Climate Activists Say This Is Only the First Step in “Overarching Global Climate Justice Movement”

UCSB Rolls Out New Option to Indicate Pronouns on G.O.L.D.
Welcome all of you to the 2019-20 academic year! We are thrilled to be partnering with you as you participate in an exciting educational journey of discovery. Whether you are a returning, first-year, or transfer student, you will find unlimited opportunities to enjoy campus life by learning, exploring, and engaging together.

This year we are celebrating our 75th anniversary as a University of California campus. Over the decades, UC Santa Barbara has risen rapidly to become a preeminent world-class research university. This year our campus is ranked No. 7 among the top public universities in the country by U.S. News & World Report. We are also ranked No. 9 worldwide for producing Nobel laureates in this century, and we are ranked by the New York Times College World Report. We are also ranked No. 9 worldwide for producing Nobel laureates in this century.

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Dear Students:

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Cultivating our rich diversity is a hallmark of our university. We encourage one another to celebrate our differences, and to foster a community free of intolerance and discrimination. Together we work to promote a campus climate that is respectful, civil, supportive, and safe. These core values allow us to provide a living and learning environment where we can all pursue our dreams and reach our highest potential.

I am confident that the year ahead will be full of rewarding experiences. My wife, Dilling, and I look forward to seeing you around campus. Thank you for being a special member of our UC Santa Barbara family!

Sincerely,

Henry T. Yang
Chancellor
As students move in and prepare for the start of another school year, the Daily Nexus has compiled a list of free resources available to all UC Santa Barbara students throughout the year. We’ll be updating the list over the course of the next few days if you know of a resource you haven’t already listed; send us an email at news@dailynexus.com with “Free Resource” and the name of the resource in the subject line.

### Free Printing: UCSB students can print up to 200 sheets of paper per quarter in black and white for free at four locations around campus: Phelps 1521, Humanities and Social Sciences Building 1203, Psychology East 1804 and Music Room 1400. Hours are available on the PrintSpot website.

### Food Security/Supporting Orgs: UCSB students have created a public Facebook group where students or organizations putting on Madre Villages and is open Monday, Tuesday and Thursday from 4 to 7 p.m. and fellowships” — to use the food bank. The food bank is open Mondays, Tuesdays, Thursdays and Saturdays from 9:30 a.m. to 6 p.m. during the school year.

The Miramar Food Pantry, which provides similar resources to the food bank, is located in the Sierra Madre Villages and is open Monday, Tuesday and Thursday from 4 to 7 p.m.

### Microsoft Office 365: All UCSB students have free access to Microsoft Office applications, including Word, PowerPoint, Outlook, OneDrive, Excel and more, through the university for the duration of their college career.

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Foot Patrol to Launch Restorative Justice Program Offering Alternative Punishment for Ordinance Violators
Evelyn Spence
Lead News Editor

Just four months after the launch of the Isla Vista Party Registration Program, the Isla Vista Foot Patrol will unveil another program aimed at creating a “bridge between law enforcement and the community”—this time focusing on alternate disciplinary methods for students who violate local drinking and noise ordinances.

"Restorative justice is an approach to justice that,..." Camarena said, adding that the purpose of such a program is to "strengthen ties between law enforcement and the community they serve."

An Isla Vista resident who violates specific Santa Barbara County ordinances—ordinance 36-2: consuming alcohol in public; 36-3: having an open container or 40-2: playing loud music outside of curfew hours—will now have the option of attending a two-hour educational workshop and completing four hours of community service instead of paying a fine. Violating these ordinances can cost a maximum of $200 for first violation, $200 for the second violation and $300 for each additional violation that occurs within that same calendar year.

Foot Patrol Community Resource Deputy Justin Estrada said there are additional court processing and court security fees that can add anywhere from $40 to $100 to the initial fine.

In the workshops, individuals will be educated about the section they violated, how that violation affected the community around them and why the ordinance was created in the first place.

The workshops will be operated by the sheriff’s office, the IV CSD, UCSB student organizations and long-term IV residents, Camarena said. The program also hopes to also partner with Santa Barbara City College to hold the workshops, as many students who attend the city college also choose to live in IV. A similar program is already in place.

Additionally, if residents choose the workshop and not the community service branch of the program, they will now have the option to ask feedback questions during the workshops, such as: ‘How can we solve this problem that we have here? What things can we share with the community to prevent these types of violations?’

For the community service branch of the program, offenders will primarily work with the IV. CSD endorsed the program at its Aug. 27 meeting with Board President Spencer Brandt welcoming the attempt at offering alternative punishments for violations. “Education is always gonna go so much further than a slap-on-the-wrist approach,” Brandt said.

Eight International UCSB Students Unable To Begin Fall Quarter Amidst Visa Difficulties
Sanya Kamidi
News Editor

Eight UC Santa Barbara international students will not be able to enter the country due to the beginning of Fall Quarter 2019 due to federal restrictions on visa applications—eight of what seems to be dozens of international college students across the country.

Somnath Singh, director of the Office of International Students and Scholars (OISS), said over email that the students have been unable to get visas “either because they have been denied or because they are delayed by administrative processing,” or because they have been “denied entry to the United States and have been turned away at the border.”

According to Singh, two of the students are from Iran, one is from Turkey and the other five are from China. University spokesperson Andrea Gonzalez said she was unable to provide names.

Singh said that OISS works with students to ensure they are aware of the various immigration policies and requirements. Once a student’s visa application has been denied however, the office cannot do much to advocate for them except “provide them with verification of enrollment and continued good standing if they are a continuing student.”

Returning students who were denied entry to the United States were referred to an immigration attorney. UCSB and the UC Education Abroad Program (UCEAP) work to help students fulfill graduation requirements whenever feasible, Singh said. “[One] continuing student who was denied entry into the U.S. was able to enroll in UCEAP and attend classes in another country,” Singh said.

UCSB admitted 5,925 international freshman students and 1,339 international transfer students in 2019, marking a 16.3% increase from the admitted student pool. The university will no longer have finalized data on the number of new students attending until later this year.

Across the country, international college students have had their visas denied or delayed and have been unable to start school on time. In one of the most high profile cases of the summer, an incoming freshman at Harvard University was deported after arriving in the United States, the Harvard Crimson first reported. The student, Ismail B. Ajjawi, was later allowed to enter the country just in time for classes to begin, the Crimson reported.

At the end of the day, “the university has little influence over Federal immigration operations,” Singh said.
Rising wants to show others that the possibility of a college degree is attainable, even after prison.
No. 2 Men’s Water Polo Aiming For Best Start in Program History

Spencer Ault
Staff Writer

The season is still less than two weeks old, but this year's UCSB men’s water polo team is off to one of its best starts in program history. With four games this weekend, including games against No. 6 Pepperdine and No. 1 Stanford, the Gauchos have a chance to stake a claim on the best start outright.

UCSB opened the season with a 7-0 victory over Cal Poly Pomona and followed it up with a 10-0 win over the University of the Pacific. The Gauchos then played their second match in just under three days at home against Pepperdine and came away with a 12-5 victory.

“We had a two-day gap between games and a follow-up game against a ranked team,” said junior goalkeeper and team co-captain Hanna DeWeese. “The team had a solid practice the day before the Pepperdine game and everyone was excited to play against them.”

DeWeese is one of two senior goalkeepers on the UCSB roster, with the other being junior Maki Kono. DeWeese has accumulated 10 saves already this season, including one in the team’s 10-0 victory over Cal Poly Pomona.

Sophomore forward Jessica Wright seems to be the most likely candidate to step up for the ‘Chos as she has two goals already this season. Another forward must emerge as a consistent goal scorer.

In their most recent matchup against Weber State, the Gauchos held Kosa scoreless the first time around, scoring seven times behind the Waves’ attack with a team-leading 25 goals and 15 assists.

After a disappointing past week, Santa Barbara will look to get back on track by creating more opportunities on the counterattack where the squad has struggled as of late.

UCSB has an overall record of 3-1-1 thus far.

UCSB's defenders have been formidable as well, especially with the team already having three ties thus far. That being said, the squad is extremely young and is still trying to find their identity as a team. With more game experience, not only will the chemistry increase but so will the confidence of the team.

UCSB's forwards have been a bit more consistent, especially with the team already having three ties thus far. The back of the net has been taken out of the game as opposing players on the roster who can consistently find the back of the net but has now been taken out of the game as opposing players have struggled to get past them.

Santa Barbara will need to be on their top game against the Gauchos, and if the title is still up for grabs, that’s exactly what UCSB hopes to do this weekend.

The Gauchos will get their chance to break the record on Thursday afternoon, when they host Ottawa University - Arizona. The Arizona branch of Ottawa University opened in 2017 as an offshoot of the main campus in Ottawa, Kansas. As a result, the spirit team is quite young. All four of the team’s players are freshmen.

Those freshmen, and their four elder counterparts, will be facing a tall task on Thursday. The trick for UCSB will be to avoid seeing the game as a simple warm up to the main event, a 5 p.m. game that same day against Pepperdine.

One of the Gauchos’ foremost rivals, the Waves are 8-4 on the season. UCSB provided the win that would send them on an 11-5 victory over Pepperdine at the Triton Invitational.

Pepperdine has bounced back, however, taking down No. 9 Long Beach State, No. 11 UC San Diego, No. 14 Loyola Marymount and No. 19 California Baptist since then.

Sophomore midfielder Raul Rios had the only goal of the night for Loyola Marymount and is currently the team’s leading goal scorer.

Junior midfielder Maki Kono had the only goal of the night for Loyola Marymount and is currently the team’s leading goal scorer.

If UCSB is able to silence Kosa again, or at least muffle him, the Gauchos stand a good chance of a repeat verdict and another powerful statement in early season Golden Coast Conference play.

The Gauchos last hosted Kosa scoreless in the first meeting, but Kosa produced three clean sheets and has given up an average of one goal per game. The Gauchos held Kosa scoreless in the first meeting, but Kosa produced three clean sheets and has given up an average of one goal per game.

Sophomore attacker Balazs Kosa has provided the main force behind the Waves’ attack with a team-leading 25 goals and 15 assists. One of the Gauchos’ foremost rivals, the Waves are 8-4 on the season. UCSB provided the win that would send them on an 11-5 victory over Pepperdine at the Triton Invitational.

Another win over Pepperdine would be one more strong point on UCSB's growing resume, but the real opportunity comes Friday, when the Gauchos travel to Palo Alto to take on Stanford, the most likely candidate to step up for the ‘Chos as she has two goals already this season.

The Cardinal are 5-0 so far this year with wins over two ranked teams. No. 12 Princeton and No. 18 San Jose State. No team has finished within 10 points of Stanford so far.

Stanford has two this week, two of them are familiar foes in the American West. The other is an up-and-down go of it so far this season.

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UCSB Women's Volleyball Takes Down UCLA for First Time Since 1998

UCSB Men's Soccer Hopes To Build Positive Momentum, Hosts Seattle U

Fresh off a 2-0 road trip, the UCSB men's soccer team is set to return to Harder Stadium Thursday night to take on the Seattle University Redhawks. The Gauchos are 3-2 after having taken down Gonzaga and Oregon State in their last two games, while the Redhawks own a very symmetric 2-2-2 record to kick off the season.

UCSB is coming into this matchup looking to continue to build positive momentum with a tough final slate of non-conference games looking at the end of the month.

The big question for the Gauchos so far has been the presence, or lack thereof, of their starting goalie, Ziad Saade.

Early injuries to senior defender Fouani Taib and freshman Lucas Gonzalez, along with Hunter Ashworth and Noah Billingsley being called up to play for the New Zealand U-23 squad, left the team with a depleted backline to start the year.

While there is no official return date for Taib or Gonzalez (who seemed to have the most serious injury of the two), both Billingsley and Ashworth returned last weekend and have already made a world of difference.

UCSB conceded six goals in two losses prior to their return; since they have been back, they have scored four goals while conceding only one with two wins.

The Kiwi's sturdy defensive presence allows players in the middle like Sahaj Condel and Thibault Candia to have more of an attacking mindset instead of having to worry about supporting in the back third. Their ability to push the ball up has helped create space for the wingers and forwards as well.

Seattle University has had a textbook roller coaster start to the season.

The Redhawks have matched impressive wins against USC, who they handily defeated 5-0, and the University of Portland.

Their .500 record is slightly deceiving however as both losses were to quality teams (No. 16 Notre Dame and No. 3 Stanford University) and they tied one of the best teams in the country in No. 4 Indiana University.

The team is led by redshirt junior forward Nico Meza, who has been a scoring phenomenon to start this season off. The Washington native leads both the team and the Western Athletic Conference in goals (four), and is also fourth in the conference in shots.

UCSB led the team in scoring last season as well (right) and is not new to the Seattle U rivalry. He scored the pivotal goal in their 2-0 win over the Gauchos last year and will certainly be on the hunt for another against this season against the depleted UC backline.

UCSB has the upper hand in almost every major category but it is as the ability for teams to win the games they need to win that defines their quality.

A win over the Waves is a must if this team is to compete against their mighty neighbors and have a shot at the Big West title.

The Gauchos finished with a 3-0 record in weekend when the team takes on University of Hawai'i and looking to get back on track.

With a matchup against powerhouse No. 2 Stanford looming in two weeks, this game will be a good test to see how close this squad is to being able to compete against the top teams in the country.

UCSB versus Seattle U kicks off at 7 p.m. Thursday night at Harder Stadium here on campus.

UCSB Men's Soccer Hopes To Build Positive Momentum, Hosts Seattle U

UCSB Women's Volleyball Takes Down UCLA for First Time Since 1998
1. "Once Upon a Time in Hollywood"

Although director Quentin Tarantino faced some serious criticism for the infamous Bruce Lee scene, "Once Upon a Time... in Hollywood" stands as one of the most original films to come out of 2019. With this movie, we get to watch Rick Dalton (Leonardo DiCaprio), whose brutal murder history gets rewritten in a satisfying yet extremely violent way. While Tarantino weaves in lots of true, historical moments in the film, "Once Upon a Time... in Hollywood" is ultimately an exaggerated, day-glo dream version of an idealized 1960s Hollywood, one in which second chances are given and justice is served to those who deserve it.

2. "Spider-Man: Far From Home"

First off, thank goodness this movie was filmed before the whole Sony and Disney debacle. While Marvel superhero movies can often feel cheesy and unoriginal, "Spider-Man: Far From Home" presented audiences with just the perfect amount of cheese, a brilliant cast and a crazy nail-biting twist ending that no one saw coming. As Peter Parker (Tom Holland) decides to take a break from his superhero duties and enjoy his school trip abroad to Europe, he befriends Mysterio (Jake Gyllenhaal) and finds himself, you guessed it, fighting crime once again in his Spider-Man suit. Besides Holland and Gyllenhaal, Zendaya also shines bright in this film as her character, Mary Jane, finally gets more screen time and even helped Spider-Man discover who the villain was.

3. "Toy Story 4"

"Toy Story 4" captures another toy adventure sans Andy and reunites Woody with his true life. Along the way, we see iconic characters like Buzz Lightyear and鲁迅 write themselves, and soon, everything that's written in the book happens in real life. Along the way, we see iconic characters like Harold the Scarecrow terrorize the kids until eventually the movie runs out of characters and the movie ends. There were some genuinely scary parts of the movie that made it hard to not look away from the screen, but the CGI, generic dialogue and ineffective jump scares greatly tarnished the quality of the original "Scary Stories to Tell in the Dark" books and of the film at hand.

4. "Avengers: Endgame"

For a movie that's three hours long and filled with so many beloved characters, I just expected to leave the theater feeling more impressed, which is why "Avengers: Endgame" is so low on this list. In the crossover of the century, "Avengers: Endgame" shows all our favorite Marvel heroes working together at a second chance of defeating Thanos through a confusing use of time travel. Overall, this movie seemed to fail in its own inconsistencies and overly-cheesy moments. Why does Iron Man get a whole funeral and Black Widow doesn't? What does that mean for the movie? And was this really necessary?

5. "Child's Play"

Was this movie necessary? No. Was this movie fun to watch and enough to satisfy your nostalgic need to cling onto iconic childhood characters? Yes. "Toy Story 4" captures another toy adventure sans Andy and reunites Woody with his true life. Along the way, we see iconic characters like Buzz Lightyear and鲁迅 write themselves, and soon, everything that's written in the book happens in real life. Along the way, we see iconic characters like Harold the Scarecrow terrorize the kids until eventually the movie runs out of characters and the movie ends. There were some genuinely scary parts of the movie that made it hard to not look away from the screen, but the CGI, generic dialogue and ineffective jump scares greatly tarnished the quality of the original "Scary Stories to Tell in the Dark" books and of the film at hand.

6. "IT Chapter Two"

"IT Chapter Two" was one of my most anticipated films of 2019, however it turned out to be a major bust. This sequel takes us back to Derry after 27 years have passed where Pennywise has risen once again to wreak havoc. After an unnecessarily brutal opening to the movie, we see the kids of the Losers Club all grown up, living their separate lives far apart from each other. Soon, the film seems to turn into a regurgitation of the first movie once everyone is reunited and is working together to take down Pennywise (again). The casting and acting of each character was amazing (probably the best part of the movie overall), but the film itself felt like nothing more than a compilation of flashbacks to the first film, finished off with a very lame and unfulfilling ending.

7. "Scary Stories to Tell in the Dark"

As someone who grew up reading the iconic "Scary Stories to Tell in the Dark" books, the film adaptation left little to be desired. This film follows a group of kids who venture into a haunted house and find a book in which the scary stories seemingly write themselves, and soon, everything that's written in the book happens in real life. Along the way, we see iconic characters like Harold the Scarecrow terrorize the kids until eventually the movie runs out of characters and the movie ends. There were some genuinely scary parts of the movie that made it hard to not look away from the screen, but the CGI, generic dialogue and ineffective jump scares greatly tarnished the quality of the original "Scary Stories to Tell in the Dark" books and of the film at hand.

8. "The Lion King"

Disney, just please for the love of god, stop rebooting everything. Thanks.

Artsweek Editor

Kristina Valencia

Check out this list for the best and worst movies to come out of summer 2019!

1. "Once Upon a Time in Hollywood"
2. "Spider-Man: Far From Home"
3. "Toy Story 4"
4. "Avengers: Endgame"
5. "Child's Play"
6. "IT Chapter Two"
7. "Scary Stories to Tell in the Dark"
8. "The Lion King"
School To Start Soon

That's it. That's the joke.

This is the longest article Emma Demorest has ever written.

How To Fit In During Your First Year At UCSB

Settling in at any college can be difficult, but it can be even more difficult at UCSB because we're generally just better, and also hotter and cooler. Don't be intimidated though! Below are five of the most useful tips to fitting in, making an impression and adjusting to your new Gaucho lifestyle.

Buy the longest UCSB lanyard possible

At UCSB everyone knows that the best people are the people with lanyards. A lanyard around your neck invokes ideas of maturity and preparedness and also just looks really hot. To use this accessory to its potential, it's vitally important to put as many goddamn things on it as possible. Attaching your student ID, driver's license, passport and upward of six variations of pepper spray are the only way to really get your money's worth.

Get the perfect bike

What is the perfect bike? It's one with bright, obtrusive colors (think a neon pink, or a yellow beyond your wildest dreams), and a seat so big it can fit two asses. Science tells us the perfect bike must have a cup holder, for all those drinks you always have, and little tassels that blow in the wind as you pedal that metal monstrosity up the unforgiving Pardall hill.

Be Seen at the Ice Cream Social

Anyone who's anyone goes to the first year Ice Cream Social, and it's actually so fun and worth everyone's time. Here at the Daily Nexus, we recommend dressing in your Gaucho finery — the sweatshirt your parents bought you for $85.99 at the bookstore, or the freshman swag shirt they will give you at the Thunderdome, which is always a really inconspicuous color (ex. bright yellow, neon blue). Part of the joke, of course, is that there never actually is ice cream at the Ice Cream Social, but there are some freezer-burned popsicles from last year that will quickly run out. This is considered a local delicacy and it is culturally rude not to at least try to eat one.

Use every hashtag

In all of the six photos you will post to Instagram in the first week of college to prove to everyone you're making friends (even though you're super uncomfy the whole time), it's crucial to include some of UCSB's most coveted hashtags. These include #IVliving, #Gauchos, #oleoleole. If you have the time, it's also in your best interest to post a photo of Campus Point on Snapchat with the caption "can't believe I go here."

Sing!

Whenever you can and wherever you feel inspired to, it's so important for first years to express themselves through song. Whether it be on the eighth floor of the library or in the middle of the University Center during lunch, the sweet, unencumbered voices of innocent freshmen are more than pleasing for the weathered upperclassmen, as it reminds us of our youth.

Go really really slowly on the bike path

Life moves pretty fast — so take your damned time! Even though people around you might seem like they want you to go fast, they're just kidding around, it's actually an inside joke we all have with each other. When biking slowly, take in the sights, change the song on your Spotify, then change it again! We also recommend biking with a buddy. What better way to settle into your new campus by biking leisurely, side by side, with no room for anyone to get by.

Annie Pepper did all of these things freshman year and that's why she has fabulous skin and the hottest girlfriend.
Get Hooked on Santa Barbara's Locally Sourced Fishery Program

ON THE MENU

Get a Taste of the Bold Flavors of Mexico at Los Agaves

Winne Lam
On The Menu Editor

Cooking with ingredients like fish, muscles and clams may seem intimidating, but considering that Santa Barbara is one of California’s most abundant sources of marine life, it would be a shame if you never took a full dive into incorporating fresh seafood into your diet. Thankfully, the people at Get Hooked Seafood, a community-supported fishery program, are here to help you achieve a healthier and more environmentally friendly diet.

Get Hooked Seafood was founded by Kim Selkoe and Victoria Voss, who formed their team of UCSB alumni to work with local fishermen in order to provide access to local sustainable seafood for the community. They have both had an interest in the ocean throughout their lives and decided that they wanted to take a more practical and educational approach to work with fishermen and restaurants to make choices about their seafood. They have partnered up with the Commercial Fishermen of Santa Barbara and Real Good Fish CSF in Moss Landing to bring fresh seafood to their members at various pick-up locations outside Santa Barbara.

What makes Get Hooked Seafood different from simply buying fish at a grocery store or subscribing to meal prep delivery services is that the processing methods as well as the meat itself is more sustainable and healthful for your body. Eating seafood is a small way to make a difference in the environment because it has a smaller carbon footprint than other animal proteins, such as beef or chicken, since fishing wild-caught seafood does not require farmland or taking care of livestock. Get Hooked Seafood also uses significantly less packaging than typical restaurants may use and it can be baked or fried, just like other types of protein. It’s also great for those who are short on time. The recipes that Get Hooked Seafood provides on their website for their fish only take 15 minutes at the most, and they’ve conveniently included a few recipes per species. Additionally, there is a great diversity of options from Get Hooked Seafood. Santa Barbara has the advantage of the cold water climate from the north and the warm water climate from the south, which attracts tropical and cold water species to give a great abundance of seafood types. This allows you to be adventurous by trying new and different seafood varieties, but you can also opt out of some types of seafood if you just want to stick to the basics.

Get Hooked Seafood works by asking you simply to select the quantity of fish you want, choose between whole or filleted fish, pick a weekly or bi-weekly schedule and then find a pick-up location that is convenient for you. This fall, Get Hooked Seafood is coming to Isla Vista Co-op, which makes Get Hooked Seafood a super convenient option for students to eat in a healthy and environmentally-friendly way.

RACHEL LEE / DAILY NEXUS

Get a Taste of the Bold Flavors of Mexico

Rachel Lee
Staff Writer

If you’ve ever craving some quality Mexican food with a modern twist, Los Agaves is the place for you. After hearing so much about the place, I decided to check it out. I went to their Goleta location right in the Camino Real Marketplace which is perfect for car-less college students like me since you can just catch the 24x or 27 to take you there.

I really loved the atmosphere of the restaurant, it was a mixture of something comforting but also a little bit fancy. There’s an outside patio with more of a modern décor that you walk through to go into the restaurant, but once inside it gives off a more authentic, traditional Mexican feel. At this location you order at the counter, choose your table and your food will then be brought out by the server.

For appetizers I ordered the Burrito Mojado with wet sauce. Their steak was also quite amazing and it practically melted in my mouth. For my main course I ordered the Seafood Enchiladas, which included a few recipes per species. Additionally, traceability is a huge issue in the seafood industry, as opportunities for fraud are increasing and as a result, grocery stores and restaurants may serve fish that is not actually the species that is advertised. Get Hooked Seafood is a solution for that because they collaborate with local fishermen fishing out of the Santa Barbara Channel, so you know that the seafood on your plate is fresh and genuine. Additionally, since the fish is fresh from the coast, it hasn’t travelled thousands of miles to get processed overseas, which lessens the environmental impact of the seafood and retains the freshness of the fish.

Seafood in a packaged box from grocery stores is usually older and has to be eaten the day after purchase, whereas Get Hooked fish is so fresh that people can cook it days later without compromising the freshness of the meat.

In addition to the environmental benefits of eating seafood, incorporating seafood into your diet is also a quick and easy way to eat healthier. Fish is packed with important nutrients such as vitamin D and omega-3 fatty acids, which are crucial for optimal body and brain function and strongly linked to a reduced risk of many diseases. Fish is also considered one of the most heart-healthy foods, as it is strongly linked to a lower risk of heart disease and strokes. It’s important to think about the long-term effects of what you are putting into your body, and seafood definitely has great health benefits.

Despite these great environmental and health benefits, some are often turned off by seafood due to the fact that people are simply unfamiliar with the taste of seafood. In reality, cooking with seafood is actually very convenient, as you don’t have to marinate it and it can be baked or fried, just like other types of protein. It’s also great for those who are short on time. The recipes that Get Hooked Seafood provides on their website for their fish only take 15 minutes at the most, and they’ve conveniently included a few recipes per species. Additionally, there is a great diversity of options from Get Hooked Seafood. Santa Barbara has the advantage of the cold water climate from the north and the warm water climate from the south, which attracts tropical and cold water species to give a great abundance of seafood types. This allows you to be adventurous by trying new and different seafood varieties, but you can also opt out of some types of seafood if you just want to stick to the basics.

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UCSB Researchers Discover Mechanism Potentially Accelerating Progression of Poly cystic Kidney Disease

Jacqueline Wen
Science Editor

Poly cystic kidney disease is an inherited disorder causing clusters of cysts to form in the kidneys that may lead to eventual kidney failure. Autosomal dominant poly cystic kidney disease (ADPKD) makes up about 96% of all PKD cases and affects over 600,000 Americans and 12.4 million people worldwide.

Individuals with PKD can face symptoms such as elevated blood pressure, possible kidney dysfunction, and cysts in other organs like the liver, higher chances to develop brain aneurysms and kidney stones and chronic side or back pain. Although there is currently no cure for PKD, discovered treatments and lifestyle changes may help control symptoms and slow down or reduce loss of kidney function.

Much research is being done on PKD, including in Thomas Weimbs' lab at UCSB. In their paper published in the Journal of Clinical Investigation, Weimbs and his team members identify a tubule dilation mechanism that may accelerate the formation of kidney cysts.

Based on diet, our metabolism results in the formation of different substances such as calcium phosphate, calcium oxalate and uric acid crystals. These crystals are produced daily and get harmlessly excreted through normal renal function.

But for individual patients, especially in terms of kidney stones, crystal deposits can get lodged in renal tubes. This may lead to kidney stone formation and cause health complications.

"You can imagine that if you're trying to filter the urine out – and the kidney has a lot of tubes – and if the kidney stones get stuck in any of these tubes, the kidney would stop working. There wouldn't be any kidney function equivalent to filter any of these more urine out. So there's a way to be a deal maker where we have a little microcrystal that we can change stones," Jacob Torres, a postdoctoral researcher in the Weimbs lab and the lead author of the study, explained.

The scientists found that in response to calcification oxalate crystal deposition, a protective mechanism can be a "third-hit" trigger for PKD – that's when mTOR is doing too much. For PKD — that's when mTOR is doing too much.

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Evaluating Cumulative Human Impacts on Marine Ecosystems

Hannah Hinou
Staff Writer

As climate change rapidly makes its impact to the world, the existing scientific data monitoring and evaluating what changes are occurring and what impact they have may struggle to keep up.

Due to the sensitive nature of marine ecosystems, the impacts of climate change are far-reaching for marine aquatic life. A fundamental gap in understanding how humanity is affecting the oceans is our limited knowledge about the pace of change in cumulative impacts on ocean ecosystems. What's more is the need to find out the locations, drivers and understanding how humanity is affecting the oceans.

In a joint effort with other individuals involved in the PKD field, Torres worked with different models of poly cystic kidney disease and identified individuals with PKD. He highlights the "interesting" collaborative nature of how all these different fields come together to form the synthesis for the different impacts come from almost every sector of the world. In areas with low cumulative impact such as the high Arctic, the Atlantic, and the Pacific Ocean, the cumulative impact on high Arctic, the Atlantic, and the Pacific Ocean, the cumulative impact on 

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Legalizing Psychedelics is the Key to Safe Tripping

Carley Weiler
Staff Writer

When most people think of psychedelics, they think of acid, marijuana, or magic mushrooms. But the idea of legally legalizing psychedelics falls on opposite sides of the spectrum — from full-on opposition and dissociated to having hour-long conversations about the potential effects of these substances on mental health and awareness.

The first question that arises when considering the legalization of psychedelics is how these substances are regulated. Just the sound of the word “acid” might make people think it is illegal. The idea of going to the store and buying something like LSD or mushrooms and putting something into your body that you feel bad and then feel better is not something that comes to mind. It is a drug that has been around for years and is often referred to as a “trip,” with benefits ranging from mood improvement and mental health issues.

There’s no doubt that the idea of psychedelic trips is a concern from a societal level, as it has always been a large issue in the past. These substances pose the risk of it being laced with dangerous substances, and a bad trip can lead to serious psychological problems. These substances are unique to anything else in the world. The U.S. still has a long way to go, but at least we have a better idea of the potential consequences of using these substances.

I am in favor of taking psychedelics, but not when there is such a lack of regulation and knowledge of these substances. That is why it is needed to be legal. Evidence of using these substances in small independent experiments conducted in the Netherlands has resulted in increased research and awareness. These studies: “Getting the economic existential stress off our backs,” drawing a causal relationship between having food and on social media. A tweet in July even comments on the potential impact of these substances on mental health and awareness.

Although Yang believes his policy will produce practical benefits, there are no guarantees that it will bring less stress, more opportunities for creative expression, and more mental health issues. People are finding out that they are not addicted or controversial. Just because they were used in the past and are legal in the United States to promote safety and healing does not imply that they are. Even today, in several countries including the Netherlands, some psychedelics are illegal, including “magic mushrooms” which are illegal in Australia, Canada, and the United Kingdom. Legalization in the United States has resulted in increased research and awareness.

Still, for many, this idea may seem too radical and controversial just because they were used in the past and are legal in the United States to promote safety and healing does not imply that they are. Even today, in several countries including the Netherlands, some psychedelics are illegal, including “magic mushrooms” which are illegal in Australia, Canada, and the United Kingdom. Legalization in the United States has resulted in increased research and awareness.

A Beautiful Contradiction: The Freedom Divided

Annabel Li

You’ve been keeping up with the Democratic presidential debates, you may notice a black sheep in candidate Andrew Yang’s crowd. He’s the one with glasses and a flash of smiles who generally has 20% of the vote. What is his “gimmick” plan to save our economy? The “Freedom Dividend”.

You’ve heard of the “Freedom Dividend,” haven’t you? It’s the guaranteed payment of $12,000 split evenly for every American with a monthly stipend of $1,000. It is a plan in an idea that has not yet been put into action, but it is definitely a concept that many people are interested in. The plan is to give every adult in the United States $1,000 a month, regardless of their income or employment status.

The primary argument for implementing a national UBI is that it would create a safety net for the most vulnerable Americans. It would provide a basic income to those who are struggling to make ends meet and could help reduce poverty and inequality. The goal is to provide a minimum level of income to everyone in the country, regardless of their employment status. The idea is to provide a safety net for those who are struggling to make ends meet.

In the United States, the poverty rate is around 14%. The poverty rate is defined as the percentage of households that fall below the poverty line. The poverty line is the income level below which people are considered to be living in poverty. The poverty line is determined by the U.S. Census Bureau and is adjusted for family size and composition.

To calculate the poverty rate, the Census Bureau divides the number of people living in poverty by the total population of the United States and multiplies that number by 100. The poverty rate is an important measure of how well we are doing as a society. It is used to assess the well-being of the nation and to determine the effectiveness of programs and policies designed to reduce poverty.

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