

## “I do feel privileged to be able to leave”: UC Study Abroad Students To Leave Hong Kong

Sanya Kamidi  
Deputy News Editor

The majority of University of California students currently studying abroad in Hong Kong are packing their bags and coordinating their travel plans after being recommended by the UC Education Abroad Program to leave the country before Nov. 24, when the country will hold its next election and when increased riots are expected.

The Daily Nexus reported last Wednesday that the UC Education Abroad Program (UCEAP) was cancelling its spring study abroad programs amidst concerns for student safety and was considering evacuating its 79 Fall 2019 study abroad students.

Ultimately, however, the program decided to leave the decision to leave Hong Kong up to the students themselves.

UCEAP spokesperson Myla Edmond said the program sent an email to students last Friday “strongly urging them to leave Hong Kong as soon as possible,” adding that UCEAP was uncertain if local transportation and the airport would be affected – another cause of concern.

Edmond declined to specify the number of students who were leaving and the number who were staying, citing privacy concerns, but said that UCEAP had heard from all of the students who were abroad and confirmed that many of them would be leaving Hong Kong in the coming days.

Only a few who had family in the area would be staying, she added.

UCEAP will be covering all the costs of changing travel plans, Edmond said. However, one of the biggest pieces of information is still up in the air: whether or not students will receive their course credits.

“We definitely don’t want them to lose an entire term due to issues that have nothing to do with them; it’s beyond their control,” Edmond said. “Some of them will be taking online courses, so we’re still trying to work out the details for that.”

She added that each student’s academics would be dealt with by the universities they were attending in Hong Kong:

Hong Kong p.6

## Graduate Student Accuses UC Regent Kieffer of Sexual Misconduct, Calls for Systemwide Policy Change



Courtesy of UC Regents Video

Ora, the external vice president of the UC Santa Cruz Graduate Student Association, accused Kieffer of grabbing her thigh numerous times throughout a dinner between Kieffer and various undergraduate and graduate students.

Katherine Swartz  
Asst. News Editor

At the University of California Regents’ Nov. 13 board meeting, UC Santa Cruz graduate student Rebecca Ora publicly accused Regent George Kieffer of sexually harassing her in 2014, calling for a change in the way the Regents handle misconduct cases against themselves.

During the board meeting’s public forum, Ora, the external vice president of the UC Santa Cruz Graduate Student Association, accused Kieffer of grabbing her thigh numerous times throughout a dinner between Kieffer and various undergraduate and graduate students, held prior to the Regents’ board meeting in July 2014.

“Kieffer purchased wine for the table despite the undergraduate students present. I do not drink and did not drink that night,

but Kieffer did,” Ora said during public forum.

“At one point in the conversation, I was shocked to feel pressure on my upper thigh and looked down incredulously to find Kieffer’s hand firmly grasping my leg. This persisted throughout the evening. I was unsettled, uncomfortable and felt powerless to stop this figure of authority from putting his hands on my body.”

Kieffer, a UC Santa Barbara alumnus, has served on the Board of Regents since 2009, and his term is set to end in 2021.

UC spokesperson Claire Doan said in an email that due to student privacy laws, she could not comment on specific allegations raised at the board meeting but said the University of California “takes these allegations – as we do any allegations – seriously.”

Ora’s testimony also shines a light on the difference between the University of California and

the UC Regents when it comes to handling sexual misconduct allegations – all decisions regarding Regent misconduct are handled by the Regents themselves, according to Regents Policy 1112.

Ora told the Nexus that she has experienced instances of sexual misconduct before but said the power differential between herself and Kieffer limited her voice in the reporting process.

“I was in a train station and somebody put his hand on my behind and squeezed, and I turned around and punched him in the stomach. That is who I am. But when you’re sitting next to somebody who’s talking about being best friends with [former California Governor] Jerry Brown, and you’re in a public space, you can’t punch him in the stomach,” Ora said.

“The difference in power

UC Regents p.6



Courtesy of Emma Xing

Rita Lake and Emma Xing were studying at Hong Kong University when the roads to campus were blocked by protestors, prompting the university to cancel classes and eventually end the semester early.

## UC Santa Barbara Student Allegedly Assaults Multiple Individuals in I.V. While Shouting Homophobic Slur

Max Abrams  
Arturo Martinez Rivera  
Asst. News Editors

**Warning: this article contains graphic content.**

A third-year UC Santa Barbara student was arrested on the night of Nov. 6 for three misdemeanor charges of battery, public intoxication and fighting in a public place after allegedly assaulting multiple individuals both in and around Rockfire Grill in Isla Vista while yelling a homophobic slur at people in the vicinity.

According to a booking report obtained by the Nexus, Tucker Steil, a third-year anthropology major, was arrested between 11 p.m. and midnight by the Isla Vista Foot Patrol and held on a \$2,500 bail after officers responded to reports of a “fight brewing” at “6598 Pardall Rd” (Rockfire Grill).

Steil is a transfer student in his first

quarter at UCSB. He did not respond to multiple requests for comment.

Upon arrival, officers arrested Steil, who had “blood on his clothing.” The victim was bleeding from their lip following the altercation with Steil, according to the booking report.

According to the booking report, a witness at the scene spoke to the officers, stating that they saw the “victim and Steil (suspect) fighting/throwing punches and that the word ‘faggot’ was being exchanged.”

According to Oscar Perez, a second-year UCSB student who spoke to the Nexus, Perez was walking to Rockfire Grill when he and his group of friends were approached by a man – who Perez later identified as Steil – with blood on his shirt, who began following them. The man also called one of Perez’s friends “faggot,” Perez said.

“We didn’t know what he was going to do so we were just telling

him ‘Go home.’ Everyone was telling him to go home. We were all thinking he was going to fight us, but he didn’t,” Perez said.

After the man left, a woman approached them “checking for

blood on our hands,” Perez added. Perez pointed out the man who had been following them to the woman, who she then ran up to. She

Rockfire Grill p.7



MAX ABRAMS / DAILY NEXUS

The incident allegedly occurred in front of and inside Rockfire Grill at 6598 Pardall Road in Isla Vista on November 6.

## University Takes Second Attempt at Controversial Ocean Road Faculty Housing Project

Sanya Kamidi  
Deputy News Editor  
Evelyn Spence  
Lead News Editor

A longstanding, controversial plan to build affordable faculty housing on Ocean Road – effectively demolishing the separation between the university and Isla Vista – was presented in a formal plan at last week’s UC Board of Regents meeting, one of the first public moves for the project since it was revived last year.

The proposal would demolish

Ocean Road and cover the 16.7 acres of land up and down the street with up to 540 housing units – 180 two- and three-bedroom townhomes for sale and 360 rental units.

“There is an unmet and sustained need for faculty and staff housing at UCSB, which has been exacerbated by Santa Barbara’s constrained and high-cost housing market,” the proposal wrote.

“The need for attainable, high-quality housing options remains a critical issue for recruitment and retention of faculty and staff at

Ocean Road p.2

# THIS WEEK'S UP AND COMING

**Thursday 21 November**  
**Preservation Hall Jazz Band**  
 Campbell Hall | 8 p.m.



PHOTO COURTESY OF THE CHRONICLE OF NPR

Holding the torch of New Orleans music aloft for more than 50 years, Preservation Hall Jazz Band finds its classic sound invigorated by the band's life-changing journey through Cuba, an island integral to the evolution of jazz and New Orleans culture. The iconic septet – in collaboration with acclaimed Cuban singer Yusa – will deliver an immersive concert experience drawing on music from their recent album, "So It Is," and cinematic visuals from the new documentary "A Tuba to Cuba."

**Thursday 21 November**  
**Ady Barkan: Love and Death, Hope and Resistance**  
 McCune Conference Room | 4 p.m.



PHOTO COURTESY OF THE NATION

In this talk, the paralyzed political activist Ady Barkan will explore the existential questions that he has faced in the wake of his terminal diagnosis with ALS and that the American people have faced under the Trump administration: What kind of life will our children have and what kind of world will they inherit? Which injustices must we accept and which ones demand our resistance? How should we spend our precious time on this earth and how should we die?

**Saturday 23 November**  
**Script to Screen: Bombshell**  
 Pollock Theater | 2 p.m.



PHOTO COURTESY OF MOVIEHOLE

Based on real events, "Bombshell" (2019) tells the story of the women who brought down the man who created Fox News and offers a revealing look inside the most powerful and controversial media empire of all time. Director/producer Jay Roach will join moderator Matt Ryan for a post-screening discussion.

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7 & 10 p.m.  
 I.V. Theater

**\$4**



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**Embarcadero Hall | 8 p.m.**

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"If nobody gets hit by a car, it's not a crisis."

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## SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4

8			1	4	5			
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		4		6	9		2	
5	2			7	1			
	7					4		
		8	2		3		5	
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SOLUTION TO THURSDAY'S PUZZLE 8/26/11

3	5	2	1	8	9	7	6	4
1	6	8	3	4	7	5	2	9
4	7	9	5	2	6	3	8	1
5	9	7	2	6	1	8	4	3
2	4	3	8	7	5	1	9	6
6	8	1	4	9	3	2	7	5
9	1	4	7	3	2	6	5	8
7	3	6	9	5	8	4	1	2
8	2	5	6	1	4	9	3	7

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

**ACROSS**

- Org. where weight matters
- Ain't right?
- Ancient Ephraimite's home
- Pasture calls
- "Ben-\_\_"
- Caterer's supply
- Succotash bean
- Falk and Fonda after mud wrestling?
- Since
- Overhead views
- "You got me"
- Hawaiian coffee
- Overzealous peach eaters?
- Treated, as a patient
- Midwinter Asian holiday
- Tin \_\_
- Packs in a hold
- End notes?
- Oils a deck of cards?
- Office specialist
- Lost, as a tail
- Storm maker of yore
- CIA predecessor
- Falls back
- Security images of an armed robbery?
- Salon choice
- Nine to three, say
- Heart conditions?
- Inter \_\_
- Gal idolizing actor Matthew?
- Scratch
- Pathetic to the max
- Mauna \_\_
- Wolverine sneaker brand
- '50s tankers?
- Bungle

**DOWN**

- Roux-making tool
- Chichester chap
- "Catch-22" actor
- Net profit makers, briefly
- Sault \_\_ Marie
- Like many a mil. officer
- 2005 book "Conspiracy of Fools"
- Snapped
- Driveway improvement
- Flier's request
- Illicit affair
- Hotel amenities
- They're all for it
- Nail
- Casserole veggies
- River near Karachi
- Buckskin source
- 1970s-'80s self-improvement course
- Bar supply
- "Coney Island" documentary
- Burns
- Bk. before Philippians
- Gimlet spec
- Snare
- Bar supply
- Ring decision
- Southeast natives
- Barnum's Fiji mermaid, for one
- Hosp. readout
- Cross-country need, perhaps
- Lithe
- Similar things
- Act of love, or hostility
- Veil material
- Epic with more than 15,000 lines
- Respond to a charge
- Salon choices
- Franco finale?
- Designer's concern
- Schindler of "Schindler's List"
- Treads the boards
- R&B artist Des' \_\_
- Designer monogram

**ANSWER TO PREVIOUS PUZZLE:**

S	I	D	O	U	C	H		B	P	L	U	S
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A	N	N	U	L	L	E	D	L	L	A	M	A
M	O	I	R	A		A	D	D	A	M	S	
M	B	A	S		K	N	E	E	S		E	B
E	L	L	A		A	C	N	E		P	O	L
R	E	S		S	T	U	B		M	A	N	T
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A	D	H	E	R	E		L	I	M	E		O
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T	H	E	Y	L	L		C	E	L	L		E
S	A	S	S	Y			K	N	O	T		S

xwordeditor@aol.com 04/05/13

## WEATHER

This morning, the Weatherman was minding his business, when the diluted maintenance man walked into ze's bathroom when his BOOTY was all OUT ON DISPLAY and thought "oops" was an acceptable response.

**Tomorrow's Forecast:**  
 Requesting back the full security deposit for violating ze's booty time.

# Ocean Road

Continued from p.1

UCSB.”

While the proposal doesn't specify the proposed costs of these units – only highlighting that they would be set at a “reasonable, market-based average sale price” – it does note that according to a third-party site, home prices in Santa Barbara and Goleta over the last 30 days averaged \$1.2 million, and that the average rent for the past five years was approximately \$2,249, with a 98% occupancy rate.

The proposal noted that of the current faculty and staff housing options provided by UCSB, both Ocean Walk, made up of for-sale properties, and Sierra Madre Apartments, made up of rental properties, are at 100% capacity. The wait list for Ocean Walk housing is at 185 people, and the Sierra Madre waitlist had been capped at 200.

“In addition to providing clear indications of interest and demand, survey responses also confirmed long commute times (over 45 minutes) and distances (over 25 miles) for a significant number of faculty and staff, further highlighting the need for housing options close to campus,” the proposal wrote.

One of the key differences of this project, compared to typical UCSB housing projects, is that it will include “30,000 to 55,000 gross square feet of retail space.” The university hopes to help alleviate

the costs of the townhouses and apartments through a subsidy program, which will be funded, in part, by the “ground rent” generated by the project.

“The rental and retail portions of the Project are expected to be developed, owned, and managed under a long-term ground lease,” the proposal stated.

In addition to the housing and retail space, the proposal said that the project would include “realignment of the existing Ocean Road roadway and physical improvements for connections to Isla Vista, new and replacement parking for the community, and open space, vehicular, bicycle, and pedestrian pathways.”

A 2018 article by The Current, a publication run by UC Santa Barbara's public affairs office, boasted that the project would create a “dynamic residential community” and “redefine the border between Isla Vista” – but that is exactly the problem that Isla Vistans had with a former version of the project.

Nearly 15 years ago, in 2005, campus planners approved a similar Ocean Road housing plan, which would involve 536 units divided into apartments, lofts and townhouses.

It was reported at the time that construction was scheduled to begin in 2007, but in 2009, the university postponed its attempt

to demolish Ocean Road amidst severe public pressure to halt the project, the Nexus reported in 2009.

A Nexus op-ed regarding the university's previous attempt denounced the 2009 program, noting that the project would involve tearing down the famous eucalyptus trees that line Ocean Road; similarly, in recent months, a few citizens have shown up to Isla Vista Community Services District meetings expressing similar concerns about the trees.

If the current plan is approved, Student Health would also need to be relocated from its current location.

The 2018 Current piece also said that “input from people both on and off campus will again be crucial, and multiple opportunities for such public discussions will be provided and welcomed every step of the way” – but no such publicization of the project has been prevalent until the Regents meeting last week.

“Outreach and community engagement were central to the original Ocean Road proposal and project approval, and they will remain important considerations throughout the project planning stage and beyond,” UCSB spokesperson Shelly Leachman said in an email about the project in June 2019.

Leachman added that the

Office of UCSB Community Housing Authority on campus had administered a survey to students, staff and faculty earlier in the year regarding the Ocean Road Housing project, and that the office planned to conduct additional surveys as the project planning continued.

“In accordance with the California Environmental Quality Act, the university will prepare an addendum to the 2010 LRDP Environmental Impact Report. That addendum, along with designs, will be considered for approval by the UC Regents in a public meeting in January 2020.”

The proposal presented to the Regents updated that timeline, confirming that the UC Regents would be presented with the business terms for the project in the first financial quarter of 2020, and the design plans and “an environmental document pursuant to the California Environmental Quality Act” in the second or third quarter of 2020.

UCSB is “is currently in the final stages of a robust solicitation process” to select the developer for the project, according to the proposal, after which it will be able to “finalize the key business terms for the Project and to implement predevelopment agreements to finalize design, planning, entitlements, and Project approvals.”



## Weekly Events in Isla Vista

### Co-Op(en) Mic

KCSB-FM is teaming up with everyone's favorite food co-op, the Isla Vista Food Cooperative, to bring the freshest talent — and local goods — to I.V. The event, sponsored by Lucidity Festivals, is friendly to all ages and talents. The open mic is substance free, but don't worry, the hosts assure that it'll get weird regardless. Snacks and drinks will be provided by the Co-op. Come out to 6575 Seville on Thurs. Nov. 21 from 6 p.m. to 8 p.m. to check it out!

### “Closeout” the Quarter with a Band Party

There's no better way to end the quarter than with a bang-er! Isla Vista's best and brightest local bands will be bringing the house (deck?) down on Nov. 22. The lineup includes The Framers from 8 p.m. to 8:50 p.m., Tastegood from 9 p.m. to 9:50 p.m., Careless Cub from 10 p.m. to 10:50 p.m. and Closeout closing out the show from 11 p.m. to 11:50 p.m. If you feel like moshing to your heart's content, come out to 6745 Del Playa on Friday night.

### B'Olde FOM

One of UC Santa Barbara's male a cappella group will be holding its fall concert on Nov. 23 in Girvetz 1004. Not only do they have the vocal chops, the gentlemen of Brothers From Other Mothers will be showing off their swordsmanship, horseback riding and archery skills. Though they may be putting on an old timey show, BFOM will be providing only the freshest tunes — including Joji and the Jonas Brothers. You won't want to miss BFOM this Saturday from 8 p.m. to 10 p.m.

### InterVals: Dead or Alive

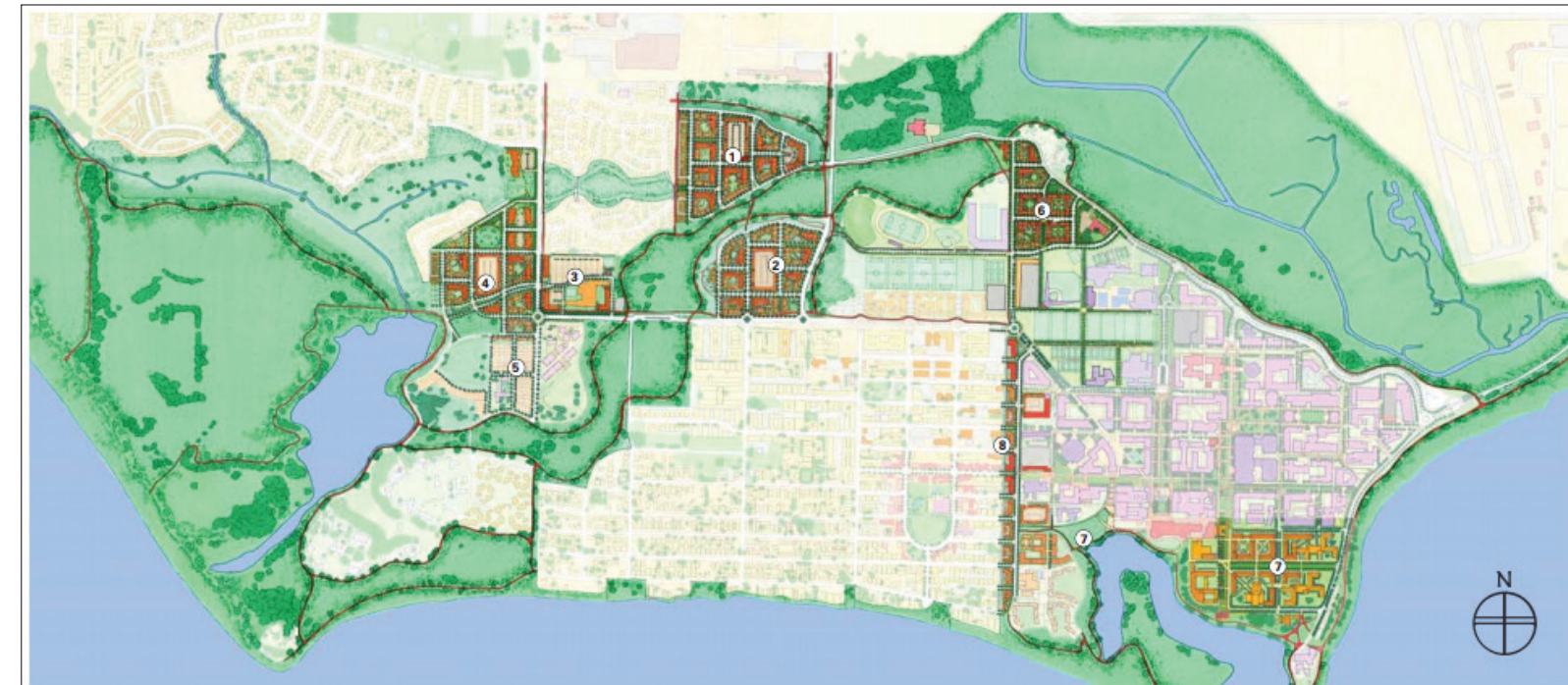
One a cappella concert in a weekend isn't enough, you say? Well mosey on down to InterVals' free Wild West-themed concert on Friday night. The performance will take place beginning at 8 p.m. in Girvetz Hall and will feature performances from fellow outlaws Naked Voices, BFOM and VocalMotion. Don't forget your cowboy hat!

### Cook a Community Meal

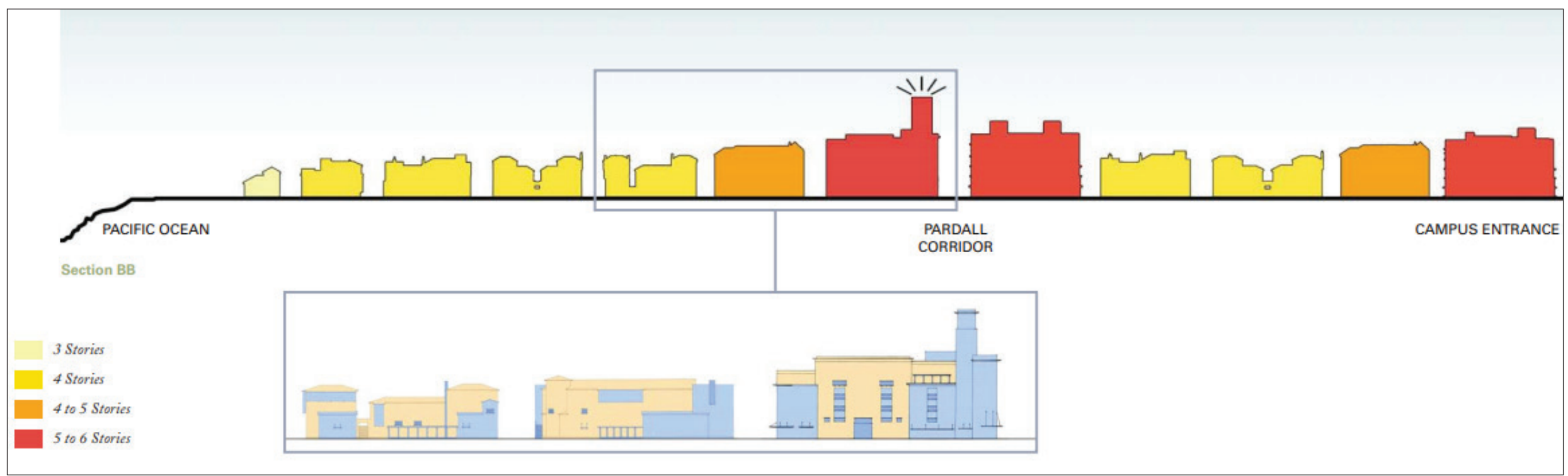
Feeling in the giving spirit this holiday season? Join the Isla Vista chapter of Food Not Bombs on Sunday, Nov. 24 to cook a totally vegan meal for the community, utilizing donation from the Isla Vista Co-op and the farmers' market. The cooking will begin at 777 Camino Pescadero at 2:30 p.m., with serving at 5 p.m. in Little Acorn Park and cleanup at 6:15 p.m.. No sign ups necessary!

### I.V. Open Market

The Office of the External Vice President of Local Affairs will be putting on yet another I.V. Open Market this Saturday, Nov. 23, from 11 a.m. until 3 p.m. Packed with local vendors, the market will offer a variety of goods from clothing to jewelry to prints. The market will be in Little Acorn Park across from 7-Eleven.



Courtesy of UCSB / 2006 Ocean Road Pattern Book



Courtesy of UCSB / 2006 Ocean Road Pattern Book

The proposal would demolish Ocean Road and cover the 16.7 acres of land up and down the street with up to 540 housing units – 180 two- and three- bedroom townhomes for sale and 360 rental units.

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DEPART GOLETA	ARRIVE LAX	DEPART LAX	ARRIVE GOLETA <small>DROPS OFF IN FRONT</small>
3:30 am <small>PICKS UP IN FRONT</small>	6:00 am	8:00 am	10:30 am
5:30 am	8:15 am	10:30 am	1:00 pm
7:00 am	9:45 am	12:30 pm	3:00 pm
8:30 am	11:15 am	2:00 pm	4:30 pm
10:00 am	12:45 pm	3:30 pm	6:15 pm
12:00 pm	2:45 pm	5:30 pm	8:15 pm
2:30 pm	5:45 pm	7:30 pm	10:15 pm
6:00 pm	8:45 pm	10:00 pm	12:45 am

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# DOG THERAPY DAY

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# OrgSync Switches to Shoreline, Allowing Student Organizations More Functionality

Christina Muoio  
Reporter

Earlier this year, the Office of Student Life transitioned its method of organizing the different student organizations on campus on their website from the software program OrgSync to Shoreline, allowing students to message groups and individuals directly through a built-in chat function.

Miles Ashlock, assistant dean and director of the Office of Student Life (OSL), facilitated the initial change from paper information to OrgSync and now from OrgSync to Shoreline.

When he first started working at UC Santa Barbara in 2007, “the department was all paper – registration was on paper, financial transactions were paper,

nothing but paper,” Ashlock said.

“We had a simple online event-planning form that we used that we actually had to do in person with every single organization creating an event, but it was developed in the ‘90s, so the functionality was really limited,” he added.

OSL then recognized a need for “a 21st-century system for student engagement” to digitize its process, Ashlock said.

When OSL first began to pursue digitized options, OrgSync was one of three software choices reviewed by OSL. As time went on, OrgSync was no longer properly serving the evolving needs of students from feedback the OSL had received, Ashlock said. Student organizations had trouble navigating the website and were not able to create their

own sites, he added.

Last year, OSL began to look at different software options and found a program called CampusGroups, also known as Shoreline, Ashlock said.

“It is a student-engagement platform that doesn’t just serve the OSL, but it also serves departments in Student Affairs and across the campus and therefore is an engagement platform for every student,” Ashlock added.

Transitioning from OrgSync to Shoreline had its fair share of problems, such as delays in shifting the information of organizations to the new platform, Ashlock said. The data renewal process took place last spring through a Google Form where current organizations could sign up and update their

contact information.

“Unfortunately, we lost information for about 10 organizations,” Ashlock said. “We had reached out to them on multiple occasions to invite them to complete full registration in Shoreline and up to nearly 400 organizations have. We did mention that we did contact those organizations and say, ‘You have this much time to save your website data from OrgSync, but you will lose it otherwise.’”

Ashlock said another issue limited the number of graduate students listed, but the problem has since been fixed and graduate students are now included in the database.

All of the faculty and staff are being loaded onto the platform this week as well, Ashlock said.

OSL is also working toward

using Shoreline to create a more functional check-in system for when a group hosts an event. Ashlock estimates that this new feature will be ready at the end of the quarter when OSL is finished with data integration.

The new check-in system will offer five different ways to sign into an event, depending on the event organizer, who can enable whichever option they choose, according to Ashlock. Students will be able to check in with a QR code provided through the Shoreline app or they can scan a QR code posted at the event; alternatively, they can scan, swipe or tap their Access Card for entry, Ashlock said.

“There is a lot of versatility and all of those options can exist side by side,” Ashlock said.

“Everyone with an Access

Card is going to be able to check in and keep a log of events that they’ve attended.”

The Shoreline website is currently available online for students, and an app is in development, which will provide access to student groups and student resources, such as Gaucho On-Line Data (G.O.L.D.), GauchoSpace and Billing Accounts Receivable Collections (BARC).

“It’s basically an instant messaging platform that merges student engagement and student resources,” Ashlock said.

“As we developed this app, we’re looking to create, even if it’s not just a single app, a more seamless environment where students can really go and get all the information they need in an efficient way.”

# Associated Students Senate Unanimously Passes Resolution in Support of Trump’s Impeachment

Katherine Swartz  
Asst. News Editor

The Associated Students Senate unanimously passed a resolution supporting the impeachment of President Donald Trump during its Wednesday evening meeting, moving to Corwin Pavilion from its regular meeting place to accommodate a “potentially larger crowd,” according to the resolution’s author.

The resolution, titled “A Resolution in Support of Impeaching and Removing President Donald J. Trump from the Office of the President of the United States,” was authored by Off-Campus Senator Tyler Ferguson and seconded by

On-Campus Senator Adalis Rojas. It calls on the 70th Associated Students (A.S.) Senate to support the “impeachment and removal” of President Trump from office.

Typically, Senate meets weekly in the Flying A Studios Room of the University Center, but the decision was made Tuesday afternoon by Internal Vice President Alli Adam to move this week’s meeting to accommodate a “potentially larger crowd,” according to the resolution’s author.

Prior to the meeting, A.S. Executive Director Marisela Márquez said while there is “no way of knowing” the size of the crowd for Wednesday’s meeting,

the Senate generally moves to a larger space when it is “a kind of topic that very likely people will want to comment on.”

While Senate leaders expected a larger crowd due to the nature of the resolution’s topic, approximately 20 people were present for Wednesday’s meeting – a number which decreased to approximately five by the end of action items for the meeting.

“I have heard from many students that this resolution is important to them and that they support it,” Ferguson said in an email. “They have said that President Trump’s actions affect all of us, and they have emphasized the importance of holding our

President accountable.”

“As a Senator, I have the duty of representing my constituents with diligence and intention. I feel that it is my duty to express my support for the impeachment of President Trump, as his actions affect my constituents lives.”

The resolution also discusses the whistleblower within the Trump Administration who came forward in August with concerns about a call between Trump and Ukrainian President Volodymyr Zelensky. The whistleblower accused Trump of pressuring Zelensky to gather damaging information on 2020 Democratic presidential candidate and former Vice President Joe Biden and his son Hunter Biden,

according to the resolution.

The resolution calls Trump’s alleged actions “illegal” and writes that it is “Congress’s duty to impeach a President who commits high crimes and misdemeanors while in office.”

“It sets a bad precedent to allow a sitting President to commit crimes while in office and get away with it when the President of the United States is expected to abide by all of the laws of the United States of America,” the resolution states.

Ferguson emphasized in his email that he believes the Senate has a “moral responsibility” to pass the resolution and set a precedent for action on future national political decisions.

“With a school as politically engaged as UCSB, I think there is an importance of taking stances on major political issues like this,” Ferguson said. “I do believe the majority of the student body would support passing this resolution.”

Through the passage of the resolution, Ferguson believes Senate will continue passing more resolutions around national political issues in the future.

“I do think we will feel more comfortable in the future as a Senate with taking stances on major political issues. I implore the Senate to consider discussing political issues further in the future as I believe all political actions should start at the grassroots level.”



KAIYI YANG / DAILY NEXUS

While Senate leaders expected a larger crowd due to the nature of the resolution’s topic, about 20 people were present for Wednesday’s meeting – a number which decreased to approximately five by the end of the meeting.

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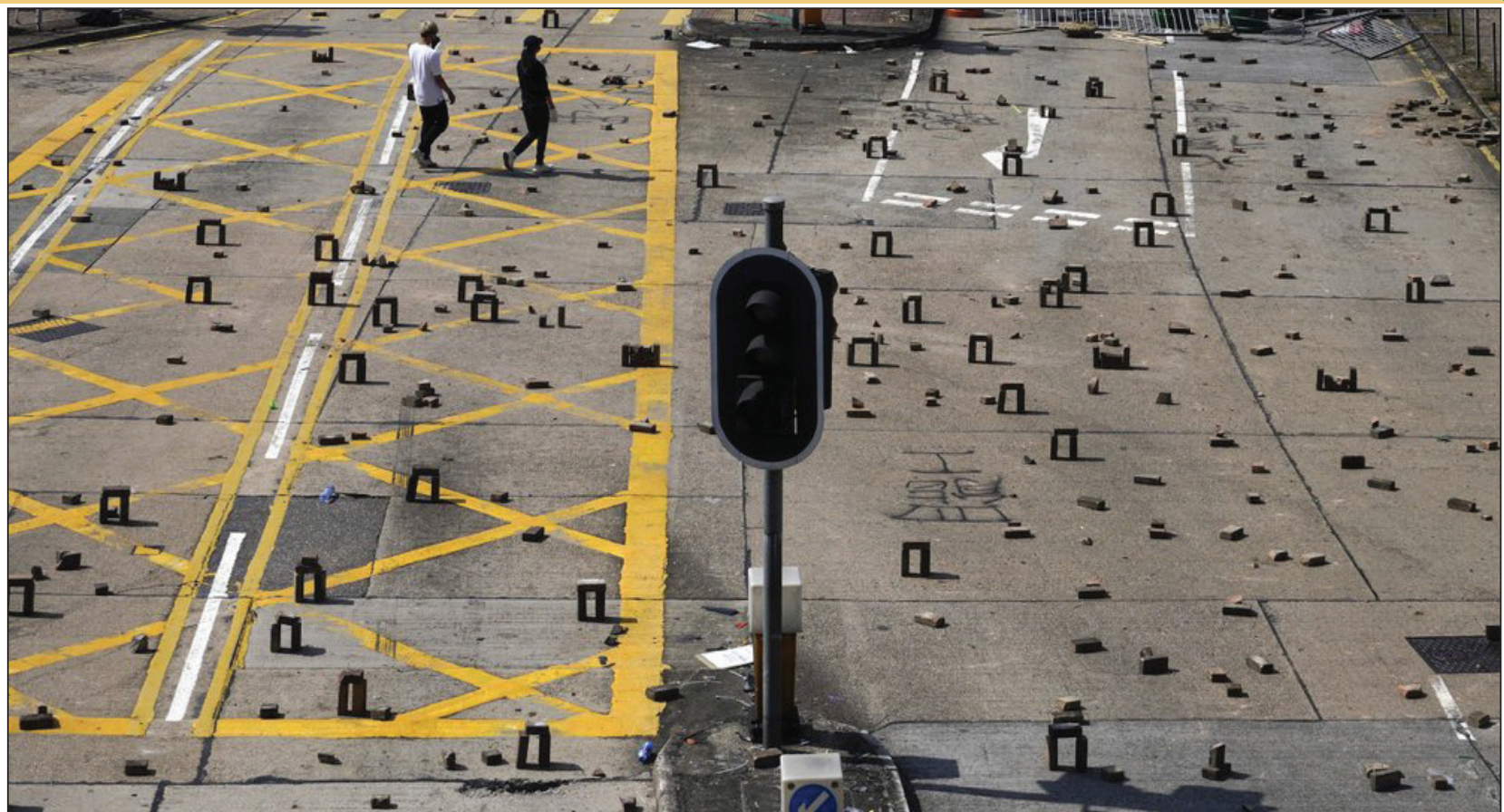
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# Hong Kong

Continued from p.1



AP Photo / Vincent Yu

University of Hong Kong, the Chinese University of Hong Kong or Hong Kong University of Science and Technology.

Several universities cut their semesters short last week without coordinating with students and instructors about completing courses for the term.

Anita Carraher, a third-year environmental studies major who was studying abroad at the Chinese University of Hong Kong this semester, said in an interview with the Nexus on Sunday that she was still waiting to hear from several professors about how she would be able to finish her courses.

"I know Hong Kong University announced that they would be having online classes, and most other universities have also announced some type of either online form of classes or have also just cancelled classes, but specifically with Chinese University [of Hong Kong], they cancelled classes before they decided how they were going to finish up the semester," Carraher said.

On Nov. 11, the Chinese University of Hong Kong cancelled classes for the day; later that night, they also cancelled classes for Tuesday, and on Tuesday, classes were cancelled for Wednesday, Carraher said.

It wasn't until Wednesday, amidst violence at the edge of campus, that the university cancelled classes for the entire term.

of Hong Kong – where the university is made up of several different independent colleges – it has been more difficult to coordinate course completions, especially since each college has its own protocols, Carraher said.

Some students on campus were evacuated from their dorms, while others like Carraher were not.

Carraher is currently staying with family in Hong Kong but said that she has heard from other students that coordinating housing during the time period has been difficult, particularly for students at the Chinese University of Hong Kong, where students were not allowed to return to campus due to high concentrations of tear gas chemicals.

She added that the university had been working with students to arrange off-campus housing for students up to Wednesday, after which they were expected to leave Hong Kong or secure their own housing, Carraher said.

Carraher, whose stay with family was initially meant to be temporary, had left all her belongings on campus. As of Sunday, she was waiting to hear whether she could return to campus to retrieve her luggage. On Wednesday, she said she would be traveling around Asia for a few weeks and would try to return to campus later in December.

Even before she arrived in Hong Kong, Carraher said there had been talk about whether or not the exchange program would

be cancelled.

"[It's] a really different look now, comparing those protests [over the summer] to what's happening now. It's definitely gotten more and more extreme, especially when it [has] come to police treatment, of not just students, but to me, I thought the most alarming thing most of the time was police treatment of press," Carraher said.

Although students studying abroad in Hong Kong received messages from friends back home asking about their safety, Carraher and two other UCSB students in Hong Kong, Rita Lake and Emma

Xing, maintained that as long as they stayed informed about where protests were occurring, they weren't particularly in danger.

"Besides the transportation thing, the protests haven't really affected us that much because exchange students mainly don't really protest or get involved in any of this, and as long as you don't get involved, you're not really in any sort of danger," Xing said.

Lake, a fourth-year political science and art history double major, and Xing, a third-year history and philosophy double major, were studying at Hong

Kong University when the roads to campus were blocked by protestors. Once classes were suspended and UCEAP emailed them recommending they leave Hong Kong, Lake and Xing went to China to stay with Xing's grandparents.

The two are currently completing classes online, and Lake noted that her professors have been "really accommodating," particularly since many of her courses had relied on group projects.

As they finish up their coursework, Lake and Xing plan to spend the rest of their semester

in China before their previously scheduled trip to Thailand in mid-December, after which they'll be returning to the United States.

"I know a lot of my friends have been asking me, 'Are you okay?' 'Stay safe,' and I guess I just wanted to say that I was never really in danger in the first place," Xing said. "I think we're really privileged to be able to leave the situation, because obviously if you're a Hong Kong student, if you're a Hong Kong resident, you can't leave the situation because that's your home."

"I do feel very privileged to be able to leave."

# UC Regents

Continued from p.1

among people determines the type of response they're capable of having in that moment. And I know it's opening up a huge amount of complexity, but when a power differential was so steep that you literally cannot stand up for yourself, that makes whatever is occurring so much worse."

Ora said that she is the first person to go through the Regents misconduct investigation process, described in Regents Policy 1112, which outlines the specific policy for allegations of misconduct against a Regent.

"Apparently the UC Regents have a policy all their own, written by the Regents, which states that all complaints against a Regent will be handled by the Regents ... with a clear focus on ensuring the utmost delicacy toward the powerful Regent reported, rather than the individual reporting," Ora said during public forum.

"In the words of a Title IX employee, 'In the Regents policy, I, the complainant, do not even exist.'"

UC Student Association, the UC Graduate and Professional Council and the UC Council of Student Body Presidents published a joint statement on Nov. 20, supporting Ora and condemning the process for reviewing misconduct cases against the Regents.

"We believe Rebecca, and we agree that the process for reviewing her case is deeply flawed. Regents Policy 1112 essentially requires Regents to hold themselves accountable by tasking a three-member panel of Regents to oversee an investigation. This is not survivor-centered, trauma-informed, impartial, or just, and it clearly prioritizes the powerful over those who may have been harmed," the statement reads.

The leaders further called on the Regents to adhere to the same Title IX policies as students, staff and faculty, calling for further accountability by state elected officials.

Ora first spoke during a June 2018 Regents meeting about her general experiences navigating Title IX as a graduate student –

not relating to Kieffer – and was approached by someone following her comments.

Ora said she had told the person about what had reportedly happened with Kieffer in 2014, when he let her know that he was a "responsible employee," also known as a mandated reporter, which means he is required by UC Title IX Policy to report Ora's story as an instance of "sexual violence, sexual harassment or other conduct prohibited by the policy to the Title IX officer or designee."

Ora was given a few options by the case's mediator: pursue a case against Kieffer, or let it go. If she pursued a case, she would have to decide whether to go directly into an investigation against Kieffer or attempt to settle through the internal alternative resolution process, where a mediator would handle the case directly with the appointed Regents.

"Even though I've been a student leader for so many years, it took me this horrendous conversation to realize like, 'Oh, wow, I do need

to follow this through,' because it's not a matter of whether I'm okay or not and how many meetings I have to step out of and avoid. It's a matter of somebody with such lax judgment is determining the consequences of all of the perpetrators in the system," Ora said.

During public forum last week, Ora said she was encouraged at the time of reporting to "informally resolve the matter so as to avoid an investigation" and said in the interview that she felt pressured then by the case's mediator to first handle the case internally.

"I was given no direction and I had no idea what to choose, so I just chose the one that seemed the safer one."

But Ora said that earlier this year, the alternative resolution to handle the case internally failed. She described the Regents' response to her allegation as "deeply disappointing."

"They were so invisible on any item that was clear to me that there was no use bothering to continue negotiation," she said.

Ora's case will now move on to the outside investigation process.

Ora told the Nexus she chose to speak during public forum due to frustration not only with the Regents' system, but the entire University of California process for investigating sexual misconduct, which takes years and often re-traumatizes the person reporting sexual misconduct in the process.

"We should have a system that doesn't discourage and exhaust people who stand up for themselves and what's right. And in order to protect other people, we should have a system that encourages them. This is not that system," Ora said.

At public forum, Ora discussed how the years-long investigation process has personally affected her, specifically her mental health and relationships.

"I've been told not to bother trying to fix the world and told to let it go. I've been excluded from committees because of Kieffer's presence, I experience regular panic attacks and have fallen

behind in my academic progress. I'm afraid of being hacked and of being harassed and followed, as I'm aware other [people who reported sexual misconduct] have been. I had to move, I've lost friends and relationships," she said.

"Until now, I've tried to follow the appropriate process, but it has failed because it is fatally flawed," Ora said during public forum.

"I know that all the headlines have been about someone accuses someone of something. And I do think that is a problem, like yes, somebody did something to me ... it did harm me. What I think is the larger and more long-term problem to fix is UC Regents wrote a policy for themselves that is unjust and inappropriate," Ora said.

"This all happening at this very moment that we have impeachment hearings going on in the government, we have to beg the question of what is oversight of power," Ora said.

"If the standards for them are lower than those for the rest of us, then we're doing something horribly wrong."

# AS Program Board Presents...

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# Rockfire Fight

Continued from p.1

was looking for the man who was "saying all the bad stuff about homosexuals," according to another student present at the scene who requested to remain anonymous and verified Perez's recounting of the events.

At this point, the man punched her and began kicking her while she was on the ground; a fight then began between an unknown number of people in the middle of Pardall Road, near Six Pak Shop, according to the unnamed student.

Once detained, Steil admitted to officers that he used the word "faggot" during the altercations and that he had consumed multiple alcoholic beverages that night, according to the booking report; the report also stated that "[Steil] was determined to be the aggressor."

A person who identified themselves as a victim of the incident posted on Twitter detailing their injuries: "The word 'FAGGOT' cost me a concussion, 7 stitches, a fractured nose, and 3 broken teeth," they said, adding that one of the women assaulted also had a hand broken.

They also stated that they will

be "taking all actions necessary to have [the attacker] face all possible consequences."

"The chancellor, judicial affairs, and anywhere else. Enough is enough. There is no room for hate, only love," one of the tweets read.

Because news of the Rockfire altercation spread quickly through social media, many students and community members had learned about the situation through unofficial channels, Isla Vista Community Services District (IV. CSD) Board President Ethan Bertrand said at the Nov. 12 meeting.

Bertrand addressed the incident and criticized the lack of communication between the community and public safety agencies when serious situations arise.

"It's absolutely maddening that members of this board and members of the community heard about this through Twitter and not from our public safety agencies who respond to this. And I say that it's maddening because we've dealt with this before," Bertrand said during the meeting.

"It's unacceptable and offensive as a member of this Isla Vista LGBTQ community to have this go on and

for it to not be worthy of public attention and not to be worthy of a serious community response."

When the board discussed the availability of IV. CSD press releases to the public, one student – who said they are friends with one of the victims in the Rockfire incident – echoed Bertrand's thoughts regarding the critical role that widely available information plays in the public.

"The fact that multiple sexual assaults have occurred this past month and there was a hate crime against someone who's actually very near to my heart, it is not okay that we don't have people standing up for us," said the student, who did not identify themselves at the meeting.

"Seeing a press release with transparency would be really helpful to the community to help us heal. Having all these incidents back to back to back has been a lot for a lot of different students and showing survivors that there are these resources that you provide as our government on a local level would be very beneficial," the student continued.

During public forum at the Nov. 13

Associated Students Senate meeting, Off-Campus Senator Kimia Hadidi also spoke about the altercation and described the incident as a "homophobic hate crime." She added that one of the victims sustained a concussion, seven stitches and a broken jaw.

"I want to advocate for this," she said. "Not because this person asked me to but because hate crimes in our community aren't something we expect, because we believe that everyone is open minded."

"We do have to remember there are some people in our community who do hold that hate in their heart."

Hadidi called for more transparency between law enforcement, the university and its students, telling the Senate that, "I think it's a little bit unacceptable that some of you are looking at me like you're hearing this for the first time and that we haven't heard about it as a community from our administration."

The next day, on Nov. 14, Vice Chancellor for Student Affairs Margaret Klawunn and Assistant Vice Chancellor and Dean of Student Life Katya Armistead sent an email to all students regarding a "physical

assault" incited by "homophobia, racism, and/or xenophobia."

"We find acts of violence intolerable, and those motivated by bias rooted in homophobia, racism, and other oppressive prejudices particularly despicable," the email read.

UCSB administration is currently in contact with those involved, according to the email, and said the absence of a Timely Warning was a result of the crime occurring on a location not covered by the Clery Act.

The email included a promise from

administrators to keep a clear line of communication with students regarding safety concerns. Previously, administration held a town hall where students voiced a need for active communication between public officials and the community, following multiple allegations of sexual assault.

"Still, we want to share this information with you promptly so that you are aware of the incident and know that we are responding," Klawunn and Armistead added in the email.



MAX ABRAMS / DAILY NEXUS

# Cajé Receives Ocean Friendly Restaurant Certification, Becoming I.V.'s First Nationally Recognized Sustainable Dining Location

Madeline Myers  
Reporter

Earlier this month, the UC Santa Barbara branch of the Surfrider Foundation awarded Cajé with an Ocean Friendly Restaurant certification, making Cajé the first nationally recognized sustainable dining location in Isla Vista.

To be designated as an Ocean Friendly Restaurant (OFR), a restaurant has to commit to a series of sustainable practices as set forth by the OFR program's requirement sheet, including eliminating the use of polystyrene products and plastic bags, adhering to proper recycling practices and providing reusable foodware to patrons dining in the restaurant.

Additionally, restaurants are required to serve vegan and vegetarian-friendly options and provide a discount to patrons who bring their own cups and containers.

And as of earlier this month, Cajé is doing all of these things.

According to manager Troy Yamasaki, the decision to make Cajé more sustainable was a long time in the making. He said he believes that businesses need to step up to provide their patrons with sustainable options, especially in a town as environmentally conscious as I.V.

"There is something to be said about the people who did it when it was the right thing to do and not the optimal thing to do according to market demand," Yamasaki said.

Daniela Schwartz, co-leader of the OFR program within the UCSB Surfrider branch, echoed Yamasaki's words: "Young people are always looking to do environmentally friendly things that are good for our planet."

According to Surfrider's website, the perks of being OFR-certified include national recognition on Surfrider social media, logos and other marketing materials, launch parties, collaborative promotions and, in some cases, tax-deductible contributions.

Surfrider was founded in 1984 to protect ocean health, according to the website. The organization focuses on water quality, beach access and preservation and the protection of marine ecosystems.

One of the ways it operates is through the OFR program, which, according to the website, was founded in 2010 to combat the disposal of single-use plastics by restaurants. The program "increases awareness, drives behavior change, and ultimately creates scalable impact to reduce our plastic footprint."

According to Schwartz,

restaurants in I.V. are reluctant to commit to OFR status because there is an assumption that sustainable practices are expensive and exhaustive. This widely held belief is perhaps rooted in the fee associated with becoming an OFR, Schwartz said.

Schwartz explained that the OFR fee is \$62.50 per year, and that the cost of committing to sustainable products does not make a difference in the broader financial success of restaurants. Cajé made minimal changes in order to receive OFR status, with the most significant being the elimination of polystyrene products and plastic bags, Yamasaki said.

While Yamasaki agreed that attaining OFR status was not a financial burden for Cajé, he said that while the current demand for sustainable dining practices is still small, "the market will demand it eventually and we are already seeing small shifts. The awareness is there and appreciated, but as far as actively producing new sales, we are on the cusp."

Although Cajé is the first restaurant in I.V. to receive OFR status, there are other OFR certified restaurants in Goleta and downtown Santa Barbara, including Mesa Burger, Jane at the Marketplace, Old



Nexus File Photo

To be designated as an Ocean Friendly Restaurant (OFR), a restaurant has to commit to a series of sustainable practices as set forth by the OFR program's requirement sheet.

Town Coffee, the Boathouse at Hendry's Beach and the Santa Barbara Shellfish Company.

Moving forward, Schwartz hopes that making Cajé more sustainable will produce a domino effect in I.V.

"We are hoping to move beyond coffee shops to get a real restaurant [to become OFR

certified]," she said.

Schwartz and her team have presented the benefits of being OFR certified to the managers of Silvergreens and South Coast Deli in hopes that they will soon follow suit.

While Schwartz thinks that it is unrealistic for all I.V. restaurants to become OFR certified, she

believes that the OFR program is gaining traction this year.

"Good habits that begin with OFR get carried on throughout life. The ball is rolling. We are hoping to get in touch with more restaurants as the year goes on, and to spread the word about being more sustainable in any way we can," Schwartz said.

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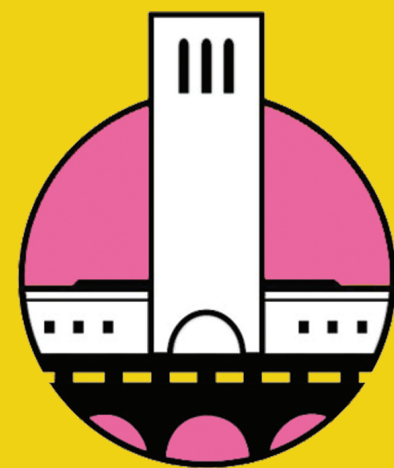
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**Armchair QB** Lamar Jackson has been nothing short of incredible in his rookie year for the Baltimore Ravens. His combination of throwing ability and running speed is unparalleled in the league ... not bad for a "wide receiver."

# SPORTS

## UCSB Athletics

Make sure to check out both UCSB cross-country teams as they compete in the NCAA Cross Country Championships this weekend! Men's and women's swimming will also be competing in the A3 Invationals.

## Men's Basketball Aims To Bounce Back Against Menlo Park

Spencer Ault  
Staff Writer

After three straight games against mid-to-major conference teams, the UCSB men's basketball team will get a bit of a break when it takes on Menlo College on Saturday afternoon in the Thunderdome.

While the Golden State Athletic Conference lacks the cachet of the Pac-12 or Conference USA, the Oaks come into Saturday's game as hot as any team the Gauchos have played this year. Menlo is 4-1 this season after losing 73-70 to Cal Maritime on Wednesday.

Meanwhile, the Gauchos are 1-3 after falling 78-67 to Oregon State on Wednesday night. UCSB never led and trailed by as much as 19 points in the second half but hung tight throughout the first half.

Facing off against a high-level defense, the Gauchos couldn't buy a bucket for much of the game. UCSB shot just under 37% from the field and went 5-27 on 3-pointers.

Sophomore forward Amadou Sow led the Gauchos in points and rebounds with 14 and 11, respectively, while graduate transfer forward Matt Freeman was 6-9 from the field for 13 points.

The Gauchos had no answer, however, for Beaver forward Tres Tinkle, who scored 27 points, pulled down 11 rebounds and went to the free throw line a game-high 9 times. Oregon State, as a whole, found offense much easier to come by than UCSB did and shot 56.6% from the field despite going 4-15 from beyond the 3-point line.

UCSB gets a few days to move on from Oregon State and turn its attention towards Menlo. The Oaks represent something of a reprieve for the Gauchos, at least on paper, and UCSB will likely be the toughest team Menlo plays all season.

The Oaks are not a particularly tall team, something the Gauchos will look to exploit on Saturday. Menlo's tallest player who plays significant minutes is 6'7" freshman forward Jake Tranter and 6'6" sophomore forward Corey Le'aupepe leads the team with 6.6 rebounds per game.

UCSB boasts three significant contributors taller than Tranter: 6'9" sophomore forward Sow, 6'10" junior forward Robinson Idehen and 6'10" graduate transfer forward Freeman. While Freeman is more of an outside threat, Sow and Idehen will both have the opportunity to use their size to their advantage.

Menlo relies heavily on 3-pointers, with distance shots making up about 40% of their overall field goal attempts. The Oaks are shooting 41.8% on those 3-point attempts and will likely rely on their shooting to attempt the upset.

Menlo might be onto something with that strategy against UCSB. The Gauchos are shooting 31.8% from beyond the arc, but their opponents are bombing away at a 40.3% clip.

Through four games, the Gauchos have proven vulnerable to the 3-point shot. That's music to the Oaks' ears and something Head Coach Joe Pasternack will likely focus on going into Saturday's game.

Four different Menlo players – sophomore guard Ross Williams, senior guard Jeremiah Testa, junior guard N'Jai LeBlanc and junior guard Curtis Witt – have taken at least ten 3-point attempts this season, and all have proven to be more than capable shooters.

Rice University had a similar array of shooters and used them to break the UCSB defense down last weekend, a result Pasternack would like to avoid this time around.

A significant chunk of Menlo's successful start to the season came without one of its best and most experienced players, senior forward John Paine.

Paine missed the second and third games of the season and is still working his way back into the lineup, but he is already reasserting himself as a major offensive weapon for the Oaks with 13.3 points per game.

Limiting Menlo's 3-point shooting will throw a wrench in the gears of the Oaks' offense and allow the Gauchos to focus much of their remaining attention on Paine.

If UCSB fails to do so, they could be in for another rough afternoon in the Thunderdome.

UCSB takes on Menlo on Saturday afternoon at 1 p.m. in the Thunderdome.



LEONARD PAULASA / DAILY NEXUS

## UCSB Women's Volleyball Looking To End Season Strong



LEONARD PAULASA / DAILY NEXUS

Nick DiPierro  
Staff Writer

The UC Santa Barbara women's volleyball team will look to finish strong against Cal State Fullerton and UC Irvine after having dropped one of two this past weekend.

Despite losing a crucial match to Long Beach State on Friday, UCSB saw a Saturday win over CSUN that marked Nicole Lantagne Welch's 100th career victory as head coach of the Gauchos. She's currently in her seventh season in charge after having spent the previous 12 at Miami.

UCSB will return home for their games against Fullerton and Irvine this Friday and Saturday after a less than favorable weekend that saw the Beach clean up their sand with a 3-0 sweep over the Gauchos.

It was a valiant effort from UCSB at the Walter Pyramid, but Long Beach's Carly Aigner-Swesey dished out 38 assists and Tia Chavira had 14 kills off a sparkling .375 hitting percentage to seal the deal.

Earlier last week was when I argued that Kashauna Williams, who leads the Beach with 419 kills, would have to be shut down if the Gauchos were to win this game.

Well, they shut her down to say the least as she was held to 11 kills and a measly .069 hitting percentage, but that was evidently not enough as the depth of Long Beach shown through.

Chavira is seventh on her team in kills and simply dominated at the net on Friday. How'd it happen?

Unsurprisingly given their track record this season, but surprisingly given the final score, UCSB led the game in digs 54-51. It was neither a huge lead nor did it really define the team's overall performance on the court, but it did reveal that perhaps the Gauchos are not as clinical as we thought.

The Gauchos were just a sniff better foundationally, keeping the

ball alive consistently throughout the game. Where they failed was in connecting the last few dots, ultimately committing 8 more errors on their way to putting points on the board.

The aforementioned Aigner-Swesey and her 38 assists led the way for a 43-34 lead in the assist department. It was just too easy for Long Beach State to finish given her consistency in putting up perfect balls.

The Gauchos reacted well, however, making sure not to leave their own brooms at home this time and sweeping CSUN the very next day.

Tallulah Froley had 13 kills, Olivia Lovenberg plated 22 hotcakes, Zoe Fleck dug it out 19 times and the Gauchos made easy work of the CSUN Matadors in a 3-0 sweep at the Matadome.

The win snaps a season-long, 3-game losing streak for UCSB, who have also now won their 20th game of the season for the first time since 2009's 22-win campaign.

Gaucha Rowan Ennis should be proud of her rebound performance in Northridge, having finished with 12 kills and a remarkable .526 hitting percentage after an abysmal Friday that saw her post a -.600 kill rate thanks to her lack of kills and 3 errors.

UCSB out-hit CSUN in every set, finishing with a .248-.175 kill percentage advantage.

It was a back-and-forth affair with UCSB being mostly a step ahead. The Gauchos were able to see it through, piecing together one or two significant runs in each set in an effort to tighten their stronghold.

The Gauchos eventually finished the sweep with leads in digs (60-52), assists (46-32) and aces (3-1).

UCSB will play host for their last two remaining games this weekend. Cal State Fullerton comes to town Friday night while UC Irvine will make the drive on Saturday ...

Continued on [DailyNexus.com](http://DailyNexus.com)

## No. 6 Gauchos Set To Compete in Golden Coast Conference Tournament

Jesse Morrison  
Staff Writer

The UC Santa Barbara men's water polo team travels this weekend to Malibu, California to compete in the Golden Coast Conference tournament.

The No. 6 Gauchos come in with the third seed in this stacked college water polo tournament. They match up against No. 15 UC Irvine in their opening round match. UCSB will have to play it smart in the opening rounds if they want to advance far in this tournament that includes many of the top teams in the country.

The Gauchos have earned league-wide recognition themselves, with six UCSB players being named to GCC All-Conference teams, announced at the beginning of the week.

Senior utility Ivan Gvozdanovic and sophomore goalie Danny Roland earned All-GCC first-team honors, senior attacker Jacob Halle and sophomore driver Nathan Puentes were selected for the All-GCC second team and freshman attacker Mason Chambliss made it onto the GCC All-Freshman team.

Sophomore attacker Sam Nangle rounded out the list with an honorable mention.

UCSB will hope to turn these individual accolades into team success this weekend, with a matchup against

rival Pepperdine looming in the second round if the squad takes down Long Beach State.

As the team prepares for a long weekend of games, I got the opportunity to sit down with junior attacker Spencer Wood to talk about the upcoming games. Here is what Wood had to say:

**Jesse Morrison, Daily Nexus:** You guys are heading into the Gold Coast Conference tournament, how does the team feel going in?

**Spencer Wood:** We're feelin' really good, we've been training really hard this week and past weeks preparing for the multiple games we are gonna have. Everyone's healthy, everyone's fired up and we're ready to win it all.

**DN:** You guys played Irvine in your first game; you guys beat them in your final home game of the season. How does the team feel about playing them in the first round?

**SW:** We feel great. They obviously aren't a team we can look past; we are gonna have to play well and stick to our fundamentals. But I think we are really ready to crush 'em down, then move on to the semi-finals and finals.

UCSB's opening round match with UC Irvine kicks off this Friday at 11 a.m.

If you can't make it to Pepperdine to support your Gauchos, tune in to theFosh.net for live updates and stats.



ESTEFANI ZUNIGA / DAILY NEXUS



# No. 22 UCSB Hosts Cal in Opening Round of NCAA Tournament

Richard Benites  
Staff Writer

After an overall successful season, which saw the Gauchos climb as high as being ranked among the top 15 programs in the nation, Division 1 men's soccer further recognized UC Santa Barbara by selecting UCSB for a spot in the NCAA Tournament.

Following a 2-0 defeat to now-No. 18 UC Davis, UCSB finished as the runner-up in the Big West Finals.

Fortunately, the Gauchos' postseason continues on with a home bout against Cal in the first round of the NCAA Tournament.

In their most recent game, the Gauchos conceded their first road loss in the entire season, resulting in an away record of 5-1-3. Despite this, the team still remains above a .700 win percentage with their overall record currently at 12-4-4. With Thursday night's venue set to be Harder Stadium, it's also worth noting that the Blue and Gold hold a home record of 7-3-1 on the season.

As for the Golden Bears, Cal's season hasn't gone quite as well as they had wanted.

Early on in the regular season, they were a "receiving votes" side according to the national rankings. Since then, their form has dipped some, and the team has struggled to consistently find wins; they now stand at an overall record of 8-6-3. Nevertheless, they'll be coming off an impressive 1-0 win over previously No. 4 Stanford and will be hungry for a second opportunity to face UCSB.

Cal is favored historically here, with the Gauchos trailing in the all-time series by a record of 11-19-3.

This is also reflected in the earlier outing between the two sides back in September, when the Golden Bears defeated the Gauchos by a score of 3-0. Much will be on the line come game time, but UCSB will have an added incentive in that the last time they beat Cal was way back in 2003 – a win here will end

that drought and propel them into Sunday's second round of the NCAA Tournament.

Players to watch for among the Gauchos will be those who weren't present in the last encounter due to international duty and ineligibility but who will surely make their presence known on the field this week.

First up is Big West Defensive Player of the Year and senior defender Noah Billingsley. Originally unable to play because of a call-up by his home country of New Zealand, Billingsley plays the stalwart role on the Gaucho defense; with 5 assists to his name, he'll act as an imposing force against the Golden Bear attackers.

Next, the Big West Freshman of the Year, forward Finn Ballard McBride.

With a team-leading 9 goals to his name, as well as a pair of assists, Ballard McBride is an ever-present danger to opposing defenders whenever he gets the minutes he deserves.

Junior defender Hunter Ashworth (New Zealand call-up) and senior defender Faouzi Taieb (previously injured) will also be available this time around.

On Cal's end, their forward duo, sophomore Alonzo Del Mundo and junior Tommy Williamson, will be providing the goal threat.

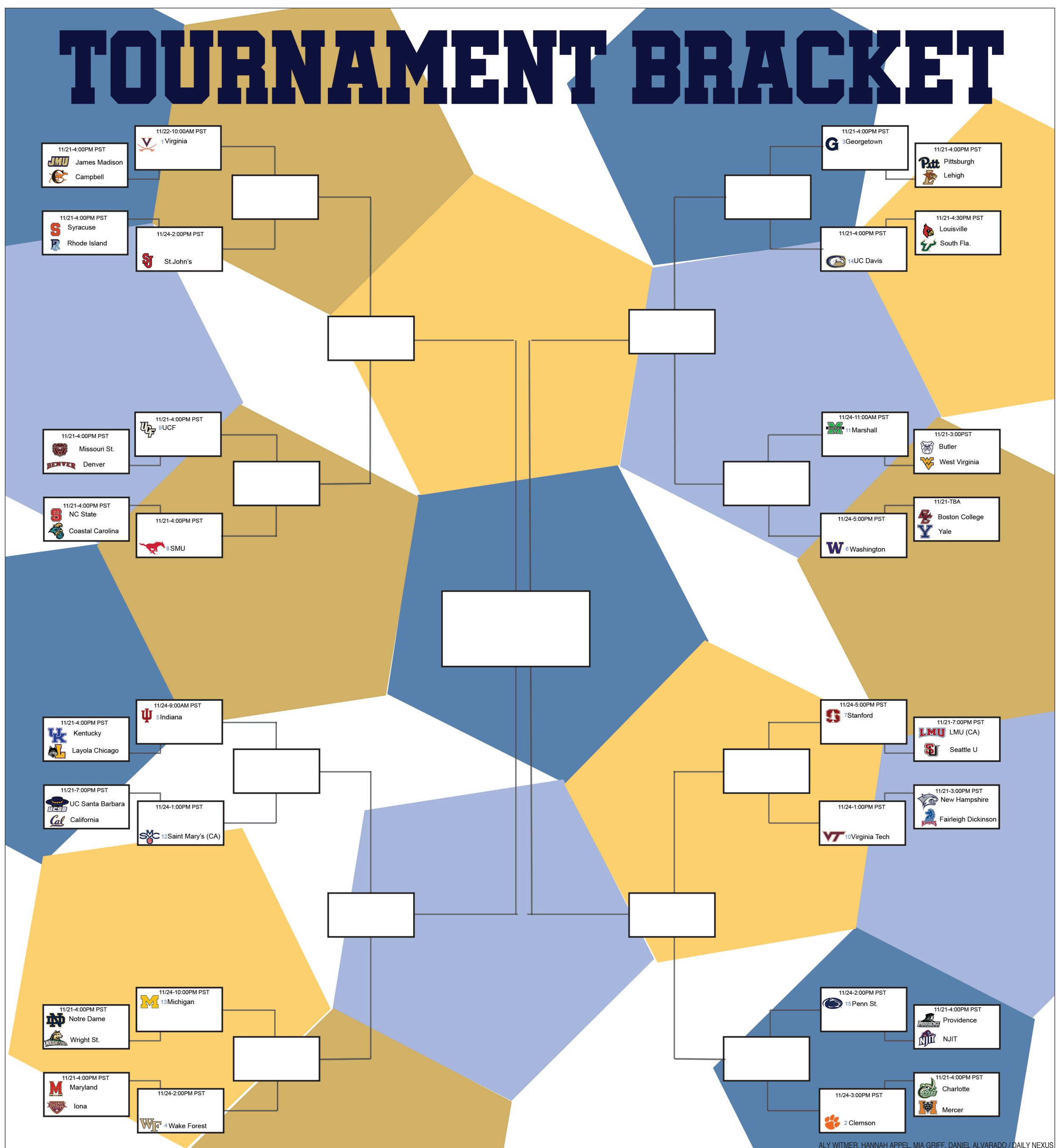
Del Mundo leads his side in playmaking with 9 assists, as well as 2 goals of his own. Meanwhile, Williamson is Cal's top scorer with 9 goals total on the season; it was Williamson's penalty-kick goal that earned the Golden Bears the 1-0 upset over Stanford.

Altogether, it's a make-or-break game for both teams this Thursday, as the NCAA Tournament is formatted as single elimination. The winner advances to the second round's opponent – Saint Mary's College – while the loser will see their season come to a close.

All the postseason action kicks off this Thursday, Nov. 21, as UCSB hosts Cal in Harder Stadium at 7 p.m.



SIAVASH GHADIRI / DAILY NEXUS



ALY WITMER, HANNAH APPEL, MIA GRIFF, DANIEL ALVARADO / DAILY NEXUS

# ARTSWEEK

## Eyedress, Satchy & Apollo Soul: Fusing Rock and Soul Under Storke



Courtesy of KEXP

Aubrey Valerio  
Reporter

This past Friday KCSB-FM hosted a free concert at the KCSB courtyard underneath Storke Tower. Open to both students and

the public, the concert featured an exciting lineup consisting of Apollo Soul, Satchy and Eyedress.

With the courtyard decked out in mood lighting and concert equipment, the show began with LA-based fusion-rock band Apollo

Soul. The band is comprised of members Jack Bastian on keyboards, Matt Saunders on guitar, Cole Brossus on bass, Ellington Peet on drums and Jade Elliott on saxophone. The group brought a high-energy ensemble

performance that also featured improvised solos. Right off the bat, Apollo Soul instilled soul into the already vibed-out environment. The first song they played for the crowd featured a funk jazz riff-off between Saunders on guitar and Elliott on sax. The next song highlighted a smooth and groovy performance from Bastian on keys. The group would go on to perform "Hey Kid, I'm a Computer," which featured atmospheric fusion-rock and techno sounds. Following this song was a mesmerizing medley that featured amazing work from Peet on drums as well as a riff off between Saunders on guitar and Brossus on bass. Apollo Soul offered up a soulful performance that melded together high-energy rock and laid-back jazz tunes.

The next performer of the night was LA artist and CalArts student Satchy. His music features an alternative rock and R&B sound, with some of his inspirations being King Krule and D'Angelo. Along with his band members, Satchy kicked off his performance with some soothing, melodic vocals. He then went on to perform tracks

like "Comfort" that worked to slow down the mood and give radio lovers a mellow R&B track to sway to. Appealing to the hip-hop heads in the crowd, Satchy shouted out another inspiration of his: J Dilla. From there, he performed the Dilla and D'Angelo-esque track "For A Minute Now." This inspiration could be heard from the hard-hitting mix of jazz, sax and drums, along with some soothing guitar chords. Satchy supplied the beat with some moody vocals, and it goes without saying that this soulful performance left the crowd in their feelings.

The headliner and final performer of the night was Manila-based artist Eyedress. Coming from the Philippines, Eyedress carried a unique sound that you would definitely not hear in your everyday Filipina mom's playlist. He started off his performance with some wavy noise pop and soft vocals that got the crowd ready for the coming mosh-inducing tracks. A highlight of the night was his performance of "Manila Ice," a psychedelic rock song that details Eyedress' personal feelings about

drug violence in the Philippines.

"Manila Ice" left music lovers hypnotized and desperate to get a good video of the performance. After this track, he performed "Toxic Masculinity," which featured more vibed-out synth and mesmerizing guitar chords. From there, Eyedress got a mosh going at the front of the stage with punk rock tracks like "Separation Anxiety" and "I Don't Wanna Be Your Friend." Those at the front replicated the energy the artist gave onstage and playfully pushed and shoved their hearts out. After finishing his performance, Eyedress remained onstage and played some trap beats, continuing to jam out with the crowd and wrapping up the night on a high note.

This simultaneously relaxed and wild concert displayed the three performers as artists to keep an eye on and left everyone at the courtyard ready to discover more hidden gems on the radio. The night was a testament to the power of mellow rock and good vibes, effectively carrying away any anxieties about finals.

## Launch Pad Brings Exciting Performance of "What Martha Did" to UCSB

Jennifer Sor  
Reporter

Launch Pad's latest production, "What Martha Did," hit UC Santa Barbara's Performing Arts Theater this past weekend. As expected, the play attracted a sizeable audience, with the first three showings bringing in a packed house.

Launch Pad, a program that features professional playwrights to work alongside Theater and Dance students, produced the play under the guidance of Enid Graham. Graham, who is best known for her work as a Broadway and television actress, penned the script for "What Martha Did" in 2015. The play has since been honored at the Eugene O'Neill Theater Center's National Playwrights Conference and the American Blues Theater's Blue Ink Playwriting Festival and is UCSB's 15th Launch Pad production.

Although Graham humbly describes herself as an "emerging" playwright, that is far from the impression given in UCSB's small black box theater. "I feel like I've hit the jackpot with Launch Pad," Graham said in a press release

regarding her workshopped production. "I feel really lucky to be having this experience in a place with so much talent and devotion to the process."

The large and talented ensemble of a college BFA program is precisely what Graham needed to bring "What Martha Did" to life, a tragicomedy filled with complexity. Martha Fisher, played by Alexandra Singleton, takes her own life shortly after publishing a book of positive aphorisms. Her suicide is not only paradoxical but leaves her family and friends still reeling from the loss 25 years later. How do they reconcile Martha's cheery, optimistic poems with her suicide? How do the other characters make peace with the fact that Martha is not the person others thought her to be – and in a sense, neither are they?

It takes the viewer some time to make sense of Graham's complicated storyline. The audience is left disoriented for the first chunk of the play, tasked with stitching together a family history they can barely understand. That being said, the mental effort required to piece together the play proves to be a rewarding process

for the viewer and communicates a larger point about grief: Losing a loved one is disorienting, and we may never be able to stop ourselves from going back to the past and trying to make sense of it.

Additionally, it is never clear to either the characters or the audience why Martha kills herself. The most haunting moments of the play are arguably the beginning and the end, in which a recording of Martha prior to her death is played for the audience. She describes her book of poems, which argue for the joy of being alive, as a "portrait" of what she once believed. Graham appears to be leaving an open-ended question for the audience: Is life always as joyful as it once seemed when you were young?

The circumstances of Martha's suicide remain perplexing, but seeing her friends and family scrambling to host a dinner in her childhood home makes a poignant claim about growing up. Becoming who you really are is filled with pain, regret and listlessness. Evidently, it is an unavoidable process for everyone.

The cast is remarkably adept at portraying this truth, capturing

a nuanced profile of a grieving family. The play is filled with stunning displays of emotions. Mrs. Fisher, played by Julie Fishell, throws her head back in a dramatic arc as she describes the family's loss. There are too many moments like these to describe as every single one of the cast members delivers a rich, heartfelt performance.

The sheer talent of the cast makes it hard to remember many of the actors are college students, which makes an interesting point in and of itself. The play speaks to the difficulties of growing up and reconciling with one's past, which is precisely what the college-aged audience and cast members are going through themselves. The irony of "What Martha Did" is that it showcases the hardships of growing up through the very people in the midst of those hardships.

"I think the play speaks to college students because [...] we all go off in our lives and we become the people that we become and then we come back to our families and they think that we're 12," Graham said in an interview with the Department of Theater

and Dance. "How can we move on from the events of our past and blossom into adults around the people that remember us as children?"

She poses an intriguing question to viewers of the play, particularly for those in the throes of their undergraduate years.

Another UCSB Theater and Dance production, "The White Card," will play this weekend at the Studio Theater. "The White Card," a drama that explores issues of art and race, will run a total of six times this weekend, with opening night scheduled on Thursday, Nov. 21 at 8 p.m.



Courtesy of Fritz Olenberger

# FILL THE GAP.

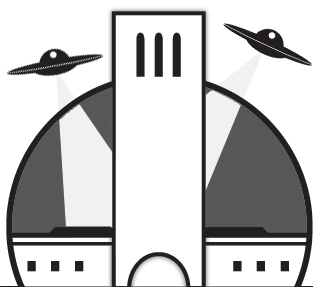
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# NEXUSTENTIALISM

It's Satire, Stupid.

## Twist! TA Won't Even Answer Own Question

Dylan "Dyl" Wheede  
Staff Writer

In a shocking but probably inevitable turn of events, the level of fucks given during section in Week Eight has dropped so low that not even the TA would answer his own question.

An 8 a.m. section of Greek myth faced their normally peppy grad student TA this morning, fully prepared to be as mute and uninterested as ever before.

Following the usual, mundane "How was everybody's weekend even though it's no longer Monday?" bullshit, the TA (whose name no one in the class could actually tell us) posed an innocent reading comprehension question to the class.

The students assumed their natural positions of sleepy indifference, but they could never have anticipated the sheer magnitude of awkwardness that followed.

"The first minute or so was fine," recalled survivor Courtney Sheridan, "but the way he just ... looked at us. His eyes grew more and more dead, and his face started to turn this weird color. We looked

around at each other, each one of us so scared because we realized he wasn't giving up this time. It was ... horrifying."

After 47 minutes of prolonged silence, a rescue team was finally sent to the second floor of Girvetz Hall to save the students. The unnamed TA immediately returned to normal at 8:50 on the dot but will be questioned in depth on why the fuck he didn't just tell them the answer.

"Sure, I knew the answer," student Greg Doodbreaux later admitted, "but what was I supposed to do, talk in class? No way, man. I've got a reputation to uphold - my beer die tournament is this weekend."

A survey of the affected students revealed that most of them did not answer either on principle or because they were deadass asleep with their eyes open.

Only one fourth-year student, Patricia Blake, managed to escape the incident unphased.

"I literally just do not care at all," Blake said.

*Dyl Wheede has never had the "hot TA" experience and is super bitter about it.*



Would you rather be able to see farts or tell when someone last had sex?

Eggbert



EMMA DEMOREST / DAILY NEXUS

## Oh Goodie! Your Bike Seat Is Wet

Max Myszkowski  
Nexustentialism Asst. Editor

UCEN BIKE RACKS - Returning from a late-night study session, student Joe Schmoe was greeted with the supreme earthly delight of an absolutely sopping wet bicycle seat. This soggy conclusion to his midnight grind session was reportedly received with nothing but ecstatic glee from Schmoe.

"Oh goodie!" Schmoe exclaimed upon noticing the dew-laden pleather seat. "I was just thinking my ass wasn't moist enough for my liking."

Schmoe's ass was unavailable for comment. "Oh yeah, that's the stuff," Schmoe allegedly moaned as the waterlogged seat squelched under his tushie.

Schmoe's case is far from unique. Students from all across the university have shared in similar squelchy splendors on a nearly nightly basis. With the temperature sharply dropping after each 5 p.m. sunset, condensation rapidly forms on the bike seats of unsuspecting students everywhere, leaving them with bum-wetting bounties to accompany them on their voyages home.

"My cup runneth over!" one soggy-bottomed student proclaimed, appreciating the fact that the condensation from his seat had penetrated several layers of clothing, thoroughly soaking him from crotch to crack.

Some student cyclists, who have no appreciation for the luxury of a soaked heinie, have taken to wiping their seats off with their shirts before embarking on their rides home, instead opting to enjoy the alternative (though far inferior) option of a moistened midriff.

"It's 9:30 p.m., 45 degrees Fahrenheit outside, and I just got back from a four-hour chemistry lab," one student told Nexustentialism. "I was just aching to get an ass crack full of evening dew to cap off my night."

For those more moisture-averse students, several options exist for avoiding the superb glee associated with uncovering a thoroughly drenched bicycle seat.

- Try sitting in a puddle before you bike home at night. If your tushie is already thoroughly water laden, you won't even notice the fine dew from your bike soaking into the seat of your pants. Your derrière will still be as wet as a pool party in a hurricane, but your seat will feel dry as a bone!

- Put a plastic bag over your bike seat before you head off to class in the afternoon. When you come back, you can take the now soaking-wet plastic bag and put it in your backpack right next to your laptop. Your backside will be spared, but god, at what cost.

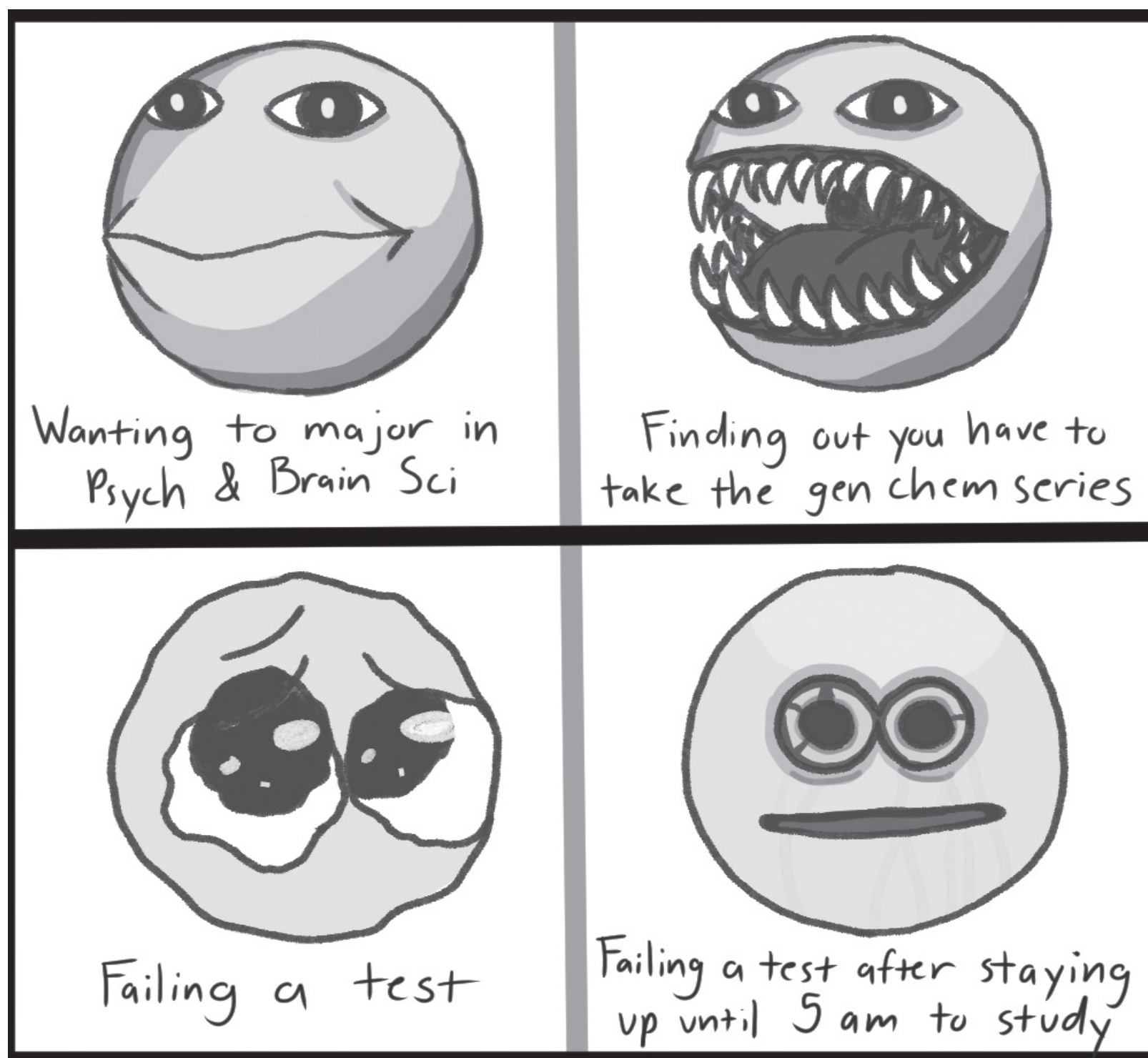
- Sit down on your seat very slowly, one cheek at a time. This won't make your caboose any less drenched, but a longer acclimation period might help you grow accustomed to your bottom's new moisture content.

- Try slurping the dew off your seat before you ride. This one is a triple play: Your fanny stays dry, your body stays hydrated and you conserve water at the same time. Waste not, want not, as they say.

If none of these approaches are suitable for your premium posterior, Nexustentialism would advise you to check to make sure you've removed your head from your backside before embarking on any nighttime bicycle ventures.

*Max Myszkowski's bike seat is dry, but his soul is wet.*

### DAILY NEXUS ART & COMICS



GINELLE ERENO / DAILY NEXUS

# ON THE MENU



MICHELLE STOLZMAN / DAILY NEXUS



MICHELLE STOLZMAN / DAILY NEXUS

## A Simple Guide to Cooking With the UCSB Food Banks

Liliana Linan and Michelle Stolzman  
Reporters

Frequently eating well can be hard for college students. Maybe you don't have the money or time to shop at the grocery store, you ran out of meal swipes or you woke up too late and missed breakfast. Luckily, there are resources on campus available where you can get free groceries! You can visit the University Center (UCen) Associated Students Food Bank or the Miramar Food Pantry (located in the Sierra Madre Villages) to grab a quick meal or grocery items to make your own. Check out some information about how each food bank works and don't forget to try some of our recipes using the free items.

### Associated Students Food Bank

The Associated Students (A.S.) Food Bank is conveniently located in the UCen on the second floor, but make sure to enter through the outside. Their mission is to provide fresh, free food and toiletries. There are two requirements to use the food bank: you must be a registered UCSB student and you should complete a self-declaration of income online at <https://foodbank.as.ucsb.edu> to confirm you make less than \$14,484 a year.

The food bank is divided into 12 categories: starch (bread, tortillas, rice, pasta), soup, sauce, beans, protein (peanut butter, canned tuna), canned vegetables, breakfast (oatmeal, cereal), instant lunch (top ramen, mac and cheese), miscellaneous (bars, chips, crackers, baking goods) and a wide variety of fresh produce, plus menstrual hygiene products and toiletries (toilet paper, soap). Produce doesn't have a maximum capacity, and besides menstrual hygiene (which restricts students to three items), all other categories have a one-item max, but you can attend the food bank every day it's open!

On the A.S. Food Bank website you can also find more information about CalFresh, nutrition and food skills, meal tickets and the UCSB Financial Crisis Response Team as well as other food resources on or around campus. If you're interested, there are also volunteer and employment opportunities. Make sure to take advantage of this free and extremely beneficial resource and don't forget to bring your Access Card!

One of the best things about having this resource is the multitude of combinations you can come up with! Here are some recipes you can create from some of the resources at the food bank:

### NUTELLA-STUFFED FRENCH TOAST

Even though this breakfast looks, smells and tastes fancy and complicated, it's a very simple and indulging meal. What makes it even better is that you can get the bread and fruit used in this recipe from the food bank on campus! Impress your friends with this Sunday morning dish, and have your entire floor wishing they were as talented as you.

#### Ingredients:

- 3 large eggs
- 1/4 cup of your milk of choice (I used 2% but I love oat milk!)
- 1/4 teaspoon vanilla extract (I ran out so I didn't use any but it adds a great flavor)
- 1/8 teaspoon cinnamon
- 8 slices of bread (I used the potato bread from the food bank!)
- 1 jar of nutella
- 1 bottle of syrup
- 1 tablespoon butter
- Optional: bananas (you can get from the food bank!), strawberries or powdered sugar

#### Directions:

1. Whisk the eggs, milk, vanilla extract and cinnamon in a medium-sized bowl.
2. Grab one slice of bread and spread as much Nutella as you want on it, and then place another slice of bread on top to create a sandwich.
3. Using a spatula, dip the sandwich into your egg mix (make sure to dip both sides).
4. Melt a bit of butter in a pan on medium heat and place the sandwich in the pan, cooking each side for about two minutes.
5. Top your french toast with your fresh fruit, maple syrup and, if you're bougie, powdered sugar. Enjoy!
6. \*Bonus step: Cook some eggs on the side for a more complete breakfast.

LILIANA LINAN / DAILY NEXUS



### Miramar Food Pantry

When I went on Thursday, the restock day, they had a wide variety of options. Since they have fridges, they can store more temperature-sensitive items like eggs. They have six packs of eggs available; however, they tend to run out fast. We managed to get iceberg lettuce, butter lettuce, celery, peppers, canned corn and eggs. They do offer more options, but it is far from the main campus.

### CHICKEN RISOTTO

The following recipe is for a simple risotto I made using ingredients gathered from the food bank. These are the general steps I like to follow, however, sometimes I like to add other ingredients like diced mushrooms or seafood! This recipe can be made using vegetable stock instead of chicken and you can omit the parmesan for a vegan alternative.

#### Ingredients:

- 1/2 cup of long-grain rice
- 1/2 green onion
- 3 cloves of garlic
- 2 tablespoons of butter or olive oil (or a combo!)
- Salt and pepper, to taste
- 1 can of chicken broth
- 2 cups of water
- Grated parmesan
- Optional: 5 basil leaves

#### Directions:

1. Peel the outer layer of the onion and cut in half. Then dice half the onion. Peel the outer layer of garlic and finely mince. Measure out approximately a half-cup of long-grain rice and set it to the side.
2. Heat the chicken stock and water in a small pot on the side. Alternatively, one could microwave it in a large bowl for 1 1/2 minutes after adding the rice to the pan (refer to step 5).
3. Heat up the butter or olive oil in a frying pan on medium heat.
4. Add the onion to the frying pan. Season with salt and pepper. Allow it to cook until all of the onion has turned semi-translucent. Then add the minced garlic.

MICHELLE STOLZMAN / DAILY NEXUS



5. Add the rice to the garlic and onions. Sauté until semi-golden.
6. Add half-cup of chicken broth and water to the rice. Once it boils off, add another 1/2 cup). Continue until out of chicken stock. Be sure to stir during this process.
7. Add parmesan until the mixture thickens. (Typically you should add around 1/4 cup, but if you like extra cheese, go for it!)
8. Add chopped green onion and basil.
9. Garnish with green onion and basil and serve.

### MINI APPLE CRISP

During the fall season, my mom would always make apple crisp using apples from our tree in the backyard. Since I'm at college during the fall, I haven't been able to enjoy an apple crisp in a very long time. Since the food bank always has a good supply of apples and oats, I decided to try to make a personal-sized apple crisp!

#### Ingredients:

- 1 apple
- 3 tablespoons of sugar
- 2 teaspoons of cinnamon
- 2 tablespoons of oats
- Butter or oil

#### Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Peel the apple skin off the apple.
3. Cut the apple in half and take out the core. Then slice the apples into two small pieces.
4. Coat the apple pieces with two tablespoons of sugar and one teaspoon of cinnamon.
5. Coat the bottom of your ramekin or bowl with a thin layer of butter or oil to prevent sticking. I use medium-sized glass pyrex bowls since they are oven safe.
6. Place the apple pieces into the oven-safe container.
7. Mix the oats with the remaining tablespoon of sugar and one teaspoon of cinnamon.
8. Cover the top of the apples with the oat sugar mix.
9. Place in the oven for 45 minutes.
10. Let cool, then serve.

# SCIENCE & TECH

## Mental Health in Medicine: Presented by Vania Manipod, D.O., at UCSB

Sean Crommelin  
Copy Editor  
Jacqueline Wen  
Science & Tech Editor

On Nov. 14, UCSB Phi Delta Epsilon, a co-ed medical fraternity, invited psychiatrist Vania Manipod to UCSB to speak on her experience dealing with psychological issues plaguing pre-med and medical students, namely burnout.

Manipod, D.O., described her own experience with occupational burnout and how living with the condition led to her reevaluate her career and her priorities as a psychiatrist.

After years and years of schooling, Manipod entered the psychiatric profession, eager to connect with her patients and make an impact. She spent numerous sleepless nights cooped up studying. But her struggles in moving up through undergrad to reach medical school and residency – all of it finally paid off and netted her the job of her dreams.

So as an attending physician, why was she so exhausted and unhappy?

“I hated seeing patients; why would I hate seeing patients, like this is what I went to school for! I hated waking up in the morning. All of a sudden I was like, ‘Why do I not want to go to work?’” Manipod said.

Manipod searched for answers online, hoping to bridge a gap in her knowledge and make a recovery plan but found a dearth of information. It was only until she discussed her symptoms with a therapist that a clearer picture began to emerge.

“At that point, I thought, you know what, nobody’s talking about this. This was 2014,” Manipod said.

Although she was fearful of how the medical community would react, Manipod resolved to fill the void. She wrote a blog about her experiences with burnout as a psychiatrist.

“I said, ‘Screw it, maybe other people are feeling this way.’ It got posted on KevinMD, under the title ‘A psychiatrist is burnt out and depressed. Here’s what she did about it,’” Manipod described.

“When it first came out, I was mortified,” she continued. “I thought to myself, ‘Great, now everyone’s going to think I’m a failure,’ but instead ... I got messages from doctors all over the world telling me, ‘Thank you so much for writing about your experience. I feel the same way, and I feel like I’m not alone.’”

Burnout is a state of exhaustion stemming from prolonged and excessive stress. According to Manipod, what makes burnout so pernicious is its tendency to linger and relapse quickly when the one afflicted is reintroduced to the source of their stress – even after they have taken time to relax and recover.

“Say you have a midterm, maybe you feel burned out studying, but then you’re done with midterms, you have Thanksgiving holiday and you’re able to recover. When you’re burned out, you’re not able to recover,” Manipod stated.

A single source of stress is difficult to pinpoint. According to Manipod, often “it’s actually everything that has accumulated throughout our training that builds up to the point that we experience symptoms.” In other words, it’s the sum total of a person’s lost sleep, backlogged work medical notes and all of their other obligations which coalesce and coalesce into an inescapable feeling of fatigue and burden.

Someone with burnout begins to doubt the significance of their work, and they lose the sense of personal accomplishment which would normally



Last week, psychiatrist Vania Manipod presented on mental health, including burnout, in medicine.

SIYAVASH GHADIRI / DAILY NEXUS

provide momentum and motivation during times of stress.

“We start to view our work negatively, without value and [as] meaningless. This doesn’t make sense. I mean, all of you are striving to become a physician or whatever your career goals are; you’re high-achieving. But despite this, we start to view all of those things as negative,” Manipod said.

Practitioners afflicted find themselves unable to connect with their patients. They may find themselves resenting the people they’re meant to care for and develop a negative attitude toward seeing patients, according to Manipod.

“I’m a psychiatrist and I love my patients, but when I was burned out, I was really hoping that none of my patients would show up. And then when a patient showed up, I was like, ‘Ugh, I have to see a patient,’ and that’s when I knew that something was wrong.”

Manipod described the perfectionist mentality that many in the medical community have – something admirable and to a point, necessary, in such professions, but also something which leads to incredible stress. She pinpointed it as a reason for their tendency to blame themselves for their mental health issues.

“I think what happens when we experience this is that us as pre-med, pre-health people, we internalize it, we think, ‘What’s wrong with us?’ We experience symptoms and we assume it’s weakness.”

However, she also stressed the systemic issues which contribute to burnout and brought to the audience’s attention the general resiliency of prospective medical school students.

Manipod cited a nine-year study from 2007 which assessed the personalities of incoming medical students, compared them to the U.S. general population and found the students to be livelier, more adaptive and more emotionally stable than the general population.

“These are all factors that contribute to resiliency. I don’t want people to assume that people who go

into medicine are just prone to burnout because of who they are as people and their personalities. This is something that occurs over the course of our learning and our training. We start off being very resilient compared to the U.S. population,” Manipod noted.

That said, the medical track takes its toll on even the most resilient, and high incidences of burnout are indicative of this. According to Manipod, systems and institutions in their current form are not adequately resolving this.

“This is a system-wide issue. So many people are experiencing this, it’s something that the systems need to be able to address as well. Burnout is not solely your problem. There are ways that we can learn to deal with our own individual stress, but it is a systemwide problem that educators and our health care system needs to address.”

A significant takeaway for many audience members was that they weren’t the only ones having these feelings or thoughts relating to burnout, which was “reassuring” for third-year biopsychology major Krystle Ortega.

One common concern among pre-med students in the audience was hesitation over taking time for themselves – to practice self-care.

“I know before this talk I felt very guilty about taking a gap year before entering into medical school. But now I feel more comfortable about being able to take a gap year, that needed break from after doing four years at UCSB,” Angela Calaguas, a fourth-year biopsychology major, said.

In addition to dealing with academic pressure, many pre-med students face familial pressure that may intensify their sense of burnout or mental health issues that they are experiencing.

Calaguas said, “It stems from being the first one in my family to pursue something higher than a bachelor’s degree ... I’m going to be the first person in my family who’s going to be pursuing [medical school]. So that puts on a lot of familial pressure on

me as a student.”

Planning to pursue psychiatry, Ortega reported feeling pressure “because what I’m doing is not something that is widely recognized, especially in just Asian cultures, in general or just even in the world ... At least in collectivist cultures, [talking about mental health concerns] is widely looked down upon. In my family, it seems like you’re either lazy or like you’re faking, but it’s more than that. [Mental health] is something I want to advocate.”

Indeed, Asian-Americans are three times less likely to seek mental health services than their White counterparts, reports the American Psychological Association.

Manipod’s presentation personally resonated with Calaguas and Ortega for these reasons.

“I think the reason why we both really wanted to go to this event was because it’s representation for us because we don’t get as much representation of diverse people like her – especially a Filipino – [and] a woman in psychiatry, in the medical field. Especially someone who isn’t afraid to pursue this subject matter,” Ortega said.

Nicole Glick, the vice president of programming at Phi Delta Epsilon, organized the event as part of the fraternity’s annual public Gelfand Lecture. Following their first lecture last year featuring a male physician with the San Francisco 49ers, Glick wanted to “mix it up” and “bring a woman to the table” to include “more women representation in medicine on campus.”

Glick, a third-year biopsychology major, found Manipod through Instagram and thought she would be “a perfect speaker” since Manipod was based nearby in Ventura and “mental health isn’t talked about too much in the pre-health community here at UCSB.”

Glick stated that she didn’t perceive many mental health resources to be easily available or accessible on campus, and that she has to “dive deep” if she wanted to find more information. Through hosting this event, she found it to be “an easy way for people to come and gain some knowledge about how to maintain their mental health and avoid burnout, as opposed to diving deep into the pre-health advising pages about what kind of events, if any, are available to students.”

One insight Glick took from the talk was to more seriously consider her mental health further along in her medical track.

“Sometimes we don’t think ahead about how as pre-med students, if we continue these bad habits of not caring about our mental health, it can continue and then affect our [future medical] practice,” she remarked.

Glick continued, “I just wanted to bring that edge to this talk and I hope that people took something away from it and learned something ... I hope that other people can take something away from her emphasis on taking breaks for yourself when you see that you really need it.”

After all, there is a danger to working endlessly.

Manipod described an impactful moment that stayed with her. “I gave this talk one time in New York. And that was around the time that I think two medical students in New York had died from suicide. I kept thinking, ‘What if they felt less shame to take time off? Would they still be here?’ I don’t know. But maybe.”

“So that’s why I always emphasize this. You might feel ashamed. We might feel like failures. But I’d rather have you here.”

## You Reef What You Sow: Coral Reef Management and Status in a Warming World

Sean Crommelin  
Copy Editor

Undersea lands of superlatives, marine coral reefs are believed to be the most biodiverse ecosystems on the planet – even surpassing tropical rainforests. They provide for humans: Reefs rake in tourism dollars, support fisheries that hundreds of millions rely on and buffer vulnerable coastal regions from large storms.

They are also dying almost everywhere.

On Monday, Nov. 18 in the Marine Science Institute Auditorium, the lab of ecology, evolution and marine biology professor Deron Burkepille invited Dr. Mary Donovan to discuss her research on declining coral reefs around the world and the various scales of management which localities use to manage and protect them.

An alumna of UCSB, Donovan traveled to Hawai’i after obtaining a B.A. to complete her M.S. and Ph.D. at the University of Hawai’i at Manoa. She has since returned to UCSB as a postdoctoral researcher. While in Hawai’i, she led a project to compile coral reef-monitoring data for the archipelago.

“Many reefs around the world are losing ecosystem function and declining to degraded states with a loss of coral cover, less fish and the proliferation of algae,” Donovan said.

The presentation focused on three regions in particular: Moorea in French Polynesia, the Caribbean and Hawai’i. The presentation also examined the interrelations of different stressors – such as heat stress, land pollution and coastal development – causing bleaching events and coral die-offs.

Marine heat waves have increased in frequency

and duration across the globe, which has led to extensive coral bleaching and mass die-offs.

“[Large bleaching events] used to happen, like in decadal intervals, typically associated with really large El Ninos like in 1980. But because of climate change, these heat waves are occurring more frequently, often every three to five years,” Donovan said.

“This enormous threat from climate change is occurring against the backdrop of all these other threats that have been plaguing reefs for decades, so this creates a major challenge as all of these threats vary in spatial and temporal expanse.”

Alongside the science, Donovan brought to attention the varying ways in which the scales of management overlap. The jurisdictional boundaries involved in the protection and management of coral reefs are not cut and dry. It can be difficult for those involved in management to reconcile the fact that environmental issues transcend region and locality.

“There’s sometimes a debate about whether or not the management actions that they can implement at a local scale are going to make a difference. This is particularly true because risk management is often limited in capacity and in budgets. This forms the overarching motivation on my research, which is how do we make the best decisions for conservation given that, in an ecosystem, there are multiple threats operating at different scales.”

Moorea, a coral atoll located in French Polynesia, has been an area of focus for researchers hoping to untangle the variables which are responsible for coral decline, namely heat intensity and land-based pollution.

In one particular study, researchers observed



KAIYI YANG / DAILY NEXUS

On Nov. 18, UCSB postdoc researcher Mary Donovan discussed her research on declining coral reefs around the world and the various scales of management which localities use to manage and protect them.

the variable levels of bleaching which occurred in two coral taxa: Acropora and Pocillopora. They examined the conditions of various sites relative to one another according to heat stress and nitrogen, which was present due to runoff from land.

“What’s really interesting is that when temperature is moderate or low you see a significant positive relationship between nitrogen and bleaching severity, meaning that at the highest levels of nitrogen

we’re gonna see more severe bleaching, even if the temperatures aren’t as high,” Donovan said.

This effect was observed in both coral taxa. “Why this really is important in the context is that we talked about how bleaching is becoming more frequent. As we see these more frequent events, we’re going to see these low to moderate levels of heat stress much more often.”

Read the full article at [dailynexus.com](http://dailynexus.com).

# OPINION

## Unexpected Life Lessons From My Shitty Manager

Jennifer Sor  
Staff Writer

When I first met Rob\*, my manager, the first two things I noticed were his hair loss (severe) and his handshake (uncomfortably tight). "My name's Rob," he said, gripping my palm. "My wife is Asian, like you." He gestured to a box of Thin Mints on his desk. "You want a cookie? Take one, I'm prediabetic. My wife is going to kill me."

"No thank you," I croaked. A week ago, I responded to a job listing on the website. Indeed, and lo and behold, I was now a Working Woman™. Who could have guessed? I was 16, had no work experience and I printed out my resume in size 18 font. Somehow, they wanted me.

Rob looked at me skeptically and pointed an unclipped fingernail in my direction. "Let me tell you, Jenn, I'm going to teach you a lot in this office. No lie."

During my employment, Rob actually ended up lying to me about a lot of things, but that was the most truthful thing he ever said to me. He was, without contest, the shittiest manager I've ever had, yet I don't think anyone has taught me more about life, respect and professionalism.

I feel bad for writing that. I feel like it's disrespectful to my parents, my K-12 teachers and everyone else I should be attributing my wisdom to, but unfortunately, Rob reigns at the top of all my educators. From what I've found, this isn't an uncommon experience for people who have been employed by terrible managers in the past. For instance, one of my friends suffered a nervous breakdown because of her supervisor at the In-N-Out drive-thru. Years later, she still can't help but think of her manager fondly.

"I learned a lot from that job," she told me. "You can't forget about your old managers, right? That's like forgetting an ex. There's just something about putting up with someone's bullshit that makes you into a better person."

For me, this manifested in the form of Rob, a white man with male pattern baldness and mild insulin resistance.

What kind of bullshit did I put up with? For one, Rob rarely paid me on time and even to this day owes me over \$400. He was prone to violent mood swings, and once hurled a chair at our marketing intern for making decaf coffee instead of regular.

During my employment, he tasked me with a number of things that were not in my job description, one of which was calling a local Panera Bread and asking for their operating

hours. He asked me to email him a list of massage parlors within a five-mile radius that offered "happy endings," and – the dumbest of all his requests – he asked me to climb onto the roof of our office building and set up a reindeer display for Christmas. I complied with all of these orders.

Rob was a trust-fund baby, a misogynist and an abhorrent racist. "You're so quiet and polite," he said to me on my second day. "Is it because you're a girl or you're Chinese? I don't like to hire either of those very often." Unsure of what to say, I smiled nervously, and felt my stomach churn the entire car ride home.

When I tell people about Rob, they often ask me why I put up with him for as long as I did. Truthfully, I just never had a job before. I was 16. This was a period of my life when I would cry if another car honked at me at an intersection. I smiled nervously at everything.

So, how do you know if you're under the employment of a shitty manager? You know you're employed by a shitty manager if you often think back to the day you were first hired. You should've taken all the things that made you uncomfortable more seriously. And, most tellingly, you know you're employed by a shitty manager when you finally go to work and reach a turning point – a point where you look back at all the interactions the two of you have had and you realize that you have no choice but to leave.

For me, the turning point was when Rob called me into his office. I was tasked with emailing a client and had made a minor error. I clasped my hands behind my back to stop them from shaking.

"You never never never EVER write that in an email!" he shouted, slamming his hand down on his desk.

I flinched, unable to make eye contact. "I'm sorry. Should I –"

"Oh, 'SORRY!' She's SORRY!" He slammed his hand down again. "Dumb bitch!"

"I'm really sorry," I said and excused myself, as I felt my stomach churn again. I ran out into the parking lot and threw up in an industrial-sized trash can. When I was done, I sat down and held myself for a while. Why did work always make me feel so sick? I felt every one of Rob's insults lodged in my throat. Why did it matter so much to me?

It was then that I first realized that I was being chronically disrespected at work, and my methods of coping (smiling nervously, throwing up) weren't cutting it. I couldn't keep working for someone who treated me like that if I couldn't stand up for myself. It was there, sitting next to my own vomit, where I realized my efforts to be polite and acquiescent were only hurting me in the end. I felt so sick not because of the way Rob treated me, but because of the way I was treating myself.

Was I willing to stand up for myself? That would mean saying no the next time Rob wanted me to heat up his Cup Noodles. It would mean telling Rob how hurtful his comments were and dealing with his ensuing temper tantrum. Was I brave enough for that? And if I couldn't stand up for myself, was I willing to leave? It occurred to me I would be so much happier if I accepted that Rob was probably never going to respect me, and that if I wanted to feel better I would have to take measures to respect myself.

In the following days, I sent in my two weeks' notice and was fired on the spot. I was told that my final paychecks, which amounted to several hundred dollars, would be mailed to me. I have yet to receive them, but in all honesty, I never expected to.

"You can't just forget your shitty manager," my friend likes to say. Fair enough – how do you forget about someone who made you so miserable and, strangely, taught you so much about yourself?

Without ever meaning to, shitty managers have a way of giving cryptic pieces of advice to their employees. Think of it as a maxim from the universe: Your manager's antics – yelling, manipulation, passive-aggressive behavior – are heavily disguised and uncomfortable to hear, but in the end, important lessons to learn. It took me over a year to fully unravel what Rob was trying to teach me. I'm just grateful it didn't take any longer than it did.

I firmly believe that everyone will encounter a shitty manager at one point in time. It's a rite of passage, like having your first kiss, passing your driver's license test or finally learning how to run a load of laundry. Are you truly an adult if a man you hardly know hasn't verbally assaulted you?

Jennifer Sor is a second-year student who still occasionally cries when cars honk at her.

\*Names have been changed to protect privacy.



ECHO DIEU / DAILY NEXUS

## The Opioid Crisis: Big Pharma Needs To Pay for Their Crimes



Surya Swaroop  
Staff Writer

Ann Marie's son Christopher was in a car accident at age 20 and was prescribed opioids for his back pain after the accident. He started taking more and more pills, eventually increasing his dosage from one pill to 25 pills a day. His mother described her opioid-addicted son as a completely different person from who he was before. He was withdrawn, hostile and refused to seek treatment leading up to his death from an overdose only two years after the accident.

Katie's mother June has struggled with addiction ever since Katie was a young girl. June was always in and out of Katie's life, creating a troubling environment for her to grow up in. Upon reflection, Katie understands this had less to do with who her mother was and far more to do with the terrible effects opioids can have on a person. Her mother felt like she needed the drugs and would do almost anything to continue taking them.

The cases of Christopher and June are simply two out of hundreds of thousands of people who suffer from opioid addiction in this country. The opioid crisis has sent shockwaves through the country as horrifying numbers of people have died from overdoses and many continue to battle their addictions. In the past few weeks, there have been talks about the people closest to the proliferation of this tragic trend – the executives of the pharmaceutical companies. There are no means are these companies innocent bystanders to everything that has occurred. While talks of settlement mark some progress in achieving justice for the victims and ameliorating the damage done, it is simply not enough.

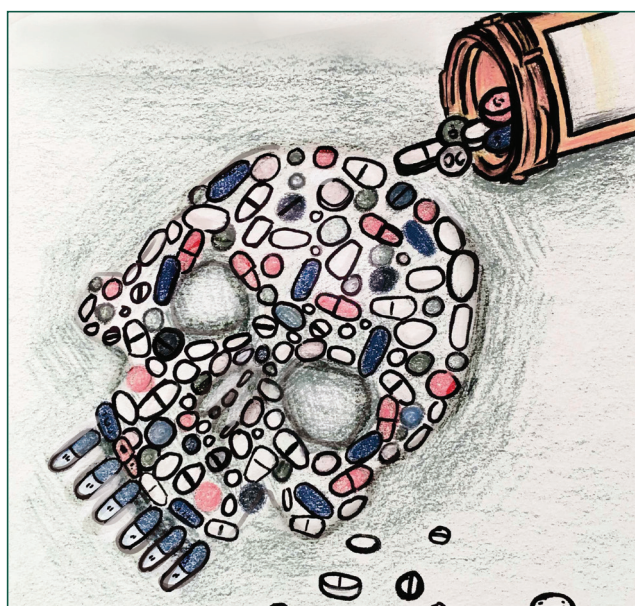
Pharmaceutical companies were directly involved in aggressive marketing strategies that resulted in doctors overprescribing dangerous and addictive painkillers. Many of the cases may have been in situations where painkillers were unnecessary, demonstrating a reckless disregard for human life. Pharmaceutical executives like the Sackler family, who has a current estimated net worth of \$14 billion,

disregarded the fact that the drugs they were pushing to prescribe were dangerous and instead depicted them as safe methods of treatment. Many people died as a result of their actions. They need to face more than just financial repercussions for what they did.

One of the biggest problems with forcing pharmaceutical executives to pay money for the damage they have inflicted is that it puts a price on human lives. The money is said to go toward fixing this crisis, but it does little to bring closure to the families who have lost their loved ones as a result of it. This is not a problem that can be fixed solely by money. Another problem is that most of the talks involving settlements take place behind closed doors and very little knowledge is given to the public. Criminal trials allow people to learn about what is happening. The opioid crisis is a matter of public health, and people in this country have a right to know just how big of a role pharmaceutical executives and companies play in it.

The issue of harsher punishment for pharmaceutical executives has been a hot topic in the Democratic presidential debates. Several candidates are unhappy with the fact that the executives seem to be getting away more or less scot-free because, even if they end up paying financially, they will still come out as billionaires. According to a Forbes report, even if the Sackler family agreed to a settlement, they would still be worth between \$1 to \$2 billion. Senator Elizabeth Warren pointed out in the October Democratic debate that this is an example of the injustice plaguing the criminal justice system. She called for "an America where, when people like the Sacklers destroy millions of lives to make money, they don't get museum wings named after them; they go to jail." The wealthy have been able to buy their way out of punishment for blatantly committing crimes in this country for too long. They should not be considered above the law simply because of the amount of money they have. Senator Kamala Harris also touched upon this, referring to the ramifications of the opioid crisis as a "matter of justice and accountability." Pharmaceutical executives need to be held accountable for their actions – actions which have resulted in more than 200,000 deaths across the nation.

The call for criminal prosecution against those most directly involved in the opioid crisis is by no means unprecedented. A few months ago, top executives of Insys Therapeutics were convicted of criminal racketeering for their role in the crisis. They were found to have been paying doctors to overprescribe opioids and falsely advertise its pain management capabilities. There is barely any evidence correlating the effectiveness of opioids with treating chronic pain and there is certainly not enough for them to have been prescribed at such a high rate. While it is an important step that the Insys executives were convicted on criminal



IRENE SUH / DAILY NEXUS

charges, it is important to note that their founder, John Kapoor, whose net worth before this was \$2.4 billion, is a person of color. It does not sit right that he is one of the few executives who has been prosecuted while no member of the Sackler family, all white, has been subjected to the criminal justice system. This only furthers the notion that being a rich, white male in this country is considered an appropriate exemption from receiving the same treatment as anyone else.

It is considered a criminal act to kill a person in a car accident. It is considered a criminal act to kill a person in an armed robbery. This raises the question of why it is not obviously considered criminal when a company of powerful executives causes the deaths of so many Americans. They have lied and cheated their way through the medical system only to receive more profit in the process. Richard Sackler recently stated that "we have to hammer on the abusers in every way possible. They are the culprits and the problem. They are the reckless criminals." Not only is this a completely inaccurate deflection of blame, but it also shows how pharmaceutical executives will do anything to deny their role in the crisis. Our criminal justice system needs to treat everyone the same way. It needs to play a more active role in fixing the opioid epidemic and punishing those most involved. How else will this country establish that its notions of justice are not contingent upon socioeconomic status?

Surya Swaroop believes that all pharmaceutical executives involved in the opioid crisis should face criminal prosecution and serious prison time for the countless deaths they have caused.

# HOROSCOPES

What Fart-Related Incident Are You?

ARIES

MARCH 21 - APRIL 19

See how long you can make your next fart last. You may be surprised by the result.

TAURUS

APRIL 20 - MAY 20

Stressed? Let one rip next to the lagoon so you can relieve yourself while surrounded by nature.

GEMINI

MAY 21 - JUNE 20

Be on the lookout for two farts for the price of one.

CANCER

JUNE 21 - JULY 22

You may be struck with a need to fart in an unlikely circumstance. Trust your ability to adapt.

LEO

JULY 23 - AUGUST 22

When it comes to Leo farts, it's best to be loud and proud.

VIRGO

AUGUST 23 - SEPTEMBER 22

If at first your fart doesn't succeed, try, try again.

LIBRA

SEPTEMBER 23 - OCTOBER 22

Your next fart will be not too long, not too short, not too quiet. Perfectly balanced, as all things should be.

SCORPIO

OCTOBER 23 - NOVEMBER 21

You smell.

SAGITTARIUS

NOVEMBER 22 - DECEMBER 21

Don't get too ambitious with your next fart, or your hubris will be your downfall.

CAPRICORN

DECEMBER 22 - JANUARY 19

When they say "silent but deadly," they're talking about you.

AQUARIUS

JANUARY 20 - FEBRUARY 18

If you think fart jokes aren't funny, you're entitled to your own opinion.

PISCES

FEBRUARY 19 - MARCH 20

Remember your roots. Be careful when you toots.