THURSDAY, NOVEMBER 9, 2023 UNIVERSITY OF CALIFORNIA, SANTA BARBARA EST. 1930 WWW.DAILYNEXUS.COM

### SB County Board of Supervisors unanimously pass Supervisor Capps' bluff safety plan



The SB County Board of Supervisors voted unanimously to pass Capps' safety plan.

Anushka Ghosh Dastidar Community Outreach Editor

The Santa Barbara County Board of Supervisors convened on Nov. 7 and unanimously passed Supervisor Laura Capps' İsla Vista bluff safety plan.

Capps' eight-step plan details proposed safety measures to ensure increased precaution be taken around the cliffs in I.V. The plan includes regulating fence heights, lighting, warning signs, cliff-side bathrooms, horticulture promoting cliff safety education.

The proposed safety plan

### **UCHS** hosts Rental Housing Fair



Students interact with property management companies at the UCHS Rental Housing Fair.

Melody Xu Reporter

University & Community Housing Services hosted its Rental Housing Fair on Nov. 3, at Storke Plaza ahead of the annual Parents & Family Weekend held on campus.

The quarterly fair aims to give Isla Vista property management companies a "friendly way of Bluffs Safety Plan p.6 interacting with parents and

students" before students begin signing leases in I.V., University & Community Housing Services (UCHS) Housing Systems Analyst Jessie Long said.

There were 20 booths at the fair, with some manned by representatives from various UC Santa Barbara educational departments and property management companies.

Housing Fair p.6

### I.V. local government, UCSB organizations host Día de los Muertos events

Anushka Ghosh Dastidar Community Outreach Editor

Annmarie Fan Reporter

Isla Vista's local government and UC Santa Barbara campus organizations celebrated Día de los Muertos with several events late last week.

Día de los Muertos dates back to the ancient Aztecs and is celebrated annually in Mexico as a way to remember loved ones who have passed away. The dead are honored with ofrendas, or offerings, consisting of things such as flowers, food and art placed upon an altar.

I.V. Community Services District (IVCSD) held a Día de los Muertos celebration on Nov. 1 in collaboration with the I.V. Recreation and Park District (IVRPD) at the St. George Youth Center.

The event included live performances by Mariachi Mexicanisimo, a traditional mariachi band; Grupo Tolteca Izkalotl, a group that studies the Toltec philosophy; and folklore storytelling with Mexican folk dance group Xochipilli de Santa Barbara to spotlight different community Mexican cultural groups, according to IVCSD General Manager Jonathan Abboud.

"IVCSD has a goal of promoting and supporting more cultural events in Isla Vista for all residents to safely enjoy and come together - we look forward to seeing community members of all ages there," Abboud stated in a press release.

IVCSD set up a community ofrenda at the event for guests to contribute with photos of their own loved ones. The ofrenda was decorated with

candles, marigolds and fruits. "Ofrendas are one of the central features of Día de Los Muertos and are presented as a way to help guide spirits of



The event included a live performance by Mexicanismo Tolteca and Xochipilli de Santa Barbara.

the deceased back to the living world," the press release read. "In addition, the candles often displayed among the altars are meant to symbolize hope, faith, and remembrance."

The event also featured various foods in honor of the festival including homemade ponche, also known as fruit juice, and tamales, as well as a taco bar set up by Super Cucas

Also available at the event was an arts and crafts station with tissue paper, flower-making and calavera coloring sheets, as well as a lottery game.

"We are delighted [by] this tradition which allows people of Isla Vista to come together and celebrate that which means most: friends, family, and loved ones," IVRPD General Manager Kimberly Kiefer stated in the press release. "It is a day to remember and honor our loved ones."

In collaboration with local campus entities, the UCSB Chicanx/Latinx Cultural Resource Center hosted its 10th annual Día de los Muertos celebration on Nov. 2 on the front lawn of the Student Resource Building (SRB).

Since its first occurrence in 2014, this annual event has become a tradition for the Latinx/Chicanx community in UCSB and in the greater I.V.

This year, the celebration was collectively led by the Chicanx/Latinx Cultural Resource Center, El Congreso de UCSB, Student Engagement & Leadership, Latinx UCSB Network Association, Resource Center for Sexual and Gender Educational Diversity, Opportunity Program, Sigma Alpha Zeta, Sigma Lambda Beta and the Office of Diversity, Equity, and Inclusion.

Director of Civic and

Community Engagement and Isla Vista Liaison Viviana Marsano, who attended on behalf of the Latinx UCSB Network Association, the event has become an unexpected success since its first inception.

"Immediately [the event] exploded, it became this huge event with other departments, some student groups and our cosponsors," Marsano said in an interview with the Nexus. "We advertise it a lot but at the same time, people already know about it."

Marsano said the collection of campus entities convene yearly to put on the Día de los Muertos celebration largely for students who cannot return home to celebrate with their own families.

"I think the main goal is, as I said, the sense of belonging for a lot of Latinx students who are here. They are away from home, they must be missing family and the people who are gone," Marsano said.

The event began with a public acknowledgment of Chumash lands that critiqued UCSB's investments in projects that impact Indigenous communities, such as the Thirty Meter Telescope, and called for the protection of Indigenous land and peoples.

Following acknowledgment, attendees were invited to try the provided traditional Día de los Muertos foods, including pan de dulce, aguas frescas and tamales. Also included was an ongoing silent auction of various donated art, artifacts and jewelry, with all proceeds going towards scholarships for undocumented UCSB students in collaboration with Undocumented Student

Community members were further encouraged to observe the traditional altars set up inside the SRB to honor family members who had passed on.

"Traditionally, people will put other things like food and drinks, things that the people you're remembering enjoyed in life, but it really depends," Pre-Law and College of Letters & Sciences Academic Advisor Miguel Moran-Lanier said.

"People celebrate in different ways, there's no single way of celebrating. Different communities, different parts of Mexico, different parts here they do things slightly different," Moran-Lanier said.

For some students, this oncampus tradition is their first opportunity to celebrate the annual holiday.

"My family doesn't really celebrate this and I don't have an altar in my house. So, for me, being able to be in an organization that creates an altar here is really powerful,"

Día de los Muertos p.5

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

Asumi Shuda Deputy News Editor

ONDAS Student Center meet-up for firstgeneration graduate students

Opening New Doors to Accelerating Success (ONDAS) Student Center is hosting a "First-Gen Graduate Student Meet Up" on Thursday, Nov. 9, from 2-3 p.m. at Kerr Hall 1150. This event is the first of its kind by the ONDAS Student Center.

Pizza will be provided. Women's Center holds discussion on The Handmaid's

Women's Center is hosting a discussion on The Handmaid's Tale on Thursday, Nov. 9, from 3:40-6:30 p.m. at the Student Resource Building Multipurpose room (MPR).

"Dive into the dystopian world of Gilead, as we view and dissect "The Handmaid's Tale," a series that explores themes of women's rights, oppression, and resistance," the Shoreline description read.

Pizza will be provided. Associated Students Trans & Queer Commission hosts

quarterly town hall Associated Students (A.S.) Trans & Queer Commission is hosting its fall town hall on Thursday, Nov. 9 from 6-7 p.m. at the MultiCultural Center (MCC) Lounge.

The event will feature a discussion on campus climate for members of the LGBTQIA+ community and give space for feedback on the commission's work as well as other campus identifying individuals at UC Santa Barbara.

Attendees who complete the pre-attendee survey will have a chance to win a mapache plushie.

**Graduate Student Resource** Center hosts international graduate pizza party

The Graduate Student Resource Center is hosting a fall pizza party for international graduate students and their families on Thursday, Nov. 9, from 6-7:30 p.m. at the Storke Community Center.

"Join us at Storke Family Housing Community Center for a cozy evening of delicious pizza, heartwarming conversations, and the chance to connect with fellow international graduate students and their families," the Shoreline description read.

Fall season dishes, including pumpkin pie and apple cider, will be provided.

**EVPLA** Office finishes health promotions week

The Office of the External Vice President for Local Affairs is finishing off its Health Promotion Week on Thursday, Nov. 9, and Friday, Nov. 10.

Thursday's event features a safe partying event in collaboration with Life of the Party and Gauchos for Recovery from 6-7 p.m. at the Pardall Center.

Friday's event will be a sexually transmitted infection (STI) screena-thon in collaboration with Santa Barbara Neighborhood Clinics, which will include free STI screenings and birth control consultations. Attendees can drop

in between 10 a.m. and 6 p.m. at the Isla Vista Community Center. **Indian Association @ UCSB** hosts Diwali 2023

Indian Association at UCSB is hosting Diwali 2023 on Saturday, Nov. 11, from 7-9:30 p.m. at MCC room 1504.

"Celebrate the Festival of Lights with us at our Diwali event," the Shoreline description read. "Enjoy delicious Indian cuisine and the warm company of friends and fellow South Asians."

Diwali is a national five-day holiday in India, often celebrated by releasing sky lanterns to honor the Hindu goddess of wealth, Lakshmi.

Health & Wellness hosts "Exploring the Asian Landscape'

Health & Wellness is hosting a discussion titled "Exploring the Asian Landscape," on Monday, Nov. 13, from 12-1 p.m. at the MCC Lounge. The event is in collaboration with the Office of International Students & Scholars and the Division of Student Affairs in honor of International Education Week.

The event will feature tastetesting kimchi jjigae, a Korean stew, and a workshop around Asian comfort food.

"Come join us in taste testing kimchi jjigae and get your hands on an Asian cookbook that lists out Asian grocery stores and recipes you can try at home," the Shoreline description read.

**Non-Traditional** Student Resource Center hosts Drag **Queen Story Hour** 

Non-Traditional Student Resource Center is hosting a Drag Queen Story Hour for student parents and their children on Monday, Nov. 13, from 5-6:30 p.m. at the Women's Center Lounge.

The event will feature drag queen Miss Angel, who will be reading "Be You!" by Peter H. Reynolds.

"Please note that this event is intended for student parents and their children, but all are welcome to stop by," the Shoreline description read.

**Resource Center for Sexual** and Gender Diversity hosts community dinner

The Resource Center for Sexual and Gender Diversity is hosting a community dinner as part of its QTBIPOC Empowerment Hours on Monday, Nov. 13, from 6-8 p.m. at the SRB MPR.

"Please join us for an evening of food and conversation to celebrate the quarter," the Shoreline description read.

Food will be provided, but prospective attendees must register in advance.

UCSB Sustainability hosts November stargazing

UCSB Sustainability is hosting a new moon stargazing for November on Monday, Nov. 13, from 9-10 p.m. at the lagoon side of the University Center lawn.

"Through this workshop, we will be guided by the night sky to find peace, calm, and mental silence," the Shoreline description

LGBTQ Staff & Faculty Collective hosts transgender resilience silent auction

LGBTQ Staff & Faculty Collective is hosting a silent auction toward transgender resilience on Tuesday, Nov. 14, from 11:30 a.m. to 1:30 p.m. at the SRB MPR.

The items will be self-made art and will be donated until Nov. 10. All proceeds will go toward emergency funds for transgender and non-binary individuals outside California and mini-grants for and non-binary transgender students at UCSB.

MCC hosts discussion with Traci Kato-Kiriyama

The MCC is continuing its Resilient Love series with Traci Kato-Kiriyama to discuss the With(out) "Navigating Instruments." The discussion will take place on Tuesday, Nov. 14, from 6-7:30 p.m. at the MCC Theater.

Kato-Kiriyama is an art activist, organizer and author who will speak on the themes of solidarity, reclaiming the past, queerness and more from their work.

*A.S.* Trans & Queer Commission hosts Bob Ross paint night

A.S. Trans & Queer Commission is hosting Bob Ross Painting Night for queer and transgender students on Tuesday, Nov. 14, from 7-8:30 p.m. at the MCC Lounge.

"Have a fun and creative evening as we recreate one of Bob Ross's paintings while watching his video tutorial," the Shoreline description read. "ALL supplies are provided but feel free to bring your own stuff."

# A Week in UC

Alex Levin University News Editor

UCSF honors Nancy Pelosi for leadership on HIV/A.I.D.S.

The UC San Francisco Institute for Global Health Sciences honored U.S. House Speaker Emerita Nancy Pelosi for her efforts in supporting people with HIV and A.I.D.S. throughout her career.

Pelosi was presented with the first ever Bay Area Global Health Alliance Leadership Award at an Oct. 30 event, which UCSF hosted in collaboration with the Bay Area Global Health Alliance, Health Institute, San Francisco AIDS Foundation and Friends of the Global Fight Against AIDS, Tuberculosis and Malaria, according to a UCSF press release.

"On behalf of the entire UCSF community, it is my great honor to convey my heartfelt gratitude for your leadership in HIV and for our longstanding partnership to advance health care and biomedical research," UCSF Chancellor Sam Hawgood said in the press release.

Hawgood praised Pelosi for working to create the Housing Opportunities for Persons With AIDS Program – a program designed to assist people from lowincome backgrounds with A.I.D.S - early on in her career. He also acknowledged Pelosi's increase in funding for HIV prevention, care, treatment and research.

In accepting the award, Pelosi spoke about her first speech in the U.S. House of Representatives in 1987, where she called for the U.S. to take initiative against the A.I.D.S. crisis.

"My first words on the floor of the House were about HIV/ A.I.D.S. And people said, 'Oh my gosh, why did you say that?" Pelosi said. "I said, 'I came to Congress to fight HIV/A.I.D.S."

UC Davis student group hosts controversial speaker Riley Gaines, students protest

Davis College Republicans, a republican student group at UC Davis, hosted former NCAA swimmer Riley Gaines at the UC Davis Conference Center on Friday, Nov. 3.

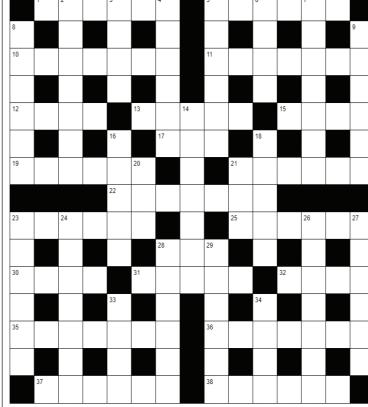
According to a UC Davis press release, about 100 protesters gathered outside the center before and during the event.

Gaines, who lost a University swimming Kentucky competition to a transgender athlete, has publicly criticized the inclusion of transgender female athletes in women's collegiate

UC Davis The Police Department reported two assaults during the event, as well as several instances of vandalism. Four people were turned away at the door for refusing to show identification. No one requested medical attention, and there were no arrests.

"UC Davis is committed to ensuring that all members our community, including transgender and nonbinary people, are treated with dignity and respect and are able to flourish on our campus," the press release read. "As a public university, UC Davis is dedicated to the First Amendment and the pursuit of knowledge through the free, open and nonviolent exchange of ideas."

### The Daily Nexus Crossword



Siddharth Chattoraj Data Editor

ACROSS

1. Can hold water

5. Romantic and glowing

Artistic movement accurate representation

11. Magical creature with one

12. To interlace yarn or thread in a series of loops with needles

13. Collection of maps 15. 39 (San Francisco)

17. Large, hairy type of cattle

emphasizing

\_\_\_ Hollow 23. 25. Razzle

19.0% milk

imagination"

polvester

28. Sigma 30. Can be produced in a canvon

21. "A dinosaur from our

22. Natural examples include

wool and silk and synthetic

examples include nylon and

31. Sweet-tasting carbohydrate 32. Final resting place of the Unknown Solider

35. Sine divided by cosine

36. Twice as many

obligation

**DOWN** 

2. Form of appreciation or applause 3. A journey where you

37. Political campaign motto

Fulfills a financial

visit somewhere and return afterward

4. Open hostility

5. High-pitched sound made by mice and chipmunks

6. Crime drama genre, e.g. that of "[5 Across] Boulevard"

7. Breaking down of rocks by natural forces, e.g. wind and water

Heart\_\_\_\_ \_-hearted

9. Types include chemical, thermal, nuclear, etc.

14. Coccinellidae 16. Overly sentimental or

romantic

18. 200 milligrams

20. E.g. Woody, Buzz Lightyear, Mr. Potato Head, etc.

21. If you are [23 Across], you

should go to this 23. Blade covering

24. Alcohol with two carbon

26. UCSB EEMB major concerning animal life

27. To express or personify 28. Head of State of Oman 29. One who sacrifices their

life for a cause or belief 33. Short for "iceberg" 34. \_\_\_\_ d'etat

Crossword answers be found on our website dailynexus.com/games.



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"I hate Celsius, it's like a Republican Yerb."

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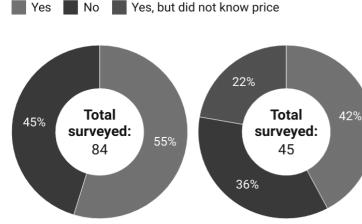
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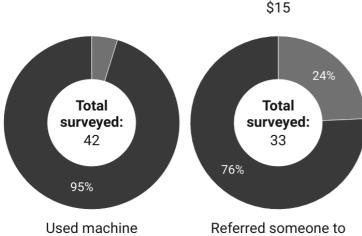
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### California legislation mandates contraceptive vending machines at public universities, UCSB sells Plan B for 15 dollars

### **Contraceptive vending machine awareness of UCSB students**



Knew of machine Knew about Plan B for



SIDDHARTH CHATTORAJ / DAILY NEXUS

In a Nexus survey of 84 random students at the Arbor and University Center, 45% of respondents knew about the wellness vending machine.

#### Lizzy Rager Staff Writer

The campus community reflects on the presence of a Wellness Vending Machine selling contraceptive and health items following its establishment in 2017.

Each University of California campus is required to have at least one Wellness Vending Machine, and Cal State and California community college are to establish at least one machine at five of their campuses in accordance with the 2022 Assembly Bill 2482.

The wellness machines are mandated to include condoms, dental dams, menstrual products, lubrication, pregnancy tests and emergency contraception, like Plan B, at a discounted price.

Before this legislation, a 2017 Associated Students effort to address accessibility gaps to contraceptive products on the weekends resulted in the establishment of the Wellness Vending Machine at UC Santa Barbara. Sitting on the second floor of the UCSB library by the Ocean Floor elevators, the vending machine sells emergency contraception, pregnancy tests, condoms and lubricant, along with allergy and pain-relief medication, sanitizer and digital thermometers.

without insurance, Plan B and other generic emergency contraceptives typically cost \$40-50, according to Planned Parenthood. Because of efforts by the Student Health Center and Women's Center, the cost is \$15, which was previously \$10 since 2017

Betsy Kaminiski, the Director of Women, Gender, and Sexual Equity at the UCSB Women's Center and the Non-Traditional Student Resource Center, said the reason behind the increase is due to the funds from Plan B not covering the costs of stocking. Thus, all the machine's revenue goes back into funding its stock.

"It's really hard to kind of get any finances for it because it's just its own thing. We're not getting any money from it. It's a cycle," Women's Center Administrative Coordinator Jessica Evers, who restocks the machine, said.

Kaminski reported that 1,050 units of emergency contraception have been sold via the Wellness Vending Machine from May 2022-23. She anticipates that 350-400 units of Plan B will be sold by the end of this quarter.

"It removes stigma"

Plan B Step-One is a morningafter emergency contraception pill, taken the day after unprotected sexual intercourse, according to Mayo Clinic. The sooner the pill is taken, which should be under 72 hours after, the more effective it is.

machine

The advantage of the Wellness Vending Machine is its 24-hour availability and discounted prices, Kaminiski said. The vending machine is the only place in UCSB and adjacent I.V. to get birth control and other wellness products at anytime.

Kaminiski spoke to the anonymity of the transactions, removing the stigma for students who might be scared or embarrassed to purchase Plan B or other wellness products in stores.

"[Students] don't have to talk to anybody. They don't have to answer any questions. They can just go there and get what they need from the machine. It's meant to address any possible stigma or embarrassment that might prevent somebody from being able to ask for the medical supplies that they need," Kaminski said.

Though Plan B is the most popular product sold at the machine, its other products get fair use. From May 2022-23, 146 pregnancy tests, 60 bottles of ibuprofen and 113 single-use condoms have been sold. Last summer, 180 units of Plan B, 10 pregnancy tests and 15 single-use condoms were sold, according to Kaminiski.

Evers indicated holidays and specific events, like Deltopia, as the most popular times the machine is used. Two weeks before Halloween weekend, Evers checked the machine three times a week and took extra steps in

directing students to it.

"[It's] not Friday. It's always [on] Monday, because like five people an hour come in here. And they're asking, 'do you have a pregnancy test? 'Plan B?' And immediately, I say, 'second-floor library,'" Evers said.

#### Campus discourse

In a Nexus survey of 84 random students at the Arbor and University Center, 45% of respondents knew about the wellness vending machine. Of those who knew of the machine, 36% did not know it sold Plan B, and 22% knew it sold Plan B but did not know the price.

There was some opposition from the campus when the vending machine project was in its development phase in 2016-17. To fund the purchase of the machine, 50 cents were allocated from the student fee budget for \$11,500. One Bottom Line article, defending a pro-life position toward emergency contraceptives, criticized the use of student fees for funding the machine.

Additionally, the Anscombe Society at UCSB, a now currently inactive organization that aims to promote traditional marriage, was in opposition to the decision, according to Intelligent Dispensing Solutions.

Student service fees have not been directly used for the machine since the year it was established, Kaminiski said. The amount of tuition that goes toward the Women's Center budget pays the workers who upkeep the machine.

Kaminiski emphasized that student Equity in Mental Health funding was used to replace inoperable parts of the machine and pay for a new machine wrap last year.

Evers said a continuous issue for the machine is getting the correct supplies and funding to restock the machine's most popular items.

"It's kind of sad because Plan B and pregnancy tests are always empty, but the condoms are always full. Like I have maybe restocked condoms once and Plan B [I'm] constantly restocking," Evers said.

One anonymous student from the Nexus survey said when he tried to get Plan B from the machine, there were no supplies

However, some students appreciate the option of obtaining birth control methods and contraceptives with little barriers. In the Nexus survey, 24% of those who had knowledge of the machine referred someone else to

"My friend was kind of in a situation so she was talking about potentially using the Plan B contraceptive vending machine in the library, and that's how I found out about it," undeclared second-year student Dayita Ray said.

Kaminiski hopes the machine will continue to support students

for years to come.

"Everybody that I've encountered has been very supportive. I think people understand the need for trying to make wellness and health care products accessible to students,"



Each University of California campus is required to have at least one Wellness Vending Machine, as mandated by Assembly Bill 2482.

# UCSB extends deadline to change grading option for Fall Quarter 2023 courses

Alex Levin University News Editor

UC Santa Barbara extended the deadline from Nov. 17 to Dec. 8 for students to change the grading option for Fall Quarter 2023 courses from a letter grade to a passed/not passed grade.

Associate Vice Chancellor for Undergraduate Education and Dean of Undergraduate Education Michael Miller announced the change in a Nov. 1 email to undergraduate students in the College of Letters & Science.

Students now have until the last day of instruction for fall quarter to decide their preferred grading option for each of their fall courses instead of the previous deadline of the end of Week 7.

"This recently change, approved by the UC Santa Barbara Faculty Legislature, provides you with more time and flexibility to assess your progress in courses and make informed decisions about whether or not to complete a course for a letter grade or passed/not passed (P/NP)," the email read. "We believe that this extension will help you make choices that align with your educational goals and well-being."

UCSB has previously extended the grading option deadline in the academic quarters following the

COVID-19 pandemic and, most recently, in Fall Quarter 2023 due to academic uncertainty following the higher education strike across the UC system.

Miller encouraged students in the email to speak with an advisor when deciding which grading option to use for each course.

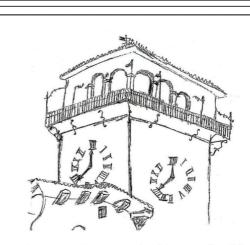
"We encourage you to consult with your advisors about which grading option is best for you," Miller said in the

He also reminded students that the P/NP grading option is only eligible for non-major courses.

"Please remember that all major courses – including premajor courses, courses in the preparation for a major, and upper division major courses as well as courses for a minor – must be taken for letter grades, and optional grading is not allowed for all courses," Miller said in the email.

Miller noted that intercollegiate athletes should confirm with advisors whether a NP grade will affect their eligibility and that students receiving veterans benefits should check with the Office of Financial Aid and Scholarships if a NP grade could impact their financial benefits.

Students can find out more about taking courses with the P/NP option on the College of Letters & Science website.



### **SLEEFE FUN TIBUL**

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### A.S. Senate tables four bills for following weekly meeting on Nov. 1

Alex Levin University News Editor

The UC Santa Barbara Associated Students Senate discussed and voted to table four bills during its Nov. 1 meeting.

The Associated Students (A.S.) Senate convenes weekly on Wednesdays in the University Center Flying A Studios Room to pass legislation and discuss campus and student issues.

The first bill, titled "A Resolution in Support of Ethical Free Speech Practices," acknowledged that UCSB faculty have academic freedom and freedom of speech but condemned faculty who involve personal biases about global conflicts in their teaching when their class' subject matter is unrelated to said conflict.

"Professors are entitled to pretty much say anything they want during class under the discretion of academic freedom and freedom of expression," second-year computer science major, College of Engineering Senator and author of the bill

Alvin Wang said. "The goal of this resolution isn't to monitor and police professors, rather to remind them that specific types of free speech practices are unethical and should be condemned."

When the Senate discussed the bill, fourth-year political science and communication double major and Collegiate Senator for the College of Letters and Science Diana Kero voiced her support of the resolution.

"I think it's a beautifully written piece of legislation," Kero said. "I fully support it, and I am super excited about it."

The Senate decided to table the bill for one week so that Wang and second-year computer science major and Off-Campus Senator Ephraim Shalunov, the second on the bill, can make minor adjustments to the wording of the bill following suggestions from other senators present.

The three other bills the Senate discussed during the meeting were largely internal -A Bill to Revise A.S. Restorative



The three other bills the Senate discussed during the meeting were largely internal.

Justice Policy, Bill to Amend College of Engineering Senator Legal Code and Bill to Revise Basic Needs Committee Legal Code.

A Bill to Revise A.S. Restorative Justice Policy, written by Wang and third-year chemistry major

and Off-Campus Senator Eric Carlson, suggested that A.S. use a more restorative approach to violations of A.S. Legal Code by honoraria-earning members, rather than a traditional system of retributive justice.

The other two bills were

to revise A.S. Legal Code, one amending the duties of the College of Engineering Senator and the other altering the responsibilities of the Basic Needs Committee.

All three bills were tabled until the Senate's Nov. 8 meeting.

# First female Senate Historian, UCSB alumna Betty Koed retires



Juliet Becker Reporter

UC Santa Barbara alumna Betty Koed retired in October after serving 25 years as the United States' first-ever female Senate Historian. In an interview with the Nexus, Koed reflected on her life and career following her graduation from UC Santa Barbara.

Koed is a three-time UCSB alumna, obtaining a bachelor's degree in English, a master's degree in history, a doctorate in history and is returning as a staff member at the university.

Following her education, Koed initially wanted to pursue a career as a history professor until she came upon a historian position for the U.S. Senate.

"I was just finishing my dissertation, which focused on congressional policymaking in the 1950s and 1960s, when I saw the job notice for a new Assistant Historian for the U.S. Senate. With my interest in political and policy history, this seemed to be a perfect fit for me," Koed said.

Koed applied and got the job, beginning June 15, 1998. She reminisces on her duties in the Senate Historical Office, saying she particularly enjoyed the educational process of delivering conference presentations.

"Every Tuesday, I delivered a talk to Senators on a topic of my choosing, exploring some aspect of Senate history ... I learned a lot, and so did the Senators," Koed

But, during her time, Koed also experienced gender biases as one of the few women in her position at the Senate Historical Office.

"For most people in the Senate, 'historian' meant a man ... so it took some time and effort to overcome that institutional male bias," Koed said.

Above all, Koed says one of her career highlights is being able to share her passion for history with

the world. "Tve done countless talks to

Senators, staff, teachers, students and the public, as well as interviews with [Cable-Satellite Public Affairs Network] and other media outlets, bringing my love of history to an ever-growing audience," Koed said. "I'm especially proud of the website we have built through the years, which now includes more than 15,000 pages of historical content that reaches millions of visitors every year," she continued.

Koed was promoted to Senate Historian in 2015, making history as the first woman to hold the

She praised the Senate's recent progress in diversifying the office's work and workforce.

"In recent years, we have completed a multitude of projects that focus on the important role played by women in Senate history, a topic largely ignored before I joined the office. We also have turned our attention to the thousands of men and women [of color] who served on Senate staff ... who have shaped the institution in decisive ways since 1789," Koed

Koed said she is hopeful for the future of the office as a now-retired Senate Historian.

"Over the past decade or so, one of my greatest joys has been watching my junior colleagues ... develop into first-class historians. [Katherine Scott] is Senate Historian now - the second woman to hold that position and she'll bring her own ideas and agendas to the task, further shaping the office and its approach to Senate history for years to come,"

Koed urged the students and faculty of her alma mater to pursue endeavors with open-mindedness and determination.

Whether you're a member of the faculty, an undergraduate or a graduate student, think big, be open-minded and pursue your goals with energy and determination. You have no idea what adventures await you," Koed

### UCSB named Fulbright Hispanic-Serving Institution leader for third consecutive year

Asumi Shuda Deputy News Editor

The U.S. Department of State's Bureau of Educational and Cultural Affairs named Santa Barbara as a Fulbright Hispanic-Serving Institution leader for the third year in a row, according to a press release by The Current.

The U.S. Department defines a of Education Hispanic-Serving Institution as a designation given to universities with an enrollment of at least 25% Hispanic undergraduate fulltime students.

The university was among 46 recognized HSIs this year, awarded during the Hispanic Association of College and Universities Conference held in October. Each university acknowledged for its support for Fulbright exchange participants and programs in the 2022-23 academic year.

The Fulbright program is the U.S. government's

international academic exchange program that provides academic and student abroad opportunities and programs for HSI campus community members.

Three UCSB graduate students are abroad as Fulbright Fellows - Gevirtz Graduate School of Education graduate student Claire Chevallier, Department of East Asian Languages & Cultural Studies graduate student Rachel Levine and Department of graduate student Nicole Rehnberg - and one faculty member is working as a Fulbright Global Scholar in Pakistan and Turkey – global studies associate professor Vladimir Hamed-Troyansky this academic year.

"The University California, Santa Barbara's designation as a Fulbright HSI Leader is a This distinction is awarded testament to the institution's dedication to promoting global engagement and mutual understanding among

peoples and nations," U.S. Secretary of State Antony Blinken said in the press release.



COURTESY OF HACL

during the Hispanic Association of College and Universities conference, which was held in October of this year.



# UC-wide union protests for better contracts, renegotiations pending next year

Lizzy Rager Staff Writer

Campus workers and students across nearly all UC campuses protested for better service contracts to their respective chancellors on Nov. 1 in a unionorganized effort.

"This is the year of unions. We're fighting for fairness. We live in Santa Barbara, and we can't afford to live here," UCSB custodian and union leader Felipe Gonzalez said. "We are, like the chancellor says, the backbone of the university."

The American Federation of State, County and Municipal Employees 3299 (AFSCME 3299) organized this effort as the largest labor rights union, representing 30,000 workers at the University of California. Workers marched to their chancellors' office and voiced their demands.

The last service contract negotiations between the union and university took nearly three years. From 2017 to 2020, there were six different worker strikes over contract disagreements, along with union pressure on visiting speakers to boycott UC events.

At UCSB, there were two organized walks to the Chancellor's office on the top floor of Cheadle Hall. Around 50 adult service workers and seven students participated in the effort beginning at 8 a.m., and around 15 employees and 12 students participated beginning at 4 p.m.

AFSCME 3299 board member and the UCSB effort organizer Serafin Zamora listed some of the union's demands as new service worker and patient care worker contracts include affordable



AFSCME 3299 represents 30,000 workers as the largest labor rights union at the University of California.

housing, protected pension, healthcare and increased wages.

"We need to prepare and send the message: we are here to fight," Zamora told the protest group at 4 p.m.

The assembled group chanted, "What do we deserve? Money," "Union: power" and "When we fight, we win," as they ascended the stairs of Cheadle Hall at 4:10 p.m. After 20 minutes of chanting outside the Chancellor's office, Garry Mac Pherson, the vice chancellor for administrative services, stood before the crowd to listen to group member testimonies and sentiments. Chancellor Henry T. Yang was not present.

"Because of all the jobs I have right now just to have a basic living wage, I can't afford the healthy food I need to sustain my medical condition as well," fourth-year political science major Haley Weske said to Mac Pherson regarding working two jobs.

"We want a higher minimum wage because we need to be able to support our survival. We need to be able to support our academic future," she continued.

When the group asked, "Do you support us?" and "Do you support the workers?" Mac Pherson said he would carry their message to the chancellor. Zamora gave Mac Pherson a packet of petitions for the new labor contracts.

"I don't know if [the chancellor is] here, and I don't believe he's here. But I'm here to accept this on his behalf, and I will make sure he gets it. I promise you that," Mac Pherson said.

The group left the building at 4:35 p.m., concluding the march.

Many workers from the dorm residences showed their support to the effort.

Esther Banulos, who does janitorial service for the dorms at Santa Catalina Hall and has worked at UCSB for 20 years, said to live in Santa Barbara with UC worker wages, "You need to have two jobs."

"At UCSB, I only have money for my rent, and I have other job [from] 5 [p.m.] to 12 [a.m.] because I need to provide food for my family, my bills and everything," Banulos said.

Martin Gurneros, who has



The union anticipates that if UCSB does not increase its wages and worker benefits, more employees will leave.

worked at Santa Catalina Hall for two years as a custodian, said that if there was a strike for one week, the campus would fall apart.

"I hope we don't get to that. If we get to that, we have to do it so they can listen to us," Gurneros

Students, particularly from UCSB Student Labor Action Coalition (USLAC), also supported the effort.

Pradeep Kundu, a thirdyear political science student and USLAC officer said it was important for students to support these efforts because they support students.

"We want to make it clear that if UCSB really cares for its workers, if they really believe that custodial staff, gardeners, people who work in dining halls are the backbone of this school, then UCSB and the UC system in general would be more than happy to allow them to get raises so they can afford to live here," Kundu said.

Elisa Abondolo, a fourthyear political science major and member of USLAC, said although the United Auto Workers strikes were a big issue last year, more attention should be going to labor issues right now.

"I care a lot about workers rights. I think there's not a lot of awareness of union activities on campus," Abondolo said. "It's important as students that we show solidarity because labor issues also affect us."

Zamora anticipates if the university does not increase its wages and worker benefits, more employees will leave and contribute to university labor shortages, particularly with front-line workers.

"We see fast food, like McDonald's, start paying more, including full benefits. But what about ours? We're still in the limbo. We're still low in wages here. That's why we're asking the UCs to increase the salaries. No one wants to apply to the campus when companies outside offer more," Zamora said.

The UC service workers contract is effective until Oct. 31, 2024. The university and union will enter negotiations over the next year.

### IVCSD hosts parking town hall

Sindhu Ananthavel Lead News Editor

The Isla Vista Community Services District held a town hall on Nov. 1 in the Isla Vista Community Center to discuss its parking survey since its release on Oct. 19 and receive community feedback on addressing parking issues in Isla Vista.

The survey is part of the Isla Vista Community Services District's (IVCSD) parking study, conducted with the help of consulting firm Dixon Resources Unlimited. The study will constitute a year's worth of data collection on parking spaces and users in I.V. and culminate in a final report detailing solutions to alleviate parking challenges.

The data collection is scheduled to conclude in summer 2024, with the adoption of the final report projected to be completed in time for fall 2024. The study will cost \$246,000 in total, with

IVCSD, UC Santa Barbara and the County of Santa Barbara contributing \$82,000 each.

Dixon Resources Unlimited Founder and President Julie Dixon presented data collected thus far.

This study's results are different from prior I.V. parking studies due to the usage of license plate recognition technology, Dixon said, which allows for the identification of which cars are parked where and for how long. However, the technology does not permit data collection on the identity of drivers or any information beyond the license plate number, according to Dixon.

"That's really the game changer as we talked about recommendations moving forward because we're going to be able to identify what we call the Parker Profile: where people are parking, how long they park for and if people are storing their cars for the long term," Dixon said during the town hall.

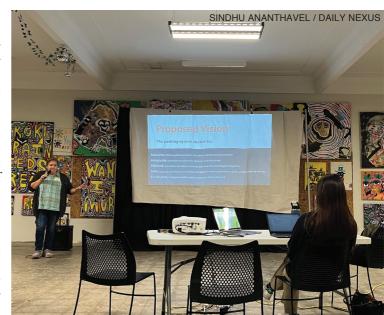
The on-street parking

occupancy average from April to June 2023 was 104% – counting instances of parking on driveways, double parking and blocking ramps. The July to August average was 69%, the September average was 94% and the October average was 91%.

The final report will be informed by the collected data along with the results of the parking survey. At the time of the presentation, the survey received 631 responses.

"This is an important survey because it helps us understand the needs and wants of the community," Dixon said. "How many cars are in your household? How many parking spaces do you have? What can we offer to encourage you not to have a car? Those are the kind of things that we really hope are the outcomes of that survey."

Following the presentation of data, Dixon opened the floor to audience feedback. Some participants suggested a shuttle for intra-I.V. and campus



The data collection is scheduled to conclude in summer 2024, with the final report projected to be completed in time for fall 2024.

travel, and others agreed that a voucher for Amtrak would motivate students who use cars to travel home to use public transportation instead.

Dixon encouraged participants to share the survey

with other I.V. community

members.

"The more feedback that we receive and especially the more comments and ideas that we receive, the more dynamic our solution can be," she said.

#### DÍA DE LOS MUERTOS Continued from p. 1



COURTESY OF EDUCATIONAL OPPORTUNITY PROGRAM

Candles are lit to honor the dead

fourth-year sociology major and El Congreso de UCSB member Luna Moreno said.

Moreno said this sentiment is likely shared with other Chicanx/Latinx students at UCSB, emphasizing the art of setting up an ofrenda to honor the dead.

"To the students, a big part of this is the altar-making. The [SRB] hosts eight to nine different campus organizations, and they're allowed to display an altar inside the [SRB] all week

long," Moreno said. "It's a really great way for students to get involved because they're allowed to kind of put their own personal touch into the event."

Moreno said the altars can also be dedicated to non-Chicanx/ Latinx individuals and non-family members, saying that this act of honoring those who have passed on is central to the holiday.

"The past two weeks, different congresistas have been bringing together photos from their loved ones, or photos from martyrs across Latin America as well as in Palestine, and it's just been a really touching thing not only to be a part of the actual creation of the altar but also to just see all of the people that are touched by the individuals who are on all of the ofrendas that are inside," Moreno said. "Just being able to see altars that aren't mine is also a really powerful thing because it reconnects us both to our culture and also to the people around us. It reminds us that everybody has a story."



The dead are honored with altars, or ofrendas, which are decorated with flowers, food, art and other offerings.

#### **BLUFFS SAFETY PLAN**

comes after the passing of Santa Barbara City College student and Ojai resident Benjamin 'Benny' Schurmer on the bluffs of I.V. during Labor Day weekend. Friends of the late Schurmer started a petition calling for safety in his name, culminating 11,000 signatures since its posting.

This safety plan that our office has come up with isn't the result of ideas that we have, it's the result of ideas that the community has brought forward. Starting with a petition that Grace Wilson and her friend Luca started," Capps said. "She started a petition with the simple request ... asking for safety."

Capps began and ended her presentation by honoring the 13 victims who have passed away from cliff accidents in I.V. since 1994. She cited the families of cliff fall victims as her inspiration behind advocating for cliff safety and commended them for turning their "sadness into advocacy."

"Connecting with moms has been so meaningful. They've been blamed, they've had to deal with their pain quietly. And the courage that it takes to be here, to go back to the scene where their child died, I have no words," Capps said.

Capps presented concerns on cliff safety enforcement and social ordinances that were brought to light by UCSB Associated

Student (A.S.) senators during public comment at the Oct. 10 Isla Vista Community Services District (IVCSD) meeting. Capps said those steps are being fleshed out and were therefore not included as a focus point during the Board of Supervisors meeting.

Continued from p.1

"I reached out to those specifically to explain why the enforcement piece in my plan is vague. Because I'm being deferential to a process that's been ongoing prior to my involvement," Capps said in an interview with the Nexus.

"There has been a working group in process ... involving Isla Vista Community Service District, students, the I.V. Foot Patrol, who've been working on updating the social host ordinance. And so that enforcement piece is to just insert whatever outcome from that plan," she continued.

The focus points at the meeting were raising fence heights from four to six feet, directing staff on increased cliff lighting, putting up warning signs and adding hostile horticulture options. Capps also introduced the approach of creating fee waivers to incentivize private property owners to build updated fences.

"The office of Supervisor Capps is proposing a permitting fee waiver which seeks to empower the directory of planning and development with

the authority to waive permitting fees under certain circumstances, specifically for the installation or modification of fencing or railing on the Isla Vista bluffs," Chief of Staff for the Office of Supervisor Capps Chris Henson said.

A.S. is creating a memorial in honor of the victims of cliff falls, supported by the families of the victims in collaboration with IVCSD to garner community awareness on cliff safety.

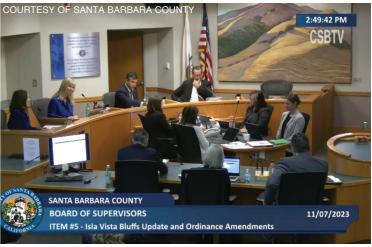
"I don't think it should come from the county – it coming from students is so appropriate ... I mean, many of these folks knew Benny," Capps said.

Additionally, Capps emphasized the importance of taking small steps to ensure bluff safety, such as raising fence heights - a solution directly informed by ocean-side property

"Maybe people could hop over a six feet fence, I'm just saying let's try to do what we can, and raising fence heights just simply two feet would probably deter most human beings from being able to hop over," Capps said.

Santa Barbara County Fire Department Fire Chief Mark A. Hartwig reaffirmed the importance of the plan during public comment and voiced his support for increased safety measures to prevent not only deaths but cliff injuries as well.

"The proposed amendments



The SB County Board of Supervisors voted unanimously to pass Capps' safety plan.

to increase the fence heights to a uniform minimum of six feet along the Isla Vista bluffs are crucial in creating a more substantial barrier against cliff falls," Hartwig said.

Fifth District Supervisor and Vice-Chair Steve Lavagnino expressed his full support for the plan.

"I look at this as like putting the seat belt on ... to lose a view for a short amount of time as opposed to listening to the mothers and the friends that have talked about [losing] a loved one for the rest of your life. It really tips the scale so I'm in full support," Lavagnino said.

The district has been attempting to tackle the issue of bluff safety for years, according to 3rd District Supervisor Joan Hartmann. Although the plan was passed, Hartmann added that posting warnings on Del Playa leases is the next step.

"This is a process. When I was supervisor we put in fencing, we put in signs. We worked on lighting, we did education through orientation by UCSB, we had fire department go and put flyers on the Del Playa homes," Hartmann said.

"I think the memorial will be a profoundly effective piece to educate people, but it is an ongoing matter, and we tried hard with the landlords on Del Playa that there be some notice in the leases to parents about the dangers, if their child was living there," she continued.

#### **HOUSING FAIR** Continued from p.1

"[We saw] a lot of parents coming through, asking all the various questions and wondering why their kids are panicked about housing already in November," realtor and KAMAP Property Management representative Paul Warkentin said.

I.V. residents have historically faced a housing shortage, with students grappling with high rental prices and housing insecurity, sparking local organizing, discussions and projects around housing in the college town. This housing crisis has reached a spike in recent years, with students facing a shortage on an unprecedented scale in 2021 and UCHS sending a mass of denial emails to student applicants for university housing in 2022.

Representing a mix of properties throughout I.V., Warkentin said he believes the annual "panic" to secure housing in I.V. should only ensue for oceanside housing.

"We don't rent out until April or May so I think the panic is usually a little more exaggerated," Warkentin said. "If you want a house on Del Playa [Drive] then, yes, you do need to panic slightly. But, generally speaking, it's a little bit artificial and inflated, I think, because we have a lot of units and as do a lot of other people."

Playa Life I.V. representative Brandon Doherty echoed this sentiment, saying there are allegedly "vacancy" issues with housing demand in I.V.

"There is a lot more demand than there is supply," Doherty said. "But we're actually in a negative vacancy market, which is good for us."

Long said that this fair may have seen the best turnout yet, noting the number of parents and students who engaged with the fair.

"This is the second year where we've actually had rental fairs during the parent weekends." Long said. "The first one, last year, was an amazing success because we had so many parents with their students coming and this year was the same, probably the best turnout we have at the rental fairs is this one."

Long said facilitating oncampus rental housing fairs is important, emphasizing that it brings transparency to the I.V. housing process.

"It shows a partnership and willingness of management companies to work with our office and continue to have those connections with UCSB and not just being kind of an invisible management company that you don't really know about," Long said.

As for the overall housing situation for the next school year, Long said there may be more availability in housing options in I.V. due to lower enrollment if people have questions about numbers at Santa Barbara City College (SBCC).

"This year, it seems like we still have housing within UCSB housing," Long said. "I've heard

that there's still housing in Isla Vista. One of the factors that I've been told is that the numbers of attendees or enrollment at [SBCC] was a little bit lower, so that opened up some more spaces in Isla Vista."

I.V. and Santa Barbara property management company St. George & Associates Leasing & Property Coordinator Annabelle Tribble concurred with Long's sentiment.

"Right now, there seems like there is enough housing going into the new year." Tribble said. "I have heard that there's been vacancies, even at the UCSB [properties] and some of their dorms, and also other property management companies. So, I don't think that there's a shortage that would be concerning right now.

Richard Weston, a UCSB parent, described his experience in finding housing for his son a second-year student, for next year as "challenging."

"It's really hard because he had to get one in the summer and it was worse than getting a mortgage," Weston said. "I had to give my income tax to the people, statement of assets and send them copies of brokerage accounts. It's insane how you have to do things here."

However, Weston said the fair helped clear some confusion about housing.

"I think they're very helpful to give people an idea of what's available in pricing so that they're not totally shocked when their kids have to go off campus and try to find something," Weston

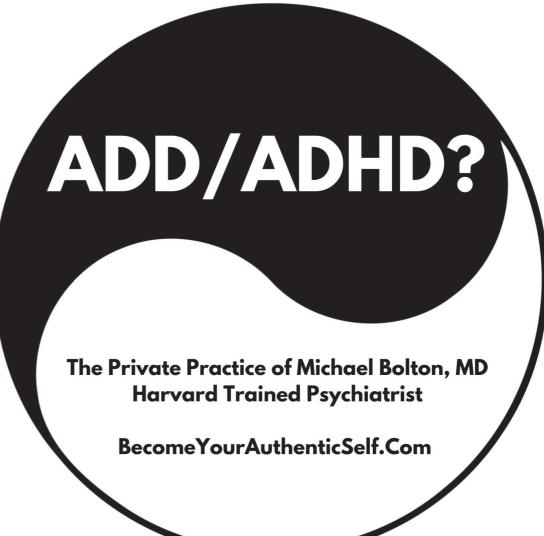
Communicating details about applying for housing in person with potential clients is easier for realtors too, Doherty said.

"It's a lot easier when you communicate with people in person," Doherty said. "They can actually get the questions straight to you and you can give them straight answers. And a lot of people don't like coming into the office or going over the phone or text, so I think it's a great opportunity here."

Doherty recommended that students secure the housing they want by showing up in person to property management offices as well as future rental fairs this

The next virtual housing information meeting will be held on Nov. 22 at 7 p.m. over Zoom, and the next in-person fairs are slated for Jan. 24, Feb. 8, Feb. 15, March 13 and April 18.

"If students have any questions about housing, always feel free to contact our office," Long said. "It doesn't matter if it's UCSB housing or housing in Isla Vista. We do a lot of direct connects between students and management companies, we'll go over lease agreements that or help with security deposit disputes or management company disputes - anything that comes up in your housing





# ART & COMICS



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VALERIE FU / DAILY NEXUS

# THE DAILY STENCH

It's Satire, Stupid.

White friend shows up to DP party at 8:30 p.m.



Jane Error White-phobic

Your Friday started off mostly normal – just the end of the week, culminating in plans to finally go out with your friend on Friday night. But, you were confused when he (with the sweet, cherubic never been humiliated at an India Cash & Carry) invited you over for an early dinner at 5 p.m. It suddenly became clear to you, however, when he pulled out his party-going

polo shirt and his Owl City getting-ready mix.

"Jared, what the hell is this?" You asked, horrified.

"Well," he explained with another slow dredge through a pointed look at you. "If I tell you to come at 5 you get here at 5:30 - " (which is totally unfair, since you were there before 5:20 p.m.!) " - then after dinner, we'll innocence of a guy who's start our pregame at 7 and leave at 8, assuming it takes us about 30 minutes to reach DP. Of course, I might be overestimating, but better safe than sorry!" he said with a cheeky grin.

"Jared, this is insane," you countered, like a reasonable person. "Who would show up to a party that early?"

"Early is on time, on time is late, and late is - " and at this point he started to make a gurgling noise as if he had been possessed and you couldn't hear the rest.

When you arrived at the party just after sunset, you were at a loss for what he expected you to do for, like, two fucking hours before people even start showing up. Jared, like, what the fuck?

"Not to worry, I came

prepared," he pulling out his phone to do the Wordle. "I'm not gonna lose my streak! What should my first guess be? 'Audio' or 'Adieu?'"

Once that form of entertainment was exhausted and his 147-day streak was satisfied, he pulled out the "New York Times" mini crossword puzzle.

"No, Jared," you yelled over the lack of crowd when he asked. "I don't know a fourletter word for the heaviest flying bird in North America and, frankly, I'm surprised you

think I have enough presence of mind for this conversation right now."

Before he could pull out more word games on his phone, the DJ took pity on you and the music started up. Though you can't always count on Jared to be the best dancer, you can always count on him to bring the energy. And you know you never wanna do the "bum bum" in "Sweet Caroline" alone.

Jane Error is never late, nor is she early. She arrives precisely when she means to.



"We have the right of way:" Local bikers continue to cut off ambulances

Ali Shahid Champion Speedwalker

The Santa Barbara County Emergency Medical Services has recently issued a public service announcement stating that bikers must comply with regulations regarding emergency vehicles.

"We didn't think we'd have to say this," a local paramedic said. "But, when our ambulances' sirens are on, you all need to clear to the sides. Bikers do not always have the right of way."

the right of way," a local

biker insisted. Isla Vista's biking community has met the Emergency Medical Services' (EMS) statement with great confusion. "I'm pretty sure it's a rule that everyone has to stop until the bike lanes are clear," the biker said. "It says so in the UC Santa Barbara Student Constitution, Section 4." The Daily Stench has tried to confirm this claim, but could not find any such thing as the "UCSB Student Constitution."

Other bikers expressed their concerns do always have with the implications of vocal against the EMS the EMS announcement.

One biker who lives on the corner of Trigo Road and Embarcadero del Norte spoke to the Daily Stench about how she's worried that ambulances might disrupt her commute to school. "I think it's important that bikers always have the right of way because we're university students and we need to get to class on time," she complained. "I have classes in I.V. Theater and I can't afford to be blocked by an ambulance selfishly taking up both lanes."

While bikers have been announcement, numerous

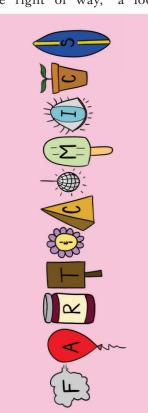
non-biking commuters have sided with the paramedics.

"Bikers here always think they're above the law," a man on an electric scooter blasting Ice Spice on his Bluetooth speaker said. "Maybe they do need to be humbled a little bit." Other paramedic-sympathizers include bus drivers, who already have a reputation of mowing down bikers when given the chance. The bus drivers believe the solution to the biker problem is for the ambulances to simply run the bikers over, but the paramedics are concerned with the required paperwork how to ride a bike.

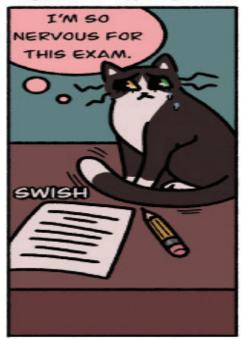
they have to do upon

collision. In an attempt to deter cutoffs, the EMS has enlisted the help of UCSB Campus Security Officers (CSOs). In this proposed plan, two CSOs would accompany each emergency vehicle via bike and reprimand other bikers being disruptive to their jobs. However, test runs of this program have been largely unsuccessful due to the CSOs' tendency to also cut off the emergency vehicles to pursue rogue bikers.

Ali Shahid has never learned



#### CAT MIDTERM



JULIE BROCH / DAILY NEXUS





Science & Tech Daily Nexus Thursday, November 9, 2023

# SCIENCE & TECH

# "River undammed:" Largest dam removal in history underway, researchers optimistic



The Klamath River, flowing 257 miles through Oregon and Northern California, is a rich ecological system and is culturally important to many Native American tribes.

#### Michael Foley Reporter

On Oct. 30, Alison O'Dowd, professor in the California Polytechnic State University, San Luis Obispo Humboldt Department of Environmental Science and Management and co-director of the River Institute delivered a talk, "River undammed: Exploring biological responses to Klamath dam removal", as part of the Water Webinar Series – a series of webinars hosted by the University of California's Division of Agriculture and Natural Resources, which provides a platform for those studying and working on water to network and learn about current California water issues. There is a lot of exciting new research on the horizon and hopes are high for the future of the Klamath River Basin, but, as O'Dowd went on to explain, with the years of activism leading up to this moment, the road here was neither simple

Decades of hard fought activism of the Yurok and Karuk tribes have borne fruit in the beginnings of the largest dam removal project in U.S. history. The first of four dams to be taken down along the Klamath River was successfully removed in June 2023. Researchers across a wide array of fields are already busy collecting data, working together to monitor

nor short.

progress of the river's recovery. Preliminary results reasons to be hopeful, and as the Klamath River begins to flow freely again for the first time in over a hundred years, Indigenous rights activists and researchers alike are eager to see what happens next. Or, as Alison O'Dowd put it, "A once in a lifetime chance to watch

nature recover."

The four dams currently being removed were originally owned and operated by PacifiCorp, an American utilities company owned by 93-year-old billionaire and CEO of Berkshire Hathaway Energy Company Warren Buffett. During the period in which these dams were being operated, O'Dowd emphasized in her talk that the Yurok, Karuk and other Indigenous rights advocates "have been the main players calling for removal for decades."

They went so far as traveling to Nebraska and even Scotland to protest outside the corporate headquarters of Berkshire Hathaway and prior dam operator Scottish Power. Indigenous peoples have gone to great lengths in demanding justice for the ecological, economic and cultural damage caused by the destruction of the salmon runs their communities rely upon.

As public pressure mounted, an opportunity presented itself in the form of PacifiCorp's

license to operate the Klamath dam system expiring in 2004. This expiration initiated a long and hardfought legal battle between PacifiCorp and Indigenous rights activists, which finally concluded in the fall of 2020.

After 16 years of Indigenous led activism and advocacy, PacifiCorp, the Klamath River Renewal Corporation, the Indigenous tribes of the Klamath, a number of environmental and fishing organizations and the states of California and Oregon all agreed to cooperate in the process of pulling down the dams, with PacifiCorp contributing around 200 million dollars in funding and the remaining 250 million in funding coming mostly from state taxes and water bonds.

While the beginnings of dam deconstruction are a major environmental and cultural victory for the Yurok and Karuk peoples, there is still much work to be done, O'Dowd emphasized, citing the closure of all major fisheries along the Klamath in 2023 due to critical population numbers. The need for thorough investigation and widespread collaboration is as urgent now as it has ever been.

O'Dowd explains that she got involved in studying the Klamath in February 2020 when a two-day workshop was held allowing experts from across a vast variety of fields to aggregate their findings and

organize future collaborations. On the first day of the workshop, the major takeaways

for O'Dowd were from the opportunity to hear from a professor who had worked on a similar dam removal project along the Elwha river, able to use their experience to offer some insight on the question of what to expect after all four dams are gone.

In the case of the Elwha project, it was explained that while it holds some important differences with the Klamath, most important of which being sheer scale, one thing that was reasonable to expect along the Klamath based on the results of the Elwha was a substantial increase in sediment transport.

Sediment transport is a vital function of any stream due to its role in maintaining and building stable habitats for various aquatic and terrestrial animals and in countering the forces of coastal erosion.

In the case of the Elwha, a great deal of sediment had built up behind dams causing extensive habitat construction for a number of species. The Elwha also observed significant population recoveries fisheries and a greater diversity of species being seen further upstream. The results of the Elwha dam removal prove very promising for the future of the Klamath River.

On the second day of the workshop, a focus group day, O'Dowd met and built research team. The objective is to investigate and monitor a number of ecological indicators along the Klamath River. They have picked out four research sites that should allow the team to observe the impacts of the increase in sediment on the ecosystem over a period of five years, 2022-27. This span of time allows the team to analyze and compare conditions before and after dam removal.

O'Dowd and her colleagues are hoping to track a number of factors over the 5-year period, ranging from her own focus on aquatic invertebrate activity, to water quality, to fish dietary health - all in the interest of carefully tracking the recovery progress of the Klamath River.

O'Dowd has since run a workshop of her own, in the hope of facilitating the same collaboration that brought her here in the first place. In closing her talk, O'Dowd cited one of the most important lessons she learned from the Elwha team was the importance of reaching across the lines of discipline and specialization, allowing the vast amount of coordination necessary for a project of this scale to take place. "Collaborate until it hurts."

While work is ongoing, O'Dowd stressed importance in any scientific project of expecting the unexpected. Hopes are high for the future of the Klamath.

# UCSB lab studies emergence and disease risk of mosquito-borne viruses

Katherine Chi Staff Writer

Andrew MacDonald, an assistant professor at UC Santa Barbara's Bren School of Environmental Science and Management, is leading a team that was awarded a grant from a new USDA grant program that focuses on the impact of extreme weather on food and agricultural systems. As of September 2023, the U.S. Department of Agriculture has recognized the urgency of the growing number of mosquitoborne diseases as large bodies of water are resurfacing after years of droughts and has subsequently allocated funds for expedited research.

MacDonald is collaborating with researchers from other universities and working with the consolidation of satellite imagery and communication with ground vector control departments. Satellite imagery is used to track the emergence of water bodies on the basis of near real-time. Corresponding with ground vector control departments allows for an additional angle of analysis the observation of how the water is affecting mosquito populations and the diseases associated with the increased The increase in meltwater and rainfall provides mosquitos with more breeding grounds and consequently, an exponential increase in

cascading events create a trajectory of increased cases of avian-borne diseases such as West Nile, Zika and dengue.

Diseases like dengue are becoming much more common due to the expansion of the range of the mosquito species that transmit it.

Two central sources of data illustrate the risk of mosquitos satellite data and ground reports from vector control districts. Satellite programs such as the Landsat Satellite and the Copernicus Sentinel provide data in concern with temperature, precipitation and standing water. Vector control agencies are critical in mitigating mosquito-borne diseases, as they monitor mosquito populations and track the spread of pathogens. The agencies also work on population reduction providing residents with free mosquitofish and treating vulnerable areas with chemicals such as methoprene and bacillus sphaericus. MacDonald's team is working specifically with land data from Kern County in combination with the Land

mosquito populations. The Cover Dataset from the U.S. Geological Survey. With the integration of various land cover datasets, the reliability of the risk assessment and model will increase. Mosquitos are highly adaptable to changes in the environment, but only a select few mosquito species are

causes of concern. "Because mosquitos ectotherms, they are very sensitive to environmental conditions. They need the temperature to be right, humidity to be high so they don't desiccate, water for breeding and vegetation for resting," MacDonald said in an email to the Nexus, discussing factors influencing mosquito behavior. "So, those conditions tend to be key in describing patterns of abundance of mosquitoes, and they are all things that we can remotely sense with satellite imagery."

Mosquito breeding is affected by temperature and water availability. The risk model of mosquito-borne diseases relies on the account of these pivotal factors. Birds are hosts of viruses such as West Nile. Because birds like crows and ravens can dwell in various habitats, the risk of disease is widespread. Viruses can be hosted from outside the classification of mosquitos, which drives researchers to pay attention to various vital factors, especially seasonality and changes in global climate

"The human death toll attributed to malaria alone is by far more than all of the people that have died in all of the wars in human history. That said, diseases like dengue are becoming much more common due to the expansion of the range of the mosquito species that transmit it," MacDonald said.

The strategy for solutions requires an approach from various aspects. On a large scale, there are action plans such as treating mosquitobreeding sites, but with this determining which comes water bodies will make the greatest impact.

On an individual level, one has the ability to incorporate mosquitofish into personal home ponds and the control over water sources that could foster mosquito breeding.

In terms of prevention and resolution, both large scale and individual choices are critical to tackling the rise of mosquitoborne diseases. And because of the efforts of researchers such as MacDonald, there is momentous development in modeling the disease risks as they respond to environmental changes in real-time. With data-driven awareness and action enacted on both a large and small scale, a communal effort towards the reduction of mosquito borne diseases will make way for a healthier and

brighter future.

#### THE MAIN TYPES OF **MOSQUITOS IN** CALIFORNIA THAT POSE THREATS:

#### **Culex mosquitoes:**

avian-hosted diseases

- Active mostly during dawn and dusk
- Commonly found in urban and rural areas.
- · Prefer to feed on birds

#### **Aedes mosquitoes:**

tropical diseases

- Active throughout the whole day.
- · Less common in California, but increasing concern as they are being found in Texas and
- Known to transmit dengue and Zika

Florida.

# VISTA

### La conveniencia costosa de entrega de alimentos y una visión de comprar local

Arjun Vinod Escritor para Opinión Mari Villalpando-Ortega Editora de La Vista

En un apuro, no puedo evitar pedir comida por entrega en una aplicación. Es tan conveniente por tantas razones - no hay preparación, deber de cocinar, limpiar o zambutir tupperwares de "meal prep" en un refrigerador que comparto con seis compañeros que intentan hacer lo mismo. Como estudiante, existe el beneficio de poder trabajar sin interrupción y con suerte ir a dormir a una hora sana. Con clases dispersas caóticamente por la mañana y altas horas de la noche y fines de plazos durante toda la semana, una tarifa de entrega de \$7 más \$2 de propina para un sandwich de \$14 es casi justificable. desafortunadamente, la conveniencia ofrecida por servicios de entrega en su forma actual es inseparable de su insostenibilidad para la salud y el bienestar de sus usuarios, el medio ambiente y la comunidad.

La primera cosa que veo cuando abro estas aplicaciones es una pantalla llena de anuncios de restaurantes populares en Isla Vista, sobre todo para comida rápida. La comida es extremadamente popular en servicios de entrega como DoorDash, UberEats, y Grubhub. Empresas de comida están despilfarrando dinero hacia anunciar en estas plataformas. Marketing Brew informa que DoorDash ganó \$3 mil millones en ventas de publicidad a comerciantes y Uber Eats proyecta \$1 mil millones. El gasto en publicidad de las cadenas de restaurantes, según Statista, muestra el dominio de las cadenas de comida rápida, lo que hace que las plataformas publicitarias de los servicios de entrega de alimentos crean una estructura de incentivos que beneficia más a la industria de la comida rápida.

Honestamente, compañeros de cuarto y yo a menudo optamos por la comida rápida. Sin embargo, de acuerdo a un estudio publicado en el 2014 desde el Departamento de policía de salud y dirección, Escuela Fielding de salud pública, UC Los Angeles, " [Adultos] expuestos a publicidad de comida escogieron el 28% más de aperitivos poco saludables que los que fueron expuestos a publicidad no alimentaria... con un valor calórico total 65 kcal superior. Publicidad de comida es insertada en nuestra pantalla inicial y los resultados de búsqueda en estas plataformas, así que promoción

de comida rabuda ya hecha, anima el público a comer más gusguerias.

El gasto asociado con servicios de entrega alimentaria viene doble. Primero el consumidor paga por la tarifa de entrega más la propina además que el subtotal de la orden. Segundo, las aplicaciones de entrega de comida aumentan sus precios para cadenas nacionales como Panda Express y restaurantes locales.

Las plataformas de entregas más populares como DoorDash y UberEats tienen una comisión de entrega del 15 al 30% según el nivel al que se suscriba el comerciante; un nivel más alto genera más beneficios, como áreas de entrega más grandes, capacidad de descubrimiento y acceso a clientes de "alto valor" que pagan por experiencias de consumo premium como DashPass y Uber One.

Últimamente, es un arreglo entre gastos y alcanza clientel. El repentino crecimiento de la popularidad de los servicios de entrega de alimentos puede haber sido un remedio temporal exitoso durante el apogeo de la pandemia, pero su continua popularidad es insostenible para los restaurantes con menos comensales debido a los gastos adicionales de la entrega. En su estado actual, la entrega de alimentos es incompatible con el modelo de negocio de muchos restaurantes.

Con abordar cada uno de estos asuntos, UC Santa Barbara puede nutrir y apoyar iniciativas impulsadas por la comunidad para respaldar maneras económicos, convenientes, saludables sostenibles de hacer que los alimentos estén disponibles para los estudiantes - métodos que sean convenientes para los estudiantes y brinden una opción realista para nuestras apretadas

Empresas de entrega de comidas pueden apoyar a negocios locales y mejorar la asequibilidad dándole prioridad a los restaurantes locales sobre las cadenas reconocidas a nivel nacional, lo que se puede lograr promocionando los restaurantes locales en sus algoritmos de búsqueda y promoción.

priorizar Por restaurantes locales, no son forzados a adoptar modelos de negocios insostenible o riesgar alejar a los clientes. También podemos tomar inspiración comunidades algunas que han desarrollado plataformas competidoras quien prioriza el apoyar a negocios locales, como la cooperativa de restaurantes 937



Delivers que estuvo activa durante la pandemia en Dayton, Ohio. El Colectivo Candlestick Courier que sede desde San Francisco es otro co-op de entrega que es operada por los ciclistas que entregan la comida. "Estamos trabajando con los negocios locales porque la meta principal

es devolver el dinero a nuestros bolsillos, a los bolsillos de los restaurantes, a la comunidad," dijo Tasha Rose, copropietaria, en una entrevista.

Pero, haciendo los servicios de entrega de comida más económicos no necesariamente promueve una alimentación sostenible. hacer eso, Para comunidad nosotros como tenemos que apoyar y expandir iniciativas para hacer que las compras de comestibles sostenibles sean accesibles y asequibles para los estudiantes de UCSB. Tenemos que alinear lo sostenible y la conveniencia para los estudiantes.

Comprar localmente es un enfoque eficaz y ecológicamente sostenible para comprar comestibles. Según un artículo de Columbia Climate School 2012, comprar alimentos cultivados localmente tiene ambientales, beneficios económicos y sociales. Nutrientes como el nitrógeno y el fósforo de los fertilizantes utilizados para cultivar piensos en California pueden enviarse al extranjero para el ganado en Nueva York. El ganado que recibe este alimento produce estiércol rico en nitrógeno y fósforo, lo que puede contribuir a la contaminación de nutrientes debido a la escorrentía que contiene el exceso. Sin embargo, los nutrientes que se ciclan localmente no producirían un exceso de esta manera.

Comprar localmente también mantiene el flujo de dinero en la comunidad y apoya a las empresas locales, lo que mantiene a la comunidad local y evita que se convierta en una "ciudad fantasma" o una "ciudad clone". Estos términos describen a vecindarios sin negocios locales o uno que parece ocupado por cadenas y empresas. Comprar de mercados locales provee una manera para que la población espeso con estudiantes sean conscientes del ambiente mientras apoyan a la comunidad económicamente y proteger nuestra identidad.

Iniciativas priorizan que estudiantes puede que haga comprar de un mercado local y sostenible más conveniente en Isla Vista. UCSB Basic Needs dirige varios programas de asistencia alimentaria y de comestibles para estudiantes dentro y fuera del campus. El Banco de Alimentos de Estudiantes Asociados (A.S.) está abierto cinco días a la semana en el campus del Centro Universitario y apoya a más de 3,000 estudiantes semanalmente. Como son un A.S. iniciativa, se financian con nuestras donaciones y cuotas estudiantiles. CalFresh es otro programa financiado con fondos federales que proporciona hasta \$281 por mes para gastar en alimentos.

La I.V. Food Co-op es una cooperativa de alimentos en Isla Vista que resalta su compromiso con la comunidad apoyando a las granjas y productores locales.

Por ser una cooperativa, estudiantes y otros miembros de la comunidad tienen la oportunidad de ser dueños e involucrarse directamente. Como no tienen fines de lucro, las cooperativas pueden quedarse sin acceso al capital necesario para crecer y requerir la participación activa de la comunidad para sus operaciones. Sin embargo, la I.V. Food Co-op mostró cómo se pueden superar estas limitaciones

a partir de su inspiradora historia de la compra del terreno en el que se encuentran a través de una recaudación de fondos completamente impulsada por la comunidad en 2012 para el Proyecto We Own It.

Una nueva colaboración con haciendas locales y las iniciativas de alimentos sostenibles en el campus podrían crear un mercado en el campus amigable con el horario de los estudiantes para alimentos cultivados localmente, similar al Columbia Sunday Greenmarket de la Universidad de Columbia. Complementando el mercado de agricultores de Santa Bárbara en Camino Real Marketplace en Goleta durante el fin de semana, un mercado que se abastece de granjas locales puede operar semanalmente en el campus de UCSB.

Los estudiantes pueden hacer compras durante un descanso entre clases en lugar de pasar una tarde entera.

Esta iniciativa puede reforzar y fortalecer la relación entre los estudiantes de UCSB, Isla Vista y la comunidad de Santa Bárbara en general.

Poder ver de dónde viene la comida que compro, quien lo crece y apoyar un negocio local son privilegios que me encantaría tener como miembro de esta comunidad. Por lo tanto, el espíritu de reflexión al comenzar este año académico debería ser considerar cómo la comodidad es poderosa y cómo podemos aprovecharla para animarnos a llevar un estilo de vida sostenible.

Arjun Vinod cree que tomar una iniciativa para crear opciones sostenibles para comestibles y comida más conveniente puede proveer a los estudiantes de UCSB medios más accesibles para tomar decisiones conscientes al medio ambiente.

### Simple Dicho: ¿Mi móvil me está dañando los ojos?

Samarah Paulino Escritora para Ciencia y Tecnología Anthony Garcia Escritor para La Vista

Siendo un estudiante que principalmente usa mi portátil y tableta para la universidad, llevo horas al día mirando una pantalla.

Una y otra vez, se nos ha avisado cómo este uso de dispositivos puede afectar a los ojos - específicamente cómo la luz azul, fundamento principal de luz que cada dispositivo emite, puede causar daño permanente. Algunos

fundamentos, sin

embargo, refutado este argumento, diciendo cómo la luz azul de los dispositivos no es dañosa ni

causará ningún daño a los ojos. Entonces,... ¿Cuál es la respuesta?

La luz azul es parte del arco del espectro luminoso visible dentro del espectro electromagnético. Con su longitud de onda que mide de 400 a 450 nanómetros, contiene una energía muy alta comparada con otros colores de luz visibles, como el rojo y naranja, al lado opuesto del espectro luminoso. Aunque hay algunas excepciones, se

puede en general decir que cuanto más alta es la energía de radiación, peligrosa dañosa es. La luz azul, por lo tanto. es más probable u e otros colores

para ser más dañosa al cuerpo a niveles

¿Esto significa que la luz azul

de los dispositivos puede dañar

los ojos y la visión? Por ahora, la respuesta es "no". Aunque la luz azul tiene un nivel de energía relativamente alto, David Ramsey de Harvard Health dice: "Los electrónicos no son dañinos a la retina por la cantidad de luz emitida". Los dispositivos no producen una intensidad de luz bastante alta que sería considerada dañando los ojos o degradándolos. Se encontró que lo que puede hacer a los ojos es tenerlos dolorosos y tensos, de lo cual no hay ninguna evidencia de causar el daño al ojo final. Sin embargo, no se sabe mucho sobre los efectos a largo plazo ni qué podría resultar de la intensidad, la exposición diaria de los ojos a los dispositivos a la larga.

Un fundamento de luz azul que es seguramente dañoso es el sol, sin embargo. La luz del sol, como la conocemos, puede ser muy peligrosa para los ojos. Por supuesto, si la miramos por un tiempo largo como podemos hacer con los móviles, podemos tener algún tipo de daño a los ojos. De hecho, mirar el sol por unos segundos puede

hacer que los rayos peligrosos entren en la retina y puede oxidar el tejido, destrozando el bastoncillo y los fotorreceptores del cono: neuronas que hacen que el cerebro interprete la información visual.

Aunque la luz azul no puede afectar la salud de los ojos no significa que no puedan afectar otras partes de la salud. Plazos largos al exponer la luz azul pueden interrumpir el ritmo circadiano. La luz azul puede hacernos atentos y estimulados. Esto es causado por la habilidad de bloquear la secreción de melatonina, una hormona usada por el cuerpo para sentirnos soñolientos. Cuando se usan los dispositivos antes de ir a la cama, nos dificulta dormir y descansar. Esto puede resultar en tener problemas para concentrarse y aprender el día siguiente.

En casos más peligrosos, cuando no descansa se repetidamente, los problemas de la salud crónicas probablemente ocurren, como la enfermedad corazón, la del riñón y depresión. No obstante, todavía hay maneras en las que se pueden evitar los efectos

dolorosos de la luz azul. Cuando se va afuera, las gafas de sol con lentes de buena calidad podrán proteger los ojos de niveles altos de la luz visible y los rayos UVA. También se pueden usar las gafas para ordenadores cuando se pasa una gran cantidad de tiempo de usar los dispositivos para eliminar la luz azul y evitar los ojos de tenerlos tensos y para dejarse descansar.

Otra solución es bajar la luminosidad de los dispositivos o ponerlos en modo "Night Shift" en la configuración para una luz más suave a los ojos.

Aunque se puede decir, por ahora, que la luz azul de los móviles no daña los ojos, no hay ninguna evidencia conclusiva suficiente para los casos de largo plazo con niveles altos de exposición diaria.

Como los estudiantes pasan la mayoría de tiempo de usar los dispositivos, es importante ser consciente de por cuánto se usan los dispositivos y de cómo afectan los ojos. En cualquier caso, es seguro limitar la cantidad diaria de uso de los dispositivos para evitar algunos efectos dañosos posibles.



Armchair QB The Miami Dolphins have looked like championship contenders against bad teams but have been mediocre against teams over 0.500. They are 0-3 and averaging 17 points per game against teams with winning records.

# SP()KIS

#### **UCSB Athletics**

11

Gaucho basketball is back! The women's squad began their season on Nov. 7 versus the University of San Francisco, while the men start their Big West championship defense against Portland State University on Nov. 9.

# Men's water polo finishes with second-best record in Big West

Joseph Rhodes Staff Writer

Emerging from a stellar 12-6 one-sided home victory over UC San Diego, the UC Santa Barbara men's water polo team traveled to Long Beach, where they fought Big West Conference competitors California State University, Long Beach to a fierce 11-10 victory on Nov. 4.

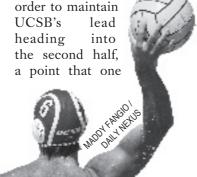
The victory is crucial for the Gauchos in their quest to win the Big West tournament championship later this year. The win put the Gauchos, UC Davis Aggies and UC San Diego Tritons level in the conference, each with 3-2 records. After the Big West tie-breaker rules were

applied, the Gauchos were for-goal right up until the end placed as the second overall seed in the tournament, and given a first round bye, drastically improving the water polo team's chances of ending the season with a

Big West tournament victory.

The Gauchos could not have asked for a better start to the match as their aggressive play style allowed junior center Dash McFarland to score a mere 14 seconds into the game. The teams matched each other goalof the first half, with neither team backing down.

Notably, freshman attacker Finn Genc scored a stellar goal with 40 seconds left on the clock in



argue was the difference the Gaucho's victory over California State University, Long Beach (CSULB). The third frame saw McFarland add another goal to his tally, completing his hat-trick, and CSULB temporarily taking the lead over the Gauchos. However, just before the end to the third frame, UCSB quickly reversed the tide of the game with 2 late goals from freshman attacker Luke Bachler and sophomore attacker Leo Ohannessian to retake the lead heading into the fourth. The Gauchos finally broke the goal-forgoal spell in the fourth frame as they took a 2 point lead over CSULB with 6 minutes remaining in the match and

the victory despite CSULB scoring in the last minute of the game.

Ending off their Big West league regular schedule games with a win, the Gauchos' next game on Nov. 18 will mark the beginning of the Big West men's water polo tournament held in La Jolla, and their quest for the championship. Being the No. 2 seed in the tournament, the UCSB men's water polo team will skip the first round of play and face off against the winner of first round matchup between No. 3 seed UCSD and No. 6 seed California State University, Fullerton. The match will begin at 1 p.m. PST and will be available to stream on ESPN+.

### Women's volleyball secures Halloween win



Senior outside hitter Michelle Ohwobete looks to score a point.

#### Aidan Dobbins Staff Writer

The UC Santa Barbara Gauchos women's volleyball team took on their coastal rivals, California Polytechnic State University, San Luis Obispo, on Halloween night, haunting the Mustangs en route to a 3-1 victory.

Continuing their Big West road trip, the Gauchos were fresh off polarizing outings against UC Irvine and California State University, Fullerton, resulting in a frustrating performance in Irvine which was followed up by a convincing win against the CSUF Titans. The team seemingly caught their stride on the road in San Luis Obispo, overpowering Cal Poly and winning 3 sets to 1 (25-23, 25-21, 24-26, 25-15). UCSB women's volleyball stands at 23-3 for their season, with an impressive 11-1 road record after their victory over Cal Poly.

Senior outside hitter Briana McKnight fueled the team offensively, amassing 15 kills and 5 aces throughout the contest. Senior starting opposite Tasia Farmer sustained an ankle injury a few weeks ago early in a match against CSU Bakersfield, but her return was immediately felt as she contributed 12 kills and 4 blocks, continuing her reign as a true two-way force for the team.

Defensively, sophomore middle blocker Grace Wuischpard led the way with 7 blocks, stifling the Mustangs' offense alongside senior libero Macall Peed's 18 digs. Junior setter Grace McIntosh was everywhere when it came to making plays for her teammates. She allotted 22 assists over the course of the match.

The Mustangs' efforts powered the Gauchos, as they overcame multiple deficits and draws in the first and second sets, with the Mustangs providing a respectable deterrence to UCSB's usual fluidity.

The Gauchos led the first, second and fourth sets in hit percentage while falling into some messy habits in the third set that resulted in a less-thanstellar 0.081 clip.

"We just got a little sloppy with our execution," said Head Coach Matt Jones after the game before stating how he wished the team could "have the last 10 points of that third set back."

Critiques aside, morale was at a high post-game, as Jones elaborated on his satisfaction with how the team responded to the adversity the team faced amidst their conference road

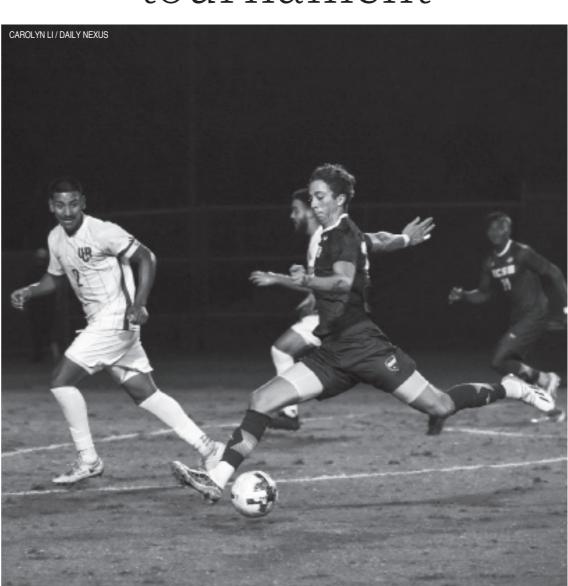
"I'm really happy with our serving and great resilience ... We are slowly getting back to full strength."

The Gauchos outmatched the Mustangs in every major statistic, a dominant feat that the team will look to carry on in the remainder of conference play.

UCSB women's volleyball team looks to protect their undefeated home record as they take on CSU Long Beach at the Thunderdome on Nov. 10 at 7 p.m.

# Men's soccer wins thriller in Big West tournament

were ultimately able to secure



Sophomore midfielder Filip Basili attempts a shot on goal.

#### Brianna Fox Staff Writer

In their first postseason matchup of 2023, the UC Santa Barbara Gauchos overcame a 2-0 deficit with 3 second-half goals to beat the UC Riverside Highlanders 3-2 on Nov. 1.

"I thought that tonight we were playing well, so even though the score didn't reflect it, I thought we were doing all of the right things," Head Coach Tim Vom Steeg said after the match. "I'm not surprised they fought; I'm not surprised that we have the talent to go get 3 goals in 15-20 minutes and go win a game."

Coming off a disappointing final game of the regular season in a loss to California State University, Fullerton, the Gauchos were forced to make a quick turnaround to play in the first round of the men's soccer Big West championship. The first half was rough for the Gauchos, with missed opportunities miscommunications, surrendering the first goal of the night to the Highlanders in the 23rd minute. Santa Barbara played aggressively but was messy, racking up 3 yellow cards, 8 fouls and 6 shots on the half, failing to amount to anything.

The second half began poorly with defensive struggles continuing, allowing a goal for UC Riverside on their first attack in the 46th minute. Down 2-0, the Gauchos had to make their biggest comeback of the season to keep their playoff run alive. UCSB rebounded quickly with an unassisted goal in the 54th minute by sophomore forward Nicolas Hald Willumsen, putting themselves back in the game. The hectic play only intensified as momentum began to switch in the Gauchos' favor, with junior forward Alexis Ledoux awarded a penalty, thanks to a UCR handball. With the game's tension at its peak, UCR contested the penalty in an extreme delay, receiving 4 yellow cards in 1 minute.

"[I was] in my own world breathe in, breathe out, don't let anyone get into my head," Ledoux commented on tuning out the on-field distractions. "The boys were all behind me, the fans were all behind me, I'm just trying to stay focused the whole time." Seemingly unbothered, he found the back of the net, tying the game 2-2 with 12 minutes remaining, awakening his team and the

fans in the stands. Finally cleaning it up and not playing from behind, the Gauchos were in control, aggressive on the attack, putting the pressure on the Highlanders. Using a corner kick to their advantage with less than 5 minutes remaining, junior forward Salvador Aguilar connected with an assist from Ledoux, heading one into the goal for the gamewinning shot.

With that goal, the Gauchos secured their fate to face the No. 2 seed, the UC Irvine Anteaters, in the Big West semifinals on Nov. 4. But, their season came to an end as they lost to the Anteaters with a score of 2-1. Vom Steeg and the program will look to regroup after the second consecutive year of missing out on the National Collegiate Athletics Association tournament.

# ARTSWEEJ

COLTON DUKE / COURTESY OF UNSPLASH

# "1989 (Taylor's Version):" Swift never goes out of style



Taylor Swift released her fourth album "1989," on Oct. 27, 2014, marking a stark tonal shift for the former country artist and changing the scope of pop music forever. Flush with electronic synth and heavy '80s influence, "1989" cemented Swift as one of the most iconic figures of her generation, despite only being 24-years old.

Exactly nine years later on Oct. 27, 2023, Swift did the same thing. Except this time, "1989" belongs to her. It's "Taylor's Version."

"1989 (Taylor's Version)" is the fourth album Swift has rerecorded as she continues on her journey to reclaim her masters. Following her departure from Big Machine Records and the sale of her early catalog, Swift decided to travel back through her discography and re-release her "stolen" albums.

The stakes were high. Known for associating "eras" with albums, the "1989" era may be Swift's most iconic. Polaroid pictures, Starbucks and even the state of New York became symbols for this period. After its 2014 release, the album skyrocketed to the top of the charts, producing multiple number-one hits and taking home Album Of The Year and Best Pop Vocal Album at the 2016 Grammys.

Diverting from typical article structure to help curate the image of girlhood at the time (something necessary in order to understand the impact of this album): the "1989" era is particularly special to me. At 10 years old, I recreated the "Shake It Off" music video on the playground. I carried a Polaroid camera with me everywhere. And when I was fortunate enough to attend the "1989"



World Tour in 2015, I screamed at a volume so inhumane I almost passed out. I still wear my concert t-shirt to this day. What was once way-too-large now fits me perfectly.

The concert t-shirt metaphor aligns with the timing of Swift's decision to re-release "1989." Thrust into an unfathomably large spotlight during the album's original release, Swift faced constant media criticism and public scrutiny. Her biggest era may have been her most painful as well.

Flash forward nine years, and Swift is more famous than ever. With multiple charttopping and critically acclaimed albums, along with her ongoing mega-successful Eras Tour, the formerly ostracized artist has now become one of the most well-respected figures of the industry. Her image, or some may say reputation, has gone from tainted to adored. The once way-too-large spotlight fits Swift's new level of fame perfectly, and the success of "1989 (Taylor's Version)" proves

Each track is simply incredible. The opening track, "Welcome To New York (Taylor's Version),'

immediately transports listener back to 2014, standing atop the Empire State Building and looking across NYC through white frame sunglasses. "Blank Space (Taylor's Version)" once again playfully indulges in the stereotypes directed towards Swift, its clever lyrics even snarkier with the re-recording.

Side-by-side comparisons with the original releases show that Swift not only captured the pure genius of the songs, but improved on them as well. "I Know Places (Taylor's Version)," formerly one of the less popular tracks, is absolutely transformed in the re-recording. Swift brings a new level of dramatism to lyrics detailing a tense romance, making it deliciously theatrical and dangerously flirty. And her much stronger vocals shine through as she growls "... and we run!"

"Out Of The Woods (Taylor's Version)" is also even better than before. The 2014 version was Swift's first collaboration with musician and producer Jack Antonoff, who has since become a long-time creative partner. Both of their improved musical expertise and prowesses turns the already-great track

into a true masterpiece. Swift's mature vocals shine through, layered to perfectly harmonize with herself, and Antonoff does not hold back, increasing the insane instrumentation to create a much larger, more dramatic sound.

Rapper Kendrick Lamar returned to the "Bad Blood" remix, which is included on the deluxe version for both the original and re-recorded album. Despite the odd pairing, Swift's strong vocals and Lamar's crisp flow go together perfectly, creating a powerful and catchy tune. Lamar's iconic ad-lib completes the track, reciting his famed line, "You forgive, you forget, but you never let it go." With both artists being at the top of their respective genres, it is truly an impressive listen.

The strongest part of the rerelease are the vault tracks. Not only do Taylor's Version albums consist of revamped versions of previous tracks, they also feature songs "from the vault." These tracks were scrapped from the original album but are now included in each Taylor's Version album.

The "1989" vault opens with "Slut! (Taylor's Version) (From The Vault)." Despite the crass title, the track is actually a gentle love song, putting a spin on the slut-shaming targeted at Swift. She addresses the criticism headon, with the chorus reading "And if they call me a slut / You know it might be worth it for once." It's surprisingly whimsical and dreamy, drawing the listener in for an intimate disclosure of unabashed love amidst watchful

"Now That We Don't Talk (Taylor's Version) (From The Vault)" fuses Swift's masterful songwriting ability with pure Antonoff production. An introspective track set to a disco-esque instrumental,

Swift observes the life of a past romantic partner she no longer talks to. The song has a degree of relatability to all relationships, romantic or not. She captures the emotions attached to losing contact as she sings "I cannot b your friend, so I pay the price of what I lost / And what it cost, now that we don't talk," all set to a disco-esque instrumental.

"Is It Over Now (Taylor's

Version) (From The Vault)" serves as the closing track and standout of not only the vault, but the entire album as a whole (an impressive feat, considering the amount of hits on the main tracklist). As Swift reflects on a previous relationship, she draws the listener in as she expresses her frustration with its unclear demise. Brutally honest lyrics like "Your new girl is my clone" and "You search in every model's bed for somethin' greater" serve as hard-hitting and targeted attacks against her former partner. Yet Swift exposes her vulnerability during the bridge. She expresses her raw desperation as she sings "Oh, Lord, I think about jumpin" / Off of very tall somethings / Just to see you come runnin' / And say the one thing I've been wanting, but no." The track is sonically stunning, perfectly fusing '80s pop synth with modern melodrama to create an experience that can only be described as cinematic.

It's rare to release a genreand career-defining album, and unheard of to do it twice. Swift has done both. She has not only replicated, but increased the success of her work. Finally clean from the negative publicity and pain that clouded this era of her life, Swift has reclaimed her status as pop perfection. Her name is Taylor Swift and she was born in "1989 (Taylor's Version)."

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### Bidding farewell to the Beatles with last song "Now and Then"

Stella Mullin Artsweek Co-Editor

It was on the drive to the City Target with my dad and he was in control of the radio. He put on "Dig A Pony" by The Beatles, and in those few seconds before the song was about to begin, I had no idea that the next three minutes and 55 seconds would spur a years-long Beatles obsession. Ask me my favorite artist and I will immediately answer with The Beatles, no hesitation. I've seen two in concert, visited Abbey Road and Liverpool, collected vinyls and have even gone down the rabbit hole of the "Paul is Dead" conspiracy. I own four Beatles t-shirts. You can imagine my excitement when I heard that The Beatles would be releasing a "new" song on Nov. 2, accompanied by a short film of vaulted, never-beforeseen footage of the band together.

"Now And Then" was released alongside a 2023 mixed version of the Beatles' first single "Love Me Do" - a full circle moment and perfect way to close out the greatest rock and roll band in history.

Regarded as the last song all four Beatles (Paul McCartney, John Lennon, George Harrison and Ringo Starr) will be credited with, "Now And Then" marks the closing chapter of arguably the greatest rock band of all time. Although not comparable to masterpieces like "A Day in the Life," "Hey Jude" or "She Loves You," "Now And Then" perfectly sums up the Beatles' discography - maybe more emotionally than musically – and has been met with wild praise.

In 1995, 15 years after John Lennon was shot outside his home in New York City, his wife, Yoko Ono, gave the remaining Beatles unfinished songs John had been working on. McCartney, Harrison and Starr met at McCartney's home studio in Sussex, England to work on the songs, their first reunion since the band's December 1974 breakup. "Free as a Bird" and "Real Love" were released later that year, but "Now And Then" was left behind due to a muddled track that was too difficult to

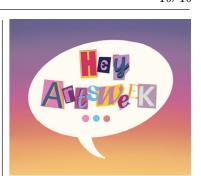
separate and piece together again. Fast-forward two decades later to the "Get Back" docuseries. New Zealand screenwriter and producer Peter Jackson worked with the surviving Beatles, McCartney and Starr, and used the technology he created to take old footage - in this case, footage from 1969 and make it modern with newer production techniques. Out of the 55 hours of footage and 140 hours of audio, Jackson created the Disney Plus exclusive "Get Back," which chronicled the writing and recording of the album "Let It Be" and The Beatles' final concert on a

London rooftop. Using this same modern AI technology, Jackson was able to separate tracks on Lennon's "Now And Then." Harrison had already recorded guitar solos in the 1995 failed attempt to finish the song, and McCartney and Starr were able to record their bass and drum tracks on their own. McCartney also recorded a guitar solo in Harrison's style, a tribute to him within the song. Lennon's vocals were separated and made clear and it is his iconic voice that is leading on the track. Along with the song, Jackson directed and produced

a mini-documentary that broke down the process of creating "Now And Then," which can be watched on Youtube. It combines footage from the 1995 recording sessions, when Harrison was alive, and the 2022 sessions.

The track begins in a familiar manner: the McCartney countin, then the piano chords and acoustic guitar, drastically different from the Beatles' early works, and finally, Lennon's voice, so crisp and clear, singing "I know it's true / It's all because of you / And if I make it through / It's all because of you," followed by an unmistakable Lennon vocalization. Not long after, McCartney's bass comes in along with Starr's drums, something any fan could spot (or hear) from miles away. About halfway into the song comes a string ensemble, on par with classic Beatles' songs like "Strawberry Fields Forever" and "Yesterday." Perhaps keeping the Beatles in mind when he wrote it – or maybe not - Lennon's lyrics evoke an emotional response from fans, and one would like to think that the last Beatles song is Lennon reminiscing on his time in the band. All four Beatles shine on "Now And Then," even posthumously their sound is the same. It's The Beatles.

"Now And Then" may not be a Beatles masterpiece and probably will not go down as one of the greatest songs ever. But the emotion it holds puts it right on up there with the rest of their discography. When "The Beatles" known as the white album – was met with criticism, McCartney said in an interview, "It's great! It sold! It's the bloody Beatles white album! Shut up!" To quote him, "It's great! It sold! It's the bloody Beatles "Now And Then! Shut



#### For walking through an empty UCSB Library ...

All album icons courtesy of Spotify. @dailynexusartsweek



How to disappear Lana Del Rey



Mazzy Star this is me trying

Taylor Swift

Fade Into You





Lost in the Night



Watching Him Fade Away Mac DeMarco



Vienna Billy Joel



Toby, Take a Bow Casiotone For The Painfully Alone



High and Dry Radiohead





Landslide Fleetwood Mac

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10/10

# ON THE MENU

# Fad or flop: Is Crumbl Cookies worth the hype?



Crumbl Cookies prides itself on its inventive cookie flavors, such as Pink Velvet, Brookie, and Banana Cream Pie.

Stephanie Gerson Abigail Monti On the Menu Editors

The sun was setting and sugar cravings were setting in. There was only one thing for the two On The Menu editors to do: hop in a car, drive to Crumbl Cookies and attempt to drown our midterm anxieties in dessert.

Crumbl Cookies opened a new location in Goleta at 5660 Calle Real last month. For those who don't know, Crumbl Cookies is a chain of bakeries that specializes in baking a variety of enormous cookies. Their rotating menu of over 200 cookies serves up five unique flavors each week, plus their classic Semi-Sweet Chocolate Chunk cookie and some ice cream flavors. The cookie empire rarely repeats flavors, aning that if you discover a drool-worthy cookie flavor one week, there's a very low chance that you'll be able to experience those flavors again in the foreseeable future. Originally based in Utah, Crumbl Cookies was founded in 2017 and now has over 800 stores across the United States.

With over 7 million followers on TikTok and 4 million followers on Instagram, Crumbl Cookies is nothing less than a viral phenomenon. Their devoted fans are more than just followers: Crumbl Cookies enthusiasts live and breathe their cookies. And for good reason: Their aesthetic photos and videos of gorgeously decadent cookies promise to deliver world peace with nothing but butter and sugar.

But, do they really live up to the hype? We didn't think so.

A single cookie comes with a hefty price tag of \$5. Customers can also choose from box orders of four cookies, six cookies and 12 cookies. As the number of cookies increases, the price drops incrementally, but not much. We will admit that the massive size of these cookies could justify their high price point: each are easily 5 inches in diameter and loaded with toppings like icing, pudding, sprinkles, cookie crumbles and more. But are they too massive? With all their piled toppings, the cookies are too heavy and wide to bite comfortably into. Yet, inexplicably, Crumbl Cookies not ask if you want forks or knives with your order. They don't even provide them in a public location to grab on your way out, ostensibly encouraging customers to eat their cookies at home. However, we were able to obtain a pair of utensils from the cashier after realizing there was no other feasible way to consume our order. But our request for napkins another vital tool for eating these monstrous treats - went in vain: they didn't have any. An employee kindly offered us a sheet of paper towels instead and while we appreciated the gesture, their lack of napkins seems incredibly weird for a bakery that serves hazardously messy baked goods.

But our problems with Crumbl Cookies did not stop there. Adding to the inconvenience of eating their cookies was Crumbl Cookies' complete lack of seating. The store front, which looked like a sterile dentist's office with only a pink wall to break up the fluorescent-lit, white paint, was



# But, do they really live up to the hype? We didn't think so.

rather small. Inside the door, there was only space for a short line for ordering, a spot for pick-up and a trash can. Outside, there was even less – in order to eat our cookies, we were forced to steal seating from their neighboring Thai restaurant.

But, of course, the actual cookies were the main event.

For our box of four cookies, the flavors we selected were Pink Velvet, Brookie, Milk Chocolate Chip and Banana Cream Pie. To our extreme disappointment, the special seasonal flavor of Pumpkin Cheesecake was sold out by the time we arrived to Crumbl Cookies at 6 p.m. We found it shocking that Crumbl Cookies

did not anticipate the increased demand for pumpkin-flavored treats in the fall, but let this be a testament to the chain's popularity.

The Pink Velvet cookie's texture was doughy and soft perhaps too soft actually. While Red Velvet isn't a particularly strong flavor, Crumbl Cookies' interpretation of it was reminiscent of a glorified supermarket sugar cookie. From the soft cookie base to the very sweet frosting, we would struggle telling Crumbl Cookies apart from a generic grocery store one in a blind taste test, giving Pink Velvet a score of three out of five.

The Banana Cream Pie also left us thoroughly unimpressed. The Banana Cream Pie cookie was a literal hockey puck and impossible to eat without a knife and fork, defeating the main purpose of ordering a cookie in the first place. The cookie's thick base was nothing special, but things got weird once we moved on to try the chilled banana-flavored topping. Made of an indiscernible combination of ingredients, we didn't taste a hint of banana at all. Nonetheless, the creativity was there – shown in the interesting presentation and Nilla wafer topping – but flavor was absent, awarding the Banana Cream Pie cookie a two out of five.

Crumbl Cookies redeemed itself with its cookie variations that were the least adventurous, but for a company whose

schtick is mastering the art of the unconventional cookie, this felt like a cop-out. The Brookie, which featured an even split of double chocolate and chocolate chip, was nothing special, but it was arguably good. The double chocolate flavor was weak due to its failure to include dark chocolate chips; the chocolate chip side was just OK. We did think the cookie's texture was the perfect balance of soft and crispy, resulting in a score of a three out of five.

Chocolate Chip is Crumbl Cookies' signature flavor, and it lived up to those expectations. We loved that it was larger in size than the others in the box. With each bite, we got bites of melty chocolate and a richer flavor profile than the other cookies. Chocolate Chip felt familiar, like the taste of your grandma's homemade chocolate cookies. The fact that Chocolate Chip was our favorite flavor made this entire experience a bit underwhelming. We would have rated this cookie a five out of five, but with it being such a foolproof dessert item that you can get at other bakeries for a better price, we reduced its score to a four out of five.

Overall, the On The Menu editors will likely not visit Crumbl Cookies again soon. While the bakery chain has redeeming factors, their high prices, take-out only atmosphere and unexceptional flavors did not live up to their

# Get a taste of home with this apple pie smoothie

#### Steven Bizzoco Reporter

In my family, the king of all fall treats is apple pie. Every year for Thanksgiving, I take on the task of making an apple pie from scratch. Putting time, effort and care into each step results in a delicious dessert staple of the season. While that may sound fantastic on paper, apple pie is a cruel mistress. Between making dough by hand and the grueling overnight wait before indulging, I'm only ever inclined to make it once a year. However, there is another way. If you don't want to buy a pie from a store (nor should you) and you don't want all the hassle of making one, there's a delicious treat that emulates the filling's flavor to quench your craving: the apple pie smoothie.

I discovered this recipe in middle school. I had no baking experience at the time, but I wanted apple pie more than life itself. My mother is more of a cook than a baker, so my request for an apple pie in the middle of a particularly warm October was met with some understandable hesitance. The only kitchen tools I regularly used at the time were the microwave and the blender, so I had to get innovative.

After finding the original recipe in a kid's cookbook, I prepared the ingredients, hit blend and was initially confused. The concoction was somewhat slushy-like, so I thought that was it. It's over. I'm not getting my pie until Thanksgiving and I'll just have to accept that. Life is cruel and unfair. Fortunately, I could not have been more wrong. The smoothie hit the spot, but the recipe had room for improvement.

It's become a tradition for me to whip up a few apple pie smoothies every fall and I try to improve upon the recipe each time. I believe I have found my preferred blend of ingredients to most accurately capture the taste of apple pie filling. On top of that, it's healthy, simple and quick, making it a perfect treat.

**Apple pie smoothie** Time: 5 minutes Yield: 1 Serving

#### Ingredients:

- 2 crisp apples (Granny Smith, McIntosh, Gala or Honeycrisp)
- 1/2 cup vanilla Greek
- yogurtSprinkle of cinnamon
- Sprinkle of nutmeg
- Sprinkle of ground cloveHalf tray of ice cubes

#### Directions:

- 1. Wash, peel and remove
- core from apples.

  2. Put all of the ingredients into a blender and blend
- until smooth.
  3. Pour and enjoy!

The great thing about this recipe is that it's very open to customization. Allspice and ginger are also welcome additions to the spices here. If you just hit the gym, a scoop or two of protein powder blends in perfectly. Just have plain Greek yogurt? Try it for a sour bite. Of course, no apple



This refreshing apple pie smoothie features simple nostalgic flavors.

pie is complete if it's not à la mode. Have some vanilla ice cream on the side or throw it in the blender with everything else to turn this smoothie into the ultimate refreshing treat that encapsulates the flavors of fall.

# OPINI()

# NOSTALGIA: WHO ARE WE AND WHERE DO WE GO?

Michelle Shteynberg Staff Writer

Our lives are an amalgam of encounters, moments and memories. Despite the things that are constantly happening, nostalgia is always apparent in the hum of our lives.

In and of itself, nostalgia is paradoxical in the way that it offers us comfort with moments that we have lost to time. It supplies us with warmth when we feel as though something is missing. At the same time, it can confine us to life in the past or the future: what was or what could be.

Nostalgia is the moments that have shaped me to be the person I am today. My brother's and my yearly "Star Wars" binges in his room, the nightly sneaking of my Nintendo DS under my pillow when my dad was at work, "swimming" in my friend's pool every summer, even though I can't swim. Roads that my parents took to get to school, dance class and karate still have the power to make me feel 9 years old again, and it's quite refreshing to see where I was and who I have become.

Without nostalgia, we wouldn't be human. However, I've noticed that there is a difficulty with appreciating time that is lost to nostalgia without losing ourselves in it. We often lose

the beauty of being present. the that follows. We tend to unconsciously avoid this

moment and eventually mourning the memory with the knowledge that it is in the past. becomes It an unproductive loop because it prevents us from moving forward. But it is

MICHELLE WU / DAILY NEXUS

whether it be a fear of change or an unwillingness to let go.

I believe it shapes who we are. Longing for the past is beautiful because it shows human kindness and compassion. It shows how deep our love can go no matter the circumstance. While nostalgia can be a positive means of facing our memories, you should leave the past where it belongs.

I miss some of my high school friends and the uncertain excitement of living in Los Angeles. At the same time, I know that my friends and I have outgrown each other and are not the same people we were at 15. I know that my parents' cozy two-bedroom apartment in Hollywood is home, but it's not the place I come home to after a long day of classes and work anymore. But rather than being sad about it, I have much more appreciation when I visit home or get a text from an old friend wanting to catch

up after three years. As I am writing this, I am currently sick with a cold. Now that I'm a college student, getting sick feels vastly different than it did when I had my parents there to nurture me back to health as a kid. However, I still find myself reminiscing on times in my childhood when I used to lay in bed and dramatically over-exaggerate the state of my affairs solely to convince my parents to coddle me. When we experience As much as I am miserable a euphoric moment, it's in my sickness, the dull different way. It all comes difficult to come to terms congestion in my sinuses is comedown a familiar feeling I will never omit from my memory.

Despite the chilly nostalgia comedown by reliving that of having a cold, it also moment, replaying that provides me with a sense of warmth

and fondness toward my parents who I now rarely see. This gentle reminder of them and the way they express their love gives me the opportunity to miss them in moments when I become too occupied with my life at college.

I do value this feeling and always love being reminded of my parents. However, I make a note for myself not to dwell on the past. We can't go back in time and relive our childhoods. As much as our parents want us to stay young for as long as we can, it is inevitable for us to grow up and mature in the same way we grow out of the

we experience. Yet, the future can also have its own limitations.

memories and nostalgia that

The human psyche often finds us in the constant process of waiting for something or someone new to invigorate our lives. It can either motivate us to be better or can adversely cause us to be unhappy with our current selves. Humans are special in the way that we are always craving to do more in hopes of achieving something for ourselves.

However, we can also be naive in our optimism. We can hope that the future is better, but it is inevitably the same. How different is tomorrow from today? In that case, what is the point of waiting?

Maybe right now is an exciting moment, in a down to our outlook on the present.

One thing that helps me come to terms with the way my life and the world around me change is being mindful. In my mind, mindfulness means grounding myself to where I am today, right now. Once you become aware of

your existence in the world, little things become subtly exquisite and serene.

equanimity, which has an association with a universal calmness of the mind. It has Buddhist origins and is generally defined as a state of conscious freedom and wisdom that has to do with protecting one's love and compassion. It is neither a thought nor emotion but rather a steady conscious realization of real life and its impermanence. To word it simply, it is more like a calm state of mind.

Now, I do realize that this can be an abstract concept that is associated with spirituality. However, I think that mindfulness is a good takeaway. Equanimity is subjective and can be applied to any part of your life. I think of it as being mindful, staying present and finding beauty in the mundane.

My experience implementing equanimity in my life has resulted in a lot of personal growth and a greater understanding of the things outside of my direct

I interpret my inability to bike as a blessing because I can enjoy my walks back home from campus. With my headphones shutting me off from all outside noise, I get to observe the world around me. I notice a five-person friend group gossiping and giggling about what this cute guy said at the gym. I see two best friends consoling one another about the chemistry midterm they both bombed, convincing one another that they will do better next time. Maybe I romanticize human interactions, but it makes me happy. I enjoy peoplewatching because it allows me to recognize what makes us human. I see the way we all have similar habits but the uniqueness of every interaction is special.

Next time you want to feel more grounded in the world

#### HOROSCOPES

Things the signs do to look edgy

#### ARIES

MARCH 21 - APRIL 19 Sneakerheads

#### **TAURUS**

**APRIL 20 - MAY 20** 

Took Lana Del Rey vinyl a little too literally

#### **GEMINI**

**MAY 21 - JUNE 20** 

Spending hours crafting an Instagram story with the perfect indie song

#### **CANCER**

**JUNE 21 - JULY 22** 

Spends more time looking for an "aesthetic" playlist cover than building the playlist

#### LE0

**JULY 23 - AUGUST 22** 

Buying a film camera and starting a public photodump account for it

#### VIRGO

**AUGUST 23 - SEPTEMBER 22** 

People that get noisecancelling headphones once and talk about it for years

SEPTEMBER 23 - OCTOBER 22

Upper-middle class coastal elite people who thrift and resell on Depop

#### **SCORPIO**

**OCTOBER 23 - NOVEMBER 21** 

Reposts cute Instagram infographics but has never read a news article

#### **SAGITTARIUS**

**NOVEMBER 22 - DECEMBER 21** 

Wearing athleisure to look like they exercise

#### CAPRICORN

**DECEMBER 22 - JANUARY 19** 

Instagram archive posts "for the feed'

#### **AQUARIU**

JANUARY 20 - FEBRUARY 18

Has an unopened copy of 'Crime and Punishment" on the shelf

#### **PISCES**

FEBRUARY 19 - MARCH 20

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