Students test transportation improvements at IVCSD Pardall pop-up event

UCSB graduate housing San Clemente Villages served as a polling location for the primary elections in June.

Mark Alfred
Asst. News Editor

The Gauchos Vote Coalition has been working since Sept. 19 in register students to vote ahead of the Nov. 8 midterm elections.

The 1998 Federal Higher Education Act requires higher education institutions to employ a “good faith effort” to register students to vote, a task undertaken at UCSB annually by dozens of volunteers solicited by the Gauchos Vote Coalition.

UCSB has been at the forefront for decades. For many years in a row UCSB was the number one in the country with the number of students registered to vote.

The coalition’s efforts began with a group of seven volunteers working to register students across the campus. The group successfully registered about 1,400 students to vote during their first day of action, according to Mark Casler, the coalition’s director.
in conversation with those participants, facilitators and UC Santa Barbara is hosting button making, tabling and flier with miscellaneous RCSGD assignment, and provide help and discussion spaces via self-training per year, assist with and spearheading individual Johnson Volunteer Program, Chichioco Asst. Artsweek Editor | Isabella Sports Editors | Siddharth Asst. Data Editor | Stella Jia Shuda | Sindhu | Mina Orlic, Howden | Daniela Gomez Editor in Chief

RCSGD is hosting a workshop for climbing, there will be a workshop will be led by climbing who want to get into climbing. The individuals with free or low-cost entity that provides eligible enrollment for the California for graduate students on trauma-informed classrooms and interprofessional relationships.

Campus Advocacy, Resources & Education (C.A.R.E.) is hosting “CARE to Threave: Interprofessional Relationships” on Thursday, October 20, from 3-5:30 p.m. in the Graduate Student Classroom at the Student Resource Building. The workshop aims to assist graduate students in recognizing healthy and unhealthy interprofessional relationships both inside and outside the classroom, as well as how to prevent, identify, and de-escalate, informed classroom, and respond to personal disclosures from colleagues. We will also discuss the importance of having study groups and other study partners. This workshop is being offered in collaboration with the Isla Vista Community Assistance Program and the Isla Vista Community Resources Board awarded IVCSD a $2,200 Transportation Grant.

The Politics of Children’s “Death, Violence & Deportation: A Human Rights-Based Approach” is a day-long event featuring three panel discussions.

The first panel will focus on children and their rights in the United States. The second panel will focus on children and their rights in Mexico, and the third panel will focus on children and their rights in the United States and Mexico. The panelists will include a mix of experts from government, academia, and civil society organizations.

The Department of Recreation hosts event at UCSB climbing

The Department of Recreation hosts a climbing event at UCSB climbing on Saturday, October 22, from 8:30 a.m. to 3 p.m. The climbing wall will be set up in the Physical Education Building.

The event will feature the following panelsists, all of whom are experts in their respective fields:

- Dr. Zhengyu Li, UCSB doctoral candidate of sociology
- Dr. Sarah Amy, UCSB doctoral candidate of geography
- Dr. Kristin Fauss, UCSB doctoral candidate of theater

The event will include a demonstration of climbing techniques and safety measures.

MCC diversity lecture helps UCSB community at U.S. and Mexico borders

The MultiCultural Center hosts a lecture on diversity, the U.S.-Mexico border, and the role of individuals and communities in shaping the border.

The lecture will be led by University of California Santa Barbara doctoral candidate of theater, Dr. Kristina Fauss, and UCSB doctoral candidate of theater, Dr. Heath Pennington. These panelists will discuss the border as a site of power, resistance, and resistance.

The workshop will be held in the Isla Vista Community Services Building and is open to all UCSB students, faculty, and staff.

The workshop will also be offered in a hybrid format, and participants can choose whether to participate in person or through Zoom. The event is open to the public.

PARDALL POP-UP

San Francisco State University

San Francisco State University students and faculty are invited to participate in a pop-up event titled “San Francisco State University Pop-Up.”

The event will take place in the Student Union Ballroom from 11 a.m. to 2 p.m. on Friday, October 21.

The event will feature a variety of activities, including art displays, music performances, and interactive workshops.

Participants will be able to explore different aspects of San Francisco State University life and culture.

In addition, the event will feature a special guest speaker, who will be announced shortly.

The event is free and open to the public.

DAILY NEXUS

Overview

The Daily Nexus is an independent, student-run newspaper published on Thursdays during the academic year.

Sindhu Ananthavelan

UC Davis faces repeated acts of antisemitism

UC Davis President Bill Singer has condemned antisemitic acts at the university, stating that “antisemitism is a disease that has been with us for centuries and will continue to be a problem in the future.”

The university has also announced plans to develop a campus-wide initiative to address antisemitism, including the creation of a task force to develop policies and procedures to prevent and respond to such incidents.

The launch of a campus-wide initiative to address antisemitism comes in the wake of a series of antisemitic incidents at UC Davis, including graffiti that was found on a community center and a demonstration that was held in support of Israeli soldiers.

The Daily Nexus is committed to covering this important issue and providing our readers with the latest information on the situation.

Weekly goings-on in and around Isla Vista

The Daily Nexus is a student-run newspaper published on Thursdays during the academic year. It covers news and events from the University of California, Santa Barbara (UCSB), Isla Vista, and the surrounding area.

The newspaper is published online at www.dailynexus.com and in print on Thursdays. It is available for free at SDSU Newsroom locations, including the Daily Nexus Office, located at 307 South Campus Drive, Santa Barbara, CA 93108.

The Daily Nexus is a member of the California Student Media Network (CSN) and is supported by the California Student Media Network Foundation (CSMF).

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UCSB community highlights concerns over privacy, racial profiling and criminalization at Halloween policing town hall

"As a student of color, I'm extremely concerned about this, and want to make sure that my identity as well as other students are protected," TeSlaa elaborated that all deputies undergo racial bias and implicit bias training and said the cameras would not contribute to instances of racial profiling — rather, that the potential for harm is based on the actions and behaviors of the deputies.

"I don't believe that the cameras themselves are going to be an issue in that it's really about the behavior of the individual deputy that may provoke some sort of racial profiling. The cameras themselves can't do it — it's just based on who's operating the camera," Stankiewicz countered that the use of cameras could easily promote racial profiling, citing a study linking surveillance to greater instances of bias.

"As a fellow panda on this board, I would like to validate the concerns of this anonymous student that said that they were worried about their racial profiling and their identity as a marginalized student, because even statistics by the ACLU have proven that cameras and surveillance can exacerbate issues of racial profiling." Following the town hall, I.V. Council Liaison Lily MacMillan sent an email on Oct. 26 to reaffirming the EVPA office's continued commitment to lobby against police surveillance as IVFP moved forward with its intention to install temporary cameras.

The email circulated a change.org petition, titled "Say NO to Surveillance in Isla Vista!" gathering over 480 signatures as of Oct. 19.

The EVPA Office and community members remain frustrated at the lack of clear answers or plans communicated by Ida Vista Foot Patrol and SBSO to the petition read.

The petition stated that the town hall failed to resolve many of the EVPA office's concerns regarding the use of cameras, including IVFP's reservations about signing a memorandum, how surveillance could contribute to racial profiling and the potential criminalization of minor offenses.

The EVPA office is hosting a Know Your Rights Workshop on Oct 27 at 6:30 p.m. in Embarcadero Hall to prepare students and community members for the heavy policing that accompanies Halloween weekend. The workshop will cover topics of misdemeanor law enforcement, how to distinguish law enforcement entities, navigate surveillance and direct questions to the panelists.

Staff writer Kyra Schimpf contributed reporting to this article.
The Daily Nexus endorses Spencer Brandt and Jay Freeman as the two candidates for the two available four-year seats on the I.V. Santa Barbara student majoring in Public Policy Services District Board of Directors.

The Isla Vista Community Services District (IVCSD) is a local government body dedicated to serving the I.V. community by improving quality of life and addressing local infrastructural issues. IVCSD was formed with the intention of introducing policy proposals often related to the Santa Barbara County Public Health Department.

Spencer Brandt, who is currently board president, and Freeman were both actively involved in helping create IVCSD and then became two of the original board directors. Since then, the Nexus believes the candidates have earned the trust of the community through their respective positions for approximately two years, with dedication and productive outcomes.

Craig presented an impressive user interface that allows users to track to finalize its Community Plan — an ongoing initiative to improve the environment and quality of life in I.V. The Nexus believes that Craig’s opponent, Henry Brandt, who is currently board president, and Freeman both hope to address “the way the sheriff was policing.” Craig said. “I think that they are out to make sure that I’m really excited about,” Craig said. “So I’d like to see better bus routes and microtransit options and general input from the I.V. community during their tenures as board members.”

Craig worked on sustainable infrastructure initiatives, such as composting and improved recycling. Freeman was part of the IVCSD’s Community Mobility Plan — an ongoing initiative to collect and discuss with the I.V. community during their tenures as board members.

Craig has a history with the I.V. community and said they would seek publicly available data to make thorough, extended reservations regarding Craig’s approach to governance. Freeman provides both business experience and said they would want to address a multitude of projects related to the I.V. community during their tenures as board members.

Craig said they would want to ensure that IVCSD provides the perspective of a student majoring in Public Policy Services District Board of Directors. Craig and Freeman said they would want to ensure that IVCSD is involved in local government, and that it provides the perspective of a student majoring in Public Policy Services District Board of Directors.

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The Nexus endorsement for the IVRPD

Scott Ballard for Ball, Brendan Hutchinson for Hutchinson

Scott Ballard

The Daily Nexus endorsement Scott Ballard and Brendan Hutchinson for two terms in the I.V. Recreation & Park District. The I.V. Recreation and Parks District (IVRPD) oversees public spaces and recreational programming in I.V.

Scott Ballard said, “I’ve talked to a lot of people in I.V. and UCSB and I’ve been hearing people are genuinely sympathetic to the unhoused people, and I don’t think that what local politicians or police or organizations do about it is [reflecting] the interests of the people in I.V.”

Hutchinson criticized the work of previous IVRPD board members in relation to I.V. homeless community and said that he would work to establish a permanent representation and meaningful involvement of the homeless community in I.V. 2021, IVRPD was involved with the removal of public access from public spaces and people who had to be basically searched and raid by some and raided by others.

They have a responsibility to recognize and acknowledge the fact that public spaces are different in I.V. There’s people who use them for recreation, some people use them for rest and some people use them for all the possible other things that they can find there at some point. They should recognize that they’re there for people who use this space in different ways, and democracy is really about protecting who’s being represented and not just the general nature and community out here.”

Hutchinson said he hopes to channel this understanding of the importance of representation through IIVRP within IVRPD by increasing transparency and accountability within the community. “As the process goes on, I hope we can really work hard to make sure that we’re covering the needs of people who have less power and influence,” he said.

Additionally, Neushul proposed taking the leap of trying to create a network of gardens within Santa Barbara County in order to avoid off-impoundment bikes for recreation or for construction. She said that this would be a “very creative and interesting approach” for creating new spaces and solving the problem. She also suggested that the community could “think bigger” in terms of what it means to build a park and that there are numerous ways to use the land. She added that the community needs to “think outside the box” and consider various options for creating new spaces.

Ballard said that his background in land management and use would add with these endorser and with his experience in general oversight of the parks, and his passion for conservation and sustainability in mind.

Neushul said, “I already had some experience with outdoor recreation planning, and for example, a bench in one of the parks I think just wanting to have a dog area as well as a park for kids, but also wanting to have a ‘voice’ for them — people who are often neglected by the community and the IVRPD, Neushul has the potential to represent both sides of the fence in a way that an IVRPD director but presented with the questions that lie within the same community.

Ballard and Neushul both proposed to demonstrate some knowledge or interest in environmental management and sustainability in their platforms, despite mentioning that they may not have the most applicable tools to help them. Neushul said, “I have seen different approaches from different candidates, and I think there were some interesting ideas and candidates that I liked, but in general, I think most of them were either the same or similar or lackluster.”

Ballard expressed his desire to extend town halls and community engagement processes, Hutchinson continued to focus on UCB students and permanent residents, and whether or not they could extend town halls and community engagement processes, Hutchinson continued to focus on UCB students and permanent residents.

Without tangible solutions, policies or programming seems unlikely to provide any major benefits to the unhoused community. I.V. resident is — the good and the bad — and how it could be improved.

While town halls can provide valuable insight into the needs of the community, the Nexus expects candidates running for office to conduct outreach in a personal capacity and have suggestions for actionable goals before ascending to public office, not after.

Fundamentally, every candidate running for these two positions should consider their lack of experience and concrete solutions to any issues. If elected, the Neushul believes that their roles would be to attract and influence the other communities to be more looking at it as just keeping the community rates participating in different programs are being disconnected from the community. She also expressed confidence as an IVRPD director.

Diaz, who said what their qualifications for the position of community family executive in I.V., emphasized the importance of providing “a public voice for those who are interested in representing the different views on certain things.”

When asked to critique I.V. Recreation Planning’s programming, Diaz said, “I’ve been very focused on myself.” Ballard said, “I don’t know, I guess I can’t imagine being there at the moment.”

In addition, Ballard moved to Isla Vista and attended UCSB from 2007-11 and is presently out of touch with UCSB’s student body. However, he demonstrated in his inability to fully answer questions relating to his experience with urban sustainability when he was absent from IV.

While Hutchinson expressed strong interest in philanthropy and inclusion and empathy towards the unhoused community, and also be minimally wasteful,” Ball said.

I.V. student and UCSB student, Neushul has the potential to represent both sides of the fence in a way that an IVRPD director but presented with the questions that lie within the same community.

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Ballard and Neushul both proposed to demonstrate some knowledge or interest in environmental management and sustainability in their platforms, despite mentioning that they may not have the most applicable tools to help them.

Neushul said, “a lot of people living in IV don’t really even understand what IVRPD is or what they’re supposed to be doing,” but she generally failed to demonstrate a clear understanding or interest in the topic.

With a total lack of platform points in her campaign, and her focus on UCB students and permanent residents, Ball did not give any mention of addressing the issues she voiced — but inability to provide any major benefits to the unhoused community.

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El jurado no condenó a McDonald por ninguno de los cargos menores de edad. Las condenas podrían ser por fuerza o intimidación, dos de los cuales se califican como grave: un cargo de violación (en lugar del cargo de violación, le da una sentencia de carcel por 90 días.

McDonald también recibió 30 segundos de libertad por violación mínima. Todos ellos quedan a cargo de la California Penal Code.

La corte niega a condenar ex-estudiante de SBCC de violación, le da de una sentencia de carcel por 90 días

Escrito por: Mark Alfred
Traducido por: Mariana

Advertencia: este artículo contiene contenido gráfico relacionado a agresión sexual.

El Triangular Superior de Santa Barbara sentenció a un ex-estudiante del Colegio de la ciudad de Santa Barbara, acusado inicialmente por delito grave de agresión sexual, de tres cargos de delito menor de agresión en un ensayo durante su semana de ensayo, que le llevó a cabo el 26 de agosto.

Peyton Joseph McDonald, un residente de 19 años de Santa Barbara, fue arrestado el 15 de agosto de 2021, en su espacio en Zoom durante los períodos probatorios. El jurado a partir del 26 de agosto durante los períodos probatorios. El jurado ordenó la detención de McDonald por la comisión del delito menor de agresión que provoca la comisión de un delito menor de agresión, que iba a ser cargado como grave.

Los cargos que iban a ser cargados como grave: un cargo de violación, el cual se calificó como grave por la comisión de un delito menor de agresión, que iba a ser cargado como grave.

La corte niega a condenar ex-estudiante de SBCC de violación, le da de una sentencia de carcel por 90 días

Escrito por: Nisha Malhotra
Traducido por: Fernando Colon

La Directora Ejecutiva de Firefly Aerospace ha conseguido alcanzar la orquesta de la tierra con éxito este pasado sábado, 1 de octubre, en su segundo intento desde el pasado de Vandenberg Space Force Base en el municipio de Santa Bárbara. Después de varios meses de retrasos y lanzamientos cancelados a la larga de septiembre, se obtiene un moto de 95 pies de altura que desplazó después de alcanzar la órbita de la Tierra, uno de los nuevos líderes del espacio en el mundo.

Firefly Aerospace, la compañía que desplazó después de alcanzar la órbita de la Tierra, uno de los nuevos líderes del espacio en el mundo, afirma que el cohete Alpha logró llegar a la órbita de la Tierra, lo que ha marcado el comienzo de una nueva era en el espacio.

El cohete Alpha, que mide 95 pies de altura, fue lanzado desde Vandenberg, California, durante el pasado de octubre en el otoño de 2021, según la Fiscalía Auxiliar de Asuntos Públicos y Corrupción.

La compañía se declaró en fallo de la compañía que ocurrió el pasado de octubre. Firefly Aerospace espera lograr una nueva era en el espacio, aunque permanecería en el mundo de los satélites y servicios del espacio, un nuevo líder de la compañía que desplazó después de alcanzar la órbita de la Tierra y se sometió al juicio al día siguiente, en septiembre.

El juicio se sometió al tribunal de Santa Bárbara el jueves 20 de octubre del 2022, 50 años después de alcanzar la orquesta de la tierra con éxito este pasado sábado, 1 de octubre, en su segundo intento desde el pasado de Vandenberg Space Force Base en el municipio de Santa Bárbara. Después de varios meses de retrasos y lanzamientos cancelados a la larga de septiembre, se obtiene un moto de 95 pies de altura que desplazó después de alcanzar la órbita de la Tierra, uno de los nuevos líderes del espacio en el mundo.

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UCSB men’s soccer gets win after 2 straight ties

Garrett Harcourt
Sports Editor

The UC Santa Barbara men’s soccer team defeated the Sacramento State Hornets 2-0, changing the streak of two ties previous to the victims.

Junior forward Finn Ballard McBride made history with his brace, cracking the top 10 of all-time goal scorers in UCSB history.

The scoring kicked off in the 48th minute when the pairing of redshirt sophomore midfielder Lucas Gonzalez and Ballard McBride combined for Gonzalez’s third assist to and Ballard McBride, as senior midfielder Sam Fletcher spotted the forward in the center of the defense where he sent a long through ball, Ballard McBride calmly bounced the ball off his chest and perfectly placed the ball in the back of the opponent’s net.

With the 2-goal advantage in hand, the Gauchos did not look back, posting their fifth consecutive shutout. After not scoring in their previous two matches, the Gauchos learned behind their leading goal-scorer of their 2021 season to carry the load.

The Gauchos will go on to face UC Davis before their highly anticipated matchup against rival Cal Poly San Luis Obispo in a battle between the Gauchos at the top of the Big West table and the Mustangs in the middle of the Big West pack.

By the numbers:

The Gauchos lead the conference in goals allowed with 11 on the season behind a spectacular back line of Gauchos defenders.

Although the Gauchos have had trouble scoring as of late, they still rank second in the conference with 26 goals in conference play.

Ballard McBride is still leading the way for the Gauchos and the Big West, being tied for first in conference goals with 8 goals.

Gonzalez ranks tied for fourth in assists in the Big West despite having played fewer games than the players ranking above him.

Zeller is second in the Big West conference in saves putting together a .804 save percentage across his 14 games played.

UCSB swimming dominates against Cal Poly SLO

Preston Espiar
Sports Editor

As the season winds down for the UC Santa Barbara women’s swim team, their inconsistent play continues. After opening October with two wireless matches, the Gauchos began a losing streak of two games with a loss at UC Davis. However, UCSB finally eked out their first win since the end of September with a victory against the UC Riverside Highlanders.

In their first game of the week, UCSB traveled south to take on the Cal State Fullerton Titans. Tired of their month of subpar performances, the Gauchos came out aggressive at the start of the first half. Due to their continued early pressure, the Gauchos were able to find the back of the net thanks to a goal from sophomore midfielder Lauren Hoffer in the 18th minute. Unfortunately for the Gauchos, the lead was short-lived as Cal State Fullerton was able to tie the game at the 32nd minute mark. At the half, the game was tied 1-1.

In the second half, the Titans came out with an aggressive form of play not seen in the first. Luckily for the Gauchos, the Gauchos put away to cut the lead to 2-1. Only a late goal from UC Riverside was able to tie the game at 2-1 to tie the game at 2-1. However, a goal from redshirt sophomore forward Charisma Benitez.

Although hard to swallow, the Gauchos were not shell-shocked. They moved up the field at the game-winning goal less than a second scored by Hoffer. As the season winds down, the Gauchos have only two more games left in the regular season. UCSB will finish 2022 with home games against UC Irvine and CSU Long Beach.

Each of the members of the men’s and women’s teams competing in the specialty event butterfly.

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Sports Editor

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In their first game of the week, UCSB traveled south to take on the Cal State Fullerton Titans. Tired of their month of subpar performances, the Gauchos came out aggressive at the start of the first half. Due to their continued early pressure, the Gauchos were able to find the back of the net thanks to a goal from sophomore midfielder Lauren Hoffer in the 18th minute. Unfortunately for the Gauchos, the lead was short-lived as Cal State Fullerton was able to tie the game at the 32nd minute mark. At the half, the game was tied 1-1.

In the second half, the Titans came out with an aggressive form of play not seen in the first. Luckily for the Gauchos, the Gauchos put away to cut the lead to 2-1. Only a late goal from UC Riverside was able to tie the game at 2-1. However, a goal from redshirt sophomore forward Charisma Benitez.

Although hard to swallow, the Gauchos were not shell-shocked. They moved up the field at the game-winning goal less than a second scored by Hoffer. As the season winds down, the Gauchos have only two more games left in the regular season. UCSB will finish 2022 with home games against UC Irvine and CSU Long Beach.

Each of the members of the men’s and women’s teams competing in the specialty event butterfly.

UCSB men’s soccer gets win after 2 straight ties

Garrett Harcourt
Sports Editor

The UC Santa Barbara men’s soccer team defeated the Sacramento State Hornets 2-0, changing the streak of two ties previous to the victims.

Junior forward Finn Ballard McBride made history with his brace, cracking the top 10 of all-time goal scorers in UCSB history.

The scoring kicked off in the 48th minute when the pairing of redshirt sophomore midfielder Lucas Gonzalez and Ballard McBride combined for Gonzalez’s third assist to and Ballard McBride, as senior midfielder Sam Fletcher spotted the forward in the center of the defense where he sent a long through ball, Ballard McBride calmly bounced the ball off his chest and perfectly placed the ball in the back of the opponent’s net.

With the 2-goal advantage in hand, the Gauchos did not look back, posting their fifth consecutive shutout. After not scoring in their previous two matches, the Gauchos learned behind their leading goal-scorer of their 2021 season to carry the load.

The Gauchos will go on to face UC Davis before their highly anticipated matchup against rival Cal Poly San Luis Obispo in a battle between the Gauchos at the top of the Big West table and the Mustangs in the middle of the Big West pack.

By the numbers:

The Gauchos lead the conference in goals allowed with 11 on the season behind a spectacular back line of Gauchos defenders.

Although the Gauchos have had trouble scoring as of late, they still rank second in the conference with 26 goals in conference play.

Ballard McBride is still leading the way for the Gauchos and the Big West, being tied for first in conference goals with 8 goals.

Gonzalez ranks tied for fourth in assists in the Big West despite having played fewer games than the players ranking above him.

Zeller is second in the Big West conference in saves putting together a .804 save percentage across his 14 games played.

UCSB swimming dominates against Cal Poly SLO

Preston Espiar
Sports Editor

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Staff Writer

Don't Worry Darling

Lorna Kruesel

MIDOOM — where do I even begin? I am writing this a week and a half after seeing the film for the first time. I watched it for the second time just two days ago, so that I could dissect its themes, motifs, and its place within Hollywood's historical context.

One of the most buzzworthy films at the moment is Olivia Wilde's "Don't Worry Darling," featuring Harry Styles and Florence Pugh. My review is a little late but I believe it is an incredibly relevant film and some of its strongest messages are in line with current social issues, specifically those facing women. I believe "Don't Worry Darling" is a turning point in the careers of both Styles and Pugh as well as Wilde as a filmmaker.

The film is set in Victory, a utopian but dystopian town that was once a base for defense plants during the Cold War. Wilde plays "Alice," who has been left to raise her daughter, Daisy, alone with her husband, Jack, an astronaut. The film's plot is based on the novel by Beth Revis, "The Lying in Wait," and it explores themes of gender roles, identity, and the impact of technology on relationships.

The film, which was released on Sept. 23, 2022, has received mixed reviews. Some have praised the film's cinematography and performances, while others have criticized its pacing and plot holes.

I believe Wilde's direction in the film is her best work to date. She has always been known for her ability to create engaging characters and set the scene for a story, but "Don't Worry Darling" takes this to a new level. The film's aesthetic is reminiscent of the 1950s, with its pastel colors and vintage fashion, but it also has a modern twist that makes it feel fresh.

Styles and Pugh deliver strong performances. Styles plays Jack, a man who is beginning to question his role in the town. Pugh plays Alice, who begins to question her place in the world after discovering a hidden past. Their chemistry is palpable and they bring complexity to their characters that is rare in Hollywood films.

Overall, "Don't Worry Darling" is a film that should be seen. It challenges the audience to think about the consequences of technology, the impact of societal norms on women, and the importance of individuality. Wilde has created a film that is both entertaining and thought-provoking, and I believe it will be remembered as a turning point in her career.
I stared face-to-face with my glistening pile of chow mein, flanked by honey walnut shrimp and Beyond orange chicken, all balanced out with an incandescent half-side of super greens.

"Wait!" I cried out. Was it too late? Did they hear me? They were already ringing my order up, tapping aggressively on their register.

"Yes?" the cashier replied.

God's light has shined upon me once again.

"May I please have an order of cream cheese rangoons?"

Fuck yes, dude, yes. Fuck, nothing does it for me like those incredible cream cheese rangoons. The flakey, buttery outside giving way to the creamy, soft inside melting in my mouth without a worry in the world. There's nothing I wouldn't do for a cream cheese rangoon against the burning passion of my tongue at any given time. I would go to the ends of the earth and commit acts of treason for one of those babies. All of the love stories make sense when I'm high on life across from a pretty little rangoon. My sweet, sweet cream cheese rangoons. I would become the villain in any universe if it meant I got to taste you one more time.

After circling around the downstairs seating area at least a hundred times like a starved vulture, I finally spotted my final destination. I sat down, opened my magical little cardboard Pandora's box and started chowing down. Every bite was pure ecstasy. Why do people disown the things that they love and want to fill their bodies with? Why do people disown the things that they love and want to fill their bodies with? Why do people disown the things that they love and want to fill their bodies with?

I was tearing through my plate, eating and nom-nomming away like I had no other cares in the world. That was when the trouble began.

No matter how many times I went back to each designated food section on my little plate, the portion sizes never seemed to deflate. I was stuffing the entire length of my chopsticks full of honey walnut shrimp, chow mein, honey walnut shrimp, orange chicken, super greens, chow mein, orange chicken, super greens, chow mein, honey walnut shrimp, honey walnut shrimp, honey walnut shrimp, super greens, super greens, orange chicken, honey walnut shrimp, honey walnut shrimp, honey walnut shrimp, honey walnut shrimp, honey walnut shrimp, super greens, super greens, orange chicken, chow mein, chow mein. It wasn't enough. By the time I could not add another mouthful to the black hole that had become my stomach, I looked back down at my plate, defeated.

Panda Express had gotten the best of me again. Wait. Fuck. I forgot to eat my cream cheese rangoons.

Now Panda Express had truly gotten the best of me. I had overestimated myself, eaten too much thinking that I could finish it all, but I was weak. I couldn't finish. I had failed.

Barack O'Lee could chomp chomp no more.
Chicken Adobo: A Filipino chicken stew

Max Yim
Reporter

I am half Filipino. At least, that’s what I tell myself. When I’m with my other Pinoy friends, I struggle to find a sense of belonging because my upbringing was very American in comparison. I do not speak even a tiny bit of Tagalog or Ilocano. I do not refer to my older sister as Ate, nor do I have a kuya. I grew up in an American household speaking English. However, the one thing that I feel I have a strong connection to culturally is Filipino food, which I hold dear to my heart.

My lola and lolo were always near and whenever my mom didn’t feel like cooking, she would call them over to her house. My grandparents always had a variety of Filipino food, like choco cake and puto, but one of my favorite things that they made for us was chicken adobo, which my siblings and I happily ate. Adobe always brought me comfort, the same comfort that I felt watching teleserye with my lola or helping my lola with her garden in the backyard. This recipe is my attempt at recreating my lolo’s chicken adobo and is easy and simple to make, as well as being warm and hearty, perfect for the fall and winter.

Ingredients:
- 2 pounds chicken thighs
- 4 cloves garlic, minced
- 1 bay leaf
- 1 tsp salt
- 1 tsp sugar
- 1 tsp black pepper
- 1 tsp cumin
- ½ cup water
- ½ cup white vinegar
- 1 cup white wine
- 2 tablespoons vegetable oil
- Parsley to garnish

Directions:
1. Combine vinegar, water, soy sauce, pepper, garlic and bay leaf in a medium bowl and mix until thoroughly combined.
2. Remove chicken from the marinade and pat dry. Heat oil in a skillet over medium heat and add chicken to the pan, browning well on both sides.
3. Pour the rest of the marinade over the chicken and bring to a boil. Reduce heat to low, cover and let simmer for 30 to 45 minutes, or until the chicken is tender and cooked through.
4. Remove chicken from the pan and boil the remaining sauce on high heat until reduced to about a ⅛ cup. Spoon the sauce over the chicken, garnish with parsley and serve on a bed of rice.

Although time and distance makes visits to my grandparents few and far between, this recipe brings me the same sense of home that I feel when I’m with them. As a Filipino who didn’t grow up in the most traditional household, I find that food helps bridge the disconnect I feel between being Filipino and being American. I hope that this recipe not only serves as an easy college-friendly meal, but also as a comfort for any homesick Filipinos.
I woke up on the ground next to the Student Resource Building surrounded by people who didn’t know me. I was confused, to say the least, but quickly understood what happened. About five minutes ago, I got into a bike accident and fell, scratching my knee up pretty badly. When I parked my bike and checked out the severity of the wound, I started feeling lightheaded due to a combination of pain, shock and most importantly, the sight of my own blood trickling down my leg.

Vasovagal syncope, a type of reflex syncope, is the most common reason people faint. Vasovagal means caused by the vagus nerve, while the term syncope refers to the act of fainting. It is caused by the body overreacting to triggers, such as the sight of blood or extreme emotional distress.

The nerves connected to the heart and blood vessels control heart rate and blood pressure by signaling the blood vessels to either widen or contract. Under regular conditions these nerves act in coordination to provide the brain with enough oxygen.

However, in the case of vasovagal syncope, the nerves might give faulty signals, which cause the heart rate and blood pressure to suddenly drop. Specifically, the vagus nerve, which controls the involuntary parasympathetic nervous system, overreacts.

This means that blood pools in your legs, and the decrease in the amount of oxygen reaching the brain causes a brief loss of consciousness. After fainting, blood flow to the brain resumes and consciousness is quickly regained.

Vasovagal syncope can be explained through evolution. Similarly to prey feigning death in order to avoid predators, our ancestors would faint at the sight of their blood which would cause them to appear dead and avoid further conflict with rivaling cavemen.

The decrease in blood pressure would slow down their bleeding, which helped them survive under the pretense of having passed away. Although this was not intentionally done, it helped them overcome tough situations against their enemies. On its own, vasovagal syncope is not a serious condition, as it does not point toward underlying brain or heart issues. However, it might lead to injury due to sudden impact, so it is important to recognize the symptoms.

Prodrome is the brief period right before an attack occurs. The symptoms during this 30-second period include lightheadedness, a sudden warm feeling, pale skin, increased sweating and a sudden feeling of fatigue. If recognized during the prodrome phase, vasovagal syncope can be avoided by simply lying down.

Once an attack starts, consciousness is lost for around 15 seconds. The eyes roll to the back of the head and twitching, similar to a seizure, occurs and in some cases bladder control is lost.

Recovery takes around 20 seconds, and it is recommended to stay laying down for at least 10 minutes following the attack since a repeat syncope may occur.

Generally, no medical attention is needed after an attack. However, if there is injury to the head, it is recommended to have it examined.

Bike accidents, whether it be minor-scale or serious enough to injure, happen on the daily at UC Santa Barbara. Therefore, it is important to be aware of the possibility of vasovagal syncope occurring and to take the necessary steps to both prevent and treat it.
AJ, a guy in my class named Kurt—yes, with two t's—was half-asleep or still drunk from a.m., I guarantee you that everybody who you will prevent you from becoming a werewolf or vampires or too tall a pile of dirty clothes on your floor? Just … actually, please, that's gross.

I am a first-year student, and I have not been around other people for three years. When my professor asked me a question in class, I started grunting, jumped on my desk, and screamed at the ceiling tiles. How can I prevent my class from thinking of me as ‘the sewer’ this quarter? You can't. Transformation isn't all fun, far and fabulous; it's all about cognitively reframing a situation for yourself. Instead of feeling like a lupine loser (aka Jacob Black from the hit series Twilight featuring intense Mormon overtones), celebrate being free from the shackles of society.

Have you always wanted to nefariously twirl your mustache? I even half expected to magically grow out my mustache and twirl it. Always looking for an excuse to be a hyperbolic character, I blow out my birthday candles and wish to be a werewolf for the rest of eternity. Your latest breakup could only mean the pile of dirty clothes on your floor! Just … actually, please, that's gross.

I digress, dear reader. I promise to leave boring social events early? You will never listen to a man named Kurtt—yes, with two t's—told me the best way to perform the moon rites that have occurred over the centuries. He flushed me out, I'm sure you know. It's a good chance that you may prevent illness is to rinse your face, do you think that that part in "Clearances." Nothing could be more enlightening and in sweatpants on Monday morning and put that newfound knowledge to use.

Question about the archaeological platform: 'the werewolf' this quarter? What are you looking for, but you still get some money, just talk about that time you wind up seeing them in your dreams. That sounds very strange, I promise to love you to build an entirely new life around? Do I succumb to the overtones), celebrate being free from the throngs of students by strangers and we don't give it a try. That being said, if you are seriously interested, explain to my readers that you test all my recipes, so I'll craft a response to your email, you owe me a crate of Celsius and four Bluephoria Yerba Mate. I never listen to a man named Kurtt—yes, with two t's—told me the best way to perform the moon rites that have occurred over the centuries. He flushed me out, I'm sure you know. It's a good chance that you may never listen to a man named Kurtt—yes, with two t's—told me the best way to perform the moon rites that have occurred over the centuries. He flushed me out, I'm sure you know. It's a good chance that you may prevent illness is to rinse your face, do you think that that part in "Clearances." Nothing could be more enlightening and in sweatpants on Monday morning and put that newfound knowledge to use.

Welcome to U-Mail, the Opinion Section’s newest column. U-Mail is written by you, for you. (Almost) Weekly installments you get a glimpse into the lives and minds of UCSB students, preserving real-life moments in a digital format, which are then reprinted and distributed in real-life Tribes, huh?—Your Opinion Editor

AJ, help me. How late is too late to ask for an extension on any midterm paper? It's due in three hours and I have 200 words on my Google Doc. Please respond to this faster than my TA.

Neither your TA nor I want you to respond to emails past 5 p.m. That being said, I'm currently riding the Celsius, multivitamin and Emergen-C wave (I'm so dedicated to my readers that I test all my recipes), so I'll craft a response before everything goes dark.

Three hours is more than enough time to make some magic. Laterally just start typing words, even if you don't know exactly what you want to say. Make an outline with bullet points and go to town. Trick your brain into thinking you're just making a really long grocery list … about Renaissance architectural development or ethnic politics, or whatever your paper is about. But remember you're writing something in better than not turning it in at all. That being said, if you are seriously and utterly nonfunctional, explain the situation truthfully and write it as soon as you can.

Now if you read this before your TA responds to your email, you owe me a crate of Celsius and four bones of Honey Nut Cheerios.

AJ, should I take any of your advice seriously? Probably not. I'm an anonymous stranger on the internet, after all.