

TBL the bottom line

Associated Students, UC Santa Barbara | Freshman Edition | Summer 2010

GOLD 101:
Intro to Choosing
the Right Classes

**FRESHMEN
EDITION**

**Surviving the Jungle:
Staying Safe in
Isla Vista**

**Fighting the
Freshman 15**

www.thebottomline.as.ucsb.edu

TBL | 2010-2011 STAFF



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The Bottom Line *is a new voice on campus...*

We provide a printed space for investigative journalism, culturally and socially aware commentary and engaging reporting that addresses the diverse concerns of our readership and community.

This is your community to build, share ideas and publicize your issues and events.

We welcome your questions, comments or concerns at bottomlineucsb@gmail.com

- The 2010-2011 Bottom Line Staff

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Photos By | Eddie Ferry*

GOLD 101: Intro to Choosing the Right Class

Victoria Hungerford

Web Editor

Coming into UCSB as freshmen is both exhilarating and frightening. Whether you've come in with a major predetermined or are still listed as undecided it is important to get your academic ball rolling early on. The best way to do this is to take the introduction courses to your major classes as soon as possible. Many people would advise against this, stating that Fall quarter as an incoming freshmen is stressful enough just trying to "fit in", but getting a quick glimpse into your intended major as early as possible is beneficial. Not only are introduction courses fairly easy, but they give a general overview of what is expected of your intended major. This will allow you to see whether or not you like the major you have chosen, and if not, gives you plenty of time to pick another.

It isn't always easy to get into an introduction class, but do not be afraid to crash it. Show up to the class even if you are not enrolled. By the second week, if you're not in your major introduction class, try taking it during winter quarter. The sooner you figure out whether or not you want to be in your major, the easier it will be to catch up on other majors you may be leaning towards.

Utilize your undergraduate advisor. They are there to help effectively guide you through the major as well as to let you know when you should be taking certain courses. Signing up for an academic planning session with your undergraduate advisor early is a good way to go into your major knowing what is expected of you. This allows you to see if you will have room

in your schedule to take on other majors or to plan an effective time to study abroad.

Use www.ratemyprofessor.com because a class is made or broken with your professor. It could be the most interesting subject matter, but a dull professor who doesn't respond well during office hours is going to make the class unnecessarily difficult. Taking advantage of ratemyprofessor.com will allow you to know what kind of professor you will be dealing with, how others have dealt with them, how their grading system works and, their "hot factor". Be conscious of what is being written about the professors. From there, you can see whether a student had illegitimate problems or actually gave good constructive criticism.

Don't stress yourself out. It is your first quarter and while you may want to get your hardcore academics out of the way early, keep in mind that now is the time to take whatever classes you want. Shop around; take classes outside your field that seem interesting and exciting. Also, as obvious as it may sound, try taking classes you wouldn't usually take. For example, if you're not into acting, take an acting class. Theatre 5 is an amazing class where you work with interesting people from other disciplines. It covers a general education requirement and you can spend time acting like an animal—literally. A class like this



Photo By | Rosana Liang

PARTICIPATE IN CLASS—Dana Skeels asking questions in class.

allows you to break free and do fun activities that aren't academically rigorous. It is a fun alternative way to cover general education requirements as well as to engage in constant group activities.

Just remember that half of college is academics and the other half is living your life—whatever that may mean to you, you'll thoroughly enjoy the next four years.



TALK TO YOUR PROFESSOR—Alec Spears talks to Professor Shannon Brennan in hopes of being admitted into her class.

The Five Rules For Crashing Classes

Amanda Garcia

Beat Reporter

RULE #1: GO TO THE FIRST WEEK OF CLASS

As a freshman, you will be competing against upper-classmen who may need the same classes to graduate. That's where dedication, perseverance, and a working alarm clock come in handy. "If you really want to crash a class, there is usually someone who doesn't want that class," says Lara Stone, a third-year Environmental Studies major. "But to really get it I have stayed a few weeks in a class doing all the work."

RULE #2: GET ON THE WAIT LIST

Email the professor ahead of time. They may already be preparing a waiting list, or utilizing the new online waiting list system. "You can email the professor early to tell them you're crashing, which can increase your chances," says Paul Rubin, a third-year Business-Economics major. "If there's a wait list you can show up for a day, get your name on that, and wait until they tell you if you are in or not."

RULE #3: GET TO KNOW THE PROFESSOR

During the first week of school, sit in the front row, take notes, and engage the professor, in the classroom and outside during office hours. This lets them know that you want to be in the class and will do anything to get them to let you in. "I knew someone who

talked to the professor before class, participated in class, even offered to take the prof out to lunch," says Kristen Tolle, a third-year Sociology major. "That student got into the class and the prof has never forgotten the student."

RULE #4: KNOW WHEN YOUR FIRST PASS TIME IS

Many incoming freshmen make the mistake of missing their first pass time to register for classes. Since most majors restrict pass 1 to majors or pre-majors only, you have an advantage during your first pass time of registering for classes before other non-majors who may just be using a class to fulfill a GE. "Make sure during your first pass time you sign up for the classes with the least amount of space or the classes that you need the most!" says Lauren Feliciano. "That way, during your second and third pass times you can sign up for classes that generally do not fill up as fast."

RULE #5: GO TO SECTIONS THAT AREN'T THAT POPULAR

If you really need to get into a class, crash the sections that are the least popular or have the most spaces, which are usually early in the morning, late at night, and on Fridays. "I crashed a section for an art history class my first quarter freshman year, sat closest to the TA, and got my name first on the list," says Mark Kane, fourth-year Micro-Biology major. "She ended up going straight down the list, so I was first to get the class."



Photo By **Rosana Liang**

AS CASHIERS & TICKET OFFICE—Buy Readers, school concert tickets and discounted theme park tickets.

Your AS: Everything a Gaucho Needs

Amanda Garcia

Beat Reporter

When most Gauchos think Associated Students, they think student government and behind-the-scenes action. Yet, AS is actually made up of more than 30 student-run organizations and committees, as well as numerous campus-run services and resources paid for by student fees. The best part about AS? They are usually looking to hire undergraduates.

The AS Bike Shop, located near the old pool on campus, is the best place to receive free advice and discounts on bike repairs.

"We're here to service all your bike repair needs and to offer expert advice," said Connor McDonnell, a fourth-year Psychology major and employee for two years. "Stop by some time for free chain lube and air for your tires."

The AS Cashier's Office, located near the UCen, is the most common place for students to buy readers, bus stickers, and event tickets. However, they also provide discounted tickets to theme parks such as Six Flags and Disneyland, as well as short term emergency loans for students.

"AS co-sponsors three types of financial support packages," said Paul Monge-Rodriguez, AS president and fourth-year Global Studies and Sociology major. "The Childcare Grant, the Emergency EOP Grant, and the Emergency AS Loan. Each package has its own set of qualifications and is awarded on a case-by-case basis."

The AS Legal Resource Center, along with the AS Office of the Student Advocate, provides students with free and expert legal advice regarding California State Law, Federal Law, and Local Ordinances. Basically, if you get caught being drunk in public or

drinking in the dorms, these are the two AS resources you want to check out the most.

"AS employs attorneys to help students receive basic legal advice or seek other legal resources," said Harrison Weber, a third-year History of Public Policy major and current Student Advocate General. "The Office of the Student Advocate is tailored for students who seek advice on either University or Housing Policy matters. Everything is completely confidential and free of charge."

99.9 FM KCSB is a popular radio station in the Santa Barbara community. As an AS-funded organization, it is both a non-commercial and educational broadcasting tool for the public interest. A predominantly student-run station, KCSB allows students to work with other students while learning the behind-the-scenes of radio.

"KCSB is a very valuable resource for students to get involved with," said Kristen Tolle, a third-year Sociology major and sports broadcaster for KCSB. "You can build connections with other branches of radio stations everywhere and 'get your foot in the door.' Plus, you gain experience with expensive and complicated equipment, and learn how to have a 'radio voice.'"

As a green campus, UCSB prides itself on being an environmentally friendly and conscientious community. The AS Recycling Program is responsible for most of the recycling on-campus by hiring undergrads as route riders who bike around campus gathering recycling from the beige receptacles, or as techno-recycling technicians who collect electronic waste from bins and process it for sorting.

"We collect a large amount of material on campus and contribute to 68% of the total recycling done on campus," said Ryan Kintz, the AS Recycling Program Supervisor. "We strive to compost or recycle all items while remaining completely carbon-neutral by using electric-powered and man-powered tricycles."

AS Publications, and AS Notes have note-taking services that can provide a model for incoming freshmen or new students by providing clear copies of diagrams, formulas, and other illustrations. AS Notes is a great source for learning independently that helps you further understand material in your class. Plus, all AS notetakers are either grad students or professors teaching the courses.

"AS Publications not only helps you with your notetaking, it's also extremely cheap when it comes to making fliers and copies," said Cori Lantz, a fourth-year Political Science major.

The student government portion of AS is primarily made up of the Executive Board, the Legislative Council, and the Judicial Council. The Exec Board consists of five elected students who represent the undergraduate student body of UCSB on all local, state-wide, and administrative campus affairs.

"The AS budget is supported by quarterly student fees," said Monge-Rodriguez, President of the Exec Board. "So we are directly accountable to serving the students' needs, and you as fee-paying students are entitled to all of the available resources, services, and opportunities."

The AS Judicial Council provides students with a greater voice within the campus community. Comprised of a chairperson and 4 Members-at-Large, it is similar to a US Supreme Court by allowing students to bring their concerns forward in

a professional and open forum.

"The Judicial Council is more of an internal AS organization," said Weber. "It deals with matters within AS over matters concerning AS statutes."

The AS Legislative Council consists of elected representatives who serve as the policy-making and governing body of AS. They strive for open communication between students, the administration, and the community.

Overall, the students and staff who are both employed by AS and who work on a volunteer basis do their best to provide the best UCSB experience for students, and to give them the most bang for their buck. According to Monge-Rodriguez, AS uses a 9 million dollar budget to host large concerts, organize community service projects in the local community, and bring renowned lecturers to campus.

"AS really is a place for everybody," said Lantz, who is also the external VP for the Exec Board. "Anything you could picture yourself doing in student government, there is a way to do it. There are resources for students to do whatever they think is important to do."

So whether it's working within student government, collecting recycling on-campus, or applying for an emergency loan, AS has everything a growing Gauchos needs in order to succeed and to become involved in more ways than you can possibly imagine.

A Message From the General Manager of KCSB

Alex Smith, Fall 2010



I was sitting in the Hub earlier today filling my stomach-pit with Asian fusion cuisine, watching Wolf Blitzer on CNN. As hard as I tried, I couldn't separate the information he was feeding me (I eat while I eat) from the fact that he and his network are funded by corporations and companies that may have financial interests affected by the information he is propagating. It may have just been the unconscionable amount of greasy noodles resting immediately below my heart, but I began to feel uneasy with the idea that at some point in a dismal future, a news network with conflicts of interest, roughly two thousand miles away, could be the people's sole source of information.

It was then that I remembered that alternatives exist! Local media outlets such as community radio stations and newspapers. You may ask yourself: Self, why would we listen to community radio stations and read local papers when we could get all of our information from mainstream sources? You may then counter-ask yourself: Self, how much of that mainstream information is valuable to us and pertinent to our surroundings? You know its value by knowing who presents it. There is an authenticity implicit in information given in a hyper-local context, by members of your own community.

There exists a need for the local, human element in the dissemination of information. KCSB 91.9-FM and *The Bottom Line* fill this basic need. I use the word information intentionally. Not

only does it apply to news and public affairs, but it pertains also to music and cultural arts.

Music? Why not listen to internet radio? Well, because we are people with heartbeats (in my particular case, at the moment of this revelation, very slow heart beats) giving value-added programming, from us to you. We are attempting to fill a need in our community. This need cannot be satisfied solely by hidden agendas, bytes, and comments from miles and miles away. It is satisfied by an added human element.

Our previous General Manager, Rebecca Redman, said it best when she wrote that during "every hour of every day, on holidays and in the middle of the night when you can't count on anyone or anything else, KCSB is there. Someone is breathing and awake and stoked to be putting on a great show for you." Our station is located directly under Storke Tower on the UCSB Campus. We are just down the street, or in the adjacent town, continuously building and improving our community.

"Our community" is an inclusive phrase; you are or will be very much an integral part of it. You can and should directly participate in how we operate, because KCSB is the cooperative effort of our community's members. We are supported, monetarily and physically, by the public. There are no corporate interests influencing our programming. We heed only the public's interests, your interests. So please join us for our next quarterly orientation on Tuesday, September 28th in Girvetz Hall 1004 at 6:30pm. For more information on how to get involved, or to listen to our online stream, visit www.kcsb.org.

There is Such a Thing as Free Lunch

Steven Wilson

Features Editor

Being a freshman on campus at UCSB while saving money is like trying to hula hoop and juggle at the same time. Not an easy thing to do, but after reading this article, hopefully you'll get some idea of how to practice both. After arriving on campus you will be amazed at how much money you spend per day. Between on campus restaurants, expensive meal plans, school supplies, hanging out with friends, and shopping trips, you might unknowingly rack up a huge bill. A meal plan for freshmen comes out to about eleven dollars per meal. With such a hefty daily charge, it is extremely beneficial to find cheaper places to eat, as well as shop, to help you and your parents save some of that green paper.

As a freshman, there will be times when the dining commons are closed, when your friends want to go out on the town, or when you need new clothes and just want to go shopping. All of these expenses add up and pretty soon your parents will be asking where the money they just put into your account went.

But do not panic! There are definitely ways around this account-draining problem. As you will soon find out, living in the dorms is a benefit as well as a curse. You will make tons of friends but you will also spend a ton on food. One down side to the meal plan is becoming dependent on them instead of them being dependent on you, the consumer. With operation times normal for the working world but not for the college population, sometimes you may miss a meal or two per week. Maybe you were busy studying, or maybe you were out with your friends and lost track of time. Whatever the reason, using all of your meals each week will obviously help you save some cash.

Another down side with the dining commons is that you will most likely still need to buy meals off campus. To help you out, there are all sorts of deals available for pocket change that will still fill you up. Taco Tuesdays at Chino's may not be your first choice for quality, but you can get a lot of food for your money. Another

good deal is at Giovanni's, where you can get a huge slice of pizza for a little over a buck. At Silvergreen's, you get a free item on your next purchase or at least a couple of coupons on every receipt.

A bittersweet fact about the dorms and the meal plan is that cooking for yourself can be difficult. You may not think that is a down side, but learning how to cook for yourself will be one of your greatest benefits when it comes to penny pinching. You get to buy your favorite foods for a cheaper price. Yes, you have to cook it and then clean up afterwards, but you get more satisfaction from knowing you saved money and that you ate a good, healthy meal. Costco can be one good resource that will save you a lot of money in the long run. One trick is to find a friend with a Costco card so you get the discount and avoid the thirty dollar annual membership fee. The food comes in bulk but if you have roommates, then combining and sharing food can save some green overall. Another good way to save on food can be coupon clipping; many local grocery stores either send out ads or you can go onto their web site to print savings out by the dozen.



CASH AND CREDIT — For those who have money, always remember to use responsibly



American Indian Science & Engineering Society

AISES at UCSB provides peer support, leadership opportunities, professional development workshops, financial support and career guidance for students.

We attend AISES Leadership, Regional, and National

Conferences nationwide! AISES National mission is increasing the amount of American Indians in the fields of science, engineering and other related technology disciplines. Come join us!

Contact: alinarez12@yahoo.com
American Indian Cultural Resource Center

Circle K International

Come Join the Volunteer Revolution!



**Wednesdays at 6 pm
This Fall**

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UCSB FASHION—Terry Teng (left) and Anthony Singhavong (right) model local UCSB fashion trends.

A Little College Fashion Philosophy

Calia Minasian
Writer

There is always an immense amount of pressure that surfaces up at the beginning of every school year when wanting to gather new, fresh, and exciting outfits in order to make that stunning first impression. Starting off at a brand new place and a brand new school gives you the opportunity to start anew, or to even expand and sophisticate your current personal style. Being at a university, you'll find that individuality and creativity most certainly encompass many of the students' fashion senses on campus, so don't hesitate to express yourself!

To elaborate on what exemplifies the general UCSB and Isla Vista style, here's a little colorful yet broad insight into UCSB flair. Although there are diverse and vibrant styles emerging from each and every individual, some things we all have in common are the laid back, practical, comfortable, and beach town looks that clearly shine through our everyday fashion choices. Students often bike around campus, as you've probably heard, so it's important to dress practical and comfortable while still maintaining some of your personal style. For example, students like to invest in biking shorts that they slip on under their skirts or dresses. This definitely allows for a wider variety of outfits to wear to class when biking! The gals tend to mix it up with comfy floral tank tops and your everyday denim shorts, while also shifting towards solid color V-necks with fun printed skirts at times. Most guys tend to keep it simple with a T-shirt and shorts ranging from many different brands such as RVCA, Stussy, and Volcom, while others like to groove it up with

beanies, plaid button up shirts, and skinny jeans. One thing that is definitely a popular trend among the guys and girls here on campus are Toms shoes. They are not only comfortable and great for biking, but also come in several different colors and patterns that will match with any ensemble, while also giving you the breezy UCSB beach persona that the overall community embodies.

One of the most spectacular things about Santa Barbara is the shopping. If you lack a vehicle, don't worry. State Street is only a short bus ride away from campus. There are a wide variety of clothing stores such as a massive three story Forever 21, along with Urban Outfitters, Macy's, Nordstrom's, American Apparel, Levi's, Volcom, and of course multiple other surf shops. Speaking of surf shops, there is a local surf shop called Isla Vista Surf Co. located right on the corner of Pardall Road and Embarcadero Del Norte if you desire that effortless and comfortable beach vibe. State Street also has several vintage stores that will definitely provide you with a one of a kind look. To name some of my personal favorites, I would recommend checking out Yellowstone Vintage, Midnite Sun, and PUNCH.

The most important aspect about coming onto a college campus is expressing your own personal style to the peers around you. UCSB style thrives upon the diversity and individuality that is carried among each and every student's definition of what is hip and trendy. You may even inspire and pass on some of your style to your roommates and hallmates around you! Several students are, after all, coming from a different town, city, state, or perhaps even country. Blending together a hybrid of fashion senses is not only interesting, but enticing for incoming students. Be prepared to explore and observe UCSB styles, as well as creating your own.

Making Sure Bikes Bring Smiles, Not Injuries

Calia Minasian

Student Writer

The beach cruising and overall biking culture is a prominent one here at UCSB. The first day of classes in the fall may seem overwhelming with all the bike traffic surrounding the sea of students. Some helpful tips and insights are essential for incoming freshmen not only for your own safety, but also for acquiring general knowledge of proper biking etiquette that will guide you throughout your time here at UCSB.

The word around campus is that the first day of classes every fall are extremely hectic. It's a great idea to leave your dorm room early for class, and don't hesitate to ask upperclassmen for directions. To start off with the most important tip of all: make sure to lock your bike properly in a bike rack. Lock through the frame, NOT the wheel, or else all you will come back to is a lonely but still locked up front tire. A U-Lock is a worthwhile investment, and a variety can be purchased at any IV bike store.

When biking, remember to stay on the right hand side of the biking lane if you're just cruising along. Staying to the right in a bike lane is the same as driving in the right line on a street: it's the slow lane. Many students race to class, so make sure to stay out of their way if you feel like traveling at a more leisurely pace or if you're not quite sure where you're going yet. On that note, it is much more efficient and will cause fewer bike accidents if you ride in a single file line on the designated bike paths instead of riding side by side with a friend. Talking on your cell phone is a big negative, as well as texting. It is illegal when driving, and is definitely dangerous when biking. You'll find that the round-a-bouts are sometimes quite fun. However, you must slow down and be extra cautious when there are others circling around. Make sure to stay on the right hand side of the lane if turning, and don't be afraid to use hand signals.

As you've probably noticed, there are designated bike paths on campus. Be aware that you must walk your bikes on the sidewalks or you'll receive a 77 dollar fine. You should also know that bikes pretty much have the right of way, so if you're a pedestrian, be sure to watch where you're going. If you have any further questions, The Associated Student Bike Improvements Keep Everyone Safe committee, also known as AS B.I.K.E.S is here to help. They work on improving bike safety and plan to increase bike parking around campus, specifically at Kerr Hall. There is also an A. Bike Shop located on campus that will help you with any of your biking needs, equipment, and repairs. They are great with fixing flat tires! Utilize that resource to its fullest extent. You can also pick up more resources and contact AS B.I.K.E.S on their website at: www.as.ucsb.edu/bikes. Have a happy and safe fall biking, new Gauchos!



Photo By |RosanaLiang

WALK YOUR BIKES— Remember to walk your bike when ever you go off the bike paths to avoid fines.



Photo By |RosanaLiang

LOCK YOUR BIKE— Making sure to lock your bike properly will decrease your chances of bike theft.

The Bottom Line is a proud member of
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Get Creative When Shopping for Textbooks

Maggie Potolache

Health & Lifestyles Editor

I remember preparing for my first year at UCSB and all the stressful last-minute planning. I spent hours the night before "Move-In Day" packing all my clothes and dorm material. My new laptop had already been purchased and all the pictures of friends and family were in my suitcase. The last thing that I thought of buying were my books. It wasn't until classes had started that I even realized that I hadn't purchased a single book for any one of my classes. I went directly to the UCen bookstore without looking into any of my other options, which resulted in me paying around 600 dollars for my textbooks. Now, as a much

wiser junior, I realize that I could have saved myself a lot of money and now wish to pass on my textbook-buying knowledge to you. Here are some alternative options to the UCen bookstore that are guaranteed to provide you with some extra spending money for the rest of the quarter.

IV Bookstore: Conveniently located on Pardall Road in Isla Vista and only a short walk or bike ride from campus. IV Bookstore offers a large variety of used books as well as some new textbooks, all of which are

less expensive than their counterparts at the UCen. Notebooks, school supplies, and some UCSB merchandise are also sold at the bookstore. The trek to IV is definitely worth the money you'll save. It's also another place to try to sell back your books. If the UCen doesn't take your book, try the IV Bookstore.

Uloop.com: A college-classified online marketplace specifically for students to promote, trade, sell, and buy from fellow classmates. You can search for almost anything, from textbooks and apartments to jobs, roommates, sublets and carpools. It's very similar to Craigslist, but as mentioned, it's specifically designed with college students in mind. Just click on your school on the homepage and you're on your way. Fortunately, we don't have to search too hard: UCSB is on the "Top Schools" list. You can expect it to be there, since Uloop was started here at UCSB in 2007. Now the site lists over 50 campuses nationwide.

Amazon.com and Half.com: Two great options if you aren't in any rush to have your books, since the shipping can take up to a couple weeks. You can find used and new textbooks and paperbacks for half the money you'd spend at the UCen. There is also rush shipping available for an extra fee.

Chegg: Why buy textbooks when you can rent them? Chegg.

com offers students the ability to rent expensive textbooks and simply return them once the quarter is done. This alternative is an inexpensive option that usually results in students saving hundreds of dollars off of the potential cost of their textbooks.

Craigslist: You may have purchased a couch or a lamp from Craigslist in the past, but did you know that you could also buy your textbooks from the website as well? You can get a pretty great deal if you start your textbook search before the next quarter begins, when most students will be trying to get rid of their old textbooks.

Facebook: You can use your facebook for way more than just social networking. Use it to find the textbooks you need for an upcoming class by posting a list of books you need on your status or messaging other students who may have taken the class

before. The earlier you start your search, the more easily you will be able to find your books for a cheaper price.

Buying older editions: Although a textbook may be considered "outdated" by a publishing company, it doesn't necessarily mean that it is no longer a useable resource to study. Most professors won't mind if you use an older edition, as long as the material is more or less the same. Is spending \$180 for the "new" edition really worth it if the only changes made from the last edition was the chapter order or a new preface? Probably not.

E-books: Some professors present e-books as a supplemental option for their course in replacement of the heavier and bulkier textbooks. If that's the case, take advantage of the offer and download your textbook from the provided e-book website instead. Not only are e-books light on your back, they're also light on your wallet. E-books are usually 30-60% cheaper than the textbook edition and are easily accessible at any time from your computer.

Davidson Library: Obviously the cheapest option. However, it may be difficult to secure a specific book since other students may have already checked it out. If you already know what classes you're going to take and the books you'll need, there's a greater chance of finding the book if you go early before the class begins. There are also due dates for books checked out, which can be renewed online, in person, or by phone. Professors often put one or two copies of the required course texts on reserve. Just go to the front desk with the sign that reads "Reserves" above it and an employee will help you. Some students never buy the books—they just read the ones put on reserve at the library. You should only do this if you know your study habits and capabilities well. For some people, owning the book helps so that you can mark it up and highlight it, and you can't do that with the course



Photo By | Raymond Douglas

BAG OF BOOKS — Most will spend hundreds on books.

WANTED

Multimedia Editor

For the 2010-2011 School Year

Desired Skill Sets

Knowledge of Final Cut Pro
Leadership & Communication Skills
Willingness to Mentor Others
Interest in Journalism

If interested contact
bottomlineucsb@gmail.com



Photo By || Hannah Peterson

BUS LOOP — Located near North Hall and Kerr Hall

Transportation is Easy, Even Without a Car

Victoria Hungerford

Web Editor

Transportation is always an interesting adventure once arriving to UCSB. You won't have to pay for the buses after you have a registration sticker on your campus ID. All you have to do is flash the id to the bus driver and you'll be able to ride any of the MTD busses. Here are a couple helpful hints for locating your way around the transportation options around our area.

The buses that stop at the campus bus loop (by Kerr hall) are 11, 24x, 27, and 25. Visiting www.sbmtd.gov allows you to figure out when the buses are coming and how far they will travel. You can also print out bus schedules and bus maps to help figure out what bus you will need.

Amtrak is a practical option for traveling. There is a train station in Goleta, so you do not have to go to downtown Santa Barbara to catch an Amtrak train. Visit www.amtrak.com for train schedules and prices. You do not have to buy a ticket online and can buy one on the train if you're running late, although you will be charged an extra fee. You can also buy monthly flat fee tickets and 10-ride multi-tickets for a better bargain if you plan on traveling often. Amtrak is a great way to talk to interesting people and taking the Pacific Surfliner Train from Santa Barbara towards San Diego is absolutely beautiful. Snag a sea view seat if you can.

Greyhound buses are located in downtown Santa Barbara and you can easily access them by taking the 24x, which will end at the transportation transit center, next door to the Greyhound station.

Craigslist is an easy way to find carpools. If you're heading up to the bay area this may be a great option for you and may save you a lot of money on train tickets because gas money split between passengers is generally cheaper.

Santa Barbara Airport offers quick transportation. There are non-stop flights available to Seattle, Washington, Los Angeles, San Francisco, Sacramento, Phoenix, Arizona and Denver, Colorado. Visit www.flysba.com for complete listing of flights and prices.

After a one time fee of \$35, zipcars are available to rent on campus for \$8 an hour or \$66 a day. This rental fee includes all gas and insurance for up to 180 miles a day.

FALL
QUARTER
Sun. Oct 3, 2010

Time: 1-4PM

Location: Robs Gym 1410

AMATORY DANCE CREW

Audition will consist of 1 choreography routine and a 45 sec-1min solo to showcase talent, skills and tricks (1 style or combo accepted). Please bring your own solo music on a CD, ipod or any other mp3 device w/ a standard headphone jack.



Check us out on ! Blog: amatorydancecrew.wordpress.com

ADDITIONS

UCSB

Finding The Best Places To Jog at UCSB & IV

Yunji Kim

Writer

Who needs a treadmill when one of the most beautiful stretches of the California coastline is in your backyard?

With spring in full swing here at UCSB, sunshine and warm weather means liberation from the crowded sweat lodge, more commonly known as the "RecCen," where gaining access to equipment is oftentimes the most strenuous part of a workout.

So make it easy on yourself--put down that Access card and pick up your key to the city. The coastal breeze has been whispering your name. Isn't it about time you paused that iPod and took a listen?

There's no better way to unwind from a tough day of class or conquer a hangover than some light cardio, especially when your environment is as pleasant as the one here at UCSB. Miles and miles of jog-worthy terrain surround campus and Isla Vista, providing endless opportunities for students to get fit, get tan, and gain a fresh perspective on their strenuous lives.

But where exactly are these splendid routes? Whether you're training for a marathon or just wanting to get in shape, the following list will point your feet in the right direction and help you avoid as many potholes, dead seagulls, and sex offenders as possible.

#1 – UCSB Lagoon/Campus Point: Nestled in the heart of campus, the lagoon's convenient location and pristine nature make it the most popular area to run at UCSB. A wide gravel path runs in a circuit around the lagoon and past the UCen, crisscrossed by various trails that allow runners to explore a diverse range of natural vegetation and wildlife. Be on the lookout for squirrels, waterfowl, and the smell of marijuana emanating from large bushes.

#2 – Coal Point Oil Reserve: For runners looking to escape the hustle and bustle of the university and Isla Vista, look no further than Coal Oil Point Natural Reserve on the west end of campus. Established in 1970 to protect and maintain the habitats of several endangered species, the 170-acre reserve consists of coastal dunes, eucalyptus groves, and a huge stretch of empty beach commonly referred to as "Sands." Starting at the west end of Del Playa, a short



Photo By | Rosana Liang

JUST OUTSIDE— Running trails are just steps away.

trail along the cliffs leads to the idyllic reserve.

#3 – Depressions Beach: The beach closest to IV, Depressions is the premier jogging route in terms of accessibility and convenience. There are several access points along Del Playa and Manzanita Village for students who want to squeeze in a run between classes or just before dark. Just be wary of the occasional water balloon bomb, and make sure to check the tide before heading down, as it occasionally runs all the way up to the cliffs.

#4 – Goleta Beach County Park: Located just east of the university's main gate, scenic Goleta Beach can be accessed by a dirt path that runs along the bluffs by the dorms. Runners can jog along the beach, the grass, or venture onto the pier and observe weathered fishermen in their natural habitats. Although the beach itself is not very extensive, there are several trails connecting to it that run alongside the charming wetlands of the Goleta Slough. For the undisciplined and easily distracted, the park provides all the necessary amenities, including a playground, barbecues, horseshoe pits, and the Beachside Cafe. Eating and running can be a dangerous combination, but feel free to indulge here, as the county provides two expansive public restrooms within 100 feet of each other.

#5 – Del Playa on a Friday Night: Experience Isla Vista in its most glorious state by lacing up your sneakers and hitting the pavement between the ripe hours of 10 p.m. and midnight, preferably on a weekend. Competitive runners will drastically improve their racing technique while weaving in and out of the hordes of belligerent co-eds who religiously flock to Del Playa every Friday and Saturday night. If you get thirsty, just duck inside the nearest house and you'll surely be rewarded with ample hydration. Who knows, you might even enlist yourself a workout buddy.



Photo By | Rosana Liang

WAVES AND FEET— The beach creates a beautiful setting to accentuate your run.

Great Places to Eat Around Isla Vista

Lucas Ryden

Beat Reporter

As an incoming freshman at UCSB, why worry about food when you've got pre-paid, all-you-can-eat meals at the dining commons, right? Wrong.

Unfortunately, that lavish meal plan your parents so graciously purchased for you only applies at certain hours of the day. Thus, at some point all freshmen find themselves hungry and in the real world. Or they're just plain sick and tired of eating the same food in the same place during the same time slots.

But have no fear, my freshman newcomers, there are tons of great places to eat 'round these parts. Whether you're looking for a quick bite to eat in between classes or an elegant evening with your significant other, UCSB and its surrounding communities have it all. Here are a sampling of the endless bounty of eateries at your fingertips. It's far from all-inclusive, but highlights a diverse range of student-friendly dining options.

The campus itself offers an array of cuisines that cater to the fast-paced student lifestyle. In the University Center, commonly known as the "UCen," stop by Panda Express for a bowl of their famous orange chicken. Need a little caffeine to get you through the afternoon slump? Nicoletti's Café serves up organic coffee and espresso drinks, along with an assortment of pastries and panini sandwiches. And across from the Davidson Library lies the "Arbor," an all-purpose mini mart that also features Subway sandwiches and Woodstock's Pizza by the slice.

If you're feeling adventurous and dare to leave UCSB's grounds, just west of campus is the eclectic community of Isla Vista where the dining options are as diverse as the students who frequent them. Although a handful of chain restaurants have muscled their way in (Starbucks, Subway, Sweet Alley), the majority of establishments are one-of-a-kind gems. If your taste buds lie south of the border, you'll find solace in the fine



Photo By |Rosana Liang

SILVERGREENS— A healthier but still tasty alternative to more fattening foods.

Mexican cuisine of Super Cuca's, Freebirds, El Sitio, or Chino's Rock and Tacos. Take a tour of Asia by sampling the menus of Pho Bistro (Vietnamese), Naan Stop (Indian), Sushiya (Japanese), and Little Asia (take a wild guess). Too exotic? Grab a slice of artisan pizza at Woodstock's or a juicy cheeseburger at On the Side or Deja Vu. Or, if you've got a healthy conscience, look no further than Silvergreen's for deliciously nutritious soups, salads, and sandwiches.

Although the majority of your time next year may be spent on campus and in IV, it's nice to get out into the real world every once in a while. And when beautiful downtown Santa Barbara is just a 10-minute drive or bus ride away, you really have no excuse. Take your lover on a REAL date for once, or take advantage of your parent's significantly higher income when they pay you a visit. As a popular destination for tourists around the globe, downtown SB is full of dozens of eateries for all budgets and tastes. On State Street, the main avenue, check out Pascucci's for some authentic and affordable Italian cuisine featuring local ingredients. If the salty sea breeze has captured your heart, venture onto the pier for breathtaking views and award-winning seafood at The Harbor Restaurant. Just be prepared to clean out your checking account while you're at it.



Photo By |Erica Yu

CHINOS— Is a restaurant near Pardall tunnel with special deals for almost everyday of the week.



Photo By |Raymond Douglas

DOGTOWN— This eatery offers a wide selection of specialty hot dogs.

If you'd rather avoid the traffic and stress of the downtown scene, Goleta is just a few miles off campus and features several notable dining establishments. Camino Real Marketplace is a relatively new shopping center off Storke Road that offers both quick bites and sit-down options. Embrace the aloha spirit with a traditional Hawaiian plate lunch at Big Kahuna Grill, or play it safe with a steak and potato combo at Chili's. Hollister Brewing Company takes typical American cuisine to a new lev-

el with their duck fat French fries and Kobe beef sliders. They even feature local brews in dishes like Beer Braised Mussels and Red Ale Chili, perhaps a tribute to the university lifestyle.

In your first year at college, you'll face an abundance of new challenges and obstacles to overcome. But eating doesn't need to be one of them. And although liquor stores reign supreme in this town, they're supported by a solid foundation of burger joints, taco shops, and delightful cafes.



KCSB 91.9FM is your non-commercial college and community based radio station. We invite you to our next orientation meeting September 28th at 6:30pm in Girvetz 1004 to get involved with music, news, or sports broadcasting.

For more information:

www.kcsb.org

Request line: (805) 893-2424

Business line: (805) 893-3757

The Fight Against Your Freshman Fifteen

Simone Spilka

Student Writer

For years you've probably heard about the dreaded Freshman 15 weight gain and ignored the lurking message since it did not immediately apply to you. However, upon arriving at your freshman year of college, you may find yourself wondering what factors contribute to this excessive weight gain affecting many first year college students. Although more common among females than males, the Freshman 15 still remains a prevalent issue on college campuses for many students.

As a high school athlete with a relatively healthy diet and average metabolism, I was convinced that I could stay motivated and maintain my physique, regardless of repeated warnings from older college students. Unfortunately, the buffet-style meals got the best of me and my curves, leaving me 15 pounds heavier upon arrival at UCSB. Even with a set gym schedule, each unnecessary bite of food at the dining commons and extra beer chugged during Isla Vista's late weekend nights seemed to have made all of the difference. After moving out of the dorms and getting back on track with a typical balanced diet and workout plan, I am now back to my high school weight and have a good grasp of what tactics are helpful to staying healthy during your Freshman year.

When there is an unlimited supply of food, desserts, and everything in between for each course of the day, it is important to understand healthy habits before tackling the challenge of having a school meal plan. Familiarize yourself with an arrangement you want to stick to before the time comes when you have to leave your mom's home cooked dining. Like any diet, it is important to eat low-calorie foods while avoiding processed and fried (aka fattening and unhealthy) foods. Start the morning off right by eating breakfast with a cup of coffee to curb your cravings until lunch. Green tea is also a great drink to maintain a rocking bod since it is a metabolism booster and



Photo By |Rosana Liang

COFFEE— An easy way to curb your morning appetite.

an effective way to keep weight off. Fruit is another effective way to jump-start your metabolism in the morning. If you need a heartier meal than cereal (opt for non-fat or 1% milk), oatmeal and egg whites are both great options. For lunch, Ortega offers a delicious make-your-own sandwich station with different meats each day or the choice of peanut butter and jelly. Choosing whole wheat over sourdough bread supplies the body with extra fiber, an essential nutrient for your gastrointestinal and long-term health. For dinner, each cafeteria offers meat or fish and a variety of vegetables. A bowl of soup or making a wrap are also good sides to a meal. A great option for any meal is to utilize the countless toppings at the salad bar and add in random condiments from other stations, such as grilled vegetables, chicken, tuna, cheese, salsa, or strawberries.



Photo By |Rosana Liang

SALAD— One of the healthiest items available at the dining commons on campus and it can be created to your own preferences.



Photo By |Rosana Liang



Photo By |Rosana Liang

TAKE A STEP OUTSIDE— Walk, jog, trot or run because all of it will help you stay alert for the rest of the day and to keep off the dreaded Freshman Fifteen.

The most important tactic necessary to avoid weight gain is to steer clear of the ever-present unhealthy foods, such as pizza, hash browns, waffles, bagels, excess pasta, desserts, and ice-cream (DLG has a delicious non-fat vanilla option for when your sweet tooth kicks in).

Sticking with healthy foods can still be problematic when each meal is served buffet style, especially when meals are consumed with friends. Heading to eat with a group is as much a social hour as it is a meal, so dining common experiences often consist of much time and chatter, making it easy to return for second and third rounds of food. Be aware of how much food you are consuming and eat slowly so you have time to digest your food and are conscious of when you are getting full so as not to consume excess calories. In addition, take advantage of the fact that stu-

dents are allowed to bring out one piece of fruit per meal. Fruit is vital to any diet and contains nutrients that are incredibly healthy and leave your body feeling satisfied. Eat a piece during your meal and bring out another one to snack on later in the day or evening. Avoid having unhealthy snacks and candy in your dorm room so you will not experience temptation to chow down when stress kicks in. Another key tip is to remember that cravings only last 15 minutes, so when you think a huge piece of cake or plate of French fries looks appealing, give it time and eventually the strong feeling to munch will subside.

The transition from home life into a college atmosphere away from parents is a leading factor in students' weight gain. Alcohol consumption has no nutritional value so be sure to factor those late nights of fun into your daily calorie intake, since it can be very easy to pack on an extra 100 calories per drink. Late-night munching can also be dangerous and often unavoidable. It is vital to try the 3am Freebirds nacho experience, but do not overdo this UCSB tradition, especially if there are no intentions of sharing with friends. If need be, wait until you get back to your room where you can stow away some healthy food for this type of occasion. You'll be thankful you did in the morning.

Finally, remember that exercise is necessary for keeping your mind and body happy and healthy. At the start of each quarter, compile a workout schedule that fits in with your course schedule. You can take advantage of the UCSB gym or go for a run to explore campus, the lagoon, and our local beaches. Just half an hour of cardio every other day will make a difference, so definitely treat this time as a requirement to help you stick to your goals. If exercise seems like a daunting task, then find a workout buddy to join you and help you stay motivated and on the right track.

Sticking to a solid food and exercise plan is a difficult task, but well worth the effort. Follow these key tips and you'll be sure to have a healthy and happy Freshman year.



Photo By |Rosana Liang

BOWL OF FRUIT—Choose a piece of fruit as a low-calorie snack

Reality vs. Myth of Hangovers

Shelley Flores

Writer

There are many oft-quoted remedies that relate to the process of curing a hangover. But do you know the difference between myth and fact? Some of the most widely circulated myths regarding the treatment of hangovers include taking aspirin, grabbing a "cup o' joe," or drinking more alcohol the next morning. However these treatments can actually make a hangover worse. Many people are unaware of how to properly treat their hangover and may inadvertently cause more harm than good.

A hangover is a series of delayed physiological effects that occur after consuming too much alcohol. Common short term side-effects include headaches, sensitivity to light and sound, dehydration, vomiting, dizziness, and an increase in feelings of depression. Meanwhile, long-term effects from chronic drinking include liver damage, harm to the central and peripheral nervous system, and a higher risk of developing alcoholism and cardiovascular disease.

Drinking too much in one sitting can easily happen and it occurs more often than one may think. The human body processes about fourteen grams of pure alcohol every hour, which equals about 0.6 fl oz. This is the equivalent of a 12 oz. bottle of beer, a 5 oz. glass of wine, or a 1.5 oz shot of hard liquor. Most drinks served in red cups at parties in Isla Vista will contain several times this amount, as will many mixed drinks that are served in bars downtown. This can make it difficult to keep an accurate count of consumed drinks, and means that you might end up frequently drinking alcohol faster than your body can process it.

For those that find themselves in this situation, here are some tips provided by UCSB Health Educator Michael Takahara for the mornings after, when you wake up feeling horrible.

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| | | 3 | | | 2 | 5 | | 7 |



Photo By | Sarah Scott

HANGOVER REMEDIES— Instead of coffee or more alcohol try antacids or carbohydrates

1. Eat a healthy meal within one hour of waking up. Having low blood sugar can lead to headaches. According to Takahara, eating a good breakfast will help raise blood sugar back to normal and he explained why: "Your body is working on processing the alcohol and plus, if you're sleeping, you have probably been fasting for a while. Your blood sugar level has dropped, so that can add to the headache."

2. Re-hydrate. Drinking alcohol dehydrates the body, causing fatigue and contributing to headaches. By drinking lots of water and juice, you re-hydrate your body and can lessen the discomfort of your hangover.

3. Avoid caffeine. Caffeine does not counter a hangover, and in fact dehydrates the body. It is best to avoid it unless you are a regular coffee drinker. If this is the case, you should have your first cup at the time you would normally have it. Otherwise, your body will suffer from both alcohol *and* caffeine withdrawal, which can ultimately worsen your hangover.

4. Take antacids. If you are suffering from an upset stomach, brand names such as Pepto-Bismol, Tums or Maalox can help counter the discomfort.

5. Eat carbohydrates. This helps to prevent and treat a hangover. If you snack on crackers while drinking, it helps by absorbing the alcohol and slows the rate in which it enters into your bloodstream.

There are other dangers you must be aware of while drinking, one being synergy. Synergy is the practice of combining multiple drugs, including alcohol, in order to produce a greater effect than one would experience if they just limited themselves to a single intoxicant. However, combining drugs can also lead to dangerous outcomes.

"Depressants affect the central nervous system of your body," said Takahara. "So basically, if you have enough of that drug and that synergy, you can actually run into people dying. It depresses the body so much that they stop breathing," he said.

Avoid mixing alcohol with energy drinks. This increases dehydration and can cause high blood pressure and heart palpitations, which are an irregular beating of the heart. Another thing to avoid is taking acetaminophen or aspirin.

Surviving the Jungle: How to Stay Safe in Isla Vista

Jillian Brown
News Editor

The infamous as well as beloved Isla Vista is the ultimate party destination for UCSB students. IV's weekend mayhem can certainly be fun, but it is important that all students know how to stay safe in the jungle that is IV.

IV—a college version of Sin City—can be a dangerous place if students are not aware of their surroundings. Active awareness on an individual basis is the key to safety.

Kari Mansager, the Women's Center and Men Against Rape Advisor, stresses the importance of primary prevention. It is the responsibility of new students at UCSB to discourage a passive attitude regarding sexual assault or other violent crimes as well as it is a continuing responsibility for all students to proactively speak out against perpetrators.

Mansager additionally emphasizes the importance of safety awareness for all genders. She states that it is important "to trust your intuition in uncomfortable situations. Leave, or tell the person making you uncomfortable to leave." She suggests that students should "try to choose friends who are respectful to you and others."

Although primary prevention is the ideal form of safety, it is also important for all individuals to maintain awareness in order to avoid becoming potential crime victims. Mansager states that "being aware of one's surroundings and then speaking up in an assertive manner can be effective tools for self-defense."

For those who feel that they need help developing self-defense skills, the Women's Center offers several self-defense classes. Mansager says that these classes "are split into three sections—awareness, assertiveness and then physical techniques." These classes can help boost self-confidence as well as provide a sense of security.

The Community Service Officers provide yet another safety service. If for any reason a student needs to leave a situation alone and feels unsafe, he or she may call the CSO phone line and an es-

cort will arrive at the student's destination in order to walk him or her home. The CSO phone number is 805-893-2000.

There are also simple safety measures that do not require attendance in a class to learn. It is not advisable to walk alone at night. However, if for some reason a student should choose to walk alone, an easy safety precaution can be to carry pepper spray.

Sexual assault and violence are not the only potential dangers in IV: drugs and alcohol can create hazardous situations. Yes,

drinking alcohol under the age of 21 is illegal, but it still occurs, and it is important for all students to know some basic facts about alcohol and its consumption.

It is vital that all students know what constitutes one alcoholic drink as well as their personal limits. One drink is a 12-ounce beer, a 5-ounce glass of wine, or a 1.5-ounce shot. And, for the record, a Dixie cup is the equivalent of two shots.

It is also important to never drink on an empty stomach, and it is equally important to hydrate throughout the night. A common misconception is that water kills a person's drunkenness, but it will not sober a person up. Drinking water before, between, and after alcoholic drinks is highly beneficial: it helps prevent dangerous black-outs and horrible hangovers.

In addition, some students may be concerned about being slipped a roofie—such as the drugs GHB or Rohypnol—in their drinks at parties. The best way to avoid being a

victim is for a student to pour his or her own drink straight from the bottle, and under no circumstances should anyone accept an open drink from another person.

Being aware that sexual assault, violence, and alcohol are all present in IV is the vital first step to keeping oneself safe. Knowing what to expect in worst-case scenarios is what keeps students on their guard against and what prevents potential danger.



Photo By |Danielle Phan

KEEP YOURSELF SAFE— Always keep an eye on your drink and be aware of your surroundings



Photo By |Eddie Ferry



Photo By |Rosana Liang



Photo By |Eddie Ferry

AT THE FRONT OF UCSB— Goleta Beach and the Drive-In are located near the entrance of UCSB.

Santa Barbara Offers Alternatives to Partying

Samantha McMullen
Arts and Review Editor

By choosing this campus you have already heard various facts about UCSB, such as that it is literally on the beach and that everyone rides bikes. You also might have heard that our party reputation is enough to make your parents call you every Friday night, ask what you are up to, and tell you to be safe. If for whatever reason you don't want to party in Isla Vista all weekend, have no fear. Partying may seem like the only name of the game, but there are lots of other exciting things to do on the weekend that normally don't involve alcohol or the chance of waking up in someone else's bed or even worse, in jail.

Instead of getting your drink on, try putting your bowling shoes on. Zodo's Bowling Alley in Goleta offers some sweet discounts on Wednesday nights, and on Thursday nights they show classic films like *Zoolander* and *Tropic Thunder* from 9:30-1:30 while you bowl. They also play music, usually a live DJ from a local radio station, and have an awesome light show. Why are you telling me about Thursday nights, you may ask? Well, in IV the weekend party spree starts on Thursday night, or Wednesday nights for the die-hards. But partying on school nights isn't exactly the best way to make sure you make it to morning classes, so giving something other than a shot a try will help you get off to a great start at school.

And you can always go to the movies. Too boring? Well, if you brought a car to campus, then the West Wind Drive-In theater in Goleta is the perfect evening site to view two films for an outstanding price. And if you didn't bring a car, then now is your opportunity to make a friend who DID. The double-features start at 8:40 and only cost about seven dollars per person, with prices decreasing to about five dollars on Tuesday nights. Fill your car with friends, pillows, blankets and lots of snacks and enjoy the double feature just like it was a huge screen in your living room.

Want to stay in this weekend but still want to meet new people

and hang out with your friends? Living in the dorms gives you some great options you should put to use. One thing to do is reserve the Rec Room of your dorm and make posters for a movie or game night. Plan a Star Wars marathon and ask people to come dressed up, on Saturday morning make pancakes in the kitchen, or invite people to come watch old cartoons or the Simpsons with you. Remember, all those kids are in the same new situation that you are in and normally most of them are eager to start new friendships and try new things. So take advantage of that and have some fun!

But what else is there to do? Check out the Arts and Lectures Website to see what events are happening around campus. Tons of guest speakers visit our campus. Last year Bill Nigh the Science Guy and Karl Rove came to speak, drawing large crowds and the community's attention. Film marathons and documentaries also play often. During the school year there is always something entertaining and normally educating going on, from musicals to comedic performances. So don't be afraid to explore.

Friday night kicks off the weekend with Improvability. For just three bucks you get to see some of UCSB's finest comedians, and they really are entertaining. The fun spills over into Saturday night with Laughology in Embarcadero Hall around 8, and though it is a student run comedy club that starts out with local acts, it ends with a bang by showcasing famous comedians from Comedy Central and Hollywood clubs. It's free, and laughter is a great ab work out, so show up early to get good seats and enjoy the show.

The best thing about UCSB's campus is its diversity. Explore the billboards around campus that tell about the various campus clubs and events. Walk around town with your friends and explore this new world. Every day you have the possibility of finding free food and free events around IV. So save some cash and keep your eyes peeled. And, oh yeah, be sure to go to the beach, because it's pretty much in our backyard.

When Two Worlds Collide: Facing Your New Roommate

Narae Park

Writer

Getting settled into the new school year, you may start to realize that you are not meshing with your new roommate. Roommate problems are quite common, but there are a few solutions that may help relieve tension between you and your roommate. Here is a list of four common problems and solutions that can help.

1. The roommate you don't know. So it's your first year living in the dorms, and you didn't know anyone else going to UCSB.

Your roommate may not even be from the same country. Solution: GET TO KNOW YOUR ROOMMATE. Take advantage of all those fun activities thrown by the RHA, clubs, and coalitions and take your roommate with you. If you can get the courage to ask your roommate to go with you, you may just find that he or she is the best friend you'll make in college. If you don't want to go to an activity with them, then just ask them to go to lunch or dinner with you. You guys could head to the dining commons, or check out the restaurants in IV. Everyone has to eat, so you might as well eat together. This may develop into a daily or weekly habit, and you may be surprised by how deep of a bond food can bring.

2. The roommate who has sex constantly. You're in your room, sleeping, when all of a sudden you awake to your roommate and another person having some "fun." You don't know whether to stay still, to let them know you're awake, or to leave the room. Solution: BE HONEST ABOUT IT. If you're in the dorms, you can use the surveys RHA hand out in the beginning of the year to work this problem out. Tell your roommate you feel uncomfortable when he or she is having sex in the room and work out a system. Maybe you can go to a friend's, or they can find some time when you're not around to have sex. If you talk to them openly, honestly, and calmly about the situation, they'll most likely understand how you feel and try to work it out. Even if it's hard to talk to your roommate about this awkward situation, it's up to you to talk to them about it, or else you will sit there in agony

wishing you could be anywhere else in the world at that moment.

3. The roommate you don't like. Whether you were friends before you roomed together or UCSB Housing just randomly paired you up, not liking your roommate can be a huge problem. If you can get to the bottom of the problem and figure out why you don't like each other, it may help you get along for the year. Solution: WRITE A LETTER TO YOUR ROOMMATE DETAILING THE PROBLEMS YOU TWO ARE HAVING. Try to be as neutral as you can, and view the letter from your roommate's point of view. Imagine getting a letter from your roommate where he or she is telling you that it's your fault that you two aren't getting along, and you're not doing any cleaning, etc. Revise your letter and tell your roommate how you feel without accusing him or her of any wrongdoing. Then at the end of the letter, suggest a compromise.

4. The roommate who doesn't shower. You walk into your room once and notice your roommate smells pretty bad. Then it starts happening every week, then every day. The question is, how do you tell them? Solution: BE HONEST, BUT DON'T BE BRUTAL. You can approach the subject of showers discreetly. For example, you

can start the conversation by saying, "Oh man! I totally feel like hitting the shower right now. Don't you love warm showers?" Or if you're coming back from the showers, you can say, "I love feeling fresh and clean after a shower." The bottom line here is that you just need to address the issue, or it won't get solved. If you don't want to pussyfoot around the issues, then just be honest and say "I am sorry to tell you this, but I think that you might need to take a shower." If you don't want to do any of those things, then I suggest cracking the window open and leaving the room door open if you can.

The Community Housing Office in the UCen is a great resource for anyone having roommate issues. Whether it's about cleaning arguments, "sexiling", or just flat out disliking your roommate, the Community Housing Office has people who can help work out your issues, or find another roommate if necessary. Also, if you're in the dorms, talk to your RA about the problems you are facing. Your RA has probably been in similar situations, or can help you find resources to help you solve your issues.

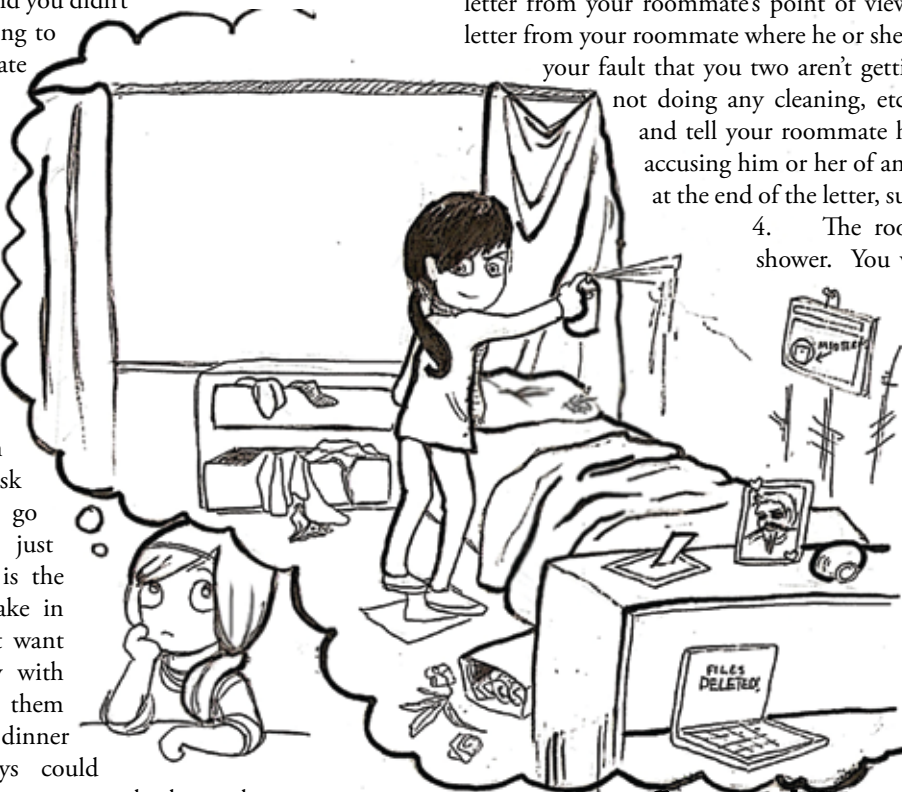


Illustration By Lily Lazaro

Big & Small Traditions Around UCSB

Victoria Hungerford

Web Editor

UCSB and its neighboring community, Isla Vista has long standing traditions. Some friendly, some less than so. Traditions that are featured as part as the Gaucho lifestyle offer unique opportunities that creates the unique UCSB experience outside of the classroom. However, not all of these traditions (or yearning to be) traditions last. Fight Night is no longer recurring since the hate crime initiated by a no-longer fraternity, PIKE, as well as Floatopia, after its environmental devastation on the Del Playa beaches back in '09.

Extravaganza: A free music festival offered by Associated Students during Spring quarter. Extravaganza has featured artists such as Drake, Ludacris, Sublime, Run-DMC, and Jack Johnson, just to name a few. An all day event, Extravaganza is a free event in which security is tight, and non UCSB students are abundant. However, this past year, Extravaganza experienced some security problems as the line outside began to riot and students were trampled. Despite the havoc, Extravaganza continued to be successful. Expect even more security this coming year and more restrictions.

Water Ballooning: As an incoming freshman walking down on the highly anticipated Del Playa is something that most of us have looked forward to. However, water-ballooning freshmen is something not uncommon. This is one of the nastiest traditions of Isla Vista, as older students take prey on the large groups of freshmen, talking rather loud and "Whooping" even louder. Here's a tip, for the first couple of weekends venturing out onto Del Playa, don't be in groups larger than three. Large groups of students are an immediate signal of freshmen. Good luck and stay dry.

Undie Run: Every quarter during finals week there is an undie run. This is a mass explosion of underwear clad students who want to blow off finals stress with a half naked run. The run starts at Davidson Library, heads down the Pardall bike path, through Isla Vista, down Del Playa and finishes back at the Library. Many stu-

dents choose to run through the Library 20 minutes (or so) before closing. We suggest doing it during Spring quarter and staying away from Winter quarter because the nipping and numbing cold during winter quarter can be a little unbearable.

Halloween: Many students state that Halloween is what Isla Vista is known for. Described by fourth year Psychology major Brian Nguyen as "insanity," he stated that, "it's the out of towners that make Halloween so crazy. They don't know the IV unwritten rules and end up getting arrested." As the craziest week in Isla Vista, Halloween is celebrated for the entirety of the week. Cops are brought in from all UC campuses, fences are placed around all dormitories, and out of town guests for dorm dwellers are strictly prohibited. There is a movement on campus where many students feel that IV would be a much safer and fun experience if it was kept strictly local and many blame the insane mishaps on the out-of-towners who do not understand the unique atmosphere of Isla Vista. For this tradition, prepare to have a minimum of three halloween costumes and say goodbye to your liver.

Freebirds at 2am: Many students throughout the weekend find themselves one way or another standing in the outlandish line in front of Freebirds. It's not an uncommon activity for many an Isla Vista night goer. If you aren't careful, you can find that the hefty prices at Freebirds during those party nights will begin to lighten their wallets. "Even though its prices are crazy expensive, it's totally worth it when you're starving and intoxicated. Money doesn't matter when you're drunk. It's awesome, the atmosphere is great, you're bound to run into one or two people you know," Terry Li, a second year English student states. This is a staple of Isla Vista night going and through experience I have found sharing nachos with four friends is much cheaper then everyone getting their own burrito.

IV Loop: For those who turn 21, the "IV LOOP" is a common weekday experience. Usually starting at mid day, students share a pitcher of beer at all the places around Embarcadero Loop that serve alcohol. This is usually done throughout the entire day, when students choose either to finish at Freebirds or Giovannis, depending on the groups choice of atmosphere. This is an experience and long standing tradition in which many Gaucho's will most likely venture under once reaching the fruitful age of 21.

Other up and coming traditions are the Pride Festival, brought on by AS Queer Commission and other queer groups on campus, and Streettopia, in which a day party occurs on the street of DP when the beach closes. If none of these activities seem to suit your fancy, there are plenty of other activities on campus to engage in that are beyond the typical Isla Vista drinking traditions. The Multi Cultural Center holds various events to rise consciousness of diversity issues on campus, and to bring fantastic cultural performances, most of which are free, to UCSB campus. Arts and Lectures also puts on various performances some free during the year, and most offered at a minimal cost on campus. There is plenty to do on the UCSB campus and its surrounding community, so much so that you'll find your planner overlapped.

Enjoy your time here and create your own Gaucho traditions!



Photo By | Christina Acevedo

UNDIE RUN— Students before running into Davidson.

A Letter From the Chancellor

Fall 2010

Dear Students:

As we prepare for the academic year ahead, I am delighted to have this opportunity to extend a warm welcome to the newest members of our UCSB family.

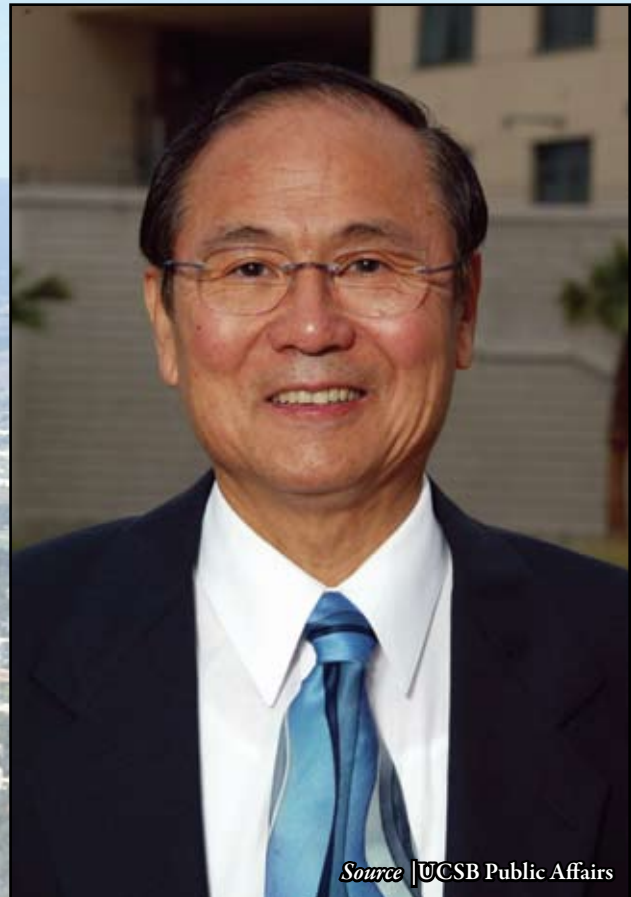
Did you know you were selected from nearly 47,000 freshman applicants and more than 12,000 transfer applicants? I know that your families and friends are very proud of you. We are proud of you, too. And we are so pleased that you have chosen to become part of our campus community.

As a student at UC Santa Barbara, you will learn from faculty members who are among the very best in their disciplines (including five Nobel laureates, numerous Fulbright and Guggenheim scholars, and many other top national and international award winners). You will be surrounded by caring staff members who are dedicated to helping you make the most of your college experience. You will interact both academically and socially with fellow students who are bright and energetic, just like you. The wonderful diversity of our backgrounds, talents, and perspectives will enrich us all as we live and learn together.

You have not only enrolled in a university—you have also joined a community. Being a member of this community, you will find, is a rich and rewarding experience. I want you to know that we will be here to help you succeed, every step of the way. We have many academic and personal support systems in place to offer you a variety of services. These have been designed with your needs in mind, and I encourage you to take advantage of them.

My wife, Dilling, and I, along with our faculty and staff, look forward to seeing you during move-in weekend on September 18-19, and also at our New Student Convocation on Monday, September 20. Until then, enjoy the rest of your summer—and happy packing!

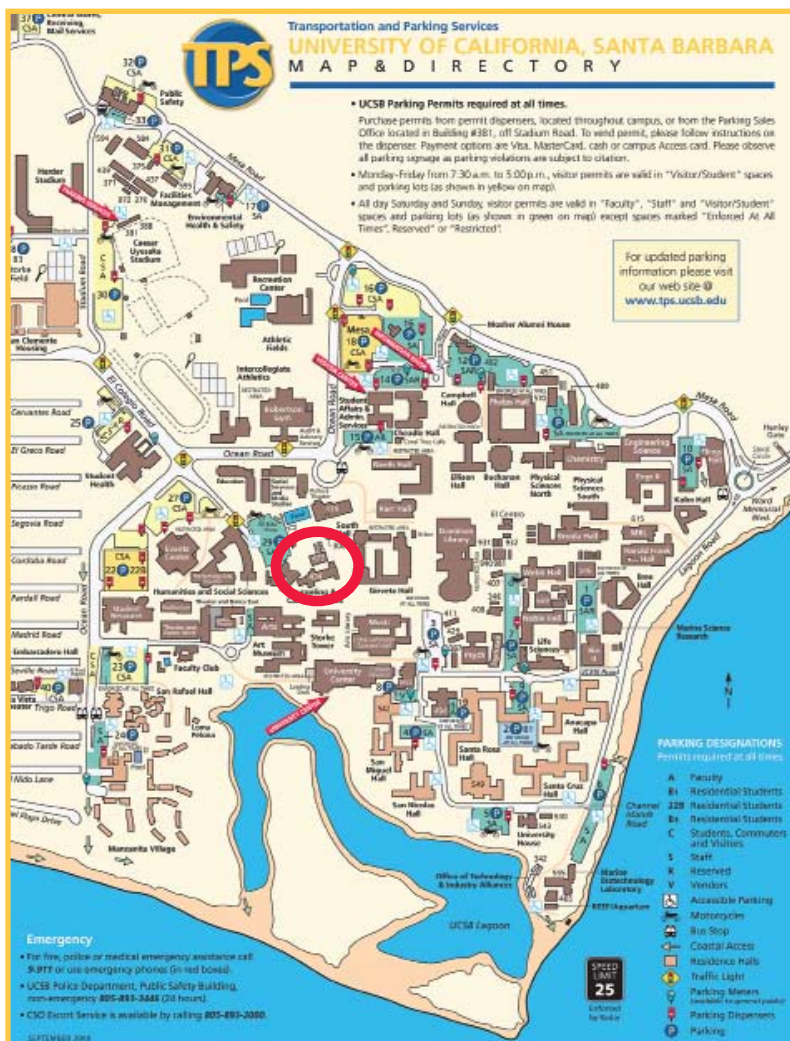
Sincerely,
Henry T. Yang
Chancellor



THE BOTTOM LINE

BECOME A PART OF OUR STAFF

If you would like to join our staff as a writer, photographer, or illustrator, attend our
Fall Orientation on Tuesday, September 28
in the A.S. Annex, Building 434
 (Across from Storke Tower and next to South Hall)



Visit our website at

WWW.BOTTOMLINEUCSB.COM