

Students for Justice in Palestine organize informational meeting in solidarity with Palestine



SJP at UCSB is a political pro-Palestine activist organization.

Asumi Shuda
Deputy News Editor

UC Santa Barbara's Students for Justice in Palestine held an informational meeting for the campus community on Palestinian struggle. This was part of the organization's actions in solidarity with Palestine following Israel ordering a siege of the Gaza Strip on Oct. 9.

Various members of the UCSB community filled the meeting site for the hour-long discussion.

On Oct. 7, a militant group based in the Gaza Strip, referred to as Hamas, launched a series

of surprise attacks killing around 700 Israeli civilians. Following the attacks, Israeli Prime Minister Benjamin Netanyahu formally declared war on Hamas and ordered a siege of the Gaza strip, halting supplies like water and killing at least 2,778 and wounding 9,700 Palestinians.

Students for Justice in Palestine (SJP) requested anonymity for all individuals who spoke at the meeting and are involved in the organization, citing safety concerns. The reported events were also not photographed to protect the privacy of SJP members and affiliates.

SJP at UCSB is a political activist organization of students, faculty and staff that work to "promote justice, human rights, liberation, and self-determination for the Palestinian people," its organization description read.

"Many of our members are grieving and feel no safety on campus," SJP said in a statement to the Nexus.

The event followed a demonstration on Oct. 12 in honor of Kuffiyeh Thursday on the library steps, and a Sunset Walk for Palestine demonstration in collaboration with the Lebanese Social Club that was canceled for safety reasons.

"We just want to stress that these are very scary times for Palestinians and Black and Brown indigenous communities in general," the statement continued. "Palestinians are being dehumanized both globally and on campus and want to give space to Palestinians to drive despite their fight for liberation [and] being attacked for the last 75 years."

The presentation began with providing context to Israel and Palestine, covering topics like Ghassan Kanafani – a Palestinian author and leading member of the Popular Front for the Liberation of Palestine who was assassinated in 1972

– along with settler colonialism and zionism.

The presenter labeled the Palestinian struggle as a "war on language and rhetoric," describing the current struggle as the enforcement of settler colonialism through a system of apartheid. They then defined settler colonialism as the invasion of foreign people under an imperial power and establishing settlements that displace Indigenous people, and defined zionism as establishment of the Jewish state on the ruins of the ethnic cleansing of Palestinian people.

The meeting then moved into discussion presentation slides made by SJP at CSU Northridge on the siege of the Gaza Strip.

The presenter said the siege of the Gaza Strip is the result of Israel calling war on Hamas but targeting Palestinian people, citing a blast that killed hundreds of people at a Gaza City hospital on Oct. 17.

This presentation was followed by a discussion on the role of students in supporting Palestine, starting with showcasing an anonymous Google form to report incidents of harassment.

During this public comment period, audience members asked how to better gather in solidarity and how to speak up about the

discourse while protecting their physical safety and mental well-being. Community members spoke of instances of being afraid to speak up in classrooms and other campus settings, as well as feeling unsafe on campus after the postings of pro-Israeli posters along Pardall Road.

Discourse on Israel and Palestine has historically been controversial at UCSB. UCSB Associated Students resolutions has called for UCSB and the UC Regents to divest from companies that profit off of alleged human rights violations by the Israeli government against Palestinians have been presented to the A.S. Senate annually. UCSB is the only undergraduate campus in the UC to not pass a resolution on divestment.

Audience members made suggestions on community building and mutual protection. Community members also promoted various educational resources, upcoming events to attend and upcoming activist demonstrations for community members to get involved in.

SJP chapters across eight UC campuses also published a statement to the UC Board of Regents, condemning the

**Students for Justice
in Palestine p.4**

IVCSD approves updated festival ordinance, social host ordinance



The Board approved amendments to the festival ordinance targeting bluff safety, and discussed Capps' Bluff Safety Plan.

Sindhu Ananthavel
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Asumi Shuda
Deputy News Editor
Anushka Ghosh Dastidar
Community Outreach
Editor

The Isla Vista Community Services District approved amendments to the festival ordinance and social host ordinance at its meeting on Oct. 10. meeting.

Outdoor festivals – defined in the ordinance as musical events to be attended by 500 people or more to which the public is invited and held at a place not constructed for said activities – are already illegal on residential property under several laws. Isla Vista Foot Patrol Lieutenant Garrett TeSlaa said the purpose of amending the festival ordinance is largely to clarify existing restrictions regarding such events and thus, prevent dangerous overcrowding and reduce criminal prosecution on residents and visitors.

The amendments were originally discussed in a

working group that included IVCSD Directors Olivia Craig and Ela Schulz, IVCSD General Manager Jonathan Abboud, UC Santa Barbara Associated Students (A.S.) External Vice President for Local Affairs Osaze Osayande, UCSB Vice Chancellor of Student Affairs Margaret Klawunn and District 2 Representative Jordan Killebrew.

"The point is to bring it all in one place where we can show to the public in very clean language that this is legal and this is not," TeSlaa said.

Specific changes brought to the ordinance are listing "Deltopia weekend," the first week of spring quarter, as a permanent prohibition on outdoor festivals and reducing the number of prohibited attendees from 500 to 250 for outdoor festivals.

Paid parties are a major target of this ordinance update, according to IVCSD Director Spencer Brandt, and the ordinance enforces the reduction of said parties occurring.

"All of us on the board have

heard loud and clear from the community that the vast majority of residents do not support these paid parties," Brandt said in an interview with the Nexus. "What we've heard from law enforcement is that in many cases, these paid parties come along with a lot of public safety hazards that need to be addressed."

In a presentation to the IVCSD Board, TeSlaa identified areas of improvement as bluff and rooftop safety, public right of ways, infrastructure, along with generally limiting paid parties.

The board voted to support the recommendations to the festival ordinance, which will be brought to the Board of Supervisors by TeSlaa.

Alongside the festival ordinance, a social host ordinance was proposed, which outlined what constitutes a "public nuisance" for social gatherings and parties in I.V.

The bill proposes that social gatherings or parties will be

**Updated Festival
Ordinance p.4**

EVPLA hosts Halloween town hall, discusses public safety in I.V.



Osayande said the purpose of the town hall was to "focus on restorative justice and community-oriented safety."

Anushka Ghosh Dastidar
Community Outreach
Editor

The External Vice President for Local Affairs held a Halloween town hall meeting on Oct. 17 with community safety leaders to answer questions and share opinions on public safety in Isla Vista.

The meeting featured seven panelists, including Alex Yao, the Chief of Police at the UC Santa Barbara University of California Police Department (UCPD), Lieutenant Garrett TeSlaa of Isla Vista Foot Patrol (IVFP), Professor Geoffrey Raymond, the Co-Chair of the Police Advisory Board, Isla Vista Community Services District Board President Marcos Aguilar, Assistant Vice Chancellor and Dean of Student Life Katya Armistead and Colby Carrell, a senior deputy at the Sheriff's Office and community resource deputy of the IVFP.

Fourth-year psychological and brain sciences major and External Vice President for Local Affairs Osaze Osayande said the purpose of the town hall was to "focus on restorative justice

and community-oriented safety" and to raise student concerns to local law enforcement representatives.

The first topic of discussion was about how community leaders make an effort to address the issues that are unique to the community. TeSlaa said IVFP's restorative justice program aids in educating people about safety issues prevalent within I.V. as a way to resolve conflicts without harm.

"They learn about issues specific to Isla Vista. Why we have open container laws, why we have noise curfews ... we talk about cliff and bluff safety, rooftop safety and most recently we've added an education component of the dangers of fentanyl," TeSlaa said.

Another topic brought up was over-policing in I.V. A question submitted to the panel called out the punitive nature of law enforcement and suggested that alternative enforcement strategies be implemented.

Chief Yao responded, saying that UCPD only conducts penal enforcement as a last resort.

Halloween Town Hall p.4

A week in UC student news

Alex Levin
University News Editor
Black Lives at Cal introduces self-guided Black history tour of campus

Black Lives at Cal created a self-guided Black history tour of UC Berkeley’s campus, featuring various Black students, faculty and events from the past 100 years, The Daily Californian reported.

Black Lives at Cal (BLAC) is a multi-year initiative to celebrate and advance the legacy of Black people at UC Berkeley.

The tour was established by BLAC committee member and campus alumna Gia White, as well as fourth-year media studies major and BLAC content creation team leader Daniella

Lake. The project stemmed from an essay by White about the first Black woman on UC Berkeley’s campus in the early 1900s.

“The tour is composed of 14 stops right now. The thing about it is we’re just scratching the surface of the black history on campus; there’s so many stories,” Lake told The Daily Californian. “(We) call it the starter pack.”

The first stop of the tour highlights Walter Gordon, the first Black student to graduate from UC Berkeley School of Law and the UC’s first all-American football player. Listeners of the tour can also learn about the presence of James Baldwin, W. E. B. Du Bois and Martin Luther King Jr. on

UC Berkeley’s campus.

“It’s been far too long that people didn’t know their names or their contributions. And it’s truly insane, all the stuff they did, for it to be dusted under the rug,” Lake said. “This project is so much bigger than us, because this is for the Black trailblazers who came before us.”

UCSF professor Diana Greene Foster named 2023 MacArthur Fellow

UC San Francisco professor of obstetrics, gynecology and reproductive sciences Diana Greene Foster was named a 2023 MacArthur Fellow – a prestigious honor in academia, science and the arts – on Oct. 4, UCSF announced.

The John D. and Catherine T. MacArthur Foundation is

an organization that supports creative people and institutions to build a more just and peaceful world. Through its annual MacArthur Fellows Program, the foundation awards \$800,000 stipends to “talented individuals who have shown extraordinary originality and dedication in their creative pursuits and a marked capacity for self-direction,” according to the program website.

Foster has conducted extensive research on policies surrounding reproductive health care. Her 2020 study, titled the Turnaway Study, examined the financial and health outcomes of people who are denied abortions.

“Diana has provided us with the best evidence yet of the

long-term consequences this issue has on women and their children,” UCSF Chancellor Sam Hawgood said in the press release. “She has produced research that is indispensable to understanding the impact that abortion restrictions are having across the country.”

Foster said that she hopes the findings of her study and her research in the field will be used to inform future policy decisions surrounding abortion.

“My hope is that state judges and state legislators will look at the effect on their constituents and fellow citizens and understand this decision is not an easy one politically, but has wide-ranging implications for people’s health and the wellbeing of kids,” Foster said.

Vista Point: Weekly goings-on in and around Isla Vista

Asumi Shuda
Deputy News Editor

IHC hosts feminist discussion on “Barbie”

The Interdisciplinary Humanities Center (IHC) is hosting a talk titled, “Is Barbie Feminist? It’s Complicated” with the “L.A. Made: The Barbie Tapes” podcast host M.G. Lord. The discussion will be taking place Thursday, Oct. 19, from 4-6 p.m. at the McCune Conference Room in the Humanities and Social Sciences Building.

“This talk will explore the Greta Gerwig effect and the 64 years of changes in Barbie’s jobs, ethos, and even body,” the event description read.

A question and answer session with the audience, alongside a reception, will follow the talk.

Cultural Resource Centers host open house

Three cultural resource centers are hosting their open house tours on Thursday, Oct. 19, from 4-6 p.m. on the first floor of the Student Resource Building (SRB).

The centers are the Middle Eastern, North African, South Asian Resource Center, the Asian Resource Center and the Chicana/Latinx Cultural Resource Center.

These tours are a part of the Educational Opportunity Program’s open house events. The events will introduce these centers’ services, programming and campus affiliates.

Women’s Center hosts feminist jeopardy night

The Women’s Center is hosting a “Feminist Jeopardy” event on Thursday, Oct. 19, from 5:15-6:15 p.m. at the Women’s Center Community Room.

Pizza and water will be provided, and participants have the opportunity to win a prize.

ONDAS Student Center hosts workshop on quarter system for first-generation students

Opening New Doors to Accelerating Success (ONDAS) Student Center is hosting a workshop on navigating the quarter system at UC Santa Barbara for first-generation college students. The discussion will take place Friday, Oct. 20, from 10-11 a.m. at Kerr Hall 1150.

The event will be led by ONDAS Student Center peer mentors and food will be provided.

Participants must register in

order to attend the workshop.

UCSB Sustainability teaches students about gardening on balconies

UCSB Sustainability is teaching a class on balcony gardening on Friday, Oct. 20, from 10-11 a.m. at the St. Michael’s Community Garden in Isla Vista.

The workshop will cover the basics of gardening, creating garden beds and soil. Various fall seasonal seeds will also be provided to attendees.

RCSGD hosts scrapbooking night for women-loving-women identifying students

The Resource Center for Sexual and Gender Diversity (RCSGD) is hosting a Sapphic Scrapbooking community group for women-loving-women identifying students. The event series will take place on Fridays from 12:30-1:30p.m. starting Oct. 20 at the RCSGD lounge.

“Every week, we’ll focus on a different theme to spark your crafty creativity and host a mini discussion space to provide community care,” the Shoreline description read. “Bring your scraps from home or come ready to create your own masterpiece with the RCSGD’s supplies!”

Professional Women’s Association holds pumpkin painting night

Professional Women’s Association is hosting an evening of pumpkin painting on Friday, Oct. 20, from 4-6 p.m. at the Mission Rose Garden.

“Materials and treats will be provided,” the Shoreline description read. “Please bring a picnic blanket and pillow or chair and warm attire as we will be outdoors at the Mission Rose Garden.”

MultiCultural Center hosts “Conscious Conversations” Series on QTBIPOC experience

The MultiCultural Center (MCC) is holding a speaker series titled, “Conscious Conversations,” on Friday, Oct. 20, from 5-6:30 p.m. at the MCC theater. The discussion will be followed by a community event from 6:30-7:30 p.m. at the MCC Lounge.

The event will feature a panel of professor Alexander Cho of the Department of Asian American Studies and professor Terrell Winder of the Department of Sociology, alongside RCSGD Trans Empowerment Coordinator Fernanda Marin and

MCC Student Assistant Lead Angellina Querol.

“In this discussion, we hope to create a space where we can listen, learn, and possibly share our own stories of coming into the UCSB community as LGBTQ+ students, faculty, and staff of color,” the Shoreline description read.

Edible Campus Program starts garden volunteering event series

UCSB Edible Campus Program is starting its garden volunteer event series Saturday, Oct. 21, from 10:45 a.m. to 1 p.m.

“At 10:45am, volunteers meet the ECP Garden Volunteer Coordinator at IV Food CO-OP. From there, we will walk to the gardens as a group,” the Shoreline description read.

MCC holds reception for African American Quilters of Los Angeles

The MCC is hosting a public reception for artist group African American Quilters of Los Angeles (AAQLA) on Saturday, Oct. 21, from 12-2 p.m. at the MCC Lounge.

AAQLA was “founded in 1986 by a group of Black women who shared the love of quilting, whose goal is to increase the personal and public awareness and knowledge to support the expression of African American quilting, as well as celebrating and continuing the tradition of quilting,” the Shoreline description read.

Communication Alumni Council hosts networking event for transfer students

The UCSB Communication Alumni Council of the Department of Communication is hosting a welcome and networking event for transfer students. The event will take place Saturday, Oct. 21, from 1:30-3p.m. at the Mosher Alumni House. Refreshments will be provided.

“The event will feature a continuing transfer student advice panel, alumni-student and student-student networking activities, and structured small-group discussions,” the Shoreline description read.

Department of Recreation hosts climbing night for BIPOC students

The Department of Recreation is hosting a climbing night for BIPOC students on Saturday, Oct. 21, from 6:30-8:30 p.m. at the Recreation Center Climbing

Wall.

Climbers of all levels are invited and no climbing experience is required.

IHC hosts talk on anti-Asian racism

IHC is hosting a lecture with Wendy Hui Kyong Chun on anti-Asian racism on Monday, Oct. 23, from 4-6 p.m. at the McCune Conference Room. A reception will follow.

“This talk outlines the importance of early- and mid-20th-century studies of women workers and Japanese and Japanese-American internees in U.S. WWII internment camps to the rise of sentiment analysis,” the event description read.

RCSGD, Office of Black Student Development host mirror painting night for Black LGBTQIA+ students

RCSGD is collaborating with Office of Black Student Development (OBSD) for a mirror painting night for Black LGBTQIA+ students on Monday, Oct. 23, from 4:30-6 p.m. at the SRB Multipurpose Room.

“Join us for the first RCSGD x OBSD Black Queer and Trans event of the year: Forward By Reflection, a Black Queer Mirror Art Event,” the Shoreline description read. “We’ll bring all needed supplies to decorate mirrors to create a frame for the real artwork you’ll be photographing this year, yourselves.”

Arts & Lectures features lecture with Jill Lepore

UCSB Arts & Lectures is hosting a lecture with two-time Pulitzer Prize finalist Jill Lepore on Tuesday, Oct. 24, from 7:30-9 p.m. at Campbell Hall.

“Lepore brings her wisdom, empathy and razor-sharp insight to a discussion of the Supreme Court and the looming crisis of the U.S. Constitution’s unamendability,” the Shoreline description read.

ONDAS, Transfer Student Center host workshop on graduate school for first-generation, transfer students

ONDAS Student Center and Transfer Student Center (TSC) are hosting a discussion on applying to graduate school as a first-generation and/or transfer student on Wednesday, Oct. 25, at the TSC Conference Room.

There will be two sessions for students to attend – 1:30-3 p.m. on Oct. 25 and 3-4:30 p.m. on

Nov. 15.

MCC begins Spiritual Care Club community space

The MCC created a community space titled, “Spiritual Care Club,” that will meet starting Wednesday, Oct. 25, from 2-3:30 p.m. at the MCC Lounge.

“Spiritual Care Club (SCC) is a community space for mystic exploration and self-discovery through weekly meetings focused on sharing different spiritual tools and practices that assist with healing, dreaming, identity-formation, and community care beyond the restrictions of anti-blackness, capitalism, ableism, and other intersecting forms of oppression,” the Shoreline description read.

UCSB Library hosts public reception for new art exhibit

UCSB Library is hosting a public reception and panel discussion on the opening of “Cultura Cura: 50 Years of Self Help Graphics in East LA,” on Wednesday, Oct. 25, from 4-6 p.m. at the Special Research Collections of the UCSB Library.

“Self Help Graphics & Art is an LA-based organization that fosters the creation and advancement of new art works by Chicana/o and Latinx, and other BIPOC artists through experimental and innovative printmaking techniques and other visual art forms,” the Shoreline description read.

MCC celebrates Filipino American History Month with marketplace

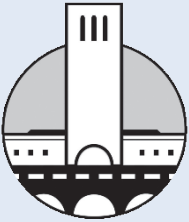
MCC is hosting a “Filipina/o/x Community Marketplace” event in honor of Filipino American History Month on Wednesday, Oct. 25, from 6-7:30 p.m. at the MCC Lounge.

“This evening centers and celebrates the diversity within the Filipinx community and all of the talents, skills, and trades it has to offer. Join us, various organizations, and creatives to enjoy delicious food, FREE self-care goodies, and so much more,” the Shoreline description read.

Queer & Trans Graduate Student Union hosts Halloween party for graduate students

The Queer & Trans Graduate Student Union is hosting a Halloween party for graduate students in collaboration with the Graduate Student Association.

The evening will take place Saturday, Oct. 21, from 6-9 p.m. at the Mosher Alumni House.



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“I probably did gag, but I didn’t hate it.”

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UC celebrates National Transfer Student Week

Alex Levin
University News Editor

The University of California Office of the President will celebrate National Transfer Student Week from Oct. 16-20, according to an Oct. 16 press release.

The National Transfer Student Week (NTSW) at the UC aims to celebrate the 45,000 community college transfer students enrolled in the UC system.

“The University of California is pleased to shine a light on our transfer students, who by and large come from California Community Colleges (92 percent) and make meaningful contributions as outstanding students, leaders and changemakers on UC campuses,” the press release read.

NTSW comes one week after two initiatives the UC took on: California Governor Gavin Newsom



National Transfer Student Week (NTSW) at the UC aims to celebrate the 45,000 community college transfer students enrolled in the UC system.

signed AB 1291, that will create an Associate Degree for Transfer pilot program at UCLA to build a streamlined pathway for those with associate degrees to transfer

into a UC school, and the Journey to UC transfer program that will aim to increase UC enrollment of California Community Colleges (CCC) students

from underprivileged areas. The UC Office of the President referenced the strong pipeline between the UC and CCC – a coalition of community colleges in

California – emphasizing that 27% of undergraduates at the UC transferred from a CCC.

“Nationwide, community college transfer students account for only 10 percent of entering undergraduates at highly competitive institutions. The University of California, on the other hand, enrolls more community college students than any university of its caliber in the nation,” the press release read.

Santa Barbara City College, for instance, saw 1,997 students in the 2022 graduating class transfer to a four-year institution.

“UC transfer students graduate at much higher rates than the national average (88 percent),” the press release read. “Within a decade of completing their UC degree, 59 percent of community college transfer students working in California count among the state’s top third of income earners.”

Women’s Center hires new Associate Director of Women, Gender and Sexual Equity

Anushka Ghosh Dastidar
Community Outreach Editor

The Women’s Center announced its new Associate Director of Women, Gender and Sexual Equity on Aug. 30. The new hire, Viviana Valle Gomez, spoke with the Nexus about their work so far and goals for the 2023-24 school year.

Valle Gomez completed their undergraduate education at UC Davis with a bachelor’s degree in psychology and gender, sexuality and women’s studies as well as a minor in Chicana/o studies before getting their master of arts in American studies with an emphasis in sexuality and gender from Columbia University.

They are currently a third-year doctoral student in the feminist studies department at UC Santa Barbara and said they found a way to pursue their passion for women’s issues through their research on student sex workers.

“I primarily look at women of colors’ experience within sex work as students, as tuition prices continue to increase and wages continue to stay stagnant,” Valle Gomez said. “How this particular type of labor is the most useful for them during their time at university and the ways that universities as well as society in general should be able to support sex workers.”

Their prior experience in mutual aid work and being involved with activist groups in college motivated their interest in women’s issues focused around students. According to Valle Gomez, both their research and their work with the Women’s Center gives them a platform to connect with young people.

“My research does inspire my work because although here I’m working with the larger student population, my research is a very hyper-specific focus on a certain community of students,” Valle Gomez said. “At the end of the day, both have the same objective and it’s to provide the adequate resources so that students are living healthy, fulfilling, safe lives, and I think that is what channels everything that I do.”

Having worked at the Women’s Center for two years as a student employee, Valle Gomez said they are now happy to step back and support students in their pursuits to form communities and build movements as the associate director.

“I’m here in a support

role in order to provide an educational background. To put on programming, one of my main roles is to help the programmers put on events for the campus, and they’re all very cool because they come from personal interest,” Valle Gomez said. “So we’re tackling feminist issues and gender-based issues that we all experience ... we’re hopefully giving students the tools they need to have those conversations and create plans and strategies to combat that.”

Valle Gomez expressed their admiration for the various student-led events organized by the Women’s Center, which aim to provide a space for people to explore feminist thinking and consciousness.

“We have plenty of cool events this quarter that focus on why there’s a history of criminalizing women’s friendships or the ways that creative writing can be a method of resistance,” Valle Gomez said. “These are all ideas that students are bringing forward, and I am just happy to promote them and their great ideas.”

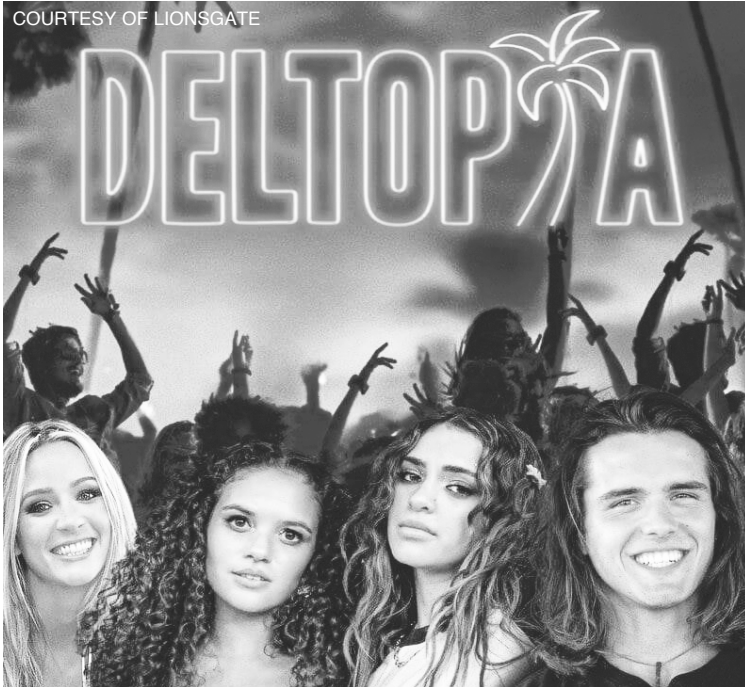
In collaboration with the Women’s Center, Valle Gomez created a feminist book club that spotlights a new book each month for members to read and discuss. They said a goal of the book club is to allow students who have never formally studied feminism to explore topics which they otherwise would not have learned.

“One of the things that has really brought a community together is the feminist book club which I started almost two years ago, and it slowly has built a following of people who are always excited to hear what this quarter’s book is. Being in a place together to discuss the reading that maybe you didn’t have an opportunity to read in your classes,” Valle Gomez said.

Their main hope for the year is for more students to drop by the Women’s Center to take advantage of the resources there as well as to partake in the events they hold to support women.

“I would love for the campus community and [Isla Vista] residents to take advantage of the various reproductive resources that we have: condoms, pads, tampons, dental dams and lubes,” Valle Gomez said. “Also, the space itself is a place to decompress or study or eat lunch with your friends or take a meeting with a group. We’re always happy to have a buzzing community when we’re open.”

IVCSD passes resolution condemning newly released Deltopia movie



Sindhu Ananthavel
Lead News Editor

The Isla Vista Community Services District passed a resolution condemning the newly released movie “Deltopia” at its Oct. 10 board meeting.

The film, directed by Michael Easterling and Jaala Ruffinan, was announced in 2021 and met with widespread disapproval from the Isla Vista community and the Isla Vista Community Services District (IVCSD).

IVCSD Director Spencer Brandt and then-director Catherine Flaherty co-authored an open letter addressing the cast and crew of the movie, condemning what they perceived as an inaccurate, insensitive portrayal of Isla Vista “party culture” that would draw in more outsiders and minors to the annual, unsanctioned Deltopia

event.

“It was very clear that the purpose of the film was all about glorifying 17-year-old high school students who are coming to Isla Vista to party and was really creating a picture of Isla Vista that was not aligned with our community’s values,” Brandt said in an interview with the Nexus.

Brandt said he and Flaherty went to “great lengths” in 2021 to secure the contacts of and reach out to the cast and crew of the film and express their concern but ultimately did not receive a response from anyone involved in the production of the film.

The film was aired on Aug. 29 on digital platforms for purchase, without a theatrical release.

Directors and producers of the film did not immediately respond for comment over social media.

A resolution condemning the

film was presented at the IVCSD’s Oct. 10 meeting, stating that the film presents a plot aligning with an inaccurate portrayal of the 2014 I.V. riots and perpetuates a “glorified” and “untrue” narrative about the college town.

The annual unsanctioned street festival has historically drawn large crowds and outsiders, and in 2014, it saw unrest between partygoers and law enforcement.

“The nature of this movie and how it portrays Isla Vista is wrong, and we need to say it’s wrong and not let it just slip by without making a formal comment because our board is working hard to address these misconceptions and help change the culture of Isla Vista,” IVCSD Director Kirsten Deshler said at the meeting.

The resolution passed with a 6-1 vote. IVCSD Director Jay Freeman – the lone dissenting vote – made the argument that “once people are aware that some information has been kept from them, they are significantly more motivated to get and spread it,” and passing the resolution condemning the film would simply draw more attention to it.

However, Brandt said that from what he has observed, the movie has not gained any traction. Efforts to discourage out-of-towners from arriving for Deltopia should be renewed in light of the film, according to him, and he stands by the resolution’s message that the film’s portrayal of Isla Vista is deeply harmful.

“Our goal is to encourage people not to watch the movie and not to financially support the producers, who I think are really doing a major disservice to all of the Santa Barbara community,” Brandt said.

ADD/ADHD?

The Private Practice of Michael Bolton, MD
Harvard Trained Psychiatrist

BecomeYourAuthenticSelf.Com

UPDATED FESTIVAL ORDINANCE

Continued from p.1

deemed a “public nuisance” if the people in attendance commit three or more violations of the local or state law or ordinance at the site of the gathering or on adjacent public property. This ordinance will apply in I.V. bounded by El Colegio Road, Camino Majorca to Storke Road, Ocean Road to Stadium Road and the Pacific Ocean.

The proposed violations for the clause above are the following: unlawful entry into dwelling, trespassing, fighting in public, disturbing the peace, criminal threats, vandalism, minor in possession, keg registration, obstructing roadway, vandalism to vehicle, unlawful fireworks, fires, public nudity and public urination.

Furthermore, IVCS D proposed a list of violations that will deem a social gathering or party a public nuisance if one or more are committed in the sites outlined in the first clause. The violations are battery on a peace officer/firefighter/EMT, battery with serious bodily injury, sexual battery, assault with a deadly weapon, contributing to the delinquency of a minor, arson and attempted arson, willing resisting/obstructing an officer, committing lewd and lascivious acts and brandishing a weapon.

Public nuisance laws also apply when people in attendance of a gathering commit unsafe behaviors that could cause injury to people and property, including throwing objects, launching themselves into a crowd, climbing roofs and fencing and charging purchases for entry.

According to the proposal, a violation can result in an infraction and a fine of \$500 for a first violation, \$1,000 for a second violation within one year after the first violation and \$1,000 for each additional violation thereafter. A second violation within the same 24 hours of the first offense is guilty of a misdemeanor, punishable by a fine of \$1,000 or by imprisonment in the county jail for up to 30 days.

IVCS D addresses I.V. local business concerns around recycling

IVCS D addressed concerns from local businesses in Isla Vista regarding recycling after being deemed out of compliance with the recycling and littering regulations.

The Beverage Container Recycling and Litter Reduction Act outlines regulations for establishing and maintaining sufficient recycling centers for consumers and requires businesses to be within 1 mile of a recycling center. However, because Isla Vista currently does not have a recycling center, I.V. businesses have had to provide their own recycling options to comply with the act, leading to individual high costs.

IVCS D staff have been directed to work with state and local representatives to find a “sustainable and viable solution,” but this issue will “take some time,” according to the staff report.

IVCS D discusses Capps’ bluff safety plan

IVCS D reviewed SB County District Supervisor Laura Capps’ bluff safety plan and opened the floor to public comment.

The eight-step plan comes after numerous deaths off of I.V. cliffs over the years, including Santa Barbara City College (SBCC) student Benjamin Schurmer this past Labor Day weekend. Capps’ plan includes precautionary measures such as high fences, warning signs, aggressive horticulture and better lighting around the bluffs.

The main concern raised by UCSB students during public comment was the lack of clarity in the eighth step of the plan – increasing enforcement of cliff safety.

“With the IVCS D, the Sheriff’s office and the community we are working to strengthen the tools they have to prevent unsafe situations from escalating into dangerous situations,” the safety plan reads.

A.S. Off-Campus Senator and third-year undeclared student Mikayla Martinez said many students are concerned about the lack of clarity in the plan and what exactly increased enforcement entails.

“This vagueness is worrying to many of the students that I call my constituents, especially those who are already targeted more heavily by Isla Vista law enforcement. I am here to urge the powers that be to be clear and transparent with their intentions to make these changes in the community,” Martinez said. “We will not stand by and watch the losses of these lives be used as stepping

stones for more and more over policing of our streets.”

A.S. Off-Campus Senator and second-year political science major Micah Littlepage echoed similar concerns about how increased policing may result in certain groups being disproportionately targeted.

“Many students are rightfully hesitant about granting any more powers to local authorities to break up parties or other social gatherings,” Littlepage said. “In addition, granting additional policing power without fully consulting the community risks already increasing existing inequalities as well as contributing to the criminalization of many aspects of our I.V. community.”

The plan requires fencing for all public and private cliffside properties and also raises the minimum fencing height to six feet, to which I.V. residents also expressed their apprehension.

I.V. resident Janet Stitch said that fencing is not a realistic solution for every property owner to implement and that higher fences may prove to be a hazard for those who do inevitably choose to climb them.

“It is likely that for some of the 70 buildings on the bluff fencing may not be the best option or even feasible ... that kind of reads as a one-size-fit[s]-all option. I would like to add the word ‘appropriate,’ so then it would say mainly to streamline this process for appropriate private property owners,” Stitch said.

“You want to have it at a height that is going to discourage climbing but not so high that when they fall on the bluff side they have no coordinated landing,” she continued.

The seventh step of the plan is creating a memorial for the victims of cliff accidents. Second-year undeclared SBCC student Grace Wilson said a memorial would be beneficial to the community in terms of educating and honoring cliff fall victims, including her good friend Benjamin Schurmer.

“I wanted to address the importance, I think, of putting the memorial up and putting funding towards that at Walter Capps Park – putting memorials for the 13 lives that were lost because I think that would also be an impactful way to inform students,” Wilson said.

STUDENTS FOR JUSTICE IN PALESTINE

Continued from p.1

public statement made by Regents Chair Richard Leib and UC President Michael Drake regarding the Israel-Hamas war.

“Communities across all University of California campuses unequivocally reject and condemn the discriminatory statement that was made,” the statement by SJP read. “The political stance that the UC system has chosen to take during this time puts Palestinian students across all campuses in immediate danger.”

The statement by SJP said the statement by Leib and Drake “fail[s] to recognize the plight of the Palestinian people” and shows that “the UC system has totally neglected and is complicit in the ongoing occupation of Palestine.”

“Our hearts are heavy in the face of the horrific attack on Israel over the weekend, which involved the loss of many innocent lives and the abduction of innocent hostages, including

children and the elderly,” the statement by Leib and Drake read. “This was an act of terrorism, launched on a major Jewish holiday.”

SJP compiled a list of demands to the UC Board of Regents in response to the statement by Leib and Drake, which includes a formal apology from the board, an acknowledgement of Palestinian lives and “Israel as an apartheid state” and for the UC system to divest from corporations “that profit from the illegal occupation of Palestine.”

“To make this statement on behalf of the UC System completely disregards the lives of thousands of community members who are deeply affected by the ongoing occupation of Palestine,” the statement by SJP read. “Palestinians and allies across all UC campuses will continue to support Palestinians, their right to resistance, and their right to return.”

HALLOWEEN TOWN HALL

Continued from p.1

“Over the last two years during the Halloween weekend we’ve only issued a total of two citations from UCPD. Both those citations went to people not affiliated with the University of California, Santa Barbara,” Yao said. “I think that we’re very effective in addressing people’s behavior without actually taking enforcement actions.”

When faced with concerns about over-policing this upcoming Halloween weekend, TeSlaa said the festival ordinance forbids loud music past 6 p.m. This means police will employ a similar approach to Halloween weekend as any other weekend.

“It will look like any Friday night or Saturday night in terms of what our staffing will be. We will be partnered with UCPD in their assistance to make sure that we have enough people for calls to service,” TeSlaa said. “The key to keeping it that way is keeping Halloween local, keeping it friendly, keeping it something that follows the laws, and we discourage it from becoming a big event again.”

The panelists also addressed a question about how accountability within the police department is handled. Raymond said the Police Accountability Board is a safe

space for individuals to raise concerns about the police and file formal complaints.

“Police Accountability Board gives a venue for all community members but especially students to share their experiences and views on policing,” Raymond said. “If people make a complaint about the UCPD, the complaint goes into investigation then comes to us, and we have a committee that views the report and responds to the chief.”

One question submitted asked for disclosure on the ways in which the police are being defunded, to which the panelists said funds are being reallocated to programs centered around mental health training, community resource deputies and student safety partners in order to build a more holistic approach towards community protection.

Armistead said fund reallocation rather than fund removal is the best way to promote public safety.

“I think that my understanding of the term defunding is ... using funding that would have just been more officers and creating other programs and assessing the needs of the community as opposed to police officers,” Armistead said.

First-ever UC Disaster Resilience Day pulls together leaders in the public, private and academia

Lizzy Rager
Staff Writer

The University of California Disaster Resilience Network hosted its first ever conference in honor of International Disaster Risk Reduction Day on Thursday, Oct. 12, at the Sacramento UC Center.

The University of California Disaster Resilience Network (UC DRN) invited professors and administrators from across all nine UC campuses, along with representatives from state agencies, private firms and other state and international universities, to speak about resilience in light of recent natural disasters.

Keynote speakers included the chief of Intergovernmental Processes, Interagency Cooperation and Partnerships Branch of the United Nations Office for Disaster Risk Reduction Sujit Mohanty, among other state agency officials and world-class UC researchers.

The event was largely sponsored by accounting firm Ernst & Young, non-profit Americares and engineering and disaster management firm Miyamoto International.

“It was just impressive. To bring all of these different representatives together and put them in one room and have this larger conversation about what’s possible, what can we accomplish, what are we seeing, how are we responding to disasters,” UC Santa Barbara Assistant Vice Chancellor and Dean of Student Life Katya Armistead said in an interview with the Nexus.

Panel session topics ranged from the latest climate, health, pandemic,

wildfire and coastal initiatives and research to private, civil and university partnerships, data and seismic science and community-based approaches. This followed networking sessions for attendees. Around 80 participants attended in-person and 130 participated online.

UC Disaster Resilience Day aimed to “build the capacity of the state” and for “[UCDRN] partners to be able to better prepare for, reduce the risk of, respond to and recover from disasters,” UC DRN Executive Director Dr. Joe Leitmann said in an interview with the Nexus.

“The challenge that we face in the university system, you need money to do your research, and it can take months or even a year to apply for the grant that gives you that money,” Leitmann said. “So what we’re trying to do is put together a rapid response that would allow researchers to be on the frontline when an important disaster occurs.”

The UC DRN “mobilizes talent across the UC system to help overcome existential threats that disasters and other crises pose to society, matching resources with external needs and supporting research,” its website read. The network was founded in 2021 by Nicolas Alberto Pascal, a UCSB alumnus who put together the UC Haiti Initiative, a UC-wide effort to help rebuild Haiti after a catastrophic earthquake in 2010. He also founded the Associated Students Human Rights Board.

“We’re kind of the glue that holds together people from different disciplines in different campuses, to work together on common issues that are really about existential

threats to society and help the university fulfill its public service mission,” Leitmann said.

In December, UC DRN put together an event to look at climate change research needs with state agencies that attended the recent event. Additionally, campus-based UC DRN committees helped bring community members as well.

The first keynote of the event was with Mohanty, who is also the chief of the United Nations Office for Disaster Risk Reduction (UN DRR) in the Arab state’s office in Cairo, Egypt. He spoke about when he joined the UN near the time of the 1999 Odisha cyclone, the most intense cyclone ever recorded with 14,000 reported deaths.

“The whole notion of a disaster was, everybody said to me, ‘these are natural disasters, we cannot prevent them,’” Mohanty said at the event. “We used to say in the UN DRR there is nothing called [a] natural disaster. A cyclone, earthquake or a flood are natural phenomena. It only becomes a disaster when there’s something lacking.”

Mohanty brought attention to the increasing number of disasters in recent years – the devastating wildfires in Maui, Canada and Washington State, record-breaking global temperatures, flooding in Libya and the Morocco earthquake.

He said though fewer human lives are lost to disasters than before, poverty and inequality are growing, creating more vulnerability and risk when disasters do occur. Mohanty called out a “vicious cycle” of disaster creating poverty, and poverty

causing countries to suffer from even simple shocks.

“There is very clear evidence that there is a link between climate change, poverty, vulnerability and conflict,” Mohanty said at the event.

Keynote speaker Dr. Saharnaz Mirzazad, the chief Deputy Director of Climate and Planning in the Governor’s Office of Planning and Research, spoke about how the state is changing its approach to disaster resilience. She talked about building general and community guidelines, providing tools to aid communities, offering accessible state data and identifying more disaster-prone areas to offer resources and preventative measures.

“One of the outcomes of the Paradise disaster was that we realized this community wasn’t showing up in any of our maps from the vulnerability perspective,” Mirzazad said at the event.

She also said the governor’s office wants to take advantage of the knowledge and research capabilities of the UC system.

“There’s a wonderful opportunity to link the research capacity and the analytical ability of the UC system to help the state meet some of these knowledge gaps,” Leitmann said.

Two panels from the event focused on building resilience within a community. UC DRN’s UCSB chapter committee leaders, Armistead and UCSB Professor Emeritus Richard Appelbaum, along with John Abraham Powell, co-founder of the Santa Barbara Bucket Brigades and the director of the Montecito Fire Protection District spoke about their efforts and vision for a community-based

approach.

“I think if you’re really concerned with community resilience, you have to involve the community and find out what their needs are and how they see it. How can you communicate with them? And it just seems, to me, intuitive,” Appelbaum said. “Ultimately, the rubber hits the road with people.”

Appelbaum emphasized the need for applied research, bringing the community into the research process. A research proposal Appelbaum worked on for UC DRN involved talking to farm and agricultural workers to determine problems and involve them in discussing solutions.

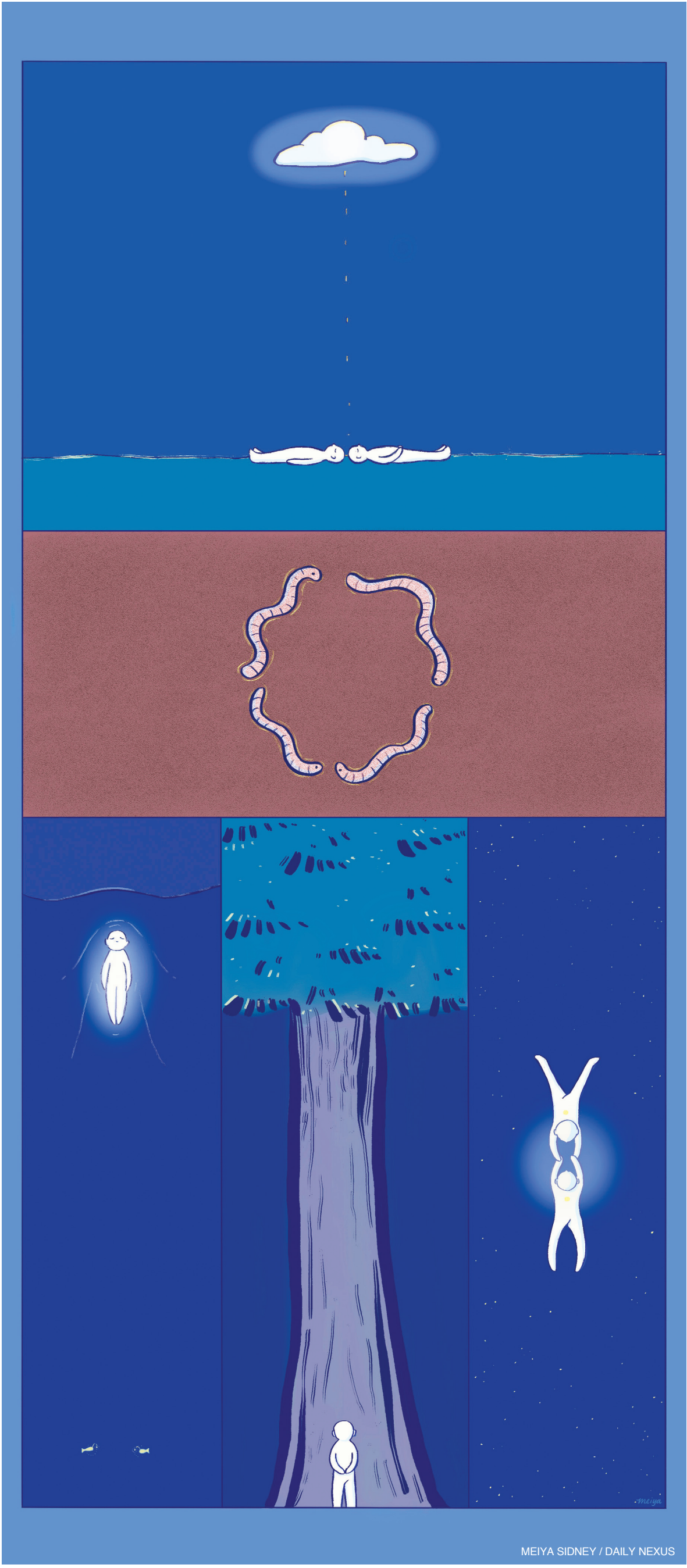
He also noted that many of the tools being developed to predict disasters use complicated models and are not reaching the communities who need it. An ongoing effort by UC DRN is to test tools being developed across campuses with local stakeholders and determine their usability.

“There were a lot of researchers in the room – scientists, administrators. The folks that are going to carry on this legacy and continue the conversation and actually help solve some of the problems are our young folks, our students,” Armistead said.

Some improvements to the event posed by attendees included gathering funding so more participants could attend and doing more student outreach.

“UC DRN is still pretty new. It’s a fledgling and I think this conference was really helpful in moving the organization forward and getting people’s interest piqued, maybe encouraging more people to get involved,” Armistead said.

ART & COMICS



ARTSWEEK

In review: “Bottoms” marks new age of comedy



Sally Shapiro
Staff Writer

“Bottoms,” released on Aug. 25, is the delightfully campy comedy sophomore film from co-writer and Director Emma Seligman that offers refreshing queer representation in a space and genre that has been largely unpopulated by stories starring queer protagonists.

“Bottoms” follows two lesbian virgins – Josie, played by Ayo Edebiri, and PJ, played by co-writer Rachel Sennott. The film documents their effort to start a fight club at their high school to meet girls.

Seligman creates an overdramatic satirical depiction of high school, with the principal and student body entirely centered around the school’s goofy football team and the intense, violent rivalry with another high school. In the midst of this, PJ and Josie only have one goal: to look good in front of the beautiful cheerleaders.

After so many male-buddy comedies focused on guys trying to get laid, it’s refreshing to see a different take on the genre. The film acts almost like a combination of “But I’m a Cheerleader” (1999),

with its over-the-top style and creation of an absurdist world, and “Booksmart” (2019), with its witty, charming and sex-desperate protagonists. With a refreshingly short runtime of only 92 minutes, every minute feels enjoyable and necessary, leaving the audience wanting more.

Sennott and Edebiri both deliver hilarious performances, and the audience can see their chemistry jumping off the screen. With many improvised lines that show off their comedic chops, they riff off each other so naturally it’s easy to forget they are acting. While much of the dialogue is raunchy and absurd, it never feels out of place in Seligman’s world. There are so many small and fleeting yet priceless jokes that fill in the empty space in the story. One of the best is the introduction to a football player who is locked in a cage in the background of an early scene, only to be explained far later in the story.

Professional football player Marshawn Lynch’s performance as the unconventional and inappropriate history teacher and club advisor was especially fun to watch. It almost feels like acting is his primary profession.

The casting of a NFL football player in a movie about overly dramatic football players is one of the best and most subtle uses of irony in this movie.

Another standout is the soundtrack, produced by pop icon Charli XCX and Leo Birenberg. The film’s soundtrack plays a big part of the story, as it accompanies the needle-drop moments using popular songs from female artists such as Avril Lavigne, Cyndi Lauper, King Princess and Charli XCX herself. King Princess’s “PAIN” was a great addition to the fighting scenes, with its catchy tune and clear parallels between the subject matter and the song’s lyrics. Songs like

“Complicated” by Avril Lavigne and “Total Eclipse of the Heart” by Bonnie Tyler pay homage to classic Y2K teen movies that seem to be a big inspiration for the movie, giving “Bottoms” a timeless feel.

Beneath the surface of being witty and sex positive, “Bottoms” offers commentary on the effects of toxic masculinity. The movie creates an exaggerated depiction in the form of the high school football team to point out the ridiculousness of the patriarchy. However, not only are the female and queer characters affected by it, but the male football players are both perpetrators and victims of toxic masculinity themselves. In the end, it is up to the women to save them and change things.

“Bottoms” proves that queer characters can

have light-hearted and enjoyable stories just like their straight counterparts. LGBTQIA+ characters are not the butt of the jokes but rather the creators of them. While the movie is outwardly comedic, there are also tender moments that make it feel like a romcom at times. In many other movies, queer characters are punished in some way – experiencing bullying, not being accepted, having to choose between love and family or meeting some other tragic fate. PJ and Josie are far from perfect (and at times, are actively immoral) and that’s okay. Not every gay character needs to play the angel or the martyr.

“Bottoms” showcases many rising talents like Sennott and Edebiri. It also signifies a shift in the types of movies being made, proving that when women are in the driver’s seat, good things can happen. Despite still being early in her career, Seligman has already demonstrated a great understanding of comedy and entertainment. She’s definitely a powerhouse to be on the lookout for.

9/10



UCSB Parking Information

Halloween 2023

- **Registered UCSB Students** with an Annual Night & Weekend parking permit can park in designated lots on campus beginning at 9am Friday, October 27th until 7:30am on Monday, October 30th. Designated lots for night and weekend holders are in Structure 22, and parking lot 30. All other campus lots are subject to closure.
- **Apply/purchase online by going to tps.ucsb.edu/epermits.** Permit verification can take up to four days, so purchase by October 23rd.

No Overnight Visitor Parking is allowed on the UCSB Campus on Friday

October 27th and Saturday October 28th

\$52.50 – valid through June 30, 2024.

One permit per registered student; vehicle must be linked to permit.



Order online today!

Deadline to order is Oct 23rd!

ON THE MENU

Brewing 101: A beginner’s guide to the perfect cup of coffee

JESSIE ZHU / DAILY NEXUS



Kaitlin Lee
Reporter

A cup of coffee is an everyday ritual for many, but even for frequent coffee drinkers, the coffee world can get confusing. What’s the difference between a light and a dark roast? Is espresso any different from regular coffee? Where does coffee even come from? Your coffee should be something that doesn’t stress you out. Here we answer everything you need to know about the basics of coffee.

What we know as coffee beans are actually seeds derived from the coffee cherry fruit. When these raw beans are harvested, they are green, acidic and very hard. Roasting is what turns the beans into the coffee that we know and love. High temperatures cause chemical reactions that change the flavors of the beans, so the duration of roasting is what produces different types of roasts, ranging from light to dark.

Light roast coffee is typically only roasted until the beans first crack, which produces a loud sound. At this point, the coffee is drinkable. Light roast usually has more of

an acidic, citrusy and fruity flavor with a light body. The term “body” is often used as a descriptor of a coffee’s flavor. This doesn’t have anything to do with the coffee bean, but with the texture of the coffee it produces. Body describes the density or viscosity of the coffee. For example, a full-bodied coffee might be thicker and creamier than a light-bodied coffee. Light roast also has a flavor that is most authentic to its origins, which can vary based on where the coffee was sourced.

Medium roast coffee is usually roasted past the first crack but before the second one. This produces a coffee bean that is slightly darker and, unsurprisingly, has medium acidity and body. Medium roast has a flavor that still stays true to its origins, but begins to adopt more of the caramelized sweetness that roasting produces.

Lastly, dark roasting produces coffee beans that are very dark brown, or even close to black. Dark roast coffee tastes less acidic but more bitter and holds a smoky, nutty or chocolate flavor with a full body. Dark roast is typically what you would think strong

coffee tastes like. In addition, much of the origin flavors of the beans are lost. Although light, medium and dark roast are easy ways of referring to a type of coffee roast, there are many roasts that fall in between these categories and produce various flavors.

A common misconception is that dark roast coffee has the highest caffeine content because it is the strongest. In actuality, caffeine levels stay the same during the entire roasting process. However, there will be a slight difference if the coffee is measured by volume versus weight. Beans further along in the roasting process have reduced mass from water loss and become larger in size. So, if beans are measured by volume with a scoop, dark roast beans will have less caffeine because they are bigger and take up more space. But if the beans are measured by weight, dark roast beans will have more caffeine because they weigh less. In other words, more dark roast beans are required in order to reach the same weight as light roast beans. Measuring by weight is the most accepted method and, therefore, results in dark roast coffee often containing more

caffeine. However, no matter which method is used, there is a very minimal difference in caffeine content between light- and dark-roasted coffee.

So, what about espresso? While served in cute cups, they can pack a punch. Espresso uses all levels of roast and the difference is really in the method by which the coffee is brewed. Many people love espresso for its strong flavor, so medium and dark roasts are typically used. Hot water is forced through finely ground coffee beans at a high pressure to produce a very highly concentrated coffee. The result – a classic espresso shot. Espresso is used to make many types of coffee beverages such as lattes, macchiatos and cappuccinos. These drinks have caffeine levels that can vary based on how many espresso shots are added. A good rule of thumb is that each 1-ounce espresso shot contains about 63.6 milligrams of caffeine, according to the United States Department of Agriculture. This is much higher in comparison to brewed coffee which contains 96 milligrams of caffeine per 8-ounce cup and just 12 milligrams of caffeine per ounce.

If you’re like me and are a daily coffee drinker with a sweet tooth, you might be wondering whether drinking coffee often is bad for you. On its own, black coffee is quite healthy because it is naturally loaded with antioxidants such as polyphenols and hydroxycinnamic acids, which help prevent aging and diseases such as cancer and heart disease. Here are some tips on how to make healthier coffee that still hits the spot.

If your goal is to avoid adding processed sugar, opt for natural sweeteners such as honey that can curb the bitterness and elevate the flavors of your coffee.

Other low-sugar flavor additions to your coffee might include:

- Cinnamon
- Cocoa powder or dark, unsweetened chocolate
- A tiny splash of vanilla extract
- Coconut milk as creamer
- A sprinkle of pumpkin spice blend for some fall flavors

Now that you know the various types of coffee roasts, have fun experimenting with different flavors and coffee blends!

Food bank finds: black bean salsa

Abigail Monti
On the Menu Editor

Tucked in the back corner of the University Center’s top floor, the Associated Students Food Bank serves the Gaucha community in the fight against food insecurity.

Founded in April 2011, the Associated Students (A.S.) Food Bank offers free canned goods, seasonal produce, grains, toiletries and more. Currently, the A.S. Food Bank serves over 3,000 students each week. Students can visit the food bank once a day and grab food on a first-come, first-serve basis. For the best produce selection, the food bank recommends coming early. Some limitations exist to ensure that all students can benefit (for example, students can only grab two of each produce item), but the free resource can make a huge impact in reducing grocery fees for students.

During the week of Oct. 9, the food bank displayed in-season produce like apples, bananas, lemons, chilies, tomatoes, potatoes, onions and more. On the other side of the room, shelves were stocked with non-perishable items like canned vegetables, dried grains,

boxed food and toiletries.

When I visit the food bank, I rarely have a plan or recipe in mind. Their constantly rotating supply of produce is unpredictable and encourages you to get creative. To make sure you don’t grab anything you won’t need, feel free to take your time scanning the shelves and formulate recipe ideas while you shop.

Looking at the shelves this week, I hardly needed to debate what to make. Between the canned beans and available produce, a bean salsa was meant to be. This recipe took 10 ingredients – I grabbed six from the food bank, had two at home and bought two at the store.

The best part about this recipe is that the ingredients are completely interchangeable depending on what the food bank has in stock. If black beans aren’t available, you can sub for kidney beans or pinto beans. I threw in green beans just for extra color and health benefits. I chose to buy a lime for the dressing, but lemons – which the food bank regularly stocks – work just as well for an acidic kick. Red onions can substitute for yellow onions, or you could forgo both if you can find a clove of garlic. Any kind of



Fresh salsa is the perfect snack for warm afternoons.

chili can work or, if you dislike spice, you can leave chilies out entirely. Salsas, by nature, are a grab bag of ingredients. No matter what you choose to include, this tangy and hearty recipe makes for a great snack or meal.

Black bean salsa
Yield: 6 servings
Time: 15 minutes

Ingredients:

- 2 Roma tomatoes, diced
- 1 can black beans

- 1 can yellow corn
- 1 can green beans, chopped
- 1 small green chili, diced
- 1/2 small onion, diced
- 1/4 cup cilantro, chopped
- 1/2 lime, juiced
- 1 tablespoon olive oil
- Salt and pepper to taste

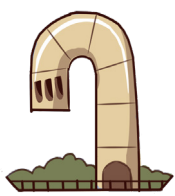
Directions:

1. In a large bowl, combine all ingredients. Leave covered in the fridge to marinate and cool,

about 15 minutes.

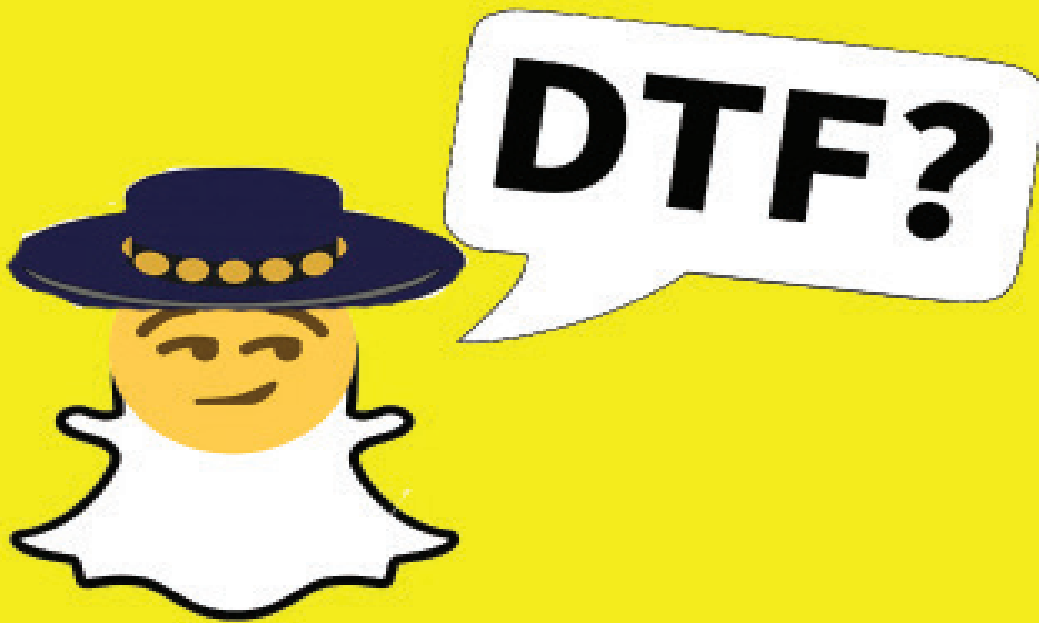
2. Serve with tortilla chips and a lime wedge.

Follow @ucsbasfoodbank on Instagram for weekly produce finds, new items and updated hours. For Fall Quarter 2023, the food bank will be open Monday, Wednesday, Thursday and Friday from mid-morning to mid-afternoon. Signing up takes less than a minute – just fill out their Google Form and get shopping!



It's Satire, Stupid.

‘Gauchos
DTF?’ How to
solicit sex on
the class of
2027 Snapchat
story



FAITH TALAMANTEZ / DAILY NEXUS

Joseph R. Biden *Down to Clown*

As UC Santa Barbara's coolest and sexiest new students adjust to their college lifestyles, the class of 2027 goes to new lengths in order to find sex without having to look each other in the eyes. In reaction to unexpected involuntary celibacy, students take to soliciting sex on the communal Snapchat story.

After lurking on there, for research purposes I swear, here are some of my (internet sexpert) best tips on how to engage in communal coitus

over Snapchat.

1. Post headshots and a resume

No one wants to hook up with an unmotivated loser. You're soliciting sex on the class of 2027 story because you're a cool, sexually active badass. Show it! You can get professional nude headshots and resume help at the UCSB Career Services. Maybe link the LinkedIn while you're at it?

2. Let your potential partners see a slice of your riveting life

If you want meaningful connections, you **MUST** post your everyday life and

emotions. “Gauchos in class?” “Horny Gauchos?” “Gauchos eating Wingstop in the middle of the night?” Your future conquests, along with everyone else on the story, want to hear all about that! Let us all know how cool and coming-of-age your college experience is.

3. Give your exact location to everyone on the story

People need to know where you are in order to know if they're DTF. The great thing about posting "Anyone horny on San Miguel west tower fourth floor?" is that potential hook-ups will know exactly

how far they have to go in order to bang you! The more specific, the better.

4. Contrast your cool Snapchat persona with an off-putting, strange personality in real life

Mystery is key to your sexy, college self. Don't give it up too easily, you trashy skank. You may be desperately posting every single "interesting" detail of your life on the communal Snapchat story for the entire student body to see, but in real life, try to be as strange and unpleasant as possible. Never let them know your next move!

5. You don't need

**protection with your trusty
fellow Gauchos**

Condoms? Dental dams? Pepper spray? Dignity? Leave it all behind! Only the finest, most dignified, trustworthy people are responding to sex solicitations on Snapchat. That's one of the reasons that the Snapchat community is such a great place to find partners. You don't need to worry about all of the silly precautions that you normally have to take with others. Embrace your skankiest self!

*Joseph R. Biden wants to get
hot and heavy.*

Tour de Santa Barbara

Binzy Eggbag
Franco-phobic

Chancellor Henry T. Yang announces the reroute of the Tour de France to the UC Santa Barbara bike lanes and enrolls each student as a racer. The announcement, via email, which was left unread by the vast majority of the student populace as per usual, detailed the change of venue. It read, "I am writing to share with you all a momentous occasion and historical event. The organizers of Tour de France 2023 have moved the annual race to the bike lanes of our beautiful campus with all of our students entered automatically as contestants. Please be aware of traffic delays." Upon looking further into said email, one problem immediately arose: It was scheduled for Oct. 2-10.

The Tour de Santa Barbara began around 9 a.m. on Monday morning. For the first few hours, many students reported that they hadn't noticed much of a change. While a handful noted that it seemed a bit more congested

than usual, most blamed the general incompetence of so many people on the excessive number of new students. One particularly observant student mentioned that it was a tad odd that there were so many French exchange students this year and noted that they all seemed to have poor anger management skills, but the legs of Greek gods.

It was around the third day that people began really noticing things were off. Lecture halls were left half empty, even in the case of those with a waitlist that you'd be lucky to get off of by spring, and yet the bike lanes were so full that those walking seemed to be arriving to class faster. The same groups of people were seen over and over again in what looked to be almost the same formation and clearly had no intentions of stopping anywhere, including multiple students and your favorite professor who had no classes this quarter despite specifically swearing he would definitely teach at least one. According to one poor first-year student

who barely escaped, there were 23 bikes piled up, completely blocking off the way from Campbell Hall back to the Chi-5 with only swarms of intimidating French men.

After days on end of angry bicyclists making the bike lanes somehow even worse than they already were to ride on, a winner was finally announced. First-year student Anita Bath absolutely destroyed every single contestant in the race, much to the dismay of the professionals.

In anger, a contestant stormed up to Bath and screamed, "HOW DID YOU MANAGE TO BEAT US ALL?"


Confused, and somewhat frightened, Bath said, "I couldn't find Phelps Hall."

Well, Gauchos, it was an amazing competition season, and we look forward to seeing you for next year's race which, after the amazing drama of this year, will be permanently hosted during Week 2 of Fall Quarter.

Binzy Eggbag is terrified of French "people."



Armchair QB



This past Sunday was an exciting one in the NFL, as many underdogs got the win. The two remaining undefeated teams, the San Francisco 49ers and Philadelphia Eagles, suffered defeat against the Cleveland Browns and New York Jets, respectively.

SPORTS

UCSB Athletics

Both men's water polo and women's volleyball play at home on Saturday this weekend. Men's water polo will take on UC Irvine while women's volleyball will take on Cal State Northridge.

Gonzalez scores in return as men's soccer beats Cal Poly

Preston Espar

Sports Editor

In their second meeting of the year, UC Santa Barbara men's soccer secured a regular season sweep of the California Polytechnic State University, San Luis Obispo Mustangs by beating their rivals in a close match by a score of 1-0.

This was the first Big West Conference meeting between the two teams as the Gauchos' 2-0 victory against Cal Poly earlier in the season did not count toward the conference standings. With the win, the Gauchos now have a Big West record of 3-2-1 and are in a 3-way tie for second place with California State University, Bakersfield and UC San Diego.

Although UCSB started off slow, they were eventually able to secure the victory.

At the start of the game, the Gauchos were at risk of conceding a goal due to their stagnant play. Bad passing from UCSB allowed Cal Poly to obtain the ball in dangerous attacking positions and the Mustangs were eventually able to get a shot on goal. However, this blast was saved by UCSB senior goalkeeper Leroy Zeller. Cal Poly was able to continue this momentum up until the Gauchos decided to make substitutions. In his first game since recovering from injury, UCSB junior midfielder Lucas Gonzalez was substituted in the 15th minute and made an almost instant impact.

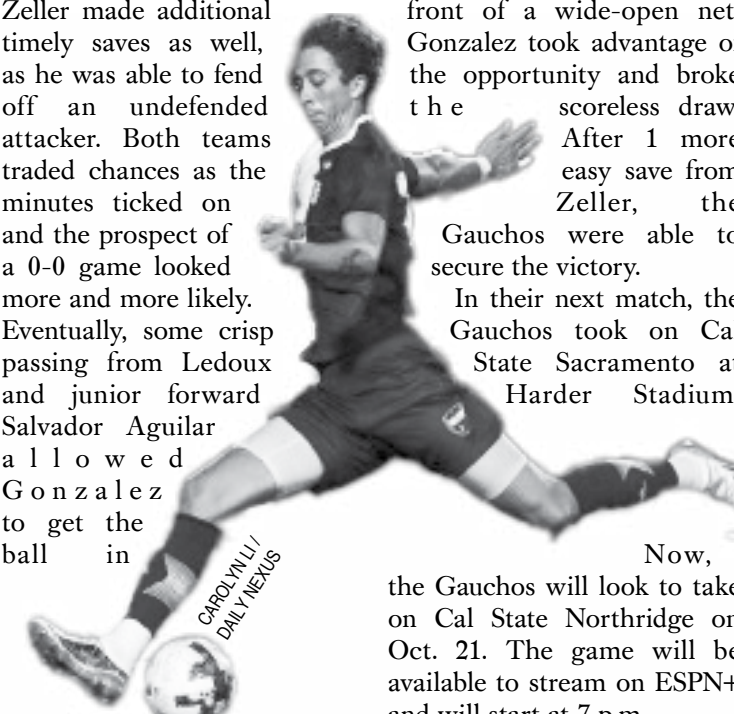
From the jump, Gonzalez was on the attack. Just 5 minutes after his substitution, Gonzalez made a perfect pass to junior forward Alexis Ledoux, who was only able to register a shot on goal. Even with the much-needed spark, the Gauchos were unable to get a goal in the first half. However, Cal Poly had the same amount of luck as the teams went into their respective locker rooms at the half, tied 0-0.

The beginning of the second half was similar to the first, as Cal Poly began the half with a newfound energy. They would have scored if it was not for the clutch defending of sophomore midfielder Filip Basili, who made multiple clean tackles in the penalty area.

Zeller made additional timely saves as well, as he was able to fend off an undefended attacker. Both teams traded chances as the minutes ticked on and the prospect of a 0-0 game looked more and more likely. Eventually, some crisp passing from Ledoux and junior forward Salvador Aguilar allowed Gonzalez to get the ball in front of a wide-open net. Gonzalez took advantage of the opportunity and broke the scoreless draw. After 1 more easy save from Zeller, the Gauchos were able to secure the victory.

In their next match, the Gauchos took on Cal State Sacramento at Harder Stadium.

Now, the Gauchos will look to take on Cal State Northridge on Oct. 21. The game will be available to stream on ESPN+ and will start at 7 p.m.



CAL POLY V L U / DAILY NEXUS

UCSB women's soccer falls to Bakersfield

Andrew Tannourji

Staff Writer

The UC Santa Barbara women's soccer team adds another loss to an underwhelming season after losing to California State University, Bakersfield Roadrunners on Oct. 15.

Since Cal State Bakersfield is in the Big West Conference, the Gauchos' disappointing season, the Gauchos found hope with a win over Cal State Northridge. However, the Roadrunners put out that spark. With only 2 matches left in the season, the Gauchos must win both of these games for a chance to make an appearance in the postseason.

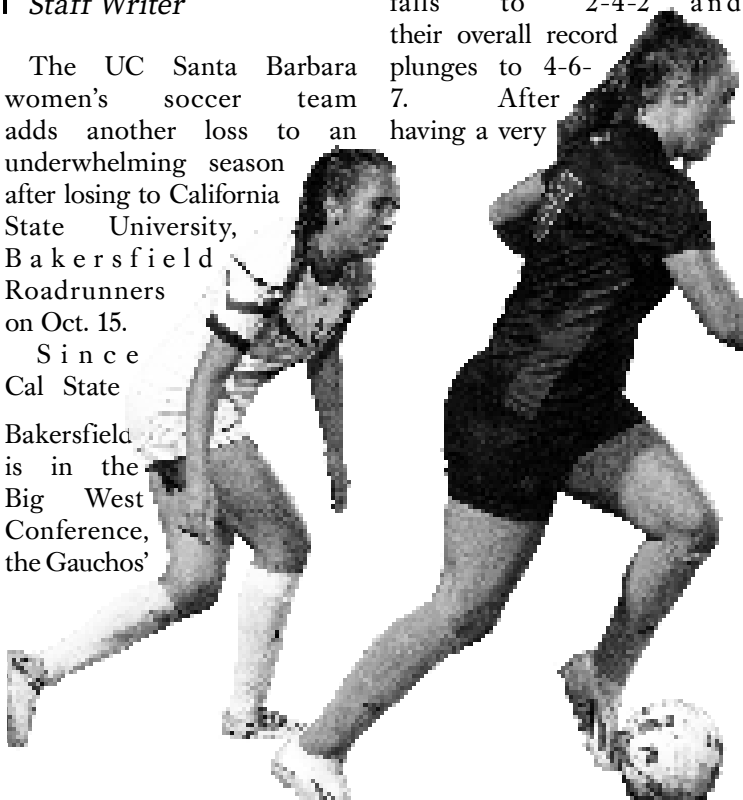
Throughout the first half of the match, both teams' offensive possessions were very balanced. Additionally, the Gauchos and the Roadrunners played hard on the defensive end, preventing either team from scoring. However, the Gauchos had multiple chances to capitalize on offensive possessions that may have resulted in a goal. Later on in the half, shots by junior midfielder O'Callaghan Liu and senior forward Meg Burling could have given the Gauchos a first-half lead. The

Roadrunners were slightly weaker toward the end of the half but that quickly changed going into the second.

Just as the second half started, the Roadrunners took advantage on the offensive end and struck first. Bakersfield placed the ball into the middle of the penalty box where it was shot to the top left side of the net, beating freshman goalkeeper Maddie Buckley. This goal put the Roadrunners up 1-0 with the majority of the second half left. Immediately after dropping a goal, the Gauchos turned up the intensity offensively and started to force the ball onto the opposing side.

With UCSB's momentum building, in the 74th minute, junior midfielder Jessica Carlton took a corner kick that almost tied up the game. Although Carlton's shot was saved, the goalkeeper did not have control of the ball, and it deflected back into the penalty box, giving the Gauchos a second chance. Freshman forward Jaclyn Degidio took a shot, but it would be saved by one of Bakersfield's defensive backs. With time running out, the Gauchos had to strike fast. In the 83rd minute, freshman forward Olivia Howard played a ball in the middle of the box and had a great look, but the shot sailed above the net.

For the remainder of the match, the Roadrunners kept the Gauchos from scoring, limiting their offensive possessions and gave the Gauchos a loss with a final score of 1-0. After this close loss, UCSB is now No. 6 in the Big West Conference, with their playoff chances being extremely slim. The Gauchos' next opportunity to get things right will be Oct. 19 taking on the University of Hawai'i.



MADDY FANGIO / DAILY NEXUS

Dash Attack: McFarland leads men's water polo to victory

Isaiah Ochoa

Sports Editor

Junior center Dash McFarland scored a game-high of 6 goals to lead No. 10 UC Santa Barbara men's water polo over the No. 14-ranked University of the Pacific.

In the first quarter, 3 goals were scored, leaving it to be a tranquil start to the match. McFarland marked the scoreboard as early as the 7:33 mark with an extra man goal. The Pacific Tigers retaliated and evened it out just 30 seconds later, with the game becoming 1-1 with 7 minutes to play. Graduate attacker Logan Sutter took back the 1-goal lead for the Gauchos as he scored minutes later to take back their one-up score.

After 1 quarter of play and a 1-goal advantage, the Gauchos were eager to add more. The Gauchos' defense held strong again, ending with only 1 goal for the Tigers in the second quarter. With great defense, UCSB paired it with a great offense. Freshman attacker Griffin Pieretti made it on board by scoring the first goal for the Gauchos in the second quarter. McFarland scored off a penalty shot, and junior attacker Adam Gyenis scored in the quarter.

Going into the second half of play, the Gauchos led 5-2. Pacific struck first in the quarter at the 5-minute mark of the game, making it 5-3. UCSB continued their potent offense as McFarland completed his hat trick shortly after the Tigers' goal. McFarland scored again 1 minute later to build on the Gauchos' 7-3 lead.

Pacific looked to cut the deficit as they scored an extra man goal to make it 7-4. However, UCSB scored 2 unanswered goals to increase their lead to 9-4. Sophomore attacker Brock Zamanian was responsible for scoring the 2 unanswered goals, as 1 was a penalty and the other was a regular goal.

In the final quarter of play, the Tigers scored a quarter-high of 3 goals. A third of those goals came after 2 Gauchos goals, with 1 goal being credited to McFarland. Pacific did answer back by scoring to cut the deficit, but McFarland just returned and finished his double-hat trick, recording his 6th goal of the game.

The Gauchos scored twice more while conceding 2 goals in the end, giving themselves a 14-7 win. With this win, the Gauchos have won 4 of their last 5 games and improved to a 14-9 record. UCSB is set to take on UC Los Angeles on Oct. 21 in Los Angeles starting at 11 a.m.

Fans can keep up with the action from anywhere by tuning into the ESPN+ broadcast or by following live stats online at ucsbgauchos.com.



MADDY FANGIO / DAILY NEXUS

A UCSB player aquires the ball and looks to make a play.

LA VISTA

Simple Dicho: ¿Por qué el tiempo “vuela” cuando nos divertimos?

Escrito por Olivia Gil de Bernabe
Asistente de Ciencia y Tecnología
Traducido por Angelica Monroy
Editora de Copia de La Vista

Parece que el tiempo se nos escapa a todos. Aún qué mecanismos históricos como el calendario y el reloj nos ayudan a organizarnos en nuestra realidad tridimensional, nuestras experiencias internas pueden ser muy diferentes. ¿Por qué pasa que el tiempo puede llegar a velocidades extremadamente lentas pero también puede pasar volando, especialmente cuando nos estamos divirtiendo? Estás preguntas han guiado a los científicos con los estudios sobre la percepción del tiempo.

A diferencia de nuestros sentidos, no hay ningún órgano dedicado a percibir el tiempo. Más bien, los científicos han identificado que varias áreas del cerebro trabajan juntas para ejecutar y regular la percepción del tiempo.

El córtex cerebral, cerebelo, hipocampo y los ganglios basales – han sido vistos activarse con estudios sobre tareas de discriminación temporal. Mientras la pregunta de donde en el cerebro es generalmente aceptada, la

pregunta de cómo la percepción del tiempo ocurre a un nivel neurológico no es captada.

Sin embargo, en los años recientes, muchos estudios empíricos que han explorado el amplio proceso de la percepción del tiempo han encontrado que está intrínsecamente vinculado a sensaciones subjetivas. Cambios fisiológicos, como los incrementos en los niveles de ansiedad o dolor crónico, facilitan como el cuerpo mide el tiempo. La teoría subyacente es que los cambios corporales llaman la atención sobre el hecho de que el yo actual se siente diferente que en momentos anteriores. La conciencia de que se ha producido un cambio de estado, provocado por señales viscerales en la corteza insular (un lóbulo de la corteza cerebral dedicado al procesamiento sensorial multimodal y otras funciones reguladas de la homeostasis) propaga la comprensión de que se ha producido un paso del tiempo.

La memoria, entonces, es crucial para la percepción del tiempo, ya que marca como los diferentes estados corporales corresponden a momentos a lo largo de la trayectoria continua del tiempo desde el pasado al presente y al futuro.

Como las sensaciones

fisiológicas, las emociones están vinculadas con la percepción del tiempo y han encontrado que afecta a un extremo el grado de percepción del tiempo y ayuda con el

almacenamiento de memorias, ayudando a explicar por qué la sensación del tiempo puede variar dependiendo del humor.

Cuando se trata sobre la percepción temporal como función para el almacenamiento de memorias, las emociones producen altos niveles de

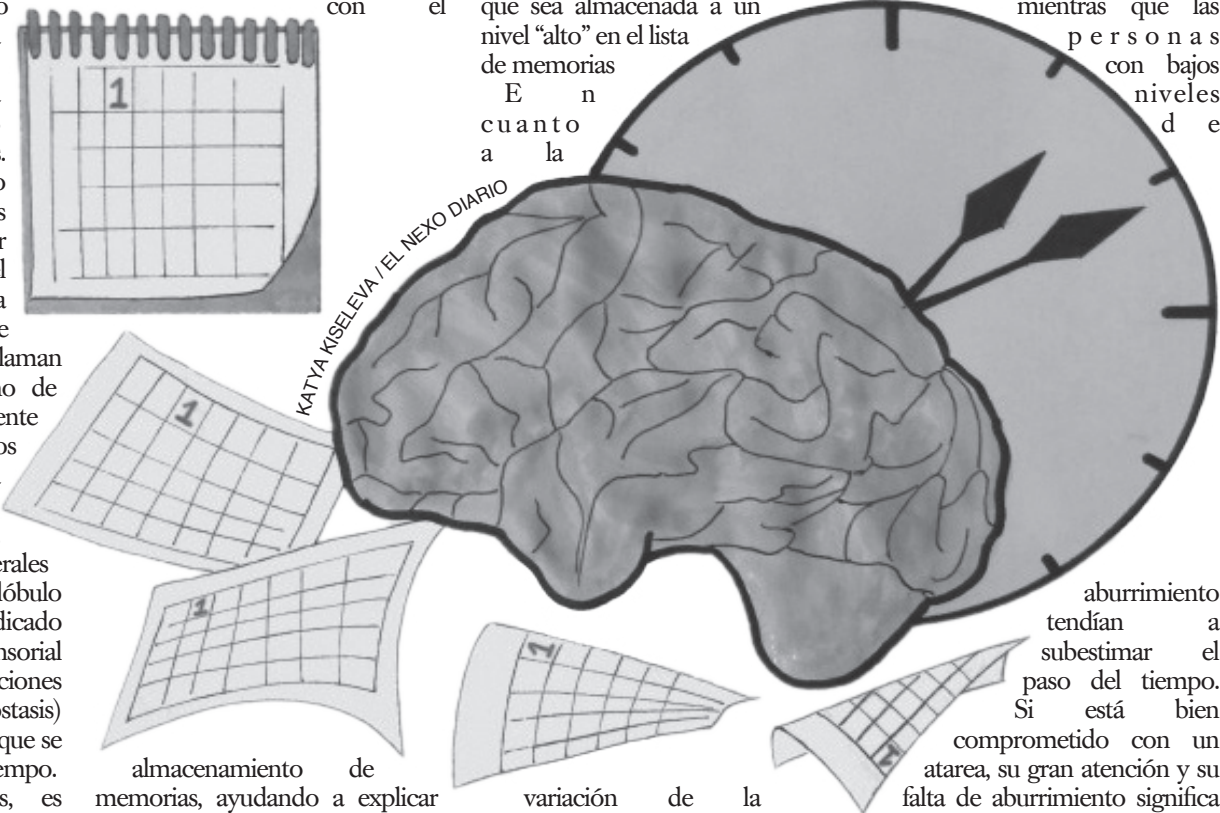
estimulación, guiándonos a niveles más altos de percepción y el nivel de atención implementada en la experiencia. La experiencia es resaltada en el tiempo, causando que sea almacenada a un nivel “alto” en el lista de memorias.

En cuanto a la

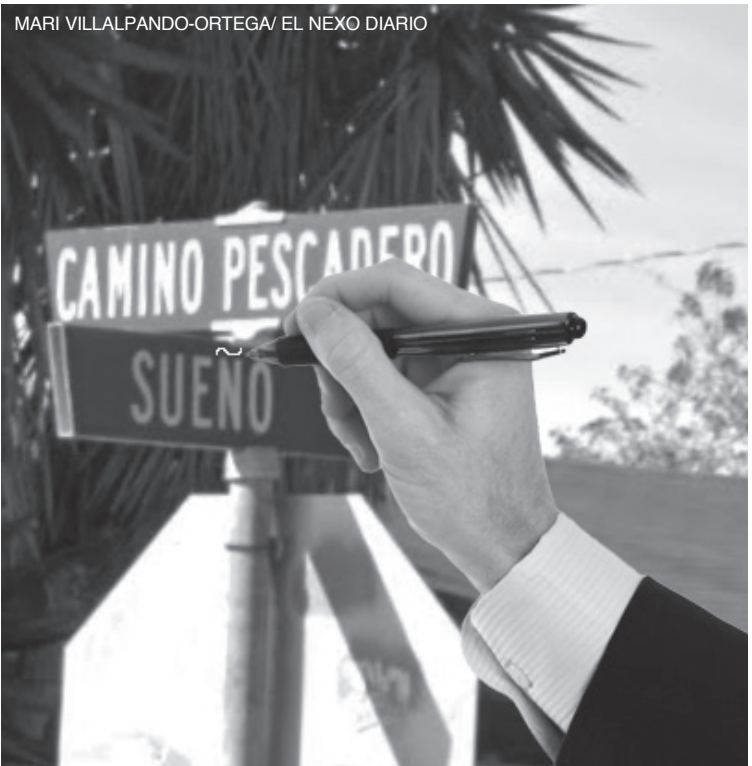
variación de la percepción del paso del tiempo con el estado de ánimo, los científicos han investigado el proceso en experimentos de finalización de tareas que vincularon la propensión al aburrimiento con la percepción del paso del tiempo.

La atención a la tarea en cuestión

fue crucial, ya que se descubrió que las personas que experimentan altos niveles de aburrimiento con la tarea en cuestión eran peores a la hora de estimar el tiempo, mientras que las personas con bajos niveles de aburrimiento tendían a subestimar el paso del tiempo. Si está bien comprometido con un tarea, su gran atención y su falta de aburrimiento significa que no están constantemente ocupado con un malestar visceral. Entonces, cuando estas disfrutando y divirtiéndose, el tiempo se siente como si estuviera “volando” porque la atención se centra en la tarea, no en uno mismo.



Noticias de última hora: Héroe desconocido agregó el tilde a la calle Sueño



El Mariachi

La celebración del Mes de la Herencia Hispana/Latinx terminó el 15 de octubre del 2023 y cuando el reloj se acercaba a la medianoche de ese fatídico día, escuchamos un último hurra para los hispanos en UCSB antes de que el canceller Yang cortará la electricidad en El Centro.

Por años los hispano hablantes han pasado por la calle Sueño y han encogido por falta del tilde. Ahora no tendrán necesidad. Una entidad misteriosa ha respondido a nuestras oraciones gramaticales.

He aquí el cartel de Sueño ahora ortográficamente correcto, sabemos que podemos dormir con calma sobre esta calle.

Un aplauso se escuchó a través de toda Isla Vista. Tomados del brazo celebramos esta feliz victoria mientras un trío de chicas blancas pasaban sin saber

del gran milagro en su presencia.

“Me siento muy feliz por esto. Pienso que la influencia español ha sido pasada por alto por demasiado tiempo,” dijo nuestra editora con ojos llorosos y el orgullo de una mamá viendo a su hijo menor limpiarse por sí mismo.

Aunque algunos de los nombres de calle serán masacrados por personas blancas y los hispanohablantes presionados para pronunciarlos mal, podemos descansar en paz esta noche con el conocimiento de que un héroe ortográfico camina entre nosotros.

Tal vez aprenda cómo codificar la pronunciación de las calles por parte del walkman también.

Sin embargo, una chica puede soñar, ¿no?

El Mariachi está hasta la madre con Gauchos quienes pronuncian mal los nombres de las calles.

‘Todos los hombres hispanos son perros’ dice chava parando oreja por corridos desde los autos pasando

El Mariachi

Esto va para las muchachas que han experimentado el situationship mas agotador por un Edgar de nombre empezando con J. He visto las mentes más brillantes de mi generación en ruinas por una situationship de tres meses. Las muchachas reciben un acondicionamiento clásico para girar la cabeza cuando escuchan corridos en los autos que pasan sin poder para escuchar el estridente canto de sus antepasados que les dicen “no te hagas pendeja”.

Estudiante de tercer año de licenciatura en geografía Benito Camela reporta su versión de la historia mientras conduce junto a morenas saliendo con un combo superior de pantalones grandes y camisa para salir de fiesta. “Ahh ni siquiera es así gúey. Ahora resulta que no puedo escuchar mi música ¿o que? No mames dude,” nos dijo Camela con sus ventanas criminalmente sobretintadas bajadas revelando un rosario colgado en el espejo retrovisor. Cuando le preguntamos sobre su técnica, lo que a él le llama “Beniques” se inclinó sobre nuestros periodistas para impresionar la sensibilidad detrás de esta distribución de conocimiento y en susurros dijo, “Ya tu sabe que a las chicas no le gustan que les grites por las calles y si estoy siendo honesto, a mi tampoco me gustaria si nomas andaba yo caminando mirándome así bien chula un

viernes por la noche, ¿sabes? Así que solo les dejo algunas pistas de que pienso que andan rechulas.” Cuando le pedimos una demostración, quemó llanta mientras puso Sabor Fresa de Fuerza Rígida en volumen alto.

Caminando por la calle Sueño, estudiante de segundo año de licenciatura en ciencias políticas Yanni Modo, reportó tres carros distintos haciendo giros bruscos innecesarios y acelerando a quinta velocidad en la calle con límite de 25 mph. “Siempre hacen demasiado como si no todavía tienen pagos que completar. Una vez mire a alguien quemar llanta en un GMC con una calcomanía que decía UCSB MOM. No tengo idea de que intentaba hacer.”

Aun así conforme pasa el tiempo las muchachas están atormentadas por estas casualidades y recordadas de los hombres hispanos más atrevidos de sus vidas.

Aquellos cuyas madres los empañan y los tratan como príncipes a su gran edad.

Aquellos que te llevarán por una cita romántica el cual solo es un paseo en su auto ruidoso hasta una vista insulsa y QUIZÁS te den un pequeño tentempié. Aquellos que le regalará flores a tu madre y luego romperá contigo al día siguiente (puntos extra si es en tu cumpleaños).

Las técnicas de tortura psicológica que solo podrían haberles impartido gracias a décadas de machismo en su sangre se filtran cuando se encuentran con una chica sexy a la que le va muy bien y deja a otra de nosotras en un estado atroz.

Tal vez algún día estaremos libres del mugroso hábito de girar la cabeza pero hasta entonces, siga volteando.

El Mariachi tiene ciertas placas memorizadas.



SCIENCE & TECH

SIMPLY STATED: What’s the tea on caffeine?

Kaitlin Lee
Staff Writer

Whether it is grabbing a Guayakí Yerba Mate from the Arbor before hitting the library or downing a cup of coffee in an attempt to stay awake for an 8 a.m. class, many UC Santa Barbara students rely on caffeine to help them focus.

Studies have shown that caffeine enhances cognitive performance by improving energy, alertness and reflexes. Caffeine binds to adenosine receptors and blocks adenosine, the neurotransmitter responsible for making us sleepy. It also boosts positive feelings by increasing the flow of dopamine in our brains.

Caffeine is also associated with other mental benefits such as helping to consolidate learning, reducing cognitive decline and decreasing the risk of depression. Registered Dietician Carrie Flack at UC Santa Barbara Student Health discusses research in caffeine’s possible prevention of some diseases.

“Caffeine is studied in relation to the possible treatment of neurodegenerative diseases such as Alzheimer’s and Parkinson’s diseases,” Flack explained. “In epidemiological reports, caffeine consumption was associated with significantly lower risk of developing them.”

These benefits are promising, but what happens if you drink too much coffee?

The Food and Drug Administration (FDA) recommends no more than 400 mg of caffeine per day – about three or four cups of brewed coffee. Regular consumption of caffeine past this limit poses a potential risk to physical and mental health. For reference, a venti-brewed coffee from Starbucks contains about 415 mg of caffeine, a

Celsius energy drink contains 200 mg and a can of Guayakí Yerba Mate contains anywhere from 60-150 mg of caffeine. Despite its benefits, too much caffeine can have undesirable side effects such as restlessness, insomnia, rapid heartbeat, agitation and headaches.

At high doses of caffeine, you might experience the “jitters,” characterized by shakiness, nervousness and anxiety. People with underlying mental health issues such as anxiety and panic disorders might be more susceptible to these symptoms and experience them more intensely.

Many side effects are also experienced by people with caffeine sensitivity at doses as low as 10 mg. Consuming too much caffeine too often can also cause dependency.

“It is possible to become addicted to caffeine in the sense that individuals regularly consuming caffeine may become physically dependent on it to function optimally or feel normal,” Flack said. “The body adjusts to caffeine intake by becoming less responsive to it or by developing tolerance to it.”

People with a caffeine addiction can experience

withdrawal symptoms such as headaches, fatigue, drowsiness and irritability if caffeine intake is stopped abruptly. Therefore, it is more beneficial to ease off of caffeine rather than quitting cold turkey when someone is caffeine-dependent.

Intake of caffeine close to bedtime can also affect the quality of sleep due to its half-life of four to six hours. This means that for up to six hours after drinking that cup of coffee, half of the caffeine consumed is still present in the bloodstream.

Although it does help you stay awake at night by delaying the increase of melatonin levels, the hormone that promotes sleep, it can contribute to feeling groggy in the morning. A study has shown that caffeine affects your circadian rhythm – not only does it cause you to fall asleep later, but it also causes you to wake up later.

People who choose to avoid caffeine but still enjoy the taste of coffee might turn to decaffeinated coffee, which typically contains only two to five mg of caffeine.

Decaffeinated coffee uses the water processing method, or Swiss Water Process. It uses water instead of solvents and is a natural, reusable process. A mixture of water and extract from green coffee beans is used to soak the beans, which removes the caffeine. The leftover caffeine-rich solution is then passed through activated charcoal that absorbs the caffeine. This is then used for the next batch of beans to be decaffeinated.

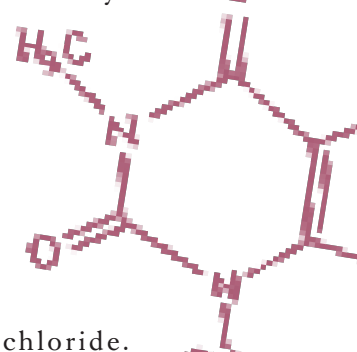
Water processing typically preserves the flavor profile of the beans which go on to be dried and roasted. Another method is the direct solvent method which uses ethyl acetate or methylene chloride to

directly dissolve caffeine from the coffee beans.

Ethyl acetate is a natural byproduct of sugar production and is also commonly used in paints, perfumes and nail polish.

Methylene chloride is a harmful chemical whose residues are removed through the drying and roasting process of decaffeination. The use of this chemical is not usually advertised, so it has likely been used if the product does not say “water processed” or “natural/sugar processed.” Methylene chloride in decaffeination is deemed safe by the FDA, but it typically produces coffee with low-quality flavor.

The indirect solvent method is common in Europe and also uses ethyl acetate or methylene



chloride. Coffee beans are boiled to extract the coffee oil and flavors, which are collected in the water. The beans are treated with the solvent and then heated, which evaporates both the caffeine and the solvent. They are then combined with the initial water solution, restoring flavor and oils to the coffee beans.

Lastly, the carbon dioxide method soaks coffee beans in

highly compressed liquid carbon dioxide. This method removes only the caffeine from the beans, preserving their flavor profile. Activated carbon filters are then used to separate the coffee beans from the carbon dioxide, which is reused for the next batch.

Decaffeinated coffee is overall safe, but you may want to know what you’re buying before you purchase another batch.

If you want to consume regular coffee but limit your caffeine intake, there are a few things you can do.

It is recommended to not have any caffeine within an hour of waking up, which will help maintain a normal circadian rhythm. Caffeine during this time is unnecessary

because our bodies produce cortisol after waking up – a natural energy booster.

To help with sleep hygiene, drink caffeine no less than six hours before bedtime.

Lastly, if you are not caffeine-dependent, consider drinking it more sparingly and only when you really need an energy boost.

Although coffee is a best friend to many of us, don’t underestimate the power of caffeine the next time you brew a cup!



JESSIE ZHU / DAILY NEXUS

A black and white illustration of a person sitting on a small stool, reading a large book. The person is wearing a dark jacket and striped socks.

GOT A BURNING SCIENTIFIC QUERY?!

Dear reader, please send it our way by emailing us at science@dailynexus.com.

Our Simply Stated column is dedicated to the weird and wonderful science of everyday things and the world around us. We feature no-nonsense explanations of technology, medicine, natural phenomena and all other sorts of scientific subjects that spark our readers’ curiosity.

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OPINION

ARGUMENT IN THE OFFICE: TUBE GIRL

Suryaansh Dongre
Co-Asst. Opinion Editor

How Tube Girl got me on the slam train

When it comes to Tube Girl (she went viral on TikTok for filming herself in 0.5 and modeling), her power cannot be denied. Sure, everyone is deep in their devices but, ultimately, I look beyond the subway car. Tube Girl has sparked a movement of people absolutely slaying in public and embracing who they are. And that's pretty impressive from one video on the Victoria line.

To me, she's getting people out of their phones and into the real world. Admittedly, they're filming themselves, but people go from being absorbed within their online spaces to being active contributors to those spaces. One of the main criticisms of the online age is the isolation people feel at home and on the train – everybody is absorbed within their phones and laptops. By being so prominent and so flagrant, Tube Girl may not be inspiring the people in her compartment to get up and dance with her, but she is putting the call out to the girls and the gays across the world. And they're responding. I think that's quite exceptional – she manages to get people out of their little bubbles and put themselves out there.

There is something to be said about interpersonal connection – Tube Girl may have inspired thousands but, in the end, she really isn't friends or even acquaintances with any of those people. At the end of the day, a TikTok comment can't replace real human connection. While Tube Girl may not actually be connecting with people, the value comes from the inspiration she provides.

Personally, I hate talking to people. I hate going up to people and I hate starting conversations. Half of that is because I don't have the confidence

and/or self-esteem to believe that I can do those sorts of things.

Tube Girl, on the other hand, is completely unapologetic about being who she is. She symbolizes the "look cute, drive fast, give no fucks" social ethic that I can only dream of, and she's honestly an inspiration. If Tube Girl can film herself in 0.5 on a London subway, then I can ask someone about the weather. Tube Girl pulls people out of their little commute bubbles and into the real world, and with that comes some degree of real human connection and intimacy.

Ultimately, Tube Girl is the epitome of the

Elizabeth Lee
Co-Asst. Opinion Editor

Solitary cunt-finement

There's just something dystopian about Tube Girl. Yes, she's sparking confidence, making people feel good about themselves and others, bringing her excitement to a place that is a notoriously sad and isolating environment. No one can deny that.

But something just feels weird watching a stylish, young girl slaying away in a corner of the tube while the older, working population stares at their phones in the background on their morning commute. Even haters of Tube Girl & Co., those

CVS Pharmacy.

We quietly film ourselves when we look good and quietly film others when we think they don't, and with it creates a bubble of shared feelings that pops as quickly as it was made. We've built an online community of confidence, but perhaps at the sake of personal connection.

There is an epidemic of loneliness. It's no coincidence that some of the most popular and confident people with a strong online presence frequently talk about struggling with loneliness. My personal favorite, Ashley from Bestdressed, was always open about her mental health and difficulty navigating the social friction that comes with adulthood. Even A-list celebrities like Taylor Swift mention that fame comes at the cost of being alone.

There's an irony here – the more loved you are by the masses, the less you feel loved by those closest to you. Projecting confidence into the phone in your corner of the subway brings you no closer to the people around you. If a tree falls in the forest but no one is around to hear it, how many TikTok views would it get?

It gives me the same feeling as when you come home alone after a night out with your friends, and suddenly you get a pit in your stomach and can't tell if you feel any less lonely than you did before you left. Putting the phone down after filming a cute TikTok and looking back at the train full of people looking at their phones feels analogous to coming home and turning on the lights to find the same apartment just as you left it. Presenting yourself as cool, confident and distant may feel self-empowering in the moment, but when the cameras stop rolling, what are you really left with?



AUDREY KENYON / DAILY NEXUS

collective and community – she's getting people more comfortable in public and in their own bodies. One of the reasons people prefer to just scroll on their commutes is because doing anything else can be perceived as awkward and anxiety-inducing. By putting herself out there, she's breaking the barrier of restraint and hiding and pushing other people to do the same. Little by little, Tube Girl is pulling people out of their phones to slay the runway (or subway) and be present, even if it's just on their morning commute.

who look down on the new wave of girls lip syncing into their phones on the phone, do so by filming the Tube Girls themselves and posting it online while laughing at how silly they look. The ability to hide behind a screen – for both uplifting and demeaning cases – means that you lose a sense of personhood.

To me, Tube Girl feels like yet another manifestation and coping mechanism for modern isolation. A really hot and confident coping mechanism. Like putting on the cuntiest Hello Kitty Band-Aid you can find at

LETTER TO THE EDITOR: HISPANIC HERITAGE MONTH WRITE-IN

José Suarez
Staff Writer

If one were to quickly search for what "Hispanic" means, the answers may be less than satisfactory (though, to be honest, I don't know if looking up other ethnicities also results in similar frustrations). It forces one to question who they actually are in this world, but there's a lot of problems with this premise.

Should one allow their identity to be pigeonholed by the nation they reside in, especially when that nation doesn't align with their ancestry? But wait, despite being born in America and having lived almost all (like, 99%) of my life in America, am I not,

therefore, American? I don't feel American.

But, then, do I feel "Hispanic?" Do I feel Hispanic when I don't even know the rudimentary history of my motherland because I couldn't justify learning about it in my college coursework (since the credits didn't align with what I needed to graduate) or because primary education doesn't focus on it (because why would it)? Do I feel Hispanic when I've grown up speaking Spanish and understand it but still struggle to speak to my parents or others with it because I haven't had many opportunities in my life to practice it since leaving home?

Regardless, is considering

myself Hispanic only allowing the colonizers' influence on my roots undeserved weight – which I guess should also make me reject wanting to be American? And what about being Chicano? Surely that must be more applicable than either being American, Hispanic or even Mexican? But there's not always an option to select that in government forms. Does this make that identity (and thus, my self-identification) any less valid? I don't know. I'm hoping I can figure it out.

I think back to a trip my summer internship did to the Skid Row History Museum, where I asked the curator (who had earlier expressed himself as Chicano) what it meant for him to do so

and whether or not he felt (or felt he should feel) any guilt for not knowing more or enough of our heritage/culture. His answer both empowered and confused me even more: "Who cares," he basically told me. "Our identity is whatever we want it to be and however we want to develop it is solely up to us." While this definitely gave me more questions than answers, ultimately, I do appreciate his answer – whatever I end up deciding will be acceptable, and no one will be able to take that from me.

Note from the Editor: We did not change the content of this piece and solely edited it for clarity.

HOROSCOPES

The signs as
people on the Tube

ARIES

MARCH 21 - APRIL 19

Plays Subway Surfers without headphones in

TAURUS

APRIL 20 - MAY 20

Very loudly eating a tuna sandwich

GEMINI

MAY 21 - JUNE 20

Taking a phone call gossiping with people's government names

CANCER

JUNE 21 - JULY 22

Tearfully stares out the window

LEO

JULY 23 - AUGUST 22

The Tube Girl

VIRGO

AUGUST 23 - SEPTEMBER 22

Staring at the map the whole time to make sure they don't miss their stop

LIBRA

SEPTEMBER 23 - OCTOBER 22

Making out intensely with a Scorpio

SCORPIO

OCTOBER 23 - NOVEMBER 21

Making out intensely with a Libra

SAGITTARIUS

NOVEMBER 22 - DECEMBER 21

Singing under their breath

CAPRICORN

DECEMBER 22 - JANUARY 19

Spills the water in their 40oz Stanley cup on their seat neighbor

AQUARIUS

JANUARY 20 - FEBRUARY 18

Really hot and mysterious and reading "War and Peace"

PISCES

FEBRUARY 19 - MARCH 20

Artsy street photographer taking photos of a dead rat