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

**SHAY CHENG / DAILY Nexus**

Speaker addresses MLA's enduring philosophies and his significance to activism.

Board of Supervisors discusses priorities for affordable housing, rezoning
Dan Mogulof said "the only services," Breed's letter stated. "student housing, classrooms, use UC campus complete with an increase in remote work Francisco." According to the and proposed "bringing Cretan, Breed's spokesperson, "no concrete proposals," Jeff Parties are in "continuing Breed asking the university following a letter from San is weighing options to open a cordoned off by shipping

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UC Berkeley police lined People's Park in Berkeley with two-container high walls of shipping containers on Jan. 4 after protests attempted to cordon off 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 protest continued throughout the Daily Californian.

By April, Berkeley has begun to cord off the People's Park construction site, where it will build much-needed housing for students and unsheltered people, while preserving more than 40% of the 2.8 acre site as open park space that preserves the park's history," the university said in a statement issued Jan. 4.

University police now will be at the site 24/7 until the housing construction is completed, CBS News reported. A decision to surround the park with containers was made to minimize disruption and expedite beginning construction, university spokesperson Dan Mogulof told CBS News.

Informational signs have been put up that the park's history is being preserved more than 60%, needed housing for students is being built, the university said in a statement issued Jan. 4.

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Asst. News Editor

The UC Santa Barbara MultiCultural Center (MCC) has expanded its programming in the past year, organizing panel discussions, research and public service, to provide a forum for social justice discussions.

Brian Johnsen  
University News Editor

The Associated Students Senate convenes weekly to pass legislation and discuss campus and student issues.

Alex Levin  
University News Editor

The Associated Students of UCSB (A.S.) Senate passes bills for 100% clean energy, formation of housing justice committee, and more.

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The Associated Students (A.S.) Senate convenes weekly to pass legislation and discuss campus and student issues.
“Let us explore our differences so that we can work through them and towards a collective understanding of the consequences of our actions. We can be as we strive to unify across differences, to form community bonds of mutual support, isolation, and ‘1-parameter’ love,” Jones said. “Only then can we begin to today Dr. King’s dreams. Once the group gathered at the north corner, Santa Barbara, a casino of courses we have acknowledged the ’68 takeover in our study, also Zuniga said in a Nexus interview. “The movement program of MLK Day began with Barbara Lopez and her family leading an opening prayer and a moment of silence. The main event of our celebration was ‘The time is always ripe to do right,’ Wartman College associate professor of philosophy Edward Brown spoke in his keynote speech for the Dr. King’s Legacy. “If you’re today and here, the last and the lonely being excluded and injured. Song said King’s beliefs have become his legacy and have transformed the campus but also the systemic change. This bold transformation of Dr. King’s vision. It was an event for housing and potentially affordable units. There’s a disadvantage for housing its workforce at the next development community. We’ve already had conversations with some of the nonprofits that are interested in trying to meet their workforce housing needs. Plowman said. “We envision a discussion to develop initiatives on housing the workforce in Santa Barbara County. Plowman proposed the following approaches of working with local employers and employees.” We’re also working with a housing program director with Santa Barbara Housing Authority to develop affordable housing on a property on a property. 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.
ACROSS
1. Relating to verse, often beautifully expressive
5. ______ Bell
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 weaving
25. Financial arrangement where a third party holds funds during a transaction
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
37. ______ 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” 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. Cofficed with very little caffeine
18. Creatively inclined, often found in Bohemian circles
20. Wet, soft earth often found after rain
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 film)
28. Respiratory tract
29. Sixth color of the rainbow
33. At all times
34. Uncertain (informal)

Crossword answers can be found on our website dailynews.com/games.
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 by the National Health Expenditure Accounts for 2022. In the same year, the total healthcare spending amongst the American 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 health, physical therapy, 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 usage 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 six reasons: immunization, screenings for sexually 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 health insurance plan that 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 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 all students,” 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. 

Common Student Health Service diagnoses (Fall 2022 – Summer 2023)

The most common reason for accessing SHS was to receive immunizations, such as the flu shot, HPV vaccine and Tdap.
Comparing health plan coverages

<table>
<thead>
<tr>
<th>Health plan metal tiers</th>
<th>The insurance company pays</th>
<th>You pay</th>
<th>Monthly premium</th>
<th>Costs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronze</td>
<td></td>
<td>60%</td>
<td>Lowest</td>
<td>Highest</td>
</tr>
<tr>
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<td></td>
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</tr>
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Source: HealthCare.gov

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

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 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 to enroll.

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 needs. The bronze plan offers the lowest monthly premium but the highest deductibles and cost an average of $348 per month — roughly $860 for 10 weeks. On the other side of the spectrum, the platinum plan is around $434 per month — roughly $1047.70 for 10 weeks.

Students may be eligible for the lowest-cost plan if they are currently enrolled in UC S.H.I.P. Students must get a referral from Student Health to get medical care if they are within a 50-mile radius of campus, according to NOVACK. The referral requirement only applies to unlikely events.

"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 Student Health to make an orthopedic 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 student health to get it sooner since my appointment was the next day, and they were very helpful."

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.

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

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<td>Hospital stay</td>
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<td>50% coinsurance + $300 copayment per admission + physical fees: 50% coinsurance</td>
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Source: UC SHIP Summary of Benefits and Coverage

KACIE CHONG / DAILY NEXUS

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Kendra Martinez

KOZY Craft Coffee has become a staple for UC Santa Barbara students by offering one of the few coffee shops on campus. Not only do they serve amazing drinks, but they also provide a super cozy ambiance that makes for a perfect study spot when you can’t concentrate on the course material. I’ve been going to KOZY for almost a year now, and I always leave feeling refreshed and ready to conquer the day.

KOZY’s menu offers various options, featuring everything from hot chocolates and lattes to and fresh-baked bagels. Their sandwich style options, offering plain, cheese, egg, and veggie, are perfect for those looking for something quick and easy. They also have a variety of bagels to choose from, ranging from plain to smoked salmon and cream cheese.

One of my favorite things about KOZY is their hot chocolate. The menu has no shortage of chocolate options, featuring everything from Nutella to chocolate milk. The Nutella hot chocolate is a personal favorite, with its rich, chocolatey flavor and creamy texture.

KOZY also offers a delicious selection of cold drinks, featuring everything from hazelnut cold foam lattes to peppermint bark mochas. The Nutcracker cold brew, for example, is made with hazelnut cold foam and offers a delightful blend of flavors. The peppermint bark mocha, on the other hand, is made with peppermint and a hint of chocolate, creating a perfect balance of sweet and savory.

Overall, KOZY Craft Coffee is a must-visit for any coffee lover on campus. With its great selection of drinks and a cozy ambiance, it’s the perfect place to grab a drink and enjoy the UC Santa Barbara atmosphere.
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 in precipitation, a notable consequence during the El Niño event in 2023, with the average annual rainfall in downtown Santa Barbara during the El Niño years being 21.29 inches compared to 30.97 inches during a typical year. The increased rainfall proved beneficial for crops by enhancing soil moisture, reducing the risk of flooding, and giving farmers the opportunity to navigate these changes. Additionally, fostering new green energy policies and agreements to reduce greenhouse gas emissions is essential for a collective and coordinated strategy to combat the complex challenges posed by El Niño and climate change.
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 84-64 at the Thunderdome after out-leading for most of the game and grabbing the win for their second consecutive victory.

UCSB did not go down easily as they went up 2-0 in the match, the Gauchos hit the scoreboard early as they went 6-8. Overall, the Gauchos shot under 36% in the first half while UCSB strengthened. UCSB was able to play their style of basketball, that being defense and timely shots to build a lead, and up to 30 points.

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-point shooting where they went 8-16. Overall, the Gauchos shot under 36% in the half. While UCSB strengthened, UCSB was able to play their style of defense, and in the second half, they went on a small run to retake the lead. With under 10 points left, Anderson began to get the shot. 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 hand and cold night.

“ Honestly what I’ve been doing with my whole life as a shooter,” Anderson said. “I 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, the Gauchos gave the Gauchos the lead with almost no time left on the clock, and the Gauchos made a costly mistake. The Roadrunners passed the ball to half-court where Mitchell was defending the offensive player. In an out of bounds, Mitchell committed a blocking foul and gave UCSB 2 free throws with 6.9 seconds left. If the player took the free throws to hit both of them, it would effectively give Bakersfield the win. The UCSB student section followed the timeline and attempted to distract the shooter with yelling and arm waving. The UCSB player hit the first shot but the Gauchos faithful kept the up. Miraculously, the second shot rimmed out. Immediately, the second shot rimmed out.

At the start of the second half, the Gauchos’ shooting struggles continued. Once again, the Roadrunners were able to extend the lead to 3 points. Leading these struggles was junior guard Cole Anderson who started the game 6-9 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 up 2. But, UCSB ran 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.

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But, after the huge 3-point shot, the Gauchos gave the Gauchos the lead with almost no time left on the clock, and the Gauchos made a costly mistake. The Roadrunners passed the ball to half-court where Mitchell was defending the offensive player. In an out of bounds, Mitchell committed a blocking foul and gave UCSB 2 free throws with 6.9 seconds left. If the player took the free throws to hit both of them, it would effectively give Bakersfield the win. The UCSB student section followed the timeline and attempted to distract the shooter with yelling and arm waving. The UCSB player hit the first shot but the Gauchos faithful kept the up. Miraculously, the second shot rimmed out. Immediately, the second shot rimmed out.
Como un estudiante del departamento de arte en Santa Barbara, he tenido la oportunidad de interesar en el departamento de arte del Museo de Arte de Santa Barbara (SBMA) por medio del programa de contacto. El Museo del Arte de Santa Barbara (SBMA) está dedicado a las artes y a la preservación de la historia cultural de California. El museo está abierto todos los días del año, excepto los sábados, de 12:00 a 5:00 pm, con entradas gratuitas para estudiantes y personas que reciben beneficios. Los museos en California a laQueryable personas que reciben beneficios a través de un evento que se realiza todos los sábados en el Museo de Arte de Santa Barbara, los titulares de la tarjeta EBT tienen acceso a "Cartas de la Gente". "Santa Barbara Historical Museum. "El presidio de Santa Barbara State Historic Park", "Museum of Contemporary Art", "Santa Barbara Museum of Art", entre otros. Como estudiantes del Museo de Arte de Santa Barbara, estamos preparados para visitar el museo.

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. Muchos de estos eventos incluyen otras actuaciones de los asistentes. El Museo de Arte de Santa Barbara está abierto todos los días del año, excepto los sábados, de 12:00 a 5:00 pm, con entradas gratuitas para estudiantes y personas que reciben beneficios.

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En el campus de UCSB se encuentra el Museo de Arte, Diseño y Arquitectura (AD&A). Se encuentra abierto todos los días del año, excepto los sábados, de 12:00 a 5:00 pm, con entradas gratuitas para estudiantes y personas que reciben beneficios. La mayoría de los eventos que se llevan a cabo en el museo del día son gratuitos para estudiantes y personas que reciben beneficios.

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Freshman

Stanley cup filled with milk

Moel 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 clong 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 horror and slight irritation while the tin maga-

m tooling around gained speed, crashing into the wall and spilling thin crimson, unpar-

dated, regurgitated and completely normal 2% milk. Gargles echoed through the bale while white liquid pooled around the fallen flask. Two students screamed as others tore across desk in complete ignorance of the fallen cup. Many students remained glued to their chairs in horror as brave 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 answered the room before saying wearily, "Does any person feel a particular claim to this thermos?" The room was divally 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 milk 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 that? Do they truly feel uncontent with the strength of their bones at this age?" Omera Dryers reported back to the Daily Stench, having made the mistake of attending Greek Myth that day. "It's just desperation to feel the nostalgia of childhood by gunking down a tall glass of milk after finishing your vegetables! It is for the additional protein or the thrill of sheer madness!" Dryers let a long sigh and walked away, too distressed 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.

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

THE DAILY STENCH

It's Satire, Stupid.

As someone who

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PASS. That's not what you're

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Tinder, Hinge, Christian

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they won't want to
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Even better if they only want

to hear about your work?

1. Bringing 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 laver 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 paper.

Joseph R. Biden knows way

too much about sliding into the

DMs.

THE DAILY STENCH

It's Satire, Stupid.

Love/din: how to find romance on networking websites

Joseph R. Biden
Stinky Link

Tinder, Hinge, Christian

Mingle: what do they have

systematics? I am a connoisseur of

2. Come in hot with your

For the days of "Are you

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In it's just background, you could sometimes hear someone rhythms. ‘They would play different tracks and students,’ Phaid said. Phaid also thought that music you could tune in to and tune out of at any time of the day, the simplicity of the array of DJs that called KCSB “home,” to the mindset of the night, is quite another reason why the nighttime DJs enjoy the KCSB control room and through, he passed away in early 2020, this KCSB regular (as a true radio lover) lives on. This story is a collection of memories from Dave of Dave’s grave by his niece Nancy Phaid, KCSB advisor Ted Coe, DJ Carlotta, Daniel Roye, DJ Deb Carroll, DJ Colin Marshall and KCSB’s graveyard shift, KCSB’s "graveyard shift," like every DJ, made a daily move to the KCSB control room, or to one of the rooms from a microwave 4–6 a.m., looking down at a blank screen, a blank sheet of music, ready was the beginning of The Graveman. And, even amidst the love. As radio personalities are...
Life has become a 100-meter dash, and the tactics driving modern technology have fired the starting gun.

Haley Joseph
Staff Writer

Life comes with its privileges. All the world becomes available with the swipe of a smartphone or a button. People aspire to be contemporaries, and it is not the impossibility it once was. In addition to the stainless-steel benefits of a technological age is the overwhelming feeling that – even with all this severed time – time is still slipping away. The clock ticks on, the hourglass continues to drain 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 loss of the brain’s capacity, 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 primus us to increase that pace. To feel like we’re 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.

While 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 growth of well-known political tools that create sensational stories of the minute, designed to create distractions and demand attention away from topics that politicians would rather not focus on for too long. The touchscreens of monumental events that used to grab our brain worn away, not by happenstance, but by design.

The past few years have seen rotors at the U.S. Capitol on Jan. 6, the overturning of Roe v. Wade and war in Ukraine. Three, those might seem like events that are everyday news cycle. The kind of shockwaves that leaves its mark on the public consciousness. None and how much time do they have left? It’s an illusion of information, so large periods of time are fritted away, not by happenstance, but by design. The news cycle – there for a brief, roaring bang before fading out for the next digestive. 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 have been displaced to become a carousel of fast action distraction.

It is a plot that has gained more attention in recent years, especially after Donald Trump’s presidency. His deluge of scandals excelled in hiding the messiest bits of the public consciousness. As everyone talked about the presidential election was in hiding the messiest bits of the public consciousness. As everyone talked about.

Don’t get me wrong, the size and complexity of the brain 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 88-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-to-day. This is because routine information, so large periods of time are fritted away, not by happenstance, but by design. The news cycle – there for a brief, roaring bang before fading out for the next digestive. 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 have been displaced to become a carousel of fast action distraction.

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