Jeff Daniels is best known for his award-winning career on screen, but he has found solace in his guitar for decades. Daniels spent the past 12 years playing across the country, sharing the stage with lauded musicians and the public for his humor, and mastery of his craft. Daniels has been compared to John Prine for his humor, sensitivity and ability to spin a yarn from life experiences. The Ben Daniels Band joins him on tour.

As a musician, Jeff Daniels has played in notable venues across the country, shared the stage with lauded musicians and with Stefan Grossman. In 2012 the Martin Guitar Company began selling an OM Jeff Daniels Custom Artist Edition Guitar.
Student Groups Host Halloween Alternatives

In an effort to provide a safer Halloween for I.V. residents, several student organizations have planned substitute events to partying, such as trick-or-treating and a hangout spot.

“I think this is really about giving students options so that there isn’t just this one-size-fits-all attitude or campus environment.”

- Debbie Fleming

Student organizations will be hosting several events this Halloween weekend to provide alternative options to the Isla Vista party scene.

Isla Vista's Halloween celebration has historically drawn crowds of 20,000 to 40,000 students and out-of-towners to festivities on Del Playa Drive. This Halloween weekend, there will be approximately 200 officers from both the UC Police Department and Santa Barbara Sheriff's Department stationed in I.V. Student organizations such as Take Back the Night (TBTN), the Associated Students (A.S.) Commission on Public Safety and the A.S. External Vice President of Local Affairs (EVPLA) office have planned multiple events this weekend to give students options to safely celebrate Halloween.

External Vice President of Local Affairs and third-year history of public policy major Paula Dela Cruz said A.S. will host Pardall Center Chill Space from 10 p.m. to 3 a.m. on Friday and Saturday on the first floor of the Pardall Center, open to anyone in I.V. over Halloween weekend.

“My main goal is only to provide local, safe and educational events during Halloween,” Dela Cruz said.

TBTN Co-Chair and third-year political science major Gema Hernández Nava said TBTN will host an additional student event from 10 p.m. to 3 a.m. Friday and Saturday on the second floor of the Pardall Center, called Pardall Center Safe Space. Hernández Nava said advocates from Campus Advocacy and Resources Education (C.A.R.E.) and the Santa Barbara Rape Crisis Center will be on site to assist students who experience harassment during the Halloween weekend.

“We know it can get a little hectic when people get more drunk and when it gets later,” Hernández Nava said. “It’s called a safe space so that people can come and chill if they need a place. They can talk to an advocate if they’ve experienced something dramatic or because they didn’t know what to do in a situation.”

Dela Cruz said her office will also be hosting Haunt the Loop from 3 p.m. to 6 p.m. Saturday in the I.V. business area, a trick-or-treat event for Isla Vista residents to go visit I.V. businesses and receive gifts and candy.

“We are trying to shift culture and get families to come and actually trick-or-treat here,” Dela Cruz said. “They can actually enjoy Halloween. It’s not just drunk students partying.”

A.S. Commission on Public Safety Chair and second-year political science and global studies double-major Dwayne Mosbey said student organizations are working alongside police officers to implement the University of California Isla Vista Volunteering Program (UCIV) — a public volunteer program that mediates between police officers and I.V. partygoers. According to Mosbey, UCIV volunteers will be distributing water, escorting residents to their homes and warning residents of the noise ordinance, which restricts residents from playing loud music past 6 p.m., to prevent citations.

“UCIV is something very simple that we at UCSB can do just to ensure that people in our community, as well as the people coming in, are safe,” Mosbey said. “Even though, in a way, it is a little bit of a reactive measure, it drastically reduces the incidents that are going to be happening that night.”

According to Mosbey, volunteers and partygoers alike have praised UCIV in the past, and it will likely be a permanent facet for future Halloween and Deltopia weekends.

“So far, students have loved it. [Volunteers] have a chance to interact with the community and they get volunteer hours for doing something they would have loved to do anyways,” Mosbey said.

“It’s looking like it will be a permanent thing for UCSB to have.”

Senior Associate Dean of Student Life Debbie Fleming said the Isla Vista party scene is largely “uni-dimensional” and does not provide enough options for the university’s diverse and “sophisticated” student population. Fleming said student organizations are hosting alternative events to accommodate the wide interests of UCSB students.

“Every student doesn’t just want to walk up and down the street or party. Some of our students would really like to have music, entertainment and other things to do,” Fleming said. “I think this is really about giving students options so that there isn’t just this one-size-fits-all attitude or campus environment.”

Fleming said she hopes student organizations will begin hosting alternative events to I.V.’s party scene every weekend, rather than just during Halloween and Deltopia.
ON CAMPUS
EVENTS TO ATTEND
this HALLOWEEN WEEKEND

Friday 10/30

**Fun & Fright Fair at the UCen** - 7:45pm - 2:00am, UCen
Stop by the UCen for two fun filled nights of movies, games and free food! Movie showings include *Friday the 13th*, *Nightmare on Elm St.*, *The Exorcist*, *Monsters Inc.*, *Coraline* and *Frankenweenie*. Sponsored by The Hub.

**Hallowheels at the Rec Cen** - 9:00pm - 1:00am, Rec Cen
Join the Department of Recreation for FREE rollerskating in the MAC at the Rec Cen. There will be free food, games, prize giveaways, a movie screening and more! Don’t forget your costume for the costume contest. Roller skates will be provided; please bring your Access Card to gain entrance. Sponsored by UCSB Department of Recreation.

**ASPB Presents Delirium ft. Fitz & the Tantrums** - 8:30pm - 1:00am, Thunderdome
AS Program Board presents not only one, but TWO concerts this Halloween Weekend! Tickets are available at the AS Ticket Office for $5. UCSB Students only. Presented by AS Program Board.

Saturday 10/31

**Fun & Fright Fair at the UCen** - 7:45pm - 2:00am, UCen
Stop by the UCen for two fun filled nights of movies, games and free food! Movie showings include *Friday the 13th*, *Nightmare on Elm St.*, *The Exorcist*, *Monsters Inc.*, *Coraline* and *Frankenweenie*. Sponsored by The Hub.

**ASPB Presents Delirium ft. Snoop Dogg** - 8:30pm - 1:00am, Thunderdome
AS Program Board presents not only one, but TWO concerts this Halloween Weekend! Tickets are available at the AS Ticket Office for $5. UCSB Students only. Presented by AS Program Board.

Sunday 11/1

**Adopt-A-Block HalloClean 2015** - 11:00am - 1:00pm, UCen
Free HalloClean tank-tops to the first 50 participants. Costume Contest: Wear your costume and win cool stuff!
For information and to sign-up, email cleaniv@ivparks.org. Volunteers should meet at Isla Vista Recreation & Parks (961 Embarcadero Del Mar) to check-in. For all cleanup events, volunteers should wear close-toed shoes and their favorite cleaning clothes/costume, and bring a water bottle!
Housing & Residential Services

HALLOWEEN PROGRAMS FOR RESIDENTS

Friday 10/30

Late Night @ the Fiesta Room - 8:30pm, Santa Catalina North - Fiesta Room
Trick or Treating - 8:00pm, Santa Cruz - Main Lounge
Paranormal Ping Pong Tournament- 9:00pm, San Miguel - Rec Room
Paranormal Ping Pong Tournament- 9:00pm, San Nicholas - Rec Room
Pumpkin Decorating & Costume Contest- 6:00pm, San Rafael - Courtyard
Fall Festival- 8:00pm, Santa Rosa - Main Lounge
Spook-A-Thon - 7:00pm, Santa Ynez - Jameson Community Center

Saturday 10/31

Scary Movie Night - 8:00pm, Santa Catalina South - Fiesta Room
Costume Contest - 8:00pm, Santa Rosa - Main Lounge
Halloween Party - 9:00pm, San Nicholas - Main Lounge
Halloween Fest - 9:00pm, Santa Ynez - Jameson Community Center

*ONLY RESIDENTS MAY PARTICIPATE IN H&RS PROGRAMS DURING HALLOWEEN WEEKEND
The Isla Vista Self Governance Initiative held a public meeting Tuesday evening at the I.V. Clinic building for residents to discuss community planning and development.

I.V. residents will vote in November 2016 to approve the formation of a Community Services District (CSD) funded by a Utility Users Tax. A board of local representatives would govern a CSD, giving I.V. more autonomy than it currently holds as an unincorporated area.

Tuesday’s meeting was the second in a series of 11 weekly meetings the Initiative organized for I.V. stakeholders to discuss the specific framework of the CSD. The meeting focused on incorporating a Municipal Advisory Council (MAC) and an Area Planning Commission (APC) with the CSD.

According to Community Organizer and consencus coming from I.V. For certain development projects, they are the final decision maker, unless it is appealed to the Board of Supervisors, said Russell. “For other projects, they make a recommendation to the Board of Supervisors.”

Russell said the current APCs in Santa Barbara County, including the Montecito APC and the Santa Barbara APC, review the Board of Supervisors’ projects but cannot “initiate policy.”

“They do not advise the Board on issues they feel are important,” Russell said. “They simply review projects and review policy initiatives and community plans that are ordinances initiated by the Board.”

According to Russell, the cost per meeting for the Montecito APC is around $3,000, which he said would be similar for I.V. Elliott, however, said the cost could be reduced to $2,000 per meeting.

Longtime resident Sue Dixon said local issues “generate” from poor planning and development, therefore she supports the establishment of an APC. “The density is because of how it was zoned in the first place, and as we continue to make variances as we build more buildings, it increases the parking problem and crime and everything else,” Dixon said. “I think it’s really fundamental to have that power here.”

I.V. Recreation and Parks District (IVRPD) chairperson and longtime I.V. resident Pegeen Soutar said a MAC would address issues such as parking and policing more effectively and extensively than the Board of Supervisors.

“I see it as being really beneficial because you can do much more engagement here in the community with a series of meetings here than one or two meetings downtown,” Soutar said. “The more that we coalesce and the more we show up with similar ideas and concerns, the more we will be listened to.”

Campus Democrats president and fourth-year chemistry major Krishna Hammond said the same representatives should govern a MAC and CSD to eliminate the ambiguity of what each entity is able to discuss.

“I think there should be as much overlap as possible because it nearly avoids the question of what we’re allowed to talk about,” Hammond said. “It’s a sort of conservation of bureaucracy. There’s one less conversation that needs to come up.”

Santa Barbara City College trustee and UCSB alumnus Jonathan Abboud said while the CSD leadership should have a presence in a MAC, some seats should be open to stakeholders that cannot be elected or appointed to a CSD governing board, such as nonprofit organization representatives.

“I think we should have the MAC and the CSD have some overlap, but not a great deal,” Abboud said. “My personal opinion is that all five elected CSD members should also be on the MAC but the MAC should be, say, six additional stakeholders and organizations.”

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The more that we coalesce and the more we show up with similar ideas and concerns, the more we will be listened to.

- Pegeen Soutar
Students Advocate for End of Rape Culture

With the Halloween weekend coming up, C.A.R.E. and Fuck Your Standards held the event #PledgeforConsent to condemn rape culture and prevent sexual assault.

Sonia May Htoon
Reporter

UCSB Campus Advocacy Resources and Education (C.A.R.E.) and members from the Facebook group "Fuck Your Standards" co-hosted an event titled "#PledgeforConsent" at Storke Tower Wednesday, during which guest speakers spoke on bringing an end to "rape culture."

The goal of the event was to facilitate conversation about the definitions of consent and rape. Demonstrators wore bright capes, colorful clothes and coin skirts while holding up signs advocating for consent. Event organizers gave out candy, pins and hugs to attendees. The demonstration aimed to address and prevent sexual assault during Isla Vista's Halloween weekend.

According to "Fuck Your Standards" founder and third-year global studies major Gabby O'Neal rape culture is a philosophy that promotes rape and victim blaming.

"This causes mistrust by slut-shaming and over-sexualizing women," O'Neal said. "Consent culture is a culture which respects an affirmative yes ... it gives respect to people and their own bodies."

O'Neal said her goal is to educate people on which actions and phrases contribute to rape culture.

"I would like to see more people take responsibility for themselves and what they say," O'Neal said. "Like calling people out when they make a joke about rape ... these things aren't okay."

Alumna Reina Durian said it is important to help victims and to confront people who may be taking advantage of others.

"If you notice somebody is at risk for something, be a friend and step in and get them out of that situation," Durian said. "Let the other person know, like, 'Hey, you're in the wrong,' and hopefully they can snap out of it."

Santa Barbara City College alumna BB Barnett said men should also be active in fighting rape culture.

"Men hold a lot of power to say, 'Hey, this isn't okay,'" Barnett said.

According to Barnett, media has contributed to rape culture by promoting images and songs that sexualize people.

"Rape culture has to be intolerable, but it's the norm right now. Like in music, the way music hyper-sexualizes people, the way men feel entitled to women and to women's bodies ... Why is that okay?" Barnett said. "Why aren't we talking about why people are raping."

UCSB C.A.R.E. member and fourth-year feminist studies and sociology double-major Dalyla Meyers said O'Neal invited the C.A.R.E. office to join #PledgeforConsent.

"It was definitely something that aligned with our office and the different things we are trying to combat, such as rape culture," Meyers said.

Meyers said students must discuss consent and rape culture to reduce sexual assault on college campuses.

Fuck Your Standards and the #PledgeforConsent event page on Facebook will be posting messages on consent and sexual assault to further educate students about rape culture.

Rape culture is a philosophy that promotes rape and victim blaming. The event attempted to educate students on what constitutes rape culture.

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Students Discuss Bills Vetted by A.S. President

Two bills concerning student councils and S.T.A.R.K. funds fail to pass at the A.S. meeting

The Associated Students (A.S.) Senate met Wednesday night in the Flying A Room of the UCen to discuss A.S. President Jimmy Villarreal’s vetoes of two bills.

The bills, “A Bill to Establish A.S. Commissions for the CCS Student Council and CoE Student Council” and “A Bill to Redefine the A.S. Science, Technology, Aerospace and Research Kapital (S.T.A.R.K.) Fund,” passed unanimously at last week’s Senate meeting.

Public Forum included multiple College of Creative Studies (CCS) students speaking in support of the bill to establish student government for the two colleges.

“CCS has existed since 1967. We have been in UCSB for a long time, yet we have yet to have a student council,” Feerst said. “We should all have representation, even if we are smaller than College of Letters and Sciences. We should all be able to integrate as part of UCSB.”

Villarreal said he vetoed the bill because the creation of a student government is a new concept in A.S., so legislation requires thorough editing before passing and becoming part of the A.S. Legal Code.

“Moving the association to a research-funding academic body — it very much changes what we do,” Villarreal said. “There’s an unnatural connection in what we do here and the educational side of things.”

Villarreal said he vetoed the bill because the creation of a student government is a new concept in A.S., so legislation requires thorough editing before passing and becoming part of the A.S. Legal Code.

“We realized the need for representation and for money for these students,” Elyasi said. “They are an underrepresented college. The issue is: where does that money come from and in what way is that money distributed?”

Off-campus senator and third-year political science major Isabelle Ninh said Senate should not have the power to regulate a student’s research if CCS and CoE governments are formed as A.S. commissions.

“Let’s use the understanding that CCS does. I doubt all of us can access the knowledge of what it is to be a CCS student.”

Off-campus senator and third-year political science major Isabelle Ninh said Senate should not have the power to regulate a student’s research if CCS and CoE governments are formed as A.S. commissions.

“We should all have representation even if we are smaller than College of Letters and Sciences.”

- Katie Feerst

For the full story, see dailynexus.com
UC Regents Discuss, Define Anti-Semitism

Amid concerns of anti-Semitic threats on UC campuses, the Board of Regents held an open forum Monday to discuss revisions to the definition of anti-Semitism.

Many Jewish students felt threatened during anti-Israel protests and demonstrations, spurring Jewish groups and initiatives, such as the AMCHA Initiative, to push for the UC Regents to adopt the U.S. Department of State’s definition of anti-Semitism.

Sierra Deak
Reporter

The UC Board of Regents held a public forum on Monday at UC Los Angeles to discuss revisions to the definition of anti-Semitism in the Statement of Principles Against Intolerance document, which was presented to the board in September.

The Board of Regents selected a working group in September to host the forum in response to a recent push for the UC system to adopt the U.S. Department of State’s (DOS) definition of anti-Semitism. The DOS has defined anti-Semitism with regard to Israel as demonizing, delegitimizing or applying a double standard to the country. The issue of anti-Semitism began to gain attention after Jewish students said they felt threatened during student movements to divest from companies allegedly profiting from human rights violations in Israel-Palestine.

UC Santa Cruz Jewish studies professor and co-founder and director of the AMCHA Initiative (the Hebrew word “amcha” roughly translates to “everyday people”) Tammi Rossman-Benjamin said the previous Statement of Principles Against Intolerance document did not effectively address anti-Semitism.

“The regents who spoke out at the meeting in September were very clear that the reason that they rejected the statement that had been offered to them … was because it did not address the problem of anti-Semitism and that was the very reason for which the statement had been really initially drafted,” Rossman-Benjamin said.

According to Rossman-Benjamin, many Jewish students have felt threatened by campus organizations pushing for divestment.

“Many Jewish students reported that during [the anti-Israel protests], no matter what their feelings about Israel, no matter what their political positions, they felt threatened as Jews,” Rossman-Benjamin said.

Executive Director of Santa Barbara Hillel Rabbi Evan Goodman said there has been an increase in anti-Semitism on UC campuses.

“In recent years, anti-Semitism has roared back, most notably on university campuses, and especially on our UC campuses,” Goodman said. “It adversely affects the education and lives of our students. This hostile environment causes prospective students to think twice about enrolling in the University of California.”

Goodman said Jewish students do feel their entire identity is being questioned when confronted with the “condemnation” of Israel.

“When the one Jewish state in the world is obsessively singled out … Jewish students recognize that their own religious and cultural identity is being called into question,” Goodman said.

According to UC Committee of Academic Freedom representative and UCSB professor of history Erika Rappaport, there are already adequate policies in place to address anti-Semitic actions, and it is important to maintain student and faculty members’ freedom to express their beliefs.

“If someone does do something that incites violence, there are already policies in place to react to that. It’s very important that we have civility on campus and we don’t have anti-Semitism — I feel very strongly about that,” Rappaport said. “But I also think that we do have policies in place and we don’t want to be targeting people for criticizing Israel and equating that to anti-Semitism.”

Rappaport said an important aspect of attending a university is the ability to openly discuss controversial issues.

“That’s one thing I think the university’s so great about, is to discuss these issues and not just censor them and not be able to talk about them,” Rappaport said.
I.V. Co-op Plays Active Role in Community

Sales at the Isla Vista Food Cooperative have increased approximately seven percent annually over the past five years, while the Co-op continues to immerse itself in the community through education and outreach programs.

Since its founding in 1972, the I.V. Food Co-op has celebrated local business and organic food. The I.V. Co-op has been involved in various community events, co-hosting monthly potlucks, providing a free gardening workshop and participating in the Pardall Carnival and the Hello World! Festival.

Third-year zoology major Cheyenne Daleiden, who has been working at the I.V. Co-op for seven months, said she has seen its impact on the community.

"I started working here back in March and I had seen the Co-op’s name at beach cleanups and certain things on campus, but definitely since I started working here I’ve been able to see how much more they’re involved with things,” Daleiden said. "We are always providing so much food to a bunch of different things, which I think is really cool."

Daleiden said her friends have also noticed I.V. Food Co-op’s impact on the neighborhood.

“My friends have said, ‘Oh, I saw the Co-op doing this and this and this’ and I think that we definitely increased our outreach, over this fall especially,” Daleiden said.

Associated Students Community Affairs Board (C.A.B.) member and fourth-year Chicano@ studies and political science double-major Jeremiah Copeland said the Co-op collaborates with C.A.B. to provide sustainable food options for I.V. events.

"[C.A.B.] has a partnership with the Co-op and so they provide us gift cards and discounts on their stuff, so we come to the Co-op to shop for all of our general meeting food,” Copeland said. “Also, it’s part of the Associated Students’ Green Bill that a lot of the purchases we have to make need to be sustainable and local, so Co-op is a good place to do that."

Fourth-year theater major Megan Connors said she shops at the I.V. Food Co-op for the good food and pleasant environment.

"I come because of the quality of food. I like eating a lot of fresh food, and all of it’s organic,"
UCSB Officials, A. S. to Begin Preparations for Approaching El Niño

With a weather anomaly such as El Niño, it can be difficult to predict how severe the incoming weather changes will be, so it is wise to prepare for a worst-case scenario.

Naomi Stolpner
Reporter

University officials and the Associated Students (A.S.) Public Safety Commission have been coordinating with emergency response teams and local public health organizations to prepare for the upcoming El Niño, expected to hit Southern California this winter.

El Niño is a weather anomaly characterized by higher-than-average ocean temperatures in the equatorial Pacific, causing an increase in rainfall over the Eastern Pacific area. Isla Vista residents are advised to have an emergency supply kit, know the location of their electrical breaker and coordinate with landlords on gutter maintenance.

According to Vice Chancellor for Administrative Services Marc Fisher, UC Santa Barbara is preparing for El Niño by preparing emergency supplies, building sand-bag barriers, testing emergency generators and repairing gutters and storm drains. Fisher said he hopes El Niño will be mild, but administration is preparing the campus for heavy rains and winds.

"We are hoping for the best, but planning for the worst," Fisher said in an email.

According to Fisher, past El Niño weather has made campus roads and local freeways inaccessible.

"In 2005, the La Conchita landslide occurred at the end of a 15-day period of record rain shutting down Highway 101," Fisher said in an email.

Fisher said the administration and A.S. Bike Committee are coordinating to prepare bike paths.

"From each storm that we encounter, we look at areas that we can build upon and institute the necessary changes," Fisher said in an email. "We continue to work with A.S. Bikes to improve bike path conditions."

Fisher said the university predicts project completion dates will be delayed.

"Presently we are focused on activities such as completing foundations, installing all-weather traffic surfaces on construction sites, applying waterproofing to structures where possible and ensuring that water runoff from rains is filtered and controlled," Fisher said in an email.

Public Safety Commission I.V. liaison and fourth-year history and political science double-major Duncan Calvert said the commission has been working with administration and emergency response teams to inform I.V. residents about recommended precautions.

"What we’ve been doing is reaching out to [Campus Emergency Manager] James Caesar, Marc Fisher, both the fire departments and talking about how we can best take their expertise and take their message and be the liaisons to the students because we have the communication channels for that," Calvert said.

Calvert said because El Niño is unpredictable and irregular, the commission is preparing for conditions more severe than past averages.

"We’re looking at this year as having above average rainfalls, above average thunderstorms, wet weather, and with that in mind, we’re doing our best to prepare," Calvert said.

According to Calvert, the Commission has been studying California’s response to the 1998 El Niño.

For the full story, see dailynexus.com
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**National News**

**Ex-Speaker of the House Pleads Guilty to Trying to Evade Federal Banking Laws**

Dennis Hastert, a Republican who served as Speaker of the House from 1999 to 2007, has plead guilty to evading federal banking law by making a series of small withdrawals from his bank account to avoid having to report his intent. According to his plea agreement, Hastert made many withdrawals before paying $1.7 million to someone known as Individual A “in order to compensate for and keep confidential his prior misconduct.” The withdrawals were in increments less than $10,000, as a larger withdrawal would require a statement of purpose. Judge Thomas M. Durkin of the Federal District Court for the Northern District of Illinois will sentence Hastert in February 2016. Analysts expect Hastert to serve up to six months in jail.

**General Motors Recalls 1.4 Million Cars over Fire Risk**

General Motors (GM) is recalling 1.4 million cars, most of which have previously been recalled due to similar issues in 2007 and 2009. GM said the most recent recall is in response to a series of small fires. Degrading valve cover gaskets in the vehicles’ engines has been leading to hot oil leakage in the engine after hard braking, which causes fires. GM spokesperson said 85 percent of the fires happened after the car was shut off and no one was around. 19 minor injuries related to this problem have been submitted since 2009.

**Army Surveillance Blimp Broke Free and Floated Around Pennsylvania**

An Army surveillance blimp broke free from Aberdeen Proving Ground in Aberdeen, Maryland at around 12:20 p.m. Wednesday morning. The blimp, called the Joint Land Attack Cruise Missile Defense Elevated Netted Sensor System (JLENS), is an aerial detection system that is designed to track cruise missiles and other threats. Wind carried the 243-foot-long blimp for three hours before it hit the ground about 120 miles northeast of the proving ground. Two F-16 fighter jets tracked the blimp as it made its way north, hitting power lines and ripping poles out of the ground. No one was injured, but around 30,000 Pennsylvania residents lost power.

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**International Spotlight**

**Nigerian Military Claims to Have Released Over 300 Kidnapping Victims Held by Boko Haram**

The Nigerian Military said Tuesday it has freed over 300 victims, mainly women and children, kidnapped and held in a remote forest by Boko Haram. The rescue operation killed at least 30 Boko Haram militants. Last year, the terrorist organization kidnapped 276 girls from a secondary school, leading to the #BringBackOurGirls campaign. The information is difficult to verify since the militants involved reportedly worked in a very secluded region of Nigeria, and the Nigerian Military has made unverifiable claims in the past. Many experts suspect the claim is part of an effort to uplift the morale of citizens affected by Boko Haram.

**Austria Plans to Erect a Fence at a Border Crossing with Slovenia**

Austria has decided to fence one of its most popular Slovenian border crossings in response to Europe’s current migrant crisis. Austrian Chancellor Werner Faymann said the fence is not an attempt to stop people from crossing into Austria, but rather to control the flow of migrants. Hungary recently fenced borders with Croatia and Serbia, and Serbia, Romania and Bulgaria may build barriers. To manage the migrant crisis, 14 European countries committed to set up reception centers to hold up to 50,000 people in Balkan countries and will send 400 guards to Slovenia in the coming days.

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Wed., November 4, 6 - 7:30 PM

UCSB Multicultural Center
When I got accepted to UCSB, Halloween was one of the things everyone would ask me about. I obviously didn’t know what it was like because I was 17 and had never so much as smelled what life in Isla Vista would be like. But I’ll be damned if I didn’t watch video after video of whatever footage some drunk dude-bro with a camera decided to take some time on or around the night of Halloween in I.V. I was fascinated by a place with so many gorgeous girls, so many people my age, so much partying and so much freedom. These obscure video clips coupled with my alumni dad telling me, “One of the saddest days of my life was the day I left Isla Vista,” had me doing backflips in my batman costume.

So fast-forward to Halloween weekend my freshman year. At this point I’m good and annoyed that I can’t get into my dorm through any of the side doors, and if I see another flyer about keeping things local and safe for Halloween I’m going to freak out. Freshman grumbles aside, I threw together a couple costumes to go out and join the spectacle. I cannot say I didn’t have a good time. It was wild to see so many people pouring into the streets dressed in everything from Playboy bunny attire to as much seaweed as one could heap onto themselves while still maintaining a line of sight (maybe not?) to be able to walk around. We did the freshman walk, took it all in, we went to a couple parties at the houses of people we didn’t know, just freshman stuff.

It was clear there were a hefty number from people from out of town; it was clear that entire crowd could not all possible live in this community, and ultimately in terms of overall craziness it wasn’t as overwhelming as had been purported. This became increasingly apparent as, in the wake of that weekend, all reports showed it was one of the quieter, safer IV Hallooween in recent years. A year later Halloween was marked by rain so heavy you’d believe the drought was over. I put on my bear onesie, and took it off a few hours later without leaving my house. We had friends over, and at times peered outside to see if we were still getting hammered with rain showers. If there were crowds outside (which there were not), nobody in that house cared too much to see what they were doing. It went in the books as a comparatively laid back weekend.

As I’ve now experienced two Deltopia’s and two Halloween in I.V, I’ve come to realize something. I think I can speak for a lot of people when I say I’ve dressed in crazier costumes, had more fun, made more memories, stayed out later on uncharted nights in Winter quarter than either of the Halloweens here. Now a ton of us are leaving for the weekend, whether it’s heading home or going to the Escape festival, we’re starting to realize next weekend will probably hold more for us and offer a lesser risk. We live in the best place in the world for college students. It’s no wonder this holiday has blown up here, and for a time I’m sure it was something for students to look forward to. If you’re bitter about the state of Halloween, or simply don’t want to be here for it, that’s fine. But remember we live in I.V. and go to UCSB. Nearly every other time of the year we hold it down as where all of our friends wish they went. We can pretend that it’s Halloween in January, and forget all about a 6pm noise ordinance just because we feel like it.

Our Halloween has changed, and not in a negative way at all. Our Halloween is still one of the most storied college happenings in the country. Instead of all out debauchery (which I’m sure will still exist this weekend to an extent) we have Fitz and the Tantrums and Snoop Dogg on campus for $5. Yes, we have Snoop Dogg on campus for $5. We can once again expect less out-of-towners, less arrests, and less of a mess in our town. Since I’ve been here I can say I have witnessed a striking culture change in IV. We are actually keeping it local, and we’re doing it in a way that hasn’t detracted from living here. We have students volunteering with the police to correspond with residents to help them avoid noise tickets, and there is a prevailing attitude that our weekend isn’t going to suffer because out-of-towners can’t handle themselves, or don’t respect their surroundings.

This is our paradise and that isn’t changing. So whether you’re heading out for the weekend or catching Fitz and the Tantrums and/or Snoop in the Thunderdome, appreciate that we’re moving in the right direction. Cheers to a great Halloween, Gauchos!

Jackson is ready for a Halloween based on safe entertainment instead of incarceration.

Halloween as it Should Be
The Doc on Dangerous Drugs

During my tenure as a Gaucho from '67-'71 (yes I graduated in 4 years), I attended the spectacle that is Halloween in Isla Vista twice. It is rivaled only by Mardi Gras in New Orleans. I have never been to New Orleans, but my internet resources tell me that it's true.

Besides colorful, creative costumes and socializing, alcohol and drugs can be a part of the Halloween experience in Isla Vista.

Alcohol is a "depressant," aka "downer," aka "nadirifier" (I made that last one up). As a "depressant," alcohol slows down nerve activity. Reaction times become slower, making people dangerous drivers. Activity in the area of the brain that has to do with inhibition is lessened to bring about alcohol-induced slurred speech and stammering.

Another effect of alcohol is that it makes people sleepy. Some feel this is a protective mechanism such that if someone is consuming dangerous amounts of alcohol, the body shuts down, causing a loss of consciousness.

However, alcohol is not the only chemical used in Halloween in Isla Vista. Some students choose to use street drugs as well. Some of these drugs, like alcohol, can be "depressants." Examples include marijuana, heroin and hashish. Some drugs are "stimulants," or "uppers," aka "Bring on the chore sheet!"

If someone is consuming dangerous amounts of alcohol, the body shuts down, causing a loss of consciousness.

Activity in the area of the brain that has to do with inhibition is lessened to bring about alcohol-induced slurred speech and stammering.

If a "depressant" or "downer" is consumed with alcohol, the combination can cause a very severe shut down of the body, resulting in profound loss of consciousness to the point that the basic bodily functions of breathing, pulse and blood pressure can no longer be carried out.

Four Loko, the alcohol and caffeine combination drink, has sadly demonstrated its deadliness already. Stimulants only block the sleepy effects of alcohol. But all the other alcohol related effects continue unabated. This disables the body's self-protective mechanism of passing out when alcohol consumption approaches levels that are harmful to basic bodily functioning. With the safety mechanism of passing out disabled, the student continues drinking unaware that his/her body can no longer tolerate any increase in alcohol level. This can lead to a shutdown of the respiratory center of the brain bringing about a student's untimely demise.

So on that sobering note, here's wishing all Gauchos a happy, fun and safe Halloween. Whether you find yourself in Isla Vista or in one of the many other events going on around campus, be extremely cautious of mixing alcohol and any drug.

We want you around for next Halloween.

Ali Javanshekht, MD is a Board Certified Family Physician and Medical Director of UCSB Student Health: studenthealth.sa.ucsb.edu.

This article is part of the Daily Nexus regular column “THE DOC IS IN” coordinated by UCSB Alcohol and Drug Program staff. Articles feature information and advice from UCSB Student Health clinicians and other health professionals on and around campus.

Bootiful Biceps: Excursion Club Brings the Stoke

If you've ever decided to grab a (insert your watercraft of choice) and paddle out at Sands Beach off Isla Vista, you may have noticed something unique that doesn't exist on most other California beaches. Can you guess what it is? I'm not talking about that sticky black tar on your feet or all those UCSB surf nuts tearing the waves to shreds — many of whom made their college decisions based almost entirely on proximity to the ocean (like me). I'm also not referring to those stupid cruiser bikes with massive handlebars that are always blocking at least two other spaces on the bike racks — I'll save that rant for another article — and I'm not talking about that epic little log-bench on the cliff that nobody ever seems to notice. No, I'm talking about the Germans. The always-smiling, permastoked Germans riding big, foamy surfboards into aquatic battle against King Poseidon's wave-warriors as they make their California dream a reality — a reality provided in full by the notorious Excursion Club.

The Excursion Club is arguably one of the largest and most well-known clubs at UCSB, having attained something of a legendary status among foreign exchange students in particular. By providing students with countless opportunities for outdoor adventures and gear rentals at an unbeatable low cost, the Excursion Club has been fulfilling IV’s stoke addiction since the club's foundation in 2003. What is “stoke,” you ask? Well, there's really no easy way to describe the Excursion Club without this term, so let's break it down:

Stoked: is to be completely and intensely enthusiastic or excited about something. Those who are stoked all of the time know this: being stoked is the epitome of all being. (Urban Dictionary)

Ex: “When Billy got a shiny new bike for Christmas, he was stoked.”

Yes, so we all know that the Excursion Club prides itself on being “the most stoked club on campus.” Now let me tell you something you probably didn’t know. Formerly cited by some for being a loosely-run organization in which students drink excessive amounts of alcohol in nature, the Excursion Club has taken a new, more professional direction in recent years. In the words of Excursion’s president Dillon Cole, “Excursion Club began in 2003 to do what we still do today, which is get people outside.”

With its own trailer park on the 67 block of Del Playa where all of its outdoor gear is located and where Excursion staff members regularly hold “office hours” during the week. For the same price as a Netflix membership, you can join the Excursion Club for an entire year and get unlimited access to their outdoor gear (such as surfboards, kayaks, rock climbing shoes, ice axes etc.). This fee does not pay anyone’s salary; it goes entirely to purchasing new club gear and keeping the Excursion Park operational. Excursion Club members gain access to multiple “trips” that happen every single day of every week, which are led by roughly 60 Excursion staff members. Trips can consist of anything from free surf lessons to painting Big Sur backpacking trips to going “pirate sailing” in Santa Barbara Harbor. Despite Excursion Club’s raising “professionalism,” their timeless mottoes of “leave no trace, only memories” and “we do it outdoors” still resonate strongly. Excursion Club is definitely not lacking in the fun department.

So if you need to cross some fun outdoor activities off your bucket list and are interested in serving the local community, Excursion Club may be perfect for you. If you’re already a member looking to gain leadership experience and meet like-minded people in the process, then you may want to consider applying for Excursion Staff. I write this article not because I am clearly biased as an Excursion staff member but because I am very proud of the hard work that I see my peers putting into this organization.

Perhaps you saw some people last weekend who were kayaking in the little pond behind Embarcadero Hall, doing some yard work and cutting overgrown reeds? The Excursion Club was involved in each of these things — and that’s only to name a few! Working often in conjunction with organizations like the IV Recreation and Park District (IVRPD) and the Los Padres Forest Association, Excursion Club’s staff members have taken a leading role in serving the local community, from simply picking up trash in IV to repairing damaged trails in the San Ynez mountains to providing Halloween weekend trips for people trying to avoid the chaos. Therefore, it can be reasonably ascertained that anyone who still thinks the Excursion Club is just about rowdy college students blacking out in nature simply have not done their research.

Did you by chance attend a “First Friday” event in Isla Vista or the increasingly popular “Meet Your Neighbor Day” at People’s Park? Have you ever woken up late on a Saturday morning and seen students whizzing by your house on skateboards, picking up all that trash left from Friday night’s carnage? Did you by chance see an enormous group of people paddling out at SB Channelkeeper’s S.P.L.A.S.H. event at Devereux Beach, which celebrated the successful restoration of Isla Vista’s marine ecosystem?
**No. 18 UCSB Defeats Sac St. Behind More DePuy Magic**

Michael Jorgenson
Sports Editor

Two weeks ago, the No. 18 UCSB men’s soccer team played easily its worst game of the year, losing 5-2 to a Sacramento State team that currently sits in last place in the Big West North Division. Last night, thanks to a pair of trademark headers from the nation’s leading goal-scorer in junior forward Nick DePuy, the Gauchos got their revenge, taking down the Hornets 2-1 in their regular season home finale.

"I’m pleased with our effort tonight," Head Coach Tim Vom Steeg said. "I thought that our players played a reasonably good game, especially given the bounce back from a really emotional game against Cal Poly."

At 11-5-2 overall and 6-2-1 in conference, Santa Barbara now needs a win or a tie in its season finale to hold on to first-place in the Big West North Division.

For the Hornets, the loss dropped their record to 6-9-2 overall and 3-4-1 in conference. They will need a win against Cal Poly and a UC Davis loss on Saturday to secure the final spot in the Big West Tournament.

The seats at Harder Stadium weren’t even warm yet before DePuy got his team on the board less than two minutes into the game. After UCSB won a free kick deep in the left midfield, freshman forward Geoffrey Acheampong played a long ball towards senior defender Duncan Backus at the far post. Despite a difficult angle, Backus redirected a header back across goal right where DePuy was making his run, and he knocked it in to open the scoring. The goal was the fastest scored for UCSB all season, coming just 104 seconds into the game and marking the second straight game in which DePuy has scored.

"We wanted the second goal because this is a dangerous team," Vom Steeg said. "They score a lot on free kicks, they break out really well, and they haven’t been shutout in a while, so my concern was I didn’t think one goal was going to be enough."

UCSB went up 2-0 for the second straight game, but it took just 17 seconds for the Hornets to answer back and cut the lead in half. A cross from the left wing by junior midfielder Ivan Ramirez cut through the Santa Barbara defense before senior forward Isaac Flores put away his fourth goal of the season.

However, unlike when they tied Cal Poly 2-2 last Saturday, the Gauchos were able to hold on to extend their unbeaten streak to three games.

"Credit to the team, we did finish this game off a little better than [against Cal Poly]," Vom Steeg said. "We took a couple balls to the corner, we made it a throw-in game, we won the head balls in the box that we had to win. All those things that we did not do against Cal Poly, we did tonight."

The Big West has seen quite a few goals from the Gauchos this season, who lead the conference with 37 total, but the offensive success can be attributed mostly to DePuy, who ranks first in the nation with 15 goals and eight game-winners.

**In Photos: UCSB vs. Cal Poly**

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Continued on dailynexus.com
WOMEN'S SOCCER

Gauchos Continue to Flourish by Trusting Guidance of Fearless Newcomers

Elliot Thornton
Staff Writer

Youth and inexperience can be undesirable traits for a sports team, but in the case of UCSB’s women’s soccer team, they are two valuable assets.

Throughout this season, the Gauchos have emerged with young talent ready for the big moment. Fostering a roster of 19 underclassmen and 13 freshmen, the team has proven why it should be considered an elite contender in the Big West.

“Once again, it takes a few months or even years for a freshman to adjust to college soccer, but our [new players] just came in this season ready to make the adjustment immediately,” senior goalkeeper Beth Ritter said.

Possessing a conference-best five wins and one loss, Santa Barbara’s success can be credited to a mixture of pure potential, senior leadership and team chemistry. With this combination, the Gauchos undoubtedly deserve their recent clinching of a spot in the Big West Tournament.

“We’re very optimistic about our program in no small part because of this group of kids,” Head Coach Paul Stumpf said. “[Our] freshmen have not been intimidated by this collegiate environment … and what we’re asking them to do in very short order has been a pleasant surprise for us.”

After losing six seniors last year and finishing the season with an overall record of 8-9-2, 2-6 in the Big West, a main focus for Stumpf heading into the off-season was rebuilding. Collaborating with Assistant Head Coach Austin Risenhoover, the two collected arguably one of the best recruiting classes in the Big West with 13 true freshmen.

“We were fortunate enough to draft a recruiting class of young girls who can compete at such a high level,” Risenhoover said. Whether in overtime or late-game situations, the Gauchos’ ability to persevere has influenced Stumpf and Risenhoover, increasing their confidence in the team's progression to the big stage and what the future holds for them.

“What we’re going to benefit down the road from in these players is their experience,” Stumpf said. “The majority [of the team] are only freshmen, and after next season, they will still have two full years to play.”

Among this cluster of underclassmen lies a centerpiece in freshman forward Mallory Hromatko. The first-year standout has tallied a goal and two assists. Ignoring their stat lines, it is the leadership of these upperclassmen that has allured to their success. This is where senior goalkeeper Beth Ritter comes in.

“Beth has been amazing this year for us,” Risenhoover said. “Recovering from a tough injury and having [junior goalie] Jacq Caginia replace her for a couple games really added fuel to her fire, and it’s rubbed off on her teammates.”

All of our players have bought in to our principles of passion, accountability, and commitment. We made it this far in conference with these values now it’s time to see how far we can go.

- Head Coach Paul Stumpf

Ritter ranks among the top five goalies in the Big West with only nine goals allowed on the year and a solid .37 goals against average. Ritter’s dominant presence behind goal has taken the pressure off her teammates and granted this young team more opportunities to score.

After an early non-conference skid against respected programs like Saint Mary’s and USF, UCSB has excelled and come into its own as of late. The Gauchos have won five out of their six conference matches, earning three of their five shutouts against Irvine, Hawaii and central coast rival Cal Poly.

With two regular season games remaining on the schedule for Santa Barbara, this team is getting hot at the right time. Developing team chemistry is no easy task, but the seniors have embraced their role in mentoring this new generation of younger players.

“We have four to six freshmen and seven to eight underclassmen starting every game this season for us,” Ritter said. “This is an exciting stat because it shows the incredibly bright future this program has in store.”

As the three seniors finish their mark on the year, this young team has all the intangibles for a promising future. Now the question is: Are their talents enough for a Big West title?

“All of our players have bought in to our principles of passion, accountability and commitment,” Stumpf said. “We made it this far in conference with these values; now it’s time to see how far we can go.”

UCSB has won five of its last six contests. The Gauchos’ 1-0 triumph over UCI last Sunday clinched their spot in the Big West Tournament. UCSB is 3-3-3 overall in Big West Tournament history; its last tournament title appearance was in 2009.
Reaching out into the audience with welcoming arms, she asked us to remove something weighing us down, keeping us on the ground. And with her triumphant cry, she freed us: “Santa Barbara, you are released!” Last Tuesday, Oct. 20, Florence Welch graced the SB Bowl.

Florence’s newest album, *How Big, How Blue, How Beautiful* is a celebration of the liberty in living, one that she indeed brought to life on stage. Through her purifying sound and energy, Florence touched every soul with healing hands.

The audience varied from parents leading young children by the hand to college students, gasping as the stage darkened. Couples kissed on rock walls, girls in flowing skirts snapped selfies, middle-aged women danced before the music started – everyone was drunk in anticipation.

At 8:15, the stage darkened, and the back-up singers, pianist, trumpeters, guitarists, drummer and harpist silently took their places. Florence soon emerged from the wings barefoot, bathed in golden light as she stopped center stage. In the quiet, the set was in constant motion — the back-drop shimmered in the breeze, covering the stage in brilliant blue waves. As if she were singing on the sea, Florence opened the show with “What the Water Gave Me.”

The energy of her entrance continued to hold strong. During her third song, Florence dashed out into the audience, running through the aisles with a wide grin on her face, reaching out to the crowd as she glided by. After she’d finished, she stood breathless on the stage, holding an article of clothing someone had thrown. She commented gleefully that this was the earliest someone had thrown clothing to her in a performance, and that this meant it was going to be a great show.

Florence’s ability to reach out and relate to the audience was evident not only in her stunning performance, but also in the breaks between songs. She recounted her time in the United States two years ago while on her last tour, telling us of how she fell in love everywhere she went. Speaking with the upmost tenderness and respect, Florence proclaimed she wrote “How Big, How Blue, How Beautiful” about the American skies. Singing it again in the states, she brought the song full circle with an open heart and stars in her eyes.

With every song, the group brought a new meaning to the night. “How Big, How Blue, How Beautiful” was a love story between landscapes, one that she ended in a dance of rapid spinning and twirls. “Rabbit Heart” was a thrilling, practically mystical experience as Florence asked us to stand up, to jump and reach to the skies to get “as high as we can.”

It was a roller coaster of emotion. Between her unchained dance breaks, her down-to-earth stories, and her powerful vocal performance, Florence put her heart and soul into this concert. After singing one of the group’s most popular songs, “The Dog Days Are Over,” the entire group left the stage, only to come back minutes later for a two-song encore. Florence was silhouetted by golden rays, her arms spread wide as she stared straight into the crowd. A man in the back row mirrored everyone’s thoughts perfectly as he shouted, “It’s Jesus! It’s British Jesus!”

The highlight of the night, however, was before Florence sang “Shake It Off.” As if she were looking at every individual in the crowd, she asked us to remove something — to take off our burdens, our sufferings, and to throw it as hard and far as we could.

Not only did she sing to us, but she sang with us. As she did in Santa Barbara and will continue to do on her tour, Florence lives life to the fullest, and gracefully invites us to sing along.
Spielberg ‘Spies’ a Winner

Alex Wehrung
Reporter

While some spent their Friday nights getting drunk, partying it up or maybe even tickling their nostalgia with “Goosebumps,” I saw “Bridge of Spies.” Because how else will I further cement my reputation as a bona-fide film snob?

That is of course a playful sentiment; “Bridge of Spies” isn’t some pretentious art film or the like. When I found out that it was directed by Steven Spielberg (you better know who he is) and written by the Coen brothers (my favorite filmmakers, hands down), I nearly fainted with movie-buff glee. The idea of all this filmmaking talent coming together, coupled with the fact that Tom Hanks would be in the lead role, made seeing this film a priority that would (hopefully) justify taking time away from writing my five-page Comm 1 paper.

The first thing that stood out in my mind was Tom Hanks in his role as Atticus Finch. Yes, yes, I know in reality he’s portraying real-life insurance lawyer James Donovan, but from how this character acts and speaks (apart from when he calls a CIA agent something that could also be shortened into three letters), one would think Gregory Peck had risen from the dead. Is Hanks destined for another Oscar, as some claim? Well ... maybe. His performance didn’t rock my world, but it did poke it a few times.

Hanks shares the screen mostly with Shakespearean and Tony-winning actor Mark Rylance, portraying Rudolf Abel. A Russian spy caught by the FBI, he surprisingly provides most of the film’s humor in the form of deadpan questions and observations. The rest of the cast is devoid of big names (Alan Alda and Jesse Plemons are in only minor parts), but everyone plays their respective characters with conviction. It is both amusing to see Donovan’s son planning on what to do in the event of a nuclear strike and heart-wrenching to witness a woman cry helplessly as her friend is beaten by East German police.

I think its worthwhile mentioning that even though this film was penned by the Coens (as well as Matt Charman, a relative newcomer to screenwriting) it doesn’t feel Coen-y. Steven Spielberg hasn’t brought us a quirky dark comedy, but a serious thriller that captures the Cold War tensions reflected in the more common people. Americans are all quick to hang a communist and the East Germans are desperate to cross the Berlin Wall, both during and after its construction. Despite the bleak setting, there’s still occasional sly humor to be found that may take an eagle eye (so to speak) to appreciate some of it.

But this is a Spielberg film and with that comes some sentimentality that may feel like it’s hitting you over the head. The master director brings up adages like being able to take a hit and keep on coming, as well as having the courage of taking a task nobody else will. That first theme is woven into the story somewhat, but it still comes across as forced when a character tells an entire story to reveal that theme to us. The latter one at least boasts a degree of subtlety, but you won’t be able to escape the feeling that this has all been told to you over a dozen times by now in other movies. But now we come to the universal philosophical question that plagues all film critics, one that we must inevitably address: who will enjoy this film? I’d say if you’re a fan of Steven, Joel or Ethan, this movie is hands-down a given. For the average moviegoer, this will be a tense experience I promise you’ll find rewarding. But if you’re anywhere close to the median age of all the other theatergoers I watched the movie with (which was probably ‘round seventy), something tells me you’ll see it anyways just because it’s your only way to re-watch those cheesy PSAs that told you you could survive a nuke by ducking under your desk.
When I got accepted to UCSB, Halloween was one of the things everyone would ask me about. I obviously didn’t know what it was like because I was 17 and had never so much as smelled what life in Isla Vista would be like. But I’ll be damned if I didn’t watch video after video of whatever footage some drunk dude-bro with a camera decided to take some time on or around the night of Halloween in I.V. I was fascinated by a place with so many gorgeous girls, so many people my age, so much partying and so much freedom. These obscure video clips coupled with my alumni dad telling me, “One of the saddest days of my life was the day I left Isla Vista,” had me doing backflips in my Batman costume.

So fast-forward to Halloween weekend my freshman year. At this point I’m good and annoyed that I can’t get into my dorm through any of the side doors, and if I see another flyer about keeping things local and safe for Halloween I’m going to freak out. Freshman grumbles aside, I threw together a couple costumes to go out and join the spectacle. I cannot say I didn’t have a good time. It was wild to see so many people pouring into the streets dressed in everything from Playboy bunny attire to as much seaweed as one could heap onto themselves while still maintaining a line of sight (maybe not?) to be able to walk around. We did the freshman walk, took it all in, we went to a couple parties at the houses of people we didn’t know, just freshman stuff.

It was clear there were a hefty number from people out of town; it was clear that entire crowd could not all possible live in this community, and ultimately in terms of overall craziness it wasn’t as overwhelming as had been purported. This became increasingly apparent as, in the wake of that weekend, all reports showed it was one of the quieter, safer IV Halloweens in recent years.

A year later Halloween was marked by rain so heavy you’d believe the drought was over. I put on my bear onesie, and took it off a few hours later without leaving my house. We had friends over, and at times peered outside to see if we were still getting hammered with rain showers. If there were crowds outside (which there were not), nobody in that house cared too much to see what they were doing. It went in the books as a comparatively laid back weekend.

As I’ve now experienced two Deltopias and two Halloween’s in I.V. I’ve come to realize something. I think I can speak for a lot of people when I say I’ve dressed in crazier costumes, had more fun, made more memories, stayed out later on uncharted nights in Winter quarter than either of the Halloweens here. Now a ton of us are leaving for the weekend, whether it’s heading home or going to the Escape festival, we’re starting to realize next weekend will probably hold more for us and offer a lesser risk. We live in the best place in the world for college students. It’s no wonder this holiday has blown up here, and for a time I’m sure it was something for students to look forward to. If you’re bitter about the state of Halloween, or simply don’t want to be here for it, that’s fine. But remember we live in I.V. and go to UCSB. Nearly every other time of the year we hold it down as where all of our friends wish they went. We can pretend that it’s Halloween in January, and forget all about a 6pm noise ordinance just because we feel like it.

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Jackson is ready for a Halloween based on safe entertainment instead of incarceration.
The Doc on Dangerous Drugs

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Besides colorful, creative costumes and socializing, alcohol and drugs can be a part of the Halloween experience in Isla Vista.

Alcohol is a “depressant,” aka “downer,” aka “nadirifier” (I made that last one up). As a “depressant,” alcohol slows down nerve activity. Reaction times become slower, making people dangerous drivers. Activity in the area of the brain that has to do with inhibition is lessenuntil to bring about alcohol-induced bravado. The nerves for balance and coordination become weaker bringing about swaying, stumbling, and stammering.

Another effect of alcohol is that it makes people sleepy. Some feel this is a protective mechanism such that if someone is consuming dangerous amounts of alcohol, the body shuts down, causing a loss of consciousness. However, alcohol is not the only chemical used in Halloween in Isla Vista. Some students choose to use street drugs as well. Some of these drugs, like alcohol, can be “depressants.” Examples include marijuana, heroin and hashish. Some drugs are “stimulants,” or “uppers,” aka “Bring on the chore sheet!” (I made that last one up, also). Examples include cocaine, amphetamines and crack.

While alcohol or drugs, each by themselves, can be lethal, combining drugs and alcohol in the same outing increases that risk exponentially. If a “depressant” or “downer” is consumed with alcohol, the combination can cause a very severe shut down of the body, resulting in profound loss of consciousness to the point that the basic bodily functions of breathing, pulse and blood pressure can no longer be carried out.

Four Loko, the alcohol and caffeine combination drink, has sadly demonstrated its deadliness already. Stimulants only block the sleepy effects of alcohol. But all the other alcohol related effects continue unabated. This disables the body’s self-protective mechanism of passing out when alcohol consumption approaches levels that are harmful to basic bodily functioning. With the safety mechanism of passing out disabled, the student continues drinking unaware that his/her body can no longer tolerate any increase in alcohol level. This can lead to a shutdown of the respiratory center of the brain bringing about a student’s untimely demise.

So on that sobering note, here’s wishing all Gauchos a happy, fun and safe Halloween. Whether you find yourself in Isla Vista or in one of the many other events going on around campus, be extremely cautious of mixing alcohol and any drug.

We want you around for next Halloween.

Ali Javanbakht, MD is a Board Certified Family Physician and Medical Director of UCSB Student Health: studenthealth.ucsb.edu

This article is part of the Daily Nexus regular column “THE DOC IS IN” coordinated by UCSB Alcohol and Drug Program staff. Articles feature information and advice from UCSB Student Health clinicians and other health professionals on and around campus.

Bootiful Biceps: Excursion Club Brings the Stoke

If you’ve ever decided to grab a (insert your watercraft of choice) and paddle out at Sands Beach off Isla Vista, you may have noticed something unique that doesn’t exist on most other California beaches. Can you guess what it is? I’m not talking about that sticky black tar on your feet or all those UCSB surf nuts tearing the waves to shreds — many of whom made their college decisions based almost entirely on proximity to the ocean (like me). I’m also not referring to those stupid cruiser bikes with massive handlebars that are always blocking at least two other spaces on the bike racks — I’ll save that rant for another article — and I’m not talking about that epic little log-bench on the cliff that nobody ever seems to notice. No, I’m talking about the Germans. The always-smiling, permastoked Germans riding big, foamy surfboards into aquatic battle against King Pismo’s wave-warriors as they make their California dream a reality — a reality provided in full by the notorious Excursion Club.

The Excursion Club is arguably one of the largest and most well-known clubs at UCSB, having attained something of a legendary status among foreign exchange students in particular. By providing students with countless opportunities for outdoor adventures and gear rentals at an unbeatably low cost, the Excursion Club has been fulfilling I.V.’s stoke addiction since the club’s foundation in 2003. What is “stoke,” you ask? Well, there’s really no easy way to describe the Excursion Club without this term, so let’s break it down:

Stoked: is to be completely and intensely enthusiastic or excited about something. Those who are stoked all of the time know this; being stoked is the epitome of all being. (Urban Dictionary)

Ex: “When Billy got a shiny new bike for Christmas, he was stoked.”

So yes, we all know that the Excursion Club prides itself on being “the most stoked club on campus.” Now let me tell you something you probably didn’t know. Formerly criticized by some for being a loosely run organization in which students drink excessive amounts of alcohol in nature, the Excursion Club has taken a new, more professional direction in recent years. In the words of Excursion’s president Dillon Cole, “Excursion Club began in 2003 to do what we still do today, which is get people outside. It has changed and evolved, but the founding principle of making outdoor activities accessible to every student stands true today.”

One example of this evolution is the increase in the number of Equinox staff members. T rips can consist of anything from free surf lessons to paintballing to Big Sur backpacking trips to going “pirate sailing” in Santa Barbara Harbor. Despite Excursion Club’s rising “professionalism,” their timeless mottos of “leave no trace, only memories” and “we do it outdoors” still resonate strongly. Excursion Club is definitely not lacking in the fun department.

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So if you need to cross some fun outdoor activities off your bucket list and are interested in serving the local community, Excursion Club may be perfect for you. If you’re already a member looking to gain leadership experience and meet like-minded people in the process, then you may want to consider applying for Excursion Staff. I write this article not because I am clearly biased as an Excursion staff member but because I am very proud of the hard work that I see my peers putting into this organization, working tirelessly to give fellow students opportunities to get outside and develop new hobbies. I am also very glad to see the positive direction that Excursion Club has taken in light of the recent controversy.

So on that sobering note, here’s wishing all Gauchos a happy, fun and safe Halloween. Whether you find yourself in Isla Vista or in one of the many other events going on around campus, be extremely cautious of mixing alcohol and any drug.

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**DAILY HOROSCOPE**

Pisces (Feb. 19-March 20) -- Today is a 6 -- Patience, understanding, and creativity bring rewards. Stay focused on your goals, and others will appreciate your efforts. Use this energy to make progress.

Aries (March 21-April 19) -- Today is a 7 -- Mercury enters your sign today. Expect high energy and creativity for the next several weeks. Accept new opportunities, and you will have fun.

Taurus (April 20-May 20) -- Today is a 6 -- Continue to increase savings with discipline. For nearly three weeks, Mercury in Aries, ponder a situation and possible strategies. Creative ideas come easier. Your education plan works out well. You can get everything you need. Discovered interests help you show off your skills.

Gemini (May 21-June 20) -- Today is a 6 -- Friends provide inspiration and understanding. For the next three weeks, Mercury in Aries, group activities go well. Your team’s hot. Deadlines could coalesce on you... discipline with the schedule keeps it on track, including booking time for the unexpected.

Cancer (June 21-July 22) -- Today is a 7 -- Curtail on different career pathways over the next three weeks. Hold on to your self-discipline, and your goals. If you receive unreasonable requests, play it conservative for now. Keep your options open, and make a list. Check it more than twice.

Leo (July 23-Aug. 22) -- Today is a 5 -- You can’t be two places simultaneously. Schedule with discipline, and decrease your obligations. Take one step at a time. For nearly three weeks, travel and adventure beckons. Make plans that include intellectual stimulation and creative projects. Free up time by delegating to an expert.

Virgo (Aug. 23-Sept. 22) -- Today is a 6 -- Plans could get disrupted. Go back to the drawing board. Increase organization and decrease clutter. Friends offer solutions. Communication and clever action lead to profits over the next three weeks, with Mercury in Aries. Count your winnings, and squirm away part of it.

Libra (Sept. 23-Oct. 22) -- Today is a 6 -- A change in plans may be required, with differing priorities and new obligations. Figure out tactics and options. Consider delays. Communication with partners opens doors for the next three weeks, with Mercury in Aries. Compromise comes easier. Delegate more. Speak your heart.

Scorpio (Oct. 23-Nov. 21) -- Today is a 6 -- There’s more creative work coming over the next three weeks, with Mercury in Aries. Express the possibility of a project in writing. Revise plans and budgets for a stable foundation. Stay quiet, to avoid misunderstanding or a conflict of interest (and focus on your research).

Sagittarius (Nov. 22-Dec. 21) -- Today is a 6 -- Conditions are improving. Articulate the goal, and get playful. For the next three weeks, it’s easier to express your heart with Mercury in Aries. Build up the fun level. Communicate your passion, Tell (or listen to) a romantic story. Write, record and create.

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- Disciplined efforts with a partner provides solid results. The competition’s fierce. Get into household projects ahead. Over the next three weeks, with Mercury in Aries, words come easily, and you’re sharp as a tack. Capture your research in writing and images. Stand up for an important cause. Connect the dots.

Aquarius (Jan. 20-Feb. 18) -- Today is a 6 -- Balance studies and work with time outdoors to decrease stress. Over the next three weeks with Mercury in Aries, words come easily, and you’re sharp as a tack. Use this energy to make progress.

Pisces (Feb. 19-March 20) -- Today is a 6 -- Patience, thrift and quiet efforts behind the scene move your project ahead. Over the next three weeks, use your budget to track spending and find ways to work smarter and more efficiently. Develop new sources of income. New information influences your personal direction. Quietly consider.
Resurrected Recipes: Five gross recipes risen from the dead to haunt your kitchen

Marisa Ratchford
On The Menu Editor

Crickets:
More and more eco-friendly consumers are jumping on this bandwagon as their protein source. A drought-friendly option which is easy to raise, crickets are a staple in many cultures across the globe. Fry them up, dip them in chocolate or sauce them with chili pepper; think of this bug as your new favorite protein-packed chip. The best part, they are super cheap, usually only a dollar a dozen from my Pet House employment experience. Head to your local pet store and pick up a fresh bag. Lizards can eat them, why can’t we? Here is a recipe I double-dog dare you to try!

Cricket Fritters
200 grams (~0.8 cups) flour
1 cup water
1 cup crickets, chopped (pre-boiled but not roasted)
1 tsp. salt
1/2 tsp. garlic powder
1/4 cup finely chopped fresh cilantro leaves
2 medium pickles, diced
1/2 small onion, diced
1/2 small bell pepper, diced
6 eggs, scrambled
1/2 cup cooked corn kernels
1/4 cup water
1/2 cup crickets, chopped (pre-boiled but not roasted)
1/2 cup white vinegar
200 grams (~0.8 cups) flour
1/4 cup water
1/4 cup flour

1. Mix flour, chili paste, salt and water and combine until the texture is smooth. The mixture should be thick, not watery.
2. In a small bowl, combine water and bouillon cube. Let it go on high until smooth. Be smoother, place in a blender or food processor. Let it go on high until smooth.
3. Roll the worms in flour, brown in butter, add salt to taste. Add bouillon and simmer for 3 minutes.
4. Serve onions and mushrooms in butter.
5. Add onions and mushrooms to the worms. Stir in sour cream or yogurt. Serve over rice or noodles.

How to Make Your Own Squeez Bacon:
1. Cook up your bacon. You are going to want to make sure it is crispy.
2. Once done, wrap bacon in paper towels to remove as much of the grease as possible.
3. Once bacon has cooled and the grease is removed, wrap bacon in a new set of paper towels. Beat the bacon with a meat tenderizer (or the blunt object of your choosing). Continue doing this until the bacon is pretty much powdered.
4. In a small bowl, combine water and maltodextrin. Stir well. Add flour and stir until mixture is smooth.
5. Add your bacon to the mixture in the bowl. Stir to combine well. (Optional) If you want the mixture to be smoother, place in a blender or food processor. Let it go on high until smooth.
6. Make mixture into a squeeze bottle.
7. Enjoy on anything that you want to put bacon onto.

Scary Foods You Should Try This Fall

Collin McLeod
Reporter

Halloweeners, brace yourselves. While you are gearing up for your night of sugar (and maybe alcoholic) feasting, there is evil afoot. No, I am not talking about spirits nor am I talking about the offensive Caitlyn Jenner costume that your least favorite bro will inevitably wear this year. I am talking about the rise of the dead. It is said that the dead walk freely among the living every Halloween, starving for human flesh. To prepare you for the possible upcoming paranormal visit, here are some resurrected recipes — which really should just have stayed dead from the great beyond that will ward off the bloodthirsty heathens of Halloween. In other words, here is how to ensure Halloween in I.V. will be kept local this year.

Liver Sausage Pineapple
Once thought to be the pies de resistance of every 1950s dinner party, congealed Jell-O salads humbly passed on as one of the worst ideas ever. Not even the pretty design can help this dreadful monstrosity and it would be no surprise that Halloween haunts would want to stay far away from you.

Potted Meat:
5. Transfer to a cooling rack and repeat with remaining mixture.

Potted Meat:
1 cup potted meat
6 eggs, scrambled
1/2 small bell pepper, diced
1/2 small onion, diced
1 medium pickles, diced
tbsp. mayonnaise
1. Scramble eggs until soft.
2. Mix all ingredients together.
3. Make sandwiches.

Earthworms:
What? It’s just Spaghetti, right? These little buggers can be a tasty treat and a low-caloric solution for your diet needs. With only one calorie per cooked gram of worm and 97 percent protein, they make for a healthy snack that just happens to be available worldwide. Although it may be oh-so-tempting to just slit this into your stomach raw, it’s best to cook them to avoid diseases and bacteria they may be carrying. Allow these creepy crawlers to be your main course this fall.

Earthworm Chow
1 cup earthworms
1/2 large onion, chopped
1/2 cup water
1 bouillon cube
1 cup yogurt or sour cream
3 tbsp. butter
1/2 cup mushrooms
1 cup whole wheat flour
1. Wash earthworms thoroughly and place in boiling water for three minutes. Pour off water and repeat the boiling process twice.
2. Bake on cookie sheet at 350 degrees F for 15 minutes.
3. Roll the worms in flour, brown in butter, add salt to taste. Add bouillon and simmer for 30 minutes.
4. Add onions and mushrooms in butter.

Squeez Bacon:
Who knew someone could make bacon sound so repulsive? But, hey, this is the land of dreams and if someone dares to contort America’s favorite meat into a squealable, artificial monstrosity, then, god damn it, they can. I’d be weary of this one. Although it seems the most familiar, it just concerns me that a solid food could ever be manipulated into a semi-liquid form of a brownish hue. This product is straight from Sweden and can be ordered online. Here is a recipe to make your own rendition of this “squeez” product to adorn your cheeseburgers with.

Squeez Bacon:
1 lb. bacon
1/4 cup flour
1/4 cup water
1/3 cup maltodextrin
1. Cook up your bacon. You are going to want to make sure it is crispy.
2. Once done, wrap bacon in paper towels to remove as much of the grease as possible.
3. Once bacon has cooled and the grease is removed, wrap bacon in a new set of paper towels. Beat the bacon with a meat tenderizer (or the blunt object of your choosing). Continue doing this until the bacon is pretty much powdered.
4. In a small bowl, combine water and maltodextrin. Stir well. Add flour and stir until mixture is smooth.
5. Add your bacon to the mixture in the bowl. Stir to combine well. (Optional) If you want the mixture to be smoother, place in a blender or food processor. Let it go on high until smooth.
6. Make mixture into a squeeze bottle.
7. Enjoy on anything that you want to put bacon onto.

Potted Meat:
This North American “delicacy” courtesy of Hormel, is like spam had a relationship with bologna and this product is their bastard child. Composed of a list of disgusting varying meats, I don’t even know why this would be a popular product. Despite my disbelief, it can be found almost anywhere in North America. If you’re brave, here is something you can try.

Potted Meat:
1 cup potted meat
1/2 large onion, chopped
1/2 cup water
1 bouillon cube
1 cup yogurt or sour cream
3 tbsp. butter
1/2 cup mushrooms
1 cup whole wheat flour
1. Wash earthworms thoroughly and place in boiling water for three minutes. Pour off water and repeat the boiling process twice.
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How to Make Your Own Squeez Bacon:
1 lb. bacon
1/4 cup flour
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1/3 cup maltodextrin
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6. Make mixture into a squeeze bottle.
7. Enjoy on anything that you want to put bacon onto.

P.S. Since this mixture has no preservatives, it will only hold in the refrigerator for a few days.
Adderall: Proceed With Caution

Anicia Sarzosa
Reporter

Most commonly used to treat attention deficit hyperactive disorder (ADHD), Adderall has gained popularity in recent years as a “study tool” among college students during testing seasons. Although Adderall and its counterparts Ritalin and Vyvanse are prescription medications, they are readily found throughout college campuses as students buy the powerful pill from fellow peers with prescriptions. Due to its mixture of amphetamine and dextroamphetamine, it acts as a stimulant to give users a heightened sense of focus and concentration, and may also be used to treat sleeping disorders. Despite the desired pros that make this drug highly desirable to students, its likelihood for addiction is so high that it is classified among other conventionally dangerous drugs.

“Adderall sits with heroin, cocaine, and methamphetamine on the Drug Enforcement Administration’s Schedule II list of substances. That list classifies the drug as one with a high potential for abuse, with the ability to lead to psychological and physical dependence.”

Students who abuse this drug may find themselves finding their next pill. Soon enough, those who consistently take this drug may find themselves unable to perform daily functions without the assistance of their so-called “study tool.” Regardless of the sense of purpose and motivation acquired through the use of Adderall, its outlasting effect on the mind and body far outweighs its benefits.

Molly, Molly, Molly

Tara Sharifi
Reporter

Methylenedioxymethamphetamine (MDMA), commonly known as “Ecstasy” or “Molly,” is one of the most popular recreational tablets that has been hitting the dance and party scene for years. Ecstasy is usually sold in the forms of pills that come in colors and logos, depending on the producer or provider, and has gained a deceiving reputation as being one of the safer drugs on the market. The “club drug” continues to be used by millions of Americans, especially young adults, despite the known truth of the actual harmful effects that could occur.

Decoding the myths of MDMA and the effects has to be the first step in the solution of breaking the glamorized image of usage. Since MDMA provides a positive immediate experience of emotional warmth, a heightened energy level and even a euphoric sense of feelings, that is a deadly dose of mistruth about the genuine effects. The primary actuality about MDMA pills or tablets is that most are not even made of pure “ecstasy.” The dangerous concoction compacted together ranges from PMA (similar to MDMA but more lethal in effects) and prevents the body from being able to break down the drug. So, taking another tablet without allowing a significant amount of time, MDMA could produce high blood pressure levels and heighten all effects of the drugs mixed within.

Not So Heroic, Heroin

Stephanie Pernett
Reporter

First synthesized in 1895 by Heinrich Dreser, who worked for the Bayer Company in Germany, heroin was originally marketed as treatment for a variety of illnesses, such as asthma, bronchitis, tuberculosis and phthisis — any progressively wasting condition. When it reached the U.S. in the early 1900s, it was seen as a potential solution to the increasing problem of morphine addiction since it was advised as “non-addictive.”

Heroin is a derivative of opium, derived from the unripe seedpods of the opium poppy. Heroin, along with codeine and morphine, is created after some chemical altering. Due to this, its effect are similar to those of opium abuse.

According to pbs.org, “Heroin causes a pleasant, drowsy state, in which all cares are forgotten and there is a decreased sense of pain (analgesia).” This effect led it to being called “heroic,” the German word for “heroic” by German doctors.

Once ingested, it is metabolized as morphine. As stated by drugstore.com, “The short-term effects of heroin abuse appear soon after a single dose and disappear in a few hours. After an injection of heroin, the user reports feeling a surge of euphoria (the “rush”) accompanied by a warm flushing of the skin, a dry mouth, and heavy extremities.” Other effects that happen to the body include slowed breathing, slowed and slurred speech, dilated pupils, nausea and vomiting, as well as constipation.

With regular heroin use, the abuser develops a tolerance, which leads them to use more and more in order to achieve the same effects. If injected, chronic use can lead to collapsed veins. Pbs.org also lists “infection of the heart lining and valves, abscesses, cellulites, and liver disease” as other effects from long term use.

Over time, higher doses are used and a physical dependency and addiction develop. The body has become accustomed to the drug and without regular use, the user will experience withdrawal symptoms. The effects of withdrawal include restlessness, muscle and bone pain, insomnia, diarrhea and vomiting, cold flashes with goose bumps (“cold turkey”), kicking movements (“kicking the habit”), along with others. While heroin withdrawal is occasionally fatal, it is considered less dangerous than alcohol or barbiturate withdrawal.
Commonly Abused Drugs

Say No to the Coco

Erendira Garcia
Reporter

Although not a new trend, cocaine use has been portrayed in media — from soap operas to trap music — as an increasingly glamorized lifestyle. Cocaine has had a tumultuous history and continues to be one of the most consumed and demanded drugs to cross U.S. borders. But what is it and why is it so controversial?

Cocaine is a substance that comes from the coca plant which is grown in South America. The leaves have been used since the 17th century for medicinal purposes and many workers still chew it today to alleviate hunger pains and elevation sickness.

It is very, very rare that you get cocaine pure, so students are unaware often of these chemicals including caffeine, designer cocaine, however, is not guaranteed. Some of these chemicals include caffeine, designer drugs and methamphetamine.

Cocaine is then distributed, most often via drug cartels, to countries all over the world. According to Business Insider, almost all of the world’s cocaine supply is made in Columbia, Peru and Bolivia. Obtaining pure cocaine, however, is not guaranteed. Students need to make sure students know every risk that have to make their own decisions. We want students to weigh out their risks with the understanding that students are adults and they have to trap music — as an increasingly glamorous.
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- Electronic shutter with automatic speed
- Integral auto flash with flash override
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SAVINGS INSIDE!

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• Tool-Less Balance Adjustment System
• Precision of Control: ±0.02°
• Supports Cameras up to 8 Pounds
• AA Battery Power
• Built-In Flash
• Auto Exposure with Manual Switching
• For Nikon 600 Cameras
• Three 8-Exposures Pack of Film
• Shooting Tips in Each Pack
• One 8-Exposures Pack of Film
• One 8-Exposures Pack of Film
• Glossy Surface Type

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SALE: $300

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