was really hot outside, I wore shorts and boots. My style became more refined in a sense. I started understanding what I liked and what I didn't like and I kind of experimented with that. No one knows you, you can experiment all you want. Coming back, I still wear boots every day. Now, I look for things that are a little different but still basic, rather than shopping at like Urban Outfitters or something."

07 *How did you change?*

"I'm more decisive and less inhibited. I'm not scared to just approach people. I feel more in touch with who I am. I have more of an appreciation for other cultures and countries and I'm definitely more interested in them. Living in Barcelona gave me a lot of perspective on how we are as Americans. It also made me appreciate California a lot because we don't realize how lucky we are to be in this beautiful place by the ocean where everyone's healthy and active."





BY TROY DAVID

GET THAT SPRING GLOW

Follow some of these simple and easy beauty tips from one of our very own UCSB beauties. Tayler is a first year student that exemplifies both the beauty and brains the typical UCSB student has.

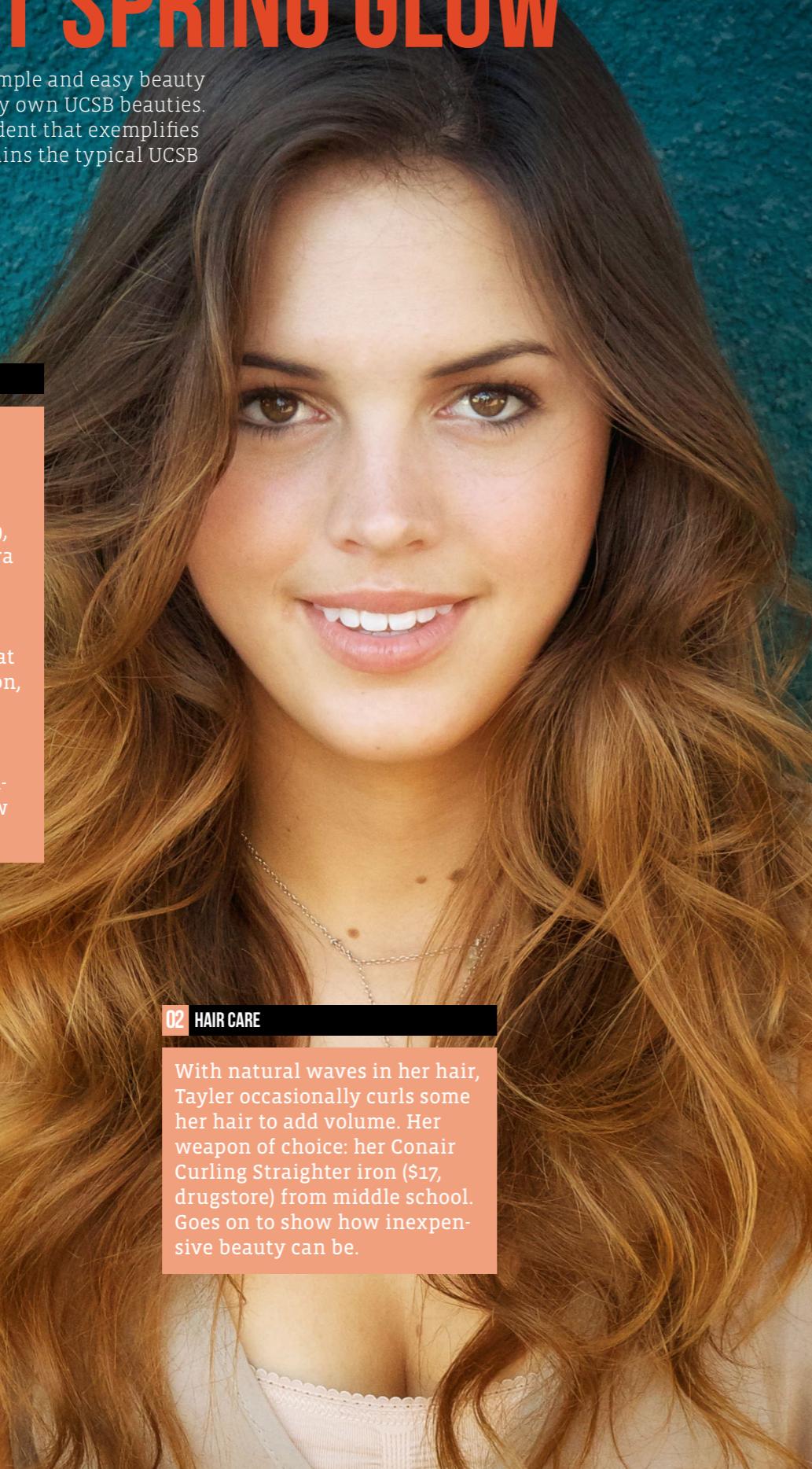
BY BONNIE CASILLAS

01 FACE CARE

Tayler uses BareMinerals foundation (\$26, Sephora) to achieve an even greater complexion. In addition, she uses BareMinerals blush (\$19, Sephora), Maybelline mascara (\$5, drugstore), and the occasional liquid eyeliner (\$14, Sephora) to add definition to her gorgeous eyes. To add that extra umph to her complexion, when she goes out, she uses her favorite BareMinerals "True Gold" eye shadow (\$10, Sephora) or her "special-occasion-only" Kat Von D shadow palette (\$40, Sephora).

02 HAIR CARE

With natural waves in her hair, Tayler occasionally curls some her hair to add volume. Her weapon of choice: her Conair Curling Straighter iron (\$17, drugstore) from middle school. Goes on to show how inexpensive beauty can be.



CONQUER THE BREAKOUT CYCLE

At this point, we've all been brutalized by puberty enough to make zits a familiar occurrence. Follow this advice and you just may make it through this quarter unscathed by acne.

BY COREY LAU

01 KEEP BACTERIA LEVELS LOW

To some extent, we all carry a culture of *P. acnes* bacteria on our faces. It feeds on natural face oils and breaks them down to mix with dead skin, creating the perfect pimple recipe. Get rid of these buggers with a light benzoyl peroxide treatment.

02 UNCLOG YOUR PORES

Allowing your pores to breathe is essential to preventing inflammatory acne buildup. Salicylic acid, used in most face washes, prevents pores from plugging up and can even out your skin tone.



04 STAY HYDRATED

Internally, water is the most important medium by which facial oil and dirt can be regulated. Oily foods and sugary drinks can dehydrate you and cause breakouts. Instead, drink water with every meal and in between.



03 REMOVE DIRT, OIL, AND DEAD SKIN

Your skin naturally sheds every month or so. For some, however, excessive amounts of dead skin cells and dirt accumulate, creating a film of matter to clog your pores. Rid your face of its own waste by exfoliating your skin regularly, but no more than three times a week.

BUTT
Toe Taps

Lie on the floor with your arms on your sides. Lift your feet, bending both knees to 90 degrees so your thighs are perpendicular to the floor. Now slowly and quietly tap your left toes to the floor, then your right. Alternate tapping feet for one minute. If you feel any lower back pain, don't bring your toes all the way down.

Squat With Kickback

Stand with your legs shoulder-width apart. Sit back to a squat, bringing your fists close to your chin. Then bring your left leg straight behind you while extending your arms forward. Return to the squat position, then repeat on the other side. Continue alternating sides for one minute. As you squat, remember to keep your weight back on your heels. When extending the leg behind you, keep your hips square—don't twist them toward the side.

LEGS
Pistol Squats

Stand with feet hip-width apart, fists in front of chest with elbows bent; lift right foot forward a few inches off floor, foot flexed. Squat, bending left knee 90 degrees, as you lift right leg to hip level in front of you. Make it easier: Let right heel hover close to floor. Do 15 to 20 reps, then switch sides and repeat. Do 2 to 3 sets.

Hamstring Curl

Lie face up on floor, arms by sides, legs extended with heels pressing into a folded towel on floor. Slowly pull heels toward butt as you lift hips off floor until knees are bent 90 degrees and body forms a straight line from shoulders to knees. Slide legs forward to return to start. Do 2 to 3 sets of 15 to 20 reps.

ARMS**Up to Down Dog Position**

Start in full push-up position, balancing on hands and toes. Lift left foot a few inches off floor. Press hips up and back so that body forms an inverted V, lifting left leg behind you toward ceiling.

Plank Arm Row Rotation

Start on floor in full push-up position, balancing on hands and toes, body forming a straight line from head to heels. Move feet slightly wider than shoulder-width apart. Keeping hips level, lift left hand off floor and bend left elbow behind you to bring hand next to shoulder.

**ABS**
Bicycle

Lie face up on your mat and place your hands behind your head, lightly supporting it with your fingers. Bring the knees in to the chest and lift the shoulder blades off the floor without pulling on the neck. Rotate to the left, bringing the right elbow towards the left knee as you straighten the other leg. Switch sides, bringing the left elbow towards the right knee. Continue alternating sides in a 'pedaling' motion for 1-3 sets of 12-16 reps.

Plank

Lie face down on mat resting on the forearms, palms flat on the floor. Push off the floor, raising up onto toes and resting on the elbows. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle. Hold for 20 to 60 seconds, lower and repeat for 3-5 reps.

THE SOCIAL MEDIA WORKOUT*

A simple way to turn internet time into calorie-burning, muscle building work.

- One "like" = 15 crunches
- Each new photo viewed = 2 jumping jacks
- Update status = 5 push-ups
- Upload per photo/video/pin = 30 sec of bicycles
- Add/request friend = 30 calf raises
- Type someone's name in search bar = 20 sec wall sitting
- Comment on photo/status/post = 20 side crunches
- IM/message = 20 sec knee slaps/butt kicks

Don't just let your eyes slide over this—actually try it and stick to it! Either you'll waste less of your days on social websites or you'll become an extremely fit desk-jockey. Either option is better than now, right?

*Campus Point - UCSB Magazine not responsible for victims of heat exhaustion.

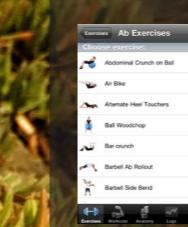
FEEL LIKE A GREEK STATUE

Spring. Time to toss off the clothes and lure in that cutie you've been admiring/lightly stalking on Facebook all year. Need a few more tips on how to chisel an eye-catching body? Look no further.

BY ALEXANDRA SPLAN

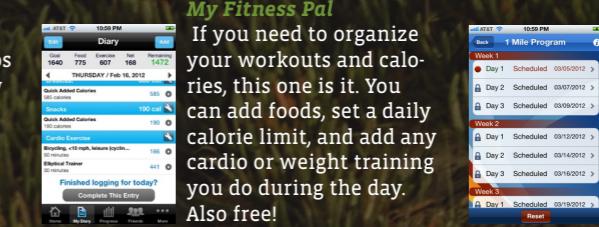
WORKOUT APPS REVIEW

Which smartphone workout app is the best for you?



Fitness Pro
This app provides over 450 exercises with photos and instructions on how to do exercises. You can build your own routine, keep a log, see what muscles you're focusing on, and it keeps track of your runs. And it's free!

Rating: 8



My Fitness Pal
If you need to organize your workouts and calories, this one is it. You can add foods, set a daily calorie limit, and add any cardio or weight training you do during the day. Also free!

Rating: 9



Personal Running Trainer
This app trains you for whatever distance your goal is, from one mile to a full marathon. A coach's voice instructions will be voiced over your music and assists in helping build endurance over a period of a few weeks.

Rating: 7

CAN YOU TAKE IT?

Are all those days of playing snappa and pounding shots before heading out catching up on you? Time to shed a few pounds. Yes, it seems like a task and most of us would rather lie out and enjoy the beautiful weather that Santa Barbara has to offer, however, all those days of on-going excuses not to go to the Rec Cen or run on the beach are finally over. It is time to get your lazy butt off your couch or bed and give in to The Gaucho Challenge! Seven days of hell or bliss. End result: You get to live up to the name of UCSB housing a pretty fit campus.

BY ALEXANDRA SPLAN, JORDAN KILLEBREW, TANYA ZADOURIAN, KATELYN STEFANI, & BONNIE CASILLAS

THE GAUCHO CHALLENGE

Day 1: Labyrinth

Nestled on the lagoon island next to Manzanita Village, the labyrinth trail is a circular .6th of a mile. Your challenge if you accept is to begin at the Manzanita beach, start running the trail around the peninsula down to campus point around the lagoon and back to the peninsula. Once you reach the labyrinth sprint the entirety of the labyrinth. Once you complete the sprint do as many pushups until failure. This may tempt you to jump into the lagoon, but trust the necessary shots needed to ale your disease will not benefit you.

Day 2: Upper body

A bit sore? Its ok! Begin by doing some stretching and a five to ten minute warm up of jogging, biking, or speed walking. Your muscles need this and will thank you for it in the long run. Now that your body is ready, grab a yoga ball and place your legs across the top while placing your arms in push up position. The goal of this exercises is to really push your arms muscles to their limit, with slow, very refined push ups. Perform 10 sets of 10 reps. Rest for ONLY 60-90 seconds in between each set. Next are triceps' dips. Grab a chair, sit down, and place your hands to the side of your hips. Raise your hips and create a 90 degree angle with your elbows, then contract your triceps muscles to come up again. Continue to do 10 sets of 10 reps.

Day 3: Harder Stadium

The stadium is home to soccer games that house exciting fans throwing corn tortillas and chanting Ole' as we score a goal. Besides game days, the stadium is usually open for the public to use. On the second day of the gaucho challenge, your quest is to run the bleachers. Start off at the home side and jog up, across, and down five times to warm-up. Once you are

finished with that, sprint up and down the stairs five times. Next, alternate legs while going up the bleachers at a walking pace. After two times, continue but this time try to sprint up the bleachers and jog down the stairs. Once you do five of these, jog around the field three times. Be weary of the morning, steps can be slippery.

Day 4: Lower Body

Warm up for five to ten minutes to get you muscles ready for pressure by jogging, biking, or power walking. First for today is the walking lunge. Grab a pair of weights at a weight your comfortable with. Light enough to not injure yourself, but heavy enough to feel the burn. Begin with shoulders down, stomach muscles tight, and lunge forward contracting your triceps up towards your chest. Then step back into first position and lower your arms back down by your waist. Perform 10 sets of 10 reps. Rest for ONLY 60-90 seconds in between each set. Next, ski jumps. Keeps your arms to your side, tighten your stomach muscles, and jump as far to the right as you can, landing in a squat. Repeat the jumps for a full minute. Take a minute to rest, and continue to complete a total of 10 sets.

Day 5: Point to Point

Home to the surfers and paddle boarders who wake up early to get a good session in before heading off to lecture, campus point and sands are two of the hot spots for beach goers. For this challenge, however, the last thing you will be doing is relaxing, unless you want to soak up some sun after the robust swim you just finished. The challenge is to swim from campus point to sands, which is located at west campus. Yes the water can be cold at times, but that is why wet suits were invented. Good luck!

Day 6: Core

Warm up for 5 to 10 minutes by jogging, biking, or power walking to warm up your muscles. Today's core focus will help you get that tight, flat tummy you've been dreaming of. Begin with a series of crunches. Incorporate 5 different positions such as tabletop, bicycle, ankle touches, straight leg butt lifts, and alternate side crunches. Complete 30 reps for each position with out rest. Rest for 60 seconds, and go straight into the next set. Next, squat thrusts. Begin standing, then get down into a crunch position, and thrust your legs back to straighten them out so that you're in push up position. Tighten your ab muscles to push back into a squat and stand back up. Repeat this for 60 seconds, take a 60 second rest, and then continue to complete 10 sets.

Day 7: Tetris

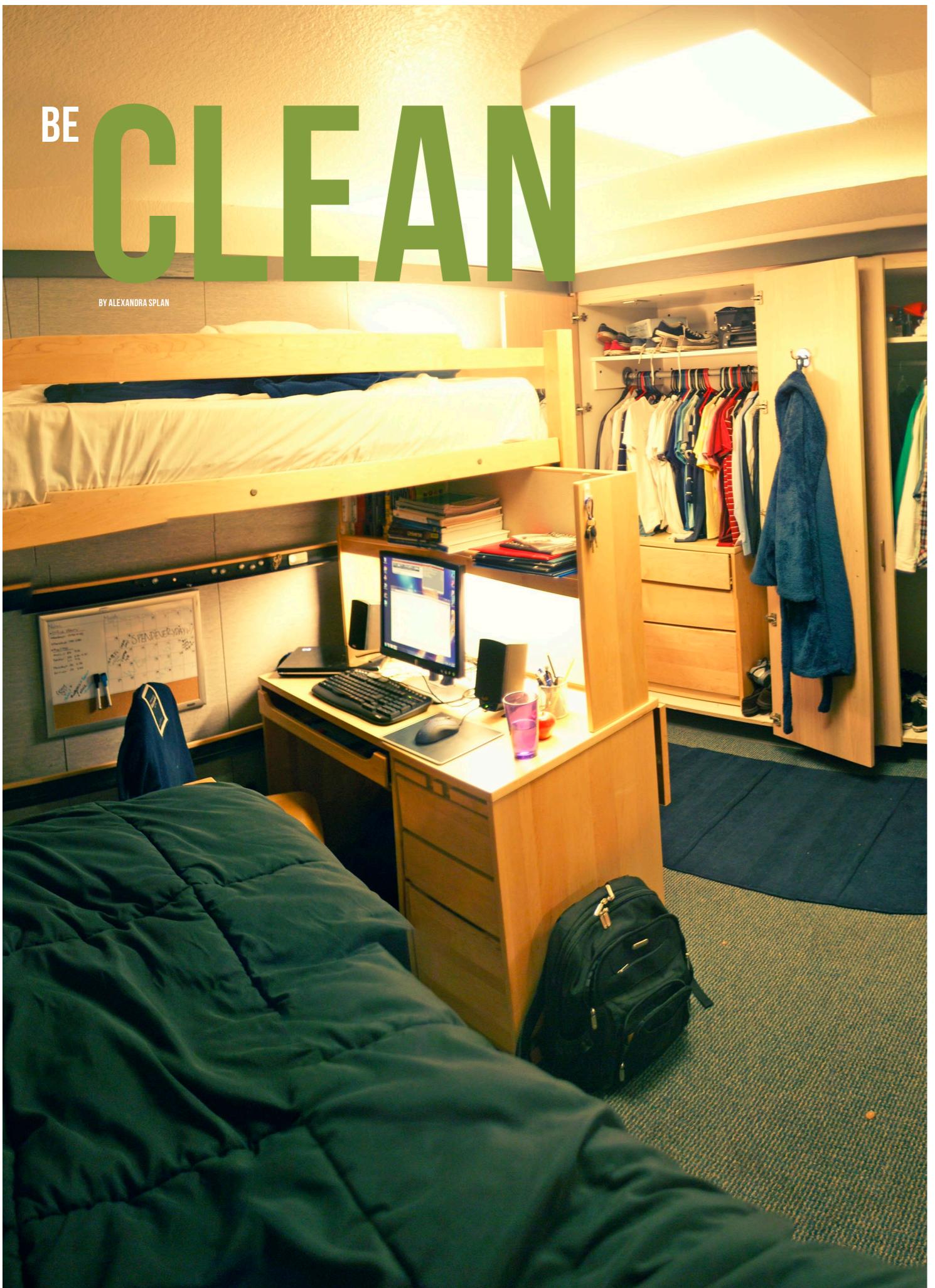
Isla Vista is a grid, going from the 65 block to the 68 block. This aspect of the challenge may get you dizzy as you run the zigzag of streets. Begin at the end of the 68 block of Del Playa, go east until you reach Ocean Road, from there go north until Sabado Tarde make a left and run until you reach Camino Majorca. Go north again and run Trigo until Camino Pescadero, where again you will go north to Pasado. Cut back to Camino Majorca and head to Sueno. By now you are probably a bit dizzy. Shake it off, you are halfway there! Take Sueno and go up to Pardall. When you reach the edge of Pardall make a left and head to Segovia, from Segovia cut down to Abrego until you reach Camino Del Sur. From there run the extent of Picasso. You'll want to stop at Student Health to catch a breath however all they will have is Vicodin. From here you have it made, head south back down to Del Playa once you reach the beginning of the 65 block you have completed Tetris and six and a half miles!



THEY CAN.

BE CLEAN

BY ALEXANDRA SPLAN



S

SPRING IS THE SEASON of flaunting what you got; it's fresh, warm, and totally sensational. The summer sun is approaching and with that comes the departure of rain boots and scarves. The point is, spring is **BOLD!** Its time to break out of those winter blues you've been sporting for too long, and tackle the season with these tips designed to make Spring the most memorable quarter of them all!

Nothing gets you back on track and focused better than organizing your space, time, and area. Spring-clean your way into a better attitude and clearer mind! As you know, fresh is the vibe when it comes to spring. We get a chance to start fresh with new scenery: blue skies, a bright shining sun, and flowers in bloom. To begin grasping the boldness of the season, do some spring cleaning yourself, and reap the benefits of a fresh new space. We have a few tips that can help transform your living space and boost your energy into a lighter, happier, and overall sensational mood.

Short and sweet, pick up a bit! It never hurts to keep the shoes in the closest and the sweaters on hangers. A little organization goes a long way. Studies have shown that an organized living space keeps your mind sound and at peace. A clutter will only leave you in a frenzy; so don't forget that the next time you throw your clothes on the floor instead of the hamper. And for your tornado of a desk, just remember if you don't use it, lose it. Another simple trick to make your space a thousand times more attractive is to hide your wires by your desk! Let's face it: we all have our laptops, printers, lamps, cell phone chargers, hair straighteners, etc. All of those wires are probably creeping out from side of your desk as we speak. An easy way to keep all the wire together and organized is to take binder clips, clip them to your desk, and slide the chord through it. You'll have your essentials right next to you to grab and plug in when needed. If your desk is too thick to clip it to the side, try double sided tape or sticky tack to attach the clips to the desk. Also, go green and use energy wisely. Whatever you're not using, wrap it up, and put it away for later use, don't leave it sitting in the outlet.

"To begin grasping the boldness of the season, do some spring cleaning yourself, and reap the benefits of a fresh new space."

In addition to organizing your space, be an artist and paint your room with bright colors! Okay, please don't literally break out your paintbrush and get to work on the dorm room walls, but add some color on your desk and bed along with your spring wardrobe. Some colors we suggest would be reds, oranges, yellows, and turquoise. Bright colors are the definition of bold. The brighter you make the room, the higher you raise your self-esteem boost! It can be as simple as going to Kmart and finding some cheap pillows to add to your bed spread and picking up some frames for your desk of your family and friends. Little splashes of excitement are going to take your attitude a long way. Another great way to add some life on dull, winter worn walls is wall art. It is easy to put up, completely affordable, and can instantly transform the look and feel of your room. There's a wall art form for every style: flowers, the Eiffel Tower, or maybe just some letters to spell out your name or favorite quote. Whatever you can afford to do, even if it's just changing the screensaver on your laptop, we encourage you to do it! Go after it and transform your space into a spectacular spring getaway.

Last but not least, this last tip will significantly change the aura of your room so easily you would never even guess it can have such an impact, but your room's SCENT gives off more vibes than all the other tips! No one wants to kickback in a room that smells like workout shoes and last night's Top Ramen bowl. Two words for you: flower power. Not only do flowers like carnations come cheap, but they also look perfect anywhere you put them. Carnations release a very sensual scent, and any other flower has a scent that has been shown to make you happy! Along with the happy train, floral scents also promote social interaction. What can we say? This is just a win-win situation for all. You get décor, scent, and personality points. If you don't want to go out of your way to get fresh flowers for your room every week, no worries. Floral scented air freshener's work just as well, along with candles (but don't forget to blow them out before bed!). Spray that whenever you get the chance and let your senses fall in love.

One last thing to spring clean your life, focus less on emotional clutter. Look back at the school year that has gone by. What has stopped you from joining a new club or organization? Why did you slack off when it came time for midterms? What sucked the motivation out of you? Ditch the excess emotional stress, it's not needed! Take the time you used previously worrying and set some goals for yourself. If you feel that you're slacking, tell a friend about it to help keep you accountable. The best way to clean up the past is to start fresh, and spring is the perfect season to start!

10 STEPS TO CLEANER LIVING

- Surround yourself with quality, not clutter.
- Every room needs something living: a plant or a fish.
- Mental notes never work, take real notes on post-its.
- Label, label, and label everything.
- Make your schedule visible: get a calendar and use it.
- Color coordinate with folders and notes.
- Don't be a hoarder, use it or lose it.
- Make a place for everything, and then keep it there.
- Organized minds make successful and happy people.
- Maintain everything you did.

BE CALM

1

BY ALEXANDRA SPLAN
Along with it being spring, it is also the last quarter of the school year for most of us. That being said, school is still number one, and with midterms, finals, term papers, and jobs, that can be quite overwhelming. We all know what it's like to be so stressed you just want to sleep, and eat, and then sleep some more - this kind of lifestyle puts anyone and everyone on edge. Way on the edge. It's easy for us to let our emotions take over and get irritated with things that are out of our control. Take it from us, and use these tricks daily to de-stress and relax.

- It's been a long day of lectures and now you have a 4-hour shift at work waiting for you promising needy customers and a headache. Try this: press your feet onto the floor and focus on the pressure. This will help your mind zero in on the sensation and calm your energy. You'll be able to handle anything!
- 2 a.m. on a Tuesday. You're still up working on your term paper that's due in 6 hours. Take a moment and sit back at your desk, close your eyes, and your brain will go into what we like to call "back-up plan" mode. It will rework an alternative plan, like going back to your thesis or tweaking some paragraphs rather than writing poorly and blindly.
- Pop a mint! The sugar used in mints has been shown to boost willpower. Now you have a simple way to push through the last few minutes of class and stay relaxed.

● Count to 100 before you freak out. It was a rough night and you didn't bother putting on eyeliner or doing your hair and someone, of course, has to comment on it. All it takes is 100 seconds to breathe, and you'll be moving on to the next thing rather than facing it out with that person.

● Ask yourself, what would Beyoncé do? Think diva, think role model. Before choosing between a few different action scenarios in your head, think of what that diva would do in the same situation, and then do the same.

● Refuse to be hurried. Do whatever you can to make sure you have plenty of time to get to and from places. Pushing your limits puts you on automatic edge. So plan ahead and take the easy route rather than panicking.

● Smile and laugh more! Smiling produces endorphins, and endorphins make people happy. Even thinking about smiling in a stressful situation sends signals to your brain and tricks it into thinking you really are happy! This will help fight stress and relax the body.

BE COLLECTED

BY ALEXANDRA SPLAN

10 TIPS FOR THE COLLEGE KID

1. Study groups are great! But keep it between 3-5 people. Anything more than that and chances are, you'll turn it into a social gathering.
2. Get enough sleep. It's hard, we all know, but more sleep results in a more productive you. So take advantage of it!
3. Create a romance with flash cards. Test yourself, have others test you, or teach a peer the concepts you've been learning about with the help of some index cards. They keep you accountable on what you need to know.
4. Recopy or reread your notes after class, you'll remember more from lecture!
5. Manage your time well. Too much of something is never good, and that goes for socializing as well as burying yourself in books. Keep it balanced.
6. Stay for the whole lecture! Leaving early cuts out valuable information, whether you want to think of it that way or not. Consistently leaving 15 minutes early is going to hurt you overall.
7. Don't be afraid to get involved! There are a ton of campus groups and organizations; you're bound to find something that interests you.
8. Embrace the free activities that are put out for you. Attending some RHA events during finals week will make it easy for you to stock up on scantrons and blue books, all for FREE!
9. Don't freak out about not having a major yet. Go see an advisor and test the waters in classes that you think you might like. Those interesting classes are a good hint as to what you can make your major. Just make sure it's something you enjoy.
10. Protect your computer with virus protection and firewalls. No one likes when their computer crashes the day before a big paper is due; have a back up protection plan.

We're college students; we love study breaks but loathe the studying. Love it or hate it, studying and note taking is a huge task in our college careers and essential to our success at the university. By being a bit more thorough while taking notes, paying attention and participating in lecture, and by knowing what kind of learner you are, you can enhance your study skills and better succeed in college.

So, how does anyone know what kind of learner he or she is anyways, what does that even mean? Sure it can be a huge help to know how you learn best but how do you even figure that out? There are generally three types of learning styles: visual, auditory, and kinesthetic. Many times people show different combinations of all three, and that's okay too! Simply by knowing what triggers understanding in your brain is going to take you a long way.

If you find it easier to understand things with graphs, tables, maps, and charts, you are probably a visual learner. You prefer in person contact rather than texting, emailing, or phone calls. You tend to zone out more during lecture and when there's too much movement around you. To make it easier for you to be consistent in your learning, trying and focus only on the professor during lecture, as in watch them! Keeping track of how their moving and speaking will emphasize what you're going to remember afterwards. Another huge help for you

visual learners: office hours! You'll get one on one contact with professors and TAs with minimal distractions. When taking notes, try using different colors to highlight key words or things you think are going to come up on an exam. When studying, choose a quiet environment. Because it's easy for you to get distracted by your surroundings, try somewhere quiet, like the library, a study lounge, or a classroom. An auditory learner is exactly what they sound like; you learn by listening! You're the one your friends come to when they need to vent, but you never actually give advice in response. The best way for you to read and study is to talk aloud to yourself. No it's not creepy! For you, it will be much more effective than crazy. To study, try and teach your friend the concepts you will be tested on. By hearing and reflecting on what you know, you will maximize the information your brain can contain. Lecture is also going to be key to your learning. Don't focus as much on taking down everything on a power point. Listen more closely to the professor and only write down what you think is the main point of the lecture.

As a kinesthetic learner, you're probably big on hand gestures, especially when you talk. You get distracted quickly and often. But on the plus side, you're the ultimate multi-tasker. The best thing for you to do while studying is to multi-task. This can be by pacing while you read, standing while doing homework, listening to music while you work, or even just chewing gum while studying. Visual hints are always helpful to you too, so add color to your notes to draw your attention to important information. *



USEFUL EQUIVALENTS

1 Giovanni's giant slice.....	1 Woodstock's personal pizza
1 Freebird's nacho.....	1.5 Hours minimum wage work
1 Application of pepper spray.....	2 Taserings
20 Buffalo wings.....	1 Chicken (& 0 buffalo)
1 Guy + 1 bongo drum.....	Hippie
2 Guys + 1 bongo drum.....	Band
Guys + bongo drum + tent.....	Occupation
Your love.....	My drug
XL (2000).....	M (2012)
1 "Sweetheart".....	0.5 "Babe's"
C's.....	Degrees
1 Non-science degree.....	10 Years of debt
Straight A's.....	Social ineptitude
Straight A's + social life	Insomnia
Straight A's + social life + enough sleep.....	Drug problem
God.....	Debatable
The 40% of people who claim to abstain from masturbation.....	Liars
1 Cigarette.....	5 Fewer minutes of life
10+ Shots of vodka.....	1 Night that never happened



BE UNIQUE.
Be yourself.

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