UCSB forward keeps the ball away from the defender. Noosh Boettiger found the back of the net past Zeller, ending his streak of 652 minutes without a goal conceded. The Gauchos upped the attack from there as urgency to score another goal set in. Following a shot off the post and a variety of late corner kicks the Gauchos finally broke through. In the 86th minute, Baartman was able to find Ballard McBride in the box where he tapped in the shot past the goalkeeper. This draw was significant for the Gauchos as they were able to maintain first place in the conference, one point ahead of UC Riverside. With two games remaining in conference play, the Gauchos have a shot to be conference champions.
**Readability:** 1.5

**Notes:**
- The text is a mix of news articles and opinion pieces.
- The content is about various events and activities at UCSB, including workshops, art auctions, and community dinners.
- There are also features like the Daily Nexus crossword puzzle.
- The text mentions the importance of community and self-care.
- The tone is constructive and informative, aimed at informing the reader about upcoming events and activities.
El Congreso calls for expansion of El Centro

El Centro is a communal building for multiple multicultural, Chicano/Latinx and political organizations. The center was established in 1969 as an official meeting space for the Student Academic Opportunity Program and the Educational Opportunity Program, and has primarily been maintained by and for students on campus. As a result of these efforts, the Chicano/a studies department was expanded upon from its inception and more Chicano/a/Latinx students were recruited to attend the university, along with a growth in support for students of low-income and marginalized backgrounds.

"For El Centro, specifically, we have so much rich history and so much culture and so many physical artifacts that could be displayed," said Medrano. "El Centro is the center of activism, and that - to put it very bluntly - socially progressive students are the backbone of the Chicano/a studies department." 

El Centro has been a symbol of the university's history. "El Centro has always been a symbol of this building in any way, shape or form being a 'respectful work environment,'" Medrano said. "That's why we're demanding that this building itself was not built to the university's standards, but also whatever legacy we work towards. We need the building to be an HSI, and we're demanding that our students are not only able to use it, but also to be able to access it. We need wheelchair access, and the question of 'What if you can't get to the second floor?'

The demands made by El Congreso and other Hispanic student groups include that the university not only provides accessible buildings, but also provides resources to support the community's concerns. "If you are physically disabled and can't use the building, you can't participate in the activities that are being held. That was their best solution - get us enough money to fix the building, and we'll see what happens," Medrano said.
Students form PATH club to foster connection with residents experiencing homelessness

People Assisting the Homeless (P.A.T.H) is a statewide organization connecting homeless people to permanent housing. The club provides an opportunity for students to gain hands-on experience in fulfilling volunteer hours and learning more about homelessness. Currently, PATH UCSB is hosting a winter drive to collect warm clothing for shelter residents. Balagtas said the club decided to hold this event after learning that the shelter was in need of warm clothing. As part of the initiative, PATH UCSB received around 800 gift cards, a significant amount. Balagtas said the club received a $1,000 grant from the university and additional funds from Santa Barbara Community Church. The club plans to distribute the gift cards to residents at PATH UCSB in the form of Target gift cards.

"Originally, we wanted to actually go to Target and buy all the supplies, but we realized it's a big thing for them to be able to purchase it on their own," Balagtas said. The club also made a statement that they encourage students to see if there are any emergency supplies that the P.A.T.H. club can provide. The club aims to create a stronger connection and Associate Director of Development and Volunteer Programs John Bolwell mentioned that the club is looking for more volunteers to help with the winter drive.

The club is hosting a winter drive to collect warm clothing for shelter residents. The club is also planning to distribute gift cards to residents at PATH UCSB in the form of Target gift cards.

UCSB PATH p.8
In celebration of Halloween this year, UC Santa Barbara, local government bodies and community organizations are hosting events and activities for students and residents of Isla Vista and its surrounding areas.

### Isla Vista Community Services District

The Isla Vista Community Services District (IVCSD) is hosting a slate of five events on Oct. 28 from 3-10 p.m. for its “Spooky Spectacular” event held in the IV Community Center. The activities will kick off with a family-friendly craft fair from 3-5 p.m., featuring games, a hay ride, face painting and Halloween crafts, along with a photo booth and silent disco running until 8 p.m.

The event will proceed with a children’s costume contest from 5-6 p.m. arranged as a runway-style show with an entry fee and prizes for the winners. The adult costume contest from 6-7 p.m. involves a $1,000 prize. IVCSD is putting on an “Ecstatic Dance” in partnership with Santa Barbara Ecstatic Dance Co-op from 8-10 p.m. to finish the night off.

IVCSD is also hosting a Halloween-themed version of its exclusive monthly Latinx Community Dance Socials. This month’s event will be held from 7 p.m. to 2 a.m. on Oct. 29 at the IV Community Center.

IVCSD approved $10,000 in grant funding, distributed to multiple local organizations putting on Halloween events to go toward their individual event programming. St. George Youth Center (SGMC), Santa Barbara Hillel, IV Outdoor Market, IV Recreation & Park District and the IV Food Cooperative received grants this year.

St. George Youth Center is putting on its annual haunted house – an event that was temporarily discontinued during the COVID-19 pandemic – on Oct. 29 from 6-9 p.m. at 889 Camino Del Sur. Haunted house attendees will receive goody bags filled with Halloween memorabilia, as well as literature promoting a safe Halloween Day and Don’ts,” according to the center’s grant application.

Santa Barbara Hillel – an organization dedicated to Jewish student life – is hosting a multicultural Shabbat dinner on Oct. 28 from 6-9 p.m. at 1801 Pardall Road. Students with an Annual Night & Weekend Permit can park in designated campus lots for access to closed-off road areas.

### UC Santa Barbara

UC Santa Barbara is restricting visitors from staying overnight in residence halls and off-campus apartments during Halloween weekend. No overnight visitor parking on campus will be permitted for Friday or Saturday nights.

During these hours, Isla Vistans are prohibited from playing live music between the hours of 6 p.m. and 7 a.m. During these hours, Isla Vistans are prohibited from playing live or recorded music that audibly carries outside of their residence.

### Sheriff’s Office

Santa Barbara County is imposing a Halloween festival noise ordinance, effective from Oct. 26 through Nov. 4 between the hours of 6 p.m. and 7 a.m. During these hours, Isla Vistans are prohibited from playing live or recorded music that audibly carries outside of their residence.

In an additional policy, parking restrictions and road closures will be in effect from Oct. 28 through Oct. 31. Phelps Road and the surrounding areas may be closed off, and roadblocks may be placed on the following intersections: Trigo Road and Embarcadero del Norte, El Embarcadero Road and the Loop, Camino del Sur and Sabado Tarde Road, Camino Pescadero and Sabado Tarde Road, Camino Corte and Sabado Tarde Road, as well as Del Playa Drive and Camino Corto. Cars parked on the 6500 block of Trigo Road must be moved from the road starting Oct. 28 at 12 p.m. until Oct. 31 or will otherwise be towed. Residents are strongly recommended to move their cars if parked along Del Playa Drive and Sabado Tarde Road.

The police may place roadblocks restricting access to Del Playa Drive and Sabado Tarde Road and may require proof of residence for access to closed-off road areas.

UCSB is restricting visitors from staying overnight in residence halls and off-campus apartments during Halloween weekend. No overnight visitor parking on campus will be permitted for Friday or Saturday nights. Students with an Annual Night & Weekend Permit can park in designated campus lots starting Oct. 28 at 9 a.m. to Oct. 31.

### Isla Vista Recreation & Park District

The Isla Vista Recreation & Park District (IVRPD) is collaborating with LucentX Festival to hold a three-day event that will celebrate both Halloween and its 50th anniversary as a governing body. As part of the activities, IVRPD’s Haunted Pumpkin Patch is returning to Isla Vista, located in Santa/Opy Park for the nights of Oct. 29-31 from 7-11 p.m.

This free, outdoor event will feature an immersive theatrical experience with live-action story tellers, film screenings, carnival games and activities, two silent disco nights, a Ferris Wheel, Dia de Los Muertos altar, costume contest, and a live Thriller flash mob performance by ‘World Dance for Humanity.’

IVRPD Board Chair Nick Norman said in a press release.

### A.S. Program Board presents Delirium

USCB Associated Students Program Board is sponsoring its annual concert coinciding with Halloween weekend on Oct. 29 in the Thunderdome. Artists Isaiah Rashad and Binkis will be performing. The event is open to UCSB students-only, and valid Access Card is required for entry. Tickets are $5 and must be purchased online in advance.

USCB Department of Recreation puts on annual Hallowheels

UCSB’s Department of Recreation will be hosting their annual Hallowheels event on Oct. 28 from 9 p.m. to 1 a.m. The event will feature roller skating, a silent disco, a photo booth, costume contests, a concert, a spooky movie and free food and candy. The event is only open to UCSB students, faculty and staff and will require an Access Card for entrance.

Campus resource centers offer pumpkin painting

USCB’s Resource Center for Sexual and Gender Diversity is hosting their second annual pumpkin painting event on Thursday, Oct. 27 from 3:30-5:30pm. Registration is free for UCSB students on Shoreline, and the event is located at the Northside Front Lawn of the Student Resource Building.

The Non-Traditional Student Resource Center will be hosting a pumpkin painting event on the Student Resource Building Bike Path Lawn on Oct. 25th from 4-6pm.

A.S. EVPLA Office hosts “Haunt the Loop”

The External Vice President for Local Affairs is hosting a “Haunt the Loop” event on Oct. 29 from 5:30-7:30 p.m. The event will allow participants to “spook or treat” at several local Isla Vista businesses, beginning at Parc School and ending at Santa/Opy Park.

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IVRPD Board Chair Nick Norman said in a press release.
An Isla Vista Halloween: In Photos

Students pose for a photo at a house party during I.V. Halloween weekend.

I.V. residents show out in costume during a house party.

UCSB couple poses in matching costumes on the streets of I.V.

Front yard gets packed as students file in for a Halloween party.

Members perch atop balcony under “Alpha Epsilon Pi” banner amid I.V. Halloween.

I.V. residents return home after a visit to the CSO station.

Students file into a house party as the night picks up.

Residents stop by 7/11 on the way home after a night of Halloween weekend.
70s the parties moved in keg parties along Del Playa Drive. I wrote. "Starting popular holiday in the United parties filtering into the rest of Isla Halloween partying taking place reported the first instances of and former parks official Lodise weekend, nearly three fourths busted over "The cops "The cops "The cops "The cops "The cops "The cops "The cops "The cops "The cops "The cops "The cops "The cops "The cops "The cops "The cops "The cops "The cops "The cops ".The cops busted over 1,000 parties that weekend, nearly three forths from SBSU. In her book, community activist and former parks official Lodise reported the first instances of Halloween partying taking place on Del Playa in the early 90s, with parties filtering into the rest of Isla Vista in the coming decades. "Halloween is the second most popular holiday in the United States. But it’s definitely #1 in Isla Vista," Lodise wrote. "Starting sometimes in the 1960s, locals began dressing up and attending leg parties along Del Playa Drive. In the 70s the parties moved in land, too, and area high schools began marketing it as.

Nowadays, Halloween is a quieter affair, sometimes with more police patrols patrolling the street than actual partygoers. (Here’s a specific memory in 2015, sitting at Woodstock’s with my friends and watching a group of probably about 16 police officers playing frisbee with one guy on the street.) Ida Vista Community Services District (IVCSD) President and Director Spencer said. "In that year it really did feel like there were more police officers than residents because so many people had left town." Brandt said UCSB’s party reputation brought with it public safety and traffic issues for the local community. "That’s when the county started paying attention to try and do something to make it safer because there are a lot of safety challenges associated with it and a lot of neighborhood challenges to trash getting left on the streets." The Santa Barbara County Board of Supervisors instituted severe drinking restrictions with a November 1986 measure to ban possessing an open alcoholic beverage container on any Isla Vista street, parking lot, school property or other place open to the public. The Santa Barbara County Sheriff’s Office also began responding to the huge crowds with heavy policing in an attempt to "organize" the event, according to FCSD Director Jeff Freeman. Freeman said Halloween was still a huge event when he arrived in Ida Vista in 1996. Halloween was still standing room only across multiple streets — not just on Del Playa," he said. "It filled up all of Sabado Tarde, and it spilled out onto the streets." At the time, policing authorities did not enforce road closures, and cars drove down Ida Vista's dangerously overcrowded streets according to Freeman. "People took over the street and so the interaction of people with cars was quite dangerous said something destructive," Freeman said. "There's standing on a car that photo that is just in the throng of people." The Deltopia riot and a mass shooting in 2014 prompted local agencies to reassess their policing strategies with regards to Halloween. Isla Vista Foot Patrol, the Santa Barbara County Sheriff’s Office, and the UCSB Police Department upstaffed the improved law enforcement around road closures. UCSB and the local government strongly promoted the community message to "Keep it Safe, Keep it Local." After the Deltopia civil unrest in 2014, and then the mass shooting a number of months later, there was a change in the enforcement strategy Brandt said. "There was also a real organizing community effort to try and keep the community safe." Brandt added that since then, "Halloween has not really existed" in I.V. at least not in the partying sense. UCSB Associated Students (A.S.), FCSD and the Isla Vista Recreation & Park District, among other organizations, have regularly sponsored safe, sanctioned events as an alternative. Edgar Ambrazumjan, a foreign exchange student from Germany studying economics, said the local restrictions he found UCSB easiest to kick off patters in advance of the actual Halloween. "I can imagine that because of the police and the super strict situation on that weekend, people are going outside of I.V." Aristotle Otonia, a foreign economics major, works at the UCSB Recreation Center and plans to attend some of the locally sponsored events. "This weekend, I’m going to Halloween on Woodafd Friday night with my friends. And the Saturdays I’m deciding if I want to go to Delirium." Otonia said. "I might actually go down to L.A. for a Delirium event!" It does kind of suck that I.V. is shut down for Halloween weekend but will be leaving I.V. this year to visit her boyfriend’s family. She said she appreciates the safe events but not the level of policing on the campus subjects on students. "I definitely feel like the police presence is way overblown. I think it’s just unnecessary, especially because everyone else is also doing their job," she said. "I feel like it’s good to keep it local, and I appreciate all the events they’re putting on like the Delirium concert. I know some people who are actually staying for the concert, and I feel that’s good, but the police presence is just so ridiculous to me."

Every year, students travel from across the nation to Isla Vista to enjoy the Halloween festivities. This year, students have reported a decrease in the number of parties taking place on the weekend. Many report feeling more relaxed and enjoying the holiday in a more intimate setting.

In the past, Halloween in I.V. was known for its wild parties and large crowds. However, recent changes in law enforcement and community efforts have led to a quieter and safer experience for residents and visitors alike. The Deltopia riot and subsequent shooting in 2014 prompted local agencies to reassess their policing strategies with regards to Halloween. Since then, the Santa Barbara County Sheriff’s Office, the UCSB Police Department, and the Isla Vista Foot Patrol have worked together to ensure safety and reduce incidents.

The reduction in party size and volume has led to a more manageable situation for residents. "The town was a madhouse; some guy on the street," Isla Vista resident Barbara said. "The cops were everywhere."

Nowadays, Halloween is a more subdued event. UCSB students and locals have organized safe events such as the UCSB Recreation Center’s Halloween event, which attracts thousands of participants. The event includes live music, food trucks, and a variety of activities to keep the community engaged.

President and Director Spencer Brandt said that since the Deltopia riot and the shooting in 2014, there has been a significant shift in how the community approaches Halloween. "It’s a quieting down of the safe, locally sponsored events," he said. "People are looking for different ways to enjoy the holiday, and the community is supporting those efforts."

For students, the change has been welcomed. "It’s a relief," said UCSB student Ashley. "The police aren’t as present, and it’s more relaxed."

Despite the changes, some residents still miss the wild parties of the past. "I feel like it’s good to keep it local, and I appreciate all the events they’re putting on like the Delirium concert. I know some people who are actually staying for the concert, and I feel that’s good, but the police presence is just so ridiculous to me."

College students stand on top of a car making its way down a street in Isla Vista in 2003 during Halloween weekend.

Mounted police on horseback pass costumed pedestrians during their patrol shift on Halloween weekend in 2003.
Katherine S. Newman will replace Michael Brown as UC provost effective on Jan. 9, 2023. Newman is currently the chief academic officer presiding over the UC system. The approval of Newman was decided by a committee composed of UC President Michael V. Drake, Vice Chair of the Board Garrett Elliott, Chair of the Board Richard Leib, California Governor Gavin Newsom and regents Michael Cohen, Lack Park, John Pérez, Janell Reilly, Richard Sherman and Jonathan "Jay" Storey. Newman is currently the system chancellor for academic programs and the senior vice president for economic development at the University of Massachusetts (UMass) Office of the President. This is the second time she has generally served as a provost, holding the Torrey State Professor of Sociology at UMass Amherst.

Newman will officially replace Brown on Jan. 9, 2023. Brown informed Drake of his intention to step down at the end of 2022 this past January, according to UC Office of the President Senior Communications Strategist Stett Holbrook. The process of filling this position began in March.

"I'm deeply grateful to Provost Brown for the many significant contributions he has made to the university over these past five years. With his leadership on the 2019 goals, UC has charted a bold path for the years ahead," Drake said in a public statement. "Dr. Newman is an excellent choice for helping us realize the vision of those goals. She is a talented academic leader who cares deeply about public higher education and the vital role it plays in helping communities thrive."

Newman earned her undergraduate B.A. in philosophy and sociology from UC San Diego; then earned her Ph.D. in anthropology from UC Berkeley.

“It is the honor of a lifetime for Dr. Newman to be in this leadership role. It is truly an honor for me, as President, to welcome her to the campus. Whether through her work in urban studies or at PACE, she has demonstrated her commitment to addressing the housing needs of people experiencing homelessness and our need to ensure that everyone has a place to call home. Dr. Newman’s leadership will be critical to our continued success in this work, and I look forward to working with her as we advance our goals of ending homelessness and ensuring that all of our 120,000 students have the opportunity to succeed,” Gov. Newsom said in a public statement.

UCSB PATH

One endeavor Balagtas Marys to is the holding social events that allow P.A.T.H. residents to speak to members, as a way to ensure time constraint of regular meal services allows little room for casual conversation. "I could tell that a lot of the residents want to have that social outlet," Balagtas Marys said in a public statement. "I’m very excited to join President Drake and thank the Regents for this welcome."
Lord Ganesh, the remover of spiritual darkness, first worshipped from clay lamps (deepa), also known as "Festival of Lights" in "Deepavali" or the stars. Said to outnumber with a plethora of lamps people of Ayodhya shared home with Seeta, the hostage. After 14 years, once own son could become king, and stepmother banished him and killed Ravana and returned Rama fought and finally defeated the demon Narakasura who was granted one optional day to celebrate the triumph of good over evil than the Tamil Hindu population, say prayers and light oil lamps to mark the festival.

**Diwali Across the Globe**

**Countries Where Diwali is an Official Holiday**

Lord Rama's return to his kingdom of Ayodhya from a town of Sivakasi in Tamil Nadu has 640 factories that burst firecrackers at night, which are lit in houses and sent across river banks, special prayers are said to Lakshmi and Goddess Laxmi, and incorporate the culture of the festival into the curriculum.

**Gujarati**

Gujara has a large Hindu population, and many Gouravese Hindu and non-Hindus celebrate the national holiday. There are several Diwali motorcades on Diwali eve featuring bright lights, magmatic floats and women and children dressing up in costumes. The motorcades and Diwali celebrations are a symbol of unity and resilience in Gujarat, and various people of different backgrounds come together to participate.

**India**

India, where Diwali originated, is marked by numerous festivities during Diwali week. Sweets and cultural activities are in high demand, and many people burst firecrackers at night, which in turn cause large amounts of smoke to hog up the air. The town of Stephan in Tamil Nadu has 484 factories that produce 99% of India's firecracker supplier. Lamps are lit in basas and across river banks, special prayers are said to Lakshmi and Goddess Laxmi, and cultural outfits are in high demand.

**Fiji**

Fiji is an annual, five-day festival that, according to a large number of people, commemorates the Hindu god Lord Rama’s return to his kingdom of Ayodhya from a 14-year exile after conquering the demon god Ravana.

Per Hindu mythology, Rama, the stepmother banished him and killed Ravana and returned Rama fought and finally defeated the demon Narakasura who was granted one optional day to celebrate the triumph of good over evil, and so forth. There is a traditional dancing and music along with sweets as people worship God and celebrate Diwali.

**Nepal**

Diwali, better known as Tihar in Nepal, people celebrate both the gods and animals. People pray to Lord Tamma so that they may go to heaven, and they also worship and feed the animals because they are considered divine gifts from nature.

**Meenakshi**

Many participate in diya lighting festivities and prayers for everyone’s happiness and well-being. There is traditional dancing and music along with sweets as people worship God and celebrate Diwali.

**Singapore**

The celebration Diwali, Dhanteras, is agreed upon origin, and there are many variations of how Diwali started. The first day of Diwali, Dhanteras, is usually auspicious day to buy metallic items, gift exchanges and talks about English; Hindi, and Fijian languages in a showing of communal harmony. Many schools in Fiji organize events, such as pujas, singing and rangoli, and incorporate the culture of the festival into the curriculum.

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The UC Santa Barbara women's soccer team has done it again. One year after the team defeated California State Long Beach in its final game of the 2021 season, UCSB beat the top-seeded Elbees again with the exact same score of 2-1 on Oct. 23. In 2021, the Gauchos were favored to win and eliminated CSU Long Beach from postseason contention. On Sunday, however, UCSB entered the game as the underdog, and while the Gauchos travelled to Santa Cruz in a prime position tovengefully end the Gauchos' season, UCSB emerged victorious and kept its playoff hopes alive.

"When you play against good teams like that, you always have to weather a few storms, and we just did a great job of defending, building through the midfield and creating enough chances for ourselves," head coach Paul Stumpf said.

The Gauchos wasted no time in contradicting their underdog status, as senior midfielder Dylan Lewis scored a goal off a penalty kick 42 seconds into the game, giving the Gauchos an early 1-0 lead. The Elbees came within three straight occasions throughout the first half but the Gauchos' senior goalie Emma Ryan Smith's dominant goalkeeping held the opposition to zero points.

CSU Long Beach managed to tie the game in the second half, and went on to tie the game again, but UCSB made it a 2-2 tie going into the second overtime, when season-high 10-shot goal from sophomore attacker Ethan Shipman found the back of the net.

Vigorous efforts in the cage kept the score count low in the first half, with the score held at 2-2 going into the second half.

Going into the second overtime, UCSC struck first again after sophomore attacker Dylan Patila saved a game-tying goal from the defender. Nangle, being savvy, created a vast advantage back and forth for both teams for the remainder of the first half.

Freshman defender Jake Burgin, sophomore defender Shane Hoover and senior attacker Logan Statter scored the second goal, bringing the score to a 3-1 lead in UCSB's favor when the halftime whistle was blown.

In the third quarter, the defense still remained unbroken, and offensive attacks from both teams did not seriously affect the Gauchos' goalie Dylan Roland or UCSB's sophomore goalie Jacob Pyle.

By the end of the quarter, only two goals were scored. On a power play, UCSC's senior defender Max Brogan followed his teammate, by launching an absolute banger from the outside of the power play to put the Gauchos up 2-1.

Unfortunately, a minute later Brogan's goal, UCSC's sophomore defender Davis McFarland committed an exclusion, creating a power play for UCI. UCI, taking full advantage of the man advantage, scored an insurance goal in the power play, where sophomore attacker Ethan Shipman found the back of the net.

The Gauchos dominated and created a large advantage on both ends of the field for the remainder of the overtime.

"We've never been happy with coming out in the final minutes of the game," head coach Paul Stumpf said. "We've been happy with the way we've been able to weather a few storms, and we did a great job of defending in the last few minutes of the game."
“He’s never gonna find someone like me,” says some girl in angel costume

“Her loss bro,” says some guy in Hugh Hefner costume

Original! Every male econ major to dress up as Jordan Belfort for Halloween

Migraine Mommy  
Leader of the Pack

Halloween is right around the corner, kids, and everyone is thinking about what spooky, little creature to dress up as! And around campus, the results are in. It seems that all male econ majors are set to dress up as the spookiest creature — financial criminal Jordan Belfort!

“The Wolf of Wall Street” is the Halloween costume for econ men of all ages. And not just due to the rawness of the costume — after all, the attire is only a suit, slacked-back hair and a little bit of coke under the nose. The real appeal here seems to be its role as a dandy and role model for college men. Boo!

So, when you are out in the streets of Isla Vista this Halloween night and see a horde of men dressed in suits, do not get confused. Frankentza rash has not come late! What you see before you is a wolf pack, baby, the wolves of wall street. Awesomeness!

Migraine Mommy thinks that “rauf rau, raaww, bank, bank”.
El Museo de arte en Santa Bárbara celebra Día de Los Muertos

Escribo por: Mari Villalpando / Ortega Editado por: Daily Nexus

En el Museo de arte en Santa Bárbara se celebra el Día de los Muertos, que también se conoce como Día de los Difuntos, es una celebración en honor a los seres queridos que se han ido.

El gerente de una discoteca gay en Los Ángeles, una ciudad donde la comunidad LGBTQ+ ha sido históricamente una fuente para inspirar a todos, dijo que el Día de los Muertos es un día en el que la comunidad se une para recordar a los seres queridos que han fallecido.

"Es un día en el que la comunidad se une para recordar a los seres queridos que han fallecido y conmemorar su legado," dijo el gerente.

En el Museo de arte en Santa Bárbara, se celebra el Día de los Muertos con una exposición que incluye obras de arte que representan el tema del Día de los Muertos.

La exposición incluye piezas de arte que representan el tema del Día de los Muertos, así como trabajos de artistas que han sido influenciados por la cultura mexicana. La exposición también incluye obras de arte que representan el tema del Día de los Muertos en el mundo hispanohablante.

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1 Aint no challahback girl: Pumpkin chocolate babkallah

Haydin Zogaric
Staff Writer

Like many others, my favorite time of year is autumn, with its fall flavors, cozy sweaters and the start of the holidays. At my family’s small business, Shaws Candy in San Francisco, the fall feeling is captured by seasonal treats of all kinds: pumpkin chocolate babkallah.

Growing up, Friday nights were solely reserved for coming together as a family and celebrating the Sabbath. My mom would prepare and cook everything from the root vegetables to the chicken, while I began proofing yeast and measuring out flour for fresh challah. Making Challah has been a part of my life since I can remember. From Jewish preschool and day school activities involving baking challahs on Friday nights to testing new Challah and bread recipes in a test kitchen, it is as if baking Challah is intrinsically linked to who I am. Nothing brings me more nostalgia more than getting into the kitchen, braiding three-stranded loaves and getting to share my creations with other people. Because baking Challah is so second-nature to me at this point, I sought to challenge myself to develop a new Challah recipe that incorporated fall flavors while employing my own bread-making skills. This is where I have conceptualized the pumpkin chocolate babkallah, also known as the pumpkin chocolate babkallah.

My recipe is inspired by Claire Saffitz’s babkallah from her cookbook, “Dessert Person: Recipes and Guidance for Baking with Confidence: A Baking Book.” Babka is a bread of Ashkenazi Jewish origin and is similar to challah in taste and structure. Combining the Challah and babka recipes together results in an incredibly textured yeast bread similar to babka.

From the incorporation of pumpkin puree and warm spices to the chocolate spread stuffed in the dough, this pumpkin chocolate babkallah will be the best dessert you’ll eat during this autumnal equinox.

Ingredients:

For the dough:

1 ¼ tablespoons pumpkin puree
2 1/4 teaspoons active dry yeast
5 tablespoons unsalted butter, melted
1 cup white chocolate, chopped
1 cup butterscotch chips
1 cup sweetened condensed milk
1½ tablespoons pumpkin puree
1 teaspoon vanilla extract
1 teaspoon salt

For the filling and assembly:

1 envelope or 2 1/4 teaspoons granulated sugar
1 large egg, beaten
1 teaspoon ground ginger
1 tablespoon cinnamon
1 teaspoon nutmeg
Cone sugar, for sprinkling on top

Directions:

1. Proof the yeast:

Pour the yeast mixture into a large bowl and whisk until combined. Add the melted butter, stirring until dissolved. Let the yeast mixture sit until foamy, approximately 5 to 10 minutes.

2. Fill the dough:

Place the dough onto a lightly floured surface and knead, adding flour as necessary to prevent sticking. The dough is ready for proofing once it is smooth, supple and no longer shiny (this should take about 8 to 10 minutes of kneading).

3. Butter the inside of a large, clean bowl, then place the dough ball into the bowl. Cover the bowl with plastic wrap and let the dough rise in a warm place until it has doubled in size. This should take about 1.5 to 2.5 hours depending on the ambient temperature and location.

4. The yeast, to the yeast mixture, add granulated sugar, egg yolks, vanilla, cinnamon, nutmeg, ginger and pumpkin puree and whisk until combined. Add the butter, flour and salt, mixing with a wooden spoon until a dough forms. Place the dough onto a lightly floured surface and knead, adding flour as necessary to prevent sticking. The dough is ready for proofing once it is smooth, supple and no longer shiny (this should take about 8 to 10 minutes of kneading).

5. Bake the challah:

Line the pan. Turn the risen dough out onto a lightly floured work surface. Divide the dough into three equal portions. Shape and work each portion into a log that are about 1-foot long, then flatten each rope with the heel of your hand. Use a rolling pin or your hands to roll out each rope into a 12-by-4-inch rectangle-like shape. Spread melted butter on the surface of the dough. Roll the dough into a log. Take three of the rolls together at one end, then braid a three-stranded braid. Cover the babkallah loosely with plastic wrap and let it rise in a warm spot for 1 to 2 hours, until it has grown almost twice its original size.

6. Bake the babkallah:

Preheat the oven to 350°F. Bake the babkallah until golden brown, around 35 to 45 minutes. Let it cool completely on a wire rack.

The babkallah can be served hot or cold, eaten raw or sliced. Use leftovers to make French toast, that is, if you even have leftovers.

This pumpkin chocolate babkallah will be the best dessert you’ll eat during this autumnal equinox.
How do you lessen the toll of a sugar rush?

Meenakshi Manoj
Staff Writer

Having a major spike in blood sugar has many downsides. You may experience headaches, severe energy drops the next day, elevated sugar cravings and greater risk for certain diseases like heart disease, type 2 diabetes and insulin resistance (Team Nutrisense). At a Friday or Saturday Halloween celebration, there is little to no chance that you won’t crave a single piece of candy or chocolate. While it’s important to enjoy these moments while they last, there is one important thing to watch out for: a major glucose spike when you subconsciously munch on some Sour Patch Kids or M&M’s.

According to biochemist Jessie Inchauspé (Inchauspé), the specific order and combination of food that you consume can minimize or exacerbate the effects of a cheat day over the Halloween weekend. In her science novel “Glucose Revolution: The Life-Changing Power of Balancing Your Blood Sugar,” Inchauspé emphasizes that the order of food matters. The ideal order is as follows: vegetables first, protein and fats second, starches and sugars last.

Inchauspé explains that by eating sugary foods and simple carbohydrates after having some fruit with nut butter or good quality protein, you will feel less hungry, have fewer cravings and experience smaller glucose spikes (Frey Regional Medical Center). In addition, consuming gut-healthy foods before sugary snacks may enhance your capacity to recover from a glucose spike. These foods include fermented foods like yogurt and kimchi; probiotic foods like green bananas and dark chocolate; high-fiber and antioxidant-rich foods like wild blueberries; unprocessed nuts or nut-butter like almonds and peanut butter; and eggs, perhaps in a frittata or egg salad. All these nutritious food categories are great ways to start the day before eating sugary snacks and junk food later on, according to metabolic research professor and physician Dr. Louis Aronne at Weill Cornell Medical Center.

Leslie Bonci, a registered dietician and sports nutritionist, found that the best food to eat with sugary products may be protein. Protein is known to trigger the release of glucagon, a hormone that stabilizes insulin levels. According to the Cleveland Clinic, “glucagon is a hormone that triggers liver glycogen to convert back into glucose and to enter your bloodstream so that your body can use it for energy.” In other words, after a glucose spike, the hormone glucagon stabilizes blood sugar levels such that a massive drop in glucose levels does not occur. If glucagon was not there to lessen the impact of a spike in glucose, a person could experience splitting headaches, fatigue, or excessive thirst, hunger and urination (Cleveland Clinic). Therefore, by consuming a combination of protein and sugar, such as some carrots and hummus with a fun-size Hershey’s bar, protein and sugar can regulate one another. “Our bodies are pretty darn smart in that way,” Bonci notes.

An improved diet is important, and a day of sugar will likely not do much harm. A “bad night” is normal every once in a while. In order to get back to a healthy lifestyle after a sugar overload, it’s important to drink plenty of water because our bodies are 60% water and blood is 90% water. Also, try to exercise regularly – even just a 15-minute bike ride can make a difference. Prioritize resting your mind and body by managing your stress levels and getting adequate sleep and, most of all, staying optimistic about what’s to come! The takeaway – enjoy your Halloween night! Don’t be scared about a few candy bars but also do the best for your body: incorporate healthy fiber, fats and protein when you have a couple of treats. Plan your meals so that your last glucose intake is what’s to come! Staying optimistic about what’s to come! Also, try to exercise regularly – even just a 15-minute bike ride can make a difference. Prioritize resting your mind and body by managing your stress levels and getting adequate sleep and, most of all, staying optimistic about what’s to come! The takeaway – enjoy your Halloween night! Don’t be scared about a few candy bars but also do the best for your body: incorporate healthy fiber, fats and protein when you have a couple of treats. Plan your meals so that your last glucose intake is what’s to come!
Top movies to watch for Halloween that are not “Halloween”

Gabe O’Brian
Staff Writer

“The Exorcist”

Good horror film, the methodical build up to the actual events make them that much more frightening. "The Exorcist" is not just a terrific film for its genre, but it might just be one of the greatest films ever made, especially having been nominated for the Academy Award for Best Picture.

“The Fog”

something that makes the best horror films is psychological terror rather than mere jump scares or cheap use of gore. “Rosemary’s Baby” is the perfect example of a film utilizing this strategy. The film, starring Mia Farrow, centers around the titular character who is pregnant with the antichrist after her husband makes a deal with the Devil in exchange for fame and success. Her slow realization that what she thought was a wonderful blessing is actually a disaster is poignant. Rosemary’s paranoia could be explained away by the hormonal imbalance that her pregnancy has induced — until a chillingly trippy climactic scene. The 1968 film is gripping because its themes lie with the burgeoning feminist movement, and the film makes a strong argument for bodily autonomy for women.

“Final Destination”

This film is a fun watch to get those slasher classics for teenagers that narrowly cheat death, only to have Death come after each one of them to claim the souls he thought were stolen from him. “Final Destination” has a riveting premise, and it has that supernatural element that makes the audience feel it will be impossible for the characters to literally escape fate. “Final Destination” does not have the critical acclaim that the other films on this list have, but it is a delightfully cheesy movie that is nevertheless a fun 90 minutes.

“The Shining”

Everybody knows “The Shining,” even if they have not seen it. Who doesn’t know Jack Nicholson’s famously psychotic “Here’s Johnny,” delivered through a door he’s nearly broken down with an axe. “The Shining” is based on the novel by Stephen King, but director Stanley Kubrick takes the film in a much more sinister, stylized direction — sparking conspiracy theories about what the film is really all about … even though it was not his idea to begin with. The Torrance family thinks that the seasonal job of taking care of a ski resort in Colorado will be serene, only to have the menacing spirit of the hotel itself exploit each of their deepest fears. If you have not seen it already, “The Shining” is a memorable movie experience that will make you feel like you are losing your mind as you sit through this rollercoaster of a film.

As the campanile behind him struck 12, jomch took the stage in front of Storke Plaza.
**Lurking in the shadows**

By Amelia Rowe

The best spot to bite time during an intense game of household hide-and-seek, there is no comparably better than a closed shower curtain. What makes it the absolute best? Unsuspecting seekers never consider the simple disguise of a closed curtain—a space almost seamlessly hidden behind the bathroom spot which lacks the indiscernible out-of-place cushion cushion or stray towel slung on bars from under the sink, which other locations often neglect to conceal. This expert hiding spot is always my first choice, and I’m rarely found. However, outside of the game, I’m my own worst enemy. My ability to go unseen and unheard, lurking in the shadows, behind a facade ofopaque fabric for weeks or even hours at times, has led me to fear that very spot. It feels as if something, my hide-and-seek spirit will strike me to the awe. In live I feel in fear, while seemingly irrational, has led me to tiptoe around showers, bathrooms and bathtubs, especially the unfamiliar, and always take caution when I’m, wearing a new shower curtain. I’ve yet to find the villain I look to expose, but I know he’s out there. Where the day comes I’ll be grateful none may lurk behind my shower curtain because I always keep mine open.

Where the cacti bloom and shrivelfrom my feet

By Mikayla Bubbe

My sister could sing, but wouldn’t, instead of 30,000 partiers on the town, or at least some kind of mass evacuation. Drones of cars leave Friday evening, leaving IV quiet and solitary for the weekend. It’s amazing to me that the progress of time changes nothing at all. From 1970 to 2009 to 2023, everyone feels the exact same and still nothing alike.

I was walking home with D last night from the library, and we passed our group of costumed students, seemingly wandering around from block to block in order to find their final destination for the night. There were Playboycanines and Cat in the Hats intermittently stopping in the middle of the sidewalk to say hi to a friend or complement a stranger on their costume. After we reached our house, I asked D how many people she thought had dressed up as Playboy bunnies and walked around IV in the entire town, or at least some kind of mass evacuation. Drones of cars leave Friday evening, leaving IV quiet and solitary for the weekend. It’s amazing to me that the progress of time changes nothing at all. From 1970 to 2009 to 2023, everyone feels the exact same and still nothing alike.

On the 19th, the Grand Slam. I open my eyes, blank faces. “So, thought I’d introduce myself, just cause...” You’re all looking at me like I’m incoherent. Colleagues, they blink in response. They disperse Whispering, then shushing one another. A gust carries me along with a trail of leaves. Seeing as my lungs barely have capacity. For more than three seconds. I slam the door with a tiny, just in case I’m missing something, nobody lever, no louder than a paper hitting water. “Wait! For me?” I feel the shapes of words erupt from my mouth. Nobody looks, nobody cares.

Almost, I clear my throat. There’s nothing there. And I know.