The UC Santa Barbara student newspaper's weekly publication for Thursday, January 10, 2019.
The Daily Nexus is published by the University of California, Santa Barbara, its faculty and student employees. The free Press, in Goleta. The Weatherhuman is so fucking happy the shitshow that was 2018 is finally over. Ze is hoping 2019 will either hold better days for hir or at least death.

The Daily Nexus is published by the University of California, Santa Barbara, its faculty and student employees. The free Press, in Goleta. Thus, all policies shall be considered as part of the actions taken by the University of California's anti-discrimination codes. Inquiries about these policies may be directed to: Ray Huerta, Affirmative Action Coordinator, phone (805) 893-3105. Printed at the Santa Barbara News-Press printing facility, in Goleta. Single copies are free; additional copies cost $1. Discrepancies shall be considered as part of the actions taken by the University of California's anti-discrimination codes. Inquiries about these policies may be directed to: Ray Huerta, Affirmative Action Coordinator, phone (805) 893-3105.
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CSB's Los Ingenieros Named Best Small Chapter

Sanja Mejia Passaro
A.S. News Editor

Isla Vista Community Services District (VCSD) President Natalie Jordan resigned from her position to take an effective early January, leaving the Board with three vacant seats and no female representation.

A new Regent has not been appointed for at least half of its official two-year term, which was initially delayed after a controversial resident of the UC Santa Barbara Board of Regents submitted an official resignation.

The delay in the start of her term would have meant that Jordan would serve for longer than the two-year term, according to Jordan. "I feel like it was time for someone else to step into that position as I'm finishing up grad school in the next couple months and most likely will be taking career opportunities in a different location," Jordan said in an interview with the News.

Jordan, who is set to obtain her master's in technology management from UC Santa Barbara in May, said she looks back on the past two years in her position and the challenges, accomplishments and change she has seen along the way.

"I'm never afraid to really speak my mind. I do hope going forward that women in our community are inspired and empowered to take on that role," Jordan said.

For example, the department has discussed the idea of dismantling a local chapter to help with the resources.

The new regent, Jonathan "Jay" Sures, is a UC Los Angeles graduate and was appointed by Governor Jerry Brown. He has a graduate of the University of California website and Sures that better represented the diversity of the UC System at large. "We desire future Regent appointees to have a greater understanding of our community outreach.

Concern About Board Diversity

Vista Community Services District (VCSD) President Natalie Jordan resigned from her position to take an effective early January, leaving the Board with three vacant seats and no female representation.

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"I'm never afraid to really speak my mind. I do hope going forward that women in our community are inspired and empowered to take on that role," Jordan said. "I think that it was just more than what it was..." the retention is really important and being able to address those concerns from my perspective I think was really important for the board and for our community to hear and understand," Jordan said.

Now that the board is without a female member, Jordan hopes that women in the community will have the opportunity to get involved in the VCSD. "It's still a pressing need for our community and should be set as a long term goal," Jordan said. "I think there are a lot of students out there that kind of take that on."

Those accomplishments made toward increasing safety in the community included the collaboration of UC Police and the design and implementation of an interpersonal violence prevention program. According to Jordan, the only woman on the board, Jordan said her perspective helped to shed light on safety concerns and issues faced by women in Isla Vista and Sanford, and contribute unique perspectives to discussions.

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A.S. Addresses Mold in I.V. Homes with New Committee

Marisela Marquez and representatives from the Ornelas is the chair and will only vote in tie-senators, who would be the only voting members. Made up of Ornelas and five other off-campus students living in Isla Vista residences.

I was responsible for paying for my own tuition, which is a big issue so as a full-time student I was also working around 51 hours a week," Jordan said. "At the end of the day, I needed to make sure that I could pay for my school, which is the reason that I was here in Isla Vista for the first place."

During her term, Jordan oriented herself more toward university players and issues, but said that IV CSD could have benefited from her developing more relationships with stakeholders in IV as well. "I was much more involved with university politics than I was more local and state, so I think that learning more about those key players and how I've contributed to those conversations would have been meaningful to the board," Jordan said.

It just creates the perfect conditions for mold to grow in new spaces and it's really toxic and can be damaging to health.” The committee is tasked with developing a survey to distribute in IV, publishing the survey results and bringing back its recommendations for how to address the mold problem to the Senate. The resolution notes that there are over 8,000 UC Santa Barbara students living in IV, many of whom have expressed concern about mold in their homes, particularly with the number of students living in each residence. "Students living in Isla Vista often have multiple housemates and roommates requiring them to use common facilities," the resolution writes. "Having multiple people share these facilities throughout the day, without proper ventilation can create a warm, damp and humid environment which perpetuates mold growth."

Hayley Tice
Data Editor

Police arrested 44 individuals in Isla Vista and at UC Santa Barbara in November and December in that year, according to the Daily Nexus crime log. The map is based on daily arrest logs from the Santa Barbara County Sheriff’s Office and includes arrests in IV as well as on the UCSB campus. More arrests occurred in IV than on campus. Fifty percent of individuals arrested in IV were charged in December of that year, and 21 in the UC Santa Barbara campus. In comparison, 81 were arrested in IV during November and December of that year, and 15 were arrested on campus during those months. The majority of individuals arrested in IV during those months were between 18 and 24 years old, although 20 people between ages 35 and 78 were arrested. Approximately 27 percent of individuals arrested in IV were current UCSB students, while about 24 percent of individuals arrested on the UCSB campus were current UCSB students. Most arrests occurred at night. At least 63 percent of arrests occurred between 11 p.m. and 4 a.m. A time of arrest was not provided for those arrested in those three individuals during these months. Fifty percent of individuals arrested in November were charged with at least one crime relating to alcohol, as well as 62 percent of individuals arrested in December. Disorderly conduct due to alcohol was the most frequent crime individuals charged with during these months.

During November and December, 26 individuals were charged with disorderly conduct due to alcohol. Two individuals were charged with obstructing a police officer in November, and an additional four were charged in December.

During these months, one individual was charged with operating an electric scooter while under the influence.
UCSB vs. CAL POLY
WEDNESDAY, JAN. 9 | THE THUNDERDOME

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UPPER: ANGIE BANKS / DAILY NEXUS
LOWER: SIAVASH GHADIRI / DAILY NEXUS
UC Santa Barbara

For the second consecutive year, the UCSB Gauchos basketball team will seek to repeat as Big West regular season champions. Despite losing their top four scorers from last year, the Gauchos have been buoyed by a dynamic backcourt duo comprised of Radouane Alloul and Adam Riemenschneider, both of whom are in double figures this season.

UCD comes into conference play with a 4-10 overall record. They followed it up with another impressive victory against UC Santa Barbara this season. Coming off of a Cinderella Big West tournament run last season, the Gauchos are currently riding a three-game winning streak. With such a deep team for the Gauchos this season, the real question is how many wins they’ll post come conference play.

UC Santa Barbara Senior forward and Big West Athlete of the Week award after a 21-point, 12-rebound performance vs. CSUN. There have been ashes of stardom from the other two seniors like Nick Muszynski and Gabe Vincent who have played key roles in the Gauchos’ success this season.

UC Irvine, Riverside is second in the Big West in scoring with a 73.0 average. However, the Titans are struggling on the defensive end, allowing 85.7 points per game.

UC Riverside Fullerton Titans

The Titans have a pair of two of the most dynamic young scorers in the conference in forward Jordan symptomatic and junior guard Khailah Abad. In the team’s last five wins, Abad has averaged 15.2 points per game.

UC San Diego Toreros

UC San Diego is the only other team in the conference that has won three conference games so far this season.

UC Irvine Anteaters

UC Irvine shoots a conference best of 48.1 percent from the field. The Anteaters have a pair of two of the most dynamic young scorers in the conference in forward Jordan symptomatic and junior guard Khailah Abad. In the team’s last five wins, Abad has averaged 15.2 points per game.

UC Davis Aggies

UC Davis owns the second highest assists per game in the Big West with 13.6. Drew Buggs, who is averaging 18.6 points per game, has been a key factor in the Aggies’ success.

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**Women's Basketball Big West Preview**

**By Brandon Victor**

UC Santa Barbara's women's basketball team takes on Cal Poly, the Gauchos are already high. And with the Gauchos looking to secure first few wins in Big West play on even higher.

**By Kunal Mehta**

UC Irvine comes in with a 5-9 record, which is third in the Big West standings.

**By Jorge Mercado**

UC Riverside is the only team in the league this far with double digit wins and that is in large part to the bench strength of Long Beach State, which has averaged an astonishing 21.8 per game.

**By Jake Ciccone**

UC Santa Barbara is the team to beat in the Big West. That's been the case for a few years now, but it's now getting even more so.

**By Jake Ciccone**

UC Santa Barbara's women's basketball team in a season that can't be found.

**Women's Basketball Big West Standings**

**UC Irvine Anteaters**

By Kunal Mehta

UC Irvine women's basketball team was always destined for third place by the Big West preseason poll, with only one returning center ready to crack the starting lineup. But with the addition of some elite newcomers, Fullerton might have the makings of a serious contender.

**UC Riverside Highlanders**

By Richard Benites

UC Riverside finished as a middle of the table team in Big West Conference play last year, ending their campaign with a 7-15 overall record. Despite early season confidence, good for the third straight Sweet 16 appearance.

**By Richard Benites**

UC Riverside has a big opportunity to make the Big West tournament with a win this weekend against Hawai'i.

**UC Davis Aggies**

By Spencer Ault

UC Davis has a tough road ahead of them in the Big West.

**Hawaii Rainbow Wahine**

By Jorge Mercado

UC Santa Barbara has a lot of talent, but they need to start putting it all together.

**By Jorge Mercado**

The Rainbow Wahine are 4-12 on the season, but they've been a force to be reckoned with in the Big West.

**Women's Basketball Big West Conference**

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The last 12 months in music can be labeled the year of the statement. In 2018, artists broke down their own personal barriers to share full-length declarations of love, loss and struggle – showing both depth and versatility. Upon weeks of reflection, and the start of a new year, here are 10 of the best albums of the year.

**Room 25 by Noname**
Room 25 is an extremely conscientious record where Noname toys with soulful sounds and finds a newfound elegance. She manages to find great power in somber baselines and gentle string sections that support the exploration of her confidence as a young, black woman. The instrumentalson are refined enough to create a wonderful flow, but not to the point where they lose their natural groove. This really is a soothing album that makes well-needed admissions to the struggles in creativity for rappers – which are often times brought upon by racial tension.

**Die Lit by Playboi Carti**
While it was largely overshadowed by self-proclaimed hip-hop connoisseurs, Playboi Carti’s sophomore album, Die Lit is a generational landmark in trap music. The rapper’s ingenious adlib repetition along with the hypnotic production is a high point in this new wave of refined rap minimalism. Filled with countless bangers and trap lullabies, Die Lit garnered a solid buzz from fans all year. It’s an addictive project, to say the least.

**Sweetener by Ariana Grande**
Ariana Grande is one of—if not the—biggest name in pop right now. Though she struggled with major tragedies and losses in love, she takes these moments and fuses them together to deliver a cohesive package of eccentric pop ballads. Beds of lavish and elegant strings serve to make Grande’s voice voluminous and powerful unlike ever before. A skilled hand from legendary producer Pharrell helps Grande convey her fragmented emotions through spectacular vocals.

**Wide Awake! by Parquet Courts**
Parquet Courts is an outward compilation of work, which allows listeners to explore just exactly what is going on through the mind of Earl Sweatshirt. Sweatshirt has earned himself a spot in the top tier as per usual but becomes much more experimental throughout his flow in Wide Awake! This is exemplified throughout his flow, in some Rap Songs, which remains top tier as per usual but offers much more experimentation with jazz, minimalist production. Some Rap Songs is an inward-looking compilation of work, which allows listeners to explore just exactly what is going on through the mind of Earl Sweatshirt.

**Negro Swan by Blood Orange**
Blood Orange is an artistic effort created by the singer-songwriter Dev Hynes. On his most recent project, Negro Swan, we are given a side of Hynes that shows his multi-disciplinary talent complex narratives and reincairnated tender sounds which are culturally significant and impactful for the black community. Hynes has shined throughout the years by lending his songwriting abilities to big name artists such as Solange, FKA Twigs and even ASAP Rocky. This time, he has used his impeccable ear for pop and songwriting abilities to create a project that organizers have called “a collection of beautiful harmonies and sensual grooves that define Hynes as a sonically driven artist.”

**Isolation by Kali Uchis**
Following her well-rounded record Pop Sida in 2015, centered around eclectic jams, Kali Uchis has delivered the quintessential pop fantasy album Isolation. Uchis takes listeners through a surreal rollercoaster that travels through some of the most luxurious and melancholic landscapes. The sensual singer unearths a variety of emotions that glide along effortlessly. Isolation contains dreamy melodies that accent Uchis’s angelic vocals perfectly with a level of versatility that brings her into the spotlight.

**Kids See Ghosts by Kids See Ghosts**
After months of speculation and isolating himself in Wyoming, in a matter of two weeks, Kanye West provided a back-to-back delivery of two impeccable projects which continue to solidify his instinctive production and masterful flow. On Ye, we are given a version of Kanye unlike those of the past. West doubles in a diabolical approach that taps into some of his innermost demons. West explores his relationship with himself, allowing us to see who he really is at the core.

**Some Rap Songs by Earl Sweatshirt**
Though excellent lyricism and a unique discography with complex wordplay, Odd Future native Earl Sweatshirt has earned himself a spot in the top tier as per usual but becomes much more experimental with jazz, minimalist production. Some Rap Songs is an inward-looking compilation of work, which allows listeners to explore just exactly what is going on through the mind of Earl Sweatshirt.

**Daytona by Pusha T**
G.O.O.D Music rapper Pusha T has had an eventful year, partly due to the fact that he has been in a back-and-forth battle with music industry Goliath, Drake. Nevertheless, his choice of battle is what makes Pusha T so undeniable as to listen and in Daytona entirely Kanye West-produced project, Pusha T continues to prove just how ruthless he is. Throughout the seven-song tracklist Pusha T utilizes his nonstop arrogance in order to time-tune a flow that makes his dark voice intoxicating. On Daytona, we are given unmerciful bars that solidify Pusha T as a menace of the rap game who should not be battled with.

**Artweek’s Favorite Albums of 2018**

7 by Beach House
Dedicated to the indie population, 7 encapsulates Beach House’s best transcription of musical emotions. The duo spins dreamy synths and rock instrumentals to dazzle listeners from track to track, while the album progresses in an immaculate motion. Beach House comes through with a refreshing level of experimentation that sculpts together a new sound which establishes them as progressive innovators.

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UCSB Responds to CCS Break-in: We Would Never Give them Enough To Be Missing 10k

Ollie Tabooger
Staff Writer

UC Santa Barbara's College of Creative Studies was burglarized over winter break, according to an email sent out to all of the college's students earlier this week.

Students of the college have begun developing their own theories as to what actually happened. While there are many who believe that the burglary was an inside job, there are also many who believe the whole situation is a hoax. There are multiple students coming forward claiming that the burglary was an inside job.

A member of the CCS staff, who prefers to remain anonymous, came to the Nexus to share their side of the story. "The rumors are true," the source proclaimed, "it was an inside job." The source went on to describe how the investigation is continuing on as normal. The department faked the burglary just for the money. "They wanted to replace their 1995 Dell computers with nicer 2005 Dell computers."

Department of Lesser Important Crimes noted that the investigation was going slower than planned, though, because everyone they tried to interview from the department was, "so weird." Because the investigation was going slower than planned, the source went on to describe how the investigation was going in unexplored territory. "There is no way this is possible," the source repeated.

"UCSB would never give a department that's not explicitly S.T.E.M. as much as 10,000 dollars," the source stated. "There is no way this is possible." The college estimates the loss to be about $10,000.

Elaborating further, the department went on to say, "Nick the Ripper" wasn't worth it. "Nick the Ripper" was an inside job. The department faked the burglary just for the money. "They wanted to replace their 1995 Dell computers with nicer 2005 Dell computers." The department faked the burglary just for the money.

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Year in Review: 18 Food Trends from 2018

Before we begin our food adventures in 2019, we should look back and appreciate all the dishes that captivated our taste buds last year. Take a look at 18 different trends that came out of 2018 and decide for yourself whether they’ll continue or phase out in the upcoming years!

‘GUT-FRIENDLY’ FOODS AND DRINK
2018 saw a rise in fermented foods like kombucha, sourdough and miso and probiotics such as garlic and onions. The ‘gut-friendly’ trend also applies to beverages, as many different brands and flavors of kombucha, a fermented black or green tea drink, hit the shelves. These foods and drinks became popular because of their health benefits, such as aiding digestion.

PROTEIN-RICH SEEDS
Chia seeds, hemp seeds and flax seeds have become common additions to smoothie bowls, yogurt, oatmeal and plenty of other foods. They add a nice unique texture to whatever you put them in and they’re highly nutritious!

ROLLED ICE CREAM
This rolled ice cream gained popularity because of its fun method of preparation. A milk and cream mixture is chopped and stirred on an ice pan until it solidifies and is then rolled and decorated with tons of fun toppings such as pretzels, cookies and whipped cream.

MATCHA
In 2018, it seemed like almost every cafe or dessert spot had matcha on the menu. From matcha soft serve to matcha latte, this green tea powder has dominated the dessert world. Since one serving of matcha tea is the equivalent of 20 cups of regular green tea, it’s wise to keep you awake and it even has more antioxidants than loose leaf tea for that health boost we all need.

HAND-MADE BOBA
A few boba shops elevated their game in 2018, by hand-making their own boba in-house. By making boba from scratch, a variety of different flavors, like taro or black sesame, can be incorporated into each tapioca ball, making your drink even more flavorful.

ACAI BOWLS
It’s no secret that acai bowls grew in popularity, even more so than previous years. Acai bowls are a quick, tasty snack you can grab from a local cafe, which makes it good to satisfy your cravings and give up your Instagram feed. 2018 saw the addition of new flavors for smoothie bowls and a variety of different toppings.

HOT POT
Hot pot soup rose in popularity, especially during the chillier months, because of its wide array of flavor options. You can customize anything from the spice of your soup to the types of meats and vegetables in your hot pot. UCSB students definitely experienced this food trend with the grand opening of not one, but two new hot pot restaurants in the area.

PLANT-BASED CUISINE
As people became more health-conscious, they leaned more toward a plant-based diet based on foods made from vegetables, whole grains, seeds, nuts and fruits. Restaurants picked up on this trend and introduced more plant-based options in their menus, as plant-based cuisine is often high in fiber and provides many health benefits.

ZERO-WASTE COOKING
Sustainability was a big issue in 2018, so cooks and restaurants tried to incorporate no-waste cooking into their meals. “Nose to tail” cooking means using as many parts of an animal as possible to reduce waste and while we saw a lot of this, plants were also included this year, subsequently termed “stem to leaf” cooking.

HOUSE-MADE CONDIMENTS
Hana Tomato Ketchup will always be a favorite, but house-made chipotle mayo and Sriracha-infused ketchup innovated the condiment industry in 2018. Restaurants whipped up their own unique creations to pair with fries, burgers and much more. With this many new creations and combos, the possibilities are endless.

STREET-FOOD INSPIRED DISHES
Many restaurants offered an elevated twist to classic street foods like tacos and hot dogs. Restaurants often fuse flavors from different cultural cuisines to make a unique creation and provide customers with street-food cuisine at a sit-down restaurant.

CARB SUBSTITUTIONS
With the increasing use of vegetable substitutions, carb substitutions gained a lot of popularity since they could be incorporated into pasta dishes and many other classic meals. This is perfect for people on a low-carb diet and will surely become more common in upcoming years.

UGLY PRODUCE
2018 saw the start of the ugly produce movement, as companies like Imperfect Produce advertised their delivery boxes filled with flawed vegetables and fruits for low prices. Purchasing imperfect produce reduces food waste and saves billions of gallons of water.

MICROGREENS
Microgreens were reinvented after sprouting and in 2018 they were used largely for a visual component in many dishes. Their delicate texture and vibrant colors made it perfect for photos and help any dish look both healthy and tasty.

OVERNIGHT OATS
Overnight oats gained popularity last year because of their convenience and customizability. It’s perfect to make the night before a busy morning and you can add fruits, nuts and seeds as desired.

UPGRADED CHICKEN AND WAFFLES
In 2018, fun creations like popcorn chicken in waffle cones and chicken and waffles on a stick gained attention on social media for their unique treats on one of our favorite sweet and savory combos.

SOY SERVE
While a classic vanilla cone is sure to satisfy our sweet tooth, a variety of different soy serve flavors reached the market in 2018 and took the ice cream game to the next level. Some of these funky flavors include activated charcoal, abc, watermelon and corn. Many dessert shops even used different flavors together for double the fun.

FILLED DOUGHNUTS
Many boutique doughnut shops popped up in 2018 with unique flavors and fillings. Some include Nutella-filled doughnuts, tuxedo doughnuts and cereal-covered doughnuts.

Winne Lam
Asst. On The Menu Editor

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Daily Nexus
Nguyen continued. "We don't want to measure bone density by probing bone that is completely distinct from BMD testing," she said. "What we're able to determine some sort of markers that are most relevant to the structure that you're going to probe from data we're able to acquire from the same section at increasing stages of simulated osteoporosis."

"That's the origin of the project, is to be able to combine this new clinical technique to probe the structure of bone, to validate this technique and identify some markers of the bone structure that can be used to potentially classify whether bone is healthy or osteoporotic," Chantal Nguyen, a graduate student in the UC Santa Barbara Department of Physics, said.

Along with her advisor, Jean Carlson, Nguyen partnered with local medical imaging startup BioProtonics to consult and assist in validating the ability of the magnetic resonance technique the company developed — called μ-Texture — to probe the texture of various biological tissues at the micron level (g).

Their study "Novel magnetic resonance technique for characterizing mesoscale structure of trabecular bone" has been published in the journal Royal Society Open Science. To help determine parameters for diagnostic data related to various biological tissues, the researchers started out with bone.

"It's easy to see the difference between bone and not bone in a structure, so it's an easier tissue to start off with to study," Nguyen said. "The differences in the structure of bone are easier to resolve."

μ-Texture method can be applied to other biological tissues. It faces limitations. MRI cannot achieve the same quality of resolution for bone imaging due to challenges of motion. It takes longer to be able to generate an image than with CT scans, but the resolution of the technique makes it ideal for monitoring of bone disease.

Nonetheless, the μ-Texture technique shows much potential in validating the ability of the magnetic resonance technique the company developed — called μ-Texture — to probe the texture of various biological tissues at the micron level (g).

One method that could be used to image the living human body is magnetic resonance imaging (MRI) though it also faces limitations. MRI cannot achieve the same quality of resolution for bone imaging due to challenges of motion. It takes longer to be able to generate an image than with CT scans, but the resolution of the technique makes it ideal for monitoring of bone disease.

μ-Texture technique doesn’t actually image the body but samples a region of tissue in question by acquiring data from frequency values relevant to the structure of the tissue. Nguyen said. By taking fewer measurements, μ-Texture is able to overcome these motion limitations. It can still provide a high-resolution data that can help in diagnosing and monitoring diseases without the need to acquire an entire 2-D magnetic resonance image.

"What μ-Texture does is it picks out which frequency values are most relevant in the structure that you're going to probe to then convert that back to images you can see," Nguyen said. "So it takes that data in a shorter amount of time, and the hope is with that data we're able to determine some sort of markers that tell us whether a bone is healthy or diseased." Nguyen said.

"The idea of probing bone texture is not to actually look or measure the density of bone, because this is a way to probe bone that is completely distinct from BMD testing," Nguyen continued. "We don't want to measure bone density or acquire just a simple bulk measure of how much bone is there, but actually be able to probe textures, to be able to get markers from this web of struts and see if we can extract information about how thick the struts are, how many struts there are. Some sort of finer detail measures than just 'there's this much bone, period.'"

With the μ-Texture technique, the researchers calculated a ratio metric that could distinguish osteoporotic from healthy bone characteristics to identify potentially osteoporotic bone.

One potential limitation is that there are certain wavelength frequencies of trabecular that the μ-Texture cannot probe. Nonetheless, the μ-Texture technique shows much potential as a rapid, non-invasive method to improve detection and monitoring of bone disease.

While this study focused specifically on trabecular bone, the μ-Texture method can be applied to other biological tissues. It can be used to probe the texture of brain tissue — specifically to detect the onset of diseases like Alzheimer's, which is marked by the degradation of the neuronal architecture of the brain.

"This technique is, in theory, able to be applied to, for instance, the lungs and the heart, and is able to detect the growth of tumors as well. It can be used for any tissue that exhibits sort of textual changes with the onset of disease," Nguyen said.

The ultimate goal is to be able to implement it clinically. If you're already going to be getting an MRI scan for whatever reason, you could append this μ-Texture procedure at the end of that. It would be very short. Within the context of osteoporosis, the idea is to be able to detect the onset of osteoporosis as early on as possible so that you can implement new lifestyle changes to try to slow the onset of disease."
A Revived Relationship with Food
How Studying Abroad Changed My Eating and My Life

Growing up, I never put too much thought into the food that I ate. Of course, I kept in mind that salads were a healthy alternative to hamburgers, but I never really noticed the ingredients I was putting on my plate. I began close attention to my diet and exercise routine in order to avoid falling into this common fate. While these were positive changes to begin with, the quest to fit into double zero jeans.

I knew that my tendencies were detrimental to my everyday life, but was so fixated on the number on the scale that I didn’t care. I stopped getting my period, stopped enjoying spending time with friends and stopped caring about things that were non-food-related.

When I arrived at my homestay, I walked into a warm embrace of French culture. My homestay parents cherished the French culture in which I so yearned to be immersed. However, choosing an experience that allowed me to experience new flavors and begin to seek out new foods while living at home, as I felt a maturation of sense through being able to control the way in which I was powering my body.

While these were positive changes to begin with, the goodness was not to last. My careful attention grew into an all-encompassing obsession that bled into every aspect of my life in innumerable negative ways. The health-conscious decisions that started as choices became rules to be followed at all costs. Always drink coffee before breakfast to suppress appetite. Never eat meat. If there is a low-cal alternative, always choose it. Bread, pasta and rice are all absolute no’s.

Checking NetNutri became the definitive criteria for picking a dinner hall. If my caloric intake was too high, I would eliminate it from the running list. I was always surrounded by the lagoon alone in order eat a light meal, but I still found it hard to enjoy the view. That being said, I would never skip dinners or count calories.

But I knew that sharing the meal was the right thing to do. I pushed aside my thoughts and kept the number on the scale that I never would have dreamed of tasting before.

Weighing myself became as much a part of my daily routine as brushing my teeth. I tracked every meal as if it was the first time I did so. I was struck with elation upon receiving my acceptance email from the UC Education Abroad Program (UCEAP) for the University of Bordeaux’s study abroad program. In a few short months, I would now have many new responsibilities, including managing my own food. My options were single or double rooms, all of which were non-food-related.

The French language, the new flavors and began to seek out new foods while living at home, as I felt a maturation of sense through being able to control the way in which I was powering my body.

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I was never one to see my friends.

I knew that my tendencies were detrimental to my everyday life, but was so fixated on the number on the scale that I didn’t care. I stopped getting my period, stopped enjoying spending time with friends and stopped caring about things that were non-food-related.

When I arrived at my homestay, I walked into a warm embrace of French culture. My homestay parents cherished the French culture in which I so yearned to be immersed. However, choosing a homestay meant living by certain rules, adhering to dietary schedule and, by all means, eating their food. I shared the same sentiment of willingly forgoing my diet of kale smoothies, cauliflower rice and tofu tacos to accommodate their tastes. I enjoyed the new flavors and began to seek out new foods while living at home, as I felt a maturation of sense through being able to control the way in which I was powering my body.

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