

# Red Wine Mushroom Risotto for Two

On The Menu With a Valentine’s Day Treat



CHASE DUMA / DAILY NEXUS

Chase Duma  
On The Menu Editor  
Alice Bilyk  
Staff Writer

Risotto is romantic. Red wine is romantic. Why not put the two together this Valentine’s Day? Luxurious, 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 tablespoon of miso. The umami of the miso turns 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.

To make this recipe extra Valentine’s day-themed, I’m co-authoring it with my girlfriend, Alice. We cook dinner together as often as we can– it’s our way of expressing love for each other at the end of a long, tiring day. A way to make time for the two of us. This is a recipe we came up with together

a few months ago that’s perfect for Valentine’s Day, not just because it’s pink, but because nothing says “I love you” like sharing a delicious meal.

**Ingredients:**

- 3 tablespoons olive oil, divided
- ½pound mushrooms, sliced (I used half chanterelle, half shitake)
- 1 shallot, minced
- 1 ½ cups Arborio rice
- 1 cup dry red wine
- 3 cups chicken stock
- Salt and pepper, to taste
- 2 teaspoons smoked paprika, for garnish a few sprigs of thyme, for garnish

**Directions:**

1.) Fill a serving bowl with hot water. Let it sit, warming up, replacing the water if it gets cool, for the duration of cooking.

2.) In a heavy-bottomed pot or Dutch oven, heat 2 tablespoons of the olive oil over medium-high heat. Add the mushrooms and cook for around 10 minutes, until

browned. Season with salt to taste.

3.) Remove the mushrooms and add the remaining 1 tablespoon of oil. Sweat the shallot until translucent, 1 to 2 minutes.

4.) Add the rice and toast for 1 to 2 minutes. It’s ready when it starts to smell like popcorn.

5.) Add in the wine, bring to a simmer and stir until absorbed

6.) Add in the stock and simmer, stirring occasionally until risotto has a loose, almost soupy texture.

7.) Add the mushrooms back in, reserving a few for garnish. The temperature of the mushrooms, which will have cooled down a little, will cause the risotto to thicken up to the perfect texture: thick and creamy, but not dry. If the risotto looks dry, add water. Season with salt and pepper to taste.

8.) Pour the water out of the serving dish and wipe it dry. Ladle in the risotto, then garnish with the mushrooms, thyme and smoked paprika. Enjoy!

# Valentine’s Day Tracks for the Hopeful Heart

An Artsweek Valentine’s Day

Lorna Kruesel  
Staff Writer

Valentine’s Day has always brought about a variety of emotions given its inherently cheesy nature and also given my finely curated collection of unimpressive romantic experiences. Love has almost always been unrequited for me, and, in all honesty, I wouldn’t want it to be any other way. One of the most character-defining attributes of a person is their approach to love and relationships; it’s the ways in which they view intimacy, sex and emotional bonds that connect people despite insurmountable circumstances or just the sheer validity, or lack thereof, of love.

Love terrifies me. Since I’ve always experienced one-sided love, it’s hard to convince myself that love could be anything else, that I could be truly loved and appreciated beyond a simple friendship. Being led on is one of the most painful things I’ve ever experienced and yet, each time it happens I feel as though I become a funnier, more well-rounded person. The most confusing of all feelings is that of heartbreak despite never having been in a relationship. In spite of the painfully honest retellings mentioned thus far, I’ve had some incredibly wholesome experiences with love. The small things never go unnoticed, and those, despite their lack of “romantic substance,” have always meant more to me than anything else. With Valentine’s Day approaching, I thought what better way to celebrate than to give to those reading this a playlist from the depths of my more or less emotionally wounded, yet hopeful, heart.

**“The Wonder of You” – Elvis Presley**

A song I discovered only because of its feature in the HBO show “Big Little Lies,” “The Wonder of You” is a tender and wholesome track featuring some of Elvis Presley’s most novel, robust vocals. He sings,



DANIELA GOMEZ / DAILY NEXUS

“I guess I’ll never know the reason why / You love me as you do / That’s the wonder / The wonder of you.” Sometimes we love people and don’t truly understand how those feelings came to be, purely because they were second nature at the time. It’s often hard to explain why we yearn for someone when they’re gone or why we imagine them before dozing off to sleep, but that is perhaps the most beautiful thing about love: Its ability to blossom out of nothing and turn into an ever-present feeling that lives with 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 of honest and vulnerable songs detailing love, loss and heartbreak. Webster sings, “I wonder if you got home / But we just said goodbye / You looked back at me once / But I looked back two times.” Realizing that you care about someone more than they care about you is a universally painful experience. We’re left wondering what part of

us is possibly inadequate, but it’s much more likely an indication that physical attraction is not the same as intimate connection, a painful truth I’ve had to learn as I’ve gotten older.

**“Come Here” – Kath Bloom**

Kath 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 unadulterated music piece but doesn’t shy away from exploring the “underbelly” of love: opening up. Hope Sandoval sings, “I wanna hold the hand inside you / I wanna take the breath that’s true / I look to you and I see nothing / I look to you to see the truth.” Is 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 is 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 revisited. 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 shy 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 requested love. Rihanna sings, “And I tried to buy your pretty heart, but the price

too high / Baby, you got me like ‘Oh’ / You love when I fall apart (fall apart) / So you can put me together and throw me against the wall.” She will do anything to have the man she loves love her back, placing her in endless romantic warfare. It’s extremely hard to leave the one you love even if they have no strong feelings for you in return, since holding out hope is one of the only ways to maintain sanity while in love. When your feelings for someone grow deeper over time, love never seems to leave your brain, making rejection seem much scarier than the present dilemma of unrequited love.

**Scan the QR code below to get the full playlist!**

## whorescopes

The Signs as Places on Campus Where You Should Get It on

**ARIES**  
March 21 - April 19  
Towel at Campus Point

**TAURUS**  
April 20 - May 20  
On top of Storke

**GEMINI**  
May 21 - June 20  
Egg chairs

**CANCER**  
June 21 - July 22  
Eighth floor of the Lib

**LEO**  
July 23 - August 22  
Pollock Theater stage

**VIRGO**  
August 23 - September 22  
Your TA’s office but not with your TA

**LIBRA**  
September 23 - October 22  
The Daily Nexus Opinion office

**SCORPIO**  
October 23 - November 21  
UCen after hours

**SAGITTARIUS**  
November 22 - December 21  
In the Munger Hall blueprints

**CAPRICORN**  
December 22 - January 19  
Chem lab aka Physical Science Building North

**AQUARIUS**  
January 20 - February 18  
On the Panda Express counter in the chow mein

**PISCES**  
February 19 - March 20  
In the Campus Lagoon



DANIELA GOMEZ / DAILY NEXUS

# Weekly Goings-on in Isla Vista

Atmika Iyer  
Holly Rusch  
*Lead News Editors*

## Non-Traditional Student Resource Center Distributed Valentine's Day Craft Kits

The Non-Traditional Student Resource Center will be distributing craft kits for Valentine's Day on Feb. 10 and 11 in Room 1109 in the Student Resource Building. Anyone 5 years of age or older can enjoy use of the craft kits, according to the Shoreline description.

## Professional Women's Association Hosts Galentine's Day

UC Santa Barbara's Professional

Women's Association is hosting a virtual Galentine's Day gathering on Feb. 10 from 5:30 to 7 p.m. with a trivia game testing attendees' knowledge of trailblazing women.

## The Center for Science and Engineering Partnerships Hosts Cathy Park Hong To Discuss Memoir

UCSB's Center for Science and Engineering Partnerships and Arts & Lectures will host award-winning poet and author Cathy Park Hong to discuss her memoir, "Minor Feelings," on Feb. 10 at Campbell Hall and again on Feb. 11 at noon in Elings Hall, Room 1605.

"Minor Feelings, integrates personal stories, historical context and cultural

criticism into a radically honest meditation on the Asian-American experience," the Shoreline description stated.

## Environmental Affairs Board Engages in Coal Oil Point Reserve Restoration

UCSB's Environmental Affairs Board (EAB) is hosting a restoration event to plant native coastal scrub plants at the Coal Oil Point Reserve on Feb. 12 from 9 a.m. to 12 p.m.

The Shoreline description stated that the group hopes to "restore areas previously impacted by human land use."

EAB will provide tools to anyone participating in the event. EAB asks participants to bring water and snacks, wear a mask and appropriate clothing – including pants and close-toed shoes

– and apply sunscreen.

## IVRPD Hosts Pop-up Archery Event

The Isla Vista Recreation and Park District (IVRPD) is hosting a pop-up event with archery at Little Acorn Park on Feb. 12 from 11 a.m. to 2 p.m. IVRPD said that participants do not need to have prior experience and don't need to register for the event.

"Just show up for the fun," IVRPD wrote in its Shoreline event description.

## RCSGD Hosts Valentine's Day Candy Exchange

UCSB's Resource Center for Sexual and Gender Diversity (RCSGD) is taking college students back to their elementary school Valentine's Day candy bag memoriesdays with a candy and

card exchange on Feb. 14 at 2 p.m. in the RCSGD Lounge.

RCSGD will provide candy, construction paper and paper bags for participants to decorate and enjoy.

## IVCSD, Goleta Valley Public Library Host Books on Wheels Cafe

The Isla Vista Community Services District (IVCSD) and the Goleta Valley Public Library are hosting "Books on Wheels Cafe" – an event held in tandem with Isla Vista's Library BookVan.

Community members can come every Tuesday from 1:30 p.m. to 4 p.m. to the Isla Vista Community Center and enjoy free coffee, tea, snacks and the BookVan's selection of literary content.

# Academic Senate Provides Flexibility for Some Instructors



Nexus File Photo

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 have 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

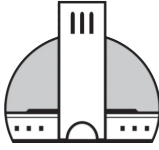
distancing or modifying the work location; modifying work schedules; modifying non-essential job functions; remote work; or a leave of absence." Instructors wishing to apply can do so through the campus workplace accommodations specialist.

Workplace accommodations because of a household or family member are granted at the discretion of the Academic Senate, and instructors must submit proof of cohabitation and a physician's certification.

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 these 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 state.

All authorizations are currently available for Winter Quarter 2022 only.



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"I can't wait to say whore on the front page."

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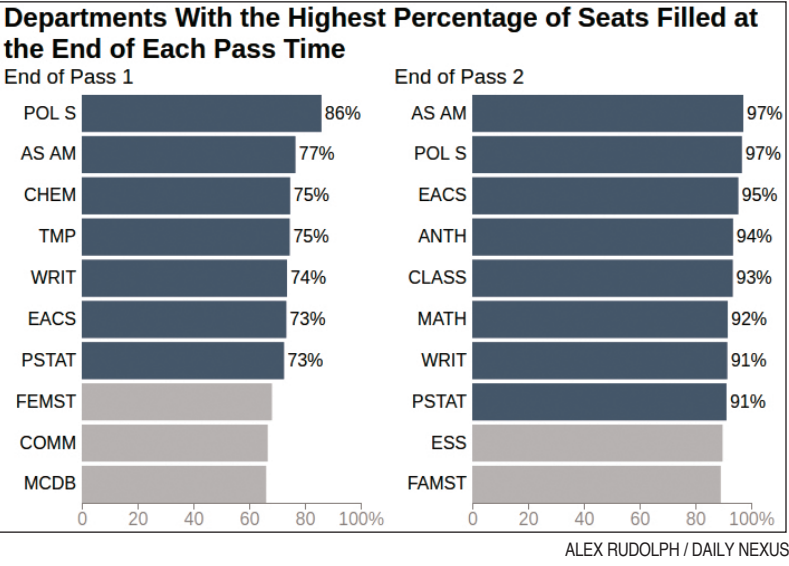
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# Students Frustrated by Modified Unit Cap for Class Registration



At the end of Pass 1, six departments had more than 70% of their seats filled. At the end of Pass 2, the top six departments had more than 90% of their seats filled. In total, 13 departments that offered more than 5 lectures had at least half of their lectures completely filled by the end of Pass 2.

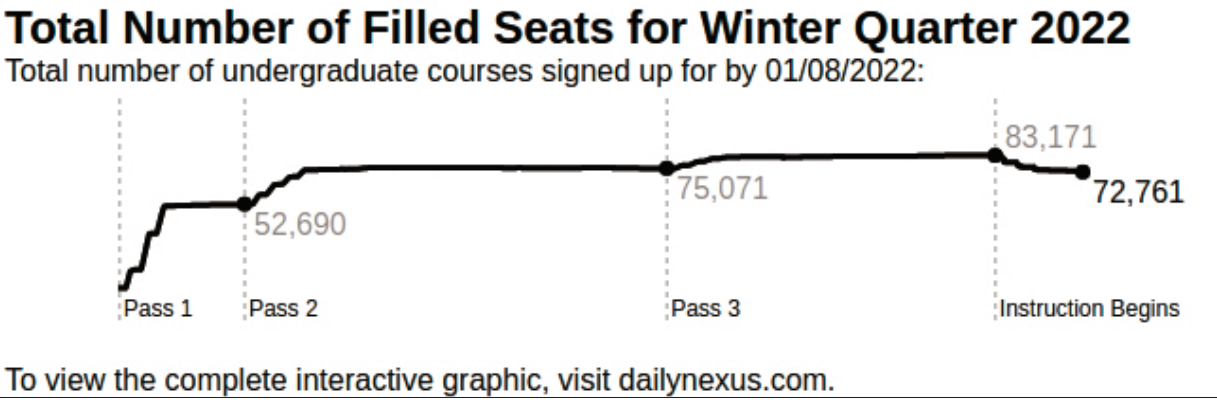
Nisha Malley  
Asst. News Editor  
Alex Rudolph  
Data Editor

Pass times for Spring Quarter 2022 began this week, and following UC Santa Barbara’s introduction of a more restrictive unit limit for each pass time for Winter Quarter 2022 class registration, students reflected on the process of course selection and registration.

As a result of the changes, students could only enroll in a maximum of 10 units total during Pass 1, the initial registration period, followed by a maximum

of 15 units total during Pass 2 and 21 units total during Pass 3. This is a change from previous quarters, when students could enroll in up to 13.5 units total during Pass 1, 19 units total during Pass 2 and 21 units total during Pass 3.

The policy also prevented all students from achieving full-time status – which requires a minimum enrollment of 12 units – until their second registration period. A total of 22,496 undergraduate students were enrolled in Winter Quarter 2022, with only 756 of them taking less than 12 units, according to third-week registration reports from UCSB’s Office of Budget & Planning.



A total of 99,203 seats were offered in Winter Quarter 2022 across all undergraduate courses. By the end of Pass 1, 52,690 seats were filled, making up 53.1% of all offered seats. An additional 22,381 seats were filled in Pass 2 and 8,100 seats in Pass 3.

## Sharing Love and Dance at SBKlub’s Valentine’s Day Prom

Devanshi Tomar  
Asst. Science & Tech Editor

Before they were a couple, Sabine McHugh and her boyfriend Raf Parekh got to know each other as dancing partners.

The two met while dancing bachata, a Latin American dance originating from the Dominican Republic that McHugh has practiced for four years. She became captain of the UC Santa Barbara SBKlub Performance Team – the branch of the club that practices and performs salsa and bachata competitively – in 2019. Parekh joined the club in 2020, the year he would also graduate from UCSB.

Two years later, the couple stood in front of 62 individuals at the SBKlub Valentine’s Day Prom to teach and celebrate what brought them together in the first place: dancing.

“Dancing bachata with the person you love is the best feeling in the world, and I am so grateful I got to spend prom teaching and dancing with him,” McHugh said.

Antonio Lorenzana – a fourth-year economics and accounting major and the president of SBKlub – said that the most special aspect of the event was its ability to give attendees back a prom experience they lost due

to the pandemic.

“A lot of people, including some officers on the board, didn’t really get a prom experience,” Lorenzana said. “Them, as well as a lot of the first years and even the second years who are still trying to find themselves on campus – meeting new people and experiencing new things – got a second chance to have an experience that they didn’t get in high school.”

Lorenzana said that many had their families ship their prom dresses from home to wear to the prom. Attendees also wore corsages and boutonnieres that were made and distributed by officers of the organizations.

“I remember walking around seeing guys wrapping their corsages around their date’s wrist, or someone presenting the boutonniere to someone and pinning it on,” Lorenzana said. “I thought that was really cute. I got a surprise boutonniere myself.”

McHugh said that the moment she shared with Parekh on the dance floor was reminiscent of the first time they met two years ago in rehearsal.

From that point on, the two would bike home from practice, grab food and hang out together. McHugh said that even though she asked him to do extra practice with her, and despite

**Valentine’s Day Prom p.5**

Kurt Rhim, a fourth year communication major, said that the change affected his plans to graduate early.

“I was basically set to graduate early, my communication major classes would have been done mainly by the end of winter quarter ... but now with the cap, I may need to stay an extra quarter in the summer,” Rhim said.

Because of the lowered unit limits and class capacity maxed by Pass 1 and 2, Rhim was only able to enroll in 12 units for Winter Quarter 2022, although he hoped to take 16 units. However, Rhim said he understood that he wasn’t the only student to be negatively impacted by the change.

“This might place a bit of a wrench in my plans, but that’s just how it is. I know other people are going through the same thing too, so I wasn’t going to be too upset or complain about it,” Rhim continued. “I still get my three courses, and I think that’s still plenty of workload sometimes. So this is kind of inconvenient, but it’s OK.”

Upon data collection by the Nexus, a total of 99,203 seats were offered on GOLD in Winter Quarter 2022 across all undergraduate courses. By the end of Pass 1, 52,690 seats were filled, making up 53.1% of all offered seats. An additional 22,381 seats were filled in Pass 2 and 8,100 seats in Pass 3.

From the first day of class on Jan. 3 to the Friday of the first week,

Jan. 7, 9,801 courses were dropped. At the end of the first week, 72,763 seats were filled, 2,308 fewer than at the end of Pass 2.

For Winter Quarter 2022, 2,032 different lectures were offered – 501 of which were completely full by the end of the first pass time. By Pass 3, 855, or 42.1% of lectures, were completely full.

On Nov. 8, the first day of Pass 1, 11 lectures completely filled up, with the first full lecture – MCDB 101BH from the molecular, cellular and developmental biology department – reaching full capacity by noon. At the end of Pass 1, six departments had more than 70% of their seats filled. In the political science department, 86% of the seats were filled – the most of all departments – with 14 of its 25 offered lectures completely full.

At the end of Pass 2, six departments had more than 90% of their seats filled. Asian American studies and political science had 97.2% and 96.7% of their total seats filled, respectively, with 84.2% and 76% of their lectures completely full. In total, 13 departments that offered more than five lectures had at least half of their lectures completely full by the end of Pass 2.

Second-year dance major Lilly Teisher expressed the stress and frustration that stemmed from only being allowed to enroll in 10 units during Pass 1.

“It was really stressful only being able to sign up for 10 [units] and everything starts filling up, especially when I’m trying to take GE’s, especially when I’m [trying to be a] double major, trying to take these freshman major classes and not having the space,” she said. “It definitely made it really stressful for me, and I know my roommates were very stressed out as well.”

Teisher said she approached her course selection process in fall quarter by prioritizing academic classes, which tended to fill up much faster than her major-related dance courses. She said that her strategy backfired when a dance

class she needed filled up, and she was unable to enroll in the necessary number of dance units to remain on track to obtain her B.A. with a four-year graduation plan.

“I was hoping just to enroll in the academic classes because [in] dance, obviously, not a lot of people are going to be signing up for ballet and modern dance,” Teisher said.

“There was a new dance class that they had added called street dance, and I was like, ‘OK, I’ll add that later, I’m always able to get into the dance classes ...’ By the time I got to Pass 2, I literally could not add it to my schedule, and so I didn’t have the dance credits that I needed for this quarter,” she continued.

Teisher eventually enrolled in the dance class by crashing the course in person on the first day of instruction after struggling to obtain an add code over winter break or receive responses from professors over email. She emphasized the uniqueness of her situation, given that the majority of Winter Quarter 2022 classes began remotely and that only a few classes, such as dance, had in-person instruction.

“I was able to get into the class, but I had to email the advisor a bunch of times ... Finally, they gave me an add code. At first, they were like, ‘Just stay on the waitlist.’ The waitlist wasn’t moving, they weren’t going to let anyone off of it, and so I finally went in [and talked to the professor].”

Teisher said that she preferred the previous course selection process.

“I was very frustrated, but it’s OK now. It just makes it a lot harder, especially when we had the option of 12 or 13 units before. With that, you’re able to take three 4-unit classes, and now you can’t even do that,” Teisher said.

Fourth-year Spanish and sociology double major Ally Chen said she had less pressure during her registration period, as her courses were upper-division and,

overall, less impacted.

“I’m a fourth year, so for me, it wasn’t that much of a big deal because I was all in upper-divs anyway ... From what I’ve heard, if you were in [an] upper-division [class], if you were doing your major already, then it wasn’t as difficult,” Chen said.

Third-year psychological & brain sciences major Yasra Alsaudi also had an easier time enrolling in classes because she has priority class registration, which is intended to help her catch up on graduation requirements after transferring from UC Riverside.

“I technically got priority enrollment ... so that’s why I don’t think it affected me that much,” Alsaudi said.

She described being able to enroll in a chemistry course with her preferred time and choice of professor, compared to friends who faced greater difficulty.

“I was able to get the chem professor that I wanted and the time that I wanted,” Alsaudi said. “[My friends] had to debate which class they should drop or not, so it was just stressful. It was a mess for a lot of people.”

Teisher said the stressful experience of Winter Quarter 2022 registration will once again be mirrored in her upcoming Spring Quarter 2022 course selection.

“I’m definitely just going to do the same thing with academic classes and just hope that the dance classes I need don’t fill up again,” Teisher said. “That’s my only option because the academic ones fill up so fast. I’m not looking forward to it.”

While disappointed with the current system, Rhim voiced that some students may have had positive experiences.

“I think, like everyone else, [I was] disappointed when the unit cap was placed, but I know there were a lot of people who I’m sure were actually very pleased about it but were just too timid or felt like they were outnumbered to speak up,” Rhim said.

## Beer Bottles, Cigarette Butts and Whip-It! Canisters: EAB Cleans 50 Pounds of Trash From Del Playa Drive



NISHA MALLEY / DAILY NEXUS

Environmental Affairs Board Administrative Assistant Emily Cohen said she hoped that the Block Clean Up also inspires other Isla Vista community members to be mindful of their litter or pick up trash they see on the street.

Yiu-On Li  
Staff Writer

The Associated Students Environmental Affairs Board held its first Block Clean Up to comb Del Playa Drive and its neighboring blocks for trash on Feb. 4.

Approximately 20 gloved volunteers filled their buckets with 50.2 pounds of beer bottles, bottle caps, egg cartons and other pieces of garbage and relocated them to trash bins and dumpsters.

According to Landry Guillen, a fourth-year environmental studies major and the volunteer chair of

the Environmental Affairs Board (EAB), the organization held the event as a temporary replacement for the Isla Vista Recreation & Park District (IVRPD)’s Adopt-A-Block, a weekly program in which volunteers pick up trash that has found its way onto Isla Vista streets and sidewalks.

“Since COVID, [IVRPD]’s capacity has significantly decreased, so they haven’t been able to put on Adopt-A-Blocks,” Guillen said. “So we wanted to do our own version of an Adopt-A-Block, where we go out on a Friday and just get everyone out together

to clean up trash and make a difference in Isla Vista.”

The cleanups contribute to the environmental wellbeing of the community, not by reducing waste or preventing littering, but in mitigating its effects, said Lily Ortiz, a fourth-year biological sciences major and co-chair of the EAB.

“Obviously, we’re not reducing plastic waste, but we’re at least preventing it from going into the ocean and safe spaces of animals,” Ortiz said. “So I think we’re making some sort of difference even if it is on a small and gradual scale.”

Volunteers met at Camino Pescadero Park on the day of the event, where Guillen, Ortiz and other members of the EAB distributed gloves and buckets. They emphasized that volunteers were not obligated to pick up any litter if they felt it was hazardous or unsafe to handle.

The volunteers then split into two groups, traveling in opposite directions on Del Playa Drive.

For Liliy Villarreal, a third-year environmental studies major and one of the volunteers, the EAB event was her second block cleanup and her first of the quarter. Her haul for the day consisted of disposable masks, a Whip-It! canister, napkins and an empty Pizza My Heart takeout box.

“I think [picking up trash is] a great way to give back to your community,” she said. “Just express some solidarity and helping out whenever you can.”

Villarreal said another reason she attended the block cleanup was to put her ideals to work.

“Definitely take action about the issues that you care about. It’s one thing to talk about them. It’s another thing to [take] action,” Villarreal said. “So whether it’s by yourself, with friends or with an organization, any action is better than no action.”

The group filled their buckets 25 minutes into the event. Eventually, they stopped at Window to the Sea Park, weighing the items they had collected so far and emptying their

**EAB Del Playa Cleanup p.4**

# Three Professors Selected To Contribute to the National Climate Assessment

Nisha Malley  
Asst. News Editor

The United States Global Change Research Program selected three UC Santa Barbara professors to contribute to the Fifth National Climate Assessment – a comprehensive federal document released every four years to assess the current status of human-induced climate change.



Courtesy of Lint Barrage

Environmental studies assistant professor Halley Froehlich, Bren School of Environmental Science & Management graduate professor Eric Masanet and economics assistant professor Lint Barrage will contribute to the development of the report as authors.

UCSB spokesperson Shelly Leachman congratulated the professors on behalf of the university in a statement to the Nexus which said the selection was a reflection of the university's standing as a leading institution in climate research.

"UC Santa Barbara congratulates Professors Halley Froehlich, Eric Masanet and Lint Barrage on their selection as authors on the United States Global Change Research Program's Fifth National Climate Assessment, which will play a crucial role in U.S. efforts to better understand and address climate change," the statement read.

"That these faculty members – all experts in their fields – were chosen for this important undertaking is fitting for our campus ... UC Santa Barbara is an established institutional leader on environmental and climate research, as well as in sustainability efforts here on campus and in the world beyond," the statement continued.

Masanet expressed his gratitude to be selected for the Fifth National Climate



Courtesy of UC Santa Barbara

Assessment (NCA-5), which he deemed "critical," and emphasized the urgency of global warming.

"I'm really thankful to represent UCSB. We've got two other great authors ... Every past national climate assessment has been important, but it feels like this one is really critical because of the shrinking window we have and the need to have a lot of action in a short time period," Masanet said.

Masanet, who received his invitation to help author the NCA-5 in August, described the drafting process. The document, with an anticipated publication date in 2023, includes several milestones – a "zero-order" draft submitted in October, followed by public comment workshops and a second and final draft.

"There's this very important but lengthy process of assembling the right teams doing the research, proposing an outline, getting feedback, writing a draft, getting feedback, addressing all the comments, and that cycle can't really rush too much. Otherwise, there just won't be time to do the scientific research that's needed," Masanet said.

The document includes over 30 chapters and solicits the contributions of hundreds of climate, economic and energy experts across the country.

Masanet will work on the report's chapter on mitigation, which is led by UC Irvine earth system science professor Steven Davis and has 16 authors. Froehlich will contribute to a chapter focusing on the Southwest region of the United States, and Barrage will contribute to a chapter with focus on economics.

Masanet said that the document follows a mandate to be "policy-neutral," presenting and evaluating different potential actions without providing explicit recommendations.

"The mandate is not to be policy prescriptive but rather summarize what the mitigation opportunity landscape looks like and what policies are available to help enable mitigation, essentially," Masanet said. "So it wouldn't say, for example, 'The U.S. must have a carbon tax.' Rather, it may say something like, 'Incentivizing industry to adopt lower carbon technologies could come through multiple policies, such as low carbon material standards, tax rebates, incentives for adopting new technologies.'"

No new research is conducted for the project. Instead, the authors are tasked with compiling and synthesizing from the sizable bulk of existing literature on climate change. The NCA-5 aims to present technical research in accessible language for the general public, policymakers and others to easily digest.

"The general public, the private sector, frankly, all of these have a stake in mitigation effort. And so ideally, we want to make the chapter clear and relevant to all of those stakeholders," Masanet said.

The United States Global Change Research Program held public education workshops to solicit comments from all relevant stakeholders. Individuals, non-governmental organizations, environmental organizations and representatives from the public and private sector attended the workshops.

"They all come to the table and give us their perspectives on what they would like to see in that report, what their needs are," Masanet said.

Masanet said his chapter on mitigation efforts will provide an informative resource for local, state and federal policymakers to demonstrate potential avenues for reducing emissions.

"We can show there are pathways for addressing greenhouse gas emissions that can also address climate justice issues, development issues, pollution issues and, frankly, save money compared to what we're doing already," Masanet said.

The chapter will also discuss how impoverished communities and developing nations are disproportionately feeling the impacts of climate change, according to Masanet.

"We have a big focus on social equity and environmental justice as part of the mitigation content that we'll cover because right now, there's a lot of unease, a lot of unequal burden that's being placed on disadvantaged communities when it comes to the pollution from the energy system. And we want to first of all understand and highlight where those burdens are being born presently," Masanet said.



Courtesy of Halley Froehlich

Masanet explained the difficulty in balancing the needs for a global reduction in emissions with consideration for developing nations that benefit from industrialization.

"Some of the emissions increase we're seeing over the last decade or two decades is associated with lifting more people out of poverty, which is a good thing ... but bad from a climate perspective if we can't figure out how to meet societal needs with much less carbon," Masanet said.

He stressed the importance of governments ramping up their climate and energy initiatives in order to achieve President Joe Biden's pledge to reduce emissions by 50% by the year 2030.

"The times when I'm a little bit less optimistic is when I take a step back and look at the pace of change compared to what we need to get to net zero," he said. "For most technologies, we're well behind where we need to be in terms of their adoption."

Nevertheless, he also expressed his optimism in the continual development of new technologies, such as carbon capture and carbon removal, and their potential.

"I'm really enthusiastic and optimistic about our ability to address climate change ... I spent a lot of time researching new technologies and looking at their potential before addressing climate change. And the amount of innovation I see is just really heartening and encouraging," Masanet said.

# ASL 4 All Relaunches In-Person



LUCA DISBROW / DAILY NEXUS

Asumi Shuda  
Sindhu Ananthavel  
Community Outreach Editors

Following UC Santa Barbara's return to in-person instruction last week, the student organization American Sign Language 4 All – which offers free sign language lessons for all students – is looking to expand its reach and provide American Sign Language education for any who seek it.

American Sign Language (ASL) 4 All was founded in 2021 by current president and fourth-year acting and music double major Violet Joy Hansen. Hansen – who is hearing – first began taking ASL in high school and was fluent in the language by the time of graduation. Upon arriving at UCSB, Hansen only saw that two ASL classes were being taught – both of which were at a beginner level and only offered at the Recreation Center – and noted a distinct lack of resources and education available for hard-of-hearing and ASL-fluent students.

"There was ASL 1 and 2 offered at the Rec Center, but as someone who was fluent in ASL, I needed more than that," Hansen said. "I loved UCSB, and UCSB is perfect except for the fact that there wasn't a sign language program."

As a student who grew up in

Sacramento, a city with a large deaf community, Hansen wanted to design events for the UCSB community by taking inspiration from the offerings she experienced in her hometown.

"In Sacramento, there's a huge deaf community that does monthly ASL events multiple times a month to bring the community together," Hansen said.

Thus, Hansen decided to begin ASL 4 All, which currently meets every Wednesday at 6 p.m. over Zoom to provide its members the opportunity to converse in ASL as well as learn the language itself.

"We split up into two groups – the people who are new to sign language stick with me, and then I start teaching them sign language basics," she said. "Eventually they'll be able to move on to the other group, which basically has a social hour where all microphones are off and everyone just lets their hands fly."

Hansen is the main teacher during these meetings and reflected on teaching ASL with the privilege of being a hearing person.

"It's kind of controversial to have someone who is hearing teaching ASL because you should have a deaf person teach ASL," she said.

Therefore, looking forward, Hansen hopes to have a deaf

instructor come in to teach ASL to her members.

"In the future, I would love to be able to have ASL [be taught] from someone who is deaf, but as for right now, I'm just doing the best that I can," she said.

Like many other student organizations at UCSB, the ongoing impacts of COVID-19 dramatically impacted ASL 4 All's membership retention and activity. Thus, Hansen's current focus for the club is to revive it and ensure its longevity past her graduation from UCSB.

"The goal right now is just to get [the organization] on its feet and going because I'm a senior, and I want this organization to outlive me," Hansen said.

A long-term goal Hansen has is to create a general space for ASL-fluent students to continue practicing their ASL skills so that individuals in the deaf community at UCSB are able to converse with hearing people with ease.

"I just want there to be a space for those who know sign language to keep up with those sign language skills so that those in the deaf community are able to communicate with more hearing people [and] so that their lives are more easily accessible," Hansen said.

## EAB DP CLEANUP

Continued from p.3



NISHA MALLEY / DAILY NEXUS

buckets into trash bins.

Emily Cohen, a second-year environmental studies major and an administrative assistant for the EAB, attended the Block Clean Up for the first time on Friday. The items she picked up included bottle caps, cigarettes, takeout bags and paper, as well as disappointment mingled with satisfaction.

"A lot of it was sad because it was recyclable," she said. "So not only was it littering, you're wasting potential there to remake stuff."

Cohen said she hopes that the Block Clean Up also inspires other Isla Vista community members to be mindful of their litter or pick up trash they see on the street.

"Picking up a bottle isn't gonna make that big a difference," she said. "But if other people see you doing that, and they start picking up bottles, too, it all adds up. So I think that's really where it counts."

Reflecting on the root causes of littering, Guillen and Ortiz speculated on a number of reasons, including a lack of access – for example, an insufficient number of public waste disposal resources like trash cans – and a lack of knowledge on where to recycle.

However, Guillen said that she believes the issue runs deeper than material lack, reflecting the lack of responsibility that the student community feels to maintain its surroundings.

"It is just kind of a lack of community responsibility because it is a college town," she said. "They don't think about the overall well-being of Isla Vista after they leave – when in reality, it is a community where families live, teachers live, we have an elderly population, our own staff and faculty at UCSB work and live here."

To improve consumer

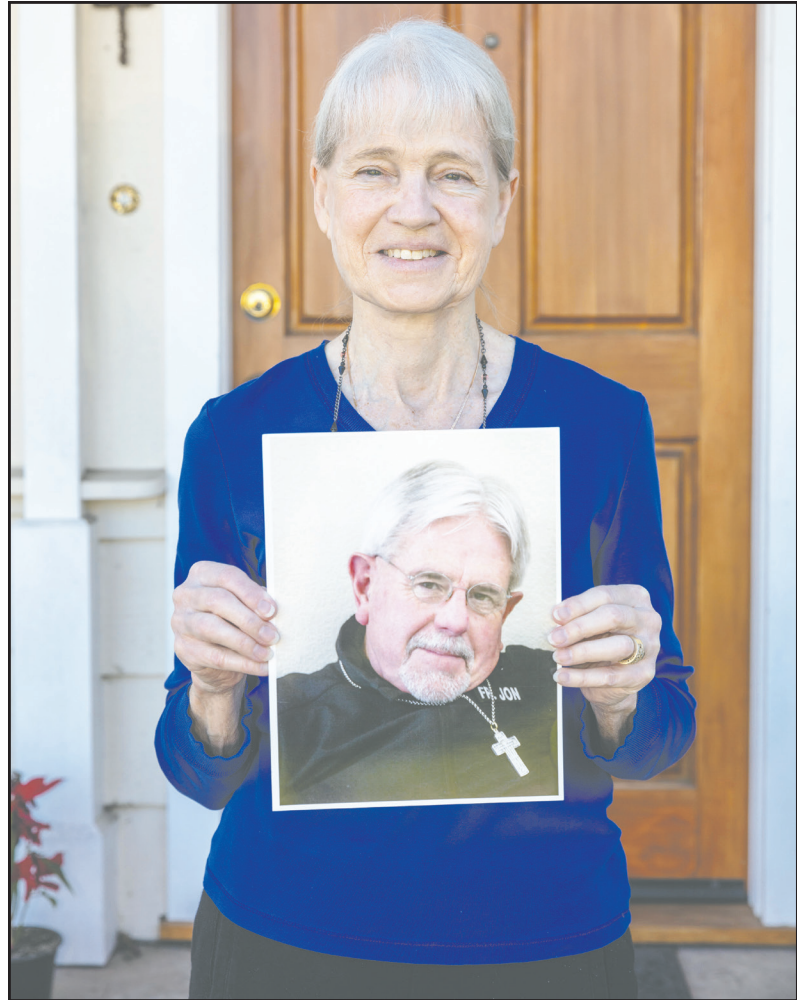
knowledge of the environment, Ortiz said that the EAB has previously given and will continue to give educational presentations on topics such as plastic, oil and recycling.

But the EAB can only do so much, Guillen said.

"You can't make people care about things, which is something that, as an environmentalist, I find really frustrating sometimes," she said. "You can give people information, and you can give them facts and you can let them know what's going on. But it usually takes some sort of individual connection to these things to be willing to change behavioral patterns."

"I think there is hope. It's just going to take experiences for other folks to have," Guillen continued. "I think everyone has the capacity to change and do better and be better. So I'd like to believe in that."

# “An Instrument of Hope”: New I.V. Houseless Shelter To Be Renamed After Father Jon-Stephen Hedges, Renowned Local Humanitarian and Priest



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

Atmika 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. Athanasius Orthodox Church known for his humanitarian efforts, running towards natural disasters – such as Hurricane Katrina, the Thomas Fire and the 2014 Isla 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 Isla Vista Community Services District Board of Directors as a founding member, focusing on providing support to IV’s houseless 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 Isla Vista’s houseless shelter – currently named the El Colegio Project – Hedges House of Hope, after Isla Vista’s most well-known humanitarian.

Father Jon’s humanitarian work with those experiencing houselessness included a variety of projects, like when he helped convert the Pescadero Lofts into a space for houseless 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 Nexus in 2015. “He ended up dying on the streets himself while I was a young man. I watched what happened to him, and right from that point I knew that we had to do better.”

Melissa Hedges, Father Jon’s wife, met Father Jon when she was 17

years old. The two got married a year later and remained married for over 50 years.

“He was a priest to the unchurched,” she said. “These people could, no matter who they were, they could be his dear friend. No matter what kind of trouble they were in.”

Father Jon began engaging in humanitarian work in 2001, hoping to apply the principles of helping those experiencing houselessness in disaster zones.

“He realized that when he was helping people on the street that were without houses, houseless, homeless – that when you get into a disaster, that’s the same situation,” Melissa Hedges said. “Everybody in disasters is suddenly without a house, right? And so he said, ‘The things that we’re doing here and learning here, we should be able to do that in a disaster.’”

Father Jon responded to several disasters across the country, including Hurricane Katrina, Hurricane Ike, Superstorm Sandy and Hurricane Matthew. Melissa Hedges said Father Jon was often gone from home, lending support for local and national crises.

“He was gone all the time. But I was used to that, because he had these exciting, important things that he needed to do, and I always had a dog and a cat, keeping me company,” Melissa Hedges said. “I’m kind of in an odd spot right now because he’s gone. But isn’t he gonna walk in through the door, right? Like he always has?”

“My heart doesn’t understand what’s happened. So, to have them name the building after him ... I mean, time marches on and memories fade ... but the fact that they’re going to name [the houseless shelter] Hedges House of Hope, and [hope is] really what he would bring to people, like Dr. Prystowsky.”

Dr. Jason Prystowsky – a former UC Santa Barbara adjunct faculty member and a local emergency physician – worked with Father Jon at Doctors Without Walls, a local humanitarian medical volunteer group that responds to “disasters both acute, such as 9-11 and Hurricane Katrina, and chronic, such as poverty and homelessness,” according to their website.

“One of the great honors of my life has been to serve our community

during crisis, turbulence, and celebration alongside my friend Father Jon Stephen Hedges. We walked the homeless camps along the railroad tracks providing free medical care to the discarded and destitute, I as a doctor, and Father Jon as an instrument of hope,” Prystowsky wrote in a letter to the Board of Supervisors.

Through Doctors Without Walls, the pair responded to mudslides, fires, shootings and other catastrophes together.

“I had a stethoscope, he had a sheriff’s badge, clergy collar, water shoes with dark socks, and a truly ugly satchel over his shoulder filled with mysterious ‘supplies.’ I tended to people’s feet and teeth, he tended to their souls,” Prystowsky wrote.

Father Jon kept blue binders with written accounts, articles and emails from every disaster he ever responded to. Alongside those written accounts were the photos and names of those who had died during each disaster. No matter how much time had passed, he never forgot their faces or their names.

Melissa Hedges and Prystowsky both recalled how Father Jon would always be there in the aftermath of disaster not just to support the victims, but for the first responders who witnessed the horrors of the incident.

“And after the victims of disaster had their bones reset and splinted and their bleeding gashes tended to, Father Jon reminded us all that now the real work begins, as we turn our attention to the warriors, healers, first responders, and public servants who bared the traumatic burden of keeping our community safe during crisis,” Prystowsky wrote.

Prystowsky said that Father Jon always remembered to take care of “[their] people.”

“He said ‘Jason, we are sheepdogs, and we take care of our people.’ Who is ‘our people?’ . . . cops, firefighters, paramedics, EMTs, social workers, doctors, nurses, community organizers, mental health professionals, teachers, active military, veterans, anyone who has pledged to make the world better and safer tomorrow than they found it today,” Prystowsky wrote. “Our people were often left in the isolated darkness of our own mind after witnessing unthinkable horror, and Father Jon consistently checked

in on each and everyone of us to remind us that we are never alone.”

Father Jon later found himself at the crossroads of church and state, being a local priest and also helping to create and later partake in IVCSD. Father Jon officially coined the term “No more about us without us” – the old slogan of the CSD.

IVCSD General Manager Jonathan Abboud said in an interview that Father Jon brought a morals and ethics-based perspective to IVCSD Board of Directors discussions, as well as a robust knowledge of IV’s history.

“He brought a lot of ethics and morals into the discussion of the right thing to do and he also brought history. Like when we started the compost collective, he just spoke really strongly about IV’s history of wanting to have a closed loop food system, which is what we’re working toward,” Abboud said.

According to Abboud, Father Jon was such a well-respected member of the community that if he were to support a cause, there would be more backing and support simply because of his reputation.

“He was someone who was like a glue. He knew a lot of the different players and people liked him. Everyone respected him. I would say that everyone really had a lot of respect for him,” Abboud said. “If he got behind something or if he was working on something, it had validation.”

As the pandemic upended the world, Father Jon took a year off, and stayed at home with his wife.

“We spent his last year – we didn’t know it was his last year – here at the house. So I got him for a year at home, which I wasn’t used to. I was used to him always being gone,” Melissa Hedges said. “To us, it was very special.”

In early 2021, Father Jon was taken to the hospital with concerns that he might have contracted COVID-19. Though he tested negative, a liver biopsy revealed that Father Jon had amyloidosis of the liver.

“He was there for two weeks. And so we could talk to him on the phone but we couldn’t see him and I never thought I’d be losing him,” Melissa Hedges said. “Then the hospital called and they said, ‘You need to get down here. We’re not letting anybody in, but you and your son and daughter need to get here.’”

Melissa Hedges and her two children, Benjamin and Sarah, drove to the hospital to pick up their husband and father. Melissa Hedges said that she remembered that all three of them felt peaceful when they were driving.

“We each 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?” Melissa Hedges said. “That’s what the doctors and the nurses said. Everyone who worked with him said that he just made everybody feel peaceful.”

The family then brought Father Jon out of the hospital, and visitors poured in to see the man they knew as their priest, disaster volunteer, local politician and friend.

“He just said he was ready to go. He said, ‘I feel OK about this. I’m OK.’ But I just was really grateful how peaceful our kids felt, and I felt,” Melissa Hedges said. “And then everybody who visited with him, all the people who worked with him who were upset that they were losing him and he was like, ‘It’s OK.’ So anyway, that’s a nice memory.”

On the day Father Jon died, Abboud gathered gifts from his colleagues at the CSD when he got a call from Father Jon’s daughter, Sarah.

“I was actually on my way, with a card and things from CSD to see him when I got the call from his daughter that he passed away. Like I was ...” Abboud said, searching for words. “I was actually packing things up and putting them in my car to take to him when we found out.”

Almost a year after his passing, the Board of Supervisors voted to rename IV’s houseless shelter to Hedges House of Hope. Those who knew him remembered how Father Jon would always be wearing his black clergy wear and a necklace with a cross, but even more than his classic style, they remembered what Father Jon brought with him everywhere he went: hope.

The white Volkswagen Beetle may not be driving from catastrophe to catastrophe any longer. However, just as Father Jon remembered the names and faces of lives lost in a catastrophe, his memory and work will be remembered through Hedges House of Hope.

## VALENTINE’S DAY PROM

Continued from p.3

do extra practice with her, and despite all the time they spent together, Parekh still didn’t know she had feelings for him.

“Finally, someone had to tell him, ‘Dude, you’re the worst guy

on the team,” McHugh said. “If she wants to practice with you, then she definitely likes you!”

McHugh said that Parekh then began to build the confidence to ask her out. He made his

move during the Valentine’s Day event hosted by SBKlub in 2020, surprising McHugh with flowers, wine and a card – marking the first night that McHugh said she was sure he liked her.

“[We’ve been] together pretty much ever since that night,” McHugh said. “Two years later, we are still together and even more in love than when we first met.”

Lorenzana said that the successful organization of the event solidified the importance of the organization and what it stands for.

“We brought our own speakers,

hung some streamers, nothing super crazy.” Lorenzana said. “You don’t have to hire a world-class DJ. You can still have a great experience for people just by giving a dance lesson.”

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(PICK UP/DROP OFF STOPS IN GOLETA, SANTA BARBARA, AND CARP. TIMES BELOW SHOW GOLETA DEPARTURE)

TO LAX: 3:30AM, 5:30AM, 7AM, 8:30AM, 10AM, 12PM, 2:30PM, 6PM  
FROM LAX: 8AM, 10:30AM, 12:30PM, 2PM, 3:30PM, 5:30PM, 7:30PM, 10PM



# In Photos: Perspectives on Lunar New Year

Daily Nexus Photo Team

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.



SHIJUAN CHENG / DAILY NEXUS

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.



SHIJUAN CHENG / DAILY NEXUS

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.



SHIJUAN CHENG / DAILY NEXUS

糖葫芦, or tang hulu — candied fruit. A traditional Chinese snack.



SHIJUAN CHENG / DAILY NEXUS

和饺子馅 (mixing the stuffing for dumplings).



MEIRU HAN / DAILY NEXUS

The treasurable moment of making a nice meal and sharing dinner with friends during a bustling midterm season.



STAFFER / DAILY NEXUS

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.



STAFFER / DAILY NEXUS

Stuffing the dumplings.



SHERWIN SHI / DAILY NEXUS


年夜饭 (homemade Lunar New Year's dinner).



SYD HAUPT / DAILY NEXUS

Finished folding the dumplings!

Armchair QB



This Super Bowl features a battle of quarterbacks. On one side of the ball, Joe Burrow is the breakout star that the Bengals had hoped for, and on the other side, Matthew Stafford has delivered a Super Bowl run in his first season.

# SPORTS

UCSB Athletics

Senior forward Amadou Sow led the Gauchos in their valiant comeback with 17 points and 11 rebounds. This was Sow's second straight game with a double-double.

## Men's Basketball Has Love-Hate Relationship With Winning

Preston Espar  
Sports Editor

The UC Santa Barbara men's basketball team has continued their inconsistent play this season as they split the first two games they played in February. After falling to the UC Irvine Anteaters and Hawai'i 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 UCI. The Gauchos lost by less than 10 points – a trend seen in all UCSB conference losses this season. In their 53-52 defeat, UCSB started out slow. In the first half, the Anteaters shot 50% from the field, hitting most of their open shots. UCI 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 33.3% in the second half, while UCSB was able to consistently draw fouls to stop the clock and shoot free throws. A late 3 by freshman guard Cole Anderson and a 5-second violation by UCI gave the Gauchos a chance to win, as they were only down by 1 point. However, on the final possession, Anderson missed the potential game-winner as the shot clock expired.

Senior forward Amadou Sow led the Gauchos in their valiant comeback with 17 points and 11 rebounds. This was Sow's second straight game with a double-double.

UCSB carried their defensive and offensive prowess over in their drubbing of the UCSD Tritons. After scoring a career-high 31 points against CSUN three games prior, Norris set a new career-high with 32 points

in the 84-48 victory. Both teams began the game shooting well; however, the Tritons could not get consistent stops on defense throughout the entire first half. The Gauchos went on an 18-2 run, and from that point on, the game was never competitive. Norris 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 immediately increased their lead to 30 points. The Tritons' offense 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 their next two to take on CSU Bakersfield and Cal Poly.



JOSHUA YEPEZ / DAILY NEXUS

## Who To Show Love to This Super Bowl?

Garret Harcourt  
Sports Editor

This year's Super Bowl will feature the Los Angeles Rams from the National Football Conference division and the Cincinnati Bengals from the American Football Conference division.

The Bengals had an uphill battle in order to make it to this year's Super Bowl and were often the underdogs in a majority of their games.

Beginning in the Wild Card Weekend, the Bengals were tasked with beating a red-hot Las Vegas Raiders team.

In the game, the Bengals duo of rookie sensation Ja'Marr Chase and second-year quarterback Joe Burrow carried the Bengals to a close 7-point victory. Chase put up 9 catches for 116 yards while Burrow threw for 244 yards, along with 2 touchdown passes.

From there, the Bengals picked up another close victory, this time a 3-point margin over the Tennessee Titans. Again, Burrow had a huge game for them, but this time the defense

played outstandingly - getting interceptions from Mike Hilton, Jessie Bates III and Logan Wilson.

Then, as if the other games were not close enough, the American Football Conference championship game versus the Kansas City Chiefs went the distance, with the game ending up going into overtime. In overtime, the Bengals were able to get an interception against the Chiefs' elite quarterback, Patrick II, and iced the game with a walk-off kick from placekicker Evan McPherson.

Moving to the National Football Conference (NFC) division, the Rams were able to get the Super Bowl through the use of their veteran guys and also players they got from free agency or traded for.

In the Rams' Wild Card Weekend, they were matched up against their divisional foe, the Arizona Cardinals. Although they split the regular season series, this was a blowout, with the Rams winning by a score of 34-11.

The next matchup was

versus one of the greatest quarterbacks to play the game, Tom Brady of the Tampa Bay Buccaneers, in which they won by a narrow margin of 30-27. Their newly acquired quarterback Matthew Stafford threw for 366 yards and 2 touchdowns, while their superstar wide receiver, Cooper Kupp, managed to haul in 9 catches for 183 receiving yards.

Their most recent victory, occurring in the NFC championship game, came against another



Courtesy of Wikimedia Commons

division rival, the San Francisco 49ers. They took the victory in comeback fashion, 20-17. In the game, the wide receiver duo of Kupp and Odell Beckham Jr. managed to combine for 255 receiving yards and 2 touchdowns.

This Super Bowl matchup will feature some of the biggest names in the sport, some being big names featured on new teams.

On the Rams' side, there is the most dominant nose tackle in the last decade with defensive tackle Aaron Donald and star pass rusher Von Miller, who was acquired this season from the Denver Broncos.

Along with them, there is defensive superstar Jalen Ramsey at cornerback and then veteran safety Eric Weddle, who came out of retirement to join the Rams on this Super Bowl run.

Lastly, on the offensive

side of the ball, the star duo of Kupp and Beckham have been tearing it up ever since the mid-season signing of Beckham. Then, you cannot forget about veteran quarterback Stafford, whom they got from the Detroit Lions and his blind side protector, Andrew Whitworth, who is the oldest active National Football League player.

As for the Bengals, they feature lots of young talent on the offensive side of the ball. The trio of Chase, Tee Higgins and C.J. Uzomah makes up one of the hardest receiver duos and tight ends to stop in the league.

Burrow has developed into a premier signal caller after coming off a devastating leg injury and surpassing expectations, leading his team to the Super Bowl.

Defensively, the Bengals were able to put together

solid veterans that have stepped up in a huge way. Cornerback Chidobe Awuzie was seen as a filler signing for the Bengals until the draft but has quietly become a solid piece to the defense, much like the signing of Trey Hendrickson who became one of the league's best pass rushers.

Bates is an elite safety, becoming one of the league's best over the past couple of years, and is paired with the ex-Steelers cornerback Mike Hilton to form a dynamic secondary.

All in all, this Super Bowl will be a battle of the underdog Cincinnati Bengals versus the Sean McVay-led Rams, who will be looking for a more successful performance than their last Super Bowl run, in their brand-new stadium, located in the heart of Los Angeles.



Courtesy of Wikimedia Commons

No. 99 Arron Donald of the Los Angeles Rams is poised for a huge game if he plays like he has throughout his NFL tenure.



Courtesy of Wikimedia Commons

No. 9 Joe Burrow of the Bengals is hoping to continue his dominant playoff run and lead his squad to their first championship.

# ARTSWEEK

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

Sam Franzini  
*Staff Writer*

Mitski has just released her sixth studio album, “Laurel Hell,” but don’t get confused. It is by no means “Sad Girl Season.” In an interview with Crack Magazine, the singer renounced the meme, saying, “The ‘sad girl’ thing was reductive and tired like five years ago, and it still is today . . . Let’s retire the sad girl shit. It’s over.” And, to be fair, the songwriter has released some extremely depressing songs in the past, but in 2021, other artists have dropped the sad schtick. “Solar Power” ushered in complaints that Lorde isn’t depressed anymore, and Kacey Musgraves’ “star-crossed” wasn’t as reflective or angry as one might expect a breakup album to be. But we’ve yet to determine if this cultural shift will be able to influence the newest release from the self-described “black hole where people dump their feelings.”

Lead single “Working for the Knife” is noticeably more aggressive and toned down from the mostly peppy tracklist but offers poetry-like, hard-hitting lyrics, one after another. “I cry at the start of every movie / I guess ‘cause I wish I was making things, too,” she says, opening the song. The combination of instrumentation from this song, the industrial beats, piano and electric guitar all meld together to create a nice portrait of her headspace at the time. “I always thought the choice was mine / And I was right, but I just chose wrong,” she laments at the end.

“The Only Heartbreaker” is a stark contrast to the first single, starting off with an upbeat ’80s

beat that is a theme throughout the album. It’s like if Dua Lipa’s “Physical” was reflective and gentle. The song’s word count is sparse but gets the job done nevertheless. The opening verse essentially explains how her wrongdoings are in stark contrast to her partner’s: “If you would just make one mistake / What a relief that would be / But I think for as long as we’re together / I’ll be the only heartbreaker.” She yells the title in the chorus, stretching out her vowels in a haunting way that makes her feelings clear. An absolutely spectacular video accompanies the song, featuring Mitski running through a forest, setting fire to everything she touches, eventually blowing up the entire earth. If this is what climate change is, we should rethink our position!

The next single, “Heat Lightning,” is an ode to insomnia that features a hypnotic, propulsive beat and anxiety-driven lyrics. We get a picture of her mental state at the beginning with her singing, “I’ve laid awake since one and now it’s four o’clock / Though I’ve held on, can’t carry it much longer.” Staying awake at night, overthinking and feeling the spiral of thoughts is an intense process, and Mitski likens it to a “heat lightning” storm. She eventually submits, repeating in the final verse, “There’s nothing I can do, not much I can change / I give it up to you, I surrender.”

On first listen, “Love Me More” feels similar to “The Only Heartbreaker,” but when the chorus hits, it unfurls much more quickly and with a palpable yearning. This feels like the “heat lightning” she was talking about in the previous single, with an

electrifying and immediately satisfying chorus. Her list of demands: “Love me more,” “drown it out” and “clean me up,” fire right off the back of each other as if their solutions can’t come quick enough. The song also incorporates some implicit humor with the lines, “When today is finally done / There’s another day to come / Then another day to come / Then another day to . . .” invoking the same agony as this specific TikTok. The music video, another iteration of Mitski running around aimlessly, finds her contouring herself to fit into any single shape or place that will hold her, only intensifying the lyrics.

The final stretch features “Should’ve Been Me” and “That’s Our Lamp,” possibly her catchiest songs ever, which still feature heartbreaking lyrics. The former deals with an ex who has easily replaced her. “I saw the girl looked just like me,” she says on the pre-chorus, then explains why, later: “I haven’t given you what you need / You wanted me, but couldn’t reach me / So you went into your memory / Relived all the ways you still want me.”

“That’s Our Lamp” expertly makes a song out of maybe 15 minutes of real-life time. It unfolds like a novella, setting the scene: “We fought again / I ran out of the apartment.” She then describes how her partner’s love isn’t the same as before, and the beat is so quirky, it’s like she’s pointing out how silly all of this is. As she reminisces about her partner in the apartment, the song explodes into a huge array of sound, with a chorus joining her in singing, “That’s where you loved me” over and over, almost



Courtesy of Pitchfork

like a parade came and joined her out on the street.

For each of these two, it’s criminal that the saddest lyrics come at the hookiest, even joyful moments of sound surrounding her, but that’s just Mitski. You’d expect nothing less from a woman who made a disco song about happen quite yet (“It’s been you and me since before I was me / Without you, I don’t yet know quite how to live”).

On the turbulent and emotional but ultimately forgiving “Laurel Hell,” Mitski ventures further than she has before. She’s deviated

describes her stubbornness and lack of support while pursuing music (“Everyone, all of them / Everyone said, ‘Don’t go that way’ / So, of course, to that, I said / ‘I think I’ll go that way’”); and “I Guess” shows her indecisive pondering the end of a relationship she wasn’t sure would happen quite yet (“It’s been you and me since before I was me / Without you, I don’t yet know quite how to live”).

On the turbulent and emotional but ultimately forgiving “Laurel Hell,” Mitski ventures further than she has before. She’s deviated

from the jingly “Be the Cowboy,” opting for a flowing album with a rollercoaster of highs and lows. Songs even feature an ABBA-esque piano riff, like “Love Me More,” “Should’ve Been Me” and “Everyone.” “That’s Our Lamp” and “The Only Heartbreaker” are exciting and exquisitely produced, and mellow moments like “Heat Lightning” and “I Guess” stop the album from running off course. Sad girl season has come to a close, but Mitski is here to stay.

Rating: 9/10

## 14 Songs, 14 Scenarios: A Valentine’s Day Playlist

Rhea Mistry  
*Staff Writer*

Valentine’s Day is by far the most polarizing holiday – you either hate it or you love it. It’s always a mixed bag, and it can carry happiness and romance, jealousy and heartbreak or just general love for all. Here are 14 songs (and some honorable mentions) for 14 possible scenarios you may encounter on Feb. 14.

### 1. Confessions

“*Let’s Fall in Love 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 need to continue on to the next evening. A “soft-launch” of your undying love for them, I would say.

Honorable (and More Straightforward) Mentions: “Kiss Me” by Sixpence None the Richer “Hopelessly Devoted To You” by Olivia Newton-John

### 2. Slow dances

“*Baby I’m Yours*” by **Arctic Monkeys**

This song is originally by Barbara Lewis, but I love the Arctic Monkeys rendition. Super melodic and perfect for swaying, and the lyrics are fitting for the occasion.

Honorable Mentions: “It’s Been a Long, Long Time” by Harry James “Don’t You Worry” by Oh Wonder



Courtesy of Kill The Music

“Until I Found You” by Stephen Sanchez

### 3. Date nights

“*Days of Wine and Roses*” by **Frank Sinatra**

A perfect description of what Valentine’s Day is; it’s a short song describing the happiness that comes with days of wine, roses and a significant other in a jazzy tune. Perfect for a table for two.

Honorable Mentions: “I Couldn’t Be More In Love” by The 1975 “Falling for You” by Jaden feat. Justin Bieber

### 4. Make out!!!

“*my hair*” by **Ariana Grande** Not much needs to be said about this. Just do what the lyrics say.

Honorable Mentions: “On The Way” by Jhené Aiko feat. Mila J “Clutch” by Col3trane feat. Kiana Ledé

### 5. It’s complicated ...

“*IFHY*” by Tyler, **The Creator** feat. **Pharrell**

Tyler, The Creator examines the conflicting feelings he has toward someone else through this aggressive and sonically interesting track. He never meant to fall in love with the girl he’s singing about, and he’s not used to having such intense feelings of love and hate for someone at the same time.

Honorable Mentions: “Holy Grail” by JAY-Z feat. Justin Timberlake “In Your Eyes” by The Weeknd feat. Doja Cat

### 6. You’ve been cheated on

“*Valentine’s Day (Shameful)*” by **Kehlani**

A well-themed title for this article. In this R&B song, Kehlani sings about how she felt after her boyfriend was unfaithful. She ignored the rumors and feels like she can’t

ask for help because then she would have to admit how she was wrong. Kehlani also addresses how her ex called her crazy and used her for her status.

### 7. You did the cheating

“*You Know I’m No Good*” by **Amy Winehouse**

Winehouse confesses to infidelity in her relationship through this signature, soulful track. She captures the temptation and guilt she feels by saying, “I cheated myself,” shifting the blame from her partner in crime to herself and acknowledging that she made the decision of her own accord.

Honorable Mention: “4:44” by JAY-Z

### 8. Just got dumped :(

“*None Of Your Concern*” by **Jhené Aiko** feat. **Big Sean**

The emotional cocktail of heartbreak, motivation and anger that occurs after a breakup is captured in this song. In a collaboration with her ex-boyfriend (at the time), Aiko sings about their relationship, and the two artists attempt to get past their breakup together.

Honorable (and Sadder) Mentions: “Dancing With Your Ghost” by Sasha Alex Sloan “right where you left me - bonus track” by Taylor Swift

### 9. Still have feelings, don’t wanna say

“*Shot For Me*” by **Drake**

An R&B track from early in Drake’s career, this song

is about how he misses his ex. He’s super blatant – “I’m honest, girl, I can’t lie, I miss you” – and asks them to jokingly take a shot in memory of what they could’ve been. This line is also in reference to the idea of taking a bullet for someone, meaning he would do anything for them and wishes they would’ve done the same for him.

Honorable Mentions: “I Wish You Would” by Taylor Swift “Stuck On You” by Giveon

### 10. They love someone else </3

“*Somebody Else*” by **The 1975**

Perfectly titled, this song captures the feeling of seeing someone you love find someone new. The 1975 encapsulates the emotions of being replaced, forgotten or never even known in the first place in this synth-pop/alternative track.

Honorable Mentions: “Jungle” by H.E.R. “The One That Got Away - Acoustic” by Katy Perry

### 11. Jealousy, jealousy

“*People Watching*” by **Conan Gray**

The perfect combination of happiness for other people and the sadness and jealousy that comes with constantly seeing others in love on Valentine’s Day. This song starts off with yearn-worthy relationship stories, then leads into how Gray feels happy for them but really wants to see the same

experience in his own life.

### 12. It’s your 20th year in a row being single (it’s OK!!!!)

“*The Most Beautiful Thing*” by **Bruno Major**

If yearning for romance was turned into a song, it would be this one. It illustrates someone who is eager and excited about finding love, but not necessarily rushing the process or obsessing too much over it.

Honorable mentions: “Love Is A Game” by Adele “You Oughta Know” by Alanis Morissette

### 13. Celebration of a breakup

“*Ex for A Reason*” by **Summer Walker** feat. **JT from City Girls**

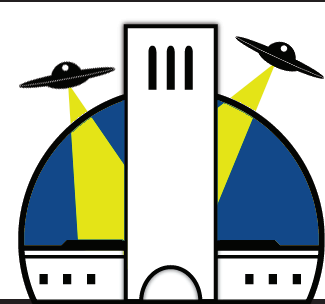
The title says it all! Walker and the City Girls came out with this upbeat track late last year, creating an anthem for those who are trying to leave their exes in the past.

Honorable Mentions: “She’s So Gone” by Naomi Scott “Sorry Not Sorry” by Bryson Tiller

### 14. You just love love

All of the below songs are generally just good vibes: upbeat songs, somewhat about love, fitting of the Valentine’s Day theme but not necessarily too mushy.

“Crush” by Souly Had “C U Girl” by Steve Lacy “affection” by BETWEEN FRIENDS



# NEXUSTENTIALISM

It's Satire, Stupid.

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



Fart Tent  
Tent of Farts

Kissy kissy Gauchos! 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 totally ship together. With his amazing sense of smell, he can easily tell who's in desperate need of maybe a hug, or even having their hand held. Don't be alarmed if our little Cupid sniffs you this Monday! It's all a part of his process.

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

"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.

## 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 Nexustentialism 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 squatter, 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 burdensome 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 it may please.

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

## 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 uninspired 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?!" This second-year has no fucking clue what's going on. "My boyfriend was hyping up this gift for me for about three months straight, and man, was I excited. But I 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! AHHHH! \*squeal\*"

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 titty juice in either regular, chocolate or strawberry flavors. The bags operate by stabbing a tiny, red straw in the middle of the square as if injecting steroids into a bicep. It is glory,

it is joy, it is nostalgia. The perfect gift, right?

This first-year man had the opposite opinion about his boyfriend's generous gift. "Is it supposed to be, like, an innuendo? There has to be more than this, right?" Wrong ... That's it, baby! "I mean ... I guess it's better than nothing," he complained. Yes, it is better than nothing, it's far grander than nothing. It's a gift from God, a sight from heaven. So, despite the negative reaction from this ungrateful leech, the men are surprisingly pulling out all the stops this year. But they're not the only ones in on this trend.

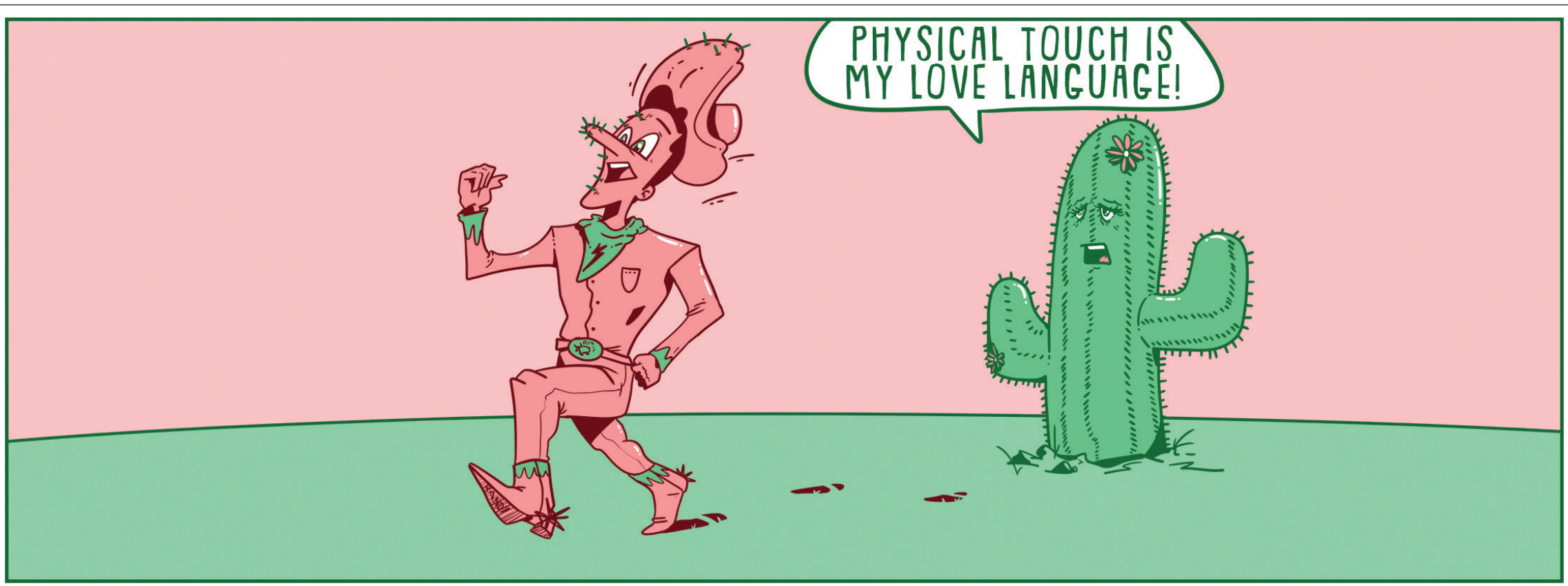
One fourth-year woman exclaimed, "Oh my goodness, my girlfriend could not have thought of a better gift! I always tell her I want mommy's milk, and she finally came through." Beautiful, just beautiful. At least this woman understands the

privilege of receiving creamy, dripping glory.

Anyway, folks, if you're seeking the best way to please your partner this Valentine's Day, throw away all the roses, chocolates and lace, and come through with the moist, illustrious glory of a milk pouch. Get that bag, losers!

Casey Gallagher wishes she could relive the pure ecstasy of drinking a chocolate milk bag for the first time.

### ===== DAILY NEXUS ART & COMICS =====



LUCA DISBROW / DAILY NEXUS

# ON THE MENU

## Valentine's Day Desserts

Dominique D'Lima  
Reporter

Make your Valentine's Day a little sweeter with these easy 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 deliciously 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 powdered 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 9-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 matcha cookies smaller than the original recipe, and they took about 10 minutes to bake. I also omitted the sugar coating in the original matcha cookie recipe since I was adding a glaze.

- Ingredients:*
- 1/2 cup vegan butter, cold
  - 1/2 cup sugar
  - 1 1/2 teaspoons matcha powder
  - 1 flax 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 1 minute. Then, add in the flax egg and vanilla extract and whisk together 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. 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.
  5. Bake for 10 to 13 minutes until the bottoms are lightly browned and the cookie is cooked but still has soft centers.
  6. 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.
  7. 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.
  8. 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 for that matter; I'll be making them year-round.



DOMINIQUE D'LIMA / DAILY NEXUS



LAUREN HUANG / DAILY NEXUS

## The Best Desserts in OC

Elena Aquilanti  
Melvin Ventura  
Staff Writers

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 wide palette of diverse desserts that can suit anybody's interest. Whether you're craving cookies or ice cream, there is something to cater to anyone'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 cake doughnuts that are fried fresh every hour, using the finest and freshest ingredients to create inventive and unique flavors. Their most popular flavor is the huckleberry doughnut, a light and fluffy cake doughnut that contains real 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 are 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 are served warm and are slightly underbaked in order to ensure that the center beneath the crisp outer layer of the cookie has a soft and gooey texture that melts in your mouth. They offer multiple different cookie flavors but some stand-outs are

definitely the chocolate walnut and the triple chocolate flavors. Not in the mood for a cookie? You could never go wrong with one of Paderia's other signature homemade desserts, such as malasadas, Portuguese egg tarts, cheesecakes and Filipino ensaymadas. Whatever choice you make at Paderia, you're definitely in for an exceptionally delicious treat.

**Vitaly Cafe**  
Located in the heart of The CAMP, a trendy and artsy outdoor shopping center in Costa Mesa, is Vitaly Cafe, a gourmet Italian cafe that serves homemade pastas, sandwiches and the best gelato in Orange County. Vitaly offers a variety of different ways to enjoy their gourmet gelato. If you're having trouble deciding on picking just one of their 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 sundaes 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 Oreo and strawberry mascarpone 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 these 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 and creative flavors that they offer. They also rotate their menu often, so there is always something new to try. Some of the notable flavors from their current rotation include the strawberry shortcake and blood-orange tiger 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.

**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 us who don't need an excuse to have dessert for breakfast. 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 variations. Seriously. To Die. For. So 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 patisserie ranging from éclairs, tartes and mille-feuilles 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 diplomate and topped with pearled sugar. They also have amazing croissants (of course) and serve a variety of fresh crêpes 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.

# SCIENCE & TECH

## Peering Into the Sea Otter Genome Reveals Much

Sean Crommelin  
*Science Editor*

The 18th and 19th centuries were a time of remarkable and unprecedented exploitation across the world ocean. The explosion of practices like whaling and the fur 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 casualties was the sea otter, a mammal living in the northern and eastern bounds of the North Pacific which found itself ensnared by the Russian and North American fur 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 a fantastic heating system – and in the past, an attractive target for the burgeoning fur trade. By the early 20th century, the world population of otters numbered in the low thousands – from a peak of potentially 300,000. Protection efforts following this nadir allowed otters to partly rebound throughout their range – somewhat of a marine conservation success story. However, they still remain endangered to this day.

“Otter hunting at the height of the fur trade in the 18th and 19th centuries was persistent and intense, and otter populations were decimated throughout their range in the Pacific,” said Douglas Kennett, a professor of anthropology at UC Santa Barbara.

“However, our data indicate that remnant populations occurred in each region – maybe a few 100 individuals – and these animals were the source of the rebound

after protection of otters in the early 1900s.”

A researcher and geneticist with the University of Washington, Annabel Beichman, working in collaboration with researchers from a number of other universities throughout the world, including Kennett, found an opportunity to learn about the genetic consequences of species-wide declines by examining this precipitous and nearly simultaneous drop in global sea otter populations.

Kennett, who has worked as an archeologist in the Santa Barbara Channel region since the 1990s, aided Beichman with his knowledge of Chumash hunting practices derived from oral narratives and other historical sources.

“My work on the Channel Islands has shown that otters were persistently hunted starting at least 5,000 years ago. I joined forces with geneticist Annabel 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 and long-term historical research in addressing species extinctions. These efforts are vital for contemporary conservation efforts in the region. Also, I would like to highlight the importance of the archaeological record for establishing long-term baselines for assessing regional extirpation and extinction of species.”

Beichman, Kennett and their other 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 sampled. They drew these 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.

For example, archeological 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 California region and the Channel Islands of millennia ago. They found that, indeed, 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, the study’s data shows that remnant populations of otters persisted and, with protection, were able to once again roam their ancestral habitats in healthier numbers – in contrast to another hypothesis which posited that otters from the North Pacific migrated southward into places like Southern California following the fur trade.

The researchers found that further population decline could affect the fitness of recovering populations. However, a silver lining also peered through – the fact that low but healthy otter populations existed prior to even the fur trade suggests that the otters do not require high population counts to maintain sufficient genetic health.

Despite this, Kennett called for more research and data 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 samples in Southern California. These data also suggest that the successful rebound of populations since the early 1900s may be the result of long-standing stability of small populations historically,” Kennett said.

“However, we only analyzed a small number of samples and more work is needed to determine how stable otter populations were during the last 10,000 years in the context of Chumash hunting/management practices.”

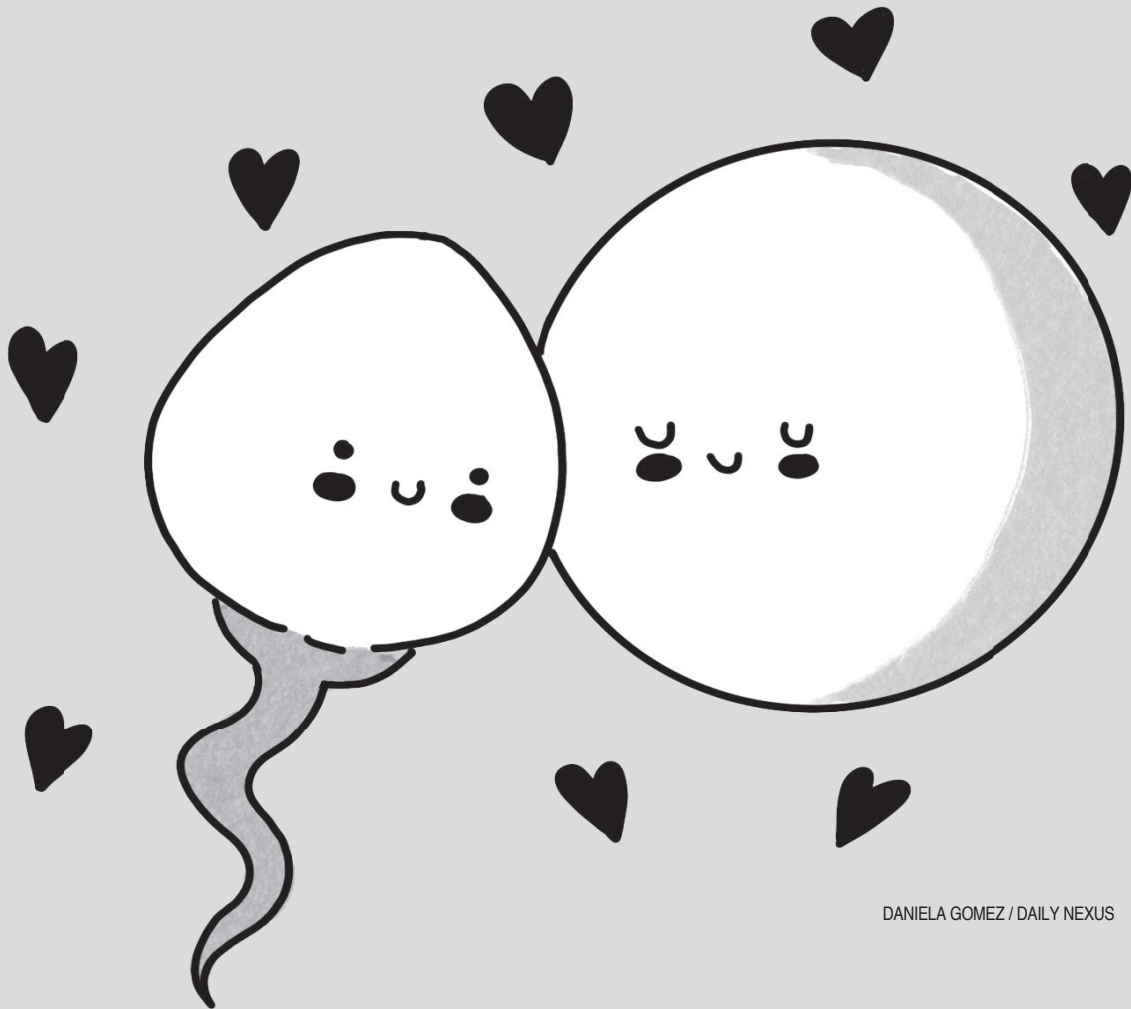


Courtesy of Pixabay

By the early 20th century, the world population of otters numbered in the low thousands — from a peak of potentially 300,000.

## SIMPLY STATED

### Why Don't Humans Just Screw Themselves?



DANIELA GOMEZ / DAILY NEXUS

Devanshi Tomar  
*Asst. Science Editor*

The need to mate, love and – to a certain extent – complicate things are all parts of the human condition. These needs have been summated to a fixation on sex and romance in storybooks, song lyrics, TV shows and movies. Even in academia, extensive research has been conducted on the neurochemical basis of love, psychosexual development (though it pains 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 prolong 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 humans, members 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 this meeting between the two gametes, quite the journey is required. There is courting to be conducted, texting 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 piece 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 cells divide mitotically, is a more time-efficient way by which many lower organisms produce offspring. While a human can take several months to produce just one offspring, many forms of bacteria can reproduce by the hundreds in a mere couple of hours. No Tinder profile, Caesarean section or other venereal mires required.

Through meiosis, the process that underlies sexual reproduction, the gametes must

form in their respective bodies, then the member of the male sex must transfer their gamete into the female body. These gametes must fuse, and for a time period that is usually nine months, a human baby is, hopefully, formed from that single fusion of two gametes. It is a beautiful thing, surely, but with so much that could go wrong, one wonders: what benefits does this form of reproduction confer?

Enter the microevolutionary Red Queen hypothesis, proposed by UC Berkeley biologist Graham Bell. This model suggests that

“

In a sense, human genes have surrendered their primacy in human evolution to an entirely new non-biological or super-organic agent, culture.”

E.O. Wilson

sex has evolved to give us a fighting chance against parasites. Hostile parasites evolve quite rapidly, and so human evolution’s response to this is the production of offspring that, generation by generation, possesses more and more favorable genes that can outcompete or outsmart parasites. Unlike asexual reproduction, which creates exact copies of the parent organism with only the occasional mutation, sexual reproduction creates organisms with a completely unique set of genes that parasites, which have lived hundreds of lifetimes and evolved significantly since the point you were even born, haven’t been selected to invade before.

If we are only to give half of our genes to our offspring, the other

half must be just as good, if not better than our own. Attraction exists for this reason – we are biologically predisposed to value specific traits in an individual, such as strength, energy and good health, that indicate the possession of good, successful genes. Pleasure also exists for this reason – if sex was not pleasurable, what motive would there be to pass on genes? Where can there be human progress if there is no self-gratification?

Sexual attraction and attachment are often seen as intertwined, but according to UC Santa Barbara anthropology professor Steven Gaulin, they’ve evolved for separate reasons. Attachment between two partners is the evolutionary result of the need for parental care for human infants, for whom a significant amount of development occurs outside the womb, necessitating further care that is more manageably divided among two people. On a biochemical level, our genes have evolved to produce neuropeptides that contribute to pair-bonding behavior such as monogamy.

I know, I know, leave it to a writer from the Science & Tech section to deromanticize romance as much as possible. But, although I am a scientist, I assure you that I am also a romantic. And I’ve never doubted that the forces of nature do leave room for the soul.

E.O. Wilson, an American biologist, wrote in his novel, “Sociobiology: The New Synthesis,” that “[i]n a sense, human genes have surrendered their primacy in human evolution

to an entirely new non-biological or super-organic agent, culture.” At the end of the day, we are bipedal organ baskets, yes, but the sheer size and advancement of our brains have allowed us the ability of self-awareness, the ability to define and the ability to redefine. Evolution is the study of how our environment has produced the diversity of life, including us, up to this point.

As incidental as the existence of our consciousnesses may seem, I find it glorious that our species has evolved and our genes have amalgamated into a form that can allow the individual to find our own reasons for why we love and why we exist, though to love and exist may be the same thing.



# OPINION



## Ask AJ: Loopy for Love

AJ  
*Anonymous Staff Writer*

**In an unexpected turn of events, I find myself deeply, madly, irrevocably in love with my professor. How to cope when I 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, mm-mmm, 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 had 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, tidying their hair and smoothing down their clothes. Protectively putting your arms around your professor, you take charge, telling Alex that they can't do this anymore. It's emotional abuse. 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 to shut it down. As a bonafide 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 pal-entine. Heck, swing by the Daily Nexus office, we'll set you up.

\*All details and creations are fictitious. Resemblance to any real persons or places is purely coincidental and unintentional.

**All of my friends are boo'd up this Valentine's Day, which makes me feel a squidge lonely but also conveniently leaves the house all to myself next Monday. Any tips on how to "love myself," if you catch my drift?**

Lock your door. Please, for the love

of St. Valentine, lock your door. Even if your roommates are sharing the love by going out 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 cha-cha here.) A to the J! A to the J! A to the J! (Feel free to insert your own name!)

**So ... I'm balling 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 granola bar, and my partner waited with me. And then I 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 divulged in, one shot at a time 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 cypresses. We camped 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 mainland when we heard another couple headed our way. We didn't want to scare 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 twigs and mud. Turns out, my partner and I 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 Soc 152A? 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 objectify 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 for you to feel free in your love. But if you're starting to get freaked out, don't worry. It happens to the best of us. Take a moment to step back and breathe. If you can't, ask 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 that 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 my faceless appearance! My last 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 us.

*If you have questions for AJ, or want to ask them out this V-day, send them to [opinion@dailynexus.com](mailto:opinion@dailynexus.com).*

## Alternative Ways To Say “I Love You”

Emilie Risha  
*Staff Writer*

It's February, so undoubtedly love is in the air. Don't be lonely, love yourself! And if you do impart love onto someone else, consider how they would like to receive it. That's right, I'm talking about love languages. Personally, I don't believe in them. They are not the end-all, be-all of love. However, they are what little common ground we silly humans have to talk about ourselves and those around us – one small thing more conventionally accepted than astrology that gets us thinking critically about our relationships. So consider physical touch, words of affirmation, gift-giving, quality time and acts of service, while I tell you just the words. Try these three-word phrases this Valentine's Day, or maybe even all year long:

**“I love you.”**

Hopefully, you know this one. You've heard it before, maybe said it before, and it doesn't carry too much meaning anymore, except when it really does. A classic three-word phrase indeed.

**“How are you?”**

Often synonymous with “hello,” “how are you” has become a meaningless greeting to which we all usually reply “good.” It can be thoughtless. But a meaningful inquiry into someone's state of being is another thing entirely. Asking “how are you” and truly wanting to know the honest answer conveys the utmost care. If you love someone, check in with them.

**“I want you.”**

Very sexy.

**“I've missed you.”**

Contrary to the more popular “I miss you,” “I've missed you” is said when you and your loved one have been apart for a while, but are now blissfully reunited, relishing in the glow of each other's long-awaited company.

**“Have you eaten?”**

What a wonderful question.

While the leading authority insists that there are five love languages, I argue that they can all be summarized under the supreme umbrella of attention. Even the three-word phrases above are useless if employed thoughtlessly. Without thoughtful intention and attention to the recipient of your love, no touch, word, gift, time or act will adequately convey your love. Treat your loved one with some good attention, and may you all have a lovely, thought-filled Valentine's Day.

*Emilie Risha wants you to try something new this Valentine's Day, with words or otherwise.*



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