Galoustian Will Face Charges on Behalf of 2 Victims

Sanya Kamidi
Asst. News Editor
@skamidi

The Committee is considering how to police the Bird and Scooters and responding on a complaint basis.

UC Santa Barbara administra-
<...>

Three charges include kidnapping to commit robbery or rape, rape of a
drugged and incapacitated victim, and trafficking
with foreign object and two
counts of oral copulation by use of
force or injury.

In Doe 2's case, Galoustian and
Doe 2 allegedly began text corre-
respondence in November 2017, when
Galoustian was in I.V. and Doe 2 was in Los Angeles, according
to court documents.

The two then arranged for
Galoustian to have sex with Doe 2
in exchange for money. A price tag
bargained over before settling on $200,
according to text messages presented
in court.

"So $2k for entire day of
sleepover," read the message from Doe
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On Nov. 22, 2017, Galoustian indi-
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**WEATHER**

Tomorrow’s Forecast:

Societal anarchy that will hopefully result in a world where the ‘human’ can be confidently sexy in hir dino suit.

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**THE DAILY NEXUS**

**THE WARRIORS OF PUZZLE**

By The Megaphon Group

**Level:**

```plaintext
c3
d3
e3
e2
e1
d1
c1
d0
c2
c3
c4
c5
c6
c7
c8
c9
d9
e9
```

**SOLUTION TO FRIDAY’S PUZZLE**

40/8/12

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9.

For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

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Growing up, she recalled her mother frequently painting using acrylics on his mom. [I know] because she tweeted me," she said. She presented it to. He signed [my art] and gave it back," she said. He signed or even giving it to the artists themselves. It took her one year to find a picture to draw influential figures. Danh tells the Nexus. "I get asked a lot [why I draw primarily black people], and it's because I listen to hip hop, which is [sung by] mainly black people," Danh said. "I like draw celebrity figures. "If someone paid me $5,000 to draw Trump, I probably wouldn't do it." The hardest part about drawing portraits of people is finding the perfect photo to use as inspiration, Danh said. It took her one year to find a picture of André 3000 that was "high quality, smooth and looked nice enough to draw." Danh keeps the majority of her original artwork in hopes of getting it either original copies, prints or stickers, with prices that vary depending on the scale and type of product. Danh's drawings of Kendrick Lamar and Chance the Rapper sell the best prints, while the Tyler the Creator and Frank Ocean stickers sell out the fastest, according to Danh. She had a meet-and-greet in Irvine and waited nine hours to see him... "YG had a meet-and-greet in Irvine and I waited nine hours to see him..." Danh's mother is one of the people that influenced her artistic abilities. She said, "She is also a one of Danh's inspirations for many years. But when I started drawing I found her Instagram... She had art shows in L.A., celebrities [were] buying her [work]... I see that, and I want to get to that level of success," she said. Danh's dream is to one day follow a similar path as Angela and make a living off of her art, but she recognizes that she would have a more stable future following a career in economics and accounting. This tweet, accompanied by four pictures of charcoal drawings depicting influential figures, was "high quality, smooth and looked nice enough to draw." Danh told the Nexus. In other instances, Danh's artwork made a greater impact on the artists themselves. "I went to [Nasheed Radi]'s concert, and he kept [my art] and gave it to his mom. I know, because he tweeted me," she said. What makes Danh's work stand out from other artists is her use of both black charcoal and acrylic paint, a combination that is rarely paired together because of the risk of accidentally blending the two mediums. "I think I was just so stuck for a while in the type of art supplies I had," and I was just too scared to branch out," Danh said. Art is sometimes a healthy creative outlet for Danh in the midst of the stresses that both college and a part-time job bring to her life. "Sometimes I'll draw for like five hours and I'll feel like one... It's calming in a certain way," she said. For Danh, the best part of being an artist is seeing how people desire to own her work and how happy it makes her when she completes a drawing. "The fact that I created it, that I like it, that it's how I wanted it to look, that's the most rewarding part," Danh said. Asst. News Editor
Edible Campus Program Breaks Ground on its Biggest Project Yet

Simren Verma
University News Editor
@simrenverma

UC Santa Barbara’s Edible Campus Program officially broke ground on a new 13,000-square-foot farm on Wednesday, committing to donating all of the food grown from their biggest project yet to UCSB students facing food insecurity.

Specifically, the program plans to donate the food from the farm to the Associated Students (A.S.) Food Bank in the University Center and the Miramar Food Pantry, located at Sierra Madre Villages, according to sustainability coordinator Katie Maynard.

“This project has been something that we’ve been really actively working on for about four years, although it was in our minds even before that,” Maynard said. “In order to get to this stage, we’ve had to work with so many different people.”

Funding for the farm came from the UC Global Food Initiative, A.S. Coastal Fund, the Green Initiative Fund, the Food Security Taskforce, the Healthy Campus Network and the Fund for Santa Barbara Youth Making Change Board, among others.

A recent survey showed that 48 percent of undergraduate students surveyed and 31 percent of graduate students surveyed reported experiencing food insecurity in the past year,” Margaret Klawunn, the vice chancellor of student affairs, said in a speech at the farm’s groundbreaking event on West Campus.

“Today we’re starting an effort that will help to reclaim food waste and create food for students who need it the most.”

Maynard said the new farm will produce far more food than any of the Edible Campus Program’s current projects. However, she was not able to give an estimate on how much food that would be.

“It is hard to put an exact number on how much we will produce as we are proposing an innovative approach, mother nature is not always predictable, and we haven’t started farming yet,” Maynard said in an email.

The construction of the farm will go through December and the beds for the farm will be built in the winter. The Edible Campus Program will be able to start planting in the spring, Maynard said.

“We registered 2,697 students in the last academic year for CalFresh and now we’re creating the space for students to grow their own food through campus gardens and farms,” Klawunn said.

“The food will be picked on the farm and delivered to the pantries on the same day,” according to Alex Moon, Edible Campus Program student coordinator.

“Our farm is built on a garden movement that stretches back over 40 years at UCSB and even longer in Isla Vista,” Moon said in his speech at the groundbreaking event.

“We are so lucky to be a part of a university which celebrates student leadership and engages students in the shared governance of our community.”

As students, we are given the rare opportunity to dream up new ideas and test them right here on campus.”

Aside from the new farm, the Edible Campus Program is also working on vertical hydroponic gardens at the UCSB Recreation Center, an urban orchard at Storke Plaza and an urban agriculture educational series.

“It takes many hands to make the vision for the student farm a reality,” Chancellor Henry T. Yang said in his speech at the event. “This farm will be a vital part of our campus food initiative and also our proud sustainability practices.”

Title IX Policy Changes Explained By Student Advisory Board Representative during Senate, GSA Meetings

Aaron Berkness
Reporter

New University of California Title IX policy changes will include amending the definition of consent and modifying the methods of complaint procedures for graduate students among other changes, according to Jennifer Selvidge, graduate student representative for the Title IX Advisory Board.

Selvidge, a fourth-year graduate student, presented at the Graduate Student Association (GSA) meeting Tuesday evening and at Associated Students (A.S) Senate on Wednesday, highlighting the specific changes and non-changes to the policy.

The UC-wide sexual violence and sexual harassment policy is currently in a formal review period.

The policy previously stated that all graduate students were mandatory reporters of any sexual harassment or violence. Now, graduate students are only mandatory reporters when “we’re in our capacity as an employee,” Selvidge said.

“We are not particularly well trained in this,” she said. “We have sort of a one-hour…online training that covers explanations of all of sexual violence, all of sexual harassment, stalking, dating and domestic violence…. It’s really not enough to have us understand how to respond sensitively.”

Selvidge emphasized that all other student employees who are paid by the university remain “responsible employees,” meaning they are required to report to the Title IX office in the event that they become aware of sexual violence or harassment committed against another student while they are acting as employees.

Selvidge also discussed changes to the definition of consent. The committee now defines consent as “unable to understand the nature of sexual activity due to alcohol and drugs.”

The policy’s change says the student would need to be incapacitated for consent to be questioned, according to Selvidge.

Additionally, the formal investigation time period has been increased from 60 calendar days to 90 business days.

She explained the change stemmed from the university, stating they have struggled with finding enough time to complete investigations within the 60 calendar day time limit in the past.

The student’s decision of whether or not they want a formal investigation is now not a determining factor of whether they actually get a formal investigation, according to Selvidge.

Currently, the university will investigate things without people’s consent,” Selvidge said.

Another aspect of the Title IX policy that Selvidge outlined in her presentation was in regards to the sexual assault of minors.

UCSB does not consider statutory rape to be sexual assault, according to Selvidge. She pointed out that the university is trying to keep in mind 17-year-olds and their dating life.

However, several graduate students at the GSA meeting expressed concern for their own children living on campus. It worried them that the university does not see the possible rape of their children as sexual assault, according to Selvidge.

Selvidge also discussed the new revision to the definition of sexual assault penetration and contact, which now includes language that is more inclusive toward the LGBTQ+ community, as well as male victims.

“I am actually very happy with this particular change. This is something that I worked on convincing them for several years,” Selvidge said.

Power imbalances, such as the dynamic between a teacher assistant and a student, are now taken into consideration as aggravating circumstances in the new policy, according to Selvidge.

Relationship violence has also been expanded to include non-physical conduct such as the abuse of a pet or the destruction of property.

The Title IX Student Advisory Board consists of one undergrad and one graduate student from each UC campus, making a total of 19 board members.

Currently, undergraduate position for UCSB is vacant. Students who are interested should contact Ariana Alvarez, the Title IX Officer for UCSB.

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NOW LEAVING THE NEWS

Now leaving the news is Nicole Wallace, who worked at the Daily Nexus for four years. She has written about a variety of topics, from politics to the environment.

She graduated from UC Santa Barbara in 2018 with a degree in Environmental Management. Nicole hopes to continue her work in environmental journalism and advocacy.

Thank you, Nicole, for your contributions to the Daily Nexus and for your dedication to journalism. We wish you all the best in your future endeavors.
Continued from p.1

BIRD SCOOTERS

IVCSD board members also expressed concern about the safety of Bird scooters in I.V., highlighting the potential for accidents and hazardous misuse of the scooters.

As an example of the IVCSD’s worries about the scooters, IVCSD Director Jay Freeman pointed out that a Bird scooter had washed up onto the beach over the weekend.

In response, Jacobs said the initial sign-up process on Bird’s app requires users to watch a video that explains the rules of scooter use, which includes riding only on streets, wearing a helmet and limiting the number of persons per scooter to one.

Jacobs also added that safety is a “priority” for the Bird company.

The company is also considering taking the scooters off streets in I.V. during periods when high alcohol consumption among residents is likely, he said. This effort would be in hopes of reducing the amount of people operating Bird scooters while intoxicated.

The I.V. CSD said Santa Barbara County plans to set regulations regarding the use of scooters in unincorporated territory, such as I.V., in November.

DP RENTALS

7777 Del Playa Dr. during the summer.

The company will raise rent prices to “reflect the new upgrades” and ownership, he said. Because all of the leases currently in place were signed by Gelf a year ago, new pricing will not come into effect until next year.

There is not an estimate as to how much rents will go up at this time.

The company will also be treating about a dozen houses for termites over the Thanksgiving break, he said.

“Actions speak louder than words. We have the opportunity now, for the first time, to draft a new lease,” Denham said. “We have the opportunity to put language in the leases that would prohibit any type of bullying.”

Erin Doherty primarily handles publicity for the company.

Since taking over, she has posted several times on UCSB’s Free & For Sale Facebook page, promising a “zero tolerance policy for hate of any kind, including hate speech, discrimination and any violence, verbal or physical.”

“It’s a positive experience so far, getting to know everyone at the university and in Isla Vista,” she said. “We look forward to making positive change here in I.V.”

The company’s headquarters are located in the old DP Rentals space on 6554 Pardall Rd. It is open from 10 a.m. to 4:30 p.m. during the week.

STOP CAPTIVATING WILD ANIMALS

Kelsey McBean. Stop captivating wild animals...

Like · Reply · 4 hrs
Men’s Water Polo Travels to Stanford for SPFMP Tournament

Richard Berendt

An action-packed weekend is in store for the men’s water polo team, as the Gauchos head north to Stanford, where the Mountain Pacific Sports Federation Invitational is set to take place.

The weekend-long tournament features a total of 16 programs, 13 of which are nationally-ranked sides in the USA Water Polo rankings. A total of 16 programs, 13 of which are nationally-ranked sides in the USA Water Polo rankings.

UCSB has fared well at the MPSF Invitational in recent years, only losing to Stanford in the last two years and winning the 2017 tournament. "This is a great opportunity for us to test ourselves against some of the top programs in the country," said UCSB Head Coach Tim Vom Steeg.

UCSB will face Pomona-Pitzer for their first matchup of the tournament, which are nationally-ranked sides in the USA Water Polo rankings. The Sagehens are ranked No. 15 in the country and are coming off of a loss to No. 3 USC, while the Gauchos enter the weekend ranked No. 11 in the nation.

Vom Steeg said that the Gauchos are looking to put up another dominant showing against the Sagehens, following last week’s 15-11 victory over their conference opponent UC San Diego. "We really need to build on that performance last time out, in which we scored a goal and earned a pair of assists to his name. He also played a crucial role in closing out the game," Vom Steeg said.

UCSB currently ranks 13th in the MPSF standings, following a strong performance against the Gauchos a few weeks ago. Vom Steeg said that the Gauchos need to be more focused on the defensive end of the field, as they have allowed too many goals against nationally-ranked sides.

UCSB will face off against the Gauchos on Friday afternoon, looking to put up another dominant showing against the Sagehens, following last week’s 15-11 victory over their conference opponent UC San Diego. "We really need to build on that performance last time out, in which we scored a goal and earned a pair of assists to his name. He also played a crucial role in closing out the game," Vom Steeg said.

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There's a lot that needs to go right for UCSB even have a chance of stopping that first blemish in Cal Poly's Big West record. That's to be expected when taking on No. 12 team in the nation, one that has only dropped two sets all year, and one of those losses came at home. The Gauchos have a lot of work to do to have a chance at the upset. The Gauchos have shown it can put in the work to take down one of the nation's highest-ranked programs. To take the match, UCSB will have to play better than it has all season.

Such a performance starts at the top, with star outside hitter Lindsey Ruddins. The powerhouse of the team, Ruddins is second in the nation in kills per set with 5.39 and boasts a career-best .271 hitting percentage. Cal Poly is largely unique among Big West programs in that they have a counter in Charlie Robinson comprising the list. Much of that success is attributed to junior captain Shaelan Murison who leads the Big West in assists with over two kills per set, with Ruddins, her strikes as 64.7% of her shots are on target. She is dangerous in crunch time as well with a game winner against San Diego State during non-conference play.

The Gauchos (9-5, 2-1) heading Beach (6-4, 2-1-0) on Sunday evening Santa Barbara looks to power into another promising season in the Big West Championship.

**UCSB Women's Volleyball Starts Road Trip at Cal Poly**

**Spencer Ault**

**Staff Writer**

There's one team to beat in the Big West this year, and it's the Cal Poly women's volleyball team. The Mustangs have won 15 straight games and 13 of their 14 overall and 5-1 in the conference, the No. 12 Mustangs have a 16-1 overall mark and are tied with No. 2 UCLA and No. 3 USC as a Big West foe to remain keen on a Big West Championship.

Cal Poly is working on a 15-game win streak against some of the nation's highest-ranked programs. Cal Poly is a daunting matchup for the Gauchos. To take the match, UCSB will likely have to play better than it has all season.

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I never cry in movies. Every time I see an emotionally charged movie with my friends, I always end up all goshed out about shedding a single tear, even at the most heart-wrenching, gut-turning scenarios. But I’m not ashamed to say I cried while watching “A Star Is Born.” Perhaps it’s a testament to the film’s ability to hit every nerve and proof that it was made with every kind of modern-day music lover in mind.

Bradley Cooper, who also directed and produced the film, plays disenchanted country singer Jackson Maine in earnest, performing all of the songs and even earning a few writing credits on the soundtrack. His story with Ally, played by Lady Gaga, is of the boy-meets-girl variety. In fact, this is the third incarnation of the “A Star Is Born” screenplay. Lately, it does feel like Hollywood is taking advantage of the remake and reboot format in Cooper’s hands, this old story feels fresh again.

The Jackson Maine character is a believable portrayal of an old-soul artist with deep-rooted demons. Sometimes the music helps his issues with drugs and alcohol, but more often than not, his dependency is exacerbated by his obligations to withstand the gauntlet of time on the road for tours and an almost constant disconnection from the people who love him.

Here’s a surprise: Bradley Cooper can sing. Very well. The country-tinged rock songs that his character became famous for sound like they were written for the stage, not the silver screen – which is a good thing. Cooper and co. enlisted the talents of Lukas Nelson, son of Willie Nelson, and all-country-ace Jason Isbell to assist with the movie’s sound. Maine’s world-weary lyrics, paired with his slightly weathered voice, are a stunning creation by Cooper and make for a dynamic fictional artist.

Lady Gaga plays opposite Cooper and shines just as bright as the veteran actor in his first movie role. Of course, her portrayal of Ally mirrors some of the aspects of her real-life rise to fame. After singing in New York clubs for a number of years, she was discovered multiple times but ran into a few roadblocks during her search for stardom. She eventually found her way to pop. At one point, Maine tells Ally to “dig down into” her soul for the music and never lose sight of who she is. But there’s an inherent negativism toward her newfound stardom and her sound that caters toward popular music.

Despite its glossy sheen and overt theatricals, pop music can still come from a place of authenticity. Lady Gaga, the pop star, is famous for her high-energy dance tracks, she was classically trained in her terpenes and performers. Her voice is strong and instantly recognizable but never overpowering. Although she begins her career by singing ballads with Maine, Ally eventually finds her way to pop. At one point, Maine tells Ally to “dig down into” her soul for the music and never lose sight of who she is. But there’s an inherent negativism toward her newfound stardom and her sound that caters toward popular music.

Despite its glossy sheen and overt theatricals, pop music can still come from a place of authenticity. Lady Gaga, the pop star, is known for her high-energy dance tracks, she was classically trained in her terpenes and performers. Her voice is strong and instantly recognizable but never overpowering. Although she begins her career by singing ballads with Maine, Ally eventually finds her way to pop. At one point, Maine tells Ally to “dig down into” her soul for the music and never lose sight of who she is. But there’s an inherent negativism toward her newfound stardom and her sound that caters toward popular music.

There’s an electric chemistry between Cooper and Gaga that makes them believable as artists and a couple. The film never felt cheesy or forced because of this match, which is what makes “A Star Is Born” so damn impressive. Of course, we’re rooting for Jackson Maine and Ally, but we’re able to get angry with them when they create chaos for themselves or make the wrong decisions in order to come to each other. It’s easier to love characters who are imperfect.

I cried for the sadness that Jackson Maine feels. I cried for Ally, a young woman who is forced to choose time and time again between love and her career. We know these stories by heart, the real versions. But it takes a screen to magnify them, to show us what artists have to sacrifice to give us the art. We consume it; we only think about their struggles when they’re laid out in front of us. But they’re in song, as clearly Jackson and Ally – the artists, the lovers, the characters, the people – show us this.

Perhaps it’s the chemistry between Gaga and Cooper that makes them believable as artists and a couple. The film never felt cheesy or forced because of this match, which is what makes “A Star Is Born” so damn impressive. Of course, we’re rooting for Jackson Maine and Ally, but we’re able to get angry with them when they create chaos for themselves or make the wrong decisions when it comes to each other. It’s easier to love characters who are imperfect.

Of course, we’re rooting for Jackson Maine and Ally, but we’re able to get angry with them when they create chaos for themselves or make the wrong decisions when it comes to each other. It’s easier to love characters who are imperfect.

Yes, Everyone Should Go See ‘A Star Is Born’

The critically acclaimed drama starring Bradley Cooper and Lady Gaga is a heartwrenching tale of modern fame and love

Zoë Jones
Artsweek Editor

Halloween 2018 parking restrictions in Isla Vista may affect you!

Isla Vista Parking

Parking in Isla Vista will be subject to potential closures beginning on 10/26/18. Closures may affect Del Playa residents (6500, 6600, 6700); Del Playa and Trigo; Camino Pezcameco residents between Del Playa and Trigo; Del Playa residents on 6500 only.

UCSB Campus Parking

No Overnight Visitor Parking is allowed on the UCSB Campus from Friday October 26th through Sunday October 28th.

- Registered UCSB Undergrads with an Annual Night & Weekend parking permit can park in designated lots on campus beginning at 9am Friday, October 26th until 7:30am on Wednesday, November 1st. Parking is allowed only in Structure 22, 18 (Mesa Structure) and Lot 16 (visitor spaces only). All other campus lots are subject to closure without prior notice and may be physically closed.

- Apply/order on-line by October 15th to ensure your permit arrives by USPS mail prior to October 26th. UCSB students may also visit our office to purchase a permit now through October 26th. Vehicles must display the actual decal. 

**NOTE:** Temporary paper permit printouts will not be valid during these dates.

Order online today! Deadline to order is October 15th!

The Annual Night & Weekend permit is valid now through June 30, 2019.

The total permit price is $52.50 plus $5.95 shipping/handling fee.

One permit per registered student; vehicle must be linked to permit.

http://www.tps.ucsb.edu
Dude, Where’s My Bird?! 

Christina Muoio 
Staff Writer

ISLA VISTA, CA - Earlier this morning, IVPD was informed of a robbery that occurred on the 67 block of Sabado Tarde Road. According to third-year pre-law student Garrett Jackson, he parked his Bird in his driveway last night, but by the time he woke up, it was gone.

"I have never been more devastated," Jackson said. "I mean, I paid for the Bird all by myself! I scanned the QR code and everything! I just can't believe someone would do something like this."

"I don't think he understands that the scooter isn't his property," an IVPD spokesperson reported this morning. "He doesn't seem to be the sharpest tool in the shed."

"I appreciate the love and support during this trying time. It's hard to live in I.V. without a mode of transportation, you know? Jackson lamented. "If found please return immediately, thank you."

After a long and thorough investigation, Jackson's Bird was found at the bottom of UCSB's lagoon. How it got there is still under investigation.

If you have any information about this theft, please call IVPD at (805) 681-4179. Any and all tips are appreciated.

Christina doesn’t know if Bird is an acronym or if it’s supposed to be a bad joke.

Hookup Probably Just Gonna Go, Has an Early Start Tomorrow

Sam Penn 
Staff Writer

12:47 a.m. — After an hour of haphazard lovemaking, it was reported that Nick Nguyen was probably gonna head out after third-year Emily Callahan invited him over for a last-minute romp in the luv.

"After a long and thorough investigation, Jackson's Bird was found at the bottom of UCSB's lagoon. How it got there is still under investigation."

If you have any information about this theft, please call IVPD at (805) 681-4179. Any and all tips are appreciated.

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Meal Prep Mondays: Stir-fried to Perfection

Tamara Dzotsenidze
Managing Editor

This week, my meal prep consisted of chicken fried rice. I love this recipe because it is simple, it doesn’t need special ingredients and it can easily be adjusted for your needs. The dish can easily be made vegetarian by substituting tofu for chicken and vegan by omitting eggs. It’s also a super easy way of making use of the basics, making it a perfect meal for a beginner.

**Ingredients:**
- Rice (1 ½ cups)
- 2 chicken breasts
- 5 eggs
- Mixed vegetables
- Soy sauce
- Teriyaki sauce
- Sesame oil (substitute any other oil)
- Seasonings (salt, pepper, cayenne, chili powder, paprika)

**Directions:**
1. Mix your rice with 2.5 cups water and heat until boiling. Then lower the heat to simmer for 15 minutes until the water has evaporated.

2. While the rice is cooking, heat a pan to high heat and lightly grease it with your oil of choice.

3. Cut the chicken into small chunks, and season them liberally by omitting eggs. It’s also a super easy way of making use of the basics, making it a perfect meal for a beginner.

4. After the chicken is done, heat up the vegetables and scramble the eggs. While these can be done together, I find that mixing the two often results in soggy eggs.

5. Once the rice has finished cooking, transfer it to the pan with the eggs. While these can be done together, I find that mixing the two often results in soggy eggs.

6. Add two tablespoons of soy sauce and teriyaki sauce, or to taste. Feel free to add additional seasonings, though the soy sauce should take care of the salt.

Overall, this dish is extremely customizable, so you can adjust it to suit your needs and your preferred taste; however, I like it best when you can taste just a hint of soy sauce with a bit of spirit. This recipe is enough for five meals, which can be easily heated up by microwaving on high for two minutes. It can last in the fridge for up to a week, though I would recommend eating it over the course of five days, as it loses flavor and texture the longer you wait.

This version of chicken fried rice averages around 500 calories per serving, with about 26 grams of protein, 21 grams of carbs and 21 grams of fat. For an increase in protein, you can add eggs or additional chicken.

While not everyone has access to Costco, that’s where I buy my ingredients. The amount of chicken used in this recipe comes out to about 34%, the frozen vegetables are less than a dollar and the eggs come out to about a dollar for five. Factoring in rice, oil, spices, the whole recipe should come to a per-serving-cost of $1.60, making this the perfect dinner for a student on a budget. To cut the costs down even further, rice is longer you wait.

**THE PROCESS**
It’s not just your typical hot-brewed coffee with ice cubes. The process of making the coffee is a completely different approach from others.

Time is the biggest factor for cold-brewed drinks. Coffee grounds are immersed in either room temperature or cold water for 12-24 hours. Once the grounds have finished steeping, they are drained. The process essentially makes a coffee concentrate. The longer the grounds stay in the water, the stronger its flavor becomes.

**COLD-BREW ORIGINS**
Cold-brew coffee can be traced back to Kyoto, Japan, in the 1600s. However, their style of making cold brew may seem a little more tedious even though the process is still the same. Kyoto-style coffee makes the almost like an art form.

While a single bead of water is dropped into the coffee grounds, a single bead of coffee is brewed, both at the same time and dropped by drop. This style is still the original, as cold-room temperatures and water being used. This meticulous form can be seen in cafes around the world today.

**THE TASTE**
The big question. How’s the taste? Does it taste better or worse than your regular cup of Joe? This style of brewing actually makes the coffee less bitter and even naturally sweeter. When heating coffee, the heat actually draws out the acidity in coffee grounds, which is where the bitter taste comes from. However, cold-brewed coffee doesn’t involve any heat, so little to no acidity exists in it.

The natural sweetness also helps pair the coffee well with add-ins like milk. Cold brew does have more caffeine, but because it is like a concentrate, this style is often diluted with water or milk to almost a 50/50 ratio.

Another benefit is that the taste won’t change from the original bean. Like with a regular iced coffee, the coffee was brewed hot and then chilled with ice cubes; going through different temperature changes. Temperature changes have effects on taste. With a cold-brew coffee, the temperature is constant since it never deals with heat.

**STYLES**
Even though cold-brew coffee may sound simple (just steeping in water), there are still different styles.

**COLD**
However, do not get this confused with iced coffee. Cold coffee is made by brewing the coffee hot and then adding ice cubes to cool it. With cold brew, after the concentrate is made it can be mixed with cold water/milk for a richer finish.

**HOT**
Surprisingly, cold brew can be made hot by mixing it with hot water. This may seem like it defeats the process but since the way cold brew coffee is made, it is less sour/acidic. People who have sensitive stomachs can use cold brew to make their hot cup of Joe.

**PRE-MADE**
Cold brew coffee can be seen in many pre-made coffee drinks as it’s a very versatile base for ready drinks.

Overall, cold brew is just another style among the various ways to make and drink coffee. No matter how you prefer your coffee, there are still so many ways out there in the world to enhance the taste of coffee. For me, cold brew was just another style I can check off my list of coffees to try that will help me on my caffeine-dependent journey through college.
A new smartphone app that identifies urinary tract infections was developed by UC Santa Barbara professor Michael Mahan’s team and Stanford professor Tom Soh’s team. Additional collaborators include physicians and scientists at the Santa Barbara Cottage Hospital.

The study, “Smartphone-based pathogen diagnosis in urinary sepsis patients,” can be found in the EbioMedicine journal, and the research was funded by grants from the National Institute of Health’s National Heart, Lung, and Blood Institute.

The smartphone-based, real-time loop-mediated isothermal amplification — or smaRT-LAMP — is a clinically valuable system that can help speed up the diagnostic process for urinary tract infections (UTIs).

“There are 10 million urinary tract infections in the U.S. per year, mostly in women,” Mahan said in an email. “To put things into perspective, roughly half of UTIs are properly diagnosed. UTIs account for 25 percent of all sepsis cases. Sepsis is a life-threatening response to infection and a major cause of death, which emphasizes the importance of proper diagnostic tools.

A significant statistic revealed that half of all women will develop a urinary tract infection in their lifetimes, and UTIs account for 25 percent of all sepsis cases. Sepsis is a life-threatening response to infection and a major cause of death, which emphasizes the importance of proper diagnostic tools.

Although diagnostics influence roughly 70 percent of healthcare spending, only 3-5 percent of these spendings actually fund diagnostics. As a result, the World Health Organization has been encouraging inexpensive and effective diagnostic tools to use in areas with limited resources. UTIs can be painful if limited to the bladder but deadly if spread to the kidney. These infections are usually treated with antibiotics, in which early stage diagnosis is necessary in the context of antibiotic-resistant and multidrug-resistant pathogens.

“The high cost of current technologies to identify (ID) bacteria in the urine preclude their use in resource-limited settings like local clinics,” said Mahan in an email. “SmaRT-LAMP provides a portable, accurate and low-cost detection system for the medically underserved.”

This reusable kit costs less than $100 to assemble and can produce useful information in one hour, compared to 18-28 hours in a microbiology lab. Upon urine sample collection, clinical microbiology labs have to grow the bacteria in cultures first. In the new and simplified process, the smartphone app will analyze a small amount of the urine sample using the phone’s camera and the diagnostic kit.

“The phone’s camera takes pictures of a fluorescent chemical reaction that detects the presence of bacterial DNA,” Mahan said in an email. “The more fluorescence, the more bacteria.”

The smaRT-LAMP system is based on nucleic acid detection: It amplifies DNA, forming pyrophosphates in the process. This causes turbidity that can be visualized more effectively than with polymerase chain reaction (PCR). SmaRT-LAMP does not require complex equipment or skilled staff, so it is cost- and resource-effective.

The free app is currently made for the Android-based operating system and can be downloaded from the Google Play Store. Mahan said that the immediate focus is to integrate the app into local clinical practice, but he also anticipates adoption by international health organizations.

“In the future, we plan to modify the system to detect bacteria in the blood,” Mahan said in an email. “By branching out this procedure to work on a variety of pathogens and patient samples, the smaRT-LAMP system’s clinical versatility will surely speed diagnoses and encourage effective therapies.”
lost on many Gauchos. Hookup culture is a free-for-all in which grinding and making out happen openly on the dance floor, girls are encouraged to dress and behave as provocatively as they please and one-night stands are a common topic of discussion at Bagel Cafe brunches on Saturday mornings. No one has to apologize or feel ashamed for their actions; it’s a whole different ballgame.

To some, this unregulated love fest may be limiting and unfulfilling. Many feminists have been advocating for years that consent must be explicit instead of assumed and that making them feel like they’re violating a sacred taboo. The pendulum has swung so far that people have forgotten to consider the individual needs of survivors and advocates no longer feel that they should adopt a “live and let live” attitude and empower them to make their own decisions and have fun doing it.

I used to be one of those free love enthusiasts myself. Two years ago, I wrote an opinion article celebrating UCSB’s no-strings-attached sexual norms and considered female students to get out there and claim the exciting, novel experiences they deserve. I had even naively believed that you could have a meaningful relationship and was diving head-first into the drunken sex paradise, as I was unable to partake until then.

As I enter my senior year, my idealistic fervor for hookup culture stands anchored in the wake of many troubling patterns I’ve observed and experienced firsthand. I don’t think there’s anything inherently wrong with casual sex, but it can be frightening to figure out how to navigate the absence of a sexual script and the resulting voids of empathy and favors male desires, while dismissing female comfort and pleasure.

It is now being presented as an olive branch of the international community. The second, more complicated problem is that both partners are comfortable with the sexist scripts of hookup culture if and only if they want to be a “bad bitch” and prove their female empowerment, this is what women are no longer restricted to. It is now being presented as an olive branch of the international community. The second, more complicated problem is that both partners are comfortable with the sexist scripts of hookup culture if and only if they want to be a “bad bitch” and prove their female empowerment.

The problematic nature of I.V. hookup culture begins at parties or bars when any form of sexual contact is initiated. It is common for men to approach women from behind on a loud, crowded dance floor and start dancing in a sexual manner without introducing themselves or asking for permission to rub their genitals on a complete stranger who is simply trying to dance with her friends. This and other forms of invasive sexual initiation happen to me and girls around me on a regular basis, and it can be frightening to figure out what to do when the room is too loud to voice your discomfort and too crowded to physically remove yourself.

The motto, “Casual sex is a right,” is commonly employed at UCSB that barely anyone points them out. We may have mastered the basics, but the problematic nuances of UCSB’s sexual landscape is completely lost on many Gauchos.