2018: AFTER THE STORM

With the recent destruction from mudslides in Montecito following the Thomas Fire, UCSB students and faculty cope with new challenges facing Winter Quarter and look to heal a wounded community.

I.V. Homeless Population Weathers Fire and Rain

Shomik Mukherjee
News Editor

The hazardous smoke of December’s Thomas Fire didn’t spare Isla Vista, as air quality dipped to unhealthy levels and forced residents to stay indoors.

Nor did last week’s heavy rainfall avoid the I.V. streets, as downpour from Jan. 8 to Jan. 10 amounted to over 2.5 inches of precipitation and forced most to stay indoors.

Lost in the thick of smoke and water over the past month was I.V.’s homeless population. Many homeless individuals were stuck without masks to protect them from the harmful air or roofs to later shield them from the rainy conditions.

“It was horrific,” said Darren Schmitt, a 46-year-old homeless local. Schmitt regularly sleeps on a cushion behind Embarcadero Hall, tucked in a corner out of sight of the students passing by.

When the air quality in I.V. plummeted in the wake of the Thomas Fire, most students that the neighborhood for their permanent residences. Schmitt stayed on the streets.

“I watched ash drop all night here,” he said. “I was wearing [the masks], but I didn’t, so I felt like puking.”

Mudslides Shut Down 101, Local Businesses Suffering

Stephany Rubio
News Editor

Several Isla Vista businesses are experiencing product and food shortages due to the recent mudslides that have temporarily closed U.S. Route 101 northbound access from southern California.

The highway is currently closed from South Milpas Street to the Ventura County line, restricting access to I.V. for product distributors based in southern California.

The I.V. Food Cooperative, Hana Kitchen, Woodstock’s Pizza and other restaurants in I.V. are making menu changes as products are arriving late or not at all due to distributors using an alternative route on Interstate 5. This route involves circling back south toward I.V. from northern Santa Barbara County and takes hours longer than usual.

“Our produce has been delivered six hours late because they had to go all the way around,” Woodstock’s manager Cristy Weibelshaus said.

Sami’s To Go was forced to source produce from local vendors, and the restaurant’s meat distributors are using the longer route to make their deliveries.

Representatives from Naos Stop, Pizza My Heart and Hana Kitchen told the Nexus they are also experiencing late deliveries.

Hana Kitchen is currently not serving vegan bowls due to limited deliveries of ingredients. The restaurant only recently received their beef shipment. In addition, only mini bowls will be available until the restaurant receives a shipment of regular-sized bowls, allowing them to resume selling regular bowls.

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“The I.V. Food Cooperative, Hana Kitchen and Sam’s To Go were all late in reaching the store. The Co-op is receiving produce from Goleta and Gaviota to compensate.

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“We’re trying, and we’re adjusting,” said Cristy Weibelshaus.

“More people are ordering our avocado toast, so we might see more permanent changes to our menu.”

The I.V. Co-op has faced “substantial” problems, according to merchandising manager Steve Snyder.

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A great team player, and ability to succeed in a fast pace environment. We are busy breakfast, energetic lunches, gourmet dinners.

e-mail your resume or bring to us.

gourmet dinners
Local street vendor Hijoino Camacho, El Elotero, will not be returning to the UC Santa Barbara campus to sell his famous churros during Winter Quarter because he cannot afford the high insurance required for off-campus vendors.

Camacho needs to provide proof of insurance to resume selling on campus. Most fundraising events run from 10 a.m. to 5 p.m., allowing a wide window for profit.

Camacho's business is currently registered as a business within Isla Vista. Camacho explained, however, that he would not be returning to the campus because the costs of the required permits and insurance would outweigh the benefits of selling one day of the month or even one day out of the week.

"Once you get in, you're in," he said. "You can't just say you're going to sell on a Saturday."

"If you don't have insurance, you're not going to be returning to the campus because the vendors' sales violate Environmental Health and Safety policies regarding vendors unaffiliated with the university."

"If I was going to sell churros on campus, I would have to ask about his progress toward meeting the school's requirements needed for off-campus vendors," OSL later clarified the requirements needed for off-campus vendors to sell on campus. Camacho explained, however, that he would not be returning to the campus because the costs of the required permits and insurance would outweigh the benefits of selling one day of the month or even one day out of the week.

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When the 2010 census was taken, he rallied homeless people to sign up. If people were to stand up and be counted, Hedges said, it would make for a telling political statement.

"If census-takers wanted to get an accurate homelessness count, they'd need to develop cooking skills. The events are free and open to UCSB students, staff and faculty.

CHEESE TASTING

The Isla Vista Co-op is hosting a cheese tasting on Jan. 20 from 5 p.m. to 7 p.m. in honor of National Cheese Lovers Day! Three different types of cheeses - cow, goat and vegan - will be available to attendees to sample. Local produce and crackers will be served with the cheeses. The co-op is located at 6825 Serrell Rd., and has been open for almost 55 years following its storefront opening in 1965.

CHICKEN GALORE!

UCSB Food, Nutrition and Basic Skills Program will be hosting a "Chicken Galore" cooking class on Jan. 18 from 8 p.m. to 7 p.m. at the Morton Co-op, which is located at 277 Camino Pucedaro. The program works to help students develop cooking skills. The events are free and open to UCSB students, staff and faculty.

MEATLESS SUNDAY

A local group called Food Not Bombs will serve free vegan food at 5 p.m. Sunday in Little Acorn Park next to Bagel Cafe. Food Not Bombs is a large organization that spans the country and is a form of "franquised activism." They believe that corporate and government priorities are skewed and allow hunger despite the abundance of food and food waste. Those interested in cooking can email organizers at findfoodnotbombs@gmail.com. The group is usually held every Sunday.

MINDFUL MEDITATION

Mindful Heart Programs will be hosting free meditation sessions on Monday, Jan. 22 from 7 p.m. to 8:15 p.m. The sessions will continue every Monday until June 19 and will include a short dharma talk and guided meditation. The sessions are held at St. Michael's University Church at 6569 Pascua Rd. in I.V.

A FREE public talk by Melanie Wahlberg, CS

Recognize God as the source of all good ideas

Jesus' teachings – the best example of how to be by listening to theses ideas

Examples of how this teaching approach has transformed lives

2:00 p.m. Sunday, January 28, 2018

STORM IMPACT

Continued from p.1

Events that Bauer said he hopes to later open a permanent location, but for now frequents street corners in Isla Vista.

Due to expensive insurance required by the university, Hijoino Camacho has decided not to sell on campus, but instead keep his business contained to I.V. He hopes to later open a permanent location, but for now frequents street corners in Isla Vista.

STEPHAN MANGA

A storm last week sent rain pouring down onto the streets of Isla Vista. Some roam on their bicycles, others hang out at a stone bench on Pardall Road that they’ve dubbed “the bedrock.”

"If the need arises, we go out to the streets," Hedges said. "I know the numbers, and the count was just wrong."
SB Community Mourns Lives Lost in Mudslides

Maura Fox
Editor in Chief

After more than a month of devastation from natural disasters in Santa Barbara County, over 1,000 community members gathered Sunday evening at the Santa Barbara Courthouse to mourn the lives lost in last week’s mudslides in Montecito.

Attendees held L.E.D. lights and candles that shone brightly as the sun began to set over the courthouse. As the names and ages of those who died in the mudslides were read aloud, community members quietly shed tears with the pain of losing a friend, neighbor or family member.

At least 20 people lost their life in the mudslides that occurred early Tuesday morning.

Local elected and community leaders organized the vigil, including First District Supervisor Das Williams, County Board of Supervisors Chair Joan Hartmann, State Senator Hannah Beth Jackson and Congressman Salud Carbajal.

Members of the Christian, Jewish, Muslim and Buddhist faiths also came to support the community in its grief.

Many speakers reminded the audience that all community members may experience grief and trauma as the wake of such destruction and loss, even if they were not directly affected by the Thomas Fire or mudslides.

“It’s important that we take time to reflect on all that we have felt,” said Alana Walczak, the executive director of Child Abuse Listening Mediation. She added that that trauma is a “long-term process” that must be addressed in order for one to begin healing.

Cheers erupted from the audience in support of the firefighters, law enforcement, first responders, search and rescue and media crews that have bravely worked in extreme conditions to save lives and provide coverage of the Thomas Fire and mudslides.

“Those and everyone on our front lines are not walking wounded,” said District Attorney Joyce Dudley.

“We are not walking wounded, [and] they are our heroes and they have broken hearts.”

Dudley’s son is a firefighter and has spent the last week rescuing people from the thick mud in Montecito, she said, adding that it is “impossible for any of us to come away from this unaffected.”

Jackson reminded the audience that a community better understands its strength when it is tested with challenges.

“We come together to grieve and regroup because it is in times like this that the true … potential of us as a community, as human beings, takes place,” she said.

The audience came together in a song as the sun disappeared behind the courthouse. Reverend David Moore of the New Covenant Worship Center began to sing, encouraging attendees to join in.

“Keep your hand on the plow, hold on,” the community sang as one voice, repeating once more. “Keep your hand on the plow, hold on.”
A New Year: Mother Nature Challenges SB County

The Thomas Fire began in Ventura County and spread quickly due to extremely dry weather conditions and strong Santa Ana winds. The fire traveled north of Ventura and into Santa Barbara County.

In the first few days after the Thomas Fire, smoke began to reach Isla Vista and the UC Santa Barbara campus. Students were encouraged to stay indoors and wear N95 masks to avoid lung damage.

Heavy rainfall during the second week of January caused flooding in many parts of campus. Students were advised to be aware of any flooding in their residences due to the intense winter storm.

Severe flooding following the winter storm resulted in the closure of many areas on campus. Low-lying courtyards filled with water to create accidental ponds and had to be roped off until they drained.

Storm clouds approached on the horizon as students returned to campus to complete their finals that were postponed due to the fire. The heavy rain affected much of the state and marked the end of a long dry period.
UCSB Gauchos

By Jorge Mercado

The Gauchos have one of the best basketball teams in the Big West. They currently average a double-double of 10.7 points and 10.3 rebounds per game, and lead the conference in assists with 13.8 per game. The Gauchos have been generating a lot of buzz this season, and are currently sitting at 11-6 overall and 2-1 in conference play.

UCSB is led by forward Parker Westermann, who averages 14.2 points and 7.8 rebounds per game. Westermann is a versatile player who can score from both inside and outside the arc. He is also a solid rebounder and a strong defender, making him a key player for the Gauchos.

The Gauchos also have a strong frontcourt with his teammates. Senior forward Kaya Dugger averages 11.8 points and 8.0 rebounds per game. Dugger is a solid player who can score inside and out, and is a strong rebounder. He is also a solid defender, making him a key player for the Gauchos.

The Gauchos also have a strong backcourt with his teammates. Senior guard Jordan Nwora averages 10.9 points and 5.0 rebounds per game. Nwora is a solid scorer who can score from both inside and outside the arc. He is also a strong defender, making him a key player for the Gauchos.

The Gauchos have been generating a lot of buzz this season and are currently sitting at 11-6 overall and 2-1 in conference play. They have been generating a lot of attention from scouts and recruiters, and are a team to watch for the rest of the season.

The Gauchos will be playing their next game on Thursday, January 18, 2018 at 7:30 p.m. against Cal Poly at Mckale Center in Tucson, Arizona.
UCB

UCSB

Gauchos

By Calvin Thrift

The regular season has come to an end for the UC Santa Barbara Gauchos. After a disappointing season, the Gauchos finished the season at 3-4 in Big West conference play. This is the sixth season in a row that UC Santa Barbara has failed to make the conference tournament.

The Gauchos, second in Big West conference play, finished the regular season with an overall record of 10-16. They lost their final three games of the season, which included a 74-68 loss to the UC Davis Aggies. With the loss, UC Santa Barbara finished the season with a conference finish of fourth place.

UCSB went on a 16-game conference win streak to start the season before losing to Long Beach State. This streak ended as the fourth seed in the Big West conference tournament. The Gauchos went on to lose in the first round of the tournament to Fullerton.

UCSB players are looking for a more successful season in 2018-19. The Gauchos have a young team with several freshman and sophomores. The team is looking to improve in all areas of the game.

UCB

UCSB Women’s Basketball Preview

By Andrey Hernandez

UCSB will have its first chance to redeem itself this season when they take on the UC Davis Aggies at home on Thursday, Jan. 18. The Aggies are currently 12-8 overall and 3-4 in Big West conference play.

UCSB finished the season with a conference finish of fourth place and a 10-16 overall record. The Gauchos have a young team with several freshman and sophomores.

UCSB’s biggest challenge this season will be to improve its defense. The Gauchos finished the season allowing an average of 75.3 points per game. They will need to improve their defense to have a successful season.

The Gauchos have a young team with several freshman and sophomores. The team is looking to improve in all areas of the game. The Gauchos will need to work on their defense to have a successful season.

UCB

UCSB Basketball

UCSB's season opened in style against California Baptist University, with the Gauchos winning 84-65. UCSB will have its first chance to redeem itself this season when they take on the UC Davis Aggies at home on Thursday, Jan. 18.

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New Talent: Isla Vista Bands to Watch in 2018

With the start of the year, Artsweek is profiling three bands who are leading the music scene in Isla Vista right now, bringing us sounds from alternative rock, punk, and even ska.

Zoe Jones
Artsweek Editor

Over the last few years, I’ve seen a number of Isla Vista bands come and go, and each year, it’s easy to see which ones are going to make the most impact. My freshman year, I covered the Office for Artsweek a number of times, a band that played shows almost every weekend – eventually bringing their sun-drenched brand of reggae to headlining concerts and festivals.

Last year, I wrote about garage Henry quite a bit, giving them both recognition and praise for the hazy, blues-tinged garage rock that they became known for. Members of these bands have graduated, and with their departure, have made room for new acts to join our town’s music scene.

A few weeks ago, we brought the Mallards into the Nexus office to play a session in the Batcave. They’re a four-piece originally formed three years ago by lead vocalist Matt Swiacki and vocalist Blake Berich. As fate would have it, they met in the freshman dorms after being randomly assigned to each other. Soon enough, they began playing together and found their individual voices as a duo. They didn’t officially form a full band until last year, when drummer Jake Morenc befriended the duo during a chess game and bassist Ray Muhlencamp joined a jam session.

The Mallards have started making their way through the backyard show scene this year, and have been playing live ever since. Their ties to other Isla Vista acts are strong: Robert Sanlis of This is Napoleon? mixed, mastered and recorded their debut EP last summer. The group is extremely proud of the finished product, their self-described mix of “latin jazz, bossa nova, folk, alternative and punk,” which they also showcase on weekends during house party shows.

The Mallards’ next show is this Saturday at 6508 Del Playa Drive, at 9 p.m. Milk Drunk is tentatively playing a show on Friday, and the Olés for Artsweek a number of times, a band that played shows almost every weekend – eventually bringing their sun-drenched brand of reggae to headlining concerts and festivals.

Just like its wonderful name, Milk Drunk has crafted a carefree, punk aesthetic. Members Kellan Stangier, Ethan Jones and Aaron Kopperman met through frequenting shows in the area, as they share a love for the local DIY scene. Milk Drunk was officially formed last spring and has been working hard ever since.

In addition to playing shows both on and off campus, the three-piece already has two EPs on their Bandcamp page. It is clear that their sound is heavily informed by their influences, from Car Seat Headrest to the Story So Far – all big names in the indie world that have a major influence over new acts. However, they don’t attempt to replicate these bands and instead aim to make a sound unique to both Isla Vista and the music world at large. Guitarist and vocalist Jones describes their sound as “post-ska, pre-country,” which is a label you’ll only understand if you listen for yourself.

Considering the notorious emphasis on partying Isla Vista tends to have during weekends, sometimes the focus for show-goers is not the music itself. Because of this, Milk Drunk believes that many bands in Isla Vista make an attempt to play in a way that’s effort to please everyone. Of course, it is difficult to keep the local DIY scene alive if all of the bands are aiming for a similar sound. However, Milk Drunk cite fellow Isla Vista band RabbitFoot as another band to see – the show that they put on, in a word, unique.

Lord BacToN, also known as Cris Sharma, is the vocalist and guitarist for RabbitFoot. He started the band with lead guitarist Malcom Coffman a couple of years ago, then bassist Ricardo Valenzuela-Morin and drummer Yarden Kefary followed. The band plays a self-described mix of "latin jazz, house nova, folk, alternative and punk," which they also showcase on weekends during house party shows.

RabbitFoot has had a number of shows shut down in Isla Vista, possibly due to the hard-hitting nature of their shows. Their rebel against the tame nature of popular indie music, and like their peers, they are creating something different. Their energy comes at you quick, and can be a little strange – but in the best way possible.

As you can imagine, it is difficult to maintain a band and write original songs, all while working and taking multiple classes. Somehow, these guys do it all – and play shows on the weekends, too. Everyone watching the Isla Vista music scene, myself included, can’t wait to see what these bands are going to do.

Milk Drunk and The Mallards are going to make the most impact. My freshman year, I covered the Office for Artsweek a number of times, a band that played shows almost every weekend – eventually bringing their sun-drenched brand of reggae to headlining concerts and festivals.

The Mallards have been kicked out of eight parking lots total because of noise complaints, including parking garages, dorms and even the Marine Science Building on campus. However, the struggle to come together during the week is rewarded on Friday and Saturday nights when crowds gather to dance, party and listen to what they’ve created.

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Study Abroad Student Misses Memo, Shows Up 1 Week Early

Emily Anne Williams
Staff Writer

Morgan Sanders enjoyed her quarter in Italy so much that she didn't bother checking any emails from her home university. She was too busy posting selfies from coliseums to see the hundreds of nasty fire memes from her peers. Sanders returned to the U.S. feeling enlightened, but she arrived 15 minutes early.

Sanders hopes that by sharing her story, she will save others from enduring the same fate.

Emily Anne Williams is a third-year linguistics major that checks her email religiously.
Pros & Cons

The new year brings in new resolutions, and those often lead to changes in diet and health. Often, a trendy diet or a superfood that will solve all of your problems seems to be the answer, and that may be so. I, too, have fallen into the trap of those crazy fad diets in the past, and more often than not I end up failing miserably at them. I obviously enjoy food and dining out, and I have a strong bond with food. Otherwise, I wouldn’t have every week talking to you about my latest craving or restaurant find. If you’re anything like me and calorie counting is a joke and meal prepping the same meal for every day of the week makes your insides hurt, then perhaps you should look into a diet with fewer restrictions that still has great results. I give you the lo-carb, high fat (LCHF) diet, otherwise known as the keto diet.

WHAT IS CONSIDERED LCHF?

This diet is simple in its restrictions: avoid fruits, grains, pasta, starch and vegetables that grow underground like potato. Foods that should be consumed are poultry, meat, eggs, fish, cheese and natural fats like butter and lots of vegetables. There is no need to count calories or restrict portions, eat when you’re hungry and stop when you’re full. It’s as simple as that. Another plus is that there is no reason to buy artificial or specialty foods to maintain this diet, as it’s natural and easy to prepare.

HOW DOES IT WORK?

Many of you may be skeptical because your mother has probably warned you of the dangers of butter, cheese and bacon your whole life, and every time you ingest a cheese stick you helplessly panic and wait for cellulite to appear on your thighs. So how could bacon possibly help you lose weight? Well, when your body is consuming carbohydrates, it will use these easy molecules for energy, but when a lack of carbohydrates is present, the body will turn to its stored fats and break those down for energy, thus burning fat and shedding pounds.

WILL THE WEIGHT STAY OFF?

A state of ketosis can be beneficial to your weight loss, but it is important to know that any sort of restricting diet comes with its health risks. It is not recommended for those who suffer from diabetes or high cholesterol, or if you are pregnant or breastfeeding. And if nutrients and vitamins are not either supplemented or monitored in your diet, improper nutrition can lead to many health risks including diarrhea, nausea, dehydration, constipation and, in serious cases, kidney stones and gout. It is definitely not something to do without proper advisement and correct nutritional levels.

IS IT SAFE?

Like any fad diet, LCHF works as intended during use but when reverting back from ketosis, weight gain is likely to happen. Your body has been burning all of its stored fat resources, so once it has a new source of fuel for energy (carbohydrates), it begins to want to store fat once again. Water weight gain can also occur. The lapse in ketosis, making it impossible to keep results consistent. The important thing I’ve taken away from my experiences with LCHF is not to be carb-restricted but rather carb-conscious. I’m eating better, I’m cooking more of my meals and I’m still feeling satisfied. Whether you want to go extreme or just try and make tweaks to your habits, it’s always important to find a balance that works for you and makes you happy.

VERDICT?

Ketosis definitely doesn’t work for everyone, and many health advisors would say that the risks outweigh the costs, but for rapid results with minimal restrictions, this diet does work. I’ve personally tried it and lost five pounds in a week, but my Irish roots love for potatoes always sneaks back up and causes a lapse in ketosis, making it impossible to keep results consistent. The important thing I’ve taken away from my experiences with LCHF is not to be carb-restricted but rather carb-conscious. I’m eating better, I’m cooking more of my meals and I’m still feeling satisfied. Whether you want to go extreme or just try and make tweaks to your habits, it’s always important to find a balance that works for you and makes you happy.

IS IT EASY?

This diet is simple in its restrictions: avoid fruits, grains, pasta, starch and vegetables that grow underground like potato. Foods that should be consumed are poultry, meat, eggs, fish, cheese and natural fats like butter and lots of vegetables. There is no need to count calories or restrict portions, eat when you’re hungry and stop when you’re full. It’s as simple as that. Another plus is that there is no reason to buy artificial or specialty foods to maintain this diet, as it’s natural and easy to prepare.

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A state of ketosis can be beneficial to your weight loss, but it is important to know that any sort of restricting diet comes with its health risks. It is not recommended for those who suffer from diabetes or high cholesterol, or if you are pregnant or breastfeeding. And if nutrients and vitamins are not either supplemented or monitored in your diet, improper nutrition can lead to many health risks including diarrhea, nausea, dehydration, constipation and, in serious cases, kidney stones and gout. It is definitely not something to do without proper advisement and correct nutritional levels.

IS IT SAFE?

Like any fad diet, LCHF works as intended during use but when reverting back from ketosis, weight gain is likely to happen. Your body has been burning all of its stored fat resources, so once it has a new source of fuel for energy (carbohydrates), it begins to want to store fat once again. Water weight gain can also occur. The lapse in ketosis, making it impossible to keep results consistent. The important thing I’ve taken away from my experiences with LCHF is not to be carb-restricted but rather carb-conscious. I’m eating better, I’m cooking more of my meals and I’m still feeling satisfied. Whether you want to go extreme or just try and make tweaks to your habits, it’s always important to find a balance that works for you and makes you happy.

VERDICT?

Ketosis definitely doesn’t work for everyone, and many health advisors would say that the risks outweigh the costs, but for rapid results with minimal restrictions, this diet does work. I’ve personally tried it and lost five pounds in a week, but my Irish roots love for potatoes always sneaks back up and causes a lapse in ketosis, making it impossible to keep results consistent. The important thing I’ve taken away from my experiences with LCHF is not to be carb-restricted but rather carb-conscious. I’m eating better, I’m cooking more of my meals and I’m still feeling satisfied. Whether you want to go extreme or just try and make tweaks to your habits, it’s always important to find a balance that works for you and makes you happy.
**Finding a Balance for Consuming Calcium**

**Stephanie Pernett**  
*Science Editor*

When thinking about calcium, the first thing we think of is usually milk. Generally, it is considered as a substance that benefits animals and humans. However, too much or too little has adverse effects in both and at times it is hard to tell whether we are getting enough of it.

While some studies support the idea that humans perceive the taste of calcium in food, the sensitivity of humans to calcium is still uncertain. One study suggests that a human taste receptor gene is associated with tasting calcium (TIR6). Nevertheless, due to the positive and negative effects of calcium on health, in principle, detection of this mineral could be attractive or repulsive depending on its concentration.

A recent study conducted by scientists at UC Santa Barbara and the California Institute of Technology (Caltech) determined that the ability to taste calcium varies across species. The researchers found that flies are indifferent to modest levels of calcium in food. However, they show strong repulsion to high levels of calcium, indicating that they possess the ability to taste calcium. The team also uncovered a unique class of gustatory receptor neurons (GRNs) sensitive to calcium taste in these model organisms. Their findings appear in the journal *Neuron*.

**Importantly**, the researchers determined that calcium aversion occurs through two mechanisms: activation of a unique class of GRNs, which are responsible for sensing calcium; and activation of another class of neurons that are sensitive to bitter compounds. When the flies are exposed to high levels of calcium, they consume enough of the calcium to cause viability problems and, over time, die.

**Mutant flies** that cannot sense calcium were then exposed to high levels of calcium in food. These flies survived longer than wild-type flies, indicating that calcium aversion is a species-specific behavior.

The researchers also found that calcium aversion is not associated with individual body condition, although bold individuals do tend to be slightly smaller than their shy counterparts.

**Importantly**, the researchers also showed that flies can taste calcium, which is associated with many diseases and can even be life-threatening. The researchers found that flies have a sense of calcium taste, which is distinct from those that sense bitter compounds and which cause aversion to different concentrations.

**Researchers** compared the survival of flies maintained on 100 millimolar calcium solutions with those maintained on 25 millimolar solutions. The flies that consumed the high-calcium diet lived longer than those maintained on the low-calcium diet. The researchers determined that the chlorine was not responsible for this increase in lifespan since flies show no distaste for 10 to 100 millimolar magnesium, MgCl₂, while one to 10 millimolar levels of other compounds containing compounds were also aversive. They were able to conclude that flies have a sense of calcium taste.

"It turns out that fruit flies don't have a mechanism for sensing low calcium even though it's good for them, but they are trying to guard against consuming too much calcium," Montell said.

Since the flies avoided high levels of calcium, the team tested whether high levels of calcium chloride is toxic to the flies. The researchers compared the survival of flies maintained on 100 millimolar, 25 millimolar, or 5 millimolar calcium chloride, and found that the flies survived after eight and a half days.

"Surprisingly, we found that calcium aversion occurred through two mechanisms: activation of a unique class of GRNs, which are sensitive to calcium, and activation of another class of neurons that are sensitive to bitter compounds. When the flies are exposed to high levels of calcium, they consume enough of the calcium to cause viability problems and, over time, die. This suggests that calcium aversion is a species-specific behavior that is not associated with individual body condition, although bold individuals do tend to be slightly smaller than their shy counterparts.

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Argument in the Office: New Year New You? Or More of the Same?

Opinion editors Laurel Rinehart and Ali Abouesh debate the validity of the New Year's resolution trend at any stage in the year, and New Year's resolutions may be fleeting by nature, given a designated time for that reflection, in the midst of life's distractions. There is no point in participating with an effort to correct mistakes or start out the year on a positive note.

If the tradition of resolutions was formatted in a way that required action rather than merely intent of action, I would be much more likely to support it as a legitimate exercise.

However, despite the optimistic premise of change in the new year, the implementation of resolutions often being problematic for many people. Part of this has to do with the way our culture quickly jumps from trend to trend, sacrificing lasting meaning for the newest beat. If someone is making a resolution on Jan. 1, chances are they are only doing it because resolutions are trending at that point in time and are not progressing as quickly as you'd like.

With the beginning of the new year, we will be greeted with people all over the country making goals to improve themselves in 2018. Every Jan. 1, we set goals for ourselves to get into better shape, try new things or anything else that we feel the need to work on. The idea is inherently positive when it's done correctly. We all wish to become the best version of ourselves, and the New Year presents an opportunity to do this. This "20-Slate-Clean," I want to convince you all to commit to a resolution because now is the best opportunity to accomplish something you've always wanted to do.

The benefits of writing down and sticking to a resolution can be extremely positive. For example, I have made a resolution to get out of my comfort zone more often, and already I've experienced more in two weeks than I have all last quarter. At its core, a New Year's resolution is a break from the norm: you are doing something that you have wanted to do, but did not do in the year that has passed. If you are doing the same thing every day, you have a tendency to blend each one together into one memory. A break from the routine, such as socializing more or exploring new places, will make more memories and make life more interesting. People always say that life is short but there is no reason that life should also be boring. There may be hiccups along the way, like losing your keys on a night out or not progressing as quickly as you'd like with your fitness, however, when you finally see progress on your resolution, it will be that much sweeter.

When critics say resolutions are more harmful than beneficial, it is not telling the entire story. Sticking to a resolution that is focused on personal growth is one of the best things you can do for yourself. A resolution born out of societal pressure, however, will be much more painful and negative. For example, wanting to lose weight because your body feels unhealthy is completely different from losing weight because you don't see yourself as having the ideal body type. The point of a resolution is to be happier with who you are, and chasing goals that are set by someone else is not a healthy way to go about it.

Another thing that is brought up is the fear of failure. You have to keep in mind that there is absolutely zero shame in failure. Trying to better yourself is not an easy thing to do, and it's only natural that there are going to be a couple of nicks and bruises. Don't feel discouraged or that you've wasted time just because you mess up once.

When you choose your New Year's resolution correctly and stick with it, you'll end up better off in 2018. You'll have the potential to make new friends, see new places and feel better about the person you've become. At the very least, if you decide that your resolution wasn't for you, it's possible to put yourself on the back for getting out there and trying something new. After the shit-show that was 2017, you owe it to yourself to get some happiness.

Ali Abouesh wants people to work on their personal growth and feel better about the person you've become. At the very least, if you decide that your resolution wasn't for you, it's possible to put yourself on the back for getting out there and trying something new. After the shit-show that was 2017, you owe it to yourself to get some happiness.

Ali Abouesh