THURSDAY, JANUARY 18, 2024 | UNIVERSITY OF CALIFORNIA, SANTA BARBARA | EST. 1930 | WWW.DAILYNEXUS.COM

# UCSB, downtown Santa Barbara gather to commemorate Martin Luther King Jr. Day

SHIUAN CHENG / DAILY NEXUS





At 11 a.m., organizers congregated to begin the commemoration.

Lizzy Rager Asst. News Editor Devin Gowdy Reporter Kate Meyers Reporter

Community members of UC Santa Barbara and downtown Santa Barbara gathered to celebrate Martin Luther King Jr.'s legacy through a campus event on Jan. 11 and a program at the Arlington Theatre on Jan. 16. The two events came alongside the series of local programming organized to commemorate the holiday.

The Thursday event held the 17th annual "Walk With Us" march, with an overarching

Alpha Phi Alpha Fraternity

(APA), Educational Opportunity Program (EOP), the Office of Black Student Development (OBSD) and the Martin Luther King Jr. Committee of Santa Barbara (MLKSB) congregated to begin the commemoration.

Speakers addressed MLK's enduring philosophies and his significance to activism on campus and to the city of Santa Barbara at the Eternal Flame in the Buchanan courtvard.

"His legacy reminds us that he, above all else, was committed to stimulate the ambition of our citizens. To prepare them for the greatest usefulness in the causes of humanity, freedom and dignity of the individual and to aid downtrodden humanity in its efforts to achieve higher social At 11 a.m., organizers from economic and intellectual status,"

fraternity life coordinator for the Office of Student Engagement and Leadership and former APA president, said.

About 30 staff, students and faculty walked from the Eternal Flame to North Hall, stopping at a mural depicting the building's 1968 takeover by disenfranchised Black students, and ending at the MultiCultural Center (MCC) Lounge at 1 p.m.

Zuniga described MLK's lifework and his ties to APA as a member during his studies at Cornell University. APA is the oldest intercollegiate Black American national organization - founded in 1909 - whose prominent members also included Frederick Douglass, Jesse Owens and W.E.B. Du Bois.

economic and intellectual status," "Dr. King truly embodied Christian Zuniga, the sorority and the values of Alpha: manly

deeds, scholarship and love for all mankind. He was a father, a husband, reverend, activist, scholar, a brother and so, so much more," Zuniga said.

MLKSB Board President E.

onja Brown reflected on the efforts of her committee on campus and in the city of Santa Barbara.

The Eternal Flame, a gift from the class of 1968, symbolizes peace between nations. In 2015, following complaints that the flame was not always visibly lit, MLKSB aided UCSB Black engineers in keeping the flame

Additionally, Brown noted that the city of Santa Barbara did not recognize MLK as a holiday until 1986, two years after its MLK envisioned. officiation. MLKSB founding member Sojourner Kincaid

Rolle helped organize advocacy campaigns with Shirley Kennedy to meet this end.

The Civil Rights Act, Brown said, helped propel environmental legislation such as the Clean Air Act, the Clean Water Act and the Endangered Species Act.

"We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all directly," Brown quoted MLK during her speech.

EOP Director Tara Jones called for the Black American diaspora - African peoples of "diverse cultures, ethnicities, nations and faith-traditions" across the globe - to come together and work toward "collective action" as

MLK Celebration p.4

# Board of Supervisors discusses priorities for affordable housing, rezoning

Asumi Shuda Deputy News Editor

The Santa Barbara County Board of Supervisors laid the groundwork for prioritizing affordable housing projects and rezoning considerations under the 2023-31 Housing Element at its Jan. 9 biweekly board meeting.

The sixth cycle of the Housing Element - Santa Barbara planning requirements spanning eight years - began in 2023. One of its new amendments requires that the county accommodate 5,664 new housing units in the unincorporated areas of Santa Barbara County, including Isla

Vista, by 2031. County Director of Planning & Development Lisa Plowman led a conversation with Fifth District County Supervisor and Board of Supervisors Chair Steve Lavagnino to discuss approaches toward affordable housing and rezoning.

"We are rezoning land to meet our lower and moderate income in the south and our lower income in the north," Plowman said during the meeting.

The rezoning efforts, however, require a 15% buffer in lot area for existing multi-unit zones to ensure that there is enough land to meet its allocation for the planning category - a new addition to existing housing element requirements.

"If we fall short of the land needed at any point during that eight-year planning cycle, it's actually 180 days that we have to identify adequate sites and rezone



County Director of Planning and Development Lisa Plowman leads the conversation to discuss affordable housing and rezoning.

them," Plowman said. "That's not a lot of time, so that's why the 15% buffer is important."

addition to income disparities, Plowman identified another potential barrier for the housing projects: deficiency in childcare. She said there is an estimated deficiency of over 9,000 spaces in childcare services for children between the ages of 0

"We have a thousand parents on waiting lists for infants and toddlers, and another 1,100 on waiting lists for children between

3 and 4," Plowman said. "So any kind of inclusion of some kind of childcare facilities in these projects would help us fill that gap."

Multiple district supervisors support for involvement of the League of Women Voters, the South Coast Chamber and the Santa Barbara Foundation in creating the criteria for the housing projects. Third District County Supervisor Joan Hartmann emphasized transparency and accountability of developers throughout this planning process.

The board discussed a criteria proposal for prioritizing public-private partnerships in the housing projects. The criteria might include a preexisting collaboration between a developer and a nonprofit organization or a donation from the state bonus density plan, which rewards developers who donate land to nonprofits. The topic also focused on affordability in these projects, with the board suggesting updating the inclusionary housing ordinance to include rentals.

District Supervisor Joan Hartmann then suggested to outline the criteria in creating such a partnership to ensure that "we don't need to rezone full market rate projects." Plowman responded that affordable housing is "very hard to do" because the current inclusionary housing ordinance doesn't apply to apartments, which - to become a full market rate project - would require an update to include rentals.

"That's something we will talk about with our work program as well as which programs we want to move on more quickly,"

Plowman said in response. Hartmann then inquired whether rezoning action should be made conditional to how many of the proposed housing units are "affordable." Plowman emphasized that creating such a standard may make the endeavor of rezoning "financially unfeasible" and subsequently create new barriers to housing

development. "We've identified sites that we could rezone, but making them conditional on a certain percentage of affordability is not one of the programs we put into our housing element," Plowman said. "If we were to create a standard, that [could] result in no housing being built because it made it financially infeasible."

Plowman discussed another hole in the affordable housing initiative - 20% of builder's remedy projects are low-priced while none are moderately priced. In response, she proposed

Affordable Housing p.4



Sindhu Ananthavel Lead News Editor

#### University of California considers San Francisco expansion

The University of California is weighing options to open a new campus in San Francisco following a letter from San Francisco Mayor London Breed asking the university to expand its presence downtown, according to the San Francisco Chronicle.

The UC Office of the President (UCOP) and UC Berkeley are both involved in this effort. UCOP officials met on Friday to discuss options, the SF Chronicle reported. Parties are in "continuing conversations" but there are "no concrete proposals," Jeff Cretan, Breed's spokesperson,

Breed's letter was penned to the Regents in May 2023 proposed "bringing students into the heart of San Francisco." According to the San Francisco Chronicle, more than one-third of the city's office spaces are vacant after an increase in remote work following the pandemic.

"There are a number of properties that would be uniquely able to house a mixeduse UC campus complete with student housing, classrooms, space, and student services," Breed's letter stated.

UC Berkeley spokesperson Dan Mogulof said "the only thing not on the table for us is undergraduate housing in San Francisco," but described "potentially openness to buildings for academic purpose.

Berkeley's People's Park cordoned off by shipping containers, construction to

UC Berkeley police lined People's Park in Berkeley with two-container high walls of shipping containers on Jan. 4 after protestors attempted to curtail housing development on the vacant lot, according to CBS News.

People's Park was established as a de facto public park by community members in the 1970s. Recent attempts by the university to construct student housing on the land sparked protests from community members in August 2022, and again this month.

Several protesters were arrested at the site on Jan. 4 and forced to evacuate by threat of tear gas and pepper spray from UC Police Department, according to the Daily Californian.

"UC Berkeley has begun work to cordon off the People's Park construction site, where it will build muchneeded housing for students and unhoused people, while preserving more than 60% of the 2.8 acre site as open park space that reinforces the park's history," the university said in a statement issued Jan.

University police will now be at the site 24/7 until the housing complex completes construction, CBS News reported.

The decision to surround the park with containers made to minimize disruption and expediently begin construction, university spokesperson Dan Mogulof told CBS News.

Neighborhood groups have filed suit over the project's potential local impacts; the lawsuit is pending in the state Supreme Court but the university maintains the right to close off the construction area while the case is litigated.

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

Asumi Shuda Deputy News Editor

MultiCultural Center hosts discussion on community building, advocacy

The MultiCultural Center (MCC) is hosting a discussion, "Building Bridges of Love: A Movement Against Cultures of Dominance," as part of its Advocacy and Collaboration Series. The event will take place Thursday, Jan. 18, from 12-2:30 p.m. in the MCC Lounge.

The MCC reminds community that its Winter Quarter 2024 events will require masks due to a rise in COVID-19 activity within the region.

"Where do you belong in the movement against cultures of dominance? How do we align with values that propel us towards creating liberation for all rather than perpetuating systems of domination? What does it mean to recenter ourselves in the long journey of advocacy work?" the Shoreline description read. Lunch will be provided.

Health & Wellness hosts evening of tea for international students

Health & Wellness is hosting "International Tea Time" for international students and tea enthusiasts on Thursday, Jan. 18, from 12-1:30 p.m. at the Health & Wellness Lounge and will feature a range of global teas.

The event will be a weekly space for students "to engage in cross-cultural conversations."

MENASARC holds study jam with tea

The Middle Eastern, North African, South Asian Resource Center (MENASARC) is hosting a study jam with tea on Thursday, Jan. 18, from 5-7 p.m. in room 1106 at the Student Resource Building (SRB).

Center, Women's

**Black** Women's Collaborative, Environmental Justice Alliance present Blind Date with a Book"

The Women's Center is hosting a "Blind Date with a Book" event on Thursday, Jan. 18, from 5-7 p.m. at the SRB Multipurpose Room (MPR). The event is in collaboration with the Black Women's Health Collaborative and Environmental Justice Alliance and will feature discussions on the intersection of environmentalism and Black womanhood.

The event will have 44 individually wrapped books on various environmental justice topics authored by Black women, available on a first-come, firstserve basis.

Food will be provided.

RCSGD hosts game night for LGBTQIA+ students with

The Resource Center for Sexual and Gender Diversity (RCSGD) is hosting a game night in collaboration with the Residential Housing Association (RHA). The event will take place Thursday, Jan. 18, from 7-9 p.m. at the San Nicolas Residence Hall Main Lounge.

Game options include Jackbox Games, Jenga and Uno, among others. Snacks will be provided while supplies last.

**Education Abroad Program** hosts exchange student meet & greet

Education Abroad The Program is holding a reciprocal exchange student meet-and-greet on Friday, Jan. 19, from 2-3:30 p.m. at the Student Affairs and Administrative Services Building. Snacks will be provided.

Walter H. Capps Center hosts lecture with UC Berkeley School of Law professor

The Walter H. Capps Center RSVP to attend the event.

Health is hosting a lecture on Dobbs v. Jackson Women's Health Organization, featuring UC Berkeley School of Law professor Khiara Bridges. The event will take place Friday, Jan. 19, from 4-5:30 p.m. at Henley Hall.

"In this lecture, Khiara M. Bridges argues that the U.S. Supreme Court's impoverished conceptualization of 'counts' as racism against people of color is a strategy that the Court deploys to accomplish regressive ends," the Shoreline description read.

The lecture is free and open to the public.

RCSGD presents evening with air-dry ceramics for QTBIPOC Empowerment Hours

RCSGD is presenting an evening with air-dry ceramics as part of its QTBIPOC Hours Empowerment Monday, Jan. 22, from 6-8 p.m. at the SRB MPR.

Pizza will be provided.

Kapatirang Pilipino holds discussion on "Navigating the Filipino Narrative"

Kapatirang Pilipino is hosting a discussion titled, "Navigating the Filipino Narrative," as part of its Real Talk series on Monday, Jan. 22, from 7-9 p.m. at the Asian Resource Center.

"We navigate through life differently and have different stories, but how are we able to come together and share a common narrative?" Instagram description read.

LGBTQ Staff & Faculty Collective hosts vision board

The LGBTQ Staff & Faculty Collective is hosting a vision board party on Tuesday, Jan. 23, from 11:30 a.m. to 1:30 p.m. at the SRB MPR.

Students are encouraged to







a Mezuzah at Chabad or Hillel.

DM @ChabaducsB of @SBHillel to pick one up.



# snap a shot of your Mezuzah.

Tag @ChabadUCSB and @SBHillel and flaunt your Jewish jaunt fearlessly.



style your Jewish pride when you get your crewneck

sweatshirt "on the house":)

Be Proud. Be Jewish.







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Printed at the Santa Maria Times printing facility.

"Black bean crunch wrap supreme."

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# IVCSD to implement health A.S. Senate passes vending machine with Narcan, fentanyl test strips at I.V. Community Center

Lizzy Rager Asst. News Editor

The Isla Vista Community Services District is working to implement a health vending machine in the Isla Vista Community Center following approval at its Dec. 12 board

The vending machine will include harm-reduction supplies such as naloxone, fentanyl test strips and xylazine test strips. The machine will be available 24/7 and free - the first harmreduction service of its kind in Isla Vista.

General Manager of the Isla Vista Community Services District (IVCSD) Jonathan Abboud said the machine will "help with the fentanyl crisis," citing the death of a student who overdosed on fentanyl during Deltopia last year. According to the Santa Barbara County Sheriff's Office, there were 118 total overdose deaths in 2023, with 63 of those deaths related to fentanyl.

"There is a need. When Narcan became available over the counter, we were seeing what we can do with that. But the distribution was always the question, like, 'how do we do it efficiently?' So the vending machine came at the perfect time for ideas we already had," Abboud said.

Aegis, an opiate addiction treatment center in Santa Barbara, will fund the machine and its supplies. Aegis has a machine readily available from grant funding. IVCSD will cover the costs of power, maintenance and the machine's software subscription.

Abboud said they determined the machine's location in a November meeting to be outside have to interact with a human to



A vending machine with naloxone, fentanyl test strips and xylazine test strips will be available 24/7 and free.

the I.V. Community Center, since it was the only property they had

UCSB Gauchos for Recovery currently provides free overdose prevention kits - including Narcan, the generic for naloxone and fentanyl test strips – to UCSB students. However, the 30% of I.V. residents who don't attend UCSB don't have access to this service, and it's only available at certain times, Abboud said.

UCSBAlcohol&DrugProgram Director Jacqueline Kurta said the 24/7 availability of these supplies contributes to the "safety of the Isla Vista community" and that it "is a necessary addition to the overdose prevention services already provided to UCSB students and I.V. residents."

"I think it [will] reduce stigma by making it easy and accessible to get this kind of stuff pretty much anonymously. You don't

get it," Abboud said. "If everybody can get one, anytime people see their friends using them ... word of mouth will spread and they'd go get some as well."

A potential issue for the machine, Abboud noted, is abuse of its free and unlimited service. He says that the machine currently doesn't have limits for outtake, but its software service may be adjusted in the future to include a user database with signin functions.

Pacific Pride Foundation is also in the works of providing a syringe service program for the machine, Abboud said.

'Community members should reach out to us if there's any other health and safety items they'd like to see in the vending machine. We're gonna be studying that and working it into our budget next year to make sure we have enough supplies to keep them stocked all year," Abboud said.

# bills for 100% clean energy, formation of housing justice committee

Alex Levin University News Editor

The UC Santa Barbara Associated Students Senate unanimously voted to support the university using 100% clean energy by 2035, and support forming a temporary committee on housing justice, at 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 resolution, written by Senators Alvin Wang and Sydney Yamanishi, calls on UCSB to "commit to 100% clean energy by 2035, encompassing a 100% reduction of Scope 1 and Scope 2 emissions without carbon offsets."

The authors of the bill acknowledged the university's previous and current advancements and goals in sustainability, but stated in the resolution that they "believe in UCSB's ability to undertake more ambitious decarbonization

goals." Various environmental organizations on campus and within A.S. endorsed the bill, including the UCSB California Interest **Public** Research Group chapter, Gauchos Go Green, the A.S. Environmental Affairs Board and the A.S. Environmental Justice Alliance, among others. Several faculty within the environmental studies department also endorsed the

Senators Renee Faulk and Emily von Zedtwitz authored a second bill that aims to create a temporary committee called "Gauchos for Housing Justice."

According to the bill, the primary goal of the committee is to "conduct student outreach through social media, tabling, and meeting with relevant student groups to inform the campus of UC's irresponsible investments in housing," referring to the UC's investment in Blackstone Real Estate Income Trust.

The Council of UC Faculty Associations and several UC unions called for the UC's divestment from Blackstone on Jan. 13, 2023, citing the firm's role in worsening the housing crisis in California and instances of evicting tenants in its affordable housing units.

According to the Los Angeles Times, the UC has invested over \$4 billion in Blackstone, even though many UC students are impacted by a lack of affordable housing in California.

Other duties of the committee include collaborating political and student activist groups on campus, posting information on social media and conducting student surveys on housing education with regard to how investment in entities such as Blackstone affects student housing.

# JCOP issues statement on Newsom's proposed 2024-25 state budget

| Alex Levin University News Editor

University of California President Michael V. Drake released a statement on Jan. supporting California Governor Gavin Newsom's 2024-25 state budget proposal and its allocations to education.

"Governor Newsom's proposed budget reflects his recognition of the University of California's ongoing role in the

creating public good through thoughtful decisions during an for a prosperous future once and retaining additional topresearch, public service and education," Drake said in the

statement. The budget for the UC will increase by \$62,303 for the 2024-25 academic year, rising from \$4,853,588 to \$4,915,891. Drake outlined in the statement that the UC will receive a larger increase of 5 percent in 2025.

"Despite a growing deficit and continued fiscal uncertainty, governor is

extraordinarily difficult budget period by implementing but deferring a 5 percent funding increase pledged in the multi-year funding compact for the University," the statement

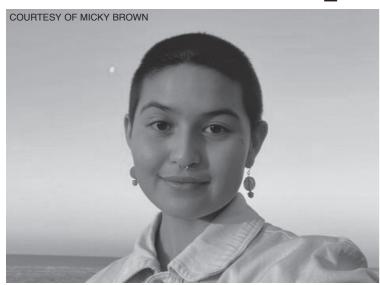
"The University will receive two years' worth of state base budget increases in 2025-26," the statement continued. "These decisions will position our state and its students budgetary challenges subside."

emphasized that receiving funding from the state allows the UC to increase enrollment, hire additional faculty and continue serving the state of California as a toptier research institution.

"Through this funding, our campuses have been able to expand admission and enroll even more California students while also recruiting tier faculty," Drake said. "The University remains committed to the people of California and we will continue to make vital contributions to the lives of every Californian."

"We look forward to working with the state Legislature and Gov. Newsom in the months ahead to finalize a budget that sustains the University's research, public service and education mission."

# MCC appoints UCSB alum Micky Brown as new program coordinator



Lizzy Rager Asst. News Editor

The MultiCultural Center appointed UC Santa Barbara alum Micky Brown as its new program coordinator beginning Winter Quarter 2024.

The program coordinator position involves planning and overseeing nearly 100 events yearly on the MultiCultural Center (MCC) calendar, including ongoing series and MCC collaborations with identity-based student groups. Events range from lectures, panels and workshops to performances, exhibits and screenings focused on education and community-building.

"We are not free until each and every one of us is free. Until the most marginalized and oppressed amongst us is free. As long as we live in a society that can pick an identity and oppress you and kill you and erase your history ... none of us are free," Brown said, referring to their guiding ethic of social justice.

Brown formerly served as the interim program coordinator starting in March 2023 after their graduation from UCSB, where they earned a bachelor's degree in Asian American studies. During their time as a student, Brown was an MCC program assistant for two years, marking two and a half years working for the MCC

in total. When he graduated, the center had a vacancy for a full-time position but wanted Brown to get more experience before hiring them outright.

One of Brown's goals is to push programming to "one more level of radical." The MCC had done programming in the past on topics like radical love and radical joy which, while Brown thinks are valuable, didn't go beyond identity

"I think some of these other events have addressed the surfacelevel emotions and surface-level identities. But I'm looking for something more intersectional and something a little, frankly, more interesting," Brown said.

In their interim period, Brown coordinated a panel titled, "Harm Reduction Workshop: Building Skills and Knowledge for a World Without Police," intending to speak explicitly on topics of police abolition, reducing harm for houseless people and safe treatment for individuals struggling with addiction, as well as humanizing addicts and houseless people.

"That kind of education is not really within the conventional standards of what this university, what white supremacy and what the institution wants us to learn," Brown said. "By talking about these topics and just bringing it up, I think that takes us closer to a world where we can treat each other as human beings, which is really what social justice requires."

One of his plans to step up the programming is coordinating a Palestine-related event each quarter. Last quarter, Students for Justice in Palestine and the MCC hosted a screening of "Tomorrow's Power" - a 2017 documentary featuring Gaza's social and economic crises - and post-film discussion as part of this effort.

"It got a little heated, as these conversations tend to get, but there was no violence. People get upset but feelings are not violent. When you discuss the history and the facts, and the documentary that we watched, I think the answer is clear," Brown said. "Palestinians deserve human rights. Every human being deserves human rights."

Brown said their undergraduate experience underscored the importance of education, now a guiding principle in their current work. Brown recounted how much he had not known about Japanese internment camps before his first Asian American studies

"There are so many gaps in the K-through-12 education system and in our college education system," Brown said. "Even if you fulfill your ethnic studies requirements, I feel like there's still so much more to learn."

As a Filipino, Yokut and transgender individual, Brown feels a personal drive to advocate for those holding marginalized identities and make sure those identities are represented on the MCC calendar. As a student, they planned a campus performance by Sihasin, a Navajo sibling duo that blends rock, punk and Native music with anti-colonial and environmental messages. duo's brother, fellow musician (Blackfire) and activist Klee Benally, passed last week at 48 years old.

"I feel like we hear about so many amazing activists. They just die too young, which makes this work always urgent. Our [Indigenous] people die at younger rates than any other group," Brown said.

Brown felt drawn to working at the MCC as its programming "fills the gaps" in what is offered at UCSB by bringing outside professors, speakers and performers the community would otherwise not have wanted to

"The MultiCultural Center is important because it asks you to care about this. Like if you're coming to a lecture at 6 p.m. on a Thursday after you just went to classes all day, I think that's really powerful," Brown said. "I believe people want to learn, but they just don't know what they need to learn about."

# **MLK CELEBRATION**

"Let us explore our differences so that we can work through them and towards a collective understanding of what we can be as we strive to unify across differences, to form community bonds of mutual support, inclusion and – I daresay – love," Jones said. "Only then can we begin to realize Dr. King's dream."

Once the group gathered at the mural inside North Hall, advocacy counselor for the OBSD Mekhi Mitchell commemorated the 1968 North Hall takeover, where members of the Black Student Union sieged the building and demanded UCSB take action support Black students. Their demands resulted in the development of the Department of Black Studies, a commission to investigate problems resulting from racism and the MCC, among other developments.

"The North Hall takeover is a testament to the enduring spirit of Dr. King's vision. It was an assertion of agency, a demand for inclusivity and a call for systematic change. This bold and courageous action not only transformed the campus but also echoed the sentiments of Dr. King's own pleas for civil justice and equality," Mitchell said.

"As we stand here today on the shoulders of those who marched and protested for a more just society, we must carry the torch ignited by Dr. King and upheld by those who sought change within our own very institution."

The walk concluded with a reception at the MCC Lounge, where food was provided.

"I'm very moved by the overwhelming amount of support from staff that showed up," Zuniga said in a Nexus interview. "I love the acknowledgment for the Black community and the work that Dr. King did, also acknowledging the '68 takeover because we wouldn't have some of the ethnic studies and gender studies [courses] that we have today."

The MLKSB subsequently held its 17th annual holiday celebration in downtown Santa Barbara on Monday.

The event featured multiple speakers, musical and dance performances, poetry readings and award ceremonies. This was the culmination of MLKSB's fiveday celebration that started on Thursday, Jan. 11, with the MLK Jr. Eternal Flame program and "Walk With Us" at the Buchanan

The morning program for MLK day began with Barbareño Chumash Tribe member Mia Lopez and her family leading an opening song and prayer at De La Guerra Plaza.

Morning program master of ceremonies and MLKSB Vice President Isaac Garrett then dedicated the morning program to MLKSB founding member and former president Derrick Curtis, who passed away last September. Garrett held a moment of silence in his honor.

The central theme for 2024's celebration was "The time is always ripe to do right." Westmont College associate professor of philosophy Edward Song wove this quote into his keynote speech for the morning program.

The time is always ripe to do right,' Dr. King tells us," Song said. "This is true whenever we see injustice, the lost, the least and the lonely being excluded and left out."

Song said King's beliefs have become diluted and simplified as his legacy has become institutionalized.

"If you're here today and celebrating Dr. King's legacy isn't at least a little challenging for you, then maybe you've missed something," Song said. "Because Dr. King's mission and message were doubly radical and should be challenging for all of us."

To conclude the morning program, the non-profit dance organization World Dance for Humanity, led by executive director Janet Reineck, invited the audience to participate in dance.

Following the morning program, the crowd marched up State Street toward the Arlington



The Thursday event held the 17th annual "Walk With Us" march.

Theatre in a Unity March. Members of the crowd sang as they walked and others held up signs.

Beginning the Arlington Theatre program, Ruby Agoha "The Black National Anthem:" "Lift Every Voice and Sing." Brown then read excerpts from a recent poem written by Rolle, who passed away last November. The Arlington Program was dedicated to her.

Program master of ceremonies Ademola Oyewole-Davis introduced three elected officials from the city and county of Santa Barbara - U.S. Congressman Salud Carbajal, Santa Barbara Mayor Randy Rowse and California State Senator Monique Limón. Limón spoke about how the fight for equality still isn't

"We look around and we still see the disproportionate challenges to our Black community, to our Latino community, to our lowincome community, to women in so many areas like education, housing, health, job security, homeownership, the list goes on

and on," Limón said. The program also included awards for MLKSB's annual essay and poetry contest, which revolved around MLKSB's central theme for 2024. Musical performances included performances from Miriam Dance, the Inner Light Gospel Choir, Taylor Johnson and The Riviera Ridge School Choir.

**UCSB** environmental studies professor David Pellow delivered the final keynote speech of the event, sharing his mother Mary Lee Pless' experience of being denied service at a Nashville restaurant at school in the early 1960s because she was Black.

Shortly afterward in 1963 while King was in jail, Pless and other protesters rallied against segregation within restaurants and became the catalyst for the mayor of Nashville desegregating all restaurants in the city via executive order.

"It was a major civil rights victory for human rights and human decency," Pellow said. "Mary could waltz and sashay right into that establishment and order and be served that hamburger - you better believe she did that."

He acknowledged how the different demographics originating in varying cities led to the intersectionality of environmental injustice, lowerincome families and people of color.

"Spatial separation disrespect led people of color to be forced to live next to garbage dumps, to live next to hazardous waste landfills, to live next to municipal solid waste," Pellow said. "Why? We know why because Black folks were viewed as less than, as subhuman, as undeserving of civil rights and equal rights and consideration."

Pellow called citizens to action, encouraging them to stand up against institutionalized racism for their sake and for those around them.

"What good is the right to vote if you can't even breathe air in your neighborhood without choking? What good is the right to vote if you can't drink water from your own kitchen sink without gagging because it's contaminated with lead and visibly polluted?" Pellow

The MLKSB hosts this event commemorating King annually, and their website contains links to anti-racist resources and readings for those who are interested in learning more about racial injustice.

# AFFORDABLE HOUSING Continued from p.1

a project in the works of Program 13, as outlined in the housing element, that would modify the county's density bonus program competition with the state to gain developers who could build moderate units.

The density bonus program, under California's Density Bonus Law, allows a developer to increase density on a property above the maximum set.

"I've already had conversations with some of the nonprofits out there that are interested in trying to move this concept along," Plowman said.

discussion shifted The to mirror the state density bonus to developing initiatives on program. This would ensure building affordable housing for the workforce in Santa Barbara County. Plowman proposed an approach of working with local businesses to sell units to their employees.

> "The development community ... are trying to secure a relationship with an existing employer in town to make sure that a certain percentage of those

units go to that business owner and they put their employees in those units," she said.

Hartmann emphasized a general need to assess the "underutilized property" in the county.

"It's even part of our housing element that we have to turn in or categorize completely unused property, so I am interested in a criteria that is also supported by the [League of Women Voters] to assess all county property for housing and potentially rezoning," she said.

The board discussion concluded with the action to develop a program that can leverage county sites toward housing its workforce at the next board meeting and a general need to focus on moderately priced housing on county-owned sites. Plowman also mentioned the need to create "objective standards" to guide the housing project's design, as well as incentivizing public participation and input into this initiative.

"There's a disadvantage for us, the county, to not have its

own design residential because we can only subject them to objective standards, and the design residential zone district has objective standards that help us guide the design of the project," Plowman said. "If we don't rezone them and they go away, they don't get built."

Planning County Commission is set to begin hearing considerations recommendations for potential rezone sites early this year. The board is projected to make final rezoning decisions in the spring.



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# The Daily Nexus Crossword

Siddharth Chattoraj Data Editor

1. Relating to verse, often beautifully expressive

10. Flat distribution

11. Confection of nuts and sugar

12. What people do in pools 13. Intentionally burning property 15. To furnish, usually with the

expectation of return 17. Caesar in "War for the Planet

of the Apes"

19. E.g. "Home Alone" burglars

21. Eloquent speaker 22. UCSB's official news site

23. A fine strand used in sewing or

25. Financial arrangement where a third party holds funds during a

28. Aladdin's alter ego

30. Mischievous, small sprite

31. Evil demon

32. JavaScript Object Notation 35. Formally reject or deny

36. Legendary Clash Royale dragon

Night (Vincent van Gogh painting)

38. Makes up one atom of water **DOWN** 

2. Daily Nexus section which allows members of the community to submit an article

3. "High School Musical's"

Gabriella's boyfriend

4. Captures moments

5. To walk quietly

6. Not far

7. Obvious

8. Daily celestial event marking the

end of the day

9. Usually has followers

14. Shine with bright, shimmering, reflected light

16. Coffee with very little caffeine

18. Creatively inclined, often found in Bohemian circles

20. Wet, soft earth often found after

21. Number of cards a player has

when they say "Uno"

23. Three parts

24. To store

26. Place for wildlife conservation 27. "Rear\_\_\_\_\_" (Alfred Hitchcock

28. Respiratory tract

29. Sixth color of the rainbow

33. At all times

34. Uncertain (informal)

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

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# From checkups to coverage: Understanding UCSB's student healthcare landscape

**Kacie Chong** Staff Writer Kyle Wu Staff Writer

UC Santa Barbara's Student Health Service logged a total of 49,197 student visits between Fall Quarter 2022 and Spring Quarter 2023. On average, each student had 1.9 encounters with Student Health Service during this period. And, the majority of these students were covered under the University of California Student Health Insurance Plan.

In the United States, healthcare spending accounts for 17.3% of the GDP, according to official estimates the National Health Expenditure Accounts for 2022. In the same year, the total healthcare spending the American amongst population was \$4.5 trillion, equaling an average of \$13,493 spent per person. However, as one of the primary sources of healthcare for UCSB students, Student Health Service (SHS) makes a wide range of medical services readily accessible to students.

"We provide full spectrum primary care, behavioral physical therapy, health, pharmacy, laboratory and x-ray services. We also provide free access to social workers, nurse consultation and the Alcohol and Drug program for all students regardless of having UC S.H.I.P., which is unique to student health compared to other healthcare systems in the area," said fourth-year biological sciences major and Student Advisor to the SHS Executive Director Graci Novack.

SHS data on student visits per quarter from Fall Quarter 2021 to Summer Quarter 2023 revealed a seasonality trend in visits. Summer quarters experience lower volume, likely because there are fewer students present at on campus and in Isla Vista.

Students tend to access Student Health more during the fall and spring quarters compared to the winter and summer quarters and most frequently seek medical attention for the following reasons: immunization, screenings sexually for transmitted infections, throat pain, dysuria, acute pharyngitis and acute vaginitis.

All UCSB students are required to be enrolled in a health insurance plan and are automatically enrolled in UC Student Health Insurance

Plan (UC S.H.I.P.). Students can choose to opt out of UC S.H.I.P. if they already have a comparable private meets UC requirements. This choice between private health insurance and UC S.H.I.P. insurance can present a significant challenge for

students as they must weigh various factors such as cost and coverage.

UC S.H.I.P. was started health insurance plan that in 2011 in response to a decision by the UC Regents that made health insurance a non-academic condition for enrollment. In 2018, UCSB became the last UC

to participate in UC S.H.I.P. because of the advantages it provided students over private insurance, according to Novack.

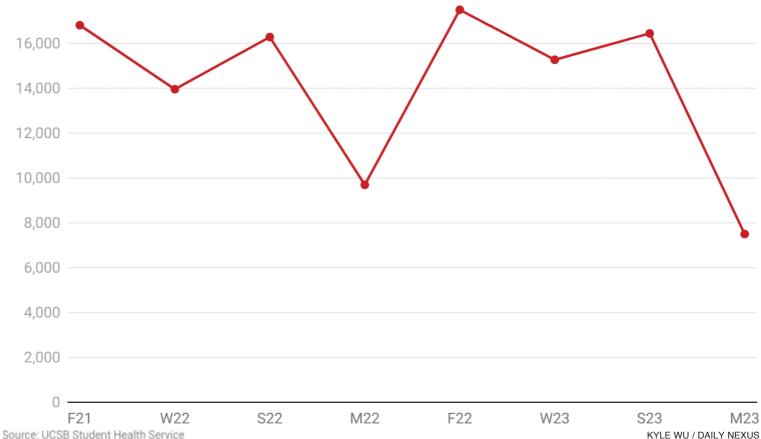
"We feel that UC S.H.I.P. provides great and affordable coverage for students with benefits that exceed many insurance plans

market," she said.

Novack added that UC S.H.I.P. users get prepaid access to care at the UCSB Student Health Center for any medical situation.

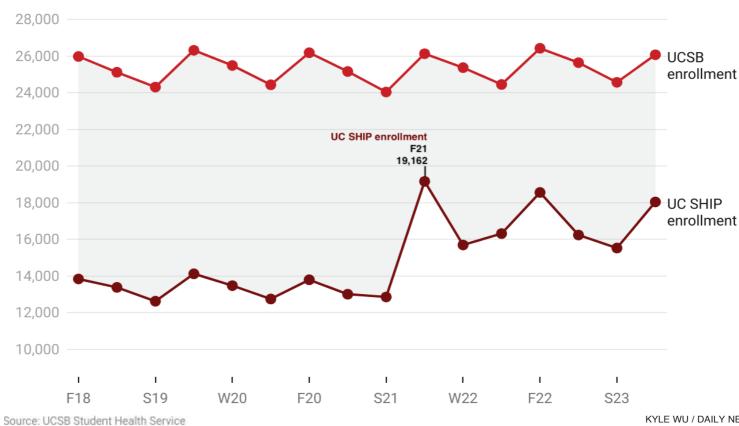
"UC S.H.I.P. is an insurance plan that covers visits to the E.R. (\$250 copay) and urgent care (\$25 copay). UC S.H.I.P.

### Student visits to Student Health Service by quarter



Visits to SHS follow a somewhat seasonal pattern. In general, there is a slight decrease in visits during the winter and summer quarters and increased visits during the fall and spring quarters.

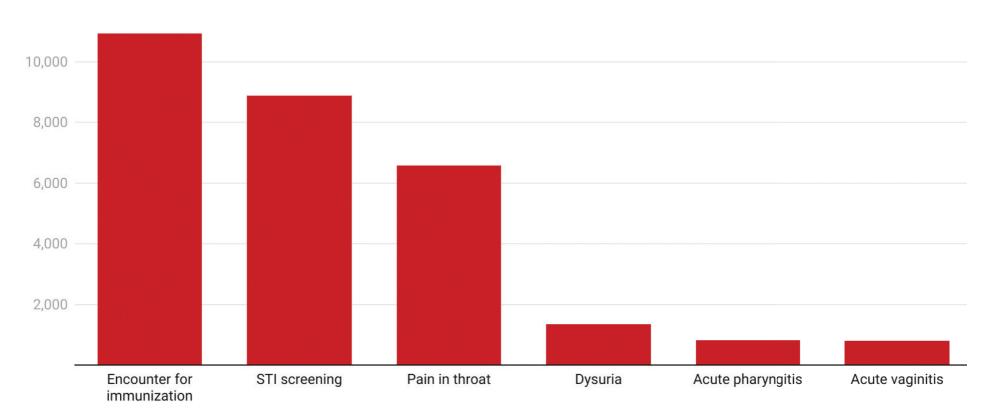
### **UCSB UC SHIP enrollment by quarter**



During the Fall Quarter 2021, UC S.H.I.P. enrollment significantly increased to 19,162 enrollees.

KYLE WU / DAILY NEXUS

### Common Student Health Service diagnoses (Fall 2022 - Summer 2023)



Source: UCSB Student Health Service The most common reason for accessing SHS was to receive immunizations, such as the flu shot, HPV vaccine and TDAP. Data

# Comparing health plan coverages

Health plan metal tiers	The insurance company pays	You pay	Monthly premium	Costs
Bronze	60%	40%	Lowest	Highest
Silver	70%	30%	Moderate	Moderate
Gold	80%	20%	High	Low
Platinum	90%	10%	Highest	Lowest

Source: HealthCare.gov

The different insurance tiers provide different coverage due to varying copays and premiums.

KACIE CHONG / DAILY NEXUS

7

also provides dental (Delta Dental Providers), vision (Blue View Vision) and outside pharmacy coverage," she said. Before 2021, UC S.H.I.P. enrollment hovered around

Before 2021, UC S.H.I.P. enrollment hovered around 13,000 students but has since surpassed 19,000 students, according to Novack.

"Increased numbers of students admitted to UCSB and positive publicity regarding the UC S.H.I.P. plan are likely variables that have contributed to increased enrollment," she said. "Students and parents have also learned about the great benefits of UC S.H.I.P. and have subsequently decided

"

☐Students☐ most frequently seek medical attention for six reasons: immunization, screenings for sexually transmitted infections, throat pain, dysuria, acute pharyngitis and acute vaginitis.

not to waive the plan."

The typical cost of UC S.H.I.P. – a platinum plan – for undergraduate students is \$1,064.00 per quarter, in contrast to the cost of private health insurance plans.

Several factors such as age, location, number of people covered and tier affect the cost of private health insurance plans. Individuals can choose a health plan tier that fits their

# Comparing UC SHIP v. out-of-network insurance via five common medical events

Common medical events	UC SHIP	Out-of-network
Primary care visit	No charge @ SHS/\$25 copayment with network provider	50% coinsurance
Diagnostic test	No charge @ SHS/20% coinsurance at diagnostic lab	50% coinsurance after deductible at diagnostic lab
Generic drugs	\$5 copayment at SHC and retail pharmacies	\$5 + 50% of drug cost
Emergency room care	\$200 copayment	\$200 copayment
Hospital stay	20% coinsurance + physical fees: 20% coinsurance	50% coinsurance + \$500 copayment per admission + physical fees: 50% coinsurance

Source: UC SHIP Summary of Benefits and Coverage

KACIE CHONG / DAILY NEXUS

The UC S.H.I.P. Summary of Benefits and Coverage compares the expenses and coverage of UC S.H.I.P. to out-of-network coverage for common medical events. It is ultimately up to the individual to decide what may be the best option for them.

needs. The bronze plan offers the lowest monthly premium but the highest deductibles and costs an average of \$348 per month – roughly \$860 for 10 weeks. On the other end of the spectrum, the platinum plan is around \$454 per month – roughly \$1047.70 for 10 weeks.

Students may be eligible for free or lower-cost UC S.H.I.P. covered by the UC Health Insurance Grant, which may be noted on the financial aid letter.

However, UC S.H.I.P. still has limitations compared to

private health insurance plans. "I experienced a major fracture in my foot during an intramural basketball game at night. Student Health was closed, so I went straight to Cottage Hospital Emergency. The ER was not fully covered by UC S.H.I.P., and I had to pay a copayment," UCSB second-year communication major Chloe Choi, who is currently enrolled in UC S.H.I.P., said.

Additionally, to see a specialist, there is a UC S.H.I.P. referral requirement. Students must get a referral from SHS to get medical

care if they are within a 50-mile radius of campus. However, according to SHS, the referral requirement excludes "emergency room care, urgent care clinics, pediatric care, obstetrics services, gynecological care, Lyra Health, and Live Health Online virtual visits."

Choi said that she had to request a referral from Student Health to make an orthopedic appointment.

appointment.

"The ER referred me to an orthopedic specialist in Santa Barbara, but for me to get an appointment with

them, I needed a referral from Student Health," she said. "The processing time usually takes a couple of days. I called

takes a couple of days. I called student health to get it sooner since my appointment was the next day, and they were very helpful."

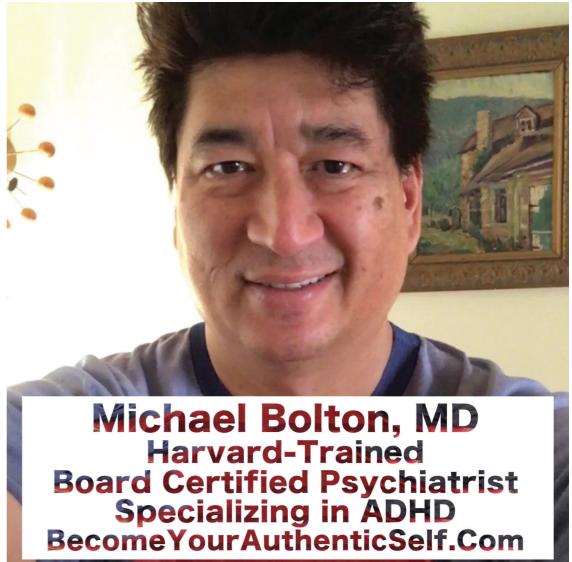
The Summary of Benefits and Coverage (SBC) document available on the SHS website can help students choose an insurance plan that fits their medical goals. The SBC explains how a health insurance plan would share the cost of covered health care services.

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# Relieving the "bagel desert": Yetz's Bagels opens shop at Dank Bowl Kitchen

Abigail Monti OTM Co-Editor

Despite packing mac and cheese-filled bread bowls since 2010, Daniel Dunietz, UC Santa Barbara alumnus and founder of Dank Bowl Kitchen, is on a mission to bake the best bagels in Isla Vista.

Yetz's Bagels, coined after Dunietz's nickname, opened inside Dank Bowl Kitchen just last week. Open from 8 a.m. to 3 p.m daily – or until their fresh-baked bagels sell out the pop-up caters to a breakfast and lunch crowd. Midday, the restaurant undergoes a menu switch, leaving Dank Bowl Kitchen to handle the evening shift.

The inspiration for Yetz's Bagels struck last fall after Dunietz took a trip to the East Coast. "Anytime I visit family in New York, I purchase a dozen bagels from a local shop and pack them into my luggage to feed my bagel cravings for a week. I have always longed for a bagel shop in Santa Barbara that could simply come close to the chewy, crunchy heaven that is a perfectly baked New York bagel," Dunietz said. "I had the epiphany that if anybody was going to create the perfect bagel, it would have to be me."

While the idea for Yetz's Bagels was born recently, Dunietz has always been a bagel enthusiast. "I've been perfecting the 'topping' portion of a bagel since as long as I can remember. One of my favorite things to do as a teenager was invite friends over so they could try my bagel creations," he said. But bagel making is more than just a hobby for Dunietz: as the son of Polish Jewish immigrants, he notes that the activity is embedded deeply into his family traditions and heritage.

Despite the many other breakfast joints in I.V., Dunietz claims the community is in a "bagel desert" and he's the man to turn that around.

"I realized that if I couldn't find a decent bagel in town, I had no choice but to bake it myself, and set out on a mission to produce a bagel that would rival even the most established New York bagel shops," Dunietz said.

So what makes Yetz's Bagels different? The answer lies in the process.

"From the moment the yeast and the flour mix, our bagels are prepared with the utmost care and attention to detail in order to ensure the end product is mouth-watering perfection. We don't cut corners. We take every step in the bagel-making process seriously and prepare them the same way they have been prepared for centuries, going back to my roots in the Polish Jewish community," Dunietz said.

"I started hand-rolling the dough on my kitchen counter, tweaking the ratios, knead time, proof time, yeast type, boiling and baking times, basically every variable that you can imagine, continuously striving for the perfect bagel. After months of experimenting, I am confident my bagel is hands down the best bagel in Santa Barbara, if not the entire Central Coast."

The menu has no shortage of handmade, New Yorkstyle options, offering plain, everything, poppyseed, sesame, garlic, onion and crunch-flavored cinnamon bagels. Their sandwich menu is limited, currently featuring only four options, yet comprehensive enough



"The Works" bagel sandwich comes packed with freshly cooked eggs, cheddar cheese and bacon.

to satisfy any crowd. The Gaucho, Yetz's Bagels' most iconic menu item, features bacon, egg, cheese, pico de gallo and chipotle mayo or pesto aioli.

"I have a whole list of bagel creations that I think the I.V. community would love, but that will all come in time," Dunietz said.

Following Dank Bowl Kitchen's legacy of creative combinations, we can only anticipate Dunietz bringing exciting new topping options to the breakfast crowd.

What Yetz's Bagels lacks in options, it makes up for in value. A single bagel with schmear costs \$4.25 and a classic egg and cheese sandwich only costs \$6. The most expensive item on the menu, The Deluxe - featuring lox, chive cream cheese, tomatoes, onions and capers - totals for \$12. The same options (or similar, in regards to The Deluxe) at I.V. Bagel Cafe compare closely, costing \$4.44, \$6.99 and \$12.76, respectively.

While the prices are similar, the quality is leagues apart. Prioritizing quality, Dunietz and his team take no shortcuts. Unlike other I.V. establishments, microwaved eggs are out of the question at Yetz's Bagels. Cooked on the griddle and perfectly seasoned with salt and pepper, Dunietz serves up eggs that are fluffy, warm and - most importantly

Yetz's Bagels also offers a comprehensive drink menu, featuring unique choices like honey milk tea, caramel cold brew, iced matcha latte, lemon drop black tea and strawberry basil lemonade. Once again, Dunietz delivers reasonable prices: the cost for a 16-ounce drink ranges from \$3.25 to \$4.25. However, the drinks are pre-prepared in large batches, which prevents any customization.

Despite utilizing advertising beyond an 8.5 x 11-inch "Bagels Bagels Bagels" sign posted in the store's front window, Yetz's Bagels is already drawing a hungry crowd. With Dunietz's mouthwatering bagel recipe, wordof-mouth might just be all he needs to establish himself as the bagel mogul of I.V. Make sure to stop by earlier in the morning for the widest selection of bagels, as rising demand might leave your favorite flavor in short supply.

"I think that once you've tried one of Yetz's Bagels, there is no going back," Dunietz said.

Visit the restaurant's location on Embarcadero Del Mar to put Dunietz's claim to the test.

# Kick off winter 2024 with KOZY's seasonal menu

Kendra Martinez Reporter

KOZY Craft Coffee has become a staple for most UC Santa Barbara students by being one of the few coffee shops in town. Not only do they serve amazing drinks, but they also provide a super cozy ambiance that makes for a great study spot when you can find a seat. The dimly lit coffee shop is located in the heart of Isla Vista on 6560 Pardall Road. Drop in at any point in the day between 7 a.m. and 8 p.m., and you will find the coffee shop busy with students waiting for their drinks or doing work on the outside patio.

KOZY offers quite a wide selection of drinks along with an array of pastries to satisfy any sweet treat run. Not only are their drinks great, but the KOZY staff are incredibly friendly and provide quick service. As a coffee enthusiast, I frequent the cafe many times a day and have tried several of their drinks, including their limited-time holiday menu, and here are my honest reviews:



KOZY's honev vanilla latte is uniquely sweet.

Honey vanilla latte 10/10

This signature creation is the best drink KOZY has to offer. A twist on the classic vanilla latte, the honey vanilla latte's unique sweetness keeps you coming back for more. When I first tried the drink, I did not know what to expect, but it certainly blew me away and instantly became my new go-to coffee order. The honey adds enough spunk to an already great latte but does so in a way that enhances the drink's flavor profile. If you are looking for something new to try that's still within the comfort zone of a traditional latte, KOZY's honey vanilla latte is the drink to order.

Vanilla latte 9/10

Speaking of vanilla lattes, I can say that the vanilla latte at KOZÝ is one of the best ones in I.V. It's not too sweet, but it is still flavorful. The right amount of milk and syrup allows for the coffee flavor to come across. Because KOZY uses its own coffee beans to make the espresso and makes its own vanilla syrup, the drink is unique while still being a classic. It's the standard go-to if you want something that you can trust will always be good.

Raspberry mocha 9/10

Mochas are generally not my favorite, but I was intrigued the combination of raspberry and mocha because I love chocolate and raspberry together on a cake. I was not disappointed. It had a rich chocolate profile, reminiscent of a hot chocolate. Combine that with the delicious raspberry syrup, and it makes a delightful drink on a cold evening.

Peppermint bark mocha 10/10

My fear of peppermintflavored things is that they will taste too much like toothpaste, but when done right, peppermint is one of the best flavors paired with coffee. KOZY definitely knew what they were doing and made a perfect peppermint mocha. The peppermint is subtle enough that it doesn't completely overpower the mocha and coffee flavors. The peppermint crumbs add a nice crunch and little flavor kicks. It's definitely my favorite on the holiday menu.

Nutcracker cold brew 8/10

Cold brew can be a tricky drink to get right, but KOZÝ has nailed their recipe for a smooth, silky and rich coffee. The addition of the hazelnut cold foam added an additional kick of flavor and made for a beautiful, pictureready drink. It was a refreshing, nutty cold brew and is perfect for those looking for a slightly more caffeinated, tasty cup of

Snickerdoodle latte 7/10

This one is definitely for the cinnamon coffee lovers, and it's not too overpowering. The first sip has a subtle hint of cinnamon and it's not until after that you're hit with the full cinnamony flavor. While I'm not a huge fan of cinnamon, this drink was still an enjoyable and flavorful coffee.

KOZY is great for morning coffee, afternoon coffee, evening coffee or, really, allday coffee. They also offer a selection of teas and matcha drinks for those who don't love coffee. Whether you want to try their fun creations or stick to classic coffee drinks, there's something for everyone. Their seasonal menu is still available, so if you've made it to the end of this article, it would be silly not to go order a drink.

# Our Fave KOZY Drinks



The peppermint flavor complements the mocha and coffee.



The addition of hazelnut cold foam makes this drink special

# SCIENCE & TECH

# SIMPLY STATED

What is an ElNiño year?

Saanvi Ladha Staff Writer

If you are like me, you may have heard the explanation, "because it's an El Niño year" as a response to any questions about why it has been raining so much or why it has been so warm all of a sudden.

Santa Barbara's climate conditions are subject to seasonal variations, and the El Niño phenomenon has been a significant factor.

According to the National Ocean Service, El Niño is a climate phenomenon characterized by the periodic warming of sea surface temperatures in the central and eastern equatorial Pacific Ocean. This warming influences atmospheric conditions, leading to altered weather patterns globally.

The El Niño-Southern Oscillation (ENSO) climate pattern, of which El Niño is a part, occurs irregularly every two to seven years and can last for several months.

El Niño's impact on precipitation, temperature and other meteorological factors makes it a crucial factor in understanding and predicting regional climate variations.

The occurrence of a moderate El Niño event in 2023 brought about discernible changes in Santa Barbara's weather patterns.

The data reveals key observations in various meteorological aspects: an increase in precipitation was a notable consequence during

"

Warmer-thanaverage sea surface temperatures in the equatorial Pacific contributed to milder temperatures in Santa Barbara.

the El Niño event in 2023, with the average annual rainfall in downtown Santa Barbara during El Niño years being 21.30 inches, as opposed to 18.07 inches during a typical



year.

This deviation from the typical dry conditions contributed positively to water resources and alleviated concerns related to drought. However, the surplus rainfall also introduced challenges, particularly in the form of an elevated risk of flooding and landslides.

El Niño's influence on temperature manifested as a moderation in the climate. Warmer-than-average sea surface temperatures in the equatorial Pacific contributed to milder temperatures in Santa Barbara. While the increased rainfall proved beneficial

for crops by enhancing soil moisture, the potential for flooding posed risks, causing farmers to have to carefully navigate these changes.

Historically, El Niño events often extend across multiple months, which means that we will still be seeing these irregular weather conditions well into this year. Implementing sustainable and adaptive measures is crucial to address the impacts of El Niño events and broader climate change.

Local organizations, like the Community Environmental Council, publish action alerts about ways the community can work together to prevent climate change in Santa Barbara and California. Investing in renewable energy sources, enhancing water management systems and promoting afforestation efforts can contribute to mitigating the effects of extreme weather events.

Additionally, fostering international collaboration and agreements to reduce greenhouse gas emissions is essential for a collective and comprehensive approach to combating the complex challenges posed by El Niño and climate change.

# Data sheds light on what COVID-19 is like for inmates at CDCR institutions

Nicole Xu Staff Writer Collin Tran Reporter Sophia Zhu Reporter

After almost four years, COVID-19 has become the newest normal in daily life. While many have adjusted to this change accordingly, data shows that thousands currently incarcerated at the 33 adult institutions managed by the California Department of Corrections and Rehabilitation have been disproportionately affected by the pandemic and its effects.

The California Department of Corrections and Rehabilitation (CDCR) is the law enforcement agency in charge of operating California's prisons and parole systems. As of 2023, the department is responsible for 33 adult correctional institutions, 13 adult community correctional facilities and 8 juvenile facilities, making it the largest state-run prison system in the United States. When the COVID-19 pandemic was declared in the United States in March of 2020, the CDCR held about 120,000 inmates and employed about

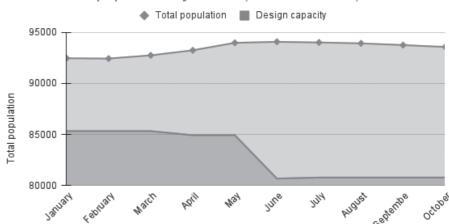
50,000 staff.

Due to an effort to mitigate the spread of COVID-19, the institutions prioritized the release of nonviolent offenders

with less than 60 days in their sentence. The number of people admitted to prisons decreased as well, resulting in the lowest state imprisonment level in 30 years. The population dropped from about 120,000 inmates to around 96,000 inmates. Yet, CDCR institutions today remain overcrowded and at higher risk for infection. Once COVID-19 protections were removed in 2021, most admissions returned to pre-pandemic levels, making overcrowding a pressing issue once again.

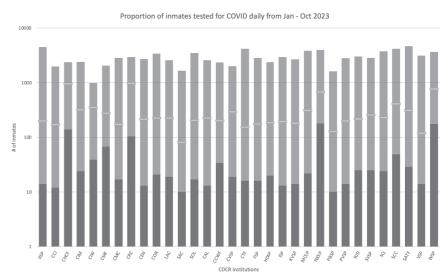
The combined design capacity of all 34 CDCR institutions is 85,330 inmates, but from January to October of 2023, the institutions have had an average capacity rate of 109.5%. The design capacity represents the maximum number of inmates that can be housed with safety, comfort and hygiene in mind, meaning that some concessions had to be made in these areas when the population rose above 100%. Within the cells, there are limited opportunities for the social distancing required to minimize transmission of COVID-19. The standard cell size is anywhere from 25-35 feet, however, in most, if not all cells, there is more than one inmate. This leaves little room for each inmate to be at least 6 feet from the others in their cell, not including the other amenities such as furniture. With

Total CDCR population by month (Jan - Oct 2023)



NICOLE XU / DAILY NEXUS

Note the logarithmic scale of the # of inmates tested. Source: CDCR Population COVID-19 Tracking

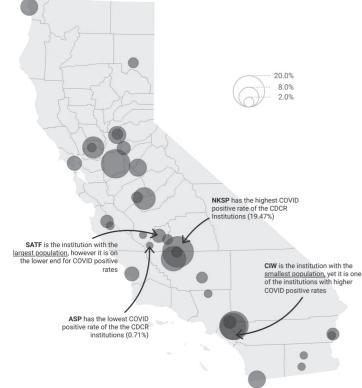


NICOLE XU / DAILY NEXUS

\*\*Average # of inmates tested daily \*\*Average population \*\*-Highest # of patients tested in 1 day

Note the logarithmic scale of the # of inmates tested. Source: CDCR Population COVID-19 Tracking

COVID positive rates for CDCR institutions from Jan - Oct 2023



NICOLE XU / DAILY NEXUS

Source: California Department of Corrections and Rehabilitation • Created with Datawrapper

overcrowding and consequent lack of distancing, inmates are much more susceptible to any disease and infection.

Coupled with the preexisting conditions that many inmates have, as well as the older demographic of the institutions, inmates are at higher risk than average Californian to contract COVID-19. According California Correctional Health Care Services (CCHCS), more than 10,000 inmates were treated for hepatitis C in 2018. Approximately 8,000 of California's inmates are diabetic, 12% of male and 20% of female inmates were asthmatic in 2010 and in 2015, 0.8% of California's inmates were HIV positive.

These rates are almost double that of the general Californian population. These chronic illnesses especially raise the risk of COVID-19 infection because they target or weaken the respiratory and immune systems. In order to combat this issue, the CDCR has set a number of guidelines: each facility's housing units are either categorized into outbreak or

open phase. In the open phase, the facility is allowed to function as normal while still observing COVID-19 precautions. The goal is to move from the outbreak to the open phase, or to maintain the open phase. According to the CDCR guidelines, in order to move to the open phase, the unit must have no new incarcerated persons outbreak cases in 14 days. If a housing unit experiences an outbreak, they then revert back to the outbreak phase.

Under these guidelines, an outbreak is defined as three or more epidemiologically-linked cases of COVID-19 among incarcerated persons in a period of 14 days. Currently, in the overall CDCR population, there are 14 housing units that are in the outbreak phase and 840 that are in the open phase.

At the height of the pandemic, the CDCR and CCHCS had stricter guidelines in place. However, with the continuous drop in COVID-19 cases in all institutions in recent years and the high vaccination rates among the population

throughout the state's prisons, the reopening guidelines have been updated and loosened, according to the CDCR's COVID-19 timeline. Routine surveillance and exposure testing have become voluntary, but all of the institutions continue to test inmates daily, with some prisons testing their entire population in one day.

Despite significant progress having been made in reducing inmate populations as well as implementing health guidelines, institutionalized individuals remain at higher risk for infectious diseases compared to the rest of the population. Unfortunately, the inherent nature of correctional facilities has proven it difficult to mitigate these issues completely. Problems like this have existed prior to COVID-19, and will likely persist for years to come. Nevertheless, moving forward, the CDCR's experience with the COVID-19 pandemic may serve as a valuable lesson in using policy to address public health emergencies at correctional institutions around the world.

# Armchair QB



After defeating the Miami Dolphins, the Kansas City Chiefs will travel northeast to take on the Buffalo Bills. The matchup will be quarterback Patrick Mahomes' first NFL away game in the postseason.

# SPORTS

#### **UCSB Athletics**

The UCSB women's basketball team is having a great start to the year. The team sits alone in first place in the Big West Conference with a 5-1 record. Their next matchup will ge against CSU Northridge.

# Men's basketball defeats Bakersfield in OT thriller

Preston Espar Sports Editor

The UC Santa Barbara men's basketball team was able to dig deep and defeat California State University, Bakersfield in overtime by a score of 66-64 at the Thunderdome after not leading for the majority of their game on Jan. 11. After starting Big West Conference play with 3-straight losses, the victory put the Gauchos' Big West record at 2-3. Junior guard Ajay Mitchell and senior guard Josh Pierre-Louis led the team's scoring with 22 and 12 points, respectively.

In the first half, the Gauchos' offense left a lot to be desired. Getting good shots was a struggle for UCSB in the period and when they could get open, they missed. Nowhere was this more evident than in the team's first half 3-point shooting where they went 0-8. Overall, the team shot under 30% in the half. While UCSB struggled, CSUB was able to play their style of basketball. The Roadrunners used stout defense and timely shots to build a lead as high as 10 points.

"The first half we shot 29% - the lowest of the year," head coach Joe Pasternack said. "We had a really bad first half and we couldn't buy a bucket. We couldn't make a free throw, but this isn't about offense. This is strictly about every single day, can we get 1% better on defense."

At the start of the second half, the Gauchos' shooting struggles continued. Once again, the Roadrunners were able to extend the lead

to 10 points. Leading these struggles was junior guard Cole Anderson who started the game 0-5 from behind the arc. However, the Gauchos began to take advantage of their offensive opportunities as Mitchell and the rest of the team began hitting shots. With 4 minutes left, UCSB was able to tie the game. But, CSUB went on a small run to retake the lead. With under a minute left, Anderson began to get hot. The sharpshooter hit 2 shots and gave the Gauchos a lead with a little over a second remaining. After the game, Anderson commented on his hot and cold night.

"That's honestly what I've been dealing with my whole life as a shooter," Anderson said. "I gotta have the mindset that the next one is going in so I stayed ready and my teammates found me."

But, after the huge 3-point shot by Anderson that gave the Gauchos the lead with almost no time left in the game, the team made a costly mistake. The Roadrunners passed the ball to half-court where Mitchell was defending the offensive player. In an awkward position, Mitchell committed a blocking foul and gave CSUB 2 free throws with 0.4 seconds left. If the player taking the free throws hit both of them, it would effectively give Bakersfield the win. The UCSB student section flocked to the baseline and attempted to distract the shooter with yelling and arm waving. The CSUB player hit the first shot but the Gaucho faithful kept up the noise. Miraculously, the second shot rimmed out. The

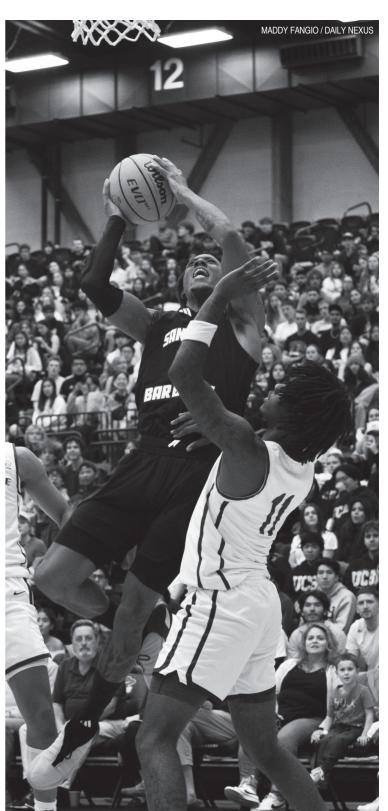
game was headed to overtime after a crazy turn of events.

"I didn't want to take a charge at all," Mitchell said. "I kinda was right there and I was like, 'Damn, I messed up.' But, after that, I had to bounce back. Thank God he missed that second free throw and after that, I thought we were back in it."

When overtime began, the Gauchos' strong shooting continued. Anderson hit his third straight 3-point attempt and the rest of the team's ball movement was strong. However, CSUB maintained the pace and had a small advantage late in the period. On the Gauchos' final possession, the team was down by 1 point; Mitchell had the ball and drove to the rim. At the last second, Mitchell passed the ball to freshman guard Jason Fontenet II who had yet to hit a shot all night. In an unbelievable moment, Fontenet II was fouled on his attempt and made the shot to go up by 1. The freshman made his free throw and the Roadrunners missed their half-court heave. The Gauchos were able to escape with a 2-point overtime victory.

"Jason did not have a good game," Pasternack said. "I had to sit him because he wasn't very good and I told him that. The fact he was able to sit on the bench and then be able to respond in that moment was huge for him."

The Gauchos will now look to build on their success and string together more wins after a slow start to conference play. The Gauchos sit No. 5 in the Big West Conference.



Senior guard Pierre-Louis attempts a contested layup.

# Men's volleyball loses back-to-back days to Stanford

Isaiah Ochoa Sports Editor

The UC Santa Barbara Gauchos hosted the Stanford University Cardinals at home on Jan. 12-13. The Gauchos lost both matches: the first one, they lost in 5 sets, going 2-3, while the other only went 4 sets, going 1-3.

In the first set of the first match, the Gauchos hit the scoreboard early as they went up 7-3 for the first 10 points. Stanford did not let the lead get out of hand as they fought off the early deficit and took the lead at 12-10. Both teams went back and forth through the set as the match was tied at 18. Stanford ran away with it from there and secured the first set at 25-21.

both teams went point for point, but the Gauchos found themselves with a 4-point lead after junior setter Jack Walmer created 4 continuous attack errors, giving the Gauchos an 11-8 lead.

Stanford cut down on the mistakes and tied it up at 18 again. UCSB then went on a 3-point run to regain the lead at 21-19. Stanford proved a formidable opponent as they went on a 7-1 run to steal the second set at 25-22 and went up 2-0 in the match.

The Cardinals looked to take the match in three sets as they went up 3-0 to start the set. UCSB did not go down quickly as they tied it and took the lead at 10-8. From there, the set continued point for point until the Gauchos went

on a 9-3 hot streak to earn second set as they took an their first set of the match with 25-20. Junior opposite Geste Bianchi ended the set with an electric service ace.

UCSB looked to continue the momentum from the third set as they scored first in the fourth set. The set was tied at 4, where both teams went back and forth in points until the Gauchos went on a 4-point run. Sophomore outside hitter and opposite Owen Birg was credited for 3 of the 4 points in the run.

Stanford responded with their run, scoring 3 continuous points and almost closing the gap to make it 18-19. UCSB successfully pushed the match into 5 sets, taking the fourth set 25-22.

In a winner-take-all set, Going into the second set, many runs were made as the Gauchos took a 5-2 lead before Stanford took the lead on 6 unanswered points to make it 8-5. UCSB responded with their run and retook the lead with 5 unanswered points, making it 10-9. The set went point for point until it was all tied up at 14. Stanford took the whole match as they scored the last 2 points to secure the 16-14 set win.

The following day, Stanford did not mess around in the first set as they went up 3-0 to start the set. Looking to bounce back, the Gauchos tied it at 4 points, where they then went point for point through the entire set. Stanford took a 3-point lead late and maintained the lead to secure

the first set 25-22. UCSB took control of the early 3-point lead, making it 6-3. The Cardinals cut the Gauchos' margin of a lead, but UCSB maintained a point lead until it was all tied up at 16. It looked bleak for the Gauchos as the Cardinals were 1 point away from securing the set as it was 21-24.

However, the Gauchos showed their fight as they scored 5 unanswered points, taking the second set 26-24.

Junior outside hitter Sam Collins was credited for 4 of the 5 points in the run. This would be UCSB's final victory of the night.

After Stanford let the lead escape, they were on a mission as they went up 10-4. UCSB then battled back to tie it at 20. The Gauchos fell behind as Stanford took the set as they went on a 5-3 run to win 25-23.

In the final set, both teams

traded points throughout. Stanford outlasted UCSB in the back-and-forth frenzy, taking the final set at 25-21 and back-to-back matches against the Gauchos.

The Gauchos are set to return home on Friday and Saturday, Jan. 19-20, to face the No. 9 Brigham Young University Cougars. Both matches will kick off at 6 p.m. and can be viewed live on ESPN+.



# VISTA

# Latina en museos locales: Mi experiencia

Angelica Monroy Editora de Copia de La Vista

Como una estudiante del departamento de la historia de arte en estudios de museos, he tenido la fortuna de poder internar en el departamento de educación del Museo de Arte de Santa Barbara (SBMA) por parte del programa de pasantías del Museo de Arte y Diseño de UCSB (AD&A). Durante mi participación en esta pasantía he tenido la oportunidad de ir a diferentes tipos de eventos artísticos que están relacionados a las exhibiciones que están expuestas en el museo.

definidos Museos son como lugares donde piezas significativas de arte y de cultural importancia conservan y se guardan, la música, la poesía, la danza, y otras expresiones artísticas también forman parte de este patrimonio cultural. El Pop-Up Ópera que se llevó a cabo el pasado 5 de Octubre en las puertas principales del museo es una de las maneras que se incluyen otras actuaciones artísticas en el mundo de los museos. Cantantes de ópera del grupo "Opera Santa Barbara" deleitaron a las personas que caminaban sobre la calle State. Con cada nueva canción, los cantantes atraían a una multitud de oyentes que tomaban fotos y grababan las voces poderosas. Cantaron canciones populares como "Carmen", "Figaro", mi favorita, "Bésame Mucho" y muchas más. Era impresionante observar cómo las personas estaban sorprendidas que a pocos pies de la entrada principal del museo estaban cantando ópera.

Uno de mis eventos favoritos se llevó a cabo el 24 de Octubre, cuando el artista Narciso Martinez fue invitado a dar una plática sobre unas de sus obras que se encuentra actualmente en la exhibición del SBMA. Lo que hace su trabajo tan notable e inigualable es su uso de cajas de fruta y verdura que se encuentran en los supermercados y pinta los rostros y escenas de trabajadores agrícolas indocumentados que viven difíciles condiciones de trabajo. Martinez comenzó su plática contando su historia de cómo su familia y él llegaron a trabajar en los campos de fruta cuando él tenía 20 años de edad. Aunque no sabía inglés, él sabía que trabajar en la cosecha era muy dificil y en su intento de buscar nuevas oportunidades obtuvo su diploma de la preparatoria,

seguido de su título de asociado en artes. Años después recibió su licenciatura en Bellas Artes, pero no se detuvo hasta que consiguió su maestría en Bellas Artes en dibujo y pintura. Tanto fue su reconocimiento que fue otorgado la beca MFA de la fundación Dedalus en Pintura y Escultura. Su trabajo remarca lo que es la vida de migrantes que trabajan en el campo, e intenta atraer conciencia sobre el trato injusto que estas comunidades viven día a día para que frutas y verduras lleguen a nuestros hogares. Pude escuchar su historia y al mismo tiempo conocerlo a él, no como el artista con la impresionante pieza de arte pero como persona carismática y amable. Aunque solo lo había conocido esa misma noche, su historia de superación como artista fue una inspiración y me lleno de mucho orgullo al verlo triunfar.

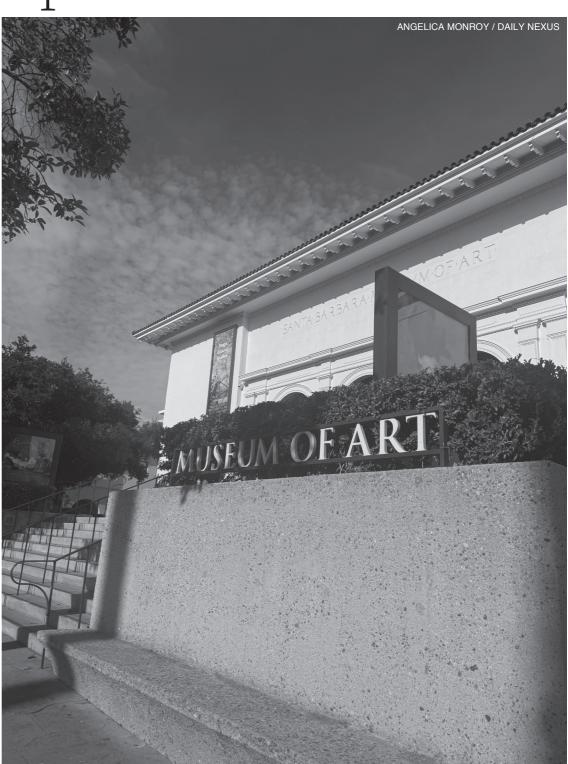
museos tienen la Los tendencia de ser descritos como lugares aburridos, donde no se puede hablar fuerte o tocar cosas, siempre hay un guardia observando de lejos.... Si es que tienes curiosidad de poder experimentar, jugar o te nace la inspiración de crear arte, visita el centro de recursos familiares del SBMA. El centro de recursos familiares se encuentra cruzando las puertas de la tienda de regalos del museo en la calle State.

Este espacio es gratuito y está dedicado para realizar varias actividades artísticas que incluyen cualquier tipo de manualidad relacionado a las colecciones y exhibiciones que se encuentran en el museo. Adaptado a visitantes de cualquier edad y experiencia artística, el FRC ofrece sus servicios cada jueves de 5:00 a 7:00 pm y sábados y domingos de 12:00 a 4:00 pm. Al entrar a este salón te encontrarás con un artista docente del museo que te explicará las diferentes

Toma este tiempo para más sobre conocer exhibiciones que están abiertas, este conocimiento es algo que tiene que ser compartido con la comunidad y quien sabe, tal vez te llevas una sorpresa al conocer algo nuevo.

Este recurso es una buena oportunidad para ir con tus amigos a crear arte juntos v llevarse un recuerdo de tu visita al centro.

Este artículo no estaría completo sin incluir los recursos que están disponibles para estudiantes y personas locales que se ofrecen para



La mayoría de los eventos que se llevan a cabo en el Museo de Arte de Santa Barbara son promocionados en las redes sociales de los museos que te interesan.

visitar el museo.

Si recibes SNAP tienes en tus manos tu ticket de entrada a cientos de museos. El programa todos, le proporciona entrada gratuita o de precio reducido a museos en California a aquellas personas que reciben beneficios a través de SNAP. Tan solo en Santa Barbara, los titulares de la tarjeta EBT, tienen acceso a "Casa de la Guerra", "Santa Barbara Historical Museum", "El presidio de Santa Barbara State Historic Park", "Museum of Contemporary Art", "Santa Barbara Museum of Art", entre

otros más. Como estudiantes UCSB, al enseñar tu tarjeta de identificación escolar, tu entrada es gratuita al SBMA. Otro punto importante, es que

muchos de los eventos que se llevan a cabo en el SBMA son gratuitos para estudiantes o reciben un costo reducido. "Museums for All", Museos para La mayoría de los eventos que se llevan a cabo son promocionados en las redes sociales de los museos que te interesan, también puedes encontrar más información en las páginas oficiales de cada institución.

Si te interesa algún evento en el futuro ve con toda la confianza de que el museo es para ti, y tu comunidad.

En el campus de UCSB se encuentra el Museo de Arte, Diseño y Arquitectura (AD & A). Se encuentra abierto de Miércoles a Domingo de 12:00 a 5:00 pm, la entrada es completamente gratuita.

Es una gran oportunidad para

visitar un museo entre clases, o cuando necesitas un momento para recargar energías en medio del arte.

Aunque mi experiencia trabajando en este espacio ha sido positiva, espero que futuras generaciones de latinos se empoderen a involucrarse más y más en el mundo de los museos, el arte y de su patrimonio cultural.

Que exhibiciones y eventos sean creados por y para latinos y otras comunidades que merecen tener sus historias contadas.

Aún hay mucho trabajo que hacer para mejorar varios aspectos de los museos a través del mundo, empezar a abrirle las puertas a nuestra comunidad Latina y a involucrarse en sus intereses es solo el comienzo.

# Como sobrevivir el maldito trimestre del invierno



Mari Villalpando-Ortega Editora de La Vista

El primer mes del año de seguro traerá algunos de ansiedad. sentimientos Después de los festejos y al terminar vacaciones de invierno llega la realidad abrumadora no has hecho nada. Ni siquiera has abierto Canvas (anteriormente Gauchospace) mucho menos recordar tu contraseña. Es tiempo de ponerte las pilas por así decirlo

y entrar de nuevo a la vida de

estudiante universitario. Tendrás exámenes parciales, tareas, clases y presentaciones las cuales les tienes que dar el todo mientras el atardecer empieza a las 5:00 PM y todavía tienes clase.

Los días se sienten tan cortos y cuando la noche llega temprano me hace sentir como si no he hecho lo suficiente a través del día. La salud mental toma un tiro en tiempos de invierno principalmente porque la falta de luz solar puede impactar tu ritmo circadiano. La razón por

la cual te sientes tan cansada y fatigada es porque tu mente piensa que es tiempo de noche, tiempo de dormir y descansar. Lo cual no se puede hacer a las 6PM cuando estoy en medio de mi clase de lingüística.

Tal vez piensas qué hay algo mal contigo, en especial si es tu primera vez experimentando el maldito trimestre invierno.

cuerpo experimentan cambios todavía se espera que continúes como si nada estuviera mal. En estos tiempos es crucial priorizar tu salud mental y física para no solamente ser un buen estudiante, sino una persona saludable.

Lo primero que deberías hacer es saber en donde puedes recibir ayuda y apoyo. Ten de seguro qué hay personas quienes están para exactamente eso.

UCSB tiene servicios terapéuticos y psicológicos tras CAPS (servicios psicológicos y de asesoramiento). Para contactarlos puedes ir a su sitio web y llenar el formulario de inicio o llamarles al (805) 893-441. CAPS brinda servicios sin cargo al momento del servicio. La tarifa de inscripción a la universidad cubre el costo del asesoramiento.

### Manten la salud física

Llena tu día no solo con trabajos que DEBES hacer sino con los que quieres hacer o por diversión o relajación. Algunos ejemplos son levantarse un poco más temprano para caminar a clases en vez de tomar el autobús donde siempre habrá alguien que no sabe usar el perfume en moderación. Toma caminatas junto al mar cuando puedas, aun si esos momentos sean escasas y espaciados entre sí. iToma ventaja del centro recreativo en el campus! No simplemente es un gimnasio sino un espacio que ofrece muchas actividades como meditación, baile, artes marciales y hasta clases de arte.

iAsegúrense de comer! Y no solo gusguerias que puedes comer como antojitos. Hay recursos como el banco de alimentos Miramar abiertos los lunes, martes y jueves desde las

4pm-7pm. Las oficinas de necesidades básicas en UCen ofrecen citas

en donde te ayudan aplicar

para CalFresh, donde puedes

calificar por hasta \$291 al mes en EBT. Siempre hay alguien quien te podrá ayudar tan solo tienes que preguntar.

### Protege tu paz

Intenta mantener una rutina diaria. A mi se me hace más fácil apuntar mi horario diario en Google Calendar.

Me siento más organizada y lista para enfrentar mi día. En los momentos en donde tengo un periodo de descanso, me encuentro en la biblioteca Davidson asegurándome que toda mi tarea este completada y yo descansada.

Si tu cuerpo te pide un descanso, itómalo! Intenta no ejercitarte demasiado, recuerda que tu salud toma prioridad independientemente de lo que digan tus pensamientos intrusivos.

En fin, entramos en un periodo conocido por sus tendencias sin misericordia.

Es integral saber y respetar tus límites y enfocarte en tus estudios tanto como tu salud. Confia en tu círculo social y atrévete a encontrar nuevas

felicidades. iBuena suerte a todos!



# THE DAILY STENCH

It's Satire, Stupid.



Meel F. Lover Goo Goo Ga Ga

First-year undergraduate students were listening to a detailed depiction of incest in Greek Mythology on Wednesday in Buchanan Hall when, all of a sudden, a loud clang echoed through the room, followed by a lone Stanley cup beginning its long, rolling descent down the aisle. The entire lecture hall looked on in complete boredom and slight irritation while the tin megamug started gaining speed, crashing into the wall and spilling its contents: ultrapasteurized, regular and

completely normal 2% milk. Gasps echoed through the hall while white liquid pooled around the fallen flask. Two students screamed as others tore across desk chairs, knocking over laptops to hurdle themselves to the doors and away from the foul stench of cow boobies. Many students remained glued to their chairs in horror as braver ones joined their appalled professor standing above the widening puddle of milk, wearing bewildered expressions as their brows furrowed with a lack of understanding.

Professor Gods squatted down, quietly contemplating

the cup. He stood and assessed the room before saying wearily, "Does any person feel a particular claim to this thermos?" The room was dreadfully silent, aside from the stifled cries of those students particularly lactose intolerant. When no one answered after one painfully long minute, Gods said, "Right, we're done for the day. Refer to my syllabus for information on C.A.P.S. and other mental health services. Please don't reach out to me." The Stanley cup and milk were left to the unlucky janitor assigned to Buchanan Hall, who turned in her resignation shortly after. Some say they

can still see the outline of the milky edge burned into the floor where the incident occurred and others avoid entering the lecture hall on the side of the aisle where the cup rolled down completely, saying they leave afterward with unexplained stomach cramps and gas.

"What could possess someone to do this? Do they truly feel uncontent with the strength of their bones at this age?" Owena Dryers reported back to the Daily Stench, having made the mistake of attending Greek Myth that day. "Is it just desperation to feel the nostalgia of childhood by gulping down a tall glass

of milk after finishing your vegetables? Is it for the additional protein or the thrill of sheer madness?" Dryers let loose a long sigh and walked away, too distraught to continue the interview.

The Daily Stench has also received reports that Gods was recently approved for a "much-needed sabbatical" following the incident. He shared that he hopes to visit Paris and experience melancholy.

Meel F. Lover would never drink milk from a cow, oat, almond or soybean but is willing to explore remaining options.



Joseph R. Biden
Sneaky Link

Tinder, Hinge, Christian Mingle: what do they have to offer? These once-beloved apps to find blowjobs and love have become riddled with uggos, serial killers and proletarians. How are you ever going to find your soulmate among this scum? Gauchos, it's time to get professional. It's time to connect. It's time to slide into those LinkedIn DMs.

Looking for love on websites like LinkedIn, Handshake and Indeed requires impeccable technique and just the right amount of rizz to ride the line between professional and romantic. As someone who

has been targeted not once, but twice, by LinkedIn pickup artists, I am a connoisseur of workplace romance.

Here are my top tips on bagging a motivated, careerdriven lover on professional websites.

### 1. Redefine what it means to be desirable

On barbarian dating websites, you may calibrate who you're attracted to based on their face, their interests or their hot ass. Throw that all out the window. When you're looking for a professional baddie, only two categories matter: their connections and their experience. Fewer than 100 connections? PASS. No recent work experience? PASS. That's not what you're looking for. Your body is a

temple. Aim higher.

# 2. Come in hot with your most professional pickup

The days of "Are you looking for a stud? Because I already have an STD, I just need U" are over. Instead of saying "wyd," try using more corporate language, like, "Can we schedule a time to discuss that fine ass of yours?" To piggyback off of that, try using other professional interfaces, like Microsoft Teams and Excel, to plan your dates. Invite your love interest to an event on your calendar!

# 3. Don't do anything you wouldn't do with HR watching you

Kissing? Fondling? Canoodling? No. Always dance with enough room for an HR professional to stand between you and your partner. Your work always comes first and foremost. Don't make any risky moves with potential suitors that could jeopardize your career. And, remember, always say the HR prayer before indulging in any non-professional activities.

# 4. Never discuss anything other than work

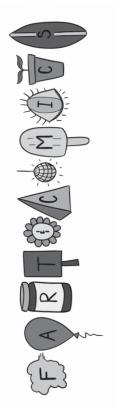
Do you think you should be with someone who's as career-driven as you? Yes? Then why are you discussing anything other than your corporate passions? Why would you want someone who cares about stupid things like your day or media or family? If you've really found yourself a good partner, they won't want to discuss anything but work. Even better if they only want to hear about your work!

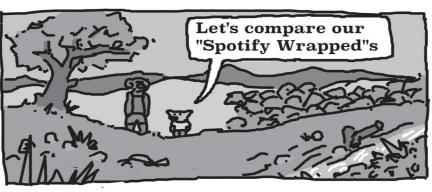
# 5. Bring a laminated, physical copy of your resume to any date

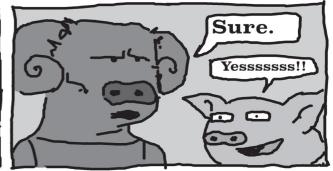
This one is self-explanatory. Will 100% get you laid. Even better if you bring a business card and a cover letter explaining your intentions.

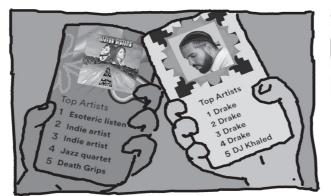
As the most professionally desirable person out there, my advice is sound and always guaranteed to get you into that bed (or office). Good luck getting that professional pussy.

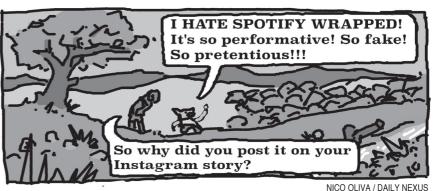
Joseph R. Biden knows way too much about sliding into the











# ARTSWE

Artsweek

# Remembering Dave from the Grave: KCSB super listener



Stella Mullin Artsweek Editor

KCSB's graveyard shift can be dark and lonely. But when the usually dead phone starts flashing, begging to be picked up, the KCSB control room isn't so lonely anymore. A nasally voice, a diabolical laugh and a few words are on the other end of the line. All signs point to The Graveman.

The KCSB control room is a small, seemingly boring room yet is the center of the eclectic music you can tune into at all hours of the day, the epicenter of the array of DJs that call KCSB "home." In the middle of the night, it's quiet besides the sound of a DJ's voice or the songs they are playing. And, in the middle of the night, they might be their only listener.

The Graveman, Dave from the Grave, David Schoof was an avid KCSB fan and is part of the reason why the nighttime DIs continued. A music fan through and through, he passed away in early 2023, but his KCSB legacy (as a true radio listener) lives on. This story is a collection of memories of Dave from the Grave from his sister Nancy Pludé, KCSB advisor Ted Coe, DJ Bryan D. Brown, DJ Hobart, DJ Darla Bea, DJ Colin Marshall and DJ Carlotta.

You're a first-time KCSB DJ and have been given the "graveyard shift," like every other DJ that has preceded you. You've heard it's a rite of passage, so you drag yourself out of bed (or maybe you haven't even slept yet) and get yourself over to Storke Tower. There you are, planted in front of a microphone from 4 a.m.-6 a.m., looking down at a very daunting control panel just waiting to trip you up.

Don't mess up, don't mess up, don't mess up. And, if all of this wasn't enough to make you rethink being a radio DJ, the black phone behind you begins flashing a red light, almost like an SOS signal. Who is calling at 5 a.m.? Alone in the station, a red flash has to trigger some sense of fear within you. You pick up the phone, hope it's not a creepy old man from whoknows-where and take a breath

diabolical laugh, accompanied by "Hey hey! It's Dave from the Grave!" greets you on the other line. A short word of encouragement or constructive criticism heads your way and then, "Laters!" and a click. Just like the red light, he is gone in a flash, and you are back alone in the dark radio room. Except, with the new knowledge that somebody is listening, the middle of the night under Storke Tower doesn't seem quite as lonely anymore.

### **Before The Graveman**

Dave from the Grave, known to non-KCSB folks as David Schoof, listened to KCSB more than anybody else did. If you were on the radio, there was a good chance you would get a call from him. If your show was in the middle of the night, even better. If it involved headbanging, face-melting playlists, the best.

"It wasn't just background noise to him. David was really paying attention ... He could interact with the programmers and students," Pludé said.

He was a child of the '70s and a teenager of the '80s, an avid punk-rock fan, animal lover, black coffee drinker, pool shark, air guitar connoisseur and TV jingle finisher.

Black Sabbath, Van Halen, Slayer, Whitesnake, Journey and Judas Priest were the bands that shaped Schoof's music taste, one that undoubtedly led him to find KCSB. But Schoof never had a "favorite" song. Or, at least, never let anybody know which song was his true favorite. Music was a driving force in his life, and he once became a security guard with his friends just to see Pink Floyd perform in L.A. He loved Fleetwood Mac's "Gypsy," and even attempted to get it tattooed. Except, much to Schoof's dismay, his friend had tattooed "Gyspy" forever onto

He loved horror movies, created models of scary creatures and loved black. His nice outfits consisted of a black shirt, pants, hat and tie – complete with a skull ring and a dragon bracelet.

Despite this seemingly intense "Prince of Darkness" appearance, Schoof incredibly caring and sweet and found a calling in homecare. Homecare is what brought him to his discovery of KCSB.

Being a caregiver, Schoof's life quickly turned into an isolated one. So, during the times when whoever he was caring for was asleep, Schoof could turn to the radio to keep him company and fill in quiet lulls at night. The timeline of finding KCSB matched up with his beginning to care for his mom, hence the middle-of-the-night calls. It is unclear how he came across KCSB but, once he did find it, it had a pull on him.

"He had a very active, quick mind, so he wasn't one to listen to the same songs over and over again ..." Pludé said. "He wasn't one for many words, but he knew how to be there for people on the station and he liked getting his songs played."

Sometimes he would even request songs for other people - once he requested one for his brother-in-law and advised him to turn on KCSB to catch it. He was KCSB's personal advertiser.

Schoof drove through the night in a car with blue, neon mood lights, tapping along and listening to the music (hopefully something head-thrashing or featuring that of the great Ozzy Osbourne).

**Inventing The Graveman** Now that Schoof had

discovered KCSB, there was still a period between just listening and being an active radio personality - except on the other side of the call. He was the inverse of a DJ, but still a central figure to KCSB. This was the birth of The Graveman as the KCSB community knows

The origins of The Graveman trace back years before KCSB ever became a part of Schoof's life. He would send stick figure drawings with a pitchfork to

Pludé, had dragon and skull tattoos all over and even went so far as to name his baby Halen (after Van Halen). Everybody knew him as The Graveman.

The Graveman eventually became "Dave from the Grave," a name so familiar to the KCSB community that every DJ who contributed to this story said the same thing about him: he embodied what KCSB is.

"It occurred to me - he was the inverse of a radio personality. He's the listener, but he had a radio name – Dave from the Grave. He had a secret identity," Coe said.

"For somebody with a creepy nickname, he was the least creepy person," Bea said.

#### The Graveman digging up **KCSB**

Schoof would call the station so frequently that just his nasally voice would be an immediate clue who was calling in the middle of the night. DJs eventually could tell that a 5 a.m. phone call must mean Dave from the Grave was on the other end. He began to create an inner circle in UC Santa Barbara's radio community: DJs who regularly got calls from him were the lucky ones and those who didn't desperately wanted to have their own story of Dave from the Grave. As years passed, more and more DJs had something to share about Schoof. He had established his own radio personality, despite never actually being on air.

"If he didn't call when you were programming, you were like 'Wait what's going on? Is he okay?" Carlotta said. think he really reminded us that the community of KCSB isn't always about what's behind the microphone. That it often is about who's listening to you, and that community is always really, really important. Dave really took to that, man. He had his own nickname. What listener goes by 'Dave from the Grave' except somebody who's really embracing

that Schoof would call him on almost every single one of his shows, even after he moved to a morning slot. It would start

with small positive feedback but then move to advice, s o n g requests,

upcoming concert dates that Hobart could announce. Schoof had stakes in all the shows he called in to.

Towards the end of my show, he would call up and he would give me dates of concerts that I could announce. And then I would always announce those on my show, which was helpful," Hobart said.

As for Bea, who has made being a radio personality her full-time job, she did not know if she could have continued through the middle of the night without Schoof.

"I said to Ted [Coe], I don't think I would have continued if I didn't have that encouragement and listenership knowing that one person was listening."

Being in a dark room in the middle of the night, seemingly doing the show not for others, but for the love of being part of the radio, all of the DJs recalled what it felt like when Schoof called.

"Just from the beginning, Dave from the Grave would call all DJs. They felt heard because you have no idea who's listening during that time" Carlotta said.

### **Pursuing The Graveman**

One DJ chased Dave from the Grave, desperately trying to unveil his mysterious image, but failed. Marshall chronicled his pursuit of Schoof in three articles published in the Santa Barbara Independent in 2010: "Listening Through the Graveyard."

"If you wanted to call him, it was a real production ... I had to call him a bunch of times just to get material to quote from him ... I had to wait for him to call me and then propose to do an article about him. I'd have to wait to talk to him a few times ... Eventually, I had a few good minutes with him on the phone where he could explain his story listening to KCSB ... It probably would have just been one piece if I had an easier time wrangling him onto the phone."

Carlotta had been taking an art class during the time she would receive calls from Schoof. She had an assignment to make a video project and chose Schoof as her topic.

"I just thought he was unique and special and brought the community together. We all knew this person, but nobody ever saw him," Carlotta said.

Her video is a tribute to Schoof, bringing together KCSB DJs at the time to share their own Dave from the Grave stories. And, even amidst the wide array of DJs, Carlotta noticed one intertwining thing: Dave from the Grave called everybody, and made everybody feel special.

As radio personalities are only distinguishable by their voices, these DJs had never seen what Schoof looked like, nor did they particularly want to. With the exception of DJ Jeff Matson, who managed to meet him while delivering a T-shirt, Dave from the Grave remained a faceless voice and a maniacal "muahaha" laugh.

"It may have been part of his mystique as a listener that he didn't want to blow it," Brown

"I don't know what he looks like and I don't ever want to know what he looks like. He was the guy that was on the phone that was calling me," Hobart said.

#### Remembering The Graveman

Some of the DJs mentioned finally seeing what he looked like after he had passed away, or when he friended them on Facebook. Dave from the Grave was of Latin American descent, with long hair dyed blue at the ends. He sprouted a beard and mustache. Some expected him to look like that and others did not. The faceless graveyard ghost finally had a face.

The last story is the story of the wind chime. Outside the KCSB office, under Storke Tower, is a tree, and a wind chime with fairies once hung on it. Around 20 years ago, Schoof had sent someone to hand deliver a card (with a donation inside) and the wind chime. Coe still has the broken wind chime, a lasting concrete piece of Schoof's legacy on KCSB.

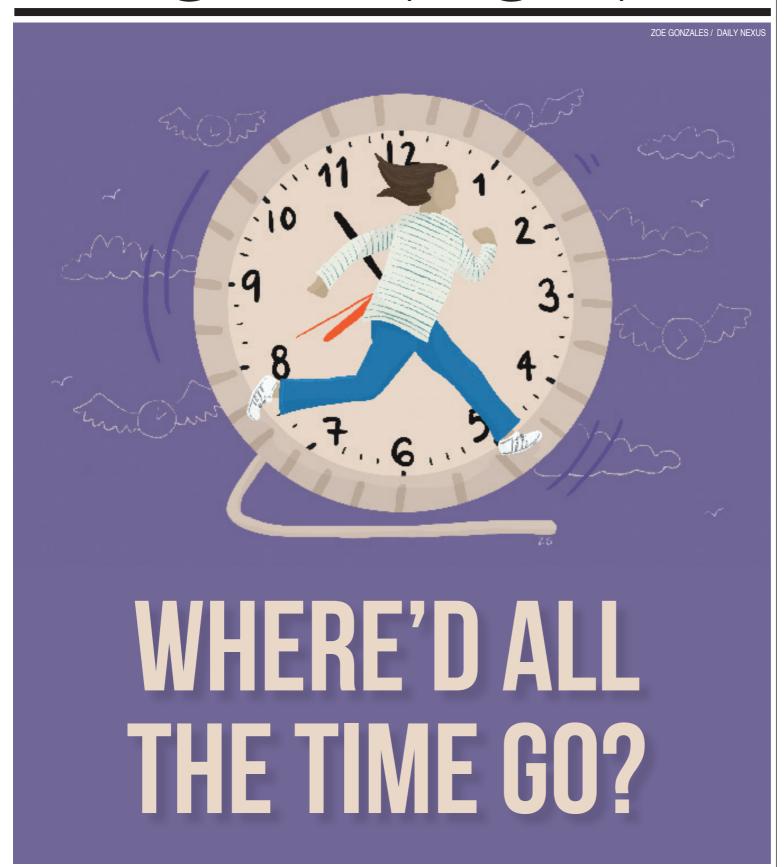
"When we would do our general staff meetings, we would look out on the 100-200 people who were part of the program and I'd be like, 'Man this is like the island of lost toys.' Where else besides KCSB would these people be gathered together? I think Dave personified that in the listenership as well," Brown said.

And, as Dave from the Grave knew well, a call-in could never be a long conversation. He understood how the radio worked and what the DJs

"I liked talking to him. It was never a long conversation, you can never have a long conversation when you were on the air, but I was happy when he called every time," Hobart

Despite his shadowy and mysterious nature, managed to get The Graveman to record a station ID for KCSB. Although the ID has since been lost, the mere fact that it existed solidifies Schoof's membership in KCSB's history and community. There seems





Haley Joseph Staff Writer

Modernity comes with its privileges. All the world becomes available with the swipe of a finger or the click of a button. People aspire to be impossibility it once was. In addition to the stainless-steel benefits of a technological age is the creeping feeling that - even with all this saved time - time is still slipping through people's fingers. The clock ticks on, the hourglass continues to dwindle and the older you get, the faster it seems to count down. Where'd all the time go?

The answer is twofold. Part of the burden can be placed on the way our brains process time as we grow older and the wear placed on the neuron systems that facilitate this. The lion's share of the blame, though, can be found in the man-made machinations of technology and the rapid news cycle. The unfortunate byproducts of technology, and the symptoms of intentional manipulation, contribute to the feeling that the world is spinning faster and faster and leaving us behind.

Technology is responsible for influencing the way we experience time. As Aoife McLoughlin, a psychologist from James Cook University, explains, "It seems like there's something about technology itself that primes us to increase that pacemaker inside of us that measures the passing of time."

She has found evidence that exposure to technology has increased the efficiency of our brain's ability to process information, leading to the feeling that time is passing by quicker. Those that read articles on their phones, for example, overestimate the amount of time that has passed as opposed to those who read an article in print.

this type of technological side effect is unintentional, there are more targeted uses of technology that aim to intentionally affect how we perceive time, which is much more harmful. The rapid news cycle is a well-known political tool that creates sensational stories

of the minute, designed to create distance and draw attention away from topics politicians would rather you not focus on for too long. The touchstones of monumental events that used to ground us have been worn away, not centenarians, and it is not the by happenstance, but by

design. The past few years have seen rioters at the U.S. Capitol on Jan. 6, the overturning of Roe v. Wade and war in Ukraine. Once, these might have been decade-defining events, the kind of shockwave that leaves its mark on the public consciousness. Now,

and how much time do they have?"

It's an assault of information at breakneck speed that's supposed to create the illusion that something major was half a lifetime ago, not just around the corner. Revolutions condensed into a matter of days in a way that leaves no time for them to be absorbed. The modern age has found a way to take the hourglass of time and turn it into a sandbox to be manipulated and redistributed at will.

While the intentional manipulations of temporality have certainly monopolized

# Life has become a 100-meter dash, and the tactics driving modern technology have fired the starting gun.

despite the long-reaching consequences these events have, these stories come and go like fireworks for the news cycle - there for a brief, roaring bang before fizzling out for the next dazzle tactic. These kinds of tactics are the groundwork for the modern feelings of being always behind, or always being out of step. The burden of responsible media has been displaced to become a carousel of fast action

distraction. It is a ploy that has gained more attention in recent years, especially after Donald Trump's presidency. His deluge of scandals succeeded in hiding the messiest bits from the public consciousness. As everyone talked about McDonald's being served on silver platters, the story of how Trump influenced the presidential election was swept away. We've become so overwhelmed by information, so worn down by the influx of tragedy, that stories of war zones and spyware slide right out of our minds, and our sense of temporality with it. As NPR quotes, "Tunisia's revolution took four weeks.

Egypt: 17 days. Who's next

the clock, technology is not solely to blame for the feeling that time is sliding by in a way that it didn't used to. As Duke University professor Bejan Adrian explains, when we get older, "the size and complexity of the networks of neurons in our brains increases - electrical signals must traverse greater distances and thus signal processing takes more time."

Think of it like freeways within the mind. As you get older, information has to travel greater distances on these freeways. Wear and tear over the years has created potholes or road closures altogether so it requires more time and lighter weight limits to travel on the freeways. In addition, weeks or years make up greater percentages of your life as a child. For an 8-year-old child, Cindy Lustig, a professor of psychology at the University of Michigan, explains that a year is substantially more

time in their life than for an 80-year-old. She explains that routines have a large part in how we perceive time as well. Those

that are older are more likely

to have routines that don't

vary wildly in the day-today, and are taking in less information, so large periods of time can be grouped together in the brain, creating the sensation that years flew by. When you're younger, however, you're taking in so much information and creating new experiences so often that more of that information is being stored as an individual moment, and not part of a collective period

of similar experiences. Though the structural factors of our brain influence us regardless of the modern age, it is undeniable that technology has changed the way that we experience time in a way that goes beyond the biological, and not for the better.

The costs of convenience and modernity, and the manipulation of it for political gain, coupled with the side effects of growing up, have changed the way we feel the passage of time. Especially for those just entering adulthood, when schedules become more of a structured routine and the final stages of brain development begin, the changes in perception of time can create the feeling that life has become a constant sprint and you're falling behind. It's a game of never-ending catch-up that feels like an isolated event.

It is not as isolated as it feels. The good news and the bad news is that it is a phenomenon that has swept across the world. The changes that come with aging are simply a sign that you have arrived. The changes that come with technology are tied up with the privileges of modernity but are not insurmountable if understood to be a shared experience, not an isolated event of being caught unprepared for life; the harmful effects of manipulation can be resisted if a conscious awareness of them is cultivated.

Life has become a 100-meter dash, and the tactics driving modern technology fired the starting gun.

Haley Joseph would like to note that time doesn't just fly when you're having fun, it flies by all the other times, too.

# **HOROSCOPES**

DO's and DON'Ts for 2024

### **ARIES**

MARCH 21 - APRIL 19 DO: Origami crane DON'T: Esports

### **TAURUS**

**APRIL 20 - MAY 20** 

DO: Shots DON'T: Mix drinks

### **GEMINI**

**MAY 21 - JUNE 20** 

DO: Fuck shit up DON'T: Fuck shit up

### CANCER

**JUNE 21 - JULY 22** 

DO: Mood playlists DON'T: En garde

### LE0

**JULY 23 - AUGUST 22** 

DO: No filter DON'T: Old news

### **VIRGO**

**AUGUST 23 - SEPTEMBER 22** 

DO: Suffrage DON'T: Populism

### LIBRA

SEPTEMBER 23 - OCTOBER 22

DO: Leafy greens DON'T Side-eye

#### **SCORPIO OCTOBER 23 - NOVEMBER 21**

DO: Mean Girls DON'T: Saltburn

# **SAGITTARIUS**

**OVEMBER 22 - DECEMBER 21** 

DO: Office hours DON'T: Go to lecture

### CAPRICORN

**DECEMBER 22 - JANUARY 19** 

DO: Coffee DON'T: Enema

#### **AQUARIUS JANUARY 20 - FEBRUARY 18**

DO: Night swim DON'T: Drown

### **PISCES**

FEBRUARY 19 - MARCH 20

DO: Bygones DON'T: Between the lines