



Students take action against history of sexual violence near the lagoon

Wynne Bendell
University News Editor

Several university entities have weighed in on safety concerns near the Campus Lagoon in response to a recent sexual assault in that area on Oct. 19. According to Nexus reporting, sexual assault and attempted abductions have been a longstanding issue that has largely gone unaddressed until recently.

The UC Police Department (UCPD) led its annual lighting and safety walk around campus on Nov. 5, with the addition of a route around the lagoon in response to the recent attempted assault. Throughout the walk, Student Safety Partners recorded locations where community members recommended additional lights or blue boxes, emergency phone stations that contact campus police when pressed.

According to UCPD Interim Chief of Police Matthew Bly, all additional light proposals will be shared with UC Santa Barbara Design, Facilities & Safety Services for consideration, and UCPD has increased the number of high-visibility uniformed patrolling in the general lagoon area to “enhance safety.”

Despite years of reports of sexual assaults, attempted abductions and robberies near the lagoon, the area remains mostly unlit. According to Associated Students (A.S.) Internal Vice President and fourth-year history and global studies double major Enri Lala and First President Pro Tempore and second-year political science major Evan Sussman, regulations under the California Coastal Commission have prevented sufficient lighting around the lagoon.

The 1976 Coastal Act permanently created the California Coastal Commission, an agency committed to the protection of California’s coast through the regulation of sustainable development. The lagoon is part of California’s coastal area, so the

commission must approve any development in the area. Additionally, the lagoon’s Environmentally Sensitive Habitat Area (ESHA) designation makes developments especially difficult.

“I think in part the school didn’t want to put up a battle against the state. The commission has historically been a very powerful part of state politics, and I think we’re seeing that start to change now,” Sussman said.

According to a staff report about the ecological importance of the lagoon, the Commission has been aware of incidents of sexual assault since 1999.

“Reported incidents over the past several years include several rapes and rape attempts; occasional flashing; and a small number of robberies, robbery attempts, and molestations. Incidents of transients sleeping and camping in remote areas of the Lagoon Island, Goleta Point, and West Lagoon Park management zones occur several times each year,” the report read.

Lala and Sussman testified before the Commission in Sacramento on Nov. 7 regarding their concerns about lagoon safety, urging them to approve future proposals for lights around the lagoon.

“We speak today not just because of one recent assault, but because of years of leaving students in the dark. With close partnership [and] the support of the UC Police Department and senior administration at UCSB, we’re reviewing data that shows a consistent pattern of danger near the lagoon. Dozens of calls related to sexual assault, rape, molestation and transient crime have been reported over the past 20 years,” Sussman said in the testimony.

Sussman said the Commission has been made aware of the lagoon’s history of violent incidents, but he felt it was important that they hear directly from students who are concerned about campus safety.

“By going to the Coastal

Commission firsthand, what we wanted to do was let them know that students are struggling,” Sussman said. “Students are unsafe. They don’t feel as if their campus is protecting them and that in order for such changes to occur, all that’s needed is simply a permitting process.”

Lala emphasized that the University can maintain “both ecological sustainability and basic safety for students.” He insisted that the University take action to make the lagoon a safer area for students.

“The situation is such that students cannot walk confidently through the lagoon and its adjacent areas without fear of grave physical damage or serious trauma being occurred onto them,” Lala said.

While Sussman does not solely blame the University or the Commission for the incidents by the lagoon, he finds the situation “not acceptable.”

“It’s a disgrace that a university of such a high caliber has allowed for this systematic error to happen,” Sussman said. “I’m not blaming administration, and I’m not blaming the state, but the facts are that there are 0.8 acres on campus that are unlit at night.”

Lala said the light proposal will be sent to the Commission by the end of the quarter, and will “hopefully” be fully implemented by the end of the academic year. He emphasized that A.S. will help fund the additional lights, pending approval of the Commission.

“I mean, what better use of student fees could there possibly be than preventing grave safety concerns?” Lala said.

A.S. Take Back the Night (TBTN) is a student organization committed to educating UCSB, Isla Vista and Santa Barbara about sexual violence, as well as empowering survivors and giving them safe spaces on campus. The organization has recently created a form for students to share any negative experiences walking by the lagoon.



NEXUS FILE PHOTO

The lagoon remains an area on campus with a longstanding history of sexual assaults, attempted abductions and robberies.

External Chair of TBTN and third-year history of policy, law and governance and sociology double major Cameron Curtin believes this pattern of assaults is part of a larger

student advocacy.

“I think it’s student-led activism that is really what’s driving this movement towards getting the lighting involved, but also opening up broader discussions about, like, why is UCSB a place where this is happening?” Curtin said.

Internal Chair of TBTN and fourth-year history of policy, law, and governance and sociology double major Kayla Gooden stressed that these lights will not solve the problem of assaults on campus but will simply act as a deterrent. Curtin believes a larger cultural shift must occur to see a decrease in sexual violence.

“I don’t think just lighting or blue boxes prevents sexual violence at all. It’s a deterrent, but it’s really a culture that we have at Santa Barbara, and that’s what we’re aiming to do, is provide prevention, education and bystander intervention,” Gooden said. “But it is something tangible that we can do that can at least maybe help students feel safer and prevent some kinds of crime from occurring.”

In light of a history of incidents of sexual assaults on campus, the Daily Nexus compiled a local resource guide for students and community members who are survivors of sexual violence.

“I’m not blaming the administration, and I’m not blaming the state, but the facts are that there are 0.8 acres on campus that are unlit at night.”

EVAN SUSSMAN

rape culture nationwide.

“I think we see kind of UCSB as a microcosm of current rape culture and current sexual assault culture in this country,” Curtin said.

While Curtin said TBTN has received support from administrators, she believes that the fight to get lights installed has mainly been led by

AFSCME, CNA prepares to strike

Michelle Cisneros
Lead News Editor
Iris Guo
Community Outreach Editor

Two unions representing workers at the University of California will strike next week, from Nov. 17-18. Workers from both unions will be picketing at the UC Santa Barbara campus amid ongoing contract negotiations.

In total, roughly 86,000 workers across the University of California will be striking. The American Federation of State, County and Municipal Employees (AFSCME) 3299 and the California Nurses Association are both currently without a contract. Bargaining for AFSCME began in January 2024, with its contracts expiring later that year. In June, the UC offered its “last, best and final offer” to both patient care technical employees and service worker bargaining units.

The California Nurses Association’s contract expired in October. Negotiations between the union and the UC are underway, with the next negotiation session scheduled for Nov. 19-20.

On Nov. 10, AFSCME organizing intern and second-year sociology major Meadows Stevens hosted a meeting in preparation for the strike. According to the presentation, the union is negotiating for wages that match the increasing cost of living, caps on health care costs and housing assistance, among other demands.

AFSCME 3299’s demands include a wage increase that guarantees a \$25 minimum wage, which the union believes is necessary to keep up with nationwide inflationary trends. According to the United States Bureau of Labor Statistics



NEXUS FILE PHOTO

AFSCME is negotiating for wages that match the increasing cost of living, caps on health care costs and housing assistance, among other demands.

(BLS), the Consumer Price Index — a measure of inflation for goods and services — has increased 3.3% in the last year in the Los Angeles area, as the BLS collects specific regional data.

One of AFSCME’s main concerns on this issue was the pay increases that UC executives, chancellors and presidents have received in recent years. In the 2024-25 school year, former Chancellor Henry T. Yang received a 24.2% pay raise in his final year as chancellor, from \$579,750 to \$820,000. Chancellor Dennis Assanis will receive a salary of \$880,000, an approximate 7.32% increase from Yang’s salary in his final year.

Additionally, AFSCME’s demands include a \$25,000 housing fund per employee that would be used for rent payments, mortgage assistance and home repairs. They are also demanding access to low-interest mortgage loans that would assist employees in the process to qualify to purchase a home, as well as a 20% down payment assistance that would be repaid when a home is sold.

According to Stevens, some UC workers cannot afford to

live in the communities close to campuses, but UC administration has not provided AFSCME with “fair” terms because they claim they are unable to. Stevens also highlighted that UC is invested in Blackstone, an asset management firm.

The UC has invested around \$6.5 billion in Blackstone, which includes a January 2023 \$4 billion investment in the firm’s real estate investment trust, Blackstone Real Estate Income Trust (BREIT). According to a report from the Private Equity Stakeholder Project, Blackstone is the nation’s largest landlord and is actively contributing to housing unaffordability by hiking up rent costs for their properties.

According to the presentation, AFSCME workers are mainly women and people of color, with 50% identifying as Latino/a and 24% identifying as Asian American and Pacific Islander. 61% of the workers are women. AFSCME stated on its website that its demands are about “fairness,” as they believe that the UC’s frontline workers are facing struggles, while “UC’s top executives flourish.”

The Nexus will continue strike coverage next week.

Camino Pescadero beach stairs collapse

Levi Kauffman
Staff Writer

A beach staircase located at the end of Camino Pescadero partially collapsed into the ocean on Nov. 5. The Daily Nexus was unable to confirm when the stairs are expected to be repaired.

Evidence of the collapse was first reported on the social media platform Yik Yak on Thursday morning, which included a picture of the collapsed segment of the stairs in the ocean.

According to a statement from District Representative and Communications Director for Santa Barbara County (SBC) Eleanor Gartner, the SBC Parks Department has been working to repair the stairs following

recent storms. However, due to “high surf and wave action,” the construction work was damaged. The SBC Parks Department is currently monitoring surf conditions until it can continue repairs.

Because of effects from climate change, bluff safety and coastal erosion have become a major issue for Isla Vista. SBC inspects the houses along ocean side Del Playa Drive for safety; however, erosion has continued. In April 2024, the backyard fence of a property on 66 Del Playa Drive collapsed into the ocean and in February, the deck of a different property on the 67 block also collapsed.

The Nexus will continue to report on this topic as more information becomes available.



LEVI KAUFFMAN / DAILY NEXUS

The beach staircase on 65 Del Playa Drive collapsed on Wednesday, Nov. 5.



Jack Dindia
Lead News Editor

PWA hosts ‘Strategies for Medical Self-Advocacy’

The Professional Women’s Association (PWA) is hosting the final part of the “Healthcare Advocacy Series: Strategies for Medical Self-Advocacy” presented by UC Santa Barbara Student Health nurse practitioner Angie Magaña on Thursday, Nov. 13, from 12-1 p.m.

“Angie will share concrete strategies you can incorporate into your healthcare interactions to be able to engage in productive, meaningful discussions that lead to choices that align with your personal goals,” the Shoreline description read.

The event is offered both in person and via Zoom. Students can register for the event on Shoreline to view its location.

Career Services hosts ‘Resumes + Cover Letters 101’

Career Services is hosting “Resumes + Cover Letters 101” on Thursday, Nov. 13, from 2-3 p.m. at Career Services building room 1109. “Ready to make your resume and cover letter stand out? Join our workshop to discover powerful tips and strategies for crafting a resume that grabs attention and opens doors to your next opportunity!” the

Shoreline description read.

UCSB Sustainability hosts ‘Garden Matchmaking: Find your Plot Partner’

UCSB Sustainability is hosting “Garden Matchmaking: Find your Plot Partner” on Thursday, Nov. 13, from 3-4 p.m. at the Greenhouse and Garden Project near Harder Stadium.

“Meet fellow UCSB folks who share your gardening goals, learn about co-owning a plot in UCSB’s community gardens, and start growing together. Whether you’re a veggie grower, flower lover, or total beginner, there’s a connection and resources waiting for you!” the Shoreline description read.

IHC hosts screening of ‘Spinal Tap II’

The Interdisciplinary Humanities Center (IHC) is hosting a free screening of “Spinal Tap II” on Thursday, Nov. 13, from 8-9:35 p.m. at the Isla Vista Theater.

“Join us for this legendary sequel where “The band reunite after a 15-year break for one final concert,” the Shoreline description read.

Snacks will be available while supplies last.

A.S. Media Center and Creative Media Unit hosts ‘Black & White Film Development’

The Associated Students (A.S.) Media Center and the Creative Media Unit are hosting “Black

& White Film Development” on Friday, Nov. 14, from 1-3 p.m. at the Media Center in Annex Building 434, room 141.

“Learn how to safely develop your film photography. Part two of our Film Photography series, please bring your own film to develop,” the Shoreline description read.

The event is free for all students.

UCSB Sustainability hosts ‘Composting 101’

UCSB Sustainability is hosting “Composting 101: Learn, Sift, and Grow With Microbes!” on Friday, Nov. 14, from 1-3 p.m. at the Methodist Community Garden.

“Ever wondered how compost turns your food scraps into rich, healthy soil? Want to use our microscope to see the invisible world of microbes that make it all happen? Join us for Composting 101 an interactive, hands-on workshop where you’ll dive into the fascinating science of composting and learn how to apply it,” the Shoreline description read.

Students can register via a Google Form.

A.S. EAB hosts ‘Tidepool Clean up’

A.S. Environmental Affairs Board (EAB) is hosting “Tidepool Clean up!” on Friday, Nov. 14, from 3:30-5:30 p.m. at Campus Point.

“Come out and volunteer with your Events Chairs to have a fun

sunset cleanup while observing the beautiful tidepools,” the Shoreline description read.

RCSGD hosts ‘Black QT Astrology Night’

The Resource Center for Sexual and Gender Diversity (RCSGD) is hosting “Black QT Astrology Night” on Friday, Nov. 14, from 4-5:30 p.m.

“Come meet people, make bracelets, and learn about the astrology of fall!” the Shoreline description read.

Students can register for the event on Shoreline to view its location.

Department of Recreation hosts ‘48th Annual Turkey Trot 5K’

The Department of Recreation is hosting the 48th annual “Turkey Trot 5k” on Saturday, Nov. 15, from 8:30 a.m. to 12 p.m. at the Lagoon Lawn.

“Run, jog, or walk at your own pace or try to beat the clock as you join the Department of Recreation at this traditional event! Join us for the 48th Annual Turkey Trot 5K featuring breathtaking views of the ocean and campus lagoon!” the Shoreline description read.

Day-of registration prices are \$35 for students and \$40 for non-students.

American Indian and Indigenous Cultural Resource Center hosts ‘50th Annual

Harvest Dinner’

The American Indian and Indigenous Cultural Resource Center is hosting the “50th Annual Harvest Dinner” on Saturday, Nov. 15, from 4-6 p.m. at Corwin Pavilion.

“This event is UCSB’s longest-running annual campus event, serving to recognize and honor our Native and Indigenous students, staff, and community,” the Shoreline description read.

Food will be provided for attendees.

UCSB Sustainability hosts ‘Neon-Themed Neighborhood Clean-Up Day’

UCSB Sustainability is hosting “Neon-Themed Neighborhood Clean-Up Day” as a part of “We are Isla Vista” Week of Service on Sunday, Nov. 16, from 11 a.m. to 1 p.m., starting at St. Michael’s University Church.

“Show out in your brightest outfits & comfy shoes! We will meet at St. Mike’s to start, then disperse throughout IV to clean the streets. All supplies will be provided. Let’s make our neighborhood shine together!” the Shoreline description read.

Attendees are invited to a volunteer appreciation lunch immediately after the event at St. Michael’s University Church. Students can register via a Google Form.



Michelle Cisneros
Lead News Editor

UPTE and UC come to agreement, AFSCME and CNA still to strike next week

The University of California and the University Professional and Technical Employees-Communications Workers of America 9119 came to a contract agreement on Nov. 8. The two parties had been negotiating for 17 months and mediating for three weeks, according to a press release.

“This outcome was the result of constructive dialogue and a shared commitment to finding common ground while maintaining financial responsibility in uncertain times,” the release read.

University Professional and Technical Employees (UPTE) represents over 20,000 healthcare practitioners, research staff and others within the UC. According to UPTE’s press release, the agreement offers “significant” pay increases over four years, caps on healthcare premium increases, as well as better work-life balance, career progression and job security.

The union was set to partake in what could’ve been the largest strike in UC history from Nov. 17-

18, alongside two unions striking in solidarity: the American Federation of State, County and Municipal Employees (AFSCME) 3299 and the California Nurses Association. Both unions are still set to strike as of this article’s publication.

UCSD renames Black Alumni Scholarship Fund, now open to all

UC San Diego and the San Diego Foundation renamed their Black Alumni Scholarship Fund to the Goins Alumni Scholarship Fund in October, the UCSD Guardian reported on Nov. 3.

The San Diego Foundation (SDF) funded the scholarship, which was named after Lennon Goins, a Black UCSD alum who went on to open his own dental practice and was a proponent of the scholarship fund before his death in 2017.

The scholarship was previously only open to incoming Black students at UCSD, whether they were freshmen or transfer students. It is now open to all incoming students who apply. This decision was made after a lawsuit was filed by the Pacific Legal Foundation, representing two plaintiffs: the Californians for Equal Rights Foundation and UCSD student Kai Peters, who was previously ineligible

for the scholarship.

The lawsuit accused the UC Board of Regents, UCSD administration and the SDF of “circumvent[ing] constitutional requirements by outsourcing racial discrimination to a supposedly private entity.”

CA Supreme Court reaffirms UC should reconsider policy against hiring undocumented students

The California Supreme Court upheld a lower court’s ruling that the UC must reconsider its policy against hiring undocumented students on Oct. 29.

UC Los Angeles alum Jeffry Umaña Muñoz and former lecturer Iliana Perez first filed the lawsuit in October 2024, alleging that the UC violated the California Fair Employment and Housing Act. According to the act, employers cannot discriminate against various factors, including immigration status. The lawsuit came after a years-long Opportunity for All campaign that began in 2022.

In August, a panel of California judges ruled that the UC must reconsider its policy barring universities from hiring undocumented students. According to the Daily Bruin, the UC Board of Regents appealed the ruling later

that month, but the Supreme Court refused to hear the appeal, thus maintaining the previous ruling. The August ruling states the UC’s hiring policy “facially discriminates based on immigration status.”

The UC must once again reconsider its hiring policy. According to a statement emailed to the Daily Bruin by UC Office of the President spokesperson Rachel Zaentz, the University is currently “assessing its options.” The UC holds that its policy does not discriminate based on immigration status and instead complies with the Immigration Reform and Control Act of 1986, which makes it illegal for employers to hire undocumented people.

UCLA is currently facing increased oversight from the federal administration as part of the Trump administration’s proposed settlement regarding the University’s alleged civil rights violations.

Clash erupts at UC Berkeley TPUSA event, DOJ to investigate

Four people were arrested at a protest outside a Turning Point USA event at UC Berkeley on Nov. 10. U.S. Assistant Attorney General Harmet Dhillon posted on X the following morning, claiming the Civil Rights Division of the Department of Justice

would investigate the incident.

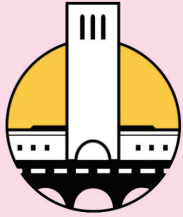
“[Attorney General Pam Bondi] is initiating a full investigation into the potential failures at UC Berkeley and any who enabled such violence,” the post read.

According to The Daily Californian, UC Berkeley administrators have not received any formal inquiries from the Department of Justice (DOJ) as of Tuesday afternoon.

“We are not aware of any DOJ investigation,” campus spokesperson Dan Mogulof told The Daily Californian. “What we are aware of is that over 1,000 people attended the event that was successful and proceeded without disruption. And we are aware of two violent incidents, though it is not clear if both were connected with the event.”

Staff members of The Daily Californian witnessed “at least five individuals detained by law enforcement” and said the majority of protestors, amounting to roughly 300, were “non-violent.”

The DOJ is investigating the UC system and Berkeley for other incidents, including its use of diversity, equity and inclusion within its admissions and alleged antisemitism within the UC, according to The Daily Californian.



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A.S. president proposes projects to combat food insecurity, Senate grants funding



Coastal Conversations requested funding to host former 2020 presidential candidate Andrew Yang.

Wynne Bendell
University News Editor

The 76th Associated Students Senate allocated \$25,000 to fund projects that aim to address student food insecurity at its Nov. 5 meeting. Associated Students (A.S.) President and fourth-year global studies, communication and Spanish triple major Le Anh Metzger presented two projects to address student food insecurity with concerns over Supplemental Nutrition Assistance Program (S.N.A.P.) benefits being delayed in November due to the federal government shutdown. On Nov. 7, the Santa Barbara County Department of Social Services announced that CalFresh benefits for November would be fully distributed.

Metzger first requested that the Senate allocate up to \$15,000 to the Food Security and Basic Needs Advising Center for 150 grocery vouchers. She also requested up to \$10,000 to be allocated to Super Cucas to provide students receiving CalFresh benefits with 900 burritos in November. The Senate approved both funding requests.

Additionally, Senator and fourth-year history and global studies double major Neo Harter proposed the Souper Kitchen High Impact Project (H.I.P.) that will collaborate with the Santa Barbara Hillel and David Medina Events catering to provide students with soup every weekend.

Several senators raised the concern that the project’s request of \$50,616 would use 70% of the Senate’s H.I.P. fund for the entire year. Additionally, Senator and second-year chemistry major Nadine Malhis said she is politically opposed to the proposal because of its collaboration with Santa Barbara Hillel, which she says financially and politically supports Israel.

In a statement to the Daily Nexus, Santa Barbara Hillel Executive Director Josh Levine said that “Santa Barbara Hillel is a nonprofit serving the [UC Santa Barbara] campus community and does not send money to the state of Israel. We serve students of all backgrounds.”

The Hillel website states that it has student interns involved in several national organizations, including the Committee for Accuracy in Middle East Reporting and Analysis, Stand With Us and the American Israel Public Affairs Committee, a pro-Israel lobby group.

Public forum began with fourth-year political science majors Lily Mejia and Kai Purcell. They presented their project to revamp the Eternal Flame monument, which sits between the library and Ellison Hall. The monument was gifted to the University by UCSB’s class of 1968 to commemorate the Civil Rights Movement and the establishment of the Black studies department in 1969.

As UCSB has goals to reduce its carbon emissions by 90% by 2045, Purcell does not believe the Eternal Flame, which constantly emits fossil fuel emissions, reflects that commitment to sustainability. They want to replace the flame with light-emitting diode (L.E.D.) lights and improve the monument with general

SSPs record areas of concern on campus safety walk



Interim Campus Police Chief Matthew Bly said the safety walk allows community members to directly express their concerns around the area.

Jack Dindia
Lead News Editor
Levi Kauffman
Staff Writer

Student Safety Partners led students, community members and administrators on their annual Lighting and Safety Walk on Nov. 5. The lagoon was added to the walk for the first time in response to a recent sexual assault in the area.

Every year, the UC Police Department (UCPD) hosts safety walks to document safety concerns from students and community members. Student Safety Partners (SSPs), who are employed under UCPD’s Community Service Organization, recorded the coordinates of areas where increased lighting is needed, where plants should be trimmed and other places that attendees felt concerned about.

UC Santa Barbara has seen an increase in reported crimes on campus in the past three years, especially for violent crimes such as rape and dating violence. Most recently, on Oct. 19, an unknown individual attempted to sexually assault a person near the lagoon.

Roughly 30 attendees from organizations, including the Associated Students (A.S.) Senate, UCSB Facilities Management, UCSB Housing, Dining & Auxiliary Enterprises, UCSB Communications Services, A.S. Take Back the Night and UCSB Student Affairs met with organizers by the Arbor to learn how the walks would work. UCPD Corporal Ariel Bournes then instructed

attendees to split into four groups to walk the different routes, including near the lagoon, west campus, north campus and east campus.

UCPD Interim Chief of Police Matthew Bly spoke first by thanking everyone in attendance for being able to provide input contributing to improved safety.

“Campus safety [and] community safety really takes a community effort, and if nothing else that we get out of this effort tonight, we really want to hear from each of you,” Bly said. “The beauty of this event is not only what we have planned out as far as the four different routes of travel, but the sidebar conversations that this environment allows us to have with each one of you.”

The lagoon route began by the lawn outside of the University Center, continuing in the direction of Manzanita Village Residence Hall, passing by Campus Point until the entire area was covered.

SSPs and attendees immediately spotted a broken light post on the route. Throughout the walk, community members pointed out a variety of safety concerns which SSPs recorded, including inadequate lighting, landscape and sidewalk improvement and suggestions for blue light placements.

The additional route around the lagoon was a response to a trend of reported incidents in the area. Bly said the safety walk allows community members to directly express their concerns around the area.

“We’re specifically listening to students who have come to us with concerns about general safety around the lagoon area, and we thought it would be a good opportunity to make an assessment with the participants that we have with us this evening and hear directly from our students as far as what concerns them,” Bly said.

During the walk, A.S. First President Pro Tempore and second-year political science major Evan Sussman brought attention to “lagoon island,” or a peninsula with a beaten path which wasn’t initially present on the route. With “lagoon island” being a predominantly unlit and overgrown area, Sussman suggested blue lights in the area and improved lighting.

A.S. Off-Campus Senator and second-year political science major Erica Sherkin came on behalf of the Senate in order to “be in the community” and directly listen to their concerns. She spoke on the importance of the implementation of the lagoon route following the most recent reported sexual assault.

“I would just think this is very pressing. And the fact that we’ve been on this walk and we’ve had to stop repeatedly, we see the need for lighting and safety measures,” Sherkin said.

At the end of the walk, Bly expressed he was “more pleased” with the west side of the route, given there was more adequate lighting. The lagoon route concluded just after 8 p.m., taking an additional 40 minutes compared to the other routes, according to Bournes.

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UCSB Sustainability hosts Climate Action Plan forum



Students had an opportunity to sit with Persad and her team after the presentation to ask questions and give input on a number of topics prepared by Muñoz.

Dalia Puchal
Reporter

UC Santa Barbara Sustainability hosted its Climate Action Plan forum at the Student Resource Building Multipurpose Room on Nov. 6. Introducing the 2025 draft of the Climate Action Plan, the department held the student forum to garner feedback on several proposed sustainability initiatives before the plan's final presentation to the University of California Office of the President in June 2026.

Following an introduction from third-year political science and history of public policy and law double major and Climate Action Fellows Estrella Alcaraz Muñoz, Campus Sustainability Manager Jewel Persad presented this year's Climate Action Plan (C.A.P.) to the 15 students present.

Director of Student Sustainability Initiatives Katie Maynard and former Climate Action Fellow and UCSB graduate Mariah Hudnut were in attendance, along with Campus Emergency Manager Jim Caesar and Mission Continuity Specialist Michael Brindle. Students had an opportunity to sit with Persad and her team after the presentation to ask questions and give input on a number of topics prepared by Muñoz.

In 2023, the University of California system issued the adapted UC Sustainable Practices policy, requiring that each of its universities and facilities effectively reduce carbon emissions by 90% by 2045 and negate any residual emissions by carbon removal. The 2025 C.A.P. tackles the University's total emissions across three scopes: natural gas and combustion (Scope 1), purchased electricity (Scope 2) and university-funded indirect emissions (Scope 3). If funded, the plan would effectively reduce carbon emissions by roughly 90% before 2045, using 2019 as a baseline.

Scope 1 primarily targets stationary combustion, along with mobile combustion from the University's vehicle fleet and fugitive emissions or refrigerants. Stationary combustion, which refers to the combustion of natural gas in boilers that provide heating and hot water, currently accounts for 50.8% of UCSB's current emissions. To combat this issue, the UCSB Decarbonization Project Committee proposed the construction of a new central utility plant on campus in 2024, which would employ energy-efficient technology such as heat pumps and thermal energy storage tanks. Funding and implementation of this project will be phased through 2045.

According to Persad, UCSB is the only UC location where building a new energy plant would be more cost-effective

than solely maintaining existing infrastructure — the estimated cost of the new centralized utility plant would be \$2.25 billion, versus \$3.04 billion for a “business-as-usual” scenario.

Scope 2 pertains to the University's purchased electricity, which is no longer relevant because of the adoption of the UC Clean Power Program in July 2020. Prior to the program's implementation, purchased electricity was the largest source of greenhouse gas emissions, which have since dropped by 16,500 million metric tons CO2e. Currently, approximately 99% of purchased electricity is carbon-free and primarily sourced from solar energy.

Scope 3 predominantly addresses transportation by investigating ways to reduce emissions from commuter and business travel, which together account for 41.7% of UCSB's total emissions.

The C.A.P. outlines major changes to commuter transport, proposing a range of alternatives to the current system. One recommendation is the formation of a committee tasked with reforming the parking fee structure to disincentivize single-occupancy vehicle use. Upcoming on-campus housing projects such as San Benito student housing, Ocean Road faculty and staff housing and the East Campus infill effort will also reduce commuter emissions by default.

In addition to providing subsidies for public transport, it was also proposed that the University purchase seats on local buses to optimize routes and scheduling for UCSB commuters. This was a trouble spot, attracting a lot of student concern throughout the breakout session, according to Persad.

“Purchasing bus seats would allow for greater input regarding routes and locations of the pick-up and drop-offs for the buses, but we would also require a much greater financial investment,” Persad said.

Also calculated within Scope 3's umbrella is municipal solid waste. Despite accounting for 2.7% of UCSB's total emissions, this year's C.A.P. is the first to identify and report waste as a source of emissions. This is due to an update included in the 2023 UC Sustainable Practices Policy.

The C.A.P. is presently accepting feedback through Dec. 5 by email to jewelpersad@ucsb.edu.

“The plan is to collect all of the comments by the end of this quarter and to use the winter quarter to review the feedback and incorporate any suggestions,” Persad said. “In spring quarter, we would seek formal approval from our campus before submitting the plan to [the UC Office of the President].”

UCSB's Parents & Family Weekend sees celebrations of cultures



The event brought together the African diaspora over traditional West African drumming and Southern soul food from Momma's Soul Food in Isla Vista.

Noura Elkhatab
Reporter

Parents & Family Weekend is an annual event where loved ones of Gauchos are invited to campus to experience student life and the academic community at UC Santa Barbara. Campus organizations, such as the Educational Opportunity Program, held several events from Nov. 8-9, emphasizing the preservation of an inclusive and supportive academic environment for all students.

The Chicanx/Latinx Cultural Resource Center of the Educational Opportunity Program (EOP) held its annual “Celebración de la Familia” on Nov. 8. UCSB students and their families mingled over various types of tacos, tamales, traditional pastries from Cristino's Bakery and agua frescas from Super Cucas while overlooking the lagoon.

The Celebración de la Familia serves as a space to uplift Latine-identifying UCSB students and their families through shared cultural values. It also provides a way for the University to inform students of the resources available to them through EOP, such as culturally-informed academic counseling, financial support and psychological support.

“We're not afraid to be here and be present in this campus community,” Ashley Aguirre, a third-year history and sociology double major who works for EOP, said. “There's obviously some concerns of less attendance due to fear about [Immigration and Customs Enforcement, (I.C.E.)] presence on campus that we've been seeing recently. Hopefully families still feel like they can come here and show up.”

On Oct. 2 of this year, an unconfirmed immigration agent entered Santa Catalina Residence Hall and attempted to identify a resident. Per the University's investigation, confirmation that this was an I.C.E. agent is unavailable. However, there has been an increase in I.C.E. presence in the greater Santa Barbara area.

Aguirre also expressed concerns about funding cuts that the EOP has been experiencing due to efforts from the Trump administration to remove diversity, equity and inclusion initiatives on college campuses.

“Programming-wise for EOP has definitely felt a hit since the Trump administration,” Aguirre said. “We want to keep preserving all of the financial resources that get poured into it just because it's

so important for parents to see that their students are welcome here.”

Aguirre stressed the significance of Celebración de la Familia and its role in the protection of an inclusive and equitable academic environment on campus.

“These are unprecedented times we live in, so I feel like it's even more important to build up the community in that sense and show as much as we can that this is a sanctuary for people from mixed-status families and undocumented students,” Aguirre said.

Keynote speaker Veronica Fematt, the Director for Hispanic-Serving Institution (HSI) Student Initiatives at UCSB, expressed how much UCSB students have fought to have events such as the Celebración de la Familia happen.

UCSB became an HSI when the enrollment of Hispanic-identifying students reached 25% in 2014. However, she noted that it took 10 years and the efforts of UCSB students for her role as director to be created. Fematt specializes in ensuring a higher education environment that is inclusive and equitable for all students. Hispanic students make up around 29% of UCSB's student population as of the 2024-25 academic year.

The event was topped off by a performance of Mexican folklórico by the Board, Committee and Unit Raices de mi Tierra, a student-led dance group.

That same afternoon, students, staff and families gathered in community at the Black Family Weekend celebration. The event brought together the African diaspora over traditional West African drumming and Southern soul food from Momma's Soul Food in Isla Vista.

The event is hosted by the African diasporic Cultural Resource Center (AdCRC) within EOP and aims to support the academic development of UCSB students of the African diaspora.

Black Student Union (BSU) co-president and third-year Black-studies and history of public policy and law double major Kamaya Jackson attended the event with her mom and said that the event served to reinforce the presence of the Black community on UCSB's campus.

“With the anti-Blackness that happens on this campus, it's amazing to see us in community, us together, us strong,” Jackson said.

On Oct. 22, Dean of Students Joaquin Becerra sent a campus-

wide email acknowledging that a hate crime involving anti-Black vandalism had been found outside of the Arts Building two days prior. The University removed the vandalism and is investigating the incident, according to the email.

“Black students exist here, and we matter,” Jackson said.

Tara Jones, an academic achievement counselor and the AdCRC coordinator, highlighted the purpose of this event beyond celebration, which is to make sure that all Gauchos are connected to adequate academic resources through the EOP program.

“We never miss the opportunity to extend a helping hand to our students to show them the way to be the best Gaucho that they can be,” Jones said.

The Office of Black Student Development, Black Leadership Council, MultiCultural Center and other student-led organizations were also in attendance at this celebration.

Chancellor Dennis Assanis kicked off the afternoon by delivering a speech expressing his support for the Black student leaders who helped host the event. He also directly addressed the Gaucho parent attendees, thanking them for coming to show support for their students.

“You're part of a team, and we have one job in life which is our students' success,” Assanis said.

Samia Mungai, a fourth-year political science major and treasurer of the Nigerian Student Association, followed by holding a blessing and libation ceremony. According to Mungai, this ceremony brings people with African roots together across the different diasporas.

“There are people that are Black American, others are African, others are Caribbean. So it just breaks down those walls or borders through shared culture and shared values,” Mungai said.

According to the Office of Budget and Planning website, Black students make up roughly 5% of the undergraduate student population. Mungai expressed the significance of this annual event in holding space for Black students to come together.

“We only make up about 4% of the school, so this is a time to celebrate our presence on campus, our identity, as well as continue to uplift each other,” Mungai said. “It's already difficult being in a predominantly white institution. This is just one of the things we do to ensure there is still community both within the school and within our support systems.”



Students and their families mingled over various types of tacos, tamales, traditional pastries from Cristino's Bakery and agua frescas from Super Cucas.

Sherrilyn Ifill speaks on reimagining American democracy



Ifill discussed the importance of the 14th Amendment of the U.S. Constitution and also highlighted what she believes is needed to reform American democracy.

Iris Guo
*Community Outreach
News Editor*
Lucy Wellons
Staff Writer

Civil rights lawyer and Howard University School of Law professor Sherrilyn Ifill delivered a lecture on reimagining American democracy at Campbell Hall on Nov. 6 to an audience of around 300 students and community members.

Ifill, who served as president of the National Association for the Advancement of Colored People (NAACP) Legal Defense Fund from 2013 to 2022, discussed the concept of citizenship and the role of the 14th Amendment of the United States Constitution. She also highlighted what she believes is needed to reform and improve American democracy.

Ifill began the lecture by asking the audience to imagine the rift the country felt in the aftermath of the Civil War.

“600,000 Americans have been killed. Much of the landscape of the country has been decimated. People are trying to find their way home. 4 million Black people who were enslaved now have to be integrated into this country,” Ifill said. “The one man who many and most believe was the one person who could hold together the Union, the President of the United States, President Lincoln, is assassinated in a conspiracy in Washington, D.C.”

She emphasized that, while the war was technically over, skirmishes were still being fought in Texas and other states in the South. During this uncertain period in American history, Ifill said that the “Reconstruction Congress,” which people considered “radical Republicans” at the time, decided to create a legal framework that would promote equality.

“What would you do? How would you stitch together a nation so fractured? How would you create a framework for a multiracial democracy in which those 4 million Black people are integrated into the republic?” Ifill said.

Ifill said she believes the 14th Amendment brought the country together, as it granted citizenship to all people born or naturalized in the U.S. and guaranteed all citizens “equal protection of the laws” and “due process of law” from state governments.

“But just those words of the first sentence of the 14th Amendment, that you are a citizen of the United States and of the state in which you reside, [were] deliberately designed to move front and center our sense of national citizenship. Because after all, it was state citizenship that led to the fracture of the republic,” Ifill said.

Throughout her lecture, Ifill emphasized the importance of the 14th Amendment in reshaping American democracy by making it so every person is “counted as a whole person” for the purpose of representation. The amendment also promoted equality by overturning the 1787 three-fifths compromise, which counted enslaved individuals

as three-fifths of a person for purposes of representation. According to Ifill, prior to the 14th Amendment, the word “equal” was not used once in the American Constitution.

“Most Americans know nothing about the amendment that reshaped our national identity after the Civil War, and that the reason you believe that you have the right to equal treatment in this country is because of the 14th Amendment, not because of what Hamilton and Jefferson and Madison did,” Ifill said. “As a matter of fact, there’s no concept of equality in that first Constitution.”

Ifill said the 14th Amendment can serve as a “powerful template” during times of “democratic crisis” because it enables people to believe that they have the power, right and obligation to “re-found” the country as a whole.

“When we are faced with a nation that is unraveling and in which our democracy has been broken, we have the right and the obligation as citizens of this country to become the founders and the framers of the next iteration of American democracy,” Ifill said.

Ifill reconnected this notion back to the Reconstruction Era, saying that individuals during this period faced similar challenges that are still present today — violence, political instability, white supremacy and an “authoritarian president” — which the 14th Amendment helped to overcome.

According to Ifill, many Americans feel “powerless” in contending with the idea of rebalancing “democracy to be like [people] remember it.” However, Ifill said that people should not feel nostalgic for the past, but instead focus on the present.

“Perhaps these are the only moments when everything is collapsing around us, where we can actually be bold enough to create something different — to create the country we actually want rather than the one we have tried to work with,” Ifill said.

In addressing the current American “crisis in democracy,” Ifill said that the second presidency of Donald Trump is an “accelerant” that has exacerbated the preexisting “cracks and the fissures in the foundation of our democracy.” According to Ifill, Americans must reimagine and “re-found” the country to solve this instead of waiting for a Democratic candidate to take office.

“I believe this moment compels us [to see what] we want this country to be, and to be comforted by the fact that this country has been re-founded before. We’re not being asked to do anything that those who came before us didn’t do — I’m only asking that we do it without 600,000 dead,” Ifill said.

The second half of the evening consisted of a moderated conversation with John Park, a professor of Asian American Studies at UC Santa Barbara who specializes in immigration law and policy, race theory, political theory and public law.

Park drew on the 19th century to expand conversation on what Ifill described as a “period of

tremendous dynamism.” The two discussed how voting was not part of the original conception of citizenship and how our current understanding of what it means emerged from an extended, strenuous process that was shaped by the efforts of activists and abolitionist figures.

Park highlighted the role of activism and civil disobedience as vital drivers of progress. He specifically stated that many heroes of the 19th century “were often the people who broke the law.”

Ifill also addressed current debates surrounding birthright citizenship, criticizing the

idea that it should be a case considered by the Supreme Court due to its explicit protection in the Constitution.

Ifill highlighted the broader idea that every action, even if seemingly insignificant or unsuccessful, contributes to the context that shapes policy.

“Lots of young people will say to me, ‘We protested in 2020 and nothing happened.’ And I say all the time, none of it is wasted,” Ifill said. “You are shaping how we think about these issues. You are shaping the conversation about what is just and what is not just, about what citizens have the right to expect from their country, and

what kinds of protections they have the right to expect.”

Ifill concluded by saying universities will continue to contribute to the process of promoting change within American democracy.

“There’s no better place than the university to do that work. To reimagine this democracy, to believe that you have the right, to believe you have the tools, to believe you have the obligation to plant a vision for the future of this country, to plant a vision for a healthy democracy, one in which the foundation is strong and can survive accelerants, can survive strong winds and earthquakes,” Ifill said.

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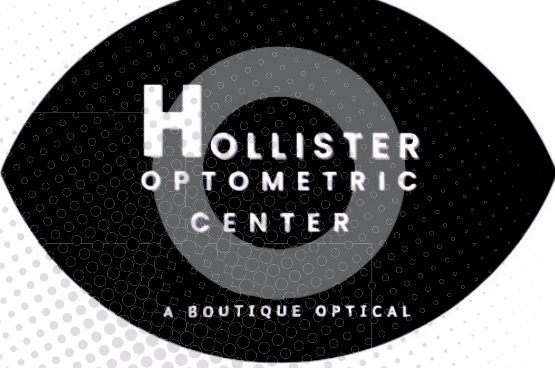
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Day of the Dead celebration at UCSB





Cultural food and drinks were served to attendees to enjoy while traditional dancers performed a dance routine.

Elijah Obando
Reporter

The Latinx UC Santa Barbara Network Association held Día de los Muertos Celebración de la Gente 2025, or “Day of the Dead Celebration of the People,” on Nov. 5. The event was sponsored by the Sigma Alpha Zeta multicultural sorority, Sigma Lambda Beta international fraternity, Associated Students and the Associated Students Finance and Business Committee.

Día de los Muertos is a Mexican cultural holiday where people come together to celebrate loved ones who have passed away. The event marked Latinx UC Santa Barbara Network Association’s (L.U.N.A.) 10th year hosting the celebration, and was attended by roughly 50 people.

L.U.N.A. was created in 2014 as an organization for staff and faculty, and is not limited to Latine people. They began hosting the Día de los Muertos celebration the following year. Staff members of L.U.N.A., who chose to remain anonymous, expressed that the event acts as a way to show people a glimpse of Mexican culture while providing a safe space for students, staff and faculty. They hope to offer attendees a sense of community and belonging.

“If people don’t have the space to commemorate their loved ones by going home, they have space here to do that all together and enjoy free homemade food,” one staff member said.

Ofrendas, or altars and offerings made to honor and remember deceased loved ones, were set up inside the Student Resource Building.

The event began with a land acknowledgement for the Chumash people from Mia Lopez, whose ancestors were a part of several village sites that the UCSB campus sits upon.

Cultural food and drinks were served to attendees to enjoy while traditional dancers performed a dance routine. Sigma Lambda Beta and Sigma Alpha Zeta members volunteered to help by checking attendees in and handing out food.

Although hosted mainly for the Latine community, the event welcomed students from all backgrounds.

“I think it’s amazing that everyone can join in, even if they’re not specifically from the culture and appreciate it themselves,” second-year biology major Aleccia Garrido said.

First-year biology major Carla Baranda Arias heard about the event through a friend who sent her the flyer. She expressed that she was really glad she went with her friends.

“Me and my family celebrate Día de los Muertos together, so it’s really important to honor our loved ones,” Arias said. “Even though Día de los Muertos was on the first and the second of November, I like that we’re still having the night to honor those who passed.”



Ofrendas, or altars and offerings made to honor and remember deceased loved ones, were set up inside the Student Resource Building.



Although hosted mainly for the Latine community, the event welcomed students from all backgrounds.

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DATA

Peak hours, packed gym: UCSB Recreation Center busiest on weekday afternoons

Chloe Lo
Reporter

The UCSB Recreation Center plays a crucial role in supporting the campus community's health and wellness. With over 4,000 visits on peak days, it serves as a pillar for the physical and mental well-being of students and staff alike. Yet, balancing a productive workout with classes and other commitments can prove challenging. The popularity of the facility often attracts crowds, which can lead to long waits for equipment.

Fortunately, by understanding usage patterns and peak hours, individuals can time their visits to avoid rush hours and make the most of their workout sessions.

Entrance data from the Recreation Center, spanning January 2016 to April 2025, indicates that the Recreation Center sees the highest number of visitors on weekday afternoons.

Monday through Wednesday afternoons see the heaviest traffic, with Tuesday and Wednesday having the most entrances overall. With over 290 entries between 5-6 p.m., Mondays and Tuesdays are – on average – the busiest days of the week.

Dina Ferino, Assistant Director of Operations for the Department of Recreation, confirmed these patterns.

“The highest facility usage is Monday-Wednesday,” Ferino said. “Our peak student attendance is 3:00-6:00 p.m.”

Ferino explained that the exact reasons behind these trends likely involve multiple factors.

“It’s likely a combination of factors; schedule changes, motivation and time off taken over the weekend,” Ferino said. “The same applies to the 3-6 p.m. period: higher traffic may reflect class schedules, campus activities that start later in the evening, students taking study breaks or the appeal of a more social environment.”

Third-year political science major Ethan Yu, who visits the Recreation Center three to four times every week, experiences these peak hours firsthand.

“1:00-4:00 p.m. is usually very crowded, especially in the [Pavilion Gymnasium]. With a surplus of people working out and a deficit of the most-used

workout equipment, my routine is definitely prolonged,” Yu said.

Despite the crowds, Yu prioritizes convenience over avoiding busy times.

“I don’t really adjust my own schedule to how crowded the gym gets. I sacrifice more time so that it’s more convenient for me,” Yu said.

Weekly attendance data shows that gym visits peak at the beginning of each quarter before gradually declining as the weeks progress. Attendance dips approximately around the middle and end of each quarter, which align with midterm and final periods. Furthermore, gym attendance across fall, winter and spring quarters shows that fall quarter sees the highest participation rates while spring quarter typically has the lowest.

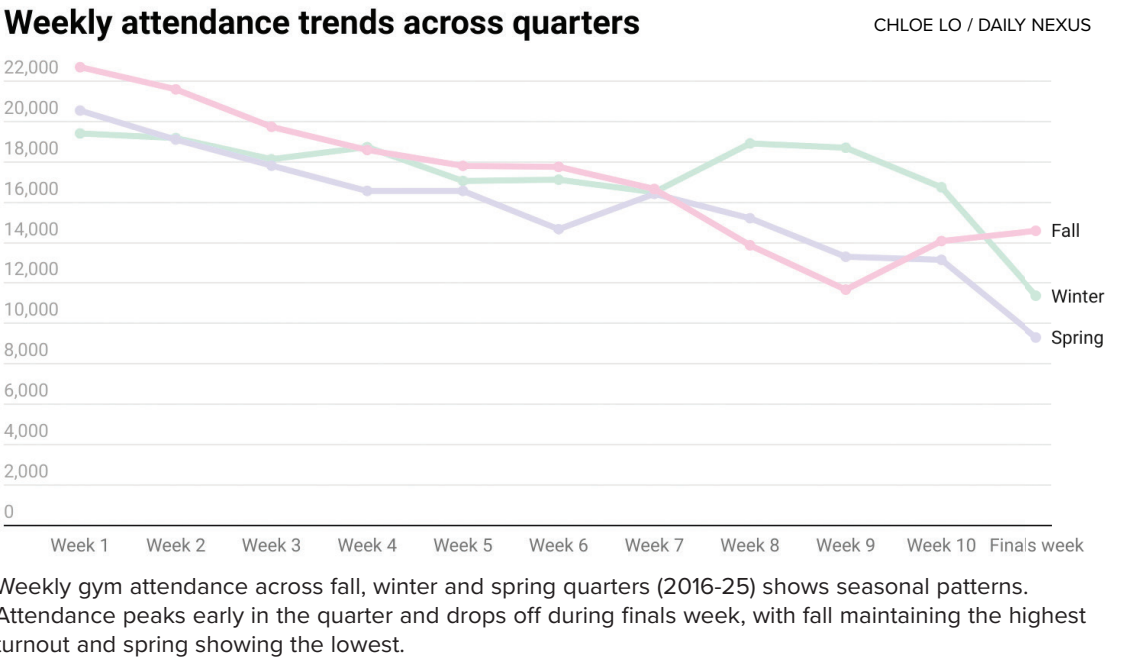
Ferino explained that holidays and finals week significantly affect traffic.

“Holidays are typically slower. For context, during last year’s Winter Break reduced hours (December 14-20, 2024), the Recreation Center recorded only 1,999 student visits,” Ferino said. “Finals week also trends lower; for example, on December 9, 2024 – the first day of finals – we had 2,022 student visits,” Ferino said.

The drops during these periods likely reflect broader shifts in campus life. Ferino explains that during finals week, some students have essays or online exams and may leave campus, while others take on extra work shifts due to more flexible schedules. Over winter break, most students leave campus entirely and many prioritize family or internships.

The beginning of each quarter sees a significant increase in facility usage as students rush to recommit to their fitness goals. Ferino shared specific numbers from the start of Fall Quarter 2025, highlighting the excitement and rush that often come with the beginning of the academic year.

“We typically see increased student traffic at the start of each quarter. For context this fall: September 22 saw 3,974 student visits, September 23, 3,750, September 24, 4,235, September 25, 4,117, September 26, 3,650, September 29, 4,950, September 30, 4,506, October 1, 4,464, October 2, 3,845 and October 3, 3,077,” Ferino reported.



Managing these peak periods demands strategic staffing decisions, especially given current budget constraints.

“In prior years we staffed these peaks primarily with student employees, but given the current campus budget environment we are relying more on professional staff support – myself and two Operations Coordinators – alongside our outstanding student leaders, recreation supervisors and operations specialists,” Ferino explained.

Early morning hours are typically a quiet option for students looking to steer clear of crowds. Although weekdays have fewer than 120 entrances before 8 a.m., weekend mornings ultimately see the lowest traffic. For students willing to adjust their schedules, Yu recommends visiting around then.

“If you are not opposed to waking up earlier in the morning, there is barely anyone ever working out early in the morning (7:30-8:30 a.m.),” Yu said.

Ferino notes that the morning users differ from the afternoon crowd in composition.

“Between 6:00-8:00 a.m., we usually see faculty, staff, community members and some students,” Ferino explained. “12:00-2:00 p.m. is busy with faculty/staff and students between classes.”

Weekend patterns differ considerably from those on weekdays. Participation levels on Saturday and Sunday drop significantly, with traffic building gradually from 9 a.m. onward and peak hours occurring earlier

in the day than on weekdays. On weekends, entrances rarely surpass 180 per hour, a notable difference from weekday peaks that often exceed 240 per hour.

Meanwhile, evening hours may offer another peaceful alternative to the afternoon surges on weekdays.

“We remain active until about 9:00 p.m., though not as busy as the afternoon peak, and traffic slows between 9:00-11:00 p.m.,” Ferino said.

Thursdays and Fridays see particularly dramatic declines, with Friday attendance falling to just 58.84 average entrances at 8 p.m., a sharp contrast from the 230 entrances at the day’s afternoon peak.

Real-time Wi-Fi analytics captures actual time spent by active users across the facility, not just entrances. Usage data throughout the 2024-25 academic year showed high spring engagement, a summer decline and notable drops during winter break. Daily occupancy peaked at over 500 users during the evening hours from 4-8 p.m., and overnight use dropped to nearly zero as the facility closed.

Data from March 2-9, 2025 – week 9 and one week before Dead Week in Winter 2025 – revealed consistent daily patterns throughout the week. Tracking shows occupancy increasing throughout the day, peaking during dinner hours and then dropping sharply as students prepare for the following day.

Swipe data and Wi-Fi data can only paint a partial picture of the Rec Center’s usage since many

students enter without swiping cards or entering their perm ID, and activities that take place outside of the main building are not reflected in this data, according to Ferino.

“Many of our programs take place outside the Recreation Center, primarily in Rob Gym and on the Rec Cen Fields. Approximately 80% of programs are held in Rob Gym Monday through Sunday, and participation at those locations is not included in our Rec Cen access data,” Ferino said. “Event attendance at these sites is still tracked using manual counters.”

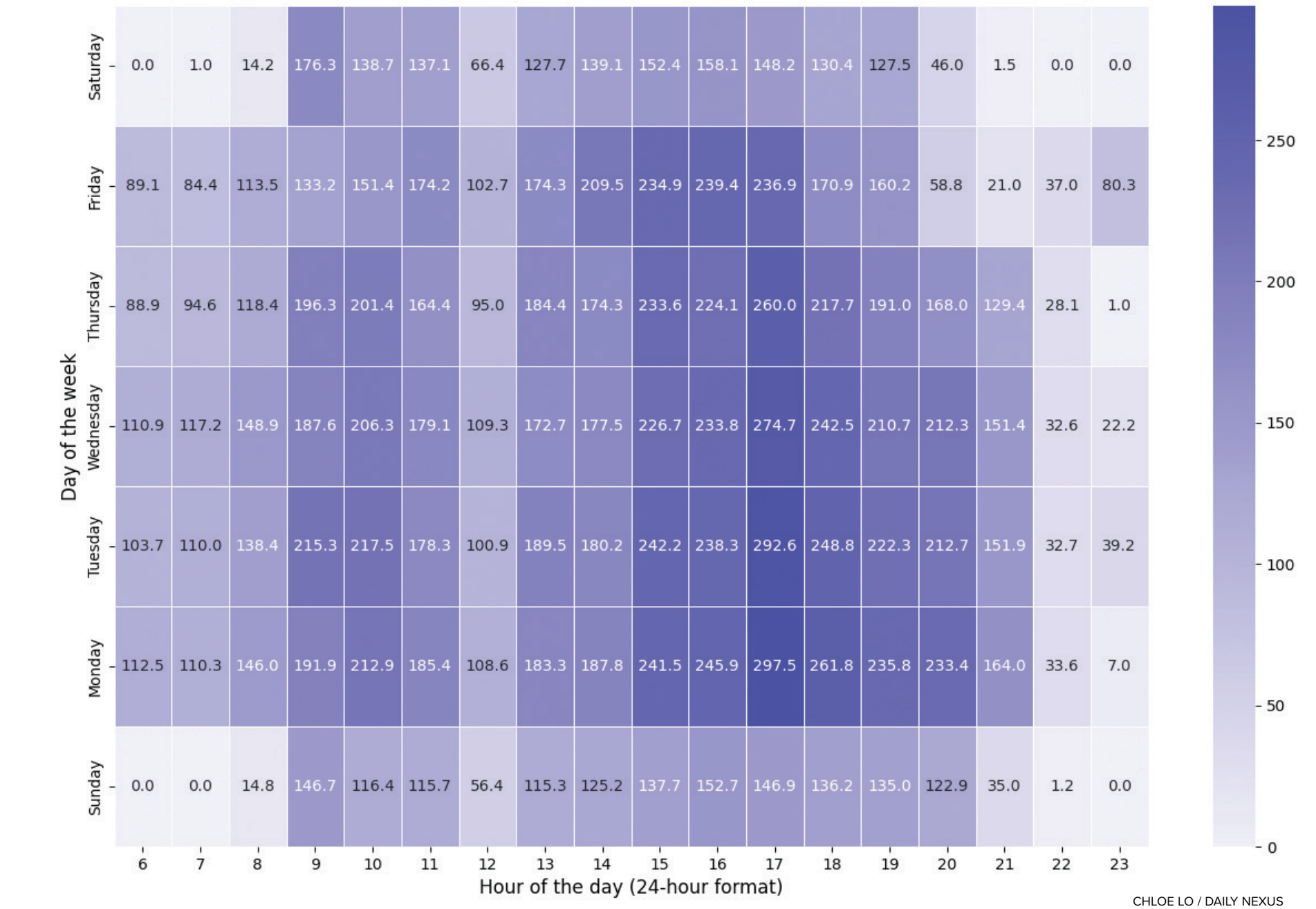
Group fitness classes, intramural sports and special events held at satellite locations significantly contribute to overall campus recreation participation.

For many students like Yu, being able to access the Rec Center is essential to their well-being.

“The Recreation Center is incredibly crucial to the mental and physical health of many UCSB students. I remember there was a week last year where I lost my campus ID card and couldn’t enter the gym while I waited for my card to be replaced. Not having a gym to exercise [in] was definitely difficult for me,” Yu said.

Given the facility’s significance, the importance of understanding usage trends extends beyond convenience alone. Helping students maintain a consistent fitness routine allows them to prioritize their health without adding extra burden to their busy schedules.

Average Recreation Center swipes by hour and day



Activity peaks on weekday afternoons, with Tuesdays and Wednesdays seeing the most entrances. Weekends see dramatically lower activity, while average swipes to the Recreation Center on weekdays generally increase after 9 a.m. The Recreation Center operates on different hours on weekends, closing earlier at 9 p.m. on Friday and Saturday and 10 p.m. on Sundays.



La psicología en el estilo: como la ropa influye en la autopercepción

Alué Otiura
Escritora para La Vista

La ropa parece una decisión cotidiana sin mayor importancia, según numerosos estudios psicológicos sabemos que tiene un impacto profundo en cómo pensamos, sentimos y actuamos.

No sólo comunica una imagen hacia los demás; también influye en nuestra identidad y en la forma en la que nos percibimos internamente.

A este fenómeno se le conoce como enlothed cognition, la idea de que lo que vestimos afecta directamente nuestros procesos mentales.

Investigaciones del Journal of Experimental Social Psychology (Adam & Galinsky, 2012) demostraron que usar una bata de laboratorio incrementa la atención y el rendimiento en tareas cognitivas, pero sólo cuando los participantes creían que era una bata de médico.

Esto sugiere que no es solo la prenda, sino el significado simbólico que le atribuimos, lo que impacta en nuestra mente.

Así, vestirse de forma profesional puede hacernos sentir más competentes, mientras que ropa cómoda

puede inducir una sensación de relajación.

La elección de la vestimenta se convierte, entonces, en una herramienta psicológica: un modo de influir en nuestro estado de ánimo y autopercepción.

En definitiva, cada mañana, al elegir qué ponernos, no solo seleccionamos colores o estilos: elegimos también cómo queremos pensar, sentir y actuar durante el día.

Los colores también ejercen un papel importante en la psicología del estilo.

Tonos calidos como el rojo o el amarillo suelen transmitir alegría, seguridad y presencia, mientras que los colores frios como el azul o el verde generan calma, claridad y estabilidad.

Incluso las texturas y el ajuste influyen: telas suaves ofrecen confort emocional, y prendas estructuradas pueden aumentar la sensación de orden, enfoque y control.

Por eso, muchas personas utilizan la ropa como una forma de elevar su ánimo.

Elegir un outfit que nos hace sentir bien funciona como un pequeño ritual de autocuidado, capaz de mejorar la autoestima, la motivación y la disposición

mental. La prenda adecuada puede recordarnos nuestra fortaleza, ayudarnos a recuperar confianza o prepararnos mentalmente para un reto importante.

Sin embargo, la relación con la ropa no siempre es individual; también está atravesada por la presión social y las redes.

La comparación constante y la búsqueda de validación externa pueden afectar la manera en que nos vemos, haciendo que algunas elecciones estén motivadas más por el juicio ajeno que por el bienestar propio.

Encontrar un equilibrio entre expresión personal y expectativas sociales resulta fundamental para mantener una relación saludable con la moda.

La ropa no solo cubre el cuerpo: también modela la mente. Cada mañana, al elegir qué ponernos, no solo seleccionamos colores o estilos; decidimos cómo queremos pensar, sentir y actuar durante el día.

Y cuando lo hacemos desde la autenticidad y el autocuidado, la vestimenta puede convertirse en una herramienta poderosa para la identidad, la seguridad y el bienestar emocional.



La conciencia: el universo y la humanidad

Azucena Sanchez
Editora para La Vista

Todas estamos mirando la misma Luna, en el mismo planeta, dentro del mismo universo.

Esto nos convierte en partículas de polvo en una roca flotante, buscando respuestas del universo.

Sin embargo, al mismo tiempo, no sabemos mucho sobre nuestras propias vidas o sobre nuestro lugar en el universo.

Lo que sí sabemos es que somos conscientes.

El cosmos es una fuente de curiosidad infinita.

Durante muchos años, los humanos teorizaron que el Sol giraba alrededor de la Tierra.

Esto se debía principalmente a que Aristóteles, un filósofo griego, creía que la Tierra tenía que estar inmóvil, y que por lo tanto los planetas, el Sol y las estrellas giraban alrededor de ella.

Esta idea geocéntrica se arraigó profundamente en la teología cristiana.

Hasta tal punto que se convirtió en una doctrina religiosa, a través de la síntesis de la cosmología antigua con la interpretación bíblica.

Pero fue un sacerdote, Nicolás Copérnico, quien sacó a la luz la idea de que era la Tierra la que giraba alrededor del Sol.

Ahora sabemos cientos de

cosas nuevas sobre el universo. Aun así, no es suficiente.

Sabemos de la Vía Láctea: nuestra galaxia, que se encuentra a 100 000 años luz de ancho.

En su interior, puede haber más de 200 000 millones de estrellas y, en ellas, innumerables planetas.

Tiene unos 13.600 millones de años, casi la misma edad que el universo, que tiene entre 12.000 y 14.000 millones de años.

Y en el corazón de este hogar hay un agujero negro.

Sagitario A. Un superagujero negro con una masa aproximadamente 4 millones de veces superior a la del Sol.

Es enorme, pero está oculto tras nubes de polvo y estrellas, lo que lo sitúa a 27.000 años luz de la Tierra.

Nuestra galaxia orbita lentamente alrededor del agujero negro.

En cierto modo poético, es la razón por la que la Vía Láctea respira.

Y en algún lugar de la Vía Láctea, la Tierra gira.

Es bastante joven, con 4500 millones de años.

Formada literalmente a partir del polvo de estrellas.

Por ahora, es el único mundo conocido con vida, que alberga millones de especies vivas.

Y a través de todo ello, somos

el universo experimentándose a sí mismo.

Esta teoría, asociada sobre todo a Alan Watts, escritor y orador británico-estadounidense, pone de manifiesto la idea de que tanto el universo como los seres humanos son conscientes el uno del otro.

Por ejemplo, compartimos similitudes naturales.

Nuestras células cerebrales y el cosmos parecen compartir los mismos filamentos.

Un huracán y una galaxia tienen la misma espiral.

Mientras que la nebulosa Helix y el ojo comparten un parecido tal que a menudo se le conoce como el “Ojo de Dios”, ya que la nebulosa parece un ojo gigante.

Los seres humanos somos conscientes de estas similitudes, porque somos conscientes no solo de nosotros mismos, sino también del universo que nos rodea.

Y esta conciencia que poseemos me hace pensar que no solo nosotros somos conscientes, sino que quizá también lo sea el universo.

Si soy consciente de que tengo dedos, y los animales son en cierta manera conscientes de su propia autonomía, entonces también lo sería el universo, ¿no?

Sin embargo, si nunca me hubieran dicho que tengo un páncreas o que mi corazón tiene

cuatro cavidades, entonces supongo que eso significa que no somos plenamente conscientes de nosotros mismos a menos que nos diseccionamos completamente.

Lo que sí sabemos es que somos seres conscientes.

Somos conscientes de nuestra propia existencia y de nuestro entorno, incluidos los pensamientos, los sentimientos y las percepciones.

Así de extraño que pueda parecer, ¿podría significar esto que el universo también es consciente de sí mismo?

O, en otras palabras, ¿puede algo dentro del universo ser consciente de sí mismo?

¿Incluso si no posee todo el conocimiento de nuestra existencia o de su propia existencia?

Por ejemplo, si mirara hacia la Luna, pequeños fragmentos del Sol, ya que su luz se refleja, o fotones de luz, se reflejarán directamente en mis ojos.

En ese momento, ya no sería solo yo, la Luna o el Sol, ahora sería una interacción ininterrumpida entre el universo mismo.

Así que, en realidad, todo lo que compone la Tierra, desde el suelo hasta las flores, o la brisa del océano y las palmeras, son, en cierto modo, límites mentales que exponemos en nuestra propia experiencia para ayudarnos a

comprender, bueno, todo.

Sin embargo, estas experiencias son formas de pensar, que son una función de la conciencia.

Así que, en realidad, estos límites no pueden existir plenamente sin conciencia.

Hace años, algo surgió de una pequeña y densa bola de fuego, formando innumerables materias y energías que luego comenzaron a combinarse en planetas, galaxias, estrellas, asteroides, etc.

Esta creación no se detuvo solo en el espacio.

Aterrizó en la roca gigante conocida como Tierra y formó múltiples materias de la naturaleza: ríos, nubes, desastres naturales y mucho más.

Y a través de todo ello, ciertas combinaciones de materia comenzaron a reproducirse.

Obtuvieron la capacidad de percibir su entorno y responder a él.

Esto les dio la capacidad de experimentar, de tomar conciencia de sí mismas.

De este modo, nuestro universo, al igual que nosotros, conoce lo que significa ser consciente.

Como dijo Carl Sagan, astrónomo y científico planetario estadounidense: “El cosmos está dentro de nosotros. Estamos hechos de materia estelar. Somos una forma que tiene el universo de conocerse a sí mismo”.



ON THE MENU

Lasagna soup



Lizzy Rivera

Staff Writer

I don't know about you, but I am fully in fall mode. I am embracing the wool sweaters, colored leaves, cozy nights and best of all, soup. The changing weather makes me crave a meal that fits the season, such as lasagna soup. I am a huge fan of Italian food, and the idea of turning lasagna, a popular comfort food, into a soup sparked my interest in what seems like the ultimate comfort meal. The combination of the cheese, garlic, noodles and beef in one bowl just works so well. The first time I made this was for my whole family, which was a bit daunting. It is always a bit stressful when you know people are relying on you for their satisfying dinner after a long day of work. Luckily, it turned out to be a hit, or else

I probably wouldn't be writing this. An extra plus is that it will make your house smell amazing. Anyways, I made this meal again last week and my friends really enjoyed it, so I thought I'd share. I highly suggest giving this recipe a try. My favorite part about making this meal is how many leftovers you get from it; I haven't had to make myself dinner in four days. Another great part of this recipe is that you can make the entire recipe in just one pot, which saves on dishwashing time.

Get ready for a comforting, warm meal that you will be raving to your friends about and that will save you from cooking dinner these next few days!

Lasagna soup

Servings: 8

Time: 35 minutes

Ingredients:

- 1 pound lean ground beef (or any ground meat you prefer)
- 1 cup diced onion
- 3 garlic cloves, minced
- 2 (14.5 ounce) cans diced tomatoes, undrained
- 1 (8 ounce) can tomato sauce
- 1/4 cup tomato paste
- 4 cups (32 ounces) low sodium beef broth (chicken or veggie broth can be substituted)
- 2 teaspoons Italian seasoning
- 6 uncooked lasagna noodles, broken into 1 1/2 inch pieces
- Cheese topping:
- 1 cup (8 ounces) ricotta cheese
- 1/2 cup grated parmesan cheese
- 1/4 teaspoon salt

Instructions:

1. In a saucepan, brown the beef and onion over medium-high heat. Add the garlic and cook for about 30-60 seconds. Drain.
2. Stir in the diced tomatoes, tomato sauce, tomato paste, beef broth and Italian seasonings. Bring mixture to a boil and stir in lasagna pieces. Reduce heat slightly and cook for about 10 minutes. Season with salt and pepper to taste.
3. For the cheese topping: In a small bowl, mix together the ricotta, parmesan and salt.
4. To serve, spoon soup in a bowl and top with a dollop of the cheese mixture. To eat, stir in cheese and enjoy!
5. Store leftovers in an airtight container in the fridge for up to a week.

I love how quick and easy this dish is to make, especially compared to making real lasagna. I think adding the cheese mixture at the end is what really makes this dish lasagna soup. I like to add some fresh basil or chopped parsley on top for extra flavor.

In the few times I have made this soup, I have also made garlic bread using the extra minced garlic and some sourdough bread. It gives you something to dip into the soup and complements the dish well.

I hope this recipe inspires you to try out different combinations of dishes you like. It feels like a nice change of pace from your everyday meals. Enjoy, and happy fall!

Sweetgreens' Shroomami Bowl at home



The miso dressing that coats the veggies makes this bowl pack a punch of flavor.

Piper Cheney

On the Menu Editor

There's not many downsides to living in Santa Barbara; we have the ocean, the mountains and some of the best Mexican food I've ever tasted. It's hard to complain when you live in such a paradise during college. However, one of my everyday annoyances is the closest Sweetgreen being an hour and a half away. A Sweetgreen would do numbers in downtown Santa Barbara!

This weekend, my cravings for a heaping bowl of Sweetgreen salad consumed me. There's just something about the fresh ingredients, tangy dressings and perfectly balanced bowls that hits the spot every time. But with no chance of scooping one up from Los Angeles, I was

forced to get a little creative in my kitchen. After a lot of debating on which dreamy bowl I wanted, I picked the famous Shroomami Bowl. The mix of soft mushroom, crispy tofu and crunchy sunflower seeds makes for my dream bowl. This bowl is savory with a hint of sweet and brings me back to the good old days of driving 10 minutes to get to my local Sweetgreen back at home.

Shroomami Bowl

Servings: 2

Time: 30 minutes

Ingredients:

- 1 bag of kale
- 1 cup cooked wild rice
- 2 cups of shiitake mushrooms
- 1 cup tofu

Instructions:

1. Wrap the tofu on a paper towel and press until most of the water is drained.
2. Cut the tofu into cubes and place on a hot pan with oil, sear until golden brown.
3. While the tofu cooks, thinly slice the cucumber and mushrooms.
4. Place the kale into a large

bowl and lightly massage the leaves with salt and olive oil.

5. Once the tofu is brown, place your mushrooms into the same pan and cook on medium heat until soft, about 8 minutes.
6. While the mushrooms cook, make the dressing. Combine the white miso paste, rice vinegar, soy sauce, sesame oil, fresh ginger and honey in a small bowl and whisk until smooth.
7. Get a bowl, place the kale and white rice at the bottom of the bowl, then add all your toppings: tofu, mushroom, cucumbers and sunflower seeds.
8. Add as much or as little dressing as you desire.

This is optional, but I love to add some avocado and pickled red onion on top to spice up my salad. The creamy avocado balances the tang of the miso dressing, while the pickled onion gives every bite that perfect pop of acidity. If you prefer more protein, you can substitute the tofu with chicken or beef.

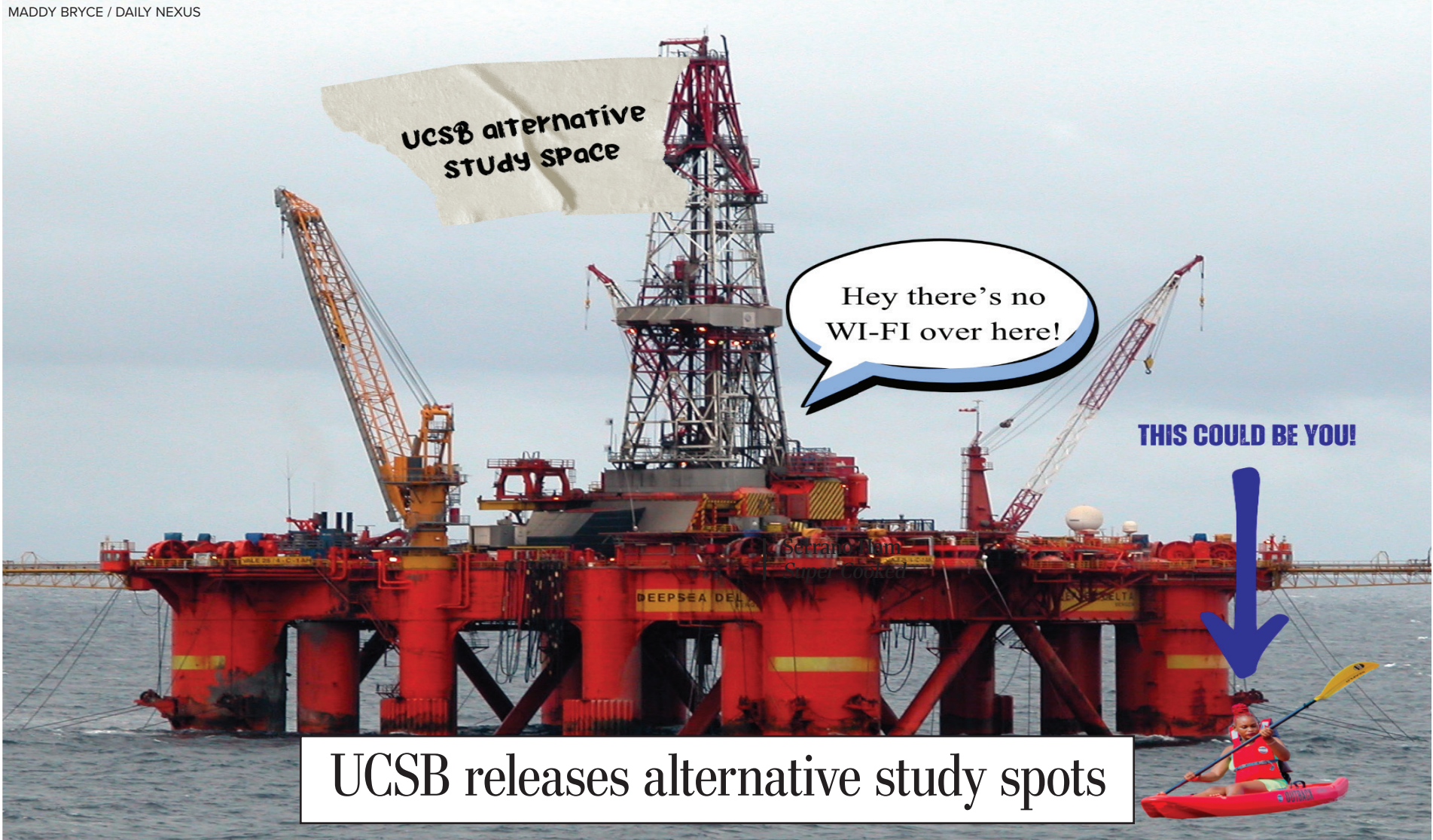
Recreating the Shroomami Bowl at home turned out to be the perfect fix for my Sweetgreen cravings. It's fresh, filling and packed with that same umami flavor I'd drive hours for if I could. Plus, it reminded me that with a few good ingredients and a little creativity, you can bring your favorite restaurant dishes right to your own kitchen. Until Santa Barbara gets its own Sweetgreen, this homemade version will definitely do the trick.

Daily
Nexus
Stench

NEXUSTENTIALISM

It's Satire, Stupid.

MADDY BRYCE / DAILY NEXUS



Serrano Ham
Locked in

With midterm season waning and library hours back after popular demand, UC Santa Barbara has released a list of alternative study spots just in time to accommodate absolutely nobody. With student comfort and accessibility taking top priority, the school has created a list of places for students to achieve academic success.

The oil rig

This is a great spot to study if you don't want to be bothered and need a little white noise in the background to help you focus. The rushing waves hitting the rig and the whistle of the wind will literally be the only thing you'll hear once you've settled in. It's unclear whether the school plans to provide an internet connection

or a means for you to reach the rig, so that might be something to keep in mind. However, the solitude this spot offers — due to the treacherous travel required — and the dubious accommodations means you'll be locked in for sure.

The Del Playa porta-potty

UCSB is known for their “work hard, play hard” motto, and nothing is more representative of this fact than a study spot at this porta-potty. It provides great incentive to focus on finishing the lab report, so you can step outside and join the masses partying it up outside. The downsides of this spot are that you might consistently have your deep study state interrupted by drunk girls banging on the door, and the odor of vomit and festering sewage might also prove a big distraction. However, the ambiance from the partying outside is unmatched, and

you won't have to waste any time traveling to meet up with your bros before heading out to the frats!

The secret bathroom

Again, another bathroom-related study spot ... real estate really must be an issue here in Isla Vista. Anyway, this is another great study spot — with a decently large downside. Nobody knows where it is. But, if you do manage to find the secret bathroom, you can be certain that you will be undisturbed and left peaceably alone to study. Being in the bathroom also means that you don't have to waste any time relieving yourself, which might take you out of the research paper flow state you've achieved. If you find this study spot, don't gatekeep!

The Lagoon dock

This spot is great for people who work best outdoors and thrive in

the fresh air. You will be able to get all your studying done with the pelicans and seagulls for company — they'll definitely keep you honest and make sure your mandated TikTok breaks don't last for more than 10 minutes. Some pluses: great view, the movement of the dock creates a meditative atmosphere and you can ask passersby questions about your practice tests. Some minuses: the lagoon freaking reeks so good luck focusing, the dock might detach and you'll be stranded in the middle of the lagoon and a pelican could snatch your computer and abscond with it.

The middle of DLG

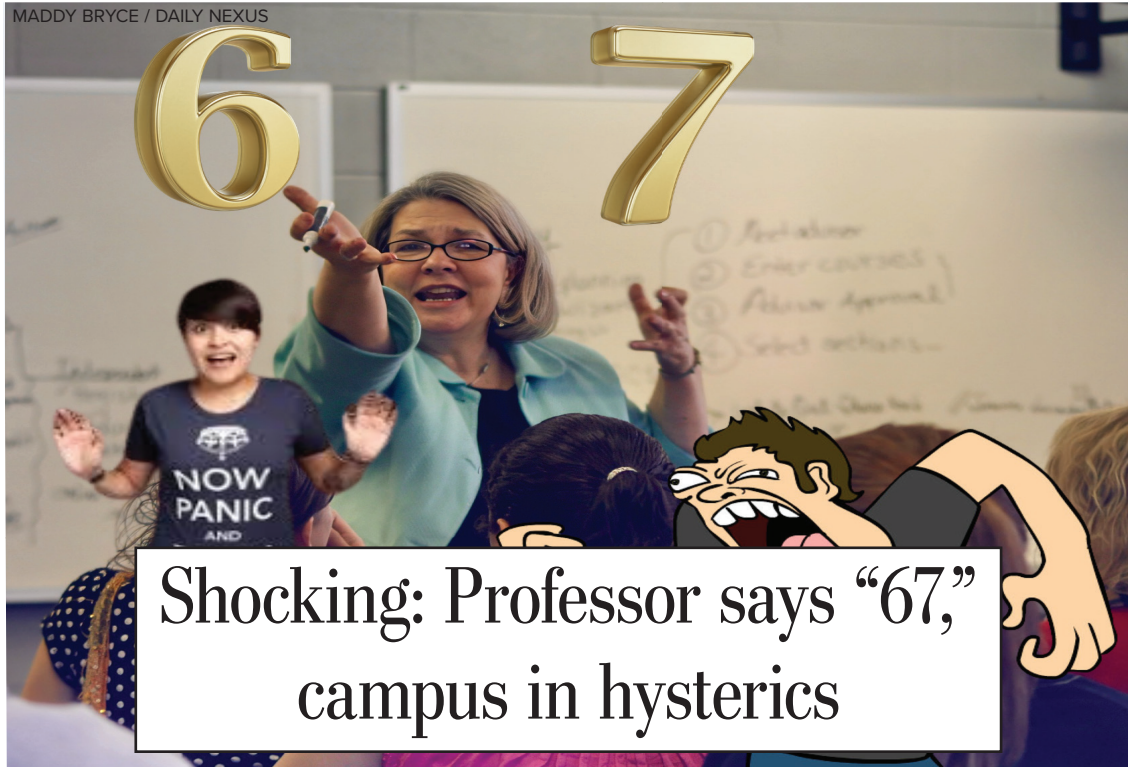
This seems like a bit of a strange one for the school to be suggesting, but here we are. The only real perk is that you have food at your fingertips if you get hungry while

studying. But, you'll have to dodge freshmen acting like it's their first day on earth and the insane line for ribs. Will De La Guerra let you stay while they reset for each meal? Will they provide you ice cream when you start losing energy? These are important questions you should figure out before picking this study spot.

UCSB never ceases to amaze with their thoughtfulness and time they spend thinking about ways to benefit their students. Without a doubt, these amazing alternative study spots will be a boon to any students struggling to find space as they start thinking about finals. The only thing left to say is: “Thank you Chancellor Assanis!”

Serrano Ham is personally a huge fan of the oil rig suggestion and will be kayaking there ASAP.

MADDY BRYCE / DAILY NEXUS



Ivana Doomscroll
Terrified

In an event that has experts desperately searching for solutions and the employed scratching their heads, approximately 1,000 students at UC Santa Barbara are in an irreversible state of hysteria after a professor said “six seven” during a lecture.

According to chemistry professor Inna Leuchturr, this bizarre phenomenon began with something fairly innocent: an exam.

“I was trying to explain to my class that their average on the midterm was ... well, I'm sure you can guess,” she said. “The reaction that followed has me frightened for the future of humanity.”

According to passersby, raucous laughter could be heard from outside Campbell Hall, followed by a primal roar of the numbers that have defined internet culture for half a year.

Second-year classics major Alice Aysane, who uses a flip phone for the aesthetic and was

therefore immune to the effects of the incident, commented on the situation.

“It was crazy. They were spilling out of the building like zombies, chanting the same two numbers over and over again. Their eyes were glazed over. Is this the rapture everyone was talking about?” Aysane asked.

Unfortunately, this bizarre phenomenon didn't stop within the confines of the lecture hall. As the affected students left class, intermittently shouting “six seven” at random passersby, more students began getting infected.

Fourth-year biology major Mason Branerott, performing the popular up-and-down hand motion associated with the meme, also commented.

“I honestly can't stop thinking about it. It's still in my head,” he said. “I've been doing this for the last six, seven hours. It's exhausting.” Branerott, who just a week ago was looking forward to his medical school decisions, is now considering co-hosting a podcast with The Rizzler.

In order to prevent this

epidemic from spreading to the rest of the student body, the University has decided to take drastic measures, including blocking TikTok on campus Wi-Fi and putting a temporary hold on any class that could potentially expose students to the problematic numbers.

“First the library hours, now our classes,” lamented first-year history major and frat pledge George Riggins, who was infected after learning about the date of Thurgood Marshall's appointment to the U.S. Supreme Court. Riggins expressed disappointment that he can no longer go through with his hazing by climbing up on a desk and singing “Golden” during American History.

When asked if she felt any responsibility for inciting the epidemic, Leuchturr shrugged. “Not really,” she said. “I'd say it's 10% my fault, 20 to 30% social media's, and of course, 60 to 70% theirs.”

Ivana Doomscroll is planning on quarantining in her dorm for the next six to seven weeks.

MADDY BRYCE / DAILY NEXUS



The Gentle Giant
Chugging along

Amidst budget cuts due to the ongoing government shutdown, the Federal Aviation Administration announced this morning that Santa Barbara Airport will permanently suspend commercial flight operations. This was the Federal Aviation Administration's most recent announcement following a mandatory 10% national flight reduction at major hubs under the newest safety mandate. Local airlines confirmed that all incoming and outgoing commercial service will end as of 11:59 p.m. Nov. 14, with diverted flights now routed through Los Angeles or San Francisco.

The director of the Federal Aviation Administration (FAA) explained their reasoning for shutting down the airport in a post on X.

“In an effort to maintain flights in more important hubs, we decided to shut down that ruddy little small-town wannabe airport in order to keep the heavy hitters like LAX up and running,” Bryan Bedford posted. “After all, who actually uses the Santa Barbara Airport? UC Santa Barbara students? Yeah, those college bums can take Caltrain.”

Many locals and UCSB students were frustrated with

the announcement and are being forced to change travel plans last minute to get home for winter. Sarah Haras, one of many out-of-state students attending the public university, expressed her frustration in an interview.

“It was small and cute. I'm going to really miss it,” she said. “Now, I have to book a new flight and then suffer through LA traffic just to get home. Why can't our stupid country just agree on a budget instead of shutting down public facilities?”

In early December, the small airport will be completely bulldozed. Plans for a fast food restaurant will likely be built, according to local officials.

Many, like Professor Bob, an architecture professor at UCSB, felt these actions were extreme and destructive to the city's historical heritage.

“The Santa Barbara Airport was created in the Spanish Colonial Revival style, built all the way back in 1941 as a Marine Corps Air Station during World War II. This is a work of art being destroyed, for what? A McDonald's? God help us.”

Though Santa Barbara Airport will soon be leveled, it will always live on in our hearts.

The Gentle Giant is dreading to ride Caltrain.

SCIENCE & TECH

Matter of Opinion:

My weekend tide pooling in Isla Vista



At Devereux Beach, attention typically gravitates toward the breathtaking views — however, there’s a whole miniature world just beneath the rocks you stand on.

Makena Eggiman
Reporter

Nature is all around us; from the mountains to the oceans, Santa Barbara offers a vast array of wildlife that invites exploration. Down the wooden stairs on the outskirts of Isla Vista, Devereux Beach is a popular destination for dog walkers, surfers, sunset enjoyers and more.

Attention typically gravitates toward the breathtaking views of the landscape and horizon – however, when you look closer at the rocks you’re standing on, you’ll find a whole miniature world just beneath you.

Tide pooling is a great activity to enjoy alone or with friends and a cost effective way to observe nature up close. I went exploring tide pools at Devereux Beach, often referred to as “Devs,” accompanied by the UC Santa Barbara Scuba Club. The club meets at sunset to explore and learn about tide pool creatures and is open for anyone to join.

Last week, between Nov. 5-7, a King Tide transformed Devs into a bustling tourist destination.

As the moon’s movement and gravitational pull affects the sea level, the height of the tide varies throughout the day. The amount of variance changes throughout the year. A “King Tide” occurs when the Earth is closest to the moon, creating the largest variation between high and low tide.

While tide pooling is a year-round activity, this phenomenon enables the greatest visibility of pools and their abundance of wildlife. The next King Tide will occur between Dec. 4-6, so mark your calendars for your next tide pooling excursion!

Tide pools are their own ecosystem between the ocean and the sand. As the waves roll in and out, ocean water and its inhabitants get left behind in the crevices of rocks.

The creatures that live here – mollusks, crustaceans and echinoderms, for example – face extreme living conditions, such as exposure to extreme sunlight and rapid currents, varying salinity (salt levels), temperature fluctuations, oxygen depletion and more.

As you approach the Devs pools, the first creature you might

spot – and the most abundant to the naked eye – is a sea anemone. These animals are invertebrates, and while they have no face, their body mostly consists of a range of tentacles and a gastrovascular cavity, also known as a mouth.

You might also notice they are often covered in tiny rocks and bits of seashells. This not only acts as a mechanism of camouflage but also to shield them from the sun’s heat rays so they don’t dry out.

We met a local while exploring who came prepared with an ultra-violet flash light. By evening it was dark out, and when shined onto the sea anemones they glowed an intense green.

This is because of biofluorescence, a process where molecules of antioxidant proteins can absorb UV light from the sun during the day and re-emit it at night.

Another common creature to find are crabs, who are much more mobile, making use of their eight hind legs and two giant claws. We encountered two crabs battling each other and even found the remains of a freshly snapped claw laying on the rocks.

Rock crabs are fierce creatures and get competitive over territory, food and mates. Luckily for this rock crab, they have the ability to regenerate severed limbs, a function called molting.

As long as you’re cautious of the safety of the crab and yourself, you can gently pick them up by their hind legs to examine them up close. One can even tell the gender of the crustacean by flipping over its bottom side. Females have a curved “U-shaped” abdomen, whereas males have a sharper “T-shape.” In doing so, we discovered the two crabs fighting were both male.

Not all creatures are found on the surface of the pools – many hide deeper in the wedges and can only be revealed by rolling up your sleeves and observing closely.

When we carefully lifted up a rock, a small tentacle reached out, and we found a baby octopus. Octopi are very flexible creatures and can squeeze into any hole their beak can fit in.

Also underneath and along the edges of rocks are many types of sea stars, more rare and elusive creatures. We were able to find

both ochre stars and brittle stars.

The ochre stars are the bigger sea stars you can find. Typically only a few near each other, making them easier to spot.

Brittle stars are smaller and blend in easier, and we spotted hundreds of them convening in a washed up kelp bush.

Finally, my favorite creature I spotted that took me multiple trips to Devs to find is a nudibranch. Nudibranchs are the slugs of the ocean who come in a vast array of bright neon colors and whimsical shapes. They are not much bigger than a quarter, but they are poisonous and obtain their stinging cells by feeding on other poisonous creatures.

Devereux Beach is a great place to visit if you are looking to explore an accessible and active habitat.

The key in spotting these tide pool creatures is patience, as they are good at hiding but make the hunt to spot them even more thrilling. There are thousands of species to find beyond this list, so grab your flashlight, roll up your pants and make your way through the rocks for an awesome adventure!

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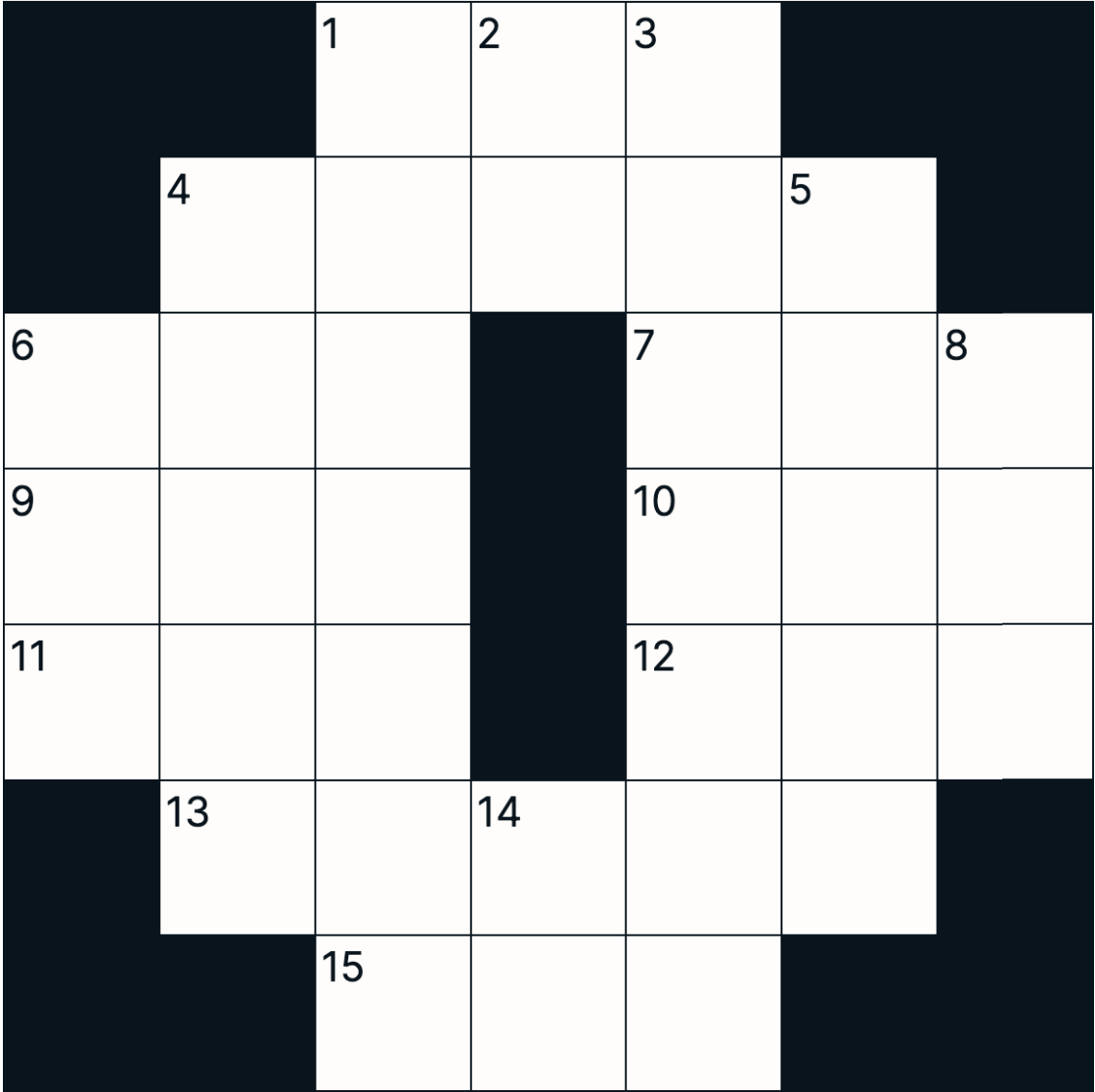
16 TRIPS TO/FROM
LAX DAILY

(PICK UP/DROP OFF STOPS IN GOLETA,
SANTA BARBARA, AND CARP. TIMES
BELOW SHOW GOLETA DEPARTURE)

TO LAX: 3:30AM, 5:30AM,
7AM, 8:30AM, 10AM, 12PM,
2:30PM, 6PM
FROM LAX: 8AM, 10:30AM,
12:30PM, 2PM, 3:30PM,
5:30PM, 7:30PM, 10PM



The Daily Nexus Crossword



Sanchita Koppa
Games Contributor

- Across:
- Eve, from Adam
 - A very give and take bond
 - A classic canopy tree
 - Type of invisible energy lines
 - The study of society, abbreviated
 - “Much ____ About Nothing,” Shakespearean
 - How we grow, abbreviated
 - Chinese-American mathematician whose work analyzed general relativity
 - A dying spark
 - Long lasting state, in Spanish

- Down:
- “10 Things I Hate About You”, “The Notebook”; category of movies
 - Out, antonym
 - Phospholipids, coupled up
 - Phrase commonly said to loved ones
 - Type of evergreen coniferous; used in furniture
 - Informal address to a man, in Spanish
 - With 4 Down
 14. 15 across, in English

PERSONALITY QUIZ: WHAT TYPE OF SICK STUDENT ARE YOU?

What would you do if you got sick? Take this quiz to find out what kind of sick student you would be.

Malia Guy
Staff Writer

QUESTIONS

- Have you already gotten sick this quarter?
 - Yes, during the first week
 - Yes, during the second or third week
 - Yes, during midterms
 - Yes, I'm sick right now
 - No, I haven't gotten sick
- How often do you get sick?
 - Once a year
 - Once a quarter, usually fall or winter
 - Once a quarter, usually spring or summer
 - Often, multiple times a year
 - Not often
- If you were to get sick now, what do you think would be the cause?
 - A lecture hall
 - A party
 - My job
 - Someone I live with
 - Eating something expired
- How bad is the sickness?
 - I can still function
 - I can't function
 - It feels like I can't function, but I probably could function
 - I am functioning, even if I shouldn't
 - I feel like I can function, but won't get out of bed
- What's your best remedy to feel better?
 - Advil/Tylenol/any other over-the-counter medicine
 - Chicken noodle soup
 - Ginger ale
 - Cup of tea
 - Vicks
- What do you do when you're sick?
 - Try to look over Canvas to not fall behind
 - Just rot in bed
 - Watch my favorite shows and videos
 - Do what I can to keep my daily routines
 - Nap for as long as I can
- What's the worst symptom?
 - Headaches
 - Coughing
 - Sneezing
 - Terrible stomach
 - A symptom that is too gross to name
- What sickness would you NOT want to catch?
 - The plague
 - Chickenpox
 - Common cold/flu
 - Anything that makes you take antibiotics
 - Anything that could have been prevented by a vaccine
- What's the ultimate item to prevent being sick?
 - Masks
 - Gloves
 - Hand sanitizer
 - Castor oil
 - Lysol
- What do you appreciate the most after you have recovered?
 - Being able to breathe normally
 - Being able to move around
 - Being able to think clearly again
 - Being able to go outside
 - Being able to eat your favorite foods without consequence

RESULTS

- If you chose mostly A: Power through**
You are definitely sick, but you can still function. If you have a midterm, you are 100% going to make it. You'll go to class if you have to, but if not, you'll spend time trying to recover. You're a trooper.
- If you chose mostly B: Bedridden**
The sickness you caught is actually debilitating. You can't even enjoy staying at home because you are in actual misery. Get better soon.
- If you chose mostly C: Dramatic**
Maybe your immune system is weak, but you should not be that sick. If it was absolutely necessary for you to go to class, you could find a way to make it, but you probably won't. You'll choose to be unproductive rather than worrying about your class.
- If you chose mostly D: Super germ spreader**
You are the reason most of the people around you get sick. While maybe you weren't the first person to get sick, once you get sick it's over for everyone around you. By the time you do consider yourself "sick," you would have already gone to lecture, gone to the gym and been out the whole day.
- If you chose mostly E: Invincible**
You probably haven't gotten sick and probably won't get sick. You could go to Campbell Hall, sit in a row with someone coughing and walk out unscathed. Congrats, we all wish for your immune system.
- If you didn't choose one letter in particular: Unknown**
No one can tell if you're sick or not, not even yourself. Sure, you might have a snuffle or an occasional headache, but nothing debilitating. Maybe it's allergies, maybe it's some terrible disease or maybe it's nothing. All anyone can tell is that you're in class sounding sick.



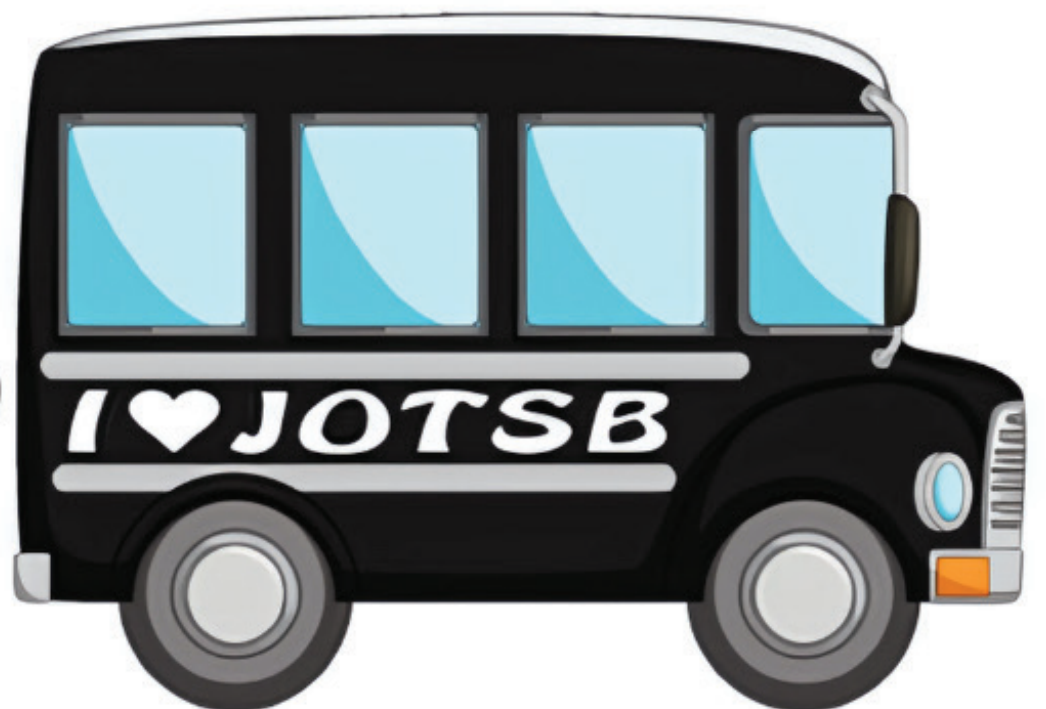


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 sightseeing tours
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 to visit the iconic
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 and walkabout
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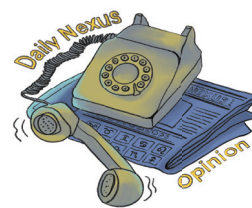
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OPINION



Inside the pipeline: How the “Whatever” podcast shapes today’s generation



Guest panelists from the Oct. 12, 2025 livestreamed episode of the “Whatever” podcast. Reporter Claire Kim sits in the second chair from the right.

Claire Kim
Reporter

I didn’t go on the “Whatever” podcast to be the titular “anti-male red hair feminist” who gets “DESTROYED” (yes, that’s an actual title to one of their videos). I went on the podcast because the Instagram DM they sent me made it sound like a discussion: “We’ll talk modern dating, red flags, gender roles and more!” They also offered me money and free food, and, as a broke student, that was enough to make me say yes.

What I got instead of a discussion was nine hours of questions, bizarre hypotheticals, a host who prided himself on being wildly misogynistic and a 2-inch wide slice of pizza.

Early in the show, Brian Atlas, 35, the host, pulled up a clip of a woman bowing as the cameraman entered the house. She went on to run around the house, putting away his clothes and hastily preparing his food. He grinned as he played the clip and narrated: “Deep bow, submissive hand posture ... love to see it ... This is the expectation ... I get home — I’m handling everything by the way — I just want a bow when I get home.”

Then he turned to me: “There is no circumstance under which you would bow? What if your husband said: ‘If you don’t do this, I’ll divorce you?’”

It sounded degrading and humiliating. “You say it’s degrading, disgusting and weird,” Atlas said. “How is it degrading, though?”

He compared bowing to chivalry: “It’s the willingness to do it up front ... It’s just the temperature check, in the same way women have this temperature check when it comes to paying for the first date ... My expectation is yes, you are going to be submissive, I don’t care what you have to say ... You acknowledge that it’s completely benign, it takes no effort.”

Another woman a few seats down from me added: “Why is it attached to being lesser? It’s in so many cultures.”

That was when I asked him to clarify in what circumstance he meant. In my own culture, bowing is seen as a form of greeting or mutual respect and the gesture carries shared social meaning that is neither gendered nor hierarchical. Bowing is a gesture that shows politeness, rather than dominance and submission. He brushed it off. “No,” he said, “it’s just a weird white guy thing.” In American culture, bowing is not neutral or benign, and he even admits that: “Bowing has actually been used in Western cultures ... to kings.” It has been historically associated with servitude, power imbalance and deference. What Atlas is really describing is a symbolic reinforcement of hierarchy, the

patriarchy and dominance over women as a man. A woman’s physical act of lowering herself to affirm his authority.

The women nodded along. One said, “If I’m married to a man, I’d want to please him. I’d want to make him happy.” Another said, “For the perfect man, I’d bark like a dog if that’s what made him happy.”

Later, Atlas turned to what he clearly considers feminism’s biggest mistake: ambition. “Who here wants to pursue a career?” he asked. “For the perfect man — he’s wealthy enough to cover everything — but to be with him, you have to stop working and take care of the home and kids. Do you give up your career?”

When I said no, I wouldn’t give up my career, he didn’t see any value in understanding why. He just told me I was wrong and said, “It’s the feminist programming that career should be exalted above all else,” as if a woman valuing her own goals is a sign of brainwashing rather than ambition.

It is so obviously clear that the “Whatever” podcast isn’t a space for “conversation in good faith.” It’s a setup to make independence sound selfish and obedience sound natural. Each new version of his hypothetical is a trap, designed to corner you into self-betrayal. It isn’t about developing conversation; it was about wearing me down until I gave the “right” answer.

What really got me, though, were the other women on the podcast. Most were in their 30s to 40s: mothers, wives, people old enough to know better. They weren’t paid to be there. They’d driven hours, fans of the show, excited to be part of it. They weren’t being manipulated — they couldn’t be, because they were already sold.

When the women said things like “Ask her again in a couple of years,” with a tone meant to be maternal, it instead came off as patronizing. It suggests that wanting independence is something that you grow out of. The condescension is its own kind of control, which is how this show works. The pressure doesn’t just come from men yelling; it comes from women reassuring you that submission is wisdom. Watching them nod along, so eager to prove they weren’t like me, made the whole thing feel less like a discussion and more like an initiation.

Unfortunately, “Whatever” isn’t a stand-alone anomaly — it’s part of a whole network of “debate” shows like “Jubilee” and “Turning Point USA Live,” all built to monetize outrage. Every “gotcha” moment is cut into short clips and shoved into social media platforms like YouTube Shorts and TikTok, where the algorithm rewards conflict and humiliation.

This is what people mean when they talk about the alt-right pipeline — a system that slowly radicalizes people through content that feels harmless until it isn’t. The term “alternative right” was coined by white nationalist Richard B. Spencer, who wanted to create a subtler version of white nationalism that could fly under the radar while still spreading its ideas. Instead of hoods or torches, Spencer’s rebrand came with microphones, podcasts and algorithms. It rejected mainstream conservatism in favor of a worldview that blames progress for society’s problems and hides its extremism behind a veil of irony and “free speech.”

And unfortunately, the pipeline works exactly how it was designed to. It’s proven to work well, as exemplified by last year’s election. These kinds of videos gain their power from male grievances and algorithmic radicalization. They feed on resentment and a feeling that men have lost something, that the world owes them more than they are being given. They attract viewers through clickbait titles and “logical” debates that make misogyny sound like common sense. In this universe, women, feminism and progress become scapegoats for resentment.

Podcasts like “Whatever” are the softer, more personable faces of this ideology. When Atlas insists that women should bow down to their

male counterpart, or when he calls ambition “feminist programming,” he’s repackaging the idea that equality is chaos and submission is order.

Atlas likes to frame his arguments as rational, armed with statistics and facts, while the women on the panel are painted as emotional, loud and ill-informed. It’s a deliberate contrast meant to reaffirm the same old story: that women are illogical and men know better.

These shows also work emotionally. The pipeline finds people who feel invisible or powerless and gives them belonging through anger. It empathizes with their pain and points to a target.

It’s a playbook we’ve seen before, even now with the 45th and 47th President of the United States, Donald Trump. Trump turned people’s genuine economic fears and insecurities into hatred of immigrants. The Department of Homeland Security ran Immigration and Customs Enforcement recruitment ads with the slogan “the enemies are at the gates,” framing the deportation of immigrants as heroism. They turn insecurity into identity and hate into purpose.

The podcast does this same thing on a smaller, more intimate scale. It tells young men that women are the reason they feel lost. It tells them that feminism ruined relationships. It tells them that control will restore balance. It tells them that women wanting

careers and independence are what’s destroying families. When my 14-year-old brother, the same brother who has asked me which character in “Sinners” is “Jim Crow” (spoiler: Jim Crow is not a character in the movie “Sinners”), repeats talking points about masculinity and feminism, he’s not just repeating words he hears from shows like these; he’s performing belonging. And when women on the panel echo Atlas, they’re performing survival within patriarchy, proving that they know their place.

Perhaps the radicalism we should really be afraid of isn’t feminism; it’s this. Slow, casual radicalization that teaches people to mistake cruelty for strength, hierarchy for harmony and submission for love.

When filming ended, Atlas sent me a DM double-checking if I was single and asking if I wanted to get dinner with him. Obviously, I laughed, screenshotted it and posted it to my Close Friends story on Instagram immediately. “Oh yikes, absolutely not,” I replied. But, it proved what I suspected: the loudest defenders of traditional values don’t actually believe in them; they just want control. Atlas doesn’t want a submissive housewife; he just wants a dinner date. Maybe I should’ve told him I’d consider dinner ... but only if he bowed to me.

Claire Kim went on a misogynistic alt-right podcast so you don’t have to.



PHOTO COURTESY OF WHATEVER PODCAST

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ARTSWEEK

Daily Nexus

Artsweek

ucsb art department graduate students host MFA Open Studios

Amaya Moreno
Reporter

The UC Santa Barbara Master of Fine Arts program welcomed the public to its annual Open Studios event, offering a rare glimpse into the creative environments and ongoing projects of its graduate artists. Participating artists included Tiffany Aiello, Alexis Childress, Rachel Corry, Hope Christofferson, Emily D'achiardi, Negar Farajiani, Yaroslav Golovkin, Charlie Hodes, Cody Igo, Vivek Karthikeyan and KeyShawn Scott. The event invited visitors to explore the artists' studios, gaining insight into their processes, materials and individual artistic identities.

The Open Studios is an annual event that builds anticipation for the Master of Fine Arts (MFA) end-of-year showcase, offering a look at the personal works of UCSB's graduate artists. Beyond highlighting the works developed for their program, the event also provides the public with an opportunity to see the artists' personal projects, including individual pieces ranging from books to multimedia creations. It not only serves as a preview of upcoming exhibitions but also reveals the artists behind the work.

Fittingly, Open Studios allowed attendees to freely walk through the artists' workspaces, which are located beneath the bleachers of Harder Stadium — a setting that lends an industrial character to the program's communal areas. While some artists curated their spaces with deliberate ambiance and presentation, others left their studios raw and process-oriented, providing an unfiltered view of their works in progress. Each approach reflected a unique facet of the artist's practice and personality.

The event attracted a diverse

audience of undergraduate and graduate students, faculty, parents and members of the broader Santa Barbara community, establishing an atmosphere of creative exchange between artists and visitors. Complimentary beverages and food encouraged guests to mingle between studio tours, creating a welcoming, relaxed environment that complemented the spirit of artistic openness.

First-year MFA student Cody Igo's studio was an intriguing blend of order and experimentation, with current projects thoughtfully scattered across the space. In the center, Igo displayed an installation that blurred the line between observer and observed. As viewers engaged with the work, they became part of its gaze, both watching and being watched.

"I'm making these things so that they can be seen. I think it's a beautiful experience of learning what people have to say and how it reads," Igo said.

On the subject of his current project, which includes the usage of artificial intelligence for facial tracking technology, Igo explained that he is aware of the controversial nature of the usage of AI within art. He would like viewers to see that his utilization of AI is inherently critiquing it as well as what it's been primarily used for.

"It's really important to intercept that technology in an art paradigm to change the culture," Igo said. He explained that, while artificial intelligence is a tool, the intention behind its usage is what should be critiqued.

Tiffany Aiello, a second-year MFA student whose work is currently featured in the Glass Box Gallery on campus, believes the open studio concept is helpful for her work.

"It helps me to think through my work, and it's helpful getting



PHOTO COURTESY OF CODY IGO

Cody Igo's use of artificial intelligence for facial tracking information in his art serves as a critique for how AI is used for in the art world.



ART COURTESY OF TIFFANY AIELLO

Tiffany Aiello takes inspiration from animal-like characters to explore the primitiveness of human nature.

different interpretations, as well as having people suggest certain things," Aiello said.

Her distinct artistic style is strictly her own — vibrant and playful. Her studio reflected that individuality with multimedia projects displayed across the walls and floors, ranging from masks to animatronic-like pieces to paintings. Drawing inspiration from cartoons, Aiello utilizes animal-like characters that explore the primitiveness of human nature.

Several of the master's students also serve as teaching assistants for the Department of Art's undergraduate courses. Leonardo Lebrun, a third-year art major, came to support his TA. He left

feeling inspired by the graduate students' skills.

"It sets the bar for someone aspiring to take the art route professionally," Lebrun said. He was particularly intrigued by the artists' engagement with artificial intelligence, a recurring theme in the work displayed. He also remarked on the "good turnout despite the weird location," adding that "there's a metaphor there with how the arts are prioritized."

Two alums from the art department, Celeste Elliott and Akela Craig, shared their thoughts, reflecting on the showcase's ability to exhibit the artists' evolution over time, offering a glimpse into the development of their

concepts, mediums and confidence throughout the program.

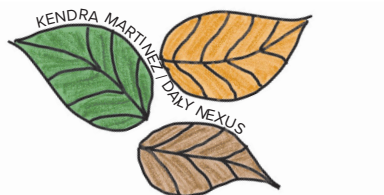
"It was cool to see how the MFA students' work has progressed," Elliott, who compared the experience to "walking into someone's bedroom," said. She emphasized the intimacy of stepping into the artists' personal workspaces, places where they spend hours each day experimenting, creating and refining their ideas.

Craig noted that events like this help "build excitement for the end-of-year MFA showcase," describing Open Studios as a rare opportunity for the public to connect with artists during a more process-oriented stage of their work.

Books to leaf through this fall



I have been a steady reader for as long as I can remember. It is probably my favorite thing to do. I tell you this to establish some ethos and hopefully get you to trust me regarding the list I have compiled of some great books for this month (and maybe into December too). Just take my word for it, OK?



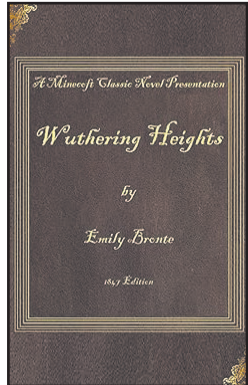
"The Dutch House" by Ann Patchett (2019)

Ann Patchett is one of my favorite authors. Every single book of hers that I have read ("The Dutch House" is my fourth) has been irresistible. She is, in my opinion, a perfect fiction author. Her books are entertaining but still manage to touch on the profound. They illuminate the humanity in each of us. "The Dutch House" is a story about loss and reinvention and family and the confrontation between our past and present. And it just feels so very fall!



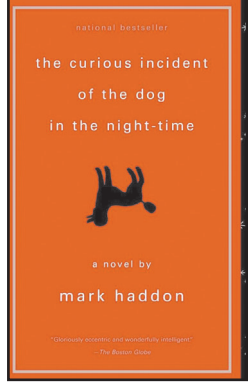
"The Midnight Library" by Matt Haig (2020)

Sometimes books become popular and I read them and I feel disappointed. This was not the case for this book, and it was rather the kind of instance I prefer, which is where my expectations are exceeded. What if there was a library where each book encapsulates what your life would be had you made a different decision? Is this not one of the great questions we all imagine? If you (like myself) love the movie "It's a Wonderful Life," then you will also love this book. After all, we all could use a little more gratitude, no matter what month it is.



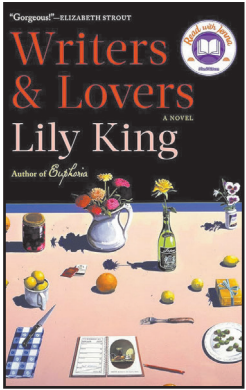
"Wuthering Heights" by Emily Brontë (1847)

I could never in good conscience make a list of recommendations and leave out a classic. If you've already read it ... time to read it again! If you have had it sitting on your shelf for years ... well now is the time for you too. Especially with the movie coming out February 2026, I personally will be going head-first into this tale of love, revenge, class and romance this fall. Let's get wild, old-school style.



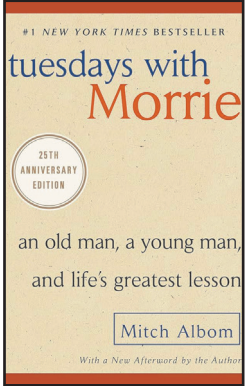
"The Curious Incident of the Dog in the Night-Time" by Mark Haddon (2003)

Maybe I am just trying to make everyone cry with this list I'm compiling. Maybe it's because it's midterm season and I'm feeling mischievous. This book is phenomenal. It's also remarkably moving. I remember finishing it in a cabin at the Grand Teton while it was pouring rain outside (and it may have been raining inside too, considering my face was so streaked with tears). A brilliant boy with autism investigates the death of a dog and embarks on a journey. He is a moving protagonist and he's stayed with me for years.



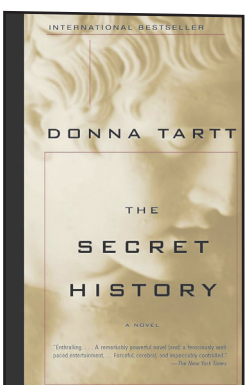
"Writers & Lovers" by Lily King (2020)

This is another favorite of mine, and one I feel is inherently autumn. It was recommended to me by my German pen pal. It's about a girl in her 20s who works at a restaurant and wants to be a writer. Here is what I wrote to my pen pal after finishing it: "When I am reading a book and it feels like it is opening me up from the inside and has characters who experience things I was not sure were universal is a completely transcendent experience." So I will stand by that. Our protagonist grapples with her love life and career and independence and loss and all the things which plague any of us at this ever-adapting stage in our lives. She made me feel less alone and hopefully will do the same for you.



"Tuesdays with Morrie" by Mitch Albom (1997)

This might be my favorite book of all time. In my opinion, November is a month of gratitude and reflection. This short, moving memoir will likely change the way you see the world. It's a lesson on living from a man who is dying. It's a class on becoming the best sort of people we can be. Embrace it. Read it. I cannot emphasize enough how much you should read it.



"The Secret History" by Donna Tartt (1992)

In all honesty, I did not get through this book until the third time I read it. I think what changed was that by my third attempt, I had read another book by Tartt and learned to trust her. It feels wrong to leave this book off my list. It so remarkably matches the feelings you get when you notice the sun is setting a whole hour before it's supposed to. Tartt approaches every single sentence she writes like an art form (not exaggerating). She is one of the most verbose authors I have read in modern times but I love it. If you're missing the murderous energy of Halloween, read this book. It takes place at a small, elite college in New England and follows the moral corruption of six students. It will make you think and probably make you grateful we are all far away from their school in happy little California.



So how about five more books to squeeze in during midterms and finals? They won't disappoint, I promise. I believe in this list. Go lose yourself in a story. Go find yourself in a story! God, I love to read. Happy November, everyone!

Bridget Keon
Reporter





SPORTS

GAMES OF THE WEEK



3-1
vs. **CSULB**

The UC Santa Barbara women's volleyball team defeated California State University, Long Beach last Saturday after previously falling 3-1 to the Beach in October.

COURTESY OF UCSBATHLETICS



14-11
vs. **CSUF**

The UC Santa Barbara men's water polo team secured a 14-11 victory last Sunday over California State University, Fullerton after a coveted first-round bye.

COURTESY OF UCSBATHLETICS



89-49
vs. **Seattle U**

The UC Santa Barbara women's basketball team secured a 89-49 victory against Seattle University. Sophomore Zoe Shaw notably bagged a season-high 19 points.

COURTESY OF UCSBATHLETICS

GAUCHOS' SUBLIME SEMIFINAL REVENGE

Owen Jones
Reporter

Benches clearing, twice. Dramatic goalline saves. Three statement goals. What may have been the most exciting game of the season for the men's soccer team almost turned sour before the final whistle sounded, but relief overcame every player as the raucous atmosphere at Harder Stadium relished in the team's Big West Championship game-clinching victory. Head Coach Tim Vom Steeg and his guys got their sweet revenge against UC Davis, who defeated Santa Barbara 2-0 in the Big West Championship in 2024. This time around, the Gauchos packed the scoring punch they desperately needed last season.

Davis sophomore midfielder Ben Elkins opened the scoring at the 38th minute, and the Aggies kept the 1-0 lead into the half. Needing a spark, Vom Steeg started graduate forward Buba Fofanah in the second half, showing his pace and on-ball skill to stretch the Aggie defense.

Vom Steeg likened the changing philosophy to their comeback draw against California State University, Northridge earlier in the year, when a shift in the team's play was needed to claw their way back into a game.

"We opened the thing up, we might give something up, like a second goal, but if we force Davis

to run up and down the field with us, it's gonna create openings for us."

In the game against Northridge, the team had to come back from a one-goal halftime deficit as well as playing with only 10 men from the 40th minute onward when sophomore midfielder Jack Middleton received a second yellow. Against Northridge, the Gauchos could only muster an equalizer for a draw — but against Davis, with an even playing field, they drew level and then some.

Calle Mollerberg, a sophomore defender who received the Big West Defensive Player of the Year honors, tapped in the equalizer out of a messy scrum at the goalline off of a Gaucho corner kick at the 57th minute — and it was off to the races for the Santa Barbara attack.

Standout junior midfielder Kaden Standish scored the go-ahead goal at the 60th minute, mere moments after their first, on a magnificent strike that upped his tally on the season to three.

Standish dedicated the goal to his grandfather, who had just recently passed away.

"He always supported me, he went to all my games, he was always watching on ESPN+ and the last thing he said to me was 'I am proud of you,'" Standish shared after displaying a dedicatory wrist tape in his grandfather's honor in the postgame presser. "So a lot of that is what pushes me to be a little bit better knowing that, going into

this game, if I don't give everything, it's kind of letting him down, letting my family down, letting my team down."

With the energy escalating as the third goal of the night came from an especially unlikely source, the top blew off of Harder Stadium at the 69th minute. Junior midfielder Dominick Phanco subbed into just his fourth game of the season this year, broke on a run to the left side of the box as Fofanah chased after a weighted pass down the right flank. Fofanah whipped a low cross through the box, and sophomore striker Zac Siebenlist executed a perfect dummy, drawing the goalkeeper off his line as the ball rolled past him to Phanco.

"I was screaming at Zac to let the ball go," Phanco said with a laugh. "I was like, please, please leave it, I was wide open and then just tucked it in, near post."

It was the first career goal for Phanco, resulting in his team emptying the bench to mob him on the pitch in the ecstatic aftermath of the score.

The defense stayed stout, and freshman goalkeeper Owen Beninga made acrobatic save after save for his team the entire game, ending the night with six to his name. UCD star senior forward Cason Goodman netted his sixth goal of the season to make it 3-2 at the

81st minute, assisted by his twin brother Luke Goodman, defender, and senior defender Gavin House.

The last, decisive save for Beninga came at the 89th minute when an Aggie shot came inches from the goalline, and Beninga had to stretch every fiber of his body toward the ball, batting it away past the post with his outstretched fingertips.

Tensions ran high through the entire game, with the bench clearing for a second time for the Gauchos as they swarmed to defend their captain Mollerberg, who was engaged in a shoving match with a Davis

opponent as the final whistle blew and frustration boiled over for the losing side. With a combined 28 fouls and six yellow cards between the teams, including yellows to the Davis coaching staff, it was a chippy affair the whole 90 minutes.

Thanks to the electric victory on Saturday, the Gauchos will host their own Big West title bout this Friday, Nov. 14, against the UC Irvine Anteaters at Harder Stadium under the lights.

The game has serious implications for the rest of their season, as victory will secure a spot in the NCAA tournament for the second year in a row for Vom Steeg's men, and 16th of his storied time running the men's soccer program.



COURTESY OF UCSBATHLETICS

HIGHS AND LOWS OF GAUCHO WOMEN'S SOCCER POSTSEASON

Owen Jones
Reporter

As the ball rippled the back of the net at Matador Soccer Field in Northridge on November 6, the UC Santa Barbara's women's soccer team quickly celebrated before turning to their own dominant goalkeeper. Just one more stop by junior goalkeeper Maddie Buckley and the squad would be in the Big West Championship game for the second year in a row. As California State University, Northridge senior forward Cassidy Imperial-Pham stepped up to the penalty spot, a collective breath was taken by the Gauchos; jubilation quickly followed. Buckley used all of her intuition

the onset of the match.

After last year's 5-0 loss to Stanford University in the first round of the NCAA championship, it was crucial that the team's defense showed up to play against CSUN from the first whistle. While the defense bent at times, Corcoran netted her second goal of the season off of sophomore defender Mya Delaney's assist at the 15th minute to give the Gauchos an early lead, and they almost held it until the final seconds ticked off the clock. Buckley was sensational all night, making five saves behind her defensive line. However, chaos struck at the 88th minute of regular time, with the Matadors earning a penalty, which CSUN junior midfielder Paige Califf buried to hand her team the lifeline they needed.

The extra time periods passed quickly with each team registering a few shots, and the game advanced to the decisive penalty shootout. The teams traded makes and misses on goal, and it was 2-2 going into the fifth round for players to take the spot kick. After sophomore midfielder Ava Dermott's composed score and Buckley's heroics, the Gauchos secured their advancement to the championship against arch-rivals California Polytechnic State University, San Luis Obispo on Sunday, Nov. 9.

Final against Cal Poly

As the team took the pitch again at CSUN's Matador Soccer Field, they knew what it would take to defeat their opponents in a championship game edition

of the storied Blue-Green Rivalry. Santa Barbara earned a 13-5-5 record overall, and 5-2-3 in the Big West Conference. Cal Poly was slightly worse off as a whole, going 10-2-9, but put

mandatory timeout was taken midway through the first half to combat the heat and ease the fatigue for both sides, but the half ended quietly without any threats of goals for either side.

The Gauchos gained a free kick in a dangerous area at the 65th minute thanks to a yellow card given to Mustang senior defender Brennan Cole, but Mustang freshman goalkeeper Shannon Porubski made a soaring save to tip the ball over the bar. As the game progressed, tensions were running high for both sides; UCSB Head Coach Paul Stumpf received a yellow card of his own at the 69th minute.

With just two minutes to go in regulation, and stoppage time not existing at the collegiate level, the game looked set for extra time and potentially a second consecutive penalty shootout for the Gauchos. However, disaster struck when Cal Poly senior attacker Jessie Halladay bagged her ninth goal of the season, giving the Mustangs a 1-0 lead with barely any gametime remaining. No clutch comeback goal would materialize for the Gauchos, and Cal Poly took the Big West crown from the Gauchos, who fell short of a repeat as back-to-back champs. The loss also ruled them out for the NCAA tournament, ending what was an exciting but ultimately trophyless season.



COURTESY OF UCSBATHLETICS