Hannah Jackson  
Asst. Opinion Editor

If you had asked me a few years ago where I’d want to live after college, I would tell you Los Angeles without a moment’s hesitation. Leaving my home state, or even my hometown, had never crossed my mind — that is, until now. As I consider more and more the growing insecurity and increasing frequency of mass shootings in our country, I don’t even know that I want to live in America at all.

Having spent Fall Quarter abroad in the United Kingdom, I experienced two major mass shootings – Pittsburgh and Thousand Oaks – from beyond the confines of the American border. Living in a country outside the U.S. has opened my eyes to how truly broken our political system is — one where the right to own a gun clearly trumps the right to live.

Going abroad always raises concerns, mainly of safety. The United Kingdom has a near-universal ban on assault weapons and a nearly zero-tolerance approach to gun violence. An ex-Marine fired into a crowded Grill in Thousand Oaks, California. The man used a legally-obtained Glock with an illegal extended magazine, though the illegality of said magazine is at odds with typical views to gun rights activists. Trying to explain mass shootings to the friends I made abroad was incredibly frustrating, mostly because I couldn’t completely wrap my head around them myself. In no world does it make any sense for guns to take precedence over any human life. In the UK, the value of a human life over that of a gun is considered common sense. After a mass shooting in 1996, the UK banned several types of guns and strictly controlled background checks. Presently, the rate of gun ownership in the UK is 6.5 guns for every 100 people. The U.S., which has had a mass shooting for practically every day of the year, has a rate of 101 guns for every 100 people. For the first time in a long time I felt at ease while I was out; like I could breathe at the bar, at the movie, at school or on public transportation. While living in a big city certainly was unpredictable and unnerving, things did happen, I never once worried about what I would do if someone pulled out a gun and started shooting. For the first time, I truly considered leaving America after college.

California has taken a very small yet important step forward toward greater gun control by raising the age of purchasing a firearm to 21, but we are far from full reform. As a community rocked by gun violence, it is Isla Vista’s responsibility to remain at the forefront of demanding better gun laws and what comes with it. Vote for representatives who will vote for common sense gun laws. Vote out the NRA’s puppets. And, in the meantime, remember that we have a long way to go before we see change. I’ll leave you, then, with one quintessential American takeaway. The right to own a semi-automatic assault weapon is somehow enshrined in the constitution, but you know what isn’t? Healthcare something you’ll desperately need if you’re lucky enough to survive being shot.

Hannah Jackson thinks that the right to life is exponentially more valuable than the second amendment.
ZULFIKAR ALI BHUTTO // MALDAH ISLAM
MCC THEATER | 7:30PM
Zulfiqar Ali Bhutto (Maldah Islam) is an artist, performer, zombie drag queen and curator of mixed Pakistani, Lebanese and Iranian descent. His work explores complex identities formed by centuries of colonialism and exacerbated by contemporary international politics. Bhutto unapologetically invites the intersections of queerness and Islam and how it exists in a constant liminal and non-aligned space. She has traveled through time and space and been brought back to life through technology from a gory encounter with American-allied troops in Libya. As a time traveler and living corpse, she has many powers including being able to speak to the dead, as she herself comes back to life she will also resurrect, if only for a brief period, martyrs, comrades, allies and family who she must engage in conversation with.

WEEDNESDAY, JANUARY 23
TESTED FILM SCREENING
MCC THEATER | 6:00PM
The racialized opportunity gap in America remains extreme. Nowhere is this more evident than in our nation’s top public schools. In New York City, where Blacks and Hispanics make up 79 percent of the city’s school-aged population, they represent less than 5 percent at the city’s most elite public high schools. Meanwhile, Asian Americans make up as much as 73 percent. This documentary, in an effort to prove that this gap is systematic, not individual, follows a dozen racially and socioeconomically diverse eighth graders as they fight for a seat at one of these schools. Their only way in: to ace a standard tested standardized. TESTED includes the voices of such education experts as Pedro Noguera and Diane Ravitch as it explores such issues as access to a high-quality public education, affirmative action, and the model-minority myth. Post film discussion with director, Chuck Chin himself!

SUDOKU
THE SAMURAI OF PUZZLES
By The Mepham Group

Level: MEDIUM

ACROSS
1 Help for the poor
5 Buffalo bunches
10 Florida resort, familiarly
14 Quick look
15 German sub
16 Cowardly Lion actor
17 Old Sinclair Oil rival
18 “Throw __ From the Train”
19 Soap Box Derby state
20 Find a position
23 Blind with a band
27 Person’s job
28 Water under the bridge
29 Open a church chorus
30 Brit. fliers
31 Licorice-flavored
32 Stands up
33 Walk-off home run
34 Competent
35 Colorado’s horn
36 Jimmy Connors
37 3,800 pounds
38 Honda compact
39 Fast-talking
40 Explodes with rage
41Uses a mouse
42 PC panic button
43 Rounded
44 Filled flapjack-like
45 Assist
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47 With “The,” PBS character
48 Cambodia
49 Revise copy
50 “Joy of Cooking”
51 Study all night
52 Suffix with buck
53 Emperor after Claudius
54 Show fatigue
55 “The Thin Man”
56 Swashbuckler
57 Space
58 Prepare, as rice
59 Petty
60 Come into one’s state
61 “The Krusty Krab”
62 Tones down
63 Before long
64 Toon fry cook in Toonylvania
65 “Tarzan”
66 “The Train”
67 Familiarly
68 Doctor’s advice
69 Billiards bounce
70 Pendulum
71 “The Mepham Group”
72 River projects
73 Heaven
74 One in a church chorus
75 Walk drunkenly
76 Walk off, familiarly
77 Walk on, familiarly
78 The Krusty Krab
79 Pendulum
80 “The Mepham Group”

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ANSWER TO PREVIOUS PUZZLE:

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WEBSITE

WEATHER

Tomorrow’s Forecast:
Self righteous white men ruling the world and sadness

The Weatherman is going to lose his Mepham if he hears one more man complain about the Gillette ad!!! Wake up plz and try to be (a little) less shitty :-)

By Jack McMillan
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4 Toon fry cook in
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6 Florida resort, familiarly
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Thursday, January 17, 2019

Daily Nexus
The idea for a Survivor Resource Center in I.V. began with Ro/Shawndra Earvin’s 2017 Demands, a list of 12 demands presented to Chancellor Yang after a 13-hour sit-in. The survivor resource center, which was inspired by the U.S. Immigration and Customs Enforcement (ICE) Survivor’s Violence Prevention Act, would be a quick solution to the problem.

"Honestly, this project was one of the smoothest that I’ve worked with student groups on it, and that is really testament to SASSA and everything they’ve done. The same would go for STESA," Brandt said.

"During our budgeting process this year, it was a big priority for the budget committee to make a line item specifically for renovating this space so that it could become the survivor resource center," Brandt said.

Montalvo said that the center will be open 24 hours a day, seven days a week.

"We want to be a voice for survivors when there are injustices in the system," Brandt said. "So this, in particular, is an example of a supporting service.

Funding for the center primarily comes from the Measure R tax that was passed last year, granting the CSD a source of revenue for their projects.

The survivor resource center will be located in a central location in I.V. and will be easily accessible for residents of the community, Montalvo said. To access the center, a survivor would need to call STEAS’s hotline (805) 564-3896, where they will be directed by an advocate to the center for aid.

"During our budgeting process this year, it was a big priority for the budget committee to make a line item specifically for renovating this space so that it could become the survivor resource center," Brandt said.

Montalvo and Brandt both mentioned how rewarding it was to work with the various groups dedicated to resolving the issue of sexual assault in Isla Vista and the surrounding communities.

"Honestly, this project was one of the smoothest that I’ve worked with student groups on it, and that is really testament to SASSA and everything they’ve done. The same would go for STESA," Brandt said.

The UC Office of the President (UCOP) and the UC Board of Regents are quick to praise Newcom’s budget, calling it “a welcome step and a solid down payment” for the UC system.

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reduce gun violence by preventing access to gun stocks in California and will hopefully reduce the number of gun deaths in the state.

Congressman Salud Carbajal said that he’s fighting for just that: he wants pieces of California gun control legislation to be exemplar for the nation.

Carbajal plans to reintroduce the Gun Violence Restraining Act in the House of Representatives. "The Gun Violence Restraining Act allows family members, when they come across a loved one that seems to be, through their behavior, posing a danger to themselves or others...to work with law enforcement, officials and the court system to temporarily take guns away from that individual," Carbajal added. "Even though most of the students that are attending this university now weren't here to experience the 2014 shooting, that legacy does live on through tragic remembrances," Carbajal added.

"I am especially hopeful that AB 3129...will make an impact in reducing the rate of women and children who die at the hands of repeat domestic abusers," she said in an email. "It's actually similar to the one that California has in place that was enacted after the tragedy that happened in Isla Vista and UCSB, so it's duplicating a similar law that exists in California." Carbajal believes that the new California gun control legislation will enhance gun safety in California, and says he is "working to introduce similar legislation and be part of similar legislation introduced here in the House of Representatives.”

"Far too many lives continue to be taken due to unnecessary gun use," Carbajal said. "We need to make sure we are banning assault weapons, that we are banning high capacity magazines and that we move forward with universal background checks and the Gun Violence Restraining Order Act."

Both mass shootings occurred in November.

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Weeklies Events in Isla Vista

Staff Report

“HAIR” the Musical
Step back into the 60s for a couple hours with a student performance of “HAIR” the musical this weekend.

Shrunken Heads Production Company, a student-run theatre group that organizes various musical performances, will be offering several showtimes throughout the weekend, with performances on Friday at 8 p.m., Saturday at 2 p.m. and 8 p.m. and Sunday at 2 p.m. and 8 p.m. at Campbell Hall. Sing along to hit rock songs from the musical including “Aquarius,” “Good Morning Starshine” and “Let the Sunshine In” while following the story of a group of young friends who navigate the trials of everyday life against the backdrop of the military draft and Vietnam War. UCSB Students and military members can get in for free; students can buy tickets for $5.50 and general admission is $10.50.

Pajama Party!
Don’t let the rain keep you indoors this weekend! A couple local bands will brave the storm to perform live music for I.V. residents. Stop by to see Close Out, a three-member punk, reggae and alternative rock band from I.V., and Peach Gazebo, another local band, this Friday at 6666 Sueno Rd. Party-goers are encouraged to come dressed in their comfiest onesie or pajamas to dance the night away in style. Peach Gazebo opens the show from 9:20 p.m to 10:20 p.m. and then Close Out will finish out the night from 9:30 p.m. to 12 a.m.

Shopping in Style
If you’re one of those people who still doesn’t use reusable bags when grocery shopping, you’re still in 2018. Update your shopping routine while learning about the latest in zero-waste grocery shopping from staff at the I.V. Food Co-op on 6575 Seville Rd. This upcoming Wednesday, Jan. 23, from 4 to 5:30 p.m., Co-op Sustainability Coordinator Allison will provide information on how attendees can reduce their “shopping footprint.” The workshop includes tastings of zero-waste recipes as well as raffles to win reusable water bottles and containers. All participants will leave with a reusable shopping bag, so for that roommate who always asks to borrow yours, be sure to bring them along.

Two Candidates Declare in Third Attempt To Elect New EVPSA
Evelyn Spence
County News Editor

The Declaration of Candidacy period for the External Vice President for Statewide Affairs Winter Quarter special election closed at 4 p.m. on Wednesday, leaving two candidates in the running for an executive position that has remained vacant for over nine months.

The two declared candidates – Richard Zierer and Rachel Ng – are newcomers to the External Vice President for Statewide Affairs (EVPSA) election. Neither have previous experience in Associated Students (A.S.) Senate and did not run during either the Spring Quarter 2018 election and the Fall Quarter 2018 special election.

Zierer is a fourth-year political science and English double major; Ng is a fourth-year biological sciences and global studies double major. Neither could immediately be reached for comment.

A notable absence in the Winter Quarter 2019 special election is third-year history of public policy major Madeline Loudon. Loudon ran for the position during the both the Spring Quarter 2018 election and the Fall Quarter 2018 special election.

In the first, she lost to her competitor, Mayela Morales; in the second she was the sole candidate, but the election did not reach the 16 percent voting threshold required for it to be valid.

London could not immediately be reached for comment.

This is Election Board’s second attempt to fill the position following the disqualification of EVPSA-elect Morales during the Spring Quarter 2018 election.

The board discovered that Morales, a fifth-year global studies and Chicano and Chicana studies major, was not enrolled during Spring Quarter 2018, disqualifying her from the position.

Following the failure to meet the minimum voting threshold for the fall election, the board petitioned to hold a Winter Quarter special election. The Senate initially tabled the petition over winter break but eventually passed it the week before school resumed.

A.S. Senate voted to table the ballot Wednesday night, pending further background checks of the candidates.

On-Campus Senator Lea Toubian expressed concern about voter turnout during Wednesday night’s meeting – because the board has held an election every quarter this school year unlike the typical one-elections-a-year system – but Elections Board Chair John Paul Romero said he did not think it would be a problem for the upcoming spring elections.

Voting for the election opens on Jan. 24. Results will be announced on Feb. 7. More than eight percent of the student body must vote in the election for it to be valid.
UCSB Heads North To Take On Last-Place UC Davis

The Gauchos are set to defend their position atop the Big West Standings this Thursday night against the UC Davis Aggies.

Another week of collegiate men's basketball is on the horizon as the UCSB Gauchos are on the road for another Big West clash against UC Davis. On Thursday, UCSB travels north to take on the Aggies at 7 p.m. PT in San Francisco. UC Davis is currently 0-2 in the conference and 3-12 overall.

UCSB's most recent win occurred last weekend in another Big West showdown at home against UC Riverside, which ended in a 72-54 final score that favored the Gauchos hosts. On the season, UCSB stands at an overall record of 13-13, with an outstanding 9-4 record when at home.

It has been a difficult year thus far for Santa Barbara, currently 3-12 on the year, their 35.6 percent shooting percentage is dead last in the conference, second-chance opportunities for Long Beach State.

Although Long Beach State has faced similar struggles to UCSB this season, they have been more balanced on offense with a 4-10 record on the season, they have started to find their rhythm as late as their last five wins. As for the Gauchos, they have finished their last three games with a 3-13 record. As for the Gauchos, they have finished their last three games with a 3-13 record.

The UCSB men's volleyball team started their season off on the season the season and currently ranked #12 in the country. Make sure to tune in and support your Gauchos as they take on Ball St. on Friday at 4 p.m.

Kunal Mehta
Staff Writer

UCSB is currently 3-12 on the year, their 35.6 percent shooting percentage is dead last in the conference, second-chance opportunities for Long Beach State.

Although Davis is currently in last place, their 35.6 percent shooting percentage is dead last in the conference, second-chance opportunities for Long Beach State.

The Gauchos will want to get their act together quickly, even in this unlikeliest of situations, as they have a 14-9 record on the season.

With the story of the game being a game of runs for both teams, it will be crucial for junior center Natalia Bruening to fill some big shoes to fill when she graduated last year, Breuning has been on a streak lately as she has led the Gauchos in the paint scoring the Gauchos from completing their conference sweep.

Although both of those losses were well fought by UCSB, they have been more balanced on offense with a 4-10 record on the season, they have started to find their rhythm as late as their last five wins. As for the Gauchos, they have finished their last three games with a 3-13 record.

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Boris Jovanovic's water polo career has been remarkable.

For the most in the entire Golden Coast Conference.

"I'm very satisfied with what I've done; I think I helped the team out and believe I always did my best both in practice and in games. My teammates also helped me reach my individual goals and reached a success of which I had not expected or planned for.

Jovanovic's goal stat line also translated to the team's shared success. With a final Gauchos overall record of 24-6-6 and the program's all-time best, with the last 10-8-8 mark occurring back in 1991. Thanks to such a great campaign, the NCAAs also ranks UCSB within the top five men's water polo programs in the nation.

"As far as the team goes, I'm very grateful for the way we accomplished this year. The team was very well-structured; it was a group of people who all had the same goal.

When asked about the bright future in store for the returning Gauchos, Jovanovic said, "We have a great group of young and talented players. We have a great head coach and finally, returning and changing one name (i.e. his departure) definitely won't change the whole machinery that has been put in place."

To add to their team's success, four Gauchos were recognized with All-GCC honors: Jovanovic, sophomore goalkeeper Tiago Bronchutake, junior utility Jeann-Guishan, and sophomore attacker Leo Yuno.

Further recognizing his teammate's play, Jovanovic added, "I name only a few other players who didn't get the nod, probably because they had to include more people from other teams. Jack Hale, Tommy Fellner, Cole Brosnan and Adam Lott. These and many others are all coming back, and I believe UCSB will have its strongest year next year.

Jovanovic's accolades don't end there, however; his 28 goals this year was the seventh most ever scored in a single season at UCSB. Not to mention, his career total of 178 goals earns him the fifth place spot among career scoring leaders. "It's something that I'm truly proud of and happy about because it's what I've been striving for here; it brings me a lot of joy."

"Besides his defensive prowess, Jovanovic was also asked about what he believes is the most part of his game, to which he replied, "It's usually hard to talk about the best parts of your game and easy to talk about what could improve, but if I had to choose one thing, I hope I provided leadership and the will the fight until the end."

Asked about the future of UCSB, he said, "The most memorable moment of the season was the team huddle, every time before jumping into the water that we did, as well as being able to stand there in front of the guys and say a couple of words to motivate them."

This altogether concludes Jovanovic's stellar performance for the Gauchos. His record-breaking season and water polo's bright future could be the most promising yet.
He went to Sacramento State and jumped into classical, electronica. He consumed whatever he could — from rock music, "dissect," I thought of podcasts and crime and talk shows. Before "dissect," I thought of podcasts as time for listening to news and true crime and talk shows. But most of all, "dissect" is the show that I needed. Cuchna has always had a deep interest in music. He recounts his childhood, the mood of the nineties that was popular during his childhood. When he was a child, he remembers listening to Motown and the Beatles as a way to spend time in his parents' home. Then he started buying his own albums and "dissected" various albums, sometimes good, sometimes bad. Whatever he could — from jazz, to classical, to electronica. He went to Sacramento State and got a music composition degree, which cultivated an academic voice that largely influences the tone of "dissect." Each episode takes a song and goes into technical details of phrasing, chord progressions and musical metaphor. That's not to say that someone who isn't well-versed in music theory couldn't follow along — Cuchna's patient voice can guide even the most musically inept listener to understanding why an artist chose to use a minor chord instead of a major seventh. There's a great deal of time and care that goes into crafting each season of "dissect," but most of all, there's a lot of listening. "I will take a general look at the lyrics and play through the music on piano, just to see if there's any connections there," Cuchna says. He plays through the album on repeat while writing the content for each episode and listens to each song anywhere from 10 to 20 times. Then, "after that it's just pointing out the most interesting musical features followed by a line-by-line analysis of the lyrics," he explains.

When men analyzing black music as a part of modern-day music discourse — and there always seems to be room for one more voice to add to the chatter. But Cuchna comes from a place of love, a place of respect that could not possibly be faked. He admits that discomfort used to come up sometimes for him when considering his position in this dichotomy, but it has faded with time. "I've learned so much, particularly about the black experience, through examining these works," he imparts. "I wouldn't trade that for anything."

There's no sense of overstepping boundaries when listening Cuchna's analysis of such deeply black works. Perhaps it's a little awkward listening to him explain obscure black slang to his audience, but that's okay — it's something that he finds very good at. The best episode of "dissect" is a 40-minute feature from the Frank Ocean season, covering "Blonde" tracks "Skyline To" and "Self Control." "It's a beautiful montage of Ocean's possible inspirations — none are definitive, but Cuchna makes sure not to leave out any possibilities. He covers obscure 80s tracks and Robert Frost poems to chart what could have been Ocean's thought process while writing "Blonde" and breaks down why these songs, "Self Control" in particular, are so moving. He plays each arpeggiating chord that makes up the soul of the song, breaking down the gorgeous melody that Ocean sings and why it makes us so damn emotional every single time.

"Music is a glimpse into the unknown, an impression of the enigmatic, the shadow of a figure just out of sight," Cuchna concludes at the end of his analysis — fitting for music as ethereal as Ocean's.

Talking about music for a living is a dream job, which is at least half the reason why I listen to "dissect." I become more educated and inspired, listening to someone talk about some of the most important albums of my generation. Cuchna is one of the best at it, giving much deserved credit to albums outside of the traditional scholarly conversations around music. How does a person make a passion for music their full-time job? Do it for yourself. Don't worry about results at first, he advises. "Just get to doing the damn thing."
After years of squabbling over Facebook feeds and Nexus comment boards, Associated Students is bringing its tension to the foreground with an evening of bare-knuckle pageantry.

Current rifts in Senate prompted the Associated Students (A.S.) Internal Vice President (IVP) Steven Ho to put on this event in order to “clear the air” and “stop all the public bickering.” Ho was inspired to put on the event after a late night showing of Creed II. According to Ho, the classic outlets for A.S. feuds have not been sufficient for this year’s political quagmire and thus students need to up the ante.

He brought up the idea with several other students in Associated Students, who agreed that something must be done since the issues of A.S. are only metastasizing into more trouble.

This evening of sport will include divisions that span across all levels of A.S. Bouts will include Boards, Commissions and Units (BCU) chairs, Senate members, A.S. Fellows and career staff.

One unnamed source stated that his “bout will be live stream-worthy” and suggested that “you should place your bets now.”

Special fight categories will include IVP versus Judicial Affairs and all of Campus United vs. Brooke Kopel. All levels of A.S. will be scrapping it out for Marisela’s $250,000 salary. Who will be the king of the hill?

This event will take place in the Flying A room at 6 p.m. on Wednesday, Jan. 23, during the Senate meeting. CSPAN-UNI will be selling pay-per-view showings and direct lines on res hall monitors.

Contact the IVP’s office for more information.

Kian Karamdashti
Staff Writer

A 3.87 GPA and multiple summer internship offers were not enough to stop third-year student Niko Teene from dropping out and pursuing financial success in selling Juul pods to his underage friends. Teene’s 21st birthday was over the past winter break.

"At first, I starting charging my friends a $3 delivery fee as a joke, but they coughed up the money immediately," Teene said. "As soon as I realized how desperate these people are to get their fix, I knew I had a chance to make a quick buck and raised the price to five dollars."

Teene’s financial success has been so rampant that he was recently included in the 2019 edition of the Forbes “30 Under 30” list, placing six spots ahead of the current Goldman Sachs vice president.

According to financial records posted on Teene’s company website, quickpods.com, Teene made about $115,000 in the first two weeks of January—a concerning number given that his customers go through an average of 10.2 pods per week.

"The key to my success is to never be busy," Teene said. "If I’m in class or doing some other worthless activity, customers will start asking random fourth-year students on the streets once they get desperate enough. I pride myself on being fast, professional and reliable. I even chip in my own money for transportation to increase efficiency."

A further analysis of the delivery process showed Teene was referring to the $1 Bird scooter charge and not a car.

Despite his success, Teene’s friends don’t seem to be too excited for the budding entrepreneur.

“Oh, fuck that kid, he’s such a little shit,” Richard Fand, Teene’s best friend and first customer, said. "Like, I’m still going to buy from him, but he’s so lucky he’s the first one to hit 21, I would never do this to my friends. His buy six, get one 10 percent off deal was clutch, though."

While business seems to be booming, some have questioned Teene’s business model, expressing concerns over the fact that many of his current customers turn 21 in the next few months.

“Oh shit, I didn’t even think of that," Teene said. Kian Karamdashti's own Juul pod delivery service is still in development.
ON THE MENU

Mexican Hot Chocolate the Millenial Way

Marlu Bedolla
Staff Writer

Winter Quarter has begun and the drop in temperature calls for warm drinks all times of the day. Mexican hot chocolate is a cup of rich cinnamon and chocolate flavor, popular during the Day of the Dead and throughout las posadas among Hispanics living in the U.S. and Latin America. This hot chocolate is enjoyed on its own or paired with pan dulce, a type of Mexican sweet pastry or tamales.

The drink is traditionally made with a solid tablet of chocolate, milk and a whisk, which is a timely process because the drink is only ready once the tablet is fully melted. This recipe replaces the whisk with a blender, shortens the time to prepare the drink and still gives you that same grandma-made flavor.

MEXICAN HOT CHOCOLATE
Servings: 4
Time: 15 minutes

4 cups of milk
1 Abuelita chocolate tablet

In a medium pot on high heat, simmer two cups of milk and then remove from heat. Place Abuelita tablet in a blender, add the warm milk and blend until the chocolate is dissolved. In the meantime, bring the second two cups of milk to a simmer. Add the mixture from the blender to the pot and boil. Stir the pot with a whisk until the chocolate drink boils. Serve warm.

Laura Tucker
Staff Writer

Winter Quarter Isla Vista is still warm by most standards (does it really ever drop below 50?), but those 7:50 a.m. bike rides to campus can make it feel like you're cycling across Alaska. When the temperature drops and the rain clouds roll in, the best way to prepare yourself for a brisk bike ride to class is with a delicious, hot bowl of oatmeal. Here are three takes on this breakfast classic to keep you nice and warm for the winter months to come.

Chocolate Peanut Butter Oats
½ cup rolled oats
1 cup water
2 tsp unsweetened cocoa powder
2 tbsp peanut butter
1 banana, sliced
Honey (as much as desired)

In a small pot, bring 1 cup of water and ½ cup rolled oats to a boil. Once boiling, reduce to a simmer and cover until the oats absorb all of the liquid. Stir in cocoa powder and transfer to a bowl. Top with peanut butter, sliced banana and drizzled honey.

Sautéd Apple and Cinnamon Oatmeal
½ cup rolled oats
1 cup water
1 apple, diced
2 tsp cinnamon
1 tbsp maple syrup
1 tbsp butter
Chia seeds

In a small pot, bring 1 cup of water and ½ cup rolled oats to a boil. Once boiling, reduce to a simmer and cover until the oats absorb all of the liquid. Melt the butter in a pan and sauté the diced apples over medium heat until soft. Stir in the maple syrup and cinnamon to the oatmeal and transfer to a bowl. Top with cooked apples and chia seeds.

Steel Cut Oats with Berry Compote
½ cup steel cut oats
1½ cup water
2 tsp lemon juice
1 tbsp honey
Handful blueberries
Handful blackberries
Chia seeds

In a small pot, bring 1½ cup water and ½ cup steel cut oats to a boil, then reduce to a simmer and cover until all the liquid is absorbed. In a saucepan, cook lemon juice, honey and berries over medium heat until they have reduced down to a jam-like consistency. Pour berry compote over oats and top with chia seeds.

Helpful Tips:
If you want your oatmeal a bit richer, make it with ½ cup water and ½ cup milk. Also, you’ll want to make sure you turn the temperature pretty low while you’re cooking the oats, they’ll turn out far better than if you blast them on a high temperature.

All three of these takes on oatmeal are perfect for gloomy mornings. Not only will they keep you nice and warm, but they’ll provide you with the perfect amount of energy to make it through these cold and dreary Winter Quarter days.

Three Oatmeal Recipes to Warm Your Freezing Soul
Microbial Assassins: Changing the Face of Modern Antibiotics

The researchers studied the toxin delivery system by which a strain of E. coli, EC93, inhibited the growth of rival E. coli strain K-12. This model system sheds light on how this mechanism is wielded against specific cells, which could have significant implications in addressing the increasingly worrisome issue of antibiotic resistance.

Sunidhi Sridhar
Staff Writer

Looking back at the scientific advancements throughout the history of medicine, it is evident that these past decades have transformed the way humans approach the treatment of infections and diseases. From the breakthrough discovery of antibiotics in the early 20th century to the latest developments in targeted cancer therapies, new research continues to progress at warp speed.

Here at UC Santa Barbara, a team of researchers has detected a mechanism by which various strains of bacteria target and destroy rival strains.

The widespread use of antibiotics in treating bacterial infections has drastically transformed the way we approach medicine. However, this may lead to difficulties in controlling illnesses that are now easily preventable. As Kiho Song, a fifth-year doctoral candidate in the Department of Environmental Science & Management, and Scott Jasechko, an associate professor in UCSB’s Department of Environmental Studies, and Scott Jasechko, an associate professor in UCSB’s Department of Environmental Studies, documented in Environmental Science & Management, biological systems have evolved to target and destroy harmful ones. Such specificity has allowed us to control our microbiome and our health.

When a bacterium identifies a molecule on the surface of another bacterium in close contact, its sensor filaments will bind to it. The bacterium will then secrete the destructive toxin. These findings are of great promise to the scientific community.

The presence of such toxin delivery systems has been known to researchers for some time and is quite common in pathogens. Contact-dependent growth inhibition systems, referred to as CDI, were first observed in a strain of E. coli present in rat intestines. This strain, EC93, inhibited the growth of a different strain of E. coli called K-12.

The results from this study, however, significantly increase our understanding in regard to how these systems generally work.

This study, however, reveals a procedure in which bacteria will recognize other bacteria, often of the same species, and deliver a toxin to destroy them. The reason for this is that bacteria of the same species often compete against one another for the same niche, and this will eliminate any competition for limited resources.

When a bacterium identifies a molecule on the surface of another bacterium in close contact, its sensor filaments will bind to it. The bacterium will then secrete the destructive toxin. These findings are of great promise to the scientific community. Song pointed out, as we can equip helpful bacteria with a toxin-delivering system to target and destroy harmful ones. Such specificity could give us more control over our microbiome and our health.

The researchers studied the toxin delivery system by which a strain of E. coli, EC93, inhibited the growth of rival E. coli strain K-12.
Joshen Mantai 
Social Media Manager

Nowadays it seems impossible for young adults to completely have a clear idea of what they want, as we struggle to juggle family, dating, self-care, academics, jobs, extracurriculars, etc. Despite the glaring difficulties that arise in a university setting, I believe that the biggest challenge that young adults face is the adults in our lives expecting us to both survive and thrive.

"Every upperclassman I have met at UCSB has some backlash for the lack of LGBTQ+ characters in a major franchise! But wait. Rowling wrote seven books and produced eight movies, but not one was Dumbledore's sexuality stated, explored or even there is anything at all. "I fought back by pointing out that there are many leadership opportunities as I could, while still taking time to really play. In high school, I did what I thought was necessary to get myself here at UCSB. The stigma surrounding the one and only Jim Dale.

Joshen Mantai wants all freshmen to know it's important to be刷ed off as "a really close friendship" by anyone there is anything at all. "I fought back by pointing out that there are many leadership opportunities as I could, while still taking time to really play. In high school, I did what I thought was necessary to get myself here at UCSB. The stigma surrounding the one and only Jim Dale.

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