“I do feel privileged to be able to leave”: UC Study Abroad Students To Leave Hong Kong

Sanya Kamidi  Deputy News Editor

A third-year UC Santa Barbara student was arrested on the night of Nov 6 for three misdemeanor charges, including the assault of a man said to be a homophobe.

The incident allegedly occurred in front of and inside Rockfire Grill at 6358 Pardall Rd on November 6.

Only a few who had family in the area would be staying, she added.

UCSAP spokesperson Myla Edmond said the program sent an email to students last Friday “strongly urging them to leave Hong Kong as soon as possible,” adding that UCCEAP was uncertain if local transportation and the airport would be affected — another cause of concern.

Edmond declined to specify the number of students who were fearing and the number who were staying, citing privacy concerns, but said that UCCEAP had heard from all of the students who were abroad and confirmed that many of them would be leaving Hong Kong in the coming days.

Ultimately, however, the program decided to leave Hong Kong up to the students themselves.

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Ona, the external vice president of the UC Santa Cruz Graduate Student Association, accused Kieffer of sexually harassing her in 2014, calling for a change in the way the Regents handle misconduct cases against themselves.

During the board meeting’s public forum, Ona, the external vice president of the UC Santa Cruz Graduate Student Association, accused Kieffer of grabbing her thigh numerous times throughout a dinner between Kieffer and various undergraduate and graduate students, held prior to the Regents’ board meeting in July 2014.

Kieffer purchased wine for the group despite the undergraduate students present. I do not drink and did not drink that night, but Kieffer did,” Ona said during public forum.

“During the dinner in the conversation, I was shocked to feel pressure on my upper thigh and looked down inadvertently to find Kieffer’s hand firmly grasping my leg. This happened throughout the evening,” Ona continued. “I was unsettled, uncomfortable and felt powerless to stop this figure of authority from putting his hands on my body.”

Kieffer, a UC Santa Barbara alumnus, has served on the Board of Regents since 2005 and his term is set to end in 2021.

UC spokesperson Claire Doan said in an email that due to student privacy laws, she could not comment on specific allegations raised at the board meeting but said the University of California “takes these allegations — as we do any allegations — seriously.”

Ora’s testimony also shines a light on the difference between the University of California and the UC Regents when it comes to handling sexual misconduct allegations — all decisions regarding Regent misconduct are handled by the Regents themselves, according to Regents Policy 1121.

“I was in a train station and somebody put his hand on my behind and squeezed, and I turned around and punched him in the stomach. That is who I am. But when you’re sitting next to somebody who’s talking about being best friends with [former California Governor] Jerry Brown, and you’re in a public space, you can’t punch him in the stomach,” Ora said.

“The difference in power between the UC Regents and the UC Regents p.6

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“The difference in power between the UC Regents and the UC Regents p.6

University Takes Second Attempt at Controversial Ocean Road Faculty Housing Project

Sanya Kamidi  Deputy News Editor

A longstanding, controversial plan to build affordable faculty housing on Ocean Road — effectively demolishing the separation between the university and Isla Vista — was presented in a formal plan at last week’s UC Board of Regents meeting, one of the first public moves for the project since it was revived last fall.

The proposal would demolish Ocean Road and cover the 1.67 acres of land up and down the street with up to 540 housing units — 180 two- and three-bedroom townhomes for sale and 360 rental units.

There is an untold and unmet need for faculty and staff housing at UCSB, which has been exacerbated by Santa Barbara’s current “very tight housing market,” the proposal wrote.

“The need for affordable, high-quality housing options remains a critical issue for recruitment and retention of faculty and staff at UCSB,” the proposal states.

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THIS WEEK’S UP AND COMING

Thursday, November
Preservation Hall Jazz Band
Campbell Hall 8 p.m.

Thursday, November
Aidy Barkan: Love and Death, Hope and Resistance
McCune Conference Room 1 p.m.

Saturday, November
Script to Screen: Bombshell
Pollock Theater 2 p.m.

In this talk, the paralyzed political activist Aidy Barkan will explore the existential questions that he has faced in the wake of his terminal diagnosis with ALS and how the American people have faced under the Trump administration. What kind of life will our children have and what kind of world will they inherit? Which questions must we accept and which ones demand our resistance? How should we spend our precious time on this earth and how should we die?

WEATHER

This morning, the Weatherman was minding hir business, when the diluted maintainence man walked into hir office and said, “I'm going to take my lunch break.” The Weatherman replied, “Okay, but remember to lock the door.” The maintainence man said, “I know, I know. I won’t forget.” The Weatherman then turned to face the window and said, “The sky looks cloudy, I think we will have a 70% chance of rain today.” The maintainence man replied, “I’ll be back in an hour to water the plants.” The Weatherman said, “Good, I’ll be here to keep an eye on the weather.”

Requesting back the full security deposit for violating ze's booty time.

SUDOKU

THE SUDOKU OF PUZZLES BY THE Mepham Group

Level: [ ] [ ] [ ] [ ]

SOLUTION TO THURSDAY’S PUZZLE

8/26/11

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

ACROSS
1 Org. where weight matters
4 Ancient Ephemeris' home
10 Pasteure calls
14 'Then...
15 Caterer's supply
17 Falk and Fonda after mud warsinging?
19 Since
20 Overhead views
21 "You got me"
26 Treated, as a patient
29 Midwinter Asian holiday
30 Southeast natives
31 "Coney Island"
32 1970s-'80s self-esteem
33 Bk. before "Lamb" (Greek race)
34 Gimlet spec
35 End notes?
36 Snare
37 Bar supply
38 Southeast natives
39 Oils a deck of cards?
40 Southeast natives
41 Barnum's Fiji mermaid, for one
42 Hosp. readout
43 Office specialist
45 Storm maker of yore
46 CIA predecessor
47 Cross-country animal
48 Pop. of 7,000
49 Falls back
50 Similar things
51 Act of love, or hostility
52 Veil material
53 Epic with more than 15,000 lines
54 Respond to a "hurricane"
55 Salon choices
56 Salon choice
57 Franco finale?
58 Designer’s concern
59 Schindler of “Schindler’s List”
60 Treads the boards
61 DPM & artist
62 Designer monogram
63 Filipino
64 ILH
65 Designer

DOWN
1 Rueux-making tool
2 Chichester chap
3 "Catch-22" actor
4 Net profit makers, briefly
5 Squat... Marie
6 Like many a mil.
7 "I’ll be right back"?
8 Subject of the 2005 book "Conspiracy of Fools"
9 Snadep
10 Driveaway
11 Fillet’s request
12 Risk affair
13 Hotel amenities
14 They’re all for it
15 Not
20 Warsaw
24 Classrooom veggie
25 River near Karachi
26 Burnside
27 Eskimo chug
28 Victorian
29 In the year 1805
30 Barnum's Fiji mermaid, for one
31 “Conroy Island” documentarian
32 39th state
33 38th state
34 "Schindler’s List"
35 Treads the boards
36 In a 70s fashion
37 Culture
38 Bar supply
39 Ring decision
40 Southeast natives
41 Barnum’s Fiji mermaid, for one
42 Hosp. readout
43 Office specialist
44 Storm maker of yore
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60 Treads the boards
61 DPM & artist
62 Designer monogram
UCSB officials have increased their proposal to demolish Ocean Road and create up to 540 housing units. The proposal would consist of 180 two- and three-bedroom townhomes for sale and 360 rental units. The project is expected to begin in late 2020.

The proposal noted that of the 16.7 acres of land, 536 units will be divided into apartments, lofts and townhomes. Nearly 15 years ago, in 2005, campus planners approved a similar Ocean Road housing plan, which would involve tearing down the famous oceanfront boardwalk. The university has not yet finalized the design, but Leachman said in an email about the project that "input from people both on and off campus will again be solicited through the project planning, entitlements, and Project Approvals."
DOG THERAPY DAY
Associated Students Senate Unanimously Passes Resolution in Support of Trump's Impeachment

Katherine Swartz
Asst. News Editor

The Associated Students Senate unanimously passed a resolution supporting the impeachment of President Donald Trump during a Wednesday evening meeting. The resolution was passed after Trump fired the Office of the Director of National Intelligence, who is currently being investigated for obstruction of Congress. The resolution calls Trump's actions a “political decision.”

On-Campus Senator Adalia Rejas called on the 57th Associated Students Senate to support the impeachment and removal of President Trump. The resolution was introduced by Asst. News Editor Katherine Swartz.

Typically, Senate meets weekly in the Flying A Studios Room of the University Center, but for the meeting, the Senate moved to Corwin Pavilion as a matter of safety and space, to ensure that the Senate generally moves to a larger space when it is “a kind of issue that likely people will want to comment on,” Ashlock said.

Speaker Ashlock expected a larger crowd due to the nature of the resolution’s topic, and 57 students were present for Wednesday’s meeting. The senator said the data renewal process took place last spring through a Google Form in Shoreline, but current organizations could sign up and update their contact information.

“Unfortunately, we lost information on about 10 organizations,” Ashlock said. “We had reached out to them on multiple occasions to invite them to complete full registration in Shoreline and up to nearly 400 organizations have. We did mention that we did contact those organizations and say, ‘You have this much time to save your website data from OrgSync, but no, you will lose it otherwise.’

Shoreline had another issue limited the number of graduate students listed, but the problem has since been fixed and graduate students are now included in the database.

All of the faculty and staff are being loaded onto the platform this week as well, Ashlock said. OSL is also working toward using Shoreline to create a more functional check-in system for key events.

“Unqualified, we lost information on about 10 organizations,” Ashlock said. “We had reached out to them on multiple occasions to invite them to complete full registration in Shoreline and up to nearly 400 organizations have. We did mention that we did contact those organizations and say, ‘You have this much time to save your website data from OrgSync, but no, you will lose it otherwise.’

Ashlock added that the resolution and set a precedent for the impeachment of President Trump, as his actions affect my constituents lives.

“The resolution also discusses the relationship between the Trump Administration and Russia. It is a simple online event registration system, which includes student engagement,” Ashlock said. “As a Senator, I have the duty of my constituents lives. I feel that it is my duty to express my support and send an email that he believes the Senate is aware of problems, such as delays in registering students from feedback the OSL had received. Ashlock said. Student organizations had trouble navigating the website and were not able to update their own sites, he added.

July 4, 2018

What do you think about the resolution? Do you support the impeachment of President Trump? Let us know in the comments below!
University of Hong Kong, the Chinese University of Hong Kong or Hong Kong University of Science and Technology.

Several universities on their semesters short last week without coordinating with students and instructors about completing courses for the term.

Anita Carraher, a third-year environmental studies major who was studying abroad at the Chinese University of Hong Kong this semester, said in an interview with the Nexus on Sunday that she was still waiting to hear from professors about how she would be able to finish her courses.

“I know Hong Kong University announced that they would be holding online classes, but what most other universities have also announced some type of online form of classes or is occurring so much worse. It wasn’t until Wednesday, violence at the edge of campus, that the university cancelled classes for the entire term.

At the Chinese University of Hong Kong – the university is made up of several different independent colleges – it has been more difficult to coordinate completions especially since each college has its own protocols, Carraher said.

Some students on campus were evacuated from their dorms, but others like Carraher were

Carraher is currently staying with family in Hong Kong.

Ora first spoke during a June 2018 Regents meeting about her experiences navigating UC Title IX as a graduate student – her general experiences navigating the UC system and the investigation process.

UC Regents

Continued from p.1

A found a few options by the case’s mediator pursue a case against Kieffer, and let it go. If she pursued a case, she would have to decide whether to go directly into an investigation against Kieffer or attempt to settle through the internal alternative resolution process.

The last fact was added on the Regents to adhere to the same Title IX policies as students, staff and faculty to ensure accountability by state elected officials to the people of California.

Ora first spoke during a June 2018 Regents meeting about her general experiences navigating Title IX as a graduate student – not relating to Kieffer – and was approached by someone of her comments.

Ora said she had told the person about what had reportedly happened with Kieffer in 2014, when he let her know that he was a “responsible employee,” also known as a mandated reporter, which means he is required by UC Title IX Policy to report Ora’s story as an instance of “sexual violence, sexual harassment or other misconduct prohibited by the policy,” to the Title IX designees.

“Ora was given no options by the caseworker” and was told to “let it go. I’ve been excluded from daily life, I experience regular panic attacks and have fallen behind in my academic progress. I’m afraid of being hacked and of being harmed and followed, as I’m aware other people [who reported sexual misconduct] have been. I had to move, I’ve lost friends and relationships,” she said.

“Until now, I’ve tried to follow the appropriate process, but it has failed because it is fatally flawed,” Ora said during public forum. “I know that all the headaches have been about someone accuses someone of something. And I do think the problem, like this, somebody did something to me … it didn’t harm me. What’s think is the larger and more long-term problem to fix in a UC Regents wrote a policy for themselves that is unjust and inappropriate,” Ora said. “All this hardly at this very moment that we have impairment hearings going on and people are asking the question of what is oversight of the government, we have to beg impeachment hearings going on and people are asking the question of what is oversight of the government,” Ora said.

“The problem is the standards for them are lower than those for the rest of us, then we’re doing something horrifically wrong”
Cajé Receives Ocean Friendly Restaurant Certification, Becoming I.V.'s First Nationally Recognized Sustainable Dining Location

Madeline Myers
Reporter

Earlier this month, the UC Santa Barbara branch of the Surfrider Foundation awarded Cajé the first nationally recognized sustainable dining location in Isla Vista.

To be designated as an Ocean Friendly Restaurant (OFR), a restaurant has to commit to a series of sustainable practices as set forth by the OFR program’s requirement sheet, including reducing waste by eliminating polystyrene products and plastic bags, adhering to proper recycling practices and providing reusable freshwater to patrons dining in the restaurant.

Additionally, restaurants are required to serve vegetarian and vegan-friendly options and provide a discount to patrons who bring their own cups and cutlery.

And as of this early month, Cajé is doing all of these things. According to manager Troy Hendry, the decision to make Cajé more sustainable was a long time in the making. He said he believes that businesses need to step up to provide environmentally friendly and sustainable options, especially in a town as environmentally conscious as I.V.

"There is something to be said about the people who did it when it was the right thing to do and not the optimal thing to do according to market demand," Schwartz explained that the OFR fee is $62.50 per year, and not the optimal thing to do when it was the right thing to do about the people who did it.

The awareness is there and appreciated, but as far as actively making Cajé more sustainable, he said. "Financially, making Cajé more sustainable will make a difference in the broader financial success of restaurants." Schwartz added that sustainable practices are environmentally friendly things that are good for our planet.

According to Schwartz’s website, the perks of being an OFR include recognition on Surfrider social media, logos and other marketing materials, launch parties, collaborative promotions and, in some cases, tax-deductible contributions.

The OFR program was founded in 1984 to protect ocean health, according to the website. The organization focuses on water quality, beach access and preservation and the protection of marine ecosystems. One of its ways to operate efficiently is avoiding single-use plastics, and it has transitioned to the disposal of disposable single-use plastics by restaurants. This program is a straightforward change, and ultimately involves negligible impact to reduce our plastic footprint." According to Schwartz, restaurants in I.V. are reluctant to commit to OFR status because there is an assumption that sustainable practices are expensive and exhaustive. This widely held belief in I.V. is rooted in the fear associated with becoming an OFR, Schwartz said.

Schwartz explained that the OFR fee is $62.50 per year, and that the cost of committing to sustainable products does not make a difference in the broader financial success of restaurants. Schwartz added that sustainable practices are environmentally friendly things that are good for our planet.

When the board discussed the availability of I.V. CSR pod releases to the public, one student — who said they are friends with one of the victims in the Berkeley incident — echoed Bertrand’s thoughts regarding the critical role that widely available information plays in the public.

"The fact that multiple sexual assaults have occurred this past month and there was a hate crime against someone who’s actually very near to my heart, it is not okay that we don’t have people standing up for us," said the student, who did not identify themselves at the meeting.

"Seeding a press release with transparency would be really helpful to the community to help us heal. Having all these incidents back to back to back has been a lot for a lot of different students and showing survivors that there are these resources that you provide as our government on a local level would be very beneficial," the student continued.

During public forum at the Nov. 13 Associated Students Senate meeting, Off-Campus Senator Kimia Hadidi also spoke about the situation and described the incident as a "homophobic hate crime." She added that one of the victims sustained a concussion, seven stitches and a broken jaw.

"I want to advocate for this," she said. "Not because this person asked me to but because hate crimes in our community are something we expect, we believe that everyone is open minded. We do have to remember that there are some people in our community who do hold that hate in their hearts."

Hadidifar called for transparency between law enforcement, the university and its students, telling the Senate that, "I think it’s a little bit unacceptable that some of us are looking at me like you’re hearing this for the first time and that we haven’t heard about it as a community from our administration."

The next day, on Nov. 14, Vice Chancellor for Student Affairs Margaret Klawunn and Assistant Vice Chancellor and Dean of Student Life Kevin Armstrong sent an email to all students regarding a "physical assault" incited by "homophobia, racism, and/or xenophobia."

"We find acts of violence intolerable, our administration."

MBT EMILY COHN DAILY NEXUS

To be designated as an Ocean Friendly Restaurant (OFR), a restaurant has to commit to a series of sustainable practices as set forth by the OFR program’s requirement sheet.

Yamasaki said. While Schwartz agreed that attaining OFR status was not a financial burden for Cajé, he said that the current demand for sustainable dining practices is still small, "the market will demand it eventually and we are already seeing small shifts. The awareness is there and growing, but as far as actively producing new sales, we are on the lookout."

Although Cajé is the first restaurant in I.V. to receive the OFR certified restaurants for Goleta and downtown Santa Barbara, including Mesa Burger, Jane at the Marketplace, Old Town Coffee, the Boathouse at Hendry’s Beach and the Santa Barbara Shuffield Company.

Moving forward, Schwartz hopes that making Cajé more sustainable will produce a domino effect in I.V.

"We are hoping to move beyond coffee shops to get a real restaurant [to become OFR certified]," she said. Schwartz and her team have presented the benefits of being OFR certified to the managers of Silvergreens and South Coast Deli in hopes that they will soon follow suit.

While Schwartz thinks that it is unrealistic for all I.V. restaurants to become OFR certified, she believes that the OFR program is gaining traction this year.

“Good habits that begin with OFR get carried on throughout the life. The ball is rolling. We are hoping to get in touch with more restaurants as the year goes on, and to spread the word about being more sustainable in any way we can," Schwartz said.
No. 6 Gauchos Set To Compete in Golden Coast Conference Tournament

Jesse Morrison  
Staff Writer

The UC Santa Barbara women's volleyball team will look to finish strong against Cal State Fullerton and UC Irvine after suffering a heart-wrenching loss to Long Beach State on Friday. Despite losing a crucial match to Long Beach State on Friday, UCSB never led and trailed by as much as 19 points in the second half but battled back, and will likely rely on their shooting to attempt the upset. If UCSB fails to do so, they could be in for another round of或多于 the UC Irvine

UCSB Women’s Volleyball Looking To End Season Strong

Nick DiPiano  
Staff Writer

The UC Santa Barbara women’s volleyball team will look to finish strong against Cal State Fullerton and UC Irvine after suffering a heart-wrenching loss to Long Beach State on Friday. Despite losing a crucial match to Long Beach State on Friday, UCSB never led and trailed by as much as 19 points in the second half but battled back, and will likely rely on their shooting to attempt the upset. If UCSB fails to do so, they could be in for another round of或多于 the UC Irvine

Men’s Basketball Aims To Bounce Back Against Menlo Park

Spencer Ault  
Staff Writer

After three straight games against mid-major conference teams, the UCSB men’s basketball team will get a bit of a break when it takes on Menlo College on Saturday afternoon in the Thunderdome.

While the Gauchos could easily look past this game as they begin their preparations for the Gold Coast Conference tournament, the Thunderdome hosts a talented squad that features several players from this past weekend.

Sophomore forward Amazon Saw led the Gauchos in points on Friday with 14 and 11, respectively, while graduate transfer forward Matt Freeman was 6-9 from the field for 12 points.

The Gauchos had no answer, however, for Beaver forward Tres Tinkle, who scored 22 points, pulled down 11 rebounds and went to the free throw line a game-high 9 times. Oregon State, as a whole, found offense much easier to come by than UCSB did and shot 56.4% from the field despite going 4-15 from beyond the 3-point line.

The Gauchos are a young team, so it is no surprise that they were tested in this stacked college water polo tournament. They played well against many of the top teams in the country.

A significant chunk of Menlo’s successful start to the season came without one of its best and most experienced players, senior forward John Paine.

Menlo missed the second and third team, something the Gauchos will look to exploit on Saturday. Menlo’s tallest player who plays significant minutes is 6’7” freshman forward Jake Tranter and 6’6” sophomore forward Freeman. While Freeman is more of an outside threat, Sow and Idehen will both have the opportunity to use their size to their advantage.

Menlo relies heavily on 3-pointers, with distance shots making up about 49% of their overall field goal attempts. The Gauchos are shooting 41.6% on those 3-point attempts and will likely rely on those shooting to attempt the upset.

Menlo might be onto something with that strategy against UCSB. The Gauchos are shooting 31.8% from beyond the arc, but their opponents are bombing away at a 44.3% clip.

Through four games, the Gauchos have proven vulnerable to the 3-point shot. That’s not to say the Gauchos’ cars and something Head Coach Joe Pasternack will likely focus on getting Saturday’s game.

Four different Menlo players – sophomore guard Ross Williams, senior guard Jeremias Testa, junior guard N’Ja’Lilanne and senior guard Carlin Wilt – have made at least ten 3-point attempts this season, and all have proven to be more than capable shooters.

Rice University had a similar array of shooters and used them to break the UCSB defense down last weekend, a result Pasternack would like to avoid this time around.

The Gauchos need to play well and stick to their fundamentals. But I think we are really ready to take this weekend on,
No. 22 UCSB Hosts Cal in Opening Round of NCAA Tournament

Richard Benites
Staff Writer

After an overall successful season, which saw the Gauchos climb as high as being ranked among the top 15 programs in the nation, Division I men’s soccer further recognized UC Santa Barbara by selecting UCSB for a spot in the NCAA Tournament.

Following a 2-0 defeat to now-No. 18 UC Davis, UCSB finished as the runner-up in the Big West Finals. Fortunately, the Gauchos’ postseason continues on with a home bout against Cal in the first round of the NCAA Tournament.

In their most recent game, the Gauchos conceded their first road loss in the entire season, resulting in an away record of 5-1-3. Despite this, the team still remains above a .700 win percentage with their overall record currently at 12-4-4. With Thursday night’s venue set to be Harder Stadium, it’s also worth noting that the Blue and Gold hold a home record of 7-3-1 on the season.

As for the Golden Bears, Cal’s season hasn’t gone quite as well as they had wanted. Early on in the regular season, they were a “receiving votes” side according to the national rankings. Since then, their form has dipped some, and the team has struggled to consistently find wins; they now stand at an overall record of 8-6-3. Nevertheless, they’ll be coming off an impressive 1-0 win over previously No. 4 Stanford and will be hungry for a second opportunity to face UCSB.

Cal is favored historically here, with the Gauchos trailing in the all-time series by a record of 11-19-3. This is also reflected in the earlier outing between the two sides back in September, when the Golden Bears defeated the Gauchos by a score of 3-0. Much will be on the line come game time, but UCSB will have an added incentive in that the last time they beat Cal was way back in 2003 – a win here will end that drought and propel them into Sunday’s second round of the NCAA Tournament.

Players to watch for among the Gauchos will be those who weren’t present in the last encounter due to international duty and ineligibility but who will surely make their presence known on the field this week. With a team-leading 9 goals to his name, as well as a pair of assists, Ballard McBride is an ever-present danger to opposing defenders whenever he gets the minutes he deserves. Junior defender Hunter Ashworth (New Zealand call-up) and senior defender Faouzi Taieb (previously injured) will also be available this time around.

On Cal’s end, their forward duo, sophomore Alonzo Del Mundo and junior Tommy Williamson, will be providing the goal threat. Del Mundo leads his side in playmaking with 9 assists, as well as 2 goals of his own. Meanwhile, Williamson is Cal’s top scorer with 9 goals total on the season; it was Williamson’s penalty-kick goal that earned the Golden Bears the 1-0 upset over Stanford.

Altogether, it’s a make-or-break game for both teams this Thursday, as the NCAA Tournament is formatted as single elimination. The winner advances to the second round’s opponent – Saint Mary’s College – while the loser will see their season come to a close.

All the postseason action kicks off this Thursday, Nov. 21, as UCSB hosts Cal in Harder Stadium at 7 p.m.
Eydress, Satchy & Apollo Soul: Fusing Rock and Soul Under Storke Tower

This past Friday KCSB-FM hosted a free concert at the UCSB courtyard underneath Storke Tower. Open to both students and the public, the concert featured an exciting lineup consisting of Apollo Soul, Satchy and Eydress. With the courtyard decked out in mood lighting and concert equipment, the show began with LA-based fusion-rock band Apollo Soul. The band is comprised of members Jack Bastian on keyboards, Matt Saunders on guitar, Cole Brossus on bass, Elliott on saxophone. The group brought a high-energy ensemble performance that also featured improvised solos. Right off the bat, Apollo Soul instilled soul into the already vibed-out audience. The first song they played for the crowd featured a funk jam riff-off between Bastian on guitar and Elliott on sax. The next song highlighted a smooth and groovy performance from Bastian on keys. The group would go on to perform “ Heritage”, “I’m A Computer” which featured atmospheric fusion-rock and Satchy’s powerful vocals, and “A Minute Now.” This inspiration could be heard from the hard-hitting mix of jazz, sax and drums, along with some soothing guitar chords. Satchy supplied the beat with some moody vocals, and it goes without saying that this majestic performance left the crowd in their feelings.

The headline and final performer of the night was Manila-based artist Eydress. Coming from the Philippines, Eydress carried a unique sound that you would definitely not hear in your everyday Filipino mom’s playlist. He started off his performance with some moody pop ballads and vocals that got the crowd ready for the coming mosh-inducing tracks. A highlight of the night was the performance of “Manila Ice,” a prolific rock song that details Eydress’ personal feelings about drug violence in the Philippines. “Manila Ice” left music lovers hypnotized and desperate to get a good view of the performance. After this track, he performed “Tonic: Masculinity,” which featured more vibed-out instrumentation and mesmerizing guitar chords. From there, Eydress got a wild reception, going at the front of the stage with punk rock tracks like “Separation Anxiety” and “I Don’t Wanna Be Your Friend.” Those at the front exploited the energy the artist gave onstage and playfully pushed and shoved their hearts out. After finishing his performance, Eydress remained onstage and played some trap beats, continuing to jam out with the crowd and wrapping up the night on a high note. This simultaneously relaxed and wild concert displayed the three performers as artists to keep an eye on and left everyone at the courtyard to discover even more hidden gems on the radio.

The night was a testament to the power of mellow rock and good vibes, effectively cutting away any anxieties about finals.
Twist! TA Won’t Even Answer Own Question

Dylan “Dyl” Wheede
Staff Writer

In a shocking but probably inevitable turn of events, the level of fucktardedness given during section in Week Eight has dropped so low that even the TA would answer his own question.

At 8 a.m. section of Greek myth faced their normally poppy grad student TA this morning, fully prepared to be as mute and uninterested as ever before.

Following the usual, mundane “How was everybody’s weekend even though it’s no longer Monday?” bullshit, the TA (whose name no one in the class could actually tell us) posed an innocent reading comprehension question to the class.

The students assumed their natural positions of sleepy indifference, but they could never have anticipated the sheer magnitude of awkwardness that followed.

“The first minute or so was fine,” recalled survivor Courtney Sheridan, “but the way he just … looked at us. His eyes grew more dead, and his face started to turn this weird color. We looked around at each other, each one of us so scared because we realized he wasn’t giving up this time. It was … horrifying.”

After 47 minutes of prolonged silence, a rescue team was finally sent to the second floor of Gravette Hall to save the students. The unnamed TA immediately returned to normal at 8:50 on the dot but will be questioned in depth on why the fuck he didn’t just tell them the answer.

“Sure, I know the answer,” student Greg Doodbreaux later admitted, “but what was I supposed to do, talk in class? No way, man. I’ve got a reputation to uphold — my beer dot but will be questioned in depth on why the fuck he didn’t just tell them the answer.

Max Myszkowski
Nexustentialist Asst. Editor

UCEN BIKE RACKS — Returning from a late-night study session, student Joe Schmoe was greeted with the supreme earthly delight of an absolutely sopping wet bicycle seat. This soggy conclusion to his midnight grind session was reportedly received with nothing but ecstatic glee from Schmoe.

“Oh goodness!” Schmoe exclaimed upon noticing the dowdy lathered pelt of seat. “I was just thinking my ass wasn’t moist enough for my liking.”

Schmoe’s ass was unavailable for comment.

“Of course, the stuff,” Schmoe alleged moistened as the waterlogged seat squelched under his buttocks.

Schmoe’s case is far from unique. Students from all across the university have shared in similar squelchy splendors on a nearly nightly basis. With the temperature sharply dropping after each triple play: Your fanny stays dry, your body stays hydrated and you conserve water at the same time. Waste not, want not, as they say.

If none of these approaches are suitable for your premium posterior, several options exist for avoiding the superb glee associated with uncovering a thoroughly drenched bicycle seat.

• Sit down on your bike seat for an hour. When you come back, you can take the now soaking-wet plastic bag and put it in your backpack right next to your laptop. Your backside will be spared, but god, at what cost.

• Put a plastic bag over your bike seat before you head off to class in the morning. When you come back, you can take the now soaking-wet plastic bag and put it in your backpack right next to your laptop. Your backside will be spared, but god, at what cost.

Max Myszkowski’s bike seat is dry, but his soul is wet.
A Simple Guide to Cooking With the UCSB Food Banks

Liliana Linan and Michelle Stolzman

One of the best things about having this resource is the multitude of combinations you can come up with! Here are some recipes you can create from some of the resources at the food bank.

NUETZEL-STUFFED FRENCH TOAST

Even though this breakfast looks, smells, and tastes fancy and complicated, it’s a very simple and indulging meal. What makes it even better is that you can get the bread and fruit used in this recipe from the food bank on campus! Impress your friends with this Sunday morning dish, and have your entire floor wishing they were as talented as you.

Ingredients:
• 3 large eggs
• 1/4 cup of your milk of choice (I used 2% but I love oat milk)!
• 1/4 teaspoon vanilla extract (I ran out so I didn’t use any but it adds a great flavor)
• 1/8 teaspoon cinnamon
• 3 slices of bread (I used the potato bread from the food bank!)
• 1 jar of nutella
• 1 bottle of syrup
• 1 tablespoon butter
• Optional: bananas (you can get from the food bank!), strawberries or powdered sugar

Directions:
1. Whisk the eggs, milk, vanilla extract and cinnamon in a medium-sized bowl.
2. Grab one slice of bread and mix as much Nutella as you want on it, and then place another slice of bread on top to create a sandwich.
3. Melt a bit of butter in a pan on medium heat and place the sandwich in the pan, cooking each side for about two minutes.
4. Top your french toast with your fresh fruit, maple syrup and, if you’re bougie, powdered sugar. Enjoy!
5. *Bonus step: Cook some eggs on the side for a more complete breakfast.

MIRAMAR FOOD PANTRY

When I went on Thursday, the restock day, they had a wide variety of options. Since they have freezstones, they can store more temperature-sensitive items like eggs. They have tons of packs of eggs available; however, they tend to run out fast! We managed to get: asparagus, butter lettuce, celery, peppers, canned corn and eggs. They do offer more options, but it is far from the main campus.

CHICKEN RISOTTO

The following recipe is for a simple risotto I made using ingredients gathered from the food bank. These are the general steps I like to follow however, sometimes I like to add other ingredients like diced mushrooms or seafood! This recipe can be made using vegetable stock instead of chicken and you can omit the parmesan for a vegan alternative.

Ingredients:
• 1/2 cup of long-grain rice
• 1 1/2 green onion
• 3 cloves of garlic
• 2 tablespoons of butter or olive oil (or a combo)
• Salt and pepper, to taste
• 1 cup of chicken broth
• 2 cups of water
• Grated parmesan

Optional: basil leaves

Directions:
1. Peel the outer layer of the onion and cut in half. Then dice half the onion. Peel the outer layer of garlic and finely mince. Measure out approximately a half-cup of long-grain rice and set it to the side.
2. Heat the chicken stock and water in a small pot on the side. Alternatively, you could microwave it in a large bowl for 1 1/2 minutes after adding the rice to the pan (refer to step 5).
3. Heat up the butter or olive oil in a frying pan on medium heat.
4. Add the onion to the frying pan. Season with salt and pepper. Allow it to cook until all of the onion has turned semi-translucent. Then add the minced garlic.
5. Add the rice to the garlic and onions. Saute until semi-golden.
6. Add half-cup of chicken broth and water to the rice. Once it boils off, add another 1/2 cup. Continue until out of chicken stock. Be sure to stir during this process.
7. Add parmesan until the mixture thickens. (Typically you should add around 1/4 cap, but if you like extra cheese, go for it!)
8. Add chopped green onion and basil.
9. Garnish with green onion and basil and serve.

MINI APPLE CRISP

During the fall season, my mom would always make apple crisp using apples from our tree in the backyard. Since I’m at college during the fall, I haven’t been able to enjoy an apple crisp in a very long time. Since the food bank always has a good supply of apples and oats, I decided to try to make a personal-sized apple crisp!

Ingredients:
• 1 apple
• 3 tablespoons of sugar
• 2 teaspoons of cinnamon
• 2 tablespoons of oats
• Butter or oil

Directions:
1. Preheat oven to 350 degrees Fahrenheit.
2. Peel the apple skin off the apple.
3. Cut the apple in half and take out the core. Then slice the apples into two small pieces.
4. Coat the apple pieces with two tablespoons of sugar and one teaspoon of cinnamon.
5. Coat the bottom of your ramekin or bowl with a thin layer of butter or oil to prevent sticking. Use medium-sized glass pyrex bowls since they are oven safe.
6. Place the apple pieces into the oven-safe container.
7. Mix the oats with the remaining tablespoon of sugar and one teaspoon of cinnamon.
8. Cover the top of the apples with the oat sugar mix.
9. Place in the oven for 45 minutes.
10. Let cool, then serve.
Mental Health in Medicine: Presented by Vania Manipod, D.O., at UCSB

Sean Crommelin
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On Nov. 14, UCSB Phi Delta Epsilon, a co-ed medical fraternity, invited psychiatrist Vania Manipod to UCSB to speak on her experience dealing with psychological issues plaguing pre-med students and medical students, namely burnout. According to Manipod, what makes burnout so pernicious is its prolonged and excessive stress. According to Manipod, systems and institutions in their current form are not adequately resolving this.

This is a system-wide issue. So many people are experiencing this, it’s something that the systems need to be able to address as well. Burnout is not just solo problem. There are ways that we can learn to deal with our own individual stress, but it is a restorative problem that educators and our health care system needs to address.

A significant takeaway for many audience members was that they weren't the only ones having those feelings or thoughts relating to burnout, which was “reassuring” for third-year biopsychology major Kerola Ortega.

One common concern among pre-med students in the audience was hesitation on taking time for themselves—to practice self-care. “I know before this talk I felt very guilty about taking a gap year before entering medical school. But now I feel more comfortable about being able to take a gap year, that needed break from after doing four years at UCSB” Angela Calaguas, fourth-year biopsychology major, stated.

In addition to dealing with academic pressure, many pre-med students face familial pressure that may intensify their sense of burnout or mental health issues. According to Manipod, systems and institutions in their current form are not adequately resolving this.

"Sometimes we don’t think ahead about how as pre-med students, if we continue these bad habits of not caring about our mental health, it can continue on into our [future medical] practice," she remarked. "So at the very beginning of working to endgraduate..." Manipod described an impactful moment in which she was told, “I cannot think of anyone that this [mental practice]...” I kept thinking, "What if they left too long to take time off? Would they still be here? I don't know. But that’s why I keep bringing this up..."

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The Opioid Crisis: Big Pharma Needs To Take Their Crimes

Jennifer Sor  
Staff Writer

Jennifer Sor is a second-year student who still occasionally cries when cars honk at her. "I feel like I'm not getting what I need from this office," she says. "I want a cookie? Take one, I'm prediabetic. My wife is going to kill me."

Jennifer's mother June has struggled with addiction ever since she was young. "I used to smoke cigarettes in high school," June recalls. "I thought it was glamorous." Jennifer was only able to avoid taking drugs because she had a strong support system.

The issue of improper advertising and prescribing by pharmaceutical executives has been a hot topic in the Democratic presidential debates. Several candidates are unhappy with the fact that doctors are being influenced by pharmaceutical companies to prescribe ineffective and overprescribed opioids and sedatives. Many people believe that this is a direct result of the influence of large pharmaceutical companies on political campaigns.

The opioid epidemic has claimed millions of lives but has also resulted in the deaths of countless numbers of children. These deaths have severely impacted their families and communities. However, the main focus of the debate has been on the role of big pharma in this epidemic.

Jennifer feels that big pharma needs to take responsibility for their role in the opioid crisis. "They need to be held accountable," she says. "They need to pay for the damage they have inflicted on so many lives." Jennifer is not alone in her belief. Many people feel that big pharma needs to be held accountable for their role in the opioid crisis.

Jennifer sees the opioid epidemic as a public health crisis. "It's not just about the individuals who are suffering," she says. "It's about the whole country." Jennifer believes that the government needs to do more to address this crisis. "We need to hold big pharma accountable," she says. "We need to make sure that they are paying for the damage they have done."