

# How Social Media Created a Political Enemy

International student Alagie Jammeh risks imprisonment and execution to speak out against homophobia



LORENZO BASILIO / DAILY NEXUS

The Facebook status Jammeh posted defending homosexuality directly contradicts the views of his distant uncle, president of the Gambia. Now he cannot return to his homeland without fear of death.

#### EMILE NELSON Editor in Chief

"No one should be denied their fundamental basic human rights because of their sexuality," Alagie Jammeh posted on Facebook in September 2014. By November of that same year, Jammeh found his world crumbling around him.

Jammeh is a third-year global studies major at UCSB who could face life imprisonment or worse for his pro-LGBTQ views if he ever returned home to the Gambia. Jammeh came to California as an international student from the Gambia on a presidential scholarship in 2011. After posting his views on Facebook, he was cut off from his scholarship, friends and family, and may still lose his life.

The Washington Post quotes President Yahya Jammeh of the Gambia as having said, "If you are a man and want to marry another man in this country and we catch you, no one will ever set eyes on you again, and no white person can do anything about it."

Having grown up in the Gambia under the rule of President Jammeh — his distant uncle — Jammeh learned that homosexuality was one of the greatest sins humans could commit.

"They keep teaching people that homosexuality is evil and bad ... They have this big law that homosexuality is the worst crime you could do as a human being," Jammeh said. "When I got here [California], I see a different story."

After learning his roommate and good friend identified as homosexual, Jammeh began to question the anti-gay views he was taught in his home country. And, in an attempt to show solidarity with his roommate, Jammeh wrote those 14 words that may one day get him killed.

Within hours after posting the message on his Facebook, Jammeh received a call from a relative in Gambia saying, "If the government sees this thing, you are dead."

"I deleted the message," Jammeh said, "but it was too late."

The comment Jammeh wrote directly contradicts the views of his uncle, the president, and he soon found himself stripped of his scholarship, ostracized from his country and fearful for his survival.

"Going back to the Gambia is like committing suicide," Jammeh said. "There are people who might feel sorry, but not really sorry."

For months after posting this message, Jammeh was forced to sell many of his personal belongings, live in his own car, shower in the Recreation Center and hope for his next meal, all while continuing to attend UCSB and maintaining a GPA well above average.

History Department Chair Sharon Farmer taught a class which Jammeh attended during this time, and said she was amazed to discover he was living in his car the entire time.

"He is clearly a very sincere student, and to find out that the whole time he was in my class [he was living in his car] ... He made it through two quarters and didn't tell anybody" Farmer said.

Jammeh said during these months he was still expecting his government to begin providing him financial support again, but he never saw another penny.

"For two months, the money was on the way ... never came," Jammeh said. "When I go to

JAMMEH p.7

## Isla Vistans Write to Keep Plastino

MEGAN MINEIRO News Editor

Isla Vista stakeholders recently drafted a letter to Santa Barbara County Sheriff Bill Brown requesting Rob Plastino's term as the I.V. Foot Patrol lieutenant be extended during what many view as a critical turning point in I.V., as long-term residents, students and university and county officials work to improve safety and stability in the community.

Residents are currently gathering signatures with the letter to demonstrate the community's support for the request before submitting it to Sheriff Brown next week. While the practice of the Sheriff's department is to rotate IVFP leadership approximately every two years, individuals throughout I.V. believe Plastino's role in projects such as training the soon-to-be appointed Community Resource Deputy (CRD) and preparing for the upcoming events of Halloween in the fall is important enough to lengthen the lieutenant's term by a year or two.

Plastino said he is both humbled by the community's request that he remain in I.V. and "more than willing and very pleased" to continue to serve with IVFP if Sheriff Brown extends his term.

"I work at the pleasure of the sheriff. If he feels, based on community input, that I would be best suited to remain in Isla

Vista ... then I am all for it," Plastino said. "I want to be where I can best be used, and the fact that the community sees me as an asset here is very humbling."

Santa Barbara County Sheriff's Office Volunteer Chaplain Father Jon-Stephen Hedges said while he understands Plastino will be putting his own career on hold by remaining in I.V. rather than gaining additional experience at a new station, he believes Plastino's leadership is key at a time when I.V. is "at a crossroads."

"I would love to see him have the best possible career," Hedges said, "but the highest and best thing any of us can do is to serve the community that we have been responsible for, and he would just be the ideal one to continue to do that for a while."

Santa Barbara County Third District Supervisor Doreen Farr also said she believes Plastino's continued leadership of IVFP is important given the many new projects developing in I.V.

important given the many new projects developing in I.V. "This is a particularly critical juncture in the history of Isla Vista,"Farr said. "Lieutenant Plastino has been a really important part of these discussions and efforts and I think it would be really good to have that continuity of leadership right now, and certainly with the hiring of a community resource deputy, which was a very high priority for the community."

#### PLASTINO p.3



Isla Vista stakeholders drafted a letter to SB Sheriff Bill Brown hoping to extend IVFP Lt. Rob Plastino's term, during a crucial time for I.V.

#### DAILY NEXUS CALENDAR



Check out the events calendar at www.DailyNexus.com/events/

#### An American in Paris: FREE SUMMER FILM SCREENING July 31 @ 8:30 PM

This summer's light-hearted film series features FREE screenings of seven musical movie classics. Films will be screened Wednesdays at 7:30 p.m. at the UCSB Isla Vista Theater and Fridays at 8:30 p.m. under the stars at the Santa Barbara County Courthouse Sunken Garden. The series runs through August 21. An American in Paris earned eight Academy Award nominations, winning six (including Best Picture), while striking box-office gold. In this sparkling musical, an ex-GI remains in Paris after WWII to pursue his life as an artist and falls in love with an alluring (but engaged) perfume-shop clerk. Dazzling dance sequences showcase the glorious melodies of George and Ira Gershwin, as well as the inimitable talents of Gene Kelly and Leslie Caron, in her beguiling screen debut





Fiber Art Sculptures July 31 @ 11:00 AM

This Month Features: "DESERT POWER" from The Arrakis Collection "MERLIN'S BEARD" from The Haunted Portrait Collection Hours: Monday through Saturday 11am-5pm, Sunday 1pm-5pm. GALLERY 113 1114 STATE ST. STE 8

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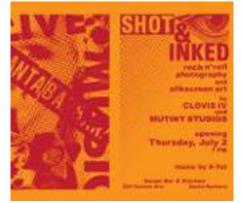
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Santa Barbara, CA 93105

#### UNIVERSITY OF CALIFORNIA, SANTA BARBARA



#### Shot & Inked: Rock n Roll Photography and Silkscreen Art

Collaborative art show by Clovis IV Photography and Mutiny Studios. From beautiful photos of bands and musicians to hand-printed silkscreened show posters and portraits, Shot and Inked focuses on the visual art and people that surround the sonic experience of music. Show will be up throughout the month of July. **SEVEN BAR** 

224 HELENA AVE SANTA BARBARA, CA 93101

> Rossini's Cinderella Saturday, August 1, 2015 @2:30 PM



She's a fairytale heroine who has had many different names, including Cendrillon, Cenerentola, Ashenputtel and Cinderella. Whatever she's called, almost everyone knows her story. She's the innocent girl, abused by her dangerously dysfunctional family, who winds up marrying a handsome prince. **The Granada Theatre 1214 State Street Santa Barbara, CA 93101** 

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individual sections and editors can be found at www.dailynexus.com

University of California, Santa Barbara PO Box 13402 UCEN Santa Barbara, CA 93106 Art Exhibition: Parkinson's: Along the Road to Hope Sunday, August 2, 2015 @11:00 AM



Hospice of Santa Barbara welcomes local artist Dr. Daniel Joseph , who is living with Parkinson's disease and will display his art at the Leigh Block Gallery located within Hospice of Santa Barbara on Aug. 2, 2015 for a special, one-day exhibition. Hospice of Santa Barbara will host a wine and hors d'oeuvres open house reception for the new exhibit, "Parkinson's: Along the Road to Hope."

2050 ALAMEDA PADRE SERRA, SUITE #100, SANTA BARBARA , CA 93103



#### Solo Art Exhibition and Open House Friday July 31, 2015

Join Hospice of Santa Barbara for its next art exhibition and open house on Wednesday May, 13th at 5:30 p.m. Enjoy wine, hors d'oeuvres, and refreshments while viewing James Petrucci's art exhibit entitled, weightless, which attempts to explore moments of profound meaning, and "the memory and the feeling left over from those fleeting experiences." The exhibit will feature imagery that explores the passing of time and renders landscapes through the lens of fading memory. Petrucci is a self-taught artist from Santa Barbara and has showcased his work in many national juried shows. He was the recipient of the William T. Colville artist grant in 2009 and also received the Arts Fund Individual Artist award for two-dimensional figurative work in 2011. He is also a current member of The Ojai Studio Artists group. Twenty-five percent o the show's sale proceeds will be donated to Hospice of Santa Barbara. Exhibition Dates: May 13th, 2015 - July 31st, 2015

#### WEATHER

The Weatherhuman is having trouble finding employment. It seems like there are no jobs that fit hir interests in the weather sciences.

Tomorrow's Forecast: The Weatherhuman has 5-7 years of experience in drinking and is ready to take an entry-level position.

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## PLASTINO ==

I.V. Recreation & Park District Board of Directors member and UCSB alumnus Jacob Lebell said it takes time to understand the conditions and particularities of a community as unique as I.V.

"We all feel really good about Rob, and the risk of going through someone completely new and that whole learning curve ... It seems like it would make the most sense for everyone if he could stick around longer," Lebell said.

Plastino served as the IVFP lieutenant during some of the most difficult events in I.V.'s history, according to Farr.

"He has been here through good Halloweens and bad Halloweens, a really bad Deltopia and the terrible mass casualty event with Elliot Rodgers and so he has really experienced the very worst that can happen in the community," Farr said. "But to see the strength of the community coming together, the resiliency of the community, the memorial events — he's been a part of those."

Hedges also said he believes it is important to retain Plastino's leadership for a longer period of time given Plastino's experience in I.V. over the past few years, rather than bringing in a less knowledgeable replacement.

"Rob Plastino is somebody who is battlefield-tested. He has the confidence of all of us," Hedges said. "I would really propose that in the next few months or even the next couple of years; it isn't the time to be making a change at that post. I can't imagine that it would be any better than Lieutenant Plastino."

According to Plastino, a CRD has been selected from among the four candidates and must now be approved by Sheriff Brown before being announced to the community.

"The Sheriff has to approve that person," Plastino said. "I can then call them all and tell them how they landed on the list and we can let the person know whose number one that they have the job."

Plastino said if the Sheriff makes a decision by next week, then the CRD would begin work in I.V. on August 17.

"I would start a very saturating type of program to get them involved in the community, introduce them to the people that will help direct what they do," Plastino said. "So there's a lot of work that needs to be done with the CRD and training them up and I would be the person to train them and I would be the one to introduce them to the key players in Isla Vista"

be the one to introduce them to the key players in Isla Vista." Associated Student External Vice President of Local Affairs, IVRPD Board of Directors member and third-year history of public policy major Paola Dela Cruz said Plastino worked to have two community members on the oral panel to interview the candidates applying for the CRD position.

"It was Lieutenant Plastino who thought to have two community members on the panel that interviewed the candidates. So we had a community representative and a student representative and it was really him; he had to go to the union and ask for permission," Dela Cruz said. A.S. Senator, Liaison to the Public Safety Commission and

A.S. Senator, Liaison to the Public Safety Commission and third-year history of public policy major Ashcon Minoiefar said Plastino has repeatedly "put his neck out" to help students accomplish their goals to improve I.V.

"Because of him, we've gotten the programs and initiatives that we wanted for the past year. So he's been incredibly instrumental," Minoiefar said. "Without his support we wouldn't have done half the things we did."

Long-time I.V. resident and UCSB alumna Sue Whisenand said she wrote the initial draft of the letter and plans to submit it to Sheriff Brown next week. The I.V. Food Cooperative and UCSB A.S., as well as 22 community members, have signed the letter to show their support for the request to keep Plastino in I.V., according to Whisenand.

"It may be the Sheriff will say no, 'We need to stick to the protocol'... but he may say, 'No, we need to give Rob another year or two'," Whisenand said. "We are at a critical point right now ... We want to make sure everything Rob has started is really going and moving forward because he is making a big difference."

Long-time I.V. resident Pegeen Soutar also said Plastino has been an important influence behind the movement to improve safety in I.V.

improve safety in I.V. "There is really great momentum behind building a safer community and I really feel the Lieutenant has been one of the instrumental people in helping to bring that about," Soutar said. "The experience that he has, the bridges that he's already built, I think will just be super important over the next year or two if we could keep him here."

Plastino said if Sheriff Brown does choose to replace him he hopes he can offer input into which officer is selected to lead IVFP.

For the full story, see dailynexus.com

### UCSA Board Meeting Discussed UCSHIP, UCOP at Haas School The July meeting went over future UC Secretary of State visits and relations with the UC Regents

#### BETH LEBENS County News Editor

The University of California Student Association (UCSA) discussed various issues concerning UC students Saturday and Sunday in a board meeting at the UC Berkeley Haas School of Business.

UCŠA is a UC-wide student advocacy organization governed by student officers, a student board made up from External Vice Presidents (EVP) from each UC campus' undergraduate and graduate student governments and staff members. UCSA meets monthly and in its July meeting discussed Secretary of State visits, student health insurance, the upcoming UCSA Congress and relations with UC Board of Regents and UC Office of the President (UCOP).

UCSA Undergraduate Organizing Director for Southern California Paty Arroyos said UCSA will help facilitate visits to each UC campus from California Secretary of State Alex Padilla.

"He's very interested in making his rounds at each UC in the fall, pertaining specifically to voter registration and civic engagement," Arroyos said. "If you all are hosting voter-type events on campus, or usually Welcome Week is a good type of week with all kinds of events happening, we can coordinate some sort of visit with the Secretary of State on your campus."

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In a report on the upcoming UCSA Congress, UCSA Communications Director Anais LaVoie said registration is lower than past years, likely due to a change in protocol that allows for one vote per campus rather than one vote per delegate, as in previous years.

"We are at 324 attendees, which is a little less, but we sort of anticipated that with the change in voting," LaVoie said. "It's less incentive to bring a lot of people."

Former UĈSÂ board member Louise Cabansay gave an update on the University of California Student Health Insurance Plan (UCSHIP) and said it will be requesting

personal information from students who have previously declined to report this to UC due to a federal mandate that insurance providers attempt to report policyholder information directly to the IRS.

"I think the most prevalent thing is the IRS mandate for reporting information about students who have health insurance so that the IRS knows you have health insurance so that you won't be penalized on your taxes," Cabansay said. "What that includes is the reporting of information about students such as their social security numbers, date of birth, etcetera, to the IRS."

According to Cabansay, UCSHIP will also require students to submit vaccination records due to the recently passed California Vaccine Bill (SB 277).

"With the new vaccination law that we have in California, the UC is also going to have to enforce vaccination policy, making sure you submit your vaccination records before getting insurance from the University," Cabansay said.

According to UCSA Board Chair, acting UCSA President and UC Berkeley student Kevin Sabo, UCSA's July 7 meeting with UC President Janet Napolitano gave the board the opportunity to discuss pressing issues and introduce its proposed Student Advocacy, Governance and Engagement (S.A.G.E.) UC-wide fee, for which Napolitano voiced support.

"We chatted about student mental health, getting clarification and more information," Sabo said. "We also gave her the initial presentation on S.A.G.E. She responded very well to, so she has expressed interest in working with us on that and moving it forward."

Sabo said the meeting with Napolitano was productive and she "responded very well" to UCSA's suggestions and concerns

"responded very well" to UCSA's suggestions and concerns. "All-in-all it was a great meeting," Sabo said. "We chatted about increasing the number of times we meet with her, and she told us we should talk to her chief of staff."

UCSB External Vice President of Statewide Affairs and fourthyear black studies and sociology double major Mohsin Mirza also said UCSA's consultation with UCOP has been "far too minimal," but he is hopeful communication will increase.

These meetings help students pressure the UC into making changes

that we need to see, whether it be in regards to the expansion of mental health services or in greater transparency for fee increases,"Mirza said. "It's looking like the number of meetings we will have with President Napolitano will increase this year. Now it's up to us to use these meetings to advocate effectively and to raise the issues we need"

The board then discussed its positions on the pending confirmations of UC Board of Regents appointees John Perez, Eloy Oakley and Gareth Elliott.

Sabo said he thought UCSA should support the confirmation of Perez, former speaker of the California State Assembly, because he shares many of its views on "Regent reform" and increased student participation and proposed a vote to repeal the most recent tuition increase.

"We have a natural ally in him," Sabo said. "I, as acting UCSA president, could not more strongly recommend his confirmation." Sabo said Oakley the current superinterdent and president of I

Sabo said Oakley, the current superintendent and president of Long Beach City College, sponsored Assemblymember Das Williams' Assembly Bill 955, which created two tiers of community college tuition by de-subsidizing high-demand classes often needed to fulfill transfer requirements.

"So basically, if you have more money needed to get the Disney Fast

Track Pass to get to your class, then you would be able to do that, but for those of you who don't, you would be stuck in line," Sabo said. "He championed that."

Sabo said despite his concerns, he did not want to "actively" oppose Oakley's confirmation.

"I don't know that I want to fight the battle of opposing him," Sabo said. "Chances are he will get confirmed and I don't want an enemy on the Regents for the next 12 years, but I don't know that I'm excited about the idea of giving a positive recommendation."

UCSA Government Relations Director Sean Connelly said the board asked the three Regents

pending confirmation to meet with board members, and only Perez has done so.

"We did invite all three of these individuals to sit down with the executive committee and discuss their priorities and goals for the year," Connelly said. "Mr. Perez did take that invitation pretty much immediately and met with several students at the UCSA office. The other two have not responded to those requests."

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The board unanimously recommended confirmation of Perez, took no position on the confirmation of Oakley and recommended confirmation of Elliott with a vote of 6 to 3.

UC Student Regent and fifth-year economics major at UC Los Angeles Avi Oved presented his Student Regent Shared Governance Proposal, which would establish a student advisor position to aid the student regent and hold a voting seat on the Board of Regents. The advisor would be from a different educational level from that of the student regent, for example an undergraduate student regent would require a graduate or professional student advisor, and vice versa.

Oved said the Proposal aims to bring a different perspective into the student representation on the Board of Regents.

"As you all know, we all face very unique issues in our own communities and our own educational programs, as we deserve an opportunity and platform to address those issues effectively," Oved said.

"The point of the position is to increase not only the diversity of the board but diversity of experience."

The board then discussed S.A.G.E., which would be a three to six dollar UC-wide fee to support UCSA.

Sabo said students would have the option to opt out of the S.A.G.E. fee, because it would support lobbying efforts with which students may not agree and state law requires fees being used for political action be voluntary.

"It actually brings the decision making capacity to the student and gives the student the right to determine whether or not they want to support UCSA," Sabo said.

Âccording to Sabo, S.A.G.E. would allow more students to participate in statewide student advocacy and lobbying efforts. *For the full story, see* dailynexus.com

- Mohsin Mirza

It's looking like the

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Napolitano will increase

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advocate effectively...

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# Seeks Alumni

Josh Ortiz Staff Writer

When UCSB alumnus Maia Kurland started her new job in January, she found herself in a work atmosphere with people she deems "incredibly intelligent" and "genuinely driven," following the simple motto #LoveWhereYouWork.

It's weird — not everyone gets to have this. I get to go to a place where I look forward to waking up and going to work because Î'm enjoying what I'm doing," Kurland said. "I feel lucky to be in this environment."

Business Insider recently ranked UCSB eighth on its list of "The 20 universities that are most likely to land you a job in Silicon Valley," beating out schools like Carnegie Mellon, UC Los Angeles, UC San Diego and the University of Southern California. Kurland is one of many UCSB graduates employed in the area, where she works for an inside sales team at one of the Silicon Valley's largest internet giants: Twitter.

UCSB's Computer Science Department Chair Ambuj Singh said he believes a large number of UCSB graduates find employment opportunities in Silicon Valley companies because of their connections to UCSB computer science alumni and faculty members already working at technology companies there.

"I think it's no secret that we have built a strong pipeline to the Silicon Valley," Singh said. "Once you have that kind of relationship going, it just makes it easier."

Singh also said computer science faculty members start their own small tech companies, which inspires students to pursue jobs at startups and prepares them to work in the Silicon Valley.

"A number of faculty members really are quite busy with startups," Singh said. "They bring up this culture of trying to do new things and working at new companies."

UCSB Career Service Associate Director Emily White said major Silicon Valley companies like Google, Oracle and Hulu frequently come to the on-campus career fairs and post on the online job board to find new applicants.

"Silicon Valley companies are some of the biggest companies that are coming to UCSB," White said. "We have a lot of companies from the Silicon Valley posting onto the job board — tiny companies to big, huge companies like Google and Facebook."

According to White, recruiters value UCSB students because employers believe they not only have "great technical skills" but they also possess "great people skills" and communication skills.

"What I hear from a lot of companies is that our students are really well-rounded," White said. "They think our students have great personalities."

Third-year computer engineering major Garrison Carter said he began his internship with Hewlett-Packard (HP) in June as one of six selected from a pool of 500 applicants. According to Carter, being a "well-rounded" student athlete on UCSB's cycling team is what set him apart from the many applicants.

"According to my managers, they were looking for someone who was well rounded and could manage their time between multiple different tasks well," Carter said in an email. "They also were looking for UC students who not only had the skills needed for the job, but also had experience in real world situations."

Carter also said HP looked highly upon him because of his hands-on experiences and education in UCSB's College of Engineering.

"[HP] viewed me being a student at UCSB as a positive because they said our university focuses on both academics and its real world applications," Carter said in an email.

According to Kurland, Silicon Valley companies like Twitter, LinkedIn, HP and Facebook provide their employees with "extra perks" that are hardly found in any other workplace, such as a gymnasium on company grounds or the motivational phrases around the offices.

"It's an exciting world to be in because it is rare," Kurland said. 'Even now that I'm eight months in, I still get home and I feel grateful to work at Twitter."

Kurland said attending a large university like UCSB taught her the value of self-reliance.

"Having a school that large, there are no people there to hold your hand the whole way," Kurland said. "It gave me motivation to realize that I'm going to figure it out alone."

Kurland said her biggest takeaway from being a student at UCSB was the confidence to independently pursue whatever career path she chose.

"When I was applying, I knew I wanted a sales job because I wanted to learn a new skillset," Kurland said. "That's the thing that kind of independence. UCSB prepared me for that kind of independence."

# Silicon Valley | Assistant Materials Professor Wilson Awarded Keck Grant



Stephen Wilson

#### JULIET BACHTEL Asst. News Editor

UC Santa Barbara Assistant Materials Professor Stephen D. Wilson recently received a \$1 million grant from the W.M. Keck Foundation to grow materials for advancing modern technologies.

Wilson's grant is expected to last three years and will fund his project to grow new, exotic materials. Wilson aims to create a refined ultrahighpurity crystal growth process that could theoretically lead to new quantum states

Wilson said his group focuses its research on exotic electronic bases. We are trying to prove interesting new quantum states that have been predicted,"Wilson said. "Trying to characterize the properties of these systems, trying to try and find what knobs we can tune and look for these new states. This is a big picture model."

According to Wilson, his lab is working to build on theoretical prediction.

"What we do is try to explore material space by growing single crystals of materials and then use a sort of an array of electronics properties tools here on campus and off campus,"Wilson said. "You look for materials that exhibit those kinds of behavior.

Wilson said one of his main focuses is to create a "clean" single crystal growth and closely study the material.

You want to eliminate any extrinsic factors or anything that can hide the signatures of many of these new quantum states that you are looking

for,"Wilson said. "You also need to be able to study the detail properties of the material."

Wilson said single crystals are fundamental to scientific progress. "A lot of major discoveries are made by single crystals because they're very clean and you can recognize the subtleties of their behavior,"Wilson said.

Wilson said he will use the grant to expand the capabilities of his field.

"The award is to try and push the frontiers of high-purity single growth that we can do,"Wilson said.

Wilson said the cleanest way of growing crystals is a floating zone, where a material is pressed onto a rod and melted, creating a droplet and fused with an already crystalized seed crystal.

"This molten material is suspended between the two by its surface tension,"Wilson said. "You then cool it slowly, called unidirectional solidification, and it will crystallize on the seed and grow a single crystal.

Wilson said this process creates a pure crystal. "The floating zone aspect is when you're doing this, the liquid part,

that is suspended between the seed and the rod isn't touching any containers and its 'floating' so it doesn't get any containments," Wilson said.

Wilson said the floating zone technique uses optical heating, focused light from a light bulb in an optical mirror, and does not work under high pressure with volatile materials.

"You can't really do that under high pressure," Wilson said. "Things, when you melt them, if they're really volatile, if they start evaporating really fast, then it goes everywhere and you can't stabilize crystal growth. So trying to do this under high pressure has been limited for a long period of time."

Wilson said he hopes to use the grant money to build a tool to grow volatile oxides with floating zones to access ultrahigh-purity form.

"It turns out that all the new materials we want to look at in high ultra-purity form are volatile materials and so we are trying to re-envision the floating zone to address that type of materials challenge,"Wilson said.

First-year College of Creative Studies physics major David Rower said Wilson's research could lead to the creation of valuable new material

"It's incredible to think that, if Wilson realizes his agenda with the money, he might produce science much more valuable than \$1 million,"

Rower said.

Third-year CCS physics major Liam Stanton said he is excited to see what Wilson's lab produces using the grant.

"Materials science is very complex, yet strives to be exceedingly simple at the same time," Stanton said. "It really is amazing how worldclass the staff and faculty here at UCSB is and how much they're going to impact the world with their findings. I can't wait.'



#### UCSB To Go Water Wiser Recycled water use to extend to more campus resources, including on-campus laboratories

#### EFFIE SKLAVENITIS Reporter

UC Santa Barbara plans to reduce potable water use by 12 percent by March 2016 by further utilizing water recycling technology on campus.

This goal follows a UC-wide mandate for campuses to reduce water use by 20 percent by 2020 and matches the Goleta Water District's water conservation goal. UCSB worked with the Goleta Water District to modify and expand its permit for the use of recycled water. Ninety percent of campus is already irrigated with recycled water, and recycled water accounts for 25 percent of its total annual water use.

Recycling and Water Efficiency Manager Matthew O'Carroll said the university plans to achieve this goal through large-scale changes to campus buildings and operations.

"UCSB seeks to achieve the 12 percent reduction in potable water use through continuing to optimize efficiency in industrial applications and laboratory processes and in on-campus residences and academic buildings," O'Carroll said.

UCSB has already taken steps to conserve water through recycling technologies, according to O'Carroll.

UCSB has a long history of effective water conservation and efficiency efforts," O'Carroll said. "The one effort that stands out in particular is the use of recycled water."

According to O'Carroll, the 12 percent reduction will save more than 19 million gallons of water.

Environmental Affairs Board (EAB) Co-chair and third-year computer science major Nicholas Frey said he applauds the university's efforts to conserve water.

"UCSB has a lot going on already concerning potable water conservation," Frey said. "Our per capita water usage is something like 22 gallons per day which is quite a contrast to the average of 60 in our local water district.'

According to O'Carroll, UCSB Sustainability's LabR.A.T.S. (Laboratory Resources, Advocates, and Teamwork for Sustainability) program plans to reduce water consumption in UCSB labs by replacing single-pass cooling systems with closed-looped systems. "As of now, LabR.A.T.S. has helped to secure funding

for approximately 85 closed-loop systems," O'Carroll said. "They have the potential to reduce UCSB's potable water consumption by three percent."

Frey said LabR.A.T.S.'s efforts could make a significant impact in helping UCSB reach its water conservation goal.

'If the 700 to 800 single-pass cooling systems are replaced, an estimated 120 million gallons of water will be saved per year," Frey said.

EAB Co-chair and third-year environmental studies major Chris Berry said the Goleta Water District sources water locally, making it especially important for UCSB's campus and individual students to reduce water use.

Goleta is unique in that most of the potable water we have access to at UCSB is directly from the area, such as Lake Cachuma as opposed to state water from the California Aqueduct," Berry said. "With the drought only getting worse, the Goleta Valley Water District is going to start pumping ground water, which I think only serves to highlight the need for students to be as water wise as possible.

O'Carroll said UCSB students, faculty and staff can help UCSB reach its conservation goal by reducing personal water use on campus.

*For the full story, see* dailynexus.com

Recycled WATER

Although 90 percent of campus is already irrigated with reclaimed water, UCSB is taking steps to further increase water conservation due to efforts to reduce potable water use by 12 percent.



LORENZO BASILIO / DAILY NEXUS





**AS PROGRAM BOARD PRESENTS** 

FREE ZODOS BOWLING

8/27

Daily Nexus

# JAMMEH

class, I couldn't concentrate - I kept having these suicidal thoughts."

Despite his inward struggle, Farmer said Jammeh was "such a nice guy" who was "very motivated" in his studies.

After coming forward with his situation, Jammeh began working with the director of the Office of International Students and Scholars (OISS), Simran Singh, to find a way to continue to attend UCSB and survive.

According to Singh, Jammeh's case has been taken very seriously by the administration and continues to be a primary concern of her office.

You do not have a student come in and make that up," said Singh. "It's gone up the ladder everybody is aware of the situation."

According to David Whitman, the director of LGBT services and the Resource Center for Sexual & Gender Diversity, Jammeh's case is a perfect example of "how alive and well homophobia is.'

"This isn't out of convenience or luxury, this man is facing life in prison or worse for being supportive of the LGBTQ community," Whitman said. "Give this student a penny, a dollar, because he is facing life in prison and he deserves it."

Acting Vice Chancellor for Student Affairs Mary Jacob said Jammeh's case is "really a challenge" and that options for Jammeh are limited because of his status as an international student.

"He's been supporting people who are gay, which could be viewed as supporting criminality [in the Gambia]," Jacob said. "He would definitely be imprisoned, and I really fear for his health and well-being.

According to Singh, there have been many attempts to communicate with the Gambian government through their embassy in Washington D.C., but there has been no response from the President

"The ambassador seemed pretty much helpless unless he got help from the Gambian government," Singh said. "The money needs to be transferred from Gambia."

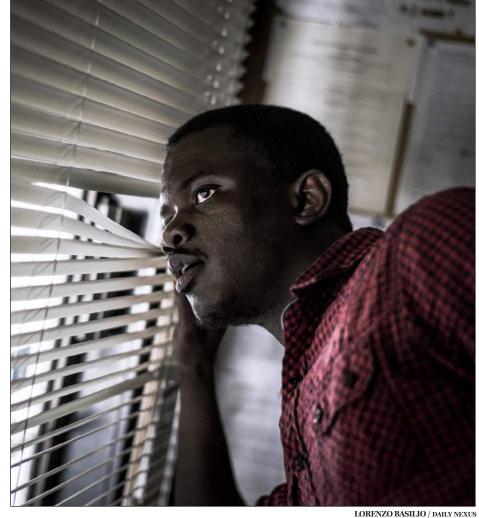
Nonetheless, the university has temporarily allowed Jammeh to continue attending classes while he struggles to come up with funding and also seek political asylum, without which he could be sent back to the Gambia.

"Right now, the school said they were going to let me go to school for fall and then I have time to work and see if I could get some scholarships from somewhere, and I have also applied for asylum ... So it's 50-50," Jammeh said.

External Vice President of Statewide Affairs and fourth-year sociology and black studies double major Mohsin Mirza said he looks to the UC Office of The President for its support of Alagie and believes a community effort is absolutely necessary in supporting Alagie.

It's a difficult situation, but I'm hopeful that the people can come together and donate to help and that administration and UCOP can take the actions needed so that Alagie can stay,' Mirza said.

Through the help of the OISS and other local organizations, Jammeh has secured temporary housing through the summer with local resident Mariela Marin and her family, as well as a job



After speaking out, Jammeh had his scholarship revoked and lived out of his car. Through the help of the Office of International Students and Scholars and other organizations, he has secured temporary housing and a job.

on campus.

"I can honestly say that [Jammeh] is someone who is clearly dedicated to the journey of under-standing his world and others," said Marin. "We're just really lucky to have him."

Nonetheless, Jammeh's future remains highly uncertain, as it is unclear where he will live after the summer and whether or not he will be able to continue to attend the university.

Despite having deleted the original message and Facebook account, Jammeh now has a rainbow flag on his new profile picture and maintains that he is very firm in his belief that the LGBTQ community should be treated equally as human beings.

"If I could do something to change one person's mind in Gambia, I would do that," Jammeh said. "Freedom is a really expensive thing."

Jacob, Farmer, Whitman and Singh each said the primary way to help Jammeh in his situation is through his gofundme.com account at gofundme.com/zzc9s24 that aims to raise money to pay for his next year of tuition.

"I really hope everybody can support him," Jacob said. "He's just a really fine human being, a fine student and I really want to see him graduate as a Gaucho.

Jammeh says local communities have been instrumental in helping him to survive and continue to study towards his graduation.

"I feel really overwhelmed with the support I'm getting," said Jammeh. "People helped me without asking any questions."





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#### Men's Soccer

Miss UCSB sports? Ready for some more "Soccer Heaven?" The wait is almost over. See the Gauchos play at Harder Stadium in their season opening exhibition against Westmont on Saturday, August 22 at 7:00 p.m.



If there's one thing the Patriots have taught us over the years, it's that cheating in the NFL never comes without consequences. Otherwise they wouldn't have four Super Bowl rings, right?

### Summer 2015 Rewind

SPORTS@DAILYNEXUS.COM

#### The Nexus Sports staff chooses its top sports stories from the past two months

### World Cup Victory Signifies Increase in Popularity for Women's Sports

#### **Daniel Moebus-Bowles**

The U.S. National team may just have solidified itself as the greatest women's soccer program of all time with its recent one-sided World Cup victory. Dominating Japan in the final round gave the USWNT its third World Cup to add to its already decorated history that includes four gold medals and one silver medal in the five Olympics it has competed in.

This invincible team that has sat atop the throne for years has set all the records when it comes to stats, but the records it broke in this year's World Cup could benefit more than just the team and the sport. During the final, a total of 30.9 million people tuned in to watch the match. An average of 25.4 million Fox Sports viewers in the U.S. watched the tournament in its entirety, according to Nielsen ratings. These numbers shatter the record that was set by the 2014 Men's FIFA World Cup and are well above the viewership of the recent

NBA Finals, Stanley Cup and World Series. A women's soccer match is now the most viewed game on a single network in U.S. history. This team and the players on it that we have come to know over the years have become idolized by Americans and they serve as the

backbone to the huge progression of women's sports in the last 15 years. Players like Hope Solo and those before her, such as Mia Hamm, have created the blueprint for young women in the U.S. to take on sports as a part of their lifestyle. This push has been slowly accelerating since the new millennium, and this newfound attention to women's sports could be the evidence of its success. The era of women's sports is clearly upon us.



#### NFL Offseason's Biggest Moves

#### **Daniel Moebus-Bowles**

In an offseason that is crowded by suspensions and lawsuits, the actual trades and pickups being made by NFL teams have been deflated in media coverage to this point. This has definitely been unfortunate due to the fact that this offseason has been very exciting for many players and a couple of teams in particular.

The Indianapolis Colts, who already have one of the best quarterbacks in the league, a strong defense and a great group of receivers, added some phenomenal pieces to complete their all-star caliber team. This season, Frank Gore and Andre Johnson will suit up in blue to revamp an already potent offense. In addition, the Colts got more protection for Andrew Luck in Todd Herremans and added savvy veterans in Kendall Langford and Trent Cole to their defense. Simply put, Indianapolis is deserving of being one of Vegas's Super Bowl winning predictions.

The Buffalo Bills have become very intriguing with their pickups that include new Head Coach Rex Ryan and a defense he is building for himself. With LeSean "Shady" McCoy on board, the Bills have a very exciting offense that could possibly shock many with quarterback Matt Cassel being the team's possible starter. Quite honestly, Buffalo will be just as hit-or-miss as the team McCoy came from.

Chip Kelly has set himself up to be either the biggest hero or the biggest bonehead in Philadelphia Eagles history. He has completely redesigned a team that had a 10-6 record under Mark Sanchez last year. Only time will tell if Chip is impulsive or wise in moves.

On the individual side, Ndamukong Suh and Jimmy Graham have made the biggest moves, racking up some cash along the way. Suh moved to the Dolphins and became the highest paid nonquarterback in the NFL as Graham joined the Seattle Seahawks. It's too bad the Seahawks didn't have Graham for that last red zone pass ... just maybe, things would have ended differently.

#### Williams Completes 'Serena Slam' —— Sean White ——

They say "20 is the new 30," but in the world of

sports, 30 is the age of decline in most playing careers. But at the age of 33, Serena Williams remains one of the most dominant athletes in the world. On July 11, Williams heightened her prominence atop women's tennis by earning her 21st Grand Slam victory at Wimbledon.

As Williams' name continues to ascend in the record books amongst the legendary careers of players such as Germany's Steffi Graf and Australia's Margaret Smith Court, the nation's No. 1 player recreated her own history with the win.

It had been 12 years since she achieved her first "Serena Slam," but after winning at Wimbledon, Williams repeated the feat of being tennis' ultimate winner. This year's "Serena Slam" is the second time in Williams's career that she is the current champion of each of the four Grand Slam events. Also, the victory at Wimbledon made Williams the oldest women's tennis player to win a Grand Slam event.

Now, you may be questioning what is left for Williams to conquer in the latter years of her career, but the answer is simple: to win. Besides being just one win away from tying Graff's record of 22 Grand Slam titles, Williams is on the verge of achieving a task she never has before.

Nearly a month away from its arrival in September, the U.S. Open is the next major event that Williams is scheduled to play in. A win in this event would not only award Williams with her seventh U.S. Open, but it would place her on women's tennis' most prestigious platform. Williams would become just the second player to win each of the Grand Slam events in the same calendar year, Graf being the first.

#### All Fun and Games Until...

#### **Daniel Moebus-Bowles**

Safety is a reoccurring and important issue within sports, especially when concerning the safety of participating athletes. Players have gone as far as to donate thousands of dollars in support of researching the best protective gear and, in some cases, even sued their respective leagues for the unfortunate outcomes that are connected to physical activity in their sport of play. It seems as if most athletes take their own safety into heavy consideration when on the field of play, so it is very surprising to hear of acts where athletes fail to display this attention when off the field.

Just this past Independence Day, NFL players Jason Pierre-Paul of the New York Giants and CJ Wilson of the Tampa Bay Buccaneers both suffered finger amputations due to injuries sustained during separate firework accidents. Pierre-Paul lost his right index finger while Watson lost both his right index and middle fingers. Given their defensive positions, these injuries have proven to be career-altering. Pierre-Paul, who was franchise tagged, but hoping to earn a long-term deal instead, lost his opportunity of the desired deal just hours after the accident. Moreover, Wilson's incident led him to recently retire with hopes of returning to the NFL once recovered and healthy.

It is hard to understand how these players, who are concerned with safety so much in the game, can sometimes be very careless outside of it. Both of these men make a living using their hands, and their actions could have cost their teams, families and themselves a lot more. Although this may be the most severe occurrence in outside injuries, this is not the only example. We can point to Andrew Bynum who missed an entire season with the Philadelphia 76ers after hurting his leg bowling. Or Rory Mcllroy, who just missed the British Open due to a ruptured Achilles he got while playing soccer. It's inevitable that these accidents do happen, but one would expect athletes of professional caliber to be more responsible.

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#### Top Stories Continued...

### **NBA Offseason Top Storylines**

#### FIRST First-Ever Female NBA Coach Wins Summer League Title

**Elliot Thornton** 

The NBA Summer League is officially a wrap. This Vegas showcase is where college rookies take center stage and prove to GMs why they deserve a shot to be in the pros. But this summer wasn't all about the players — it was also about a coach. Becky Hammon led the San Antonio Spurs to their first summer league championship as the first female head coach

in NBA history. In a dogfight against the Phoenix Suns with over 80,000 fans in attendance, it was Hammon's coaching and poise that led her Spurs to a dramatic 93-90 victory.

Following 15 years in the WNBA, Hammon decided to put her pro career aside and do something no other female would dare try: join the NBA. On Aug. 5, 2014 the San Antonio Spurs hired Hammon as the first-ever female assistant coach.

Under the wing of mentor Gregg Popovich, the former San Antonio Star learned the ropes of the NBA very quickly. The torch was passed this summer as she took over the men's summer league team and she didn't disappoint.

Hammon's journey to the NBA has been remarkable. From being an undrafted rookie in the WNBA to her six all-star appearances in the league and now having a Summer League title under her belt, critics can only applaud her accomplishments. But her job is not done yet.

For now, it's safe to say that Becky Hammon has a heart of a champion, breaking barriers not only for herself, but for women evervwhere.

#### **Clippers Going All-In With** Championship-or-Bust Mentality



#### **DeAndre Jordan Agrees to** Contract with Mavs ... But **Re-Signs with Clips?**

Jack Mathews

Sixteen NBA championships have been won in the city of Los Angeles; however, none of them belong to the Clippers. Still, the momentum has clearly shifted the last few years as the Clippers have won 50-plus games for the past three consecutive seasons while the Lakers have had some of their worst seasons in franchise history.

With hopes of winning their first championship in team history, this offseason has shown that "Lob City" will do whatever it takes to win it all. After a disappointing loss to the Houston Rockets in the second round of the NBA Playoffs, (as a life-long Clippers fan this still pains me to write) the Clippers took the "if you can't beat them, sign them" approach.

The Clippers added NBA veterans Josh Smith and Pablo Prigioni, both members of the Rockets this past season, to provide some muchneeded depth to a bench that was highly criticized throughout the year.

Smith is the much more talented of the two, and will undoubtedly contribute more. Nonetheless, Prigioni's defense and energy off the bench will be huge down the stretch when an aging Chris Paul needs a few extra minutes on the bench.

Los Angeles' other two moves earlier in the offseason highlighted the "championship or bust" mentality they are taking into this season. The Clippers added fiery guard Lance Stephenson in a trade that sent Matt Barnes to Charlotte, who is now with the Memphis Grizzlies.

Stephenson is most commonly known for blowing in LeBron James' ear when the Pacers played the Heat in the 2014 Eastern Conference Finals. But what people do not remember is how well Stephenson played LeBron defensively. He will be able to match up with the best players' night in and night out, which will be huge on decreasing the minutes for players like Blake Griffin, Chris Paul and the Clippers' final offseason addition, Paul Pierce.

The ten-time all-star is reuniting with his former Head Coach Doc Rivers, whom he won a championship with in Boston back in 2008. While he is in the twilight of his career, Pierce's finals experience and clutch scoring are still prevalent and can provide a huge boost for the Clippers if they make it deep into the postseason.

#### **Other Major NBA Storylines...**

- Lakers draft D'Angelo Russell No. 2 overall over Jahlil Okafor



With a max contract all but signed, center DeAndre Jordan seemed to finally have what he wanted with intentions of joining the Dallas Mavericks. It left Los Angeles Clippers fans startled by the fact that their star center was off to Dallas to clean up boards for their conference rivals.

But as the days passed and rumors swirled about the potential return of Jordan to L.A., the tables turned against Mavericks fans which made the hearts of Clippers fans swell with joy.

For the last seven seasons, the athletic Jordan has filled highlight reels and been a driving force behind the birth of "Lob City." His defense and rebounding are irreplaceable and it was hard to imagine a title run without "DJ" in the mix.

Suddenly, the urgent scramble to lure Jordan back to L.A. led Clippers players, owners and coaches to "camp out" at Jordan's Houston home until the moratorium period ended.

Before anyone knew it, the weirdest offseason situation in recent memory ended with DeAndre Jordan returning to Los Angeles and leaving Mavericks owner Mark Cuban and fans with a bitter taste in their mouths.

Although this may be one of the most surprising free agency scandals ever witnessed, one thing is for sure: The Clippers are loaded, and Lob City will be in full effect this season.

#### **College Football Playoffs Part II Elliot Thornton**

In 2014, a new era of college football was born with the College Football Playoffs. After a back-and-forth battle between the top two teams, the Ohio State Buckeyes and Oregon Ducks, the second-half surge of running back Ezekiel Elliott sealed the deal for the Buckeyes and crowned them the first ever College Football Playoff champions with a 42-20 victory.

But as last season is put to rest and a new season approaches, all eyes are on Head Coach Urban Meyer and his crew to prove themselves against the toughest competition in the nation.

Among these teams lies the rolling Alabama Crimson Tide. After a 35-42 upset and a long ride back to Tuscaloosa, Head Coach Nick Saban and his men stored that bitter loss to Ohio State in the Sugar Bowl in their memory and

are out for vengeance. While losing a couple key pieces from their run to the championship game last year, like quarterback Blake Sims, running back T.J. Yeldon and star wideout Amari Cooper, younger talent has emerged and is ready to step up.

Derrick Henry hopes to be the primary weapon for the Crimson Tide offense. The junior running back took 170 handoffs behind Yeldon last year and averaged a staggering 5.8 yards per carry. Henry also led the team in rushing with 990 yards and broke the plane 11 times.

With a 6'3" 240 lb frame, Henry will be a valuable asset to Saban and his dominant offensive line.

Another team on the rise is Bama rival, the Auburn Tigers. With the departure of quarterback Nick Marshall to the NFL draft, expectations are high for Head Coach Gus Malzahn and his new team.

The sky is the limit for quarterback Jeremy Johnson. The junior impressed scouts in the Auburn spring game on July 19th, passing for 252 yards and two touchdowns in the first half.

While Auburn's defense is a concern on the back end and the timetable of injured lineman Carl Lawson is still questionable, there is no doubt that the Tigers will make a solid run in the talented SEC.

#### Major Storyline Round Up

#### **Michael Jorgenson**

#### 'Big Al' Heading to China

Whether you follow UCSB sports or not, you've most likely at some point heard of "Big Al," the UCSB men's basketball team's all-time leader in rebounds and second all-time leader in points. After graduating this past school year, Alan Williams went undrafted before playing for the Houston Rockets in the NBA Summer League, where he represented the Gauchos and amazed the crowds with averages of 20.5 points and a summer-league leading 11.8 rebounds per game. While his efforts didn't land him a spot on an NBA roster for the upcoming season, he recently made the announcement that he is heading overseas to play for the Qingdao Double Star Eagles of the Chinese Basketball Association.

#### Caitlyn Jenner Wins Arthur Ashe Award

Many have criticized the decision to award Caitlyn Jenner, the woman formerly known as Bruce, with the Arthur Ashe Award for Courage, especially considering that it happened at the ESPYs, the world's foremost sports awards event. Sportscaster Bob Costas has gone so far as to call it a "crass exploitation play," an effort by ESPN to increase its viewership. Let's not forget that Caitlyn once stood atop the sporting world by winning the gold medal for the decathlon way back in the 1976 Summer Olympics. Just because she has since come out publically with her true identity, this doesn't take away from the fact that she is as much a historical sports figure as she ever was and as deserving of the award as anyone. She has saved thousands of lives and influenced many more to be true to themselves, making this not only a win for the LGBTQ community, but a win for our increasingly accepting and constantly evolving society as a whole.

#### Sepp Blatter Finally Gets the Boot

Well, it's about damn time. After FBI investigators finally stepped in to take a look at the blatant corruption taking place within the soccer world, Sepp Blatter was finally forced to step down as FIFA president in early June. Maybe we won't have the 2022 World Cup in Qatar after all. Good riddance.

#### Team USA Finishes Fourth in Gold Cup

Defending champion team USA had been to the Gold Cup Final every time since 2003. A 2-1 loss on home soil to Jamaica in this year's semis was a huge step back for a team that has been on the rise.

- Kevin Love re-signs with Cavs for five years, \$110 million





# OPINION@DAILYNEXUS.COM

# The Cost of Safety

For such a small area, Isla Vista has an alarming number of police officers patrolling on any given day. The outside eye may wonder if there had been some kind of threat to the community, being that officers can be seen patrolling the town in groups on weekdays and practically blockading streets on weekends. The issue isn't necessarily that there are so many officers — even though one has to think there might be areas more in need of protection — but that officers here don't tend to be the friendly faces you'd expect to see adjacent to one of the most prestigious public universities in the world. More often than not, there's a pervasive sense of observation without interaction, and police are detached until it's time for them to make an arrest.

In I.V. the streets are relatively quiet, and if you're sober enough, your chances of being a target aren't high enough to hinder your independence. As a female, however, it is not uncommon that a huge police vehicle will slow down and the officers inside will look at you almost menacingly and then keep moving. There's no smile, no nod, no inquiry regarding your safety, and the gaze of a police officer seems more threatening than safe. Incidents like this are upsettingly common. I've seen a friend who is over 21 arrested as she walked into her home by police officers who had followed us down the street. I've been at a quiet party on an out-of-the-way street and had a sheriff walk in without a knock to intimidate the stunned people there. More importantly, these experiences aren't unique to me: You can hear stories about police officers in other peoples' conversations the next morning after a night out. It seems most of the student community has developed a mistrust of people in uniform that needs to be recognized and addressed before we're inundated with more grim-faced, armed "protectors."

Having police officers on every corner doesn't decrease the number of crimes that occur here. Anyone who wakes up to campus alerts multiple nights out of the week can attest to that. We're told of armed robberies, arson, sexual assault and even theft from inside the heart of campus. While it's not to say that police officers make no difference — I think it is safe to assume that adding more hasn't been solving — and will not solve, the problem. What it does do is make students feel resentful of police officers. This mistrust is a huge contributor to the large uptick of social unrest we're seeing across the United States as our police forces become increasingly more militarized.

I believe anyone who makes sweeping statements about all police officers, or all of anything, is more part of the problem than part of the solution. However, realizing there's a rift between students and police officers and, on a larger scale, citizens and police officers, is only part of the healing process of a problem that shows its symptoms everywhere. Isla Vista is a microcosm of relations in the U.S. and has weathered many challenges to its peace. However, it is lucky to be a community that, while it has its own social and racial issues, is founded on learning and is, for the most part, a community of students. This puts us in the unique position to repair the relationship between law enforcement and the citizens they're here to protect.

I did experience a slight moment of confusion upon hearing that the senior class gift was going toward the student safety fund — did this mean more police officers? I nodded in agreement over Chancellor Yang's email about UCSB's coming improvements to Isla Vista until I realized the goal was to make it more campus-insular and protected. "Protected." A large part of leaving home and going to an institution of higher learning, especially one as amazing and rigorous as UCSB, is to realize one's independence and become better able to function in the real world once the training wheels are off. Granted, with its surreal natural beauty and the disarming beauty of its population, Isla Vista may not be the best example of the real world. But sanitizing its culture and making it more like dorm life, like a police state even, is not the avenue to this realization of independence. If anything, it puts you into the world with a skewed perception of the people who dedicate their lives to keeping us safe.

I wish I could offer some kind of solution, but I think talking about problems like this, in a small student community and in the larger sense, is where the solution begins. Why not go to one of those lunches officers have so often and ask some of the hard questions? We need to get the point as a community where we're not afraid to start the conversation, because that's the only way to actually fix this problem and build up the trust. Also, I believe it truly is necessary to know your rights and to remember that, despite some degree of fear, you may feel these officers did put on a uniform that implies protection and service. Not all officers are good and not all are bad, but their garb implies that, on some level that goes past arrest quotas and tax revenue, they resonate with the need to keep you safe.

and tax revenue, they resonate with the need to keep you safe. Sebastianne Kent is an environmental studies and French major from New York, New York.



# FYF to Return with Stylish Indie Lineup

ALEX BOCKNEK Artsweek Editor

Over the last decade, large music festivals have risen to stark prominence in America and redefined the live musical performance marketplace. The most successful of festival curators (obvious examples being Golden Voice of Coachella or Another Planet Entertainment of Outside Lands) implicitly brand their respective events as the pinnacle of live alternative music. Although these fantastic festivals are very alternative, the presence of pop sensations like Drake or Mumford & Sons make the larger productions fall just shy of the impossible expectations of the indie music devotee's perfect festival. While this ideal is virtually unachievable, FYF Fest probably bears the closest resemblance to what "the perfect indie festival" might look like. If you're an indie idealist yourself, then you can put FYF to the test starting August 22nd at the Los Angeles Memorial Sports Arena and Exposition Park for two days.

Originally established in 2004 by zine writer Sean Carlson, FYF Fest has both a rich history and a promising future. In an interview with KCET, a large independent public television station based out of Southern California, Carlson cited his inspiration for FYF as, "a show in Gainesville, Florida. The show was multiple different venues that were all walking distance from one another ... So you had access to see 21 different bands." At 18 years old, Carlson took the structure of that concert, booked a lineup of exclusively punk, garage and post-hardcore bands and spat the first FYF into the L.A. Echoplex.

Since moving to L.A. Historic Park in 2009, the festival formerly known as Fuck Yeah Fest (yes, that does make its current title Fuck Yeah Fest Fest) has dramatically diversified its lineup to include hip-hop, R&B, electronica and lighter forms of rock. However, it seems as if Carlson books only musicians that are



pushing innovation in their respective crafts. Even the arguably prominent acts that music snobs might bash are easily defensible: Morrissey was integral in the most influential band of the '80s; Frank Ocean is the one of the most important songwriters of Generation Y and the first openly gay rapper or R&B singer to reach prominence; Chet Faker incorporates jazz elements into electronic production over which he sings modern heartbreak arias.

Even amidst his transformation into indie music vox populi,

PHOTO COURTESY OF fyffest.com

Carson hasn't allowed FYF to abandon its raw and aggressive roots in hard rock 'n' roll. Heavy acts like Savages, Metz, Title Fight and many others serve to ensure that, if you need a mosh pit, you will have no difficulty finding one.

Due to Carlson's unbelievably high standard for talent, FYF has a become a melting pot of the best musicians from all across the independent music spectrum, and he has produced perhaps the most devilishly stylish lineup of any American festival this year.

# Ian McKellen Redefines Dear 'Mr. Holmes'

ALEX WEHRUNG Staff Writer

We've seen a lot of different versions of Sherlock Holmes over the years, from the stereotypical deerstalker-wearing version popularized and made iconic by the likes of Basil Rathbone to the much-adored, longfaced Benedict Cumberbatch. And in over a century of on-screen depictions, not one has been as utterly human as Ian McKellen's "Mr. Holmes."

In the titular film, Holmes is 93 years old, and has spent 35 of those years in self-imposed solitude as recompense for the results of his final case, a case he struggles to recall. He vows to remember and write the true account of what really happened, free from the fictional embellishments from the mind of John Watson that have characterized Holmes for the rest of the world. But this is not the great detective we knew; senility is kicking in and he hobbles on a cane. It's a little heartbreaking to see a man of such genius have to write people's names on his sleeves. Sometimes, this frail old man doesn't even seem like Sherlock Holmes; rather, he seems more like your average doddering grandfather trying to maintain his charisma in the face of mental deterioration.

That angle itself unfolds wonderfully between Holmes and Roger Munro (played by the acting revelation Milo Parker, who bears an uncanny resemblance to "Game of Thrones" actor Thomas Sangster). Roger tries to immerse himself in Holmes's world, making his own deductions and helping him with his beekeeping while Holmes tells him the details of his old life and tries to set the boy on the right track of life to prevent him from making the same mistakes he did. It's a very interesting and new dynamic; we've, after all, have always had the Holmes-Watson relationship as the primary medium for showing the extent of Sherlock's affection toward any human being in general. We've never had Holmes the grandfather before, a new concept that is played up quite convincingly. Make no mistake, however; Holmes has not turned into a teddy bear in his frailing years. He can still be cool and rely too much on his brain, rather than his heart.

Which brings us to the theme of this movie (ooh, a theme!) which is regret. Sherlock Holmes, is after all, known primarily for acting like a computer with legs. But deep down is a man who has finally realized in his old age that being so logical has hurt other people, himself most of all. For the first time, Sherlock Holmes comes to terms that there are consequences to his actions, good intentions or not. It's one of the rare instances when the great detective actually undergoes some true development. Holmes is just a man and, like him, we've all forgotten.

To sum these points up, this is without a doubt Ian McKellen's film. Through his knockout performance, he has brought us an



immensely humanizing portrayal of such a beloved character that we oh-so-rarely gain true insight into. Sir Arthur Conan Doyle's magnum opus has been radically redefined while still keeping to his roots and that in itself is amazing.

Keep in mind, however, this film is not an adrenaline-inducing thrill-ride like something that Steven Moffat or Guy Ritchie would be content to provide us with; "Mr. Holmes" is very calm, full of melancholy, but does have a touch of mystery and crime about PHOTO COURTESY OF kbps.org

it. Granted though, some characters have intentions that come off as unintentionally nonsensical, but that does not weigh the film down to a significant degree.

To those who are wondering if this film is even worth their time ... elementary, my dear friend. Elementary.

The guy who directed the last two "Twilight" movies did this? Alex Wehrung predicts that Bill Condon is on track for a Razzie Redeemer Award.

# HARD Summer: Party of the Season

NISA SMITH Staff Writer



In an attempt to accommodate all of the neon and spandex-wearing festivalgoers and their desires, the HARD Summer Music Festival is returning to Fairplex in Pomona, CA for 2015. Taking on its 8th year, the festival will take place Aug. 1st and 2nd with headliners including The Weeknd and Jack Ü. PHOTO COURTESY OF dancemusicnw.com

that HARD Summer is not a rave but a festival, the attendees' outfits tend to suggest they feel otherwise. To the mild defense of the expected purple wigs and glittery bras, the spectrum of electronic musicians that fill the weekend are sure to put one in a raving mood.

Considering that the crème de la crème of DJs will be in attendance, perfect sets are to be guaranteed as the various artists compete for crowds and bragging rights. Representing the ladies in the industry, the Australian native, Anna Lunoe is expected to accompany her set with her sweet vocals on Saturday. Pretend EDM fans will continue their Saturday jumping and snapchatting in the crowds of Djemba Djemba, ODESZA and The Glitch Mob before The Weeknd takes a mellow, yet passionate route to end the night.

The hype from Saturday will not die as the festival comes down to its final 24 hours on Sunday. As Tumblrperfect as it would be to see the massive crowd hold hands and simultaneously lip sync to Branchez' "High How You Are" remix, such serenity is not characteristic of HARD Summer, and that is just what the fans love. Instead, things will get groovy with Mr. Carmack, everyone's suppressed inner-Belieber will unveil itself when Jack Ü drops "Where Are Ü Now" and hair will swing in every direction with Chromeo and Toro y Moi's "Come Alive."

For the EDM newcomers who may need a brief break from the jersey club and deep house, or those who simply desire a different way to turn up, a few hip-hop artists shall save the day! The "Throw Sum Mo" duo, Rae Sremmurd, is scheduled to rock the mic and summon off-beat dance routines on Saturday, as well as fellow newcomer, Young Thug. Los Angeles native, ScHoolboy Q is the biggest rap act for Saturday night, so be prepared to shout the lyrics to songs other than "Hands on the Wheel." Sunday's hip-hop acts, like Fetty Wap and DJ Mustard & Friends (please be YG), will continue to provide the fun, yet hardcore, beats that please the crowd and inspire other genres.

Ears ringing, bodies sweating and careless about work on Monday are how most will stumble out of Fairplex on Aug. 2nd. Check out the HARD Summer trailer, leftover ticket options and line-up at hardsummer.com. Ladies and gentlemen, please do not forget to hydrate yourself at this festival; your friends cannot afford to miss ILoveMakonnen to take care of you. Happy summer!

While promoters and creators of the event emphasize

# Outside Lands Invades Golden Gate Park

ALEX BOCKNEK Artsweek Editor

While signifying tanning sessions and beach outings in most American locales, the month of August in San Francisco demarcates two happenings unique to the city. First, a perfectly sadistic climate that is cold enough to render T-shirts unsuitable as standalone outerwear, but warm enough to make coat-wearers sweat, settles over the iconic city. The more agreeable event of the two is the return of the annual Outside Lands Music and Arts Festival.

August 7th marks the opening of the fairgrounds for the eighth installation in the OSL series since its debut. Although the festival has received international commercial attention and a surge in attendance since its humble beginnings, its producers, Another Planet Entertainment and Starr Hill, still manage to maintain an ars gratia artis feel. A.P.E. and SH even made certain to bring back Ben Harper, Cold War Kids, Wilco and the Black Keys, from the first lineup in 2008. This act not only serves as a testament to OSL's tasteful booking, but also feels as if the agencies are saying, "Thanks for helping us get here. We didn't forget."

Of course, since then, OSL has experience rapid growth in other respects. Household names — Elton John, Sam Smith and Mumford & Sons — will accompany the previously mentioned veteran headliners on this year's bill. These bookings reflect an inevitably strengthening preference for pop music that all rapidly growing festivals develop and undoubtedly will draw many greenhorn OSL festivalers. This humble guide will help those newbies navigate and enjoy the lively (and sometimes daunting) San Francisco jungle.

For first-timere, the most important note is that OSL isn't Coachella. This fest has a generally different feel than its desertdwelling sister. While the lineup is littered with occasional big name electronic acts (RL Grime, Axwell & Ingrosso, DJ Mustard to name a few), it is not as large of a focus in the Northern California fest. As a result of this reduced electronic presence, the crowd tends to be a little less party-hardy, but no less friendly.

Secondly, as I said earlier the climate is not always the most welcoming. Maybe you'd been waiting all weekend to dance



during Vampire Weekend's set at Outside Lands 2013. Maybe, despite your Ezra Koenig devotion, the cold crippled your legs and covered them with goosebumps because maybe you made the poor decision to wear shorts. Maybe this a true story. "The coldest winter I have ever spent was a summer in San Francisco," is a quote often falsely attributed to Mark Twain. However, this not-Mark-Twain quote has some wisdom to share. If sporting a sundress or low-cut Chubbies to Golden Gate Park is absolutely mandatory, pack a hoodie just in case. The fog can be unforgiving.

Third, eat some good food. You're at a large and expensive festival to hear your favorite jams. You're at least part hedonist. Foodies often call San Francisco the brunch capital of the country. It is. Locals respect and take pride in their eating.

If you're looking for a thrifty dining experience, the food trucks are for you. Craving something greasy, savory and guiltinducing? Through rigorous in-lab experimentation with the most delectable of American and Mexican delicacies, the guys at Bacon Bacon truck have rolled up flavor-optimized BBQ bacon burritos just for you. If you are hunting for something more refined, acclaimed local neo-American bistro Stones Throw will be cooking up mouthwatering chicken parmesan sandwiches. Unfortunately, they refused to bring famous squid ink pasta to the concert, but will still satisfy your inner gourmand.

This last set of tips isn't necessarily OSL specific, but good advice for festivals in general. Try to see at least one set at every stage. Golden Gate Park is a lush, green paradise in the concrete metropolis of San Francisco. Go exploring. Set aside time for your must-see acts, but leave time for wandering to a performance that sounds good by a group you've never heard of. Make sure to talk to other festival-goers. Attendees are generous of spirit. You never know if the person buying fries in front of you is the ex-manager of Nirvana, a father taking five-year-old son to his first live performance or someone in need of a friend after losing their group.

The festival consistently books one of the most tasteful lineups and boasts one of the most diverse crowds of any festival. It's near impossible not to have a good time ... as long as you catch Mac Demarco and Benjamin Booker.

# A Beginner's Guide to a Successful Space for Cooking

Your Very Own Kitchen!

ONTHEMENU@DAILYNEXUS.COM

#### Marisa Ratchford On The Menu Editor

As the new school year approaches and many of you last-year-newbies begin the new adventure of moving into an apartment, your world of eating changes. You no longer have those prepared dining commons meals, and those monthly rent and utility payments put a halt to as much dining out as possible. But lo and behold, you have a kitchen! Your very own stove, regular-sized refrigerator and an oven. There are now so many possibilities in the realm of culinary creation within the very walls of your kitchen.

I, myself, am in your very same position — the transition from dorm life to apartment living — and I am here to give you a few tips on how to make this change as smooth as possible along with a couple of yummy recipes to inspire your inner chef. The first thing is utensils — how can you cook without those? You don't need to get

The first thing is utensils — how can you cook without those? You don't need to get all Better Homes & Gardens, but it is important that you have the basics to get things going. A quick trip to Kmart or elsewhere if you're like me and your heart belongs to Target, will work to get you these essential items.

# Essential Utensils:

**Pot and pan:** one for boiling, one for sautéing. They should probably only be about medium sized, especially if you're cooking for just yourself and maybe a couple more. **Baking dish and cookie sheet:** I know you all have a sweet tooth and when the stress gets too high the double chocolate chip cookies you're craving won't be a problem if you have that sheet lying around. The baking dish is very versatile; from red velvet cakes to baked chicken or even lasagna, it is an essential tool you need.

**Large bowl set:** About two or three bowls will be useful whether it be for popcorn, mixing batter or making a salad, they are always handy. As a bonus tip, look for a set with lids. That way, if you have leftovers, you can store them neatly.

**Serving dishes:** Plates, bowls, cups and coffee mugs. Since you're mainly cooking for one, you don't need a full set of any of these items, but two or three of each should do.



**Cooking utensils:** You'll need a stirring spoon, ladle, whisk and spatula at least, plus a knife set for chopping up anything. Most stores sell packs so you don't have to worry about the particulars other than making sure these items are contained.

**Eating utensils:** Again, no need to get fancy, just a basic set. I personally bought a 20-piece set, which was the smallest one I found, but it contained forks, butter knives and spoons, which is really all you need.

**Odds and ends:** can opener, colander, cutting board, measuring cups and tupperware. Just a few more pieces that don't need too much explaining, but are definitely useful in the kitchen.

Of course, this list is not a complete, all-encompassing guide to what you will need, but it is definitely a good start. As you learn the ropes of cooking for yourself, you will realize what best suits your preferences.

The exciting part is getting to create recipes or follow them to prepare your own meals, here are some great fresh recipes that I have christened my kitchen with.



VENU

Adapted from a recipe in Vegetarian 3 Books in 1 from Publications International, Ltd. 4 ounces of Gorgonzola cheese (do NOT use bleu cheese!)

cheese!) 8 slices of whole wheat bread 2 pears, cored and sliced ½ cup of spinach Butter, melted Spread cheese evenly on 4 bread slices; layer with pears and spinach. Top with remaining bread slices. Brush outside of sandwiches with butter.

Heat large nonstick skillet over medium heat. Add sandwiches; cook 4 to 5 minutes per side or until cheese melts and sandwiches are golden brown.



From The Accidental Vegetarian by Simon Rimmer 7 ounces Greek feta cheese, cut into 1-inch cubes ½ cucumber, seeded and cut into 2-inch batons 6-8 fresh basil leaves

6 wedges of watermelon, about 3 ounces each For the dressing:

<sup>1</sup>/<sub>2</sub> cup Greek yogurt

Lots of freshly chopped mint leaves

Juice of 1 lime Salt and freshly ground black pepper Combine all the ingredients for the dressing in a bowl; mix rigourously.

Toss the salad ingredients in the dressing, season lightly.

I let my salad sit overnight in the fridge, I think that really melded the flavors together.

**HEALTH & WELLNESS** Microbiome Changes in High Fat and Sugar Diets Correlate to Cognitive Decline in Mice

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SCIENCE@DAILYNEXUS.COM

# Stanford Scientists Develop Efficient and Economic Water Splitter

"Let food be thy medicine and medicine be thy food," a quotation associated with Hippocrates, the "father of western medicine," is oftentimes interpreted with the principle that food can affect physical well-being. Researchers from Oregon State University have recently found that the adverse effects of a diet high in fat and sugar extend beyond weight gain and increased risk of illness; excess fat and sucrose can affect the gut microbiome leading to a decrease in cognitive activity.

According to Kathy Magnusson, a professor at College of Veterinary Medicine at OSU and head researcher of this study, the bacteria in the intestines communicate with the brain, so microbiome alterations can contribute to changes in behavior, hippocampal-dependent memory and cognitive flexibility — the ability to adapt to changing situations.

The human gut contains about two kilograms and over 100 trillion different types of microbes. Bacteroidetes, a gram-negative anaerobic bacteria, and Firmicutes, a gram-positive bacteria that includes the classes bacilli, clostridi and erysipelotrichia, are predominant in the guts of mice and humans. This commonality, in addition to the 95 percent genome overlap, makes mice very effective model organisms in human research.

To assess the effects of a changing gut microbiome, two-month-old male mice were each fed a normal chow diet two weeks before the experiment and researchers analyzed their fecal matter to establish a baseline microbiome. The mice were then randomly separated into three groups, each of which had a different diet — a high fat diet, a high sugar diet and a normal chow diet. The feces were reexamined to study the relationships between bacterial order and cognitive function; similarities in alterations in the bacteria were observed.

Clostridiales showed to have increased in mice groups with a high fat and sugar diet. A decrease in Bacteroidiales was also observed, however, a greater decrease was seen in mice that were on the high sugar diet. Significant declines in performances involving long-term memory retrieval and cognitive flexibility were seen in mice that were fed a high sugar diet.

"There's increasing evidence that our gut bacteria, or microbiota, can communicate with our brain," Magnusson said. "Bacteria can release compounds that act as neurotransmitters, stimulate sensory nerves or the immune system and affect a wide range of biological functions."

Magnusson and her team do not know the specific messages being sent to the brain due to the microbiota alteration, but the next step is to map out pathways and establish a biochemical mechanism.

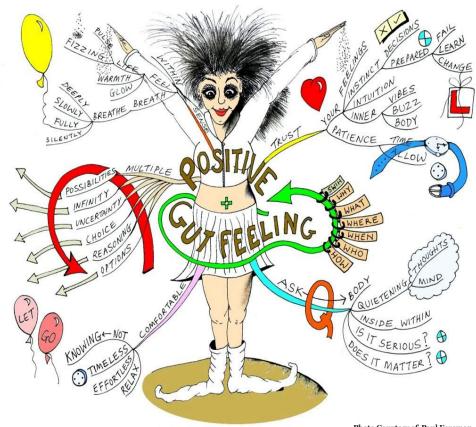
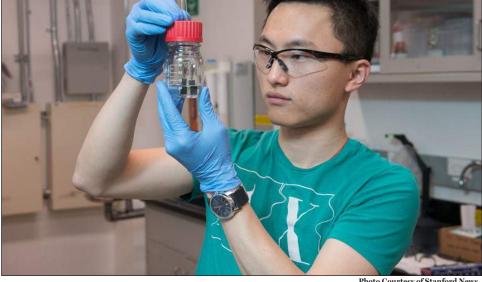


Photo Courtesy of Paul Foreman



Lead author Haotian Wang studies the single catalyst water splitter created by him and fellow researchers. ERENDIRA GARCIA

Staff Writer

In the search for clean and renewable energy, hydrogen is an attractive source for power. In fuel-cell electric vehicles that run on hydrogen, for example, only water vapor and heat are produced as exhaust. Obtaining it, however, is a much dirtier business because it is currently extracted from natural gases like methane, a process that results in the greenhouse emissions.

Fortunately, scientists at Stanford University have discovered a way to cleanly and cheaply produce the gas by extracting it from water. The study describing the design of the device was published on June 23 in *Nature Communications*.

The research team led by Yi Cui, an associate professor of materials science and engineering at Stanford, created a single-catalyst water splitter that runs on one triple-A battery.

"We have developed a low voltage, single-catalyst water splitter that continuously generates hydrogen and oxygen for more than 200 hours, an exciting world-record performance," Cui said in an interview with *Nature Communications*.

The water splitter is more economical than common electrolytic processes, which use precious noble metals such platinum or iridium as electrodes. This newly developed electrolytic cell uses a nickel oxide and metal catalyst instead, which is much cheaper and more accessible alternative catalyst in comparison. Additionally, traditional water splitters require a barrier between both electrodes, adding to the over cost of hydrogen extraction.

"For practical water-splitting, an expensive barrier is needed to separate the two electrolytes, adding to the cost of the device," Haotian Wang, a graduate student and lead author of the study, said to *Nature Communications*. "But our single-catalyst water splitter operates efficiently in one electrolyte with a uniform pH."

The team was able make cost-effective changes to their design of the water splitter without sacrificing efficiency, an important factor in predicting the adoption of this hydrogen source.

"This bifunctional catalyst can split water continuously for more than a week with a steady input of just 1.5 volts of electricity," Wang said. "That's an unprecedented water-splitting efficiency of 82 percent at room temperature." This is an impressive feat considering that conventional water splitters lost 65 percent of the original energy produced.

In 2014, Canada and Germany began launching large demonstration projects of electrolytic hydrogen production in order to store the excess electricity that was being generated from their solar and wind power sources. This new, cost-effective design of the water splitter, however, can make electrolytic hydrogen production more feasible in places that lack the same scale of infrastructure in alternative energy.

In the future, the groups of scientists see significant opportunities of using their research approach to find new materials for applications in electrochemistry.

"Our group has pioneered the idea of using lithium-ion batteries to search for catalysts," Cui said. "Our hope is that this technique will lead to the discovery of new catalysts for other reactions beyond water-splitting."

STEPHANIE PERNETT

Reporter

Daily Nexus





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October 2014

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www.sudoku.org.uk

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# DAILY HOROSCOPE

Aries (March 21-Apr 19) -- Today is a 5 -- You're entering a two-day busy phase, with steady, creative work and some unexpected circumstances to dodge. Logic and emotion come together. You see the value in an offer. Wait to make a final decision. Anticipate consequences from differing perspectives. Focus on priorities.

Taurus (April 20-May 20) -- Today is a 5 -- The information you seek may not be in the manual. Speak with an expert friend or two for a new view. Resources and ideas arise in the social commons. Hang out with people you love and admire. Romance easily kindles sparks into flame. Go play.

Gemini (May 21-June 20) -- Today is a 7 -- Today and tomorrow favor household changes and domestic bliss. Clean house and discover forgotten treasures. Work from home, and save travel time and energy. Handle practical family matters, too. Plan a party, and connect with friends. A little chaos goes down fine.

Cancer (June 21-July 22) -- Today is a 7 -- You learn quickly today and tomorrow, so pay attention. Measure thrice and cut once. Go faster by taking your time. Costs may be higher than expected. Let go of irritation with a quick walk outside, deep breathing and meditational moments. Balance study with rest.

Leo (July 23-Aug. 22) -- Today is a 7 -- Today and tomorrow could get expensive without a plan or guidelines. Focus on bringing funds in, and spend within your budget. Consider non-monetary resources when listing your assets. You have more than you think. Disorganization and chaos could mess with your flow. Clean up later.

Virgo (Aug. 23-Sept. 22) -- Today is a 6 -- You're in the driver's seat today and tomorrow. Expand your territory, without overspending. Follow a hunch. Review your plan and resources, and tweak for high performance. The energy's high, and you're in charge. It could get messy. Make the changes you've been wanting.

Libra (Sept. 23-Oct. 22) -- Today is a 6 -- Face something you've been avoiding, and conclude arrangements. It's especially satisfying to check it off your list. Listen to the emotional undercurrent. You're especially sensitive today and tomorrow. Avoid travel and expense. Clarify your direction with friends. Your curiosity's attractive.

Scorpio (Oct. 23-Nov. 21) -- Today is a 6 -- Handle the paperwork and update budgets for extra profits. Hide out, if necessary. Stifle your rebellious tendencies. Launch a project or trip later. Build a strong foundation. Get social today and tomorrow, and strengthen friendships. Your community appreciates your participation. Schedule meetings.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 7 -- Career matters demand your attention today and tomorrow. This project raises your status. The profits come later. Start saving up for what you want, together. Re-affirm a commitment. Enjoy recreational activities, too. Put up with an annoying restriction. Accept acknowledgement gracefully.

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- Review your accounts; pay down debt and stash funds for a rainy day. Find new ways to be resourceful. Nurture children, and learn from their unfiltered wisdom. Begin writing or recording. Keep studying and indulge in philosophical or ethical conversation. Notice the abundance you share.

Aquarius (Jan. 20-Feb. 18) -- Today is a 6 -- Financial planning keeps your boat afloat, especially today and tomorrow. Adjust and prepare. Write down what you want. Admit limitations. Deadlines loom, so take care of business. Finish chores so you can go play. Allow yourself a celebratory treat for completing.

Pisces (Feb. 19-March 20) -- Today is a 6 -- Hold yourself to high standards. Love pushes you onward and upward. Postpone chores and finish an old job. Consult with experts today and tomorrow. Partnership gets the job done. Rely on caring support. Delegate what you can. Your team's with you.

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