They noted that the four previous sightings had been mountain lions out an update announcing that the fifth sighting had in fact been a bobcat.

The first reported sighting was on Sept. 17 around 6:30 p.m., near Campus Point. This was quickly followed by a second sighting near Devereux Lagoon the next day; the following morning, Sept. 19, a sighting near West Campus was reported. There were then no sightings for almost three weeks until Oct. 7, when UCSB students Dulce Simental and Montra Lopez spotted a large and "very built" animal flexing on all fours while the two were watching the sunset below the Campus Point cliffs.

Molly Hardesty-Moore, a researcher associated with the McClusky Lab at UCSC who focuses on urban and carnivore ecology, sat down with the Nexus to discuss the likely origins of the mountain lion, as well as the implications of repeat sightings so close to civilization.

Hardesty-Moore pointed to two possible scenarios: the mountain lion may have come to campus by following the coast, approaching from the relatively underdeveloped north, or it may have come to campus from the foothills of the Santa Ynez Mountains by crossing the 101 Freeway and crossing a number of small strips of coast.

"If the mountain lion was confined to small strips of coast and navigated those spaces using the beaches to avoid humans, it would be difficult for it to sustain itself, as its primary food source is gone, which can't be found in the immediate coastal area," she noted. "(Lions) do eat raccoons as a secondary food source, and we do have a decent amount of raccoons," Hardesty-Moore said.

She added, however, that she is unsure how easy it would be for a mountain lion to switch to a prey source it is not used to, as part of its research, she monitors the movement of raccoons throughout campus and the greater urban environment with GPS collars and has not come across evidence to suggest that a mountain lion is hunting the raccoons.

"It’s weird seeing her in person and not on my phone screen," Renee Terron, a 17-year-old who attended the soccer clinic, said afterward. Rapinoe said, "She’s actually human and not a robot that dribbles the ball as fast as you do."

Both on and off the field, Rapinoe was relatable, personably cracking jokes as she gave advice and the future stars were able to ask the clinic due to a knee injury but came later to the event to hear Rapinoe's advice conveying them to believe in themselves and their abilities.

"Did I think that this would actually happen? I’m sure I did, but I had the dream when I was 7 years old. I knew I believed in me, my family believed in me and that encouragement helped me become who I am today," Morgan said after being asked by a player at the clinic if she always believed she would play professional soccer.

Morgan and Rapinoe’s personal and professional growth was also discussed in-depth at their evening talk. Moderator Catherine Remak, from the radio station K-LETS, brought up her experiences playing high school and college soccer. Rapinoe played for the University of Portland and Morgan for UC Berkeley.

Rapinoe joked about her experiences getting Wallace’d as a high school player who was “never in a winning team.” But she admitted that the experience of losing led to growth, stating how “even when things don’t go our way, we have to talk about the best of Day842 p.7
Three of the most limitless creators and composers in the history of music, Béla Fleck (bongo), Zakir Hussain (trumpet) and Edgar Meyer (double bass) have each put forth an unprecedented array of projects that touch every geographical and stylistic corner of the musical world. Coming together as a trio of musical masters and genre-benders, these lifelong friends and innovators create a fusion that is uniquely their own.

Due to heightened and forceful impositions of western civilization, this talk is aimed at validating the lives, experiences of women of color and empowering them to practice feminism in a way that speaks true to their identities, backgrounds and political beliefs. Feminista Jones is a Philadelphian-based public speaker, retired social worker and community activist. Her writing and activism centers Black American culture, feminism, critical race theory, intersectionality, mental health, poverty and women’s health and well-being.

Help Wanted

Rock the Vote Santa Barbara - Full-time volunteers needed
Rock the Vote Santa Barbara is a non-partisan organization looking for volunteers in the upcoming mission of getting people to register to vote online with voter drives, rock concerts and beach clean-ups at UCSB and local bars! We’re looking for people with a positive attitude that can work a smile per day. We’re flexible with your schedule. Lunch is provided daily and a list of benefits. Please respond to info@rockthevote.org.

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Thursday, October 17, 2019 Daily Nexus2

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New Professional Certificate Gives Pre-Medical Students a Foundation in Humanities

Madeline Thompson
Staff Writer

As of Fall Quarter 2019, a new certificate program, the Medical Humanities Certificate, is being offered through the Professional and Continuing Education extension at UC Santa Barbara, giving pre-medical students the opportunity to build a foundation in a different area of study: the humanities.

According to its website, the new Medical Humanities Certificate provides students with a “foundation in humanities which can lead to increased empathy, more understanding of historical and social contexts of disease, and a better readiness to practice.”

Dr. Jason Prystowsky, the certificate coordinator, said the program quickly came together after a “year of strategic planning.” He explained that he and his colleagues saw a need for humanities in the medical field, for the benefit of both pre-medical students and their future patients.

“There’s kind of an existential threat, almost, of young professionals who have an incredible command of the science and technical expertise and are brilliant and creative but don’t understand the power of narrative or social context, or how poverty is related to public health,” Prystowsky said.

Prystowsky said the certificate is well-designed to complement pre-medical students’ schedules, and it gives students the freedom to pursue sub-specialties of the humanities that interest them and relate to their future goals.

“Medical humanities is going to have a different way of looking at health, and a different narrative and a different historical context,” he said.

Another goal of the program is to equip future physicians with the ability to better understand the affliction in young doctors: burnout. Part of the spring quarter course, INTX 410, will focus on preparing students to be resilient in their future professions, Prystowsky said.

“In a lot of ways, burnout is compassion fatigue,” Prystowsky said. “I think having a better understanding of historical context, cultural appreciation, poetry, art and literature, is another tool in that toolbox that young physicians can use to thwart burnout.”

While Prystowsky said students pursuing the certificate do have to pay for the extension classes—though fundraising for the new program is in progress—students are encouraged to pursue Humanities and Fine Arts (HFA) scholarships to offset costs. A 50% discount was also offered to all UCSB students for INTX 410 this fall, according to the certificate website.

A medical humanities curriculum is currently required at 69 out of the 133 accredited medical schools in the country, and Prystowsky believes future medical students will benefit from building a foundation during their undergraduate years.

“There is value in giving students exposure to it before they set foot in a medical school campus. We’re planting seeds.”

Carbajal Pushes for Pell Grant Award Increase

Simren Verma
Managing Editor

Congressman Salud Carbajal’s Degrees Not Debt Act, officially introduced at a press conference held at Cal Poly San Luis Obispo last Tuesday, would increase the maximum Federal Pell Grant award by $3,805—raising it from $6,195 to $10,000.

The bill aims to “give middle-class families access to the maximum Federal Pell Grant” and “increase college transparency,” according to the bill’s text. Efforts to increase the Pell Grant award have been introduced to congress before.

Salud Carbajal, a UC Santa Barbara alumnus, relied on Pell Grants to help pay for his college degree and “understands firsthand the difficulty students face when contemplating how to afford a higher education,” according to his personal website. The new $10,000 amount is meant to reflect the average cost of in-state tuition at public, four-year institutions.

“We can’t wait any longer to act on student debt, and the Degrees Not Debt Act is a solid way to make financial aid and college more accessible to more people. The cost to attend UCSB as an in-state student is more than $12,000, but the Pell Grant currently caps off at $6,395,” Carbajal wrote in a statement to the Nexus.

“We have to do more for our students, and I’m glad to have worked with student advocates across the state over the past year to make this idea a reality.”

The re-introduction of a bill to increase the maximum amount of the Federal Pell Grant award comes during a time when conversations about both tuition and student debt are subjects of heavy debate on the national stage.

This past summer, Democratic presidential candidates Elizabeth Warren and Bernie Sanders both introduced plans to cancel student debt.

Approximately 72% of UCSB students received some form of financial aid through the university, according to UCSB’s campus profile. "Right now, the amount of student debt in our nation is $1.5 trillion—this is even more than the amount of all credit card debt in the U.S., and it is crushing,” Carbajal added in his statement.

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It almost felt like everyone had won the World Cup, in that way.

Megan Rapinoe

"I mean, you can't really put it into words ... it's what you dream about for the entire year, and afterwards you just want to dance and celebrate and party like this," Morgan said at the girls’ clinic alongside Rapinoe. "I'm so excited about us winning the World Cup; I always feel like they want us to have this us-against-them mentality, when we should both be celebrating and feeling happy about it."

Rapinoe and Morgan also discussed the upcoming 2020 Olympics, which begin only six months from now. The team is also looking for a new coach, as their previous coach, Jill Ellis, recently resigned after five years with the team. "It’s hard, because basically all we did under Jill was win," Rapinoe said. "So the new coach will have some very big shoes to fill, in a very short amount of time."

UCSB's women's soccer player Lauren Payne assisted girls at the clinic alongside Rapinoe and Morgan and attended the speaking event later on. She was excited to see the impact that Rapinoe and Morgan might have on young girls attending their events.

"They're gonna see them in the flesh and think that, 'I can be that one day.' They're gonna see someone so high up in the rankings standing right in front of them and be like, 'Wow, she came to watch me play. I could be her someday,'" Payne said.

"It almost felt like everyone had won the World Cup, in that way."
EOP and American Indian Student Association Honor Native Communities Through Indigenous Peoples' Day Celebration

Nidi Satyagopal

Students, faculty and community members gathered outside the Student Resource Building on Monday to honor and celebrate Indigenous Peoples' Day at an event hosted by the UC Santa Barbara American Indian Student Association and the Educational Opportunity Program.

This was the first year that the Educational Opportunity Program (EOP) was responsible for organizing the event. Members of the American Indian Student Association (AISA) EOP peer mentor Joie Meijer, a fourth-year global studies and feminist studies double major, worked with another peer mentor to plan the celebration. Meijer said she hopes to continue involving AISA members in future celebrations.

One major focus of the celebration was the resilience of the native and indigenous communities, which attendees touched on by sharing stories from their personal histories. Allison Walker, a second-year political science major who attended the event, said that the emphasis on family and community is particularly impactful.

"I think it was really cool how [attendees] touched on their efforts, that they're putting the effort in and that [the] real [behind] ones was here," Dutra said.

One attendee used their time to speak about the importance of education on Chumash history. "I think it was really cool how [attendees] touched on their efforts, that they're putting the effort in and that [the] real [behind] ones was here," Dutra said.

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the question: “So when these Judd.” Twohey said. Kantor’s youngest investigation began, my daughter after two years.

movement and what has changed decades of sexual misconduct, spoke to a packed Campbell and that of hope.

forced silence, that of frustration decades before, in 1990. But that when Twohey and Kantor published the story, the pair a note that read, “I

This day around and Twohey finally found the people who has been waiting 25 years for her.

In their cases, Kantor, the New York Times reported, had learned, but that’s not to say they didn’t learn anything. The first question are there other powerful women who has covered sexual misconduct.

Twohey, prominent attorney David Boies previously with Weinstein to silence his victims and, now, the New York Times reported: $389,000-contract to former Israel intelligence officials from private intelligence company Black Cubes. Their objective was "to target the media and journalists behind the story and stop it from ever going to print. As Twohey put it, "It was basically a hit on our sex investigations.

Kantor and Twohey published the story, the two presented Weinstein their findings and gave him a chance to tell his side of the story. As publication neared, Weinstein took on a more direct, confrontational role. Flanked by a small cadre of prominent attorneys and prosecutors, Twohey said. "We’ve brought into the Times’ offices with folders of photos and videos of the incredible number of them involved in allegations against him, smiling and acting as though nothing was wrong. The information that was meant to discredit them was staring them in the face. "They were threatening to go to the police. "We were basically bullying them and trying to attack us individually.

And and there was…" Twohey responded with amusement along with the audience. "But not the kind he was predicting.

Largely inspired by the revelations brought forward in the #MeToo movement, the #MeToo hashtag was used by both celebrity and non-famous individuals to share their stories of sexual harassment and assault. But, two years later, according to Kantor, there is still a lot of discussion about the issue on both sides. Supporters and victims believe society hasn’t gone far enough in addressing sexism and power. But, detractors argue that the wrongs of the past have been addressed and that accusations of wrongdoing belie society has gone too far without reevaluating the system in place for evaluating these kinds of claims.

Citing increasing divisions within the movement, Twohey asks people to reconsider the weight of sexual misconduct allegations, the vetting process and the extent to which any information accessed should be held accountable.

Kantor ends with her own questions on the legacy #MeToo. Will her kids still see it as a movement that never happened? Her kids? Or, will Twohey and Kantor strike a balance between "then" and "now"?

"We don’t have all the answers yet,” Kantor said.

A good laugh from the audience.

...and that was all Kantor has to say. But the audience in Campbell Hall, the pair a note that read, “I

Continued from p.1

The average rent for an apartment in I.V. is $2,131, but a lower rent would not be possible due to the rent control law. According to Unander, St. George & Associates, a leasing company based in Isla Vista, which includes no parties and no overnight guests.

...and generate mailing of decal.

POLICE ROADBLOCKS

Roadblocks are placed, vehicle access to Del Playa and Sabasta may be restricted on Frid., 10/25, Sat., 10/26, & Thrus., 10/28. Cars parked on the 600 block of Trigo must be moved by 12 p.m. on Frid. 10/25 until Sun., 10/27 or they will be towed. Roadblocks may be placed in the following locations:

Trigo & Sabasta
Trigo & Campus del Sur
Trigo & Campus Pescadero
Saebo Tando & Campus Corto
Playa & Campus Corto

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Police special permit are eligible to park in designated areas, while other vehicles will be towed and charged.

website: www.tps.ucsb.edu
Select: Once eligibility is approved, payment must be made to obtain a parking permit and generate mailing of decal.

You are encouraged to apply online ASAP to ensure your permit arrives by real time to the beginning of the event.

Only one permit per registered student.

Parking for Halloween weekend is allowed only in specific campus areas: 22 Parking Structure and 34 (Mesa) Parking Structure. All other campus lots and areas will be closed to Public/Parking.

Vetokid info must match permit, or it will be invalid to result in a $300 citation plus tow charge.

Temporary, paper permits will not be honored; vehicles must display the Annual Parking Permit (APP) or an authorized special event permits to get past all check points, on campus.

NO out-of-town visitors will be allowed to park on Del Playa and Sabasta.

Parking Fee: $30 per day, Cali-Real, Camino Real Marketplace, Target, (Irish Park, University Village Park, Fairview Center, or in local Goleta neighborhoods.

ID’s will be checked at the gates.

Taxis/Lyft is not allowed to drop off in designated spaces only.
A student from UC Santa Barbara was employed to work on a town hall event. Lee response from the office got to work on the town hall event.

Oroza said his office did not initially plan to host a town hall this year — until a policy proposal from the UC SB campus earlier this summer that Following conversations with fellow Associated Students (A.S.) executives and input from Hartmann, Oroza said his office got to work on the town hall event.

The town hall kicked off with brief introductions from each panelist and a description of the work they do at their respective levels to help alleviate the insecurities that according to Miller, who chairs the Food Security & Basic Needs Task Force at UCSB.

"What we're trying to do is get as much direct aid to students as we can around food and around housing," Klawunn added.

The first question asked to the panel was about the responsibility of the government to support basic needs and its efforts to carry those responsibilities out.

"Every five years, the government passes what is called the Farm Bill. And a good, significant funding of the farm bill is the SNAP program … it's absolutely imperative that we look for those who are most vulnerable amongst us and that we work together to provide a safety net," Carbajal said.

The conversation then turned to housing when an audience member asked about affordable housing for campus workers.

Klawunn responded by talking about the proposed construction of additional housing on Ocean Road, where units would be offered for rent at a reasonable price, despite the "staggering" cost of living in I.V.

A student from the Housing and Community Development committee at the Student Association shared that she has voted in favor of "67 different bills to advance housing," believes there is no one solution to remeasuring the issue.

Housing for "workers, for students, for anyone — it is a greater conversation and the state has really tried to make some investments," she said.

As questions came in, one student asked the panel how black students — one of the most underrepresented demographics at UCSB — would be supported through basic needs initiatives and remain "seen" in interactions with university law enforcement.

Hartmann responded with an acknowledgment that "people of color have it worse in the context of basic needs. She moved on to highlight local law enforcement's transparent approaches through new initiatives such as the I.V. Foot Patrol Restorative Justice Program and the Party Registration Program.

Klawunn added that the UC Police Department's new chief of police, James Brock, is taking a different approach to law enforcement by consulting students to "hear their voices" and better embed the police department in the community.

In a question directed to Miller, one student asked what the university can do to better spread awareness for the SNAP program. Miller acknowledged that spreading awareness for campus resources is the university's "number one problem" in the context of basic needs. He noted that many initiatives, such as the Housing Voucher program, have been difficult to advertise to students because the programs were recently created.

To combat this, he noted that the university works with student interns to spread awareness to the rest of the student body on a grassroots level.

As the town hall drew to a close, one final question regarding the role of citizenship in eligibility for resources was brought to the panel.

Limon cited Assembly Bill 540, an 18-year-old piece of legislation that "allowed high school students who graduated in California to enroll in college in California as state tuition.

In a different AB 540, signed by Governor Brown most October, undocumented students will now have the opportunity to be eligible for some programs beginning next academic year, according to Limon.

Additionally, through UCSB's incoming "meal plan for every student," the university is trying to establish "parallel programs" to CalFresh and SNAP by offering a campus alternative for undocumented students.

"We want to make sure undocumented students are on a level playing field," he added.

When Carbajal took his turn to respond, he said that documentation and citizenship should not come before access to basic needs.

"We don't want to live in a country where we look at each other and not think of our humanity," he said.

There was no tangible change that came directly from these town hall meetings, but they were an opportunity for students to talk about their basic needs, although politicians and university administrators do not directly address the problems that affect students the most.

Oroza isn't entirely sure what his office plans to do with these recommendations, though. At this point, he seems to be moving forward. "I intend to hand over his office's recommendation to the A.S. Lobby Corps co-chairs who will be able to give a lot more time and focus to a basic needs campaign."
UCSB Women's Volleyball To Host Blue-Green Rival Cal Poly

No. 12 UCSB Men's Soccer Wins First Leg of Two-Game Homestand

Omar Hernandez
Sports Editor

Two second-half goals by freshman phenom Finn Ballard McBride gave the Gauchos 2-0 lead in their match against Cal Poly, 12-0 UCSB men’s soccer team for this season, on Wednesday night. The Gauchos took down the UC Riverside Highlanders, 2-0, and moved to 5-1 in the Big West. UCSB clinched sole possession of first place with the victory and has a 10-2-2 overall, 3-0 conference record. UCSB now stands at sixth place in the Big West. UCSB claimed sole possession of first place with the victory and has a 10-2-2 overall, 3-0 conference record. The game started out very evenly matched. Although the Gauchos maintained possession for most of the first half, the Highlanders did a great job of staving back and breaking up any attacks the Gauchos mounted. UCSB was able to continue to string together passes as the half wore on; yet, the team actually put up less shots than the Gauchos in the first 45 minutes.

The Highlanders did a great job of staying back and breaking up any attacks the Gauchos mounted. UCSB committed 41 errors in those two games, over double that for matches like this. UCSB committed 41 errors in those two games, over double that for matches like this. UCSB committed 41 errors in those two games, over double that for matches like this. UCSB committed 41 errors in those two games, over double that for matches like this. UCSB committed 41 errors in those two games, over double that for matches like this. UCSB committed 41 errors in those two games, over double that for matches like this. UCSB committed 41 errors in those two games, over double that for matches like this.

But it only took seven minutes for the Gauchos to get on the scoreboard, as Finn Ballard McBride outside batters Lindsey Ruffins versus Maia Wick, UCSB's Zoe Fleck versus Mika Dickson and setters Olivia Lorenzen versus Avalon DeNucci, 2019’s first Blue-Green matchup will kickoff at 7 p.m. on Saturday night at the Thunderdome.
No. 5 UCSB Men's Water Polo Looks for Revenge Against No. 3 Pacific

Spencer Ault  
Staff Writer

Two weeks ago, the UCSB men's water polo team was on top of the world with a 15-0 record and the No. 1 position in the polls. Four games later, they're No. 5 in the nation and in need of a win.

The Gauchos will get the chance to go for that win on Sunday when they host No. 3 Pacific in their first regular season Golden Coast Conference matchup of the year.

The Tigers contributed to UCSB's recent sweep with an 11-9 victory in the third-place game at the SoCal Invitational on Sept. 29. The Gauchos went down early in that game but managed to mount a comeback effort and tied things-up at 10 apiece with just over a minute to go. A few seconds later, however, Pacific found the back of the net one more time to turn the comeback aside and seal the victory.

Sunday's game, then, is a chance for UCSB to not only stem theirslide but to average what was then a crushing defeat.

Pacific, however, has had a much more successful time in the time since that first matchup. The Tigers are 2-1 with victories over then-No. 10 UC Davis and No. 4 USC. The one loss was an 11-9 loss to No. 1 Stanford that could have gone either way.

The Tiger attack has four main heads: redshirt senior utility Luke Pavillard, freshman utility Jeremie Cote, senior attacker Engin Ege Colak and freshman attacker Matthew Hosmer. Pavillard leads the team with 36 goals this season but any one of those four is capable of stepping up and turning defensive execution into offensive results.

Pacific sophomore goalie Jon Barry posted 11 saves and one steal in the first matchup and in doing so played a major role in preventing the Gauchos from realizing those opportunities. Barry has been solid in goal all season but far from impeccable, with 120 goals allowed compared to 111 total saves.

In the first Pacific matchup, the UCSB game plan created plenty of chances against Barry for the team's attackers, particularly for juniors Cole Brown and Levi You and sophomore Sam Nangle. On Sunday, those same attackers will try to turn that game plan into those opportunities into offensive fireworks.

The Gauchos scored more than 11 goals in 12 of the first 15 games but have failed to crack that total during their four-game losing streak. If the UCSB attack can create those fireworks and break that 11-goal plateau once more, they'll put themselves in the position to snap that streak and get their conference play off to the right start.

UCSB hosts Pacific at Campus Pool on Sunday afternoon at 12 p.m.

Kunal Mehta  
Staff Writer

The UCSB women's soccer team, 6-3-3, will head to Fullerton to take on Cal State Fullerton in a showdown this upcoming Thursday and Cal Poly on Sunday, as the Gauchos will look to add on to their three-game winning streak.

Santa Barbara was last in action on Thursday when the squad was able to pick up a 2-1 win over UC Davis. Senior forward Shaelan Murison recorded two goals, including the go-ahead winner in the 83rd minute.

Senior forward Alanna Murray has had double-digit goals on the season and has cemented herself as the Chos go-to goal scorer.

Senior goalkeeper Hanna DeWese has faced an incredible amount of shots in her time with the Gauchos. DeWese has had a save percentage of 78.8% in all games played so far. The Gauchos have found a good balance between the two which has allowed them to control the time of possession.

While the Gauchos have found success as of late, they will be looking to continue to rely on their fundamentals as that has helped put them over the top in their recent close games.

That being said, the team must also continue to develop their offensive identity as the team has still not found their second scorer behind Murison.

Although Murison has found ways to score despite double-teams and opponents keying in on her in the penalty box, a second scorer can help take some of the pressure off of her shoulders.

Santa Barbara seems to have found their rhythm at the perfect time as UCSB remains undefeated in conference play.

Their important test coming up against CSUN will be a good indicator of where the Gauchos are heading for the rest of their season. Even though UCSB has had success despite this fact, the team will surely need to find their second scorer on the defensive side of the ball — especially with the team looking to compete for the Big West title.

Due to the difficulty of the game at hand, there's a good chance that the Gauchos will find it tough to come out with a win.

UCSB has found a good balance between the two which has allowed them to control the time of possession.

Although Murison has found ways to score despite double-teams and opponents keying in on her in the penalty box, a second scorer can help take some of the pressure off of her shoulders.

Santa Barbara seems to have found their rhythm at the perfect time as UCSB remains undefeated in conference play.

Despite this, the team will surely need to find their second scorer on the defensive side of the ball — especially with the team looking to compete for the Big West title.

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In Review: Philips’ ‘Joker’

A Trap Music Guide to Love and Heartbreak

Naba Malikpati

For me trap lovers out there who’ve been caught dead in the middle of a trap song after their breakup, here’s some of the best trap songs to help you get over your ex-significant other. Because no matter how hard as fuck you try, you probably understand when your ex sits back in my Balenciagas. If I’ve ever seen. Having said that, there’s something to take away from this song; it’s that you should just forget your ex and go out on some new Balenciagas. If I’ve ever seen. Having said that, there’s something to take away from this song; it’s that you should just forget your ex and go out on some new Balenciagas. If I’ve ever seen. Having said that, there’s something to take away from this song; it’s that you should just forget your ex and go out on some new Balenciagas.

1. “ball w/o you” - 21 Savage
2. “Love Scars” - Trippie Redd
3. “Who Shot Cupid?” - Juice Savage
4. “Fell in Luv” - Playboi Carti
5. “fell in love” - Playboi Carti

If you’re not crying yet, then you really need to check out Joker’s song EP release, “GRAFFITI.” This one’s for all of my beautiful thugger girls, the ones who found their true loves; you’ve found the beautiful thugger girl. For those of you who have found your significant other, you probably understand when Thug says, “I love her, so you know I got her Flossin’.” If I’ve ever seen. Having said that, there’s something to take away from this song; it’s that you should just forget your ex and go out on some new Balenciagas. If I’ve ever seen. Having said that, there’s something to take away from this song; it’s that you should just forget your ex and go out on some new Balenciagas. If I’ve ever seen. Having said that, there’s something to take away from this song; it’s that you should just forget your ex and go out on some new Balenciagas.

For my trap lovers out there who’ve been caught dead in the middle of a trap song after their breakup, here’s some of the best trap songs to help you get over your ex-significant other. Because no matter how hard as fuck you try, you probably understand when your ex sits back in my Balenciagas. If I’ve ever seen. Having said that, there’s something to take away from this song; it’s that you should just forget your ex and go out on some new Balenciagas. If I’ve ever seen. Having said that, there’s something to take away from this song; it’s that you should just forget your ex and go out on some new Balenciagas. If I’ve ever seen. Having said that, there’s something to take away from this song; it’s that you should just forget your ex and go out on some new Balenciagas.

In Photos: Roy Blair at The Hub

Daily Nexus Photography

Lil Tecca. This one’s for those of you in the beginning stages of the relationship, you’ve found the love of your life but you’ve never been more reliable, pacing his heart out singin’.

“This is the riveting, no-holds-barred character exploration that Batman fans have always wanted. This movie is the ultimate fan service for Batman aficionados who’ve always wanted a standalone movie for the Joker and manages to hold onto the costume and falls in love. No matter how hard as fuck you try, you probably understand when your ex sits back in my Balenciagas. If I’ve ever seen. Having said that, there’s something to take away from this song; it’s that you should just forget your ex and go out on some new Balenciagas. If I’ve ever seen. Having said that, there’s something to take away from this song; it’s that you should just forget your ex and go out on some new Balenciagas.

This one’s for those of you in the beginning stages of the relationship, you’ve found the love of your life but you’ve never been more reliable, pacing his heart out singin’.

“There’s no no holds barred, your heart is on the line, and ultimately stunning, much. Terrifying, devastating, this one’s for those of you in the beginning stages of the relationship, you’ve found the love of your life but you’ve never been more reliable, pacing his heart out singin’.

This one’s for those of you in the beginning stages of the relationship, you’ve found the love of your life but you’ve never been more reliable, pacing his heart out singin’.
A professor in UC Santa Barbara's Earth Research Institute, Qinhua Ding, has received a $240,000 grant from the National Oceanic and Atmospheric Association Climate Program Office in the Modeling, Analysis, Predictions and Projections Program for his proposal to evaluate climate models and understand what makes some more accurate than others.

With the newfound funding, Ding intends to judge climate models along a newly established rubric, ranking their methodologies and providing input with regard to how much can better reflect reality and improve the accuracy of their predictions.

"We'll start from observation. We have a benchmark. Do we know this from observation? Because we only have 40 years of data to work with. Based on this, we decide on metrics, we use these metrics to put on the model and apply to the model something akin to a correlation," Ding said.

With a focus on Arctic sea ice, Ding will cross-reference many different models in order to better understand how to optimize their effectiveness and which models at present are the most efficacious in predicting conditions.

"The main goal is to say which model will do the best job for Arctic sea ice simulation. We've tried to design some metrics and we'll use these metrics, apply the same metrics to the same model, and we'll see how the model behaves," Ding explained.

Climate models must take into account not only the breadth of variables affecting conditions but also the degree to which a variable is responsible for altering the state of things. There are many different attributes to take into account.

Determining the strength of the relationship between a given driver of melting and the corresponding response is key. According to Ding, many models fail because, although they include all of the measurable impacts, they do not properly account for the significance of variables relative to one another.

"There are many challenges which arise in building long-term climate models, especially with regards to sensitivity," Ding said.

Accuracy becomes more challenging as more variables are introduced, forecasting an outcome is difficult due to the uncertainty.

"A climate model includes a lot of chaotic features. It's active internal variability, generated by the model itself, to take into account natural variability, so because some components can determine the outcomes," Ding stated.

Ding plans to complete the assessments within the next two to three years. Two undergraduate students will work alongside him.

"I hope after the project we can give some suggestions for the model developer about how to improve their model further. We don't want to just see a model as 'bad' or 'worse' or as 'good'. We want to tell people how to improve their model and correct imperfections."

With a grant from the National Oceanic and Atmospheric Association, Ding will evaluate climate models of Arctic sea ice to better determine how to optimize their efficiency.

National Institute of Health (NIH) has awarded Mukherjee a grant to study reporters. Mukherjee's research lab is working to overcome these challenges by developing bioluminescence reporter systems inspired by the legacy of standard reporter systems that are able to produce light in the context of anaerobic conditions. The goal is to be able to visualize oxygen-independent differences between cells on a culture dish or in a tube. Beyond a certain point you have to go inside an organism. For these purposes, more penetrant technologies, including magnetic resonance imaging (MRI), are used to image through layers of living tissue.

While reporters compatible with light have been established for the past three decades, creating reporters compatible with MRI requires a slightly new way of thinking or a slight paradigm shift," Mukherjee said.

To assist Mukherjee in pursuing his research, the NIH has awarded Mukherjee a grant that will aid his lab's research efforts.

Mukherjee's work focuses on developing fluorescent reporter proteins that can work in anaerobic systems, or what he calls the "dark matter of biology," such as the gut. The NIH has awarded Mukherjee a grant that will aid his lab's research efforts.

"That's amazing, because it lets me do two things. One is it lets me minimize grant writing for a certain fraction of time, because this really is very generous support from the NIH that helps us completely focus attention on these two areas... It directly means that I can spend more time coordinating research projects, working on writing papers and [granting] all the ideas that are laid out from these logical layout to their initial conclusions."

The award's other impact is that it validates Mukherjee’s research efforts. "Of course, I’m excited by these ideas, and I know a lot of other colleagues and I know other faculty who are excited by these ideas. So to have really respectable senior peers in the field say that this is something that is fundable, I think encouraging validation for somebody who’s relatively new to this job," Mukherjee, who joined UCSB's faculty in 2017, said.

One anaerobic system he especially wants to explore is the gut microbiome. It's an extremely complex and interesting ecosystem; there's so many different things that go on there. He stated that he realized how much knowledge and information about what happens to the gut doesn't stop at your gut; it influences how you think, how you behave socially, it influences how you respond to different treatments, how you associate with different diseases, all those things.

"With an imaging standpoint, he is interested in the gut because it is an anaerobic and phylogenetically deep located inside animals. ‘If you really want to understand gut biology, you need imaging technology that bridges both those scales as well as the organismal scale’"

Mukherjee’s research systems are aimed at being able to employ molecular biotyping to study microbes and microbial communities in the gut, including how they communicate, how they break down different food components and how they regulate different genetic or signaling pathways. While these experiments would be cell culture based, the researchers aim to complement them with studies to detect various chemicals or map the microbiome of the gut in the context of a living animal. "I think we’ll be able to see our divergent goals converging and focusing on really deciphering the complexities of the gut biology," Mukherjee said.

Another potential area of interest that could utilize Mukherjee's engineered reporter systems is the development of dependent information such as in neurogenetics, which may be employed to study these processes and cellular and neural functions and what would benefit from being studied in the context of a living animal, he described.

"I think we’ve established this tool for the faculty on campus in which they provide the questions, Mukherjee's team then focuses on developing these tools and then, leveraging what is happening out of this, would benefit from being studied in the context of a living animal," he said.

"I’m very excited by this collaboration between this faculty on campus in which they provide the questions, Mukherjee's team then focuses on developing these tools and then, leveraging what is happening out of this, would benefit from being studied in the context of a living animal," he said.

Mukherjee summarized, "These are the main areas we think and hope we will be making an impact in the coming years."
C.A.P.S. To Ask Students To “Maybe Try To Be Happy Instead of Sad”

Emma Demorest
Nexustentialism Editor

With collective pressure on California universities to better student health services, UCSB’s Counseling and Psychological Services program has launched a groundbreaking “See the Sunny Side!” initiative.

The proposed initiative aims to support students’ mental and emotional health and will input more depth and attention toward one-on-one therapy sessions.

“To further accommodate students,” said Tracy Peterson, director of Counseling and Psychological Services (C.A.P.S.), “we will be extending our overall hours from 1 p.m. to 4:45 p.m. every fifth Wednesday to 1 p.m. to 2 p.m. every fifth Wednesday and on the 32nd day of every month.”

Furthermore, C.A.P.S. therapists will begin to have more impactful conversations with patients, giving advice like: “Have you tried to take a walk outside?”, “Could you try to tell yourself a funny joke?”, “Did you already sit in the egg chair?”, and “In the grand scheme of things, you actually don’t have it that bad.”

The initiative is receiving new patients, many of whom have been waiting years for C.A.P.S. care.

“After telling my therapist what was going on with me, the first thing she asked was, ‘Are you sure you’re sad, or maybe you’re just PMSing?’” student Ethan Hernandez said.

C.A.P.S. officials have also voiced their excitement with the “See the Sunny Side!” campus-wide posters, to be erected whenever the therapy session waitlist frees up. The posters, five 8.5-by-11-inch black-and-white sheets of printer paper, read “don’t be blue, be happy instead,” with a lovely addition of a stock photo flower.

“We’re really looking forward to furthering our crucial role here on campus,” Peterson stated while pinning one of the five posters onto a wall of Webb Hall’s basement. “It’s hard work, but someone’s gotta do it.”

Emma Demorest went to C.A.P.S. once and they told her she was actually fine!

5 Eco-Friendly Ways To Get Shitfaced

Al Goer
Staff Writer

Like any true Gaucho, you probably love two things: peacefully enjoying the beautiful, awe-inspiring nature our tranquil golden coast provides us and getting shit-faced. But when the plandles pile up and you narrowly miss stepping in yet another splatter of suspiciously colorful vomit, you may begin to wonder: How can I black out in an environmentally responsible way? Luckily, the folks here at Nexustentialism have done the hard research for you! Here are the five most eco-friendly ways to punish your liver.

1. Buy in bulk

IV Co-op has long been known for being the go-to grocery store for some barefoot lady with a septum piercing to fill her upcycled mason jar with cashew butter, but reportedly the shop will be adding an even more important staple to the bulk section: that’s right, alcohol! Buy one of the pre-weighed mason jars or even upcycle an empty New Am handle, and bam! One trip to the Co-op and you’re on your way to Sendville.

2. Scavenge

Every last drop counts! An important part of being eco-friendly is never being wasteful, and that includes those last few drops of Malibu. If you’re really committed, a cool zero-waste way to get drunk is to scavenge through the trash bins of IV, and you’ll eventually find enough half-shotgunned beers and preemptively discarded Claws to get buzzed. Bonus points to freshmen who are already scavenging to get a few drops of alcohol in! The youth really are the future of our climate reality.

3. Be a S.T.E.M. major

Technically, this is reducing your resource consumption simply by reducing your alcohol consumption, but hey, I guess it works. Not that S.T.E.M. majors necessarily have to be straightedge, but the way they never shut up about being too busy to have fun, I’d assume that they all are.

4. Ferment your own alcohol from dining commons scraps

It’s not going to taste good, but neither does the food at the dining commons anyway.

5. Drink Vitali

Satire aside, this one might actually be true: Vitali is much less processed than more expensive, smoother vodkas. Less processing equals less energy wasted on production, therefore, it is the most eco-friendly handle there is! This would be a super awesome green living hack if it weren’t for the fact that environmental ruin is more appealing than drinking straight Vitali.

Al Goer will give up red meat and fast fashion for the environment but sure as hell won’t give up drinking.
The Isla Vista Food Cooperative Makes Strides in the Community

Paige Holloway
On the Menu Asst. Editor

The Isla Vista Food Cooperative has been a local favorite in the community since its establishment in 1972. Not only is it an entirely customer-owned grocery store, but all of its extraneous profits are redistributed into renovating and improving the store itself. For the 2019-2020 school year, the Co-op has made many exciting changes to further its goal of serving the needs of the community and focus on its environmentally friendly values.

Melissa Cohen, the general manager of the Co-op, notes that the store is especially unique in that it is the only co-op in the country that is mostly owned by college students and also happens to be one of the oldest on the West Coast. The Co-op began in hope of connecting the Isla Vista community more directly with its local farmers. According to Cohen, "people wanted to have a place that they could trust and a place that was there to ensure their values about food and production labor rights.”

Another feature that makes the Isla Vista Co-op so central to community outreach is its focus on catering directly to customer needs. Cohen explains that customers have a very important voice in deciding what appears on the shelves. "If you don’t see something on the shelf that’s working for you, just ask us," she said. In fact, just to the left of the front door, there are comment slips of paper where customers can request products to be provided. Cohen says she not only orders the very first thing on the slip, but also adds it to the list to see what else they would like to see the store carry.

For instance, the recent changes to the Co-op’s deli reflect its preference for sustainable ingredients. The produce sold in the deli section is always locally grown, not only to ensure customers can purchase the best quality possible, but also so local farmers receive the most profit for their work. “Food justice does not necessarily mean everyone having quick access to food; it means that the producers also have a livelihood," Cohen said.

Food justice and support for local farmers are two very important values at the Co-op, especially considering Santa Barbara County is one of the largest agricultural-producing counties in the country. Many of the Co-op’s local connections today have been with them since it began business 47 years ago.

Cohen believes that her first job as a sandwich maker in I.V. actually provided her with the fundamental skills the Co-op still uses in its sandwich-making today; the only difference is the types of ingredients they now choose to package them. The journey to adopting compostable packaging techniques at the Co-op has not been easy. When the Co-op first attempted to use plant-cellulose packaging, Santa Barbara County advised against it due to its strikingly similar appearance to plastic which complicated the recycling process.

The Co-op has recently made strides by partnering with Vegware, a new type of paper-based and easily compostable packaging. These environmental efforts are reflected in the Co-op’s Santa Barbara, which now has yellow bins throughout campus where the new packaging can be easily disposed of. All of the waste deposited in these bins is then taken to a different compost center in the county.

Though the compostable packaging is certainly groundbreaking, there are also exciting store products, including the Co-op’s homestyle hummus. Unlike many local grocers, the Co-op’s hummus is completely unaparturized, there is no heating element in the production process and the recipe uses olive oil rather than canola oil. While these practices make the shelf life shorter, the taste is more organic.

Along with its original hummus, the Co-op also makes its own vegan ranch cheese that is featured in its most popular deli item, the Best F#$@%*! Wrap. Not only is this wrap vegan-friendly, it also features locally grown sprouts and ingredients that reflect the Co-op’s value of organic ingredients. Cohen stressed, “It’s a relationship in each sandwich. It’s a combination of all these hands in the local community coming together.”

To further encourage buyers to take advantage of its organic produce, the Co-op also carries conventional items like non-organic rice, beans and pasta. By including these inexpensive items, customers will have more freedom to fill their carts with fresh and locally grown items.

The Co-op’s exciting new developments go beyond the store’s interior — the variety of colorful patio tables out front create a welcoming space for community interaction. This improvement to the outer appearance of the store was a conscious decision in order to create what Cohen refers to as “social infrastructure.”

“Social infrastructure builds the social capital that builds the social systems that build community. Food co-ops are just one way that this happens because of the great spaces they create,” she explained. These patio tables now provide a place for people throughout Isla Vista to strengthen their social relationships with one another, regardless of demographic.

The most special aspect of each of these innovations is that they are all directly funded by people who joined the Co-op during the past owner drive. Once you join, Cohen explained, you can get an investment share and receive numerous benefits. In fact, this share is always refundable in the hopes that if the investor leaves, he or she will use their profit to start another co-op in their next community.

If partial ownership at the Co-op is something that sparks your interest, its annual owner meeting is coming up on Nov. 9. All co-owners will be served a free dinner and Jon Steinman — author of the book “Grocery Story” — will be the keynote speaker.

The constant innovations being made at the Co-op reflect its dedication to bringing a sense of community to all of Isla Vista, regardless of income level. For many people, it is impossible to leave Isla Vista to go to a grocery store out in Goleta. As Cohen empathized, “Everyone is an eater and at some point, we all have to get to our food at a grocery store, and we hope that we can be the ones to have people’s back in those cases.”

On the Menu

Winny Lam
On the Menu Editor

When the weather becomes chilly in the fall, getting out of bed becomes one of the most difficult things in the morning. Luckily, coffee has come to save the day. Pumpkin spice latte becomes popular when everything in the cafe, grocery stores and bakeries all smell and taste a blend of sweet pumpkin and earthy cinnamon.

So if you want to take a break from the infamous Pumpkin Spice Latte, check out these recipes and tips to discover the other delicious spices that you can incorporate your coffee!

Cinnamon Maple Latte
(adapted from portlandfood.com)

INGREDIENTS:
1 cup milk
¼ cup milk
1 tbsp maple syrup
1 tsp cinnamon, plus more for garnish

DIRECTIONS:
1. Pour the milk into a mason jar, tighten the lid and shake for 10 seconds until the milk starts to foam at the top.
2. Microwave the mason jar without the lid for about 45 seconds until the half-and-half is hot to the touch and foamy.
3. Pour hot coffee into the mason jar inside of the mug. Pour hot coffee into a mug and stir in the chocolate syrup and hazelnut syrup. Stir in the half-and-half and serve.

Caramel Chocolate Hazelnut Latte

INGREDIENTS:
1 cup coffee
1 tbsp caramel syrup
½ tbsp chocolate syrup
½ tbsp caramel, plus more for garnish

DIRECTIONS:
1. Pour the half-and-half into a mason jar, tighten the lid and shake for 10 seconds until the milk starts to foam at the top.
2. Microwave the mason jar without the lid for about 45 seconds until the half-and-half is hot to the touch and foamy.
3. Mix the hazelnut syrup with warm milk and pour the mixture into a French press to froth it.
4. Pour or spoon milk and foam into your coffee.
5. Garnish with ground nutmeg and cinnamon and serve.

Vanilla Spice Latte

INGREDIENTS:
1 cup hot coffee
1 cup milk
Vanilla syrup, to taste
Nutmeg, to taste
Cinnamon, to taste

DIRECTIONS:
1. Pour the milk into a mason jar, tighten the lid and shake for 10 seconds until the milk starts to foam at the top.
2. Microwave the mason jar without the lid for about 45 seconds until the milk is hot to the touch and foamy.
3. Mix the vanilla syrup with warm milk and pour the mixture into a French press to froth it.
4. Pour or spoon milk and foam into your coffee.
5. Garnish with ground nutmeg and cinnamon and serve.

If these recipes or ingredients are not easily accessible to you, worry not. Some simple ways you can give your coffee an autumnal twist is by swapping out sugar and syrups with maple syrup or mixing in Nutella that has been thinned out with warm milk. If you’re not a fan of chocolate, you can also try incorporating an apple-based syrup to your coffee.

These recipes definitely are not meant to make when you want to get out of the door quickly, but they can be enjoyed on days when you are able to sleep in and take time to brew something other than just black coffee.

So I’d definitely recommend these recipes to anyone who has time on their hands to give their coffee a touch of fall. These tips will definitely warm you up and give you that much-needed caffeine kick, so try them out if you want to sip on something other than a pumpkin spice latte this fall.
And then suddenly, the stars aligned and my horoscope started to get it absolutely right — almost disturbingly so.

And then suddenly, the stars aligned and my horoscope started to get it absolutely right — almost disturbingly so. On the day Co-Star sent me “If you want people to communicate with your heart, you want them to speak the language it speaks in,” my sister and I had just resolved a week-long fight. When I received, “It’s time to grow past your fundamental self-doubts.”

But there’s a difference for these Blanket statements: the generalized qualities of the sun signs only scratch the surface of astrology. Apparently, your moon sign explains it all. And to figure out your moon sign you need to know what your sign was supposed to be. Sagittariuses are generous, idealistic, and virtuous, cursed with an insatiable case of wanderlust and truth-seeking. The 12 sun signs — based on birthdays — are taken not as suggestions or fortunes, but as permanent and reliable fixtures in our society, each with their own set of “individualized” principles.

I stepped being a die-hard believer in astrology when I started to notice discrepancies between myself and what my sign was supposed to be. Sagittariuses are generous, idealistic, and virtuous, cursed with an insatiable case of wanderlust and truth-seeking. The 12 sun signs — based on birthdays — are taken not as suggestions or fortunes, but as permanent and reliable fixtures in our society, each with their own set of “individualized” principles.

I started to live for the eeh sense that an innaminate entity (a fucking app) knew me better than I knew myself. That I didn’t need unique passions or interests because everybody seemed to already have their own ideas of who a Sagittarius was. It was more comforting than I cared to admit.

Every day, I would screenshot my horoscope and send it to my friends, exclaiming, “That’s so me!” White hundreds of thousands of other Co-Star users did the same thing, claiming the generalized platitudes as their own. Still, it would give me an extra boost of confidence that would carry me throughout the day.

Co-Star allows you to leap into a list of traits that the Internet says makes you a “total Virgin” and base your identity, quirks and strengths on a personality that has already been curated for you. For a time, it made being 20 seem simple. These accurate (or what coincidentally happened to be accurate) horoscopes gave me a sense of control over my life.

Astrology provided security because it was a way of creating order in an orderless world. It asserts itself as a philosophy without room for doubt and provides a self-assured confidence that is extremely attractive. The 12 sun signs — based on birthdays — are taken not as suggestions or fortunes, but as permanent and reliable fixtures in our society, each with their own set of “individualized” principles.

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Believe me, I tried. I based entire relationships on whether our signs were compatible or not. Even worse, I judged other people for not believing in it too, this dogma based on fear and escapism posing as cute personality traits and trendy finger tattoos.

At the beginning of this summer, I realized I was cheating myself. I had avoided engaging and actually thinking about my choices and beliefs for an embarrassing long time. Where I had once felt confident claiming all the ways I was “such a Sagittarius,” this persona began to feel meaningless.

What I did see clearly was how quickly I blindly attached myself to this belief in astrology. It was something to grasp onto, something that promised answers and truths that I became convinced I would never find without it. It assuaged feelings of self-doubt and social anxiety. I was learning to love the provided answers. I was learning to love not being me.

Little by little, I am learning how to relinquish my grip on astrology. The stuff astrologers at Breadth, Anxhela Guti, puts it simply: “It’s a tool for self-reflection, it’s not a religion or a science: It’s just a way to look at the world and a way to think about things.”

I realize that for most people, astrology doesn’t evolve into this type of unhealthy obsession and anxiety. I do question its ability to influence or even to impact. But there’s a defense for these blanket statements: the generalized qualities of the sun signs only scratch the surface of astrology. Apparently, your moon sign explains it all. And to figure out your moon sign you need to know what your sign was supposed to be. Sagittariuses are generous, idealistic, and virtuous, cursed with an insatiable case of wanderlust and truth-seeking. The 12 sun signs — based on birthdays — are taken not as suggestions or fortunes, but as permanent and reliable fixtures in our society, each with their own set of “individualized” principles.

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