Red Wine Mushroom Risotto for Valentine’s Day Treat

On The Menu With a Valentine’s Day Treat

Valentine’s Day Tracks for the Hopeful Heart

An ArtswEEK Valentine’s Day

Chase Duma
On The Menu Editor
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Staff Writer

Risotto is romantic. Red wine is romantic. Why not put the two together? This Valentine’s Day, make Luminous, rich flavors are always what I look for when cooking for the people I love, and this recipe delivers that without much effort. The secret? A tableau of risotto. The essence of the mid-tos makes an already delicious dish into an I’m going to lick the plate-clean type meal. Risotto has a reputation for being a tough dish to get right, but with a few tricks, it’s rather simple.

This is a recipe that led on is one of the most painful love and relationships; it’s the ways of a person is their approach to their love OF the Star’s discography, “Fade Into You” presents itself as a timeless and beautiful experience all of us should connected for a moment in time is a

blossoming flowers and turning into an ever-present feeling that loves us for eternity.

“Right Side of My Neck”
Faye Webster

“Right Side of My Neck” is one of my favorite Faye Webster tracks. This song comes off of Webster’s 2019 album “Atlanta Millionaires Club,” an album composed entirely to my sentiments and themes for the season are about nature and the beauty of the environment. It’s the perfect track to put me in the mood for a romantic night in.

Directions:
1.) Fill a serving bowl with hot Let it sit, warming up, with salt and pepper to taste.INSERT 3.) Add in the stock and simmer, stirring occasionally until risotto has a loose, almost soupy texture. 6.) Simmer and stir until absorbed.

1. In a heavy-bottomed pot or Dutch oven, heat 2 tablespoons olive oil until medium-high heat. Add the mushrooms and cook for around 10 minutes, until browned. Season with salt and taste.
2. Remove the mushrooms and add the remaining 1 tablespoon of oil. Sweat the shallots until translucent, 1 to 2 minutes.
3. Add the rice and toast for 1 to 2 minutes. It’s ready when it starts to turn a light golden color.
4. Add in the wine, bring to a simmer and stir until absorbed.
5. Add in the stock and simmer, occasionally until risotto has a few sprigs of thyme, for garnish.

Ingredients:
• 3 tablespoons olive oil, divided
• (ground) mushrooms, sliced (1 cup small chunky, half
• shallots, minced
• 1½ cups Arborio rice
• 1 cup red wine
• 3 cups chicken stock
• Salt and pepper, to taste
• 2 teaspoons smoked paprika
• A few sprigs of thyme, for garnish

“Come Here” – Kith Bloom
Kith Bloom’s 2006 album ‘Finally’ contains ‘Come Here,’ easily one of my favorite songs of all time. There is nothing about this track that is flawed, and the impact it’s had on me as a young woman is unparalleled. Bloom sings, “There’s a wind that blows in from the north / And it says that loving takes this course / Come here, come here / No, I’m not impossible to touch / I have never wanted you so much.” To crave someone’s touch or physical presence need not always be seen in a sexual light. There is gentleness and security in merely holding the one you love or resting your head on their chest, to exist as two souls physically connected for a moment in time is a beautiful experience all of us should experience many times in life.

“Fade Into You” – Mazzy Star

An absolute cult-classic in Mazzy Star’s discography. ‘Fade Into You’ presents itself as a timeless and romantically unadorned music piece but doesn’t shy away from exploring the “underbelly” of love: longing, unrequited love. “I wanna hold the inside you / wanna take the breath that’s true / I look to you and I see nothing / I look to you to see the truth.” Allowing someone to enter into your tiny world quite possibly the most terrifying thing a human can do, or is there beauty and comfort in vulnerability? At least for me, opening up in hard, especially with someone who I’ve had more of a casual relationship with. There are stories I’ve never told, feelings I’ve never explored and memories I’ve never retained. There are parts of me no one will ever learn about, simply because I’m terrified of the reaction; will they love me deeper because of these stories, or will they slowly drift away after learning that I hold a lot beneath the surface?

“Love On The Brain” – Rihanna

One of my favorite tracks off of Rihanna’s 2016 album “ANTI.” “Love On The Brain” tells the honest story of fighting for unrequited love. Rihanna sings, “And I tried to buy your prey hearts, but the price
Academic Senate Provides Flexibility for Some Instructors

All instructors have the opportunity to teach up to 50% of their classes remotely if they submit their plans to their department chair, the guidelines said.

Holly Rusch
Lead News Editor

UC Santa Barbara instructors who are at increased risk of contracting COVID-19 can request flexibility around the in-person instruction mandate in place for Winter Quarter 2022 that began Jan. 31, according to current Academic Senate policies.

According to the Academic senate guidelines, UCSB defines “increased risk” as those with “serious ongoing medical conditions, or those who cohabitate with someone who is seriously immunocompromised.”

All instructors have the opportunity to teach up to 50% of their classes remotely if they submit their plans to their department chair, the guidelines said.

“Current Senate policy requires that online instruction can be offered in an in-person course for up to 50% of the scheduled instruction time when justified for pedagogical reasons, without need for further Senate approval,” the guideline read.

Faculty members, lecturers and graduate students eligible for “reasonable accommodations” include those with serious medical conditions, living with a family or household member who is moderately to severely immunocompromised or who has a child under the age of 5, the guidelines stated.

Medical accommodations for those with underlying medical conditions and disabilities can include providing additional personal protective equipment (PPE); enhancing physical distancing or modifying the work location; modifying work schedules; modifying non-essential job functions; remote work; or a leave of absence.”

Instructors wanting to apply can do so through the campus workplace accommodations specialist.

Workplace accommodations because of a household or family member are granted at the discretion of the Academic Senate, and instructors must submit proof of accommodation and a photostatification.

While serious medical illness among children with COVID-19 remains uncommon, the Academic Senate approved remote teaching for those with children under 5 “to provide some measure of pedagogical stability for those instructors and their students” because of difficulties instructors might encounter obtaining childcare. Instructors who qualify for this exemption must notify their department chair the guidelines stated.

All authorizations are currently available for Winter Quarter 2022 only.

Weekly Goings-on in Isla Vista

The Daily Nexus is published by the Press Consumer Council, which is funded through the academic activities of the University of California Santa Barbara on weekdays during the school year.

Editorial Matter: Opinions expressed in the editorial pages, News and the WeCal/Box do not necessarily reflect those of the Daily Nexus, UCSB, its faculty or student body.

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The Daily Nexus is printed at the University of California’s anti-discrimination code. Inquiries about these policies may be directed to: Ricardo Alcaino, Director, and Administrative Action Officer at UCSB’s Equal Opportunity and Affirmative Action Prevention Office.

Single copies are free; additional copies cost $1.

Printed at the Santa Barbara News-Press printing facility, in Goleta.

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Thursday, February 10, 2022
News

DAILY NEXUS
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Melissa Hedges holds a photo of her husband, local humanitarian and priest, Father Jon.

Atrikha Iyer
Lead News Editor

When a white Volkswagen Beetle used to drive into local emergencies, victims of catastrophe and first responders felt hope in the midst of disaster.
Father Jon-Stephen Hedges had arrived.
Father Jon was a local priest at the St. Atanasius Orthodox Church known for his humanitarian efforts, running towards natural disasters — such as Hurricane Katrina, the Thomas Fire and the 2014 Ida Vista tragedy — as well as helping first responders and those impacted by disasters in tending to the wounded and working alongside the first responders.

His service of the community also extended beyond disaster relief.
From 2016 to 2020, Father Jon served on the Ida Vista Community Services District Board of Directors as a founding member, focusing on providing support to IVCSD's vulnerable community.
On Feb. 25, 2021, Father Jon passed away from amyloidosis of the liver at the age of 73.

"The Santa Barbara County Board of Supervisors unanimously voted on Tuesday, Feb. 8 to rename Ida Vista homeless shelter — currently named the El Colegio Project — House of Hope, after Ida Vista's most well-known humanitarian.
Father Jon's humanitarian work with those experiencing homelessness included a variety of projects, like when he helped convert the Peaceos Lobos Condos into a space for homeless residents.
"My advocacy for them probably comes from, to a certain extent, the loss of one of my uncles who came back after World War II and ended up homeless, because he couldn't quite get back on track after a horrible combat experience," Hedges said in a previous article with News-Press.
When asked about losing someone close, he said Father Jon brought with him his classic style, they remembered "[his] people," and how he "always remembered to take care of other's family, [his] people."
He brought a lot of ethics and "[their] people." . . . cops, medical, military, veterans, anyone who has bared the traumatic burden of our people on the front line, he said.

"He just said he was ready to go. We didn't talk to each other but it was kind of like, am I losing my mind? You know, we're about to lose him. Why am I feeling peaceful?" Melissa Hedges said. "That's how the doctors and the nurses said that he just made everybody feel peaceful."

Father Jon was taken to the hospital, and victims gathered to the rear of the car when they got out of the driveway.
"We had felt really peaceful. And we didn't talk to each other but it was kind of like, am I losing my mind? You know, we're about to lose him. Why am I feeling peaceful?"
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The 2022 Lunar New Year holiday, which began on Jan. 31, marked the beginning of a new year in the traditional lunar calendar used in East Asian countries such as China, Korea and Vietnam. Lunar New Year is a time of family reunion. Everyone returns home for the holiday, prepares dinner with their family and sends their best wishes to relatives and friends. However, instead of celebrating with family abroad, Asian international students usually have to stay in the U.S. and celebrate with their friends.

As Lunar New Year’s Day took place during midterms week, the festival was a frantic mix of coursework and celebrations. Since Lunar New Year’s Eve was on a Monday, most students decided to have the “Reunion Dinner” over the preceding weekend. Furthermore, Lunar New Year traditions are slightly different between northern China and southern China, making Lunar New Year celebrations among the Chinese international students their own standalone exchange of customs.

Over the past week, the Nexus collected photos documenting what Lunar New Year looked like for UC Santa Barbara’s international students. As one of the most important holidays in the international student community, Lunar New Year is an iconic event that strengthens the connections among international students. In the photo story below, each photographer described their picture in their own words.

With the vast amount of dishes prepared — quail eggs and tripe, beef curry, mapo tofu, chicken, shrimp, and vegetables — there is certainly something for everyone to enjoy. The inclusion of Costco’s rotisserie chicken and ribs is an atypical sight for the Chinese dinner table, though it perfectly captures how Lunar New Year celebrations at UCSB are sure to be different than what many international students are used to.

Dinner on New Year’s Eve (tuan yuan fan) is the most important meal of the year in Chinese culture. It is when families come together to welcome the arrival of the new year with good food and joyous memories. For those of us at UCSB, we come together with our friends to maintain our traditions and culture in a new environment.

One important and well-known aspect of Lunar New Year is making dumplings. The process of putting dumplings together requires the attention of all at the table. It brings people together, creating a family experience.

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Men's Basketball Has Love-Hate Relationship With Winning

Garrett Harcourt
Sports Editor

The UC Santa Barbara men's basketball team has continued its inconsistent play this season. After splitting their first two games, they played in February, they lost falling to the UC Irvine Anteaters and Hawaii Rainbow Warriors. Beginning a 2-game losing streak, the Gauchos were able to get back into the win column in a blowout against the UC San Diego Tritons. UCSB now holds a conference record of 2-5 and sits in 8th place in the Big West standings.

The Gauchos had another heartbreaking conference loss against UCLA. The Gauchos lost by less than 10 points – a trend they have seen in all UCSB conference games this season. In their last 53-35 defeat, UCSB started out slow. In the first half, the Anteaters shot 50% from the field, hitting most of their open shots. UCSB led by as many as 15 points, however, senior forward Miles Norris’ dunk ignited the Gauchos’ offense, as they were able to cut the lead to 12 at the end of the first half.

UCSB led a comeback in the second half, but it was ultimately not enough. This comeback can be attributed to the Gauchos’ defensive and offensive intensity. The Anteaters were only able to shoot at a clip of 32.6% in the second half, while UCSB was able to consistently draw fouls and shoot free throws. A late three by freshman guard Cole Anderson, and a 3-second violation by UCI gave the Gauchos a chance to win, as they were only down by 1 point. However, in the possession, Anderson missed a shot from outside the arc as the shot clock expired.

Senior forward Amadou Sow led the Gauchos in the second straight game with a double-double. Sow scored 21 of his points in the opening half, as the Gauchos shot an efficient 74.1% from the field compared to UCSD’s 39%. At the half, UCSB led by 22 points. The Gauchos did not let up when the second half began and more than doubled their lead to 30 points. The Tritons’ defense continued struggling to score, and their defense gave the Gauchos everything they wanted. Both halves of the game were dominant displays of the Gauchos as they found themselves with the lead for the rest of the game after the first 3 minutes. UCSB will continue Big West play as they attempt to rise up in the conference standings.

The Gauchos will hit the road beginning a 2-game losing streak, the UC Irvine Anteaters and Hawai’i Rainbow Warriors, in February. After falling to the UCSD Tritons, UCSB will feature the Los Angeles Titans. Again, Burrow had his NFL tenure.

Who To Show Love to This Super Bowl?

This year's Super Bowl will feature the Los Angeles Rams from the National Football Conference and the Cincinnati Bengals from the American Football Conference. Both teams are returning to the Super Bowl after making it to this year's NFC and AFC championships.

The Rams, led by quarterback Joe Burrow, are back in the Super Bowl for the second time in his NFL career. Burrow has developed into one of the league's best quarterbacks over the past couple of years, and is paired with the ex-St. Louis Rams star Todd Gurley II. On the other hand, the Bengals are back in the Super Bowl after making it to this year's AFC championship game.

The Rams will be seeking to become one of the league's best over the past couple of years, and are paired with the ex-St. Louis Rams star Todd Gurley II. On the other hand, the Bengals are back in the Super Bowl after making it to this year's AFC championship game.

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In Review: Mitski’s “Laurel Hell” Waves Away Sad Girl Season

Rhea Mistry

Valentine’s Day is by far the most polarizing holiday — it’s the time you either hate it or love it. It’s always a mixed bag, with some people very happy with romance and love, jealousy and heartbreak are the new black for all. Here are 14 songs (and some honorable mentions) for Valentine’s Day — just 14 songs you should check out on February 14.

1. Confessions

“Let’s Fall In Line For the Night” by FINNEAS

FINNEAS provides the perfect low-pressure confession of love with this song. This light-hearted track proposes an easy romance that doesn’t even demand a reply. And if you ask me, it’s the perfect pair for your special someone.

2. Slow dances

“Baby I’m Yours” by Arctic Monkeys

This song is originally by Barbara, but has since gained a popular following. “Baby I’m Yours” is the ultimate slow dance song.

3. Date nights

“Days of Wine and Roses” by Frank Sinatra

Frank Sinatra’s version of this song is perfect for your date nights. The soft and mellow melody is sure to set the mood for a romantic evening.

4. Make out!!!

“Your Hair” by Ariana Grande

When you need a little bit of romance, Ariana Grande’s “Your Hair” is perfect for a make out session.

5. It’s complicated...

“Love Like This” by Tyrese

Tyrese’s emotional take on love is sure to tug at your heartstrings and make you fall in love all over again.

6. You’ve been cheated on

“Highway to Hell” by AC/DC

AC/DC’s classic rock anthem is perfect for when you’ve been cheated on. The song is full of energy and will help you feel empowered to move on.

7. You did the cheating

“Love You Like I Used To” by Jhene Aiko

Jhene Aiko’s soulful voice is perfect for when you’ve cheated on someone.

8. Just got dumped :(

“Dancing With Your Ghost” by The 1975

The 1975’s emotional song is perfect for when you’ve just been dumped.

9. Still have feelings, don’t wanna say

“500 Miles” by The PST

The PST’s soulful voice is perfect for when you still have feelings for someone but don’t want to say anything.

10. They love someone else

“Someone Else” by The 1975

The 1975’s emotional song is perfect for when you love someone else.

11. Jealousy, jealousy

“Shallow” by Lady Gaga and Bradley Cooper

Lady Gaga and Bradley Cooper’s emotional duet is perfect for when you’re feeling jealous.

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14. You just love love

“Love Yourself” by Justin Bieber

Justin Bieber’s heartfelt song is perfect for when you just love love.

Honorable Mentions

“Here I Go Again” by Harry Styles

Harry Styles’s emotional song is perfect for when you just love love.

“Let Me Love You” by Bruno Mars

Bruno Mars’s soulful voice is perfect for when you just love love.

“Perfect” by Ed Sheeran

Ed Sheeran’s emotional song is perfect for when you just love love.

“Imagine” by John Lennon

John Lennon’s classic song is perfect for when you just love love.

“Just the Way You Are” by Bruno Mars

Bruno Mars’s soulful voice is perfect for when you just love love.

“Shape of You” by Ed Sheeran

Ed Sheeran’s emotional song is perfect for when you just love love.

“Someone Like You” by Adele

Adele’s emotional song is perfect for when you just love love.

“Stay” by Rihanna

Rihanna’s emotional song is perfect for when you just love love.

“Thinking Out Loud” by Ed Sheeran

Ed Sheeran’s emotional song is perfect for when you just love love.

“Tears in Heaven” by Eric Clapton

Eric Clapton’s emotional song is perfect for when you just love love.

“Where Are You Now” by Justin Bieber

Justin Bieber’s emotional song is perfect for when you just love love.

“Let Her Go” by Passenger

Passenger’s emotional song is perfect for when you just love love.

“Love Yourself” by Justin Bieber (2020)

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Fart Tent
Tent of Farts

Kissy kissy Gauss! This Valentine’s Day, I’m sure many of us are sad about not having a special someone to spend the day with. Not me, though. But for the rest of you losers – don’t worry! Our very own little Cupid, Chancellor Yang, is cooking up something amazing for anyone who has no game but still wants to enjoy Valentine’s Day.

This upcoming Monday, while many of us will be out and about on campus, Yang reported that he will be acting as a matchmaker. Sporting a diaper and Cupid’s iconic bow and arrow, Yang intends to walk amongst us, looking for two kids he can matchmake. Our beloved Cupid will surely make hearts swell this Feb. 14. Maybe, if you are lucky, you’ll be sniffed and deemed worthy of a little smooch!

Fart Tent loves you.

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Cute! Your Valentine Got You a Bag of Milk

Casey Gallagher
Lactose Correspondent

Ah yes, if it isn’t the time of year for what is indisputably everyone’s favorite holiday: Valentine’s Day! I know you horny losers have been waiting all year to see what kind of cliché and unoriginal lace garment your partner gets you for your long night of disgustingly vanilla sex. However, what if I told you that your special one is pulling out all the stops and getting you none other than … a bag of milk?

“A bag of milk?” you ask. “This second-year has no fucking clue what’s going on.”

Now you may be asking, “Why exactly is a bag of milk?” for about three months straight, and man, was I excited. But then came to discover that this man genuinely bought me a soggy-ass bag of milk. That’s it … and it was the best day of my life. I can’t believe he actually got me something! AHHHHH “spared”!

Anyway, folks, if you’re feeling upset or disappointed this Valentine’s Day, make sure you find your way to the matchmaker. Our beloved Cupid will surely make hearts swell this Feb. 14. Maybe, if you are lucky, you’ll be sniffed and deemed worthy of a little smooch!

Fart Tent loves you.

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Our Little Cupid: Chancellor Yang To Wear Diaper, Tell Students To Kiss

Once he finally finds two xcents that are fitting, he will drag the students next to one another and begin to break out into a little joy:

“KISS! KISS! KISS!” he’ll chant, waiting for the two students to pucker up and make their V-day a memorable one.

After the students share a sweet and tender kiss, they’ll immediately be wed, with Chancellor Cupid as the officiant. Should the students ever decide to get a divorce or nullify their marriage, Yang will cry, like, a lot. After the ceremony, Yang will skip along, sniffing out his next couple.

So, if you are feeling upset or disappointed about what you’re missing this upcoming Valentine’s Day, make sure you find your way to the matchmaker. Our beloved Cupid will surely make hearts swell this Feb. 14. Maybe, if you are lucky, you’ll be sniffed and deemed worthy of a little smooch!

Fart Tent loves you.

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Report: Some Guy Carter To Have Bitches

Carter
Some Guy

Women love him, guys envy him and we think you should strive to be more like him. This guy named Carter gets straight bitches, and his story makes things this Valentine’s Day look a lot less grim.

When asked by our undercover Nexasentialist correspondent to describe a day in his life as a guy who is constantly surrounded by beautiful women, Carter said, “I don’t do much really. I just roll out of bed and mess with my hair a little bit, spend some time with myself and the squirter, then take around 20 minutes debating with my ensemble on what I should wear to best appeal to the women.” This ensemble, composed of his roommates and some random guy living next door who he allows to shadow him, makes up his alternate population of bitches.

These male bitches are those who he uses to accompany him on his daily quests to the Carrillo Dining Commons in order to balance out the throng of women who flock toward him at any given moment. “Being a lady’s man, the high that my roommates get from being associated with me is more of an ego boost than the one I get from being around so many women all the time,” Carter said. “It’s nice to be able to contribute toward those who have less than me.”

Carter makes sure to keep his Google Calendar updated so that both his assistant and the most dedicated of his women can keep up to date on what he’s doing and where he may be going. Carter never fails to send out a Google Calendar invite with any special appearances he may be making around campus so that any women not keeping up with his calendar can keep up with where he’s at.

However, even guys like Carter have flaws. Despite only being 5’8”, Carter accepts this proudly and claims that “The energy went to my brain and my genitalia.” Short king! Aside from this and the crushing weight of expectations from being such a cool dude, the only other part of Carter’s life that can be harsh is the chance occurrence that he doesn’t handle his relations correctly, and multiple girls show up to the same Carter Appearance. This has happened only once and resulted in a large crowd of women screaming their support for him while he was being ejected from his ice hockey game.

Carter’s other hobbies include making women laugh, coming up with jokes to say to women and doing research on how to create a joke applicable to various audiences of women. Carter also boasts the ability to braid the hair of any woman who may please.

Carter says that maybe this Valentine’s Day, people should take time to work on themselves and loose the romance to him and his intricate Google Calendar system.

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Physical Touch Is My Love Language

DAILY NEXUS ART & COMICS

Chocolate milk bag for the first time.

Now you may be asking, “What exactly is a bag of milk?” for about three months straight, and man, was I excited. But then came to discover that this man genuinely bought me a soggy-ass bag of milk. That’s it … and it was the best day of my life. I can’t believe he actually got me something! AHHHHH “spared”!

Now you may be asking, “What exactly is a bag of milk?” For those of you who had to suffer through your elementary school years without the sweet, loving embrace of neopolitan heaven, a bag of milk is exactly what it sounds like. An inflated plastic square, plump with cow’s milk, heaven, a bag of milk is exactly what it sounds like. An inflated plastic square, plump with cow’s milk, heaven, a bag of milk is exactly what it sounds like. An inflated plastic square, plump with cow’s milk, heaven.

Cute! Your Valentine Got You a Bag of Milk

Casey Gallagher
Lactose Correspondent

Ah yes, if it isn’t the time of year for what is indisputably everyone’s favorite holiday: Valentine’s Day! I know you horny losers have been waiting all year to see what kind of cliché and unoriginal lace garment your partner gets you for your long night of disgustingly vanilla sex. However, what if I told you that your special one is pulling out all the stops and getting you none other than … a bag of milk?

“A bag of milk?” you ask. “This second-year has no fucking clue what’s going on.”

Now you may be asking, “What exactly is a bag of milk?”

This first-year man had the, according to opinion about his boyfriend's generous gift, “It is supposed to be, like, an innuendo? There has to be his boyfriend's generous gift. “It is supposed to be, like, an innuendo? There has to be this trend.

Anyway, folks, if you’re feeling upset or disappointed this Valentine’s Day, make sure you find your way to the matchmaker. Our beloved Cupid will surely make hearts swell this Feb. 14. Maybe, if you are lucky, you’ll be sniffed and deemed worthy of a little smooch!

Fart Tent loves you.
Valentine’s Day Desserts

Dominique D’Lima
Reporter

Make your Valentine’s Day a little sweeter with these tasty and tasty desserts! I’ve chosen three different treats – cupcakes, cheesecake bars and cookies – all with different flavors for some variety.

Strawberry Cheesecake Cookie Bars

These fun and delicious fruity bars are the easiest to make out of these options. I made mine dairy-free by using Earth Balance and Miyoko’s Creamery vegan cream cheese. I topped them with a simple glaze of stewed sugar and a little water.

Ingredients:
• 1 box strawberry cake mix
• 2 eggs
• 1/2 cup butter, melted
• 4 ounces cream cheese softened to room temperature
• 3 tablespoons sugar
• 1 teaspoon vanilla

Directions:
1. Preheat the oven to 350 F.
2. In a mixing bowl, combine the cake mix with the eggs and melted butter. Mix until smooth and then pour into a greased 8-by-13-inch pan.
3. In a separate bowl, beat the cream cheese with the sugar and vanilla until smooth. Place tablespoon-sized dollops of the cream cheese filling evenly spaced apart on top of the cake batter in the pan.
4. Use a knife or skewer to swirl the cream cheese filling into the cake batter.
5. Bake for 20 to 30 minutes or until a toothpick inserted in the center comes out clean. The edges should be a light golden brown. Let the bars cool completely and then slice and serve!

Matcha Cookies With Raspberry Glaze

For this dessert, I combined my favorite matcha cookie recipe with a raspberry syrup recipe (that also tastes great in matcha lattes) to add some tang to the earthiness of the matcha. I made the cookies smaller to add some tang to the earthiness of the recipe (that also tastes great in matcha lattes)

Ingredients:
• 1/2 cup vegan butter, cold
• 1/2 cup sugar
• 1 (1/2 teaspoons matcha powder
• 1 egg (1 tablespoon ground flaxseed and 2 tablespoons water)
• 2 teaspoons vanilla extract
• 1 cup and 1 tablespoon all-purpose flour
• 1/2 teaspoon baking powder
• 1/4 teaspoon salt
• 1/2 cup powdered sugar
• 1/4 cup raspberry syrup

Directions:
1. First add the butter, sugar and matcha powder to a mixing bowl and cream together until light and fluffy, about 3 minutes. Then, add in the flax egg and vanilla extract and whisk until combined.
2. Next, add the flour, baking powder and salt to the mixing bowl. Mix until a thick, yet slightly sticky, cookie batter forms.
3. Next, cover the mixing bowl of dough and add to the fridge to chill for 30 minutes to 1 hour.
4. Cover a baking sheet in parchment paper and preheat the oven to 350 F.
5. Next, remove the dough from the fridge and scoop about 1 tablespoon to roll into a ball and place on the baking sheet. Slightly press the dough ball down.
6. Bake for 10 to 13 minutes until the bottoms are lightly browned and the cookie is cooked but still has soft centers.
7. Add the powdered sugar and raspberry syrup into a bowl and whisk together until smooth. You can adjust the amount of sugar and syrup until the desired consistency is reached.
8. Let the cookies cool on the baking sheet for 5 minutes. The cookies will be soft and puffy out of the oven and will naturally deflate a little while cooling.
9. Once the cookies have cooled, transfer them to a separate plate and drizzle the glaze over them. Serve and enjoy!

These recipes are the perfect way to show your love this Valentine’s Day, or whenever you’ll be making them year-round.

The Best Desserts in OC

1. Orange County is a vast Southern California paradise filled with beaches, theme parks and, most importantly, amazing food. Within this paradise, you can find a variety of delicious dessert spots that can suit anybody’s interests. Whether you’re looking for cookies or ice cream, there is something to satisfy everyone’s sweet tooth. Here is a short list of our favorite locations for the best dessert spots in Orange County.

Sidecar Doughnuts

Sidecar Doughnuts is a dessert staple when visiting the Costa Mesa and Newport Beach area. The gourmet doughnut shop started serving fresh doughnuts in 2013 in Costa Mesa, Since then, they have expanded to different locations in Torrance, Los Angeles and Del Mar. Sidecar Doughnuts specializes in creating the prettiest, thick and dense doughnuts that are fried fresh every hour, using the finest and freshest ingredients to create inventive and mouthwatering treats. One of their most popular flavors is the balsamic vinegar doughnut, a light and fluffy cake doughnut that contains real balsamic berries inside the dough and the glaze. If you’re not a fan of fruit flavors, their butter & salt doughnut is another popular choice among loyal customers. This one is a rich cake doughnut with a brown butter vanilla glaze and complemented by a sprinkling of sea salt. If you’re looking for the best doughnuts in Southern California, then Sidecar Doughnuts is a must-visit.

Paderia Bakehouse

If you’re someone who prefers chocolate chip cookies that are thick and chewy, then Paderia Bakehouse is the place for you. The cookies at Paderia Bakehouse closely resemble the iconic cookies from Levain Bakery in New York City. The cookies have a soft and puffy texture that is perfect for that matter. We offer multiple different cookie flavors, but some stand-out flavors are definitely the chocolate walnut and the triple chocolate chip flavors. Not in the mood for a cookie? You could never go wrong with one of Paderia’s fun and fancy Thai-style homemade desserts, such as malasadas, Portuguese egg tarts, cheese cakes and Filipino empanadas. Whatever choice you make, Paderia’s your definitely in an exceptionally delicious treat.

Vitaly Café

Located in the heart of The CAMP, a trendy and artful outdoor shopping center in Costa Mesa, in Vitaly Café, a gourmet Italian cafe shop serves homemade pastas, sandwiches and the best gelato in Orange County. Vitaly offers a variety of different ways to enjoy your gourmet gelato. If you’re having trouble deciding on picking just one of many different flavors, you could opt for a gelato flight which consists of five adorable mini scoops of gelato served on a tray. If you’re feeling adventurous, you could try one of their tandas or a gelato burger: a warm sweet bun filled with two scoops of gelato. There are a lot of options in terms of flavors at Vitaly, but most customers agree that the chocolate and raspberry macarons are definitely some of the favorites among regular customers. A scoop of gelato is the perfect complement to an ambient stroll through the beautiful and aesthetically pleasing corridors of The CAMP.

Fill Bakeshop

Mochi doughnuts are definitely a hit or miss because of their unique texture, but Fill Bakeshop does everything right when it comes to them. The base of three flower-shaped beauties has the perfect, chewy mochi texture that has the right balance of soft and tender. Fill stands out from other mochi doughnut shops because of the unique flavors they offer. They also rotate their menu often, so there is always something new to try. Some of the notable flavors from their current garnish include the strawberry shortcake and blood-orange gelato flavors. They also have some classic flavors that will keep you coming back for more, such as cookies & cream and taro. If you’re looking to try mochi doughnuts for the first time or form a new opinion on them, you’re going to want to make sure that you go to Fill Bakeshop.

French’s Pastry Bakery

With locations in Mission Viejo, Orange and Costa Mesa, wherever you may be in OC, chances are there’s a French’s Pastry Bakery nearby. French’s is a classic bakery specializing in beautiful cakes, cupcakes and cookies, making it the perfect spot for special-occasion sweets. They are also renowned among the locals for their delicious danishes and pastries, for those of you who don’t need an excuse to have breakfast for dessert. But the real gem of French’s Bakery is what they call the “wagon wheel,” a mouthwatering, party-sized danish that comes in chocolate, raspberry and apple varieties. Seriously. Try one. For $8 if you’re in the neighborhood, stop by French’s to satisfy your sweet tooth!

MOULIN

If you’re headed to the beach in South OC, MOULIN is a must-try. With an original location in Newport Beach, they have also expanded to Laguna Beach, Dana Point and San Clemente. MOULIN is a Parisian-style cafe offering breakfast, lunch, but most importantly – French pastries. Every day, MOULIN serves a variety of classic French pastries ranging from macarons, tarts and muffins to larger desserts, like one of the most popular: the Tarte Tropézienne. This dessert, originating from the southern French city of Saint-Tropez, is made with layers of sweet brioche flavored with orange blossom water, filled with crème diplomat and topped with powdered sugar. They also have amazing croissants (of course) and serve a variety of fresh croissants topped with your choice of nutella, powdered sugar or fresh fruit. Overall, when in Orange County, MOULIN is THE place for authentic French desserts that are just as delicious as they are beautiful.

As you can see from our list, the dessert scene in Orange County is clearly unmatched. Make sure you stop by these amazing dessert spots to experience the best of what Orange County has to offer.
The 19th and 20th centuries were a time of remarkable and unprecedented exploration across the world ocean. The explosion of practices like whaling and the far trade led to a wide-ranging collapse of populations of species in a manner which, before and following, has found few parallels.

Among the most well-known and charismatic canidates was the sea otter, a mammal living in the north and eastern bounds of the North Pacific which fbird itself essayed within the Russian and North American far trade. Sea otters at that time were prized for their remarkable fur. Lacking blubber, unlike other marine mammals, sea otters make up for this by having the densest fur of any mammal, period. For every square inch on their body, they have about a million hairs — 1,000 times the density of human beings. In addition, under the microscope, this dense fur has a unique geometric, spiky texture which allows it to mat together and create an insulating layer of air close to the skin. These traits make otter fur for a fantastic housing system — and in the past, an attractive target for the burgeoning far trade. By the early 20th century, the world population of otters numbered in the low thousands — from a peak of potentially 300,000.

"However, our data indicate that this rebound was on a regional basis only — maybe a few 100 remnant populations occurred in each region — somewhat of a collapse of populations of species in a manner which, before and following, has found few parallels."

Douglas Kennett, a professor of anthropology at UC Santa Barbara, said. "Peering Into the Sea Otter Genome Reveals Much" is the title of a paper that he and his colleagues worked to establish long-term baselines and long-term historical research importance of interdisciplinary samples, Kennett said. Beichman, the lead author on the study, to study the long-term history of the species in the region using contemporary and ancient samples, Kennett said. "I want to highlight the importance of interdisciplinary research in addressing species extinctions. These efforts are vital for contemporary conservation efforts in the region. Also, I'd like to highlight the importance of the archaeological record for establishing long-term baselines and for assessing regional extinctions and extinction of species."

Beichman, Kennett and their collaborators worked to carry out genomic analyses of sea otter populations throughout history, detecting historical signals of extreme population decline in all of the populations that they studied. They drew those samples from 107 sea otters drawn from five distinct populations — in addition to three historical samples from California, dating between about 1,500 to 200 years ago. These archaelological bones from San Miguel Island off the coast of Southern California were used to determine whether or not there was historical continuity between the modern populations of otters in the Southern Sea otter region and the Channel Islands of millennia ago. They found that, in fact, California sea otters are part of a population that diverged from a larger ancestral population about 20,000 years ago, according to Kennett. "The broader story of otters that was enlightened by the researchers' data told one of a robust population rebound; according to Kennett, this study's data shows that remnant populations of otters persisted and, with protection, were able to once again roam their ancestral habitats in healthy numbers — in contrast to another hypothesis which posited that otters from the North Pacific migrated southward into places such as Northern California following the far trade."

The researchers found that further population decline could affect the Fitness of recovering populations. However, a silver lining also pervaded through — the fact that low but healthy otter populations existed prior to even the far trade suggests that these populations could maintain sufficient genetic health. Despite this, Kennett called for more research and pointed out before drawing that conclusion with any larger degree of confidence.

"One of the more interesting results for me was that there was genetic stability between the ancient and modern otter populations in California. These data also suggest that the successful rebound of smaller populations existed prior to even the far trade suggests that these populations could maintain sufficient genetic health."

The need to mate, love and — in a certain type of complicated way, are all parts of the human experience. These needs have been subjugated to a fixation on sex and romance in storybooks, song lyrics and movies. Even in academia, extensive research has been conducted on the neurochemical basis of sex, sexual development (through it paints me to classify Freud as an academic) and genetic connections to sexuality. To avoid confusion, we must separately define the terms "sex" and "sexual reproduction," though both comprise of what it takes to produce our species. "Sex" is intercourse, often a way to express affection or attraction — though in this modern age, sometimes it's just intercourse. Now, "sexual reproduction" is the combination of genetic information given by two members of the opposite sex, belonging to one species. In the case of otters, the males of the male sex produce sperm that is to be met by the egg, which is created by the female sex.

But, to even get to the point of mating between otters, the genes in both species, the quarte journey is required. There is courting being conducted, mating etiquette to be had, the laws of attraction to be applied. There is the consideration of whether or not either party wants that meeting to happen at all. For as long as humans have been having sex, we have formed and built upon a set of knowledge and a set of rituals around the concept, one that has caused the act of sex to become more and more abstract, and less about the act itself.

And that's only how complicated sex has become. Sexual reproduction requires even more things to go right in order to be successful. To compare, asexual reproduction, the process by which a certain empty vessel, empty urn of forms of bacteria can reproduce by the hundreds in a more complex set of hours. No Tinder profile, Casamorin section or ovarian veins required.

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In an unexpected turn of events, it’s factory-deeply, usually irrevocably in love with my professor. How to cope when you must see them two times a week and hear their beautiful voice talk about their partner of seven years!

Oh, I’ve been there. Friend, oh, mom-mun, have I been there. It starts with their voice; you start asking yourself if you’ve ever heard such intelligence pour from an astoundingly beautiful face. Then, when they remember your name the following week, then comes the fantasies, the dreams.

You walk into office hours to find them with day-old clothes, disheveled hair, eyes red and puffy from a long night. You ask what’s wrong, honestly wishing for the worst. They tell you that they broke off their relationship. Alex this and Alex that. Because Alex still has feelings for their first love. Because Alex didn’t care anymore about your professor. You spend the rest of the afternoon nodding and listening to their story. Suddenly, Alex walks through the door, arms crossed. Your professor shoots up from their seat, faldying their hair and smoothing down their clothes. Politely putting your arms around your professor, you take charge, telling Alex that they can’t do this anymore. It’s emotionally abusive. It’s...

But before you can finish, Alex steps out of the doorway to reveal Chancellor Yang! *

Well, first things first. I hope you realize you’re at a precipice here. In other words, you have two choices — shut it down, or… no, no, no. You need it. It’s time to cope! Always remember that I am a love expert in love and other relations in a professional setting – no, really check my LinkedIn certifications – I cannot let you do this. Good luck, though, darling. Find another valentine or palentine. Heck, swing by the Daily Nexus office; we’ll set you up.

“Almost all details and creations are fictitious. Resemblance to any real persons or places is purely coincidental and unintentional.”

All of my friends are bored up this Valentine’s Day, which makes me feel a squidge lonely but also conveniently leaves the house all to myself. How do I “love myself,” if I catch my drill?

Lock your door. Please, for the love of St. Valentine, lock your door. Even if your roommates are sharing the love going on tonight, it doesn’t hurt to proceed with caution.

But once that’s out of the way, choose some music. Find those candles you’ve been stashing for a power outage. Send yourself some roses. Maybe even a silk robe. Say your daily affirmations. For reference, I’ve included mine below.

Is there anyone else out there doing it better than you? Can anybody else maintain that hair, that bod, that GPA, and still have the most successful advice column on campus? You are worth it, and you deserve it. (I usually do a little chaa-chaa here.) A to the J! A to the J! A to the J! (Feel free to insert your own name!)

So… I’m bailing on a budget this Valentine’s Day, but I want to show my partner how much I love them. Any date tips that don’t involve a moldy beach towel, a bottle of the finest tap water or my gopher-hole-filled backyard?’

For Valentine’s Day, it’s not so much the location or the sustenance – it’s the company. One of my favorite dates was by that one trash can outside the Marine Science Research Building. I was finishing up my grandpa bar, and my partner, who happened to be headed to the gym, almost threw it into the recycling bin!

Oh, we still laugh about it.

Or that time that we hiked up to the top of the parking garage and set up a little dinner. Well, it was just a kombucha that we divvied in, shot a few cocktails throughout the night. We went up there to watch the planes take off, the rumbling engines of the commercial flights drowning out all noise as they circled around the airport. We were coughing a lot, too. On our way back that night, we were researching the seriously detrimental effects of living next to an airport, breathing in partially combusted materials. Ah, fond memories.

Oh, there was another time that we went on a walk around the lagoon. But as soon as we reached the island, we were trapped. A storm had broken, and the winds were picking up. We sought refuge by one of those strong Monterey cypress. We came out for hours, missing all our evening classes. When the sun had set, the storm had died down. We were relieved. Still sheltered by the tree, we were about to head back down to the dorm, when we heard another couple head our way. What did we do? We sat around them, so we stayed in place and waited for them to leave. But, they didn’t. I don’t remember what happened exactly, but I do remember waking up in the Student Health Service clinic with some sort of IV connected to me. I was covered in tripe and mud. Turned out my partner had passed out from malnutrition, and the couple from whom we were hiding had found us. Thinking we had been killed from the storm. What a funny turn of events.

This Valentine’s Day, I challenge you to find something that you’ll look back on fondly, and somewhat problematically. I mean, they make the best stories.

The concept of love has always freaked me out. AJ, what do I do now?

Love. The stuff that dreams are made of.

Oh, are you taking Sex 101? That class has certainly started making me question a lot of things. Or are you just reading a lot of Shakespeare? Just because he compared his lover to a summer’s day doesn’t mean you have to objectively yours.

There’s really no right or wrong way to think about it. Love comes in so many forms, with really no rules or labels at all. I wish you for feel free in your love. But if you’re starting to feel free from your love. It happens to be the best of us. Take a moment to step back and breathe. If you can’t, for some help, that’s OK. Too, if you and your partner are attentive, if you listen when the other needs you to, if you genuinely want to help them achieve their goals, then you’re on the right path.

If you can, try not to get too bogged down by the pressure. It’s especially hard around Valentine’s Day, when big L-word seemingly floats around every conversation, just waiting to be voiced. But not to worry. If all else fails, you’ve still got your smart, beautiful self. How bad could that be?

Are you free for Valentine’s Day this year, AJ? Because I’m free if you’re free. 😃<3

Aw, shucks. Me? Little, old me? Well, if you insist! But please don’t be intimidated by all my stories. My love was different. My first Valentine didn’t take it very well. I am anonymous, you know. I may also use some voice modification. It depends on where the night takes you.

If you have questions for AJ, or want to ask them out this F-day, send them to opinion@dailynews.com.