

TBL the bottom line

Associated Students, UC Santa Barbara

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Photo by Eddie Ferry

HAITI RELIEF BENEFIT—From left to right: Hannah Beth Jackson (Speak Out California Pres.), Thomas Tighe (Pres. and CEO of Direct Relief International), Maureen Earls, Chris McAlley (Black Studies Professor), Dr. Nadege T. Clitandre (Executive Director, Haiti Soleil).

Associated Students Pledges up to \$25,000 for Haiti Relief

Kelly Jones
Writer

UCSB Associated Students (AS) recently voted to match up to \$25,000 of cumulative donations made by UCSB students to contribute towards relief efforts in Haiti. Students can make monetary donations of any size at the Associated Student ticket office. Donations received by January 31 will be matched by AS, and then split between 'Direct Relief' and a smaller group known as the 'Lambi fund.'

The AS Council will request that the AS Financial Board allocate up to \$25,000 from its budget to match all donations made this month.

"It was an idea we came up with because we thought if we matched it, more people would be willing to donate," said Chloe Stryker, an AS

Off-Campus Representative.

Direct Relief is a source of immediate relief for damage caused by the earthquake, as well as supplying victims with medical supplies and equipment. The organization is dedicated to providing care for those already injured and preventing the spread of disease in crowded temporary encampments. The Lambi fund is a group created by Haitians and Haitian-Americans in 1994 to promote the economic and democratic development of Haiti. It is focused on long term investment in Haiti's future, whereas Direct Relief helps with short term aid.

"It's really important to remember it in long terms," said Vernessa Shih, a fourth-year Global Studies major. "Just sending money now and forgetting about it in the long run won't help the people of Haiti. They're going to need help months and years down the road."

A Haiti Relief Benefit was held on January 27, featuring speakers from the UCSB Center for Black Studies as well as a film presentation on Haiti. The two hour event also included music and food.

"As students we aren't financially stable enough to donate all this money to the fund," Stryker said. "What they can do is ask to volunteer with whatever you can do."

The UCSB Administration has fully lent its support to the work done by Associated Students. "I get emails from administrators constantly thanking us for it, and asking what they can do to help," Stryker said. "Student Affairs Office is also very helpful, offering to publicize all of our events. Teachers are even going to be giving extra credit to those students who come to our events."

The AS Legislative Council might also host a Haitian benefit

concert in the Hub with the assistance of the artist 'Sabatage.' The Isla Vista rapper contacted Associated Students, offering to perform for free, and he has been recruiting other artists to donate their time as well. AS is also contacting the artist Milkman and several DJs to play at the event.

Other colleges, such as Stanford and UC Berkeley, are in the process of organizing relief efforts as well. AS Legislative Council may consider combining efforts with other UC campuses in the future, and might possibly send students over to Haiti once travel conditions allow.

"It makes me proud that some of my peers are donating, but I think everyone needs to be more aware and do what they can to donate, whether that means giving blood, collecting clothes and food, or sending money," Shih said. "Just support the cause."

UCSB Considers Switching From U-Mail to Gmail

Bryan Kappe
Writer

Members of the UCSB Legislative Council are currently looking into a possible e-mail system switch from U-Mail to Gmail.

Gmail, the free email service provided by Google, is currently one of the most popular e-mail systems in use today. Proponents of the switch, such as Associated Students Legislative Council member Jake Elwood, see the switch as an inexpensive alternative to the current system.

According to Elwood, Gmail's "interface is much better and is more user-friendly" and it would no longer be necessary for all emails to be forwarded to other personal accounts. The e-mail system also offers numerous applications such as a student calendar that can be shared to organize studying.

"Gmail is an interface everyone is already familiar and comfortable with," Elwood said.

Describing the U-mail system as having an "outdated interface," Elwood said the change would help students avoid "sacrificing functionality and usability" in something as important as college e-mail. He said that the only costs that would be incurred would be due to the initial start-up, the precise figures for which Legislative Council is currently trying to ascertain. Google would provide free maintenance for

all other services after the system is up and running.

In addition, e-mail addresses would simply end with "ucsb.edu" rather than the current "umail.ucsb.edu." Google would also be able to transfer contacts and other information, including messages currently in the inboxes of U-Mail accounts.

"It's only six weeks from the beginning of the planning process to completion..."

—Jake Elwood, AS
Legislative Council Member

Tom Putman, Associate Vice Chancellor for Information Technology and Chief Information Officer, stated that there is currently no plan to make a switch anytime soon. However, the UCSB administration is looking at alternatives to the U-Mail system and weighing the different options available.

There are also numerous legal obstacles that could stymie a change. The U-Mail system is run by the university and is administered by Instructional Computing, a computing department based on campus. If the switch to Gmail is made, it is possible several current U-Mail system administrators may lose their jobs.

"There are numerous legal concerns such as privacy and compliance with the Family Educational Rights and Privacy Act [FERPA]," Putnam said, implying that making the switch would not be entirely easy.

The university would also continue to be responsible for identity management, keeping track of who is using the system and assigning email addresses. The current identity management system would have to be upgraded to work with Gmail.

Because of its high customer

satisfaction and free maintenance, Gmail has become an increasingly popular email option for colleges and universities. Other colleges throughout the country, such as UC Davis and the University of Notre Dame have made the switch.

According to Elwood, the most important step to making a change is getting the university committed to the switch. "It's only six weeks from the beginning of the planning process to completion," Elwood said. According to him, the potential switch would be "quick and seamless."

The Bottom Line

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- The 2009-2010 Bottom Line Staff

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Writers

Kelly Jones
Bryan Kappe
Yunji Kim
Brian Ly
Alycra Matsushita
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Raymond Nhan
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Helen Tracey
Aisa Villanueva
Desmond White
Yan Ivaniya
Sergio Lagunas
Augustine Beeman
Logan Piercy

Photographers

Raymond Douglas
Eddie Ferry
Vera Fomenko
Zephyr McIntyre
Yani Searles
Desmond White
Erica Yu

Illustrators

Lily Lazaro

Peer Health Interns Prove Unexpected Sight on Del Playa

Aisa Villanueva
Writer

At 10 p.m. on Friday, January 29, UCSB's Peer Health Interns gathered at the Del Playa roadblock to distribute free goods.

Interns represented Students Teaching Alcohol and Other Drug Responsibility (STAR), Healthy Eating and Living (HEAL), and Sex and Relationships (S&R). STAR distributed free water bottles, HEAL doled out free animal crackers, and S&R passed out free condoms.

In the midst of blasting music and resonating laughter, repeated calls sliced through the clamor, "Remember, Lady Gaga said the best accessory is a condom!"

Student Health's mission is to promote safety awareness for students who are partying, particularly while they are out in Isla Vista.

"Our [Peer Health Interns] general responsibility is to promote positive life decisions to students, who respond better to their peers who are like them. We strive to educate and advocate better health and fitness lifestyles through our different projects," said Emily Utschig, the Internal Coordinator of HEAL.

The goal of the various environmental strategies is to add



PLASTIC BAGS OF RUBBER—
Sex and Relationship interns wait on DP to pass out condoms.

a new element to the environment that was not previously at the scene in order to raise safety awareness. Student Health hopes to make a positive impact in the community surrounding UCSB by ensuring that students have an opportunity to take care of themselves with free items.

"With our various projects, like Snack Attack, we get to flood the students' environment with information and tools that lead to self-preventive measures

AWARENESS—
Continued on pg.11



Photos by Aisa Villanueva



DR. ERKKI RUOSLAHTI— Discovers a new peptide.

UCSB Prof In Key Discovery

Helen Tracey
Writer

According to a recent press release, UCSB Professor Erkki Ruoslahti of the Department of Molecular, Cellular and Developmental Biology and his team have identified a peptide that targets cancerous tissue without damaging surrounding healthy tissue. Peptides are chains of amino acids, which are the more basic building blocks of life.

Not only does the peptide distinguish between healthy tissue and tumorous tissue, but it also binds to the targeted area and

delivers medicine without affecting its surroundings.

"This peptide has extraordinary tumor-penetrating properties, and I hope that it will make possible substantial improvements in cancer treatment," said Ruoslahti in a written statement. As of now, Ruoslahti and his team have only been testing the effects of the peptide in animals, but he hopes that the "animal experiments will translate into human cancers," which would reduce the side effects of cancer treatment drugs.

The goal of the peptide, called iRGD, is to enhance cancer detection and treatment. Previous peptides were able to recognize and bind to tumors. iRGD, however, is the only peptide that is able to go beyond the blood vessels of the tumor and bind more effectively.

Last June, Ruoslahti and his team developed a nanoparticle that targeted plaque, a major cause of cardiovascular disease. He also received a \$2.8 million grant from the Department of Defense in order to continue his work with cancer-targeting nanotechnology.

Originally, the team tested its peptide in tumor-bearing mice and found that it would only bind to tumor tissue.

Building off of previous work, the team has been able to test the peptide against various other types of cancers and tumors, such as prostate, pancreatic, and breast cancer. On December 8, the Ruoslahti team published a complete update of their work in the *Cancer Cell Journal*.

FEATUREREFS

Stressing Out is So 2009: Tips for a Low Stress 2010

Helen Tracey
Writer

Though only a few weeks have passed since the start of school, midterms are already starting to rear their ugly heads, and with them comes an onslaught of stress. Here are a few tips on how UCSB students can utilize free, on-campus resources to get their stress under control.

Got something on your mind?

Counseling Services, located between HSSB and the old Women's Center, offers a wide array of services for all UCSB students. If you need advice and want to talk to someone about an issue that is stressing you out, Counseling Services offers Stress Management Peers, if you want someone your own age, group counseling for issues that you want to solve with the help of others, and individual counseling with certified psychologists.

"Just having staff psychologists on campus, I think, is really important for students so they can deal with any stress issues," says Jenny-Rae Foreman, an administrative assistant at UCSB's Counseling Services. "We also have an on call psychologist in case a student has a crisis. We offer

24-hour counseling, so when our office closes at 4:30 p.m., if you call our number, it will transfer you to a psychologist."

They also have Relaxation Rooms where students can get a half hour, full-body massage in one of two massage chairs, each in a private room. In another room, Counseling Services offers their famous Alpha Wave Egg Chair that imitates the waves go through your head during REM sleep. Students are even encouraged to take a 30 minute nap while they are in the chair.

Concerns about depression, anxiety, inappropriate behavior, eating disorders, and academic- or career-related thoughts can also be brought to Counseling Services for a solution.

Their relaxation media can offer guidance on stress management, relationships, study skills, and performance. Counseling Services' collection of over 200 DVDs, VHS cassettes, and CDs are sure to give you the direction you need.

Worried about money?

Ever been in a situation where you've been stuck in your apartment for days and just need to get out, but your wallet is lacking green? Don't stress. The Associated Students



Photo by Raymond Douglas

STRESS— Don't let it undermine your new year.

Board hosts free movies and concerts for UCSB students. Films like "(500) Days of Summer" or "Whip It" can be seen on the big screen for the price of showing your Access Card.

Also, the Adventure Program allows students to participate in outdoor activities at little or no cost. Kayaking, rock climbing, hiking, and backpacking are just a few of the services that the Adventure Program offers. Another activity option is going to the gym and getting in a good work out. Working out releases endorphins, which act as natural pain relievers and produce a feeling of well-being.

"Endorphins are neurotransmitters produced in the brain that reduce pain," says Alan Hirsch, M.D., neurological director of the Smell and Taste Treatment Research Foundation in Chicago. "They have also been known to induce euphoria."

Using the gym on campus is also free for UCSB students. At the Rec Center, students can use the cardio equipment, pool, and weights at no cost. Exercise and Sports Studies also offers yoga and leisure review classes to center your body and get your mind off of what's stressing you out. They also offer intramural sports for students to participate in.

Worried about school?

Counseling Services offers a test anxiety program to help reduce some of the pressure and stress students often feel while taking tests. Some students may have trouble keeping up because of a learning disability. These students can go to Student Health to get tested for ADD, ADHD, dyslexia, and other disabilities. Disabled Students Program (DSP) may be able to help by offering alternative locations for students to take tests in and notes for students who qualify for the program.

CLAS is another great academic resource that is free for students. Giving students that extra boost of help that they need for their classes can act as a safety net. Students can study with their peers from the same or similar classes to ensure that they understand all of the material. Both of these resources are located in the Student Resource Building (SRB) near the Pardall Rd. tunnel.

Next time you feel like stress is getting the best of you, stop by Counseling Services, the SRB, or simply get out of your study tunnel for a while. With free movies, concerts, and numerous other ways to manage stress, you will be able to feel relaxed in no time!



Photo by Raymond Douglas

EXERCISE— A key antidote to stress.

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The Truth Behind Aphrodisiacs

Aisa Villanueva
Writer

You would think that it's just an ordinary day, when suddenly you witness professions of undying love to your left and over-flowing amounts of teddy bears to your right. Scratching your head in confusion, you look around. Aha! It seems like it's that fluffy warm time of the year again, all coated with feelings and sprinkled with yearning – every form of love from saccharine-sweet to downright disgusting springs up to shock you during Valentine's Day. Most surprising of all (or perhaps not that surprising), are the intriguing conversations involving food and fantasies.

Throughout our collective history, we have passed on

Asparagus, carrots, and cucumbers are all very long and lithe vegetables. With mating and reproduction in mind, our ancestors have associated these as sexual desire-improving foods, all because they are nature's way of reminding them to think, "Phallus!" If it resembles a sexual organ, it must mean something, right? Wrong! Research has shown that these vegetables' compositions do not contain chemicals that are necessary for developed sexual desires. Let us take into account the banana in this group of lean phallus-looking foods. Though there is no correlation with its shape to what it reportedly does, the banana does aid in the reproduction of sex hormones because of the high levels of potassium and vitamin B embedded within its fibers.

effective in releasing hormones like estrogen and testosterone. Like in movies, a clause is never complete without a "but." What cannot be concluded yet is whether or not oysters contain enough amounts of the aforementioned chemicals to actually induce drive and desire.

Lastly, we have the oh-so-famed and always sought after chocolate. Researchers have found that chocolate has serotonin and phenylethylamine, chemicals that provoke feeling of happiness. Also, research from the Neuroscience Institute in San Diego have discovered that chocolate has substances that have the same effect on the brain as marijuana, but not to the extent of getting a person high. It has nothing to do with enhancing sexual drive, but if one feels good, reserves are lowered and makes one



Photo by Raymond Douglas

JUST A SPOON FULL OF CHOCOLATE— Count on being out

enchanting tales that tell of foods and drinks laced with energies to enhance sexual desire and pleasure. Oh, the wonders of love and vigor created by an aphrodisiac! No, I am not here to recommend the best aphrodisiacs for celebratory days nor am I here to reveal the secrets behind their thrilling effects. This will not touch on anything Viagra related either. I am simply here to re-examine the truth behind such legends. You know how that over-used cliché goes, if it is too good to be true, then it probably is.

Four foods down, two more to go. Now, imagine going hungrily into a bar, pub, or restaurant somewhere around the Chesapeake Bay. For sure, the locals there will talk big and recommend to you their renowned oysters. If anything, it is as if word of mouth has spread – a great aphrodisiac. Scientists have proven though that oysters are full of zinc, which has been linked to augmenting men's sexual potency and that they contain compounds (D-aspartic acid and N-methyl-D-aspartate) that are

more responsive to suggestion.

In the end, I relay my sincerest apologies for bursting your bubbles, folks. High-end technologies and fast-paced information sharing have all lead to scientific conclusions pointing to aphrodisiacs as fraudulent. Roses, teddy bears, and eye-piercing red Hallmark cards may be over-used, but at the least, they do carry very blatant messages. Just make sure you steer away from last minute Valentines shopping, as you might end up fighting for the last bouquet of roses.

KUFF Me Up Baby

Desmond White
Writer

While most consider fetishism to be black leather, a passionate love for motorcycles, and ritualized master/slave sex, UCSB's one and only fetish club respectfully disagrees! According to "Kink University: Fetish Fellowship," or KUFF for short, our generation of kink playmates sees sexual fetishes as "just the thing you're into, generally off the beaten path."

KUFF meets at 7:30 PM every Wednesday in the Resource Center for Sexual & Gender Diversity,

wrapped people. Also important to KUFF is recognizing the boundary between paraphilia, or deviant sexual behavior that harms others and/or oneself, and BDSM as a lifestyle choice, or just something to spice it up.

"We don't have sexual necessities," cites one member, "but sexual preferences."

Preceding KUFF was Headspace, a downtown Santa Barbara organization that focused on local adult kinksters. Eventually Headspace fell apart, and after a few attempts to revive it, it became officially defunct. A few years later, two of Headspace's student members



Photo by Yani Searles

KUFF—"Try this at your own risk."

located on the third floor of the Student Resource Building. KUFF provides accurate information about BDSM including tips, techniques, safety instructions, and current news in the kink community. KUFF emphasizes that kinky activities should be SSC, or safe, sane, and consensual. Other than that, "if you happen to like it, have fun!"

"What people don't understand is that we are the Next Gen," says Allegra Bottlik, the current president of KUFF. "We don't have as many strict rules as the older generation. We're egalitarian. Many of us like to switch from top to bottom according to mood or partner. It's a new game."

"People find out about BDSM through music videos, porn and media, but they aren't getting an accurate picture," argues Bottlik. "They need the how to."

KUFF is all about the "how to." Not everybody is into the same sexual (or nonsexual) practice, which is why subject material varies from week to week, ranging from ropes and masks to more advanced topics like fire. One member recalls a fun demonstration that involved food play, which involved eating sushi off of plastic-

began talking about starting a club through the Office of Student Life.

"We weren't sure how the University would feel about sponsoring a club based on fetishes, but it was worth a shot," says Shaun Ballou, one of the founders of KUFF and a UCSB alum. "A couple of awkward conversations with OSL later and we officially founded KUFF."

KUFF started out with 6-8 members. But after hosting a live demonstration during UCSB's 2008 Queer Pride Week, membership doubled - forming the backbone.

If you're interested in learning the intricacies of gas-mask asphyxiation, or just curious about fetishes in general, KUFF is the place for you. When one member was asked why he liked KUFF, his answer was, "because everyone's not forty." While the media might portray BDSM as the gimp from Pulp Fiction or Vandersex in Euro Trip, the truth is kinksters are regular people with fantastic imaginations. Don't worry, these guys don't bite unless you ask them to. Contact the club at kuffbondagepuppy@gmail.com.

The Sordid Story Behind Karl Rove

Logan Piercy
Writer

Former George W. Bush Presidential Aide Karl Rove is currently scheduled to speak at UCSB on February 25, paid for in large part by UCSB Associated Students (AS). His speaking fee totals \$25,000, half of which will be covered by UCSB College Republicans, and the rest courtesy of us students. For the self-described conservatives of College Republicans Club, as well as all students who are actually familiar with Karl Rove's personal history, it is a supreme irony that highly indebted students are funding an appearance by the millionaire architect of Bush's 2000 and 2004 election victories.

Those students who either don't know or don't care about Rove are told that he is a "controversial figure" who will draw large crowds of disparagers and supporters alike. Maybe, but to what end might I ask? Orgiastic gatherings are a great way to get over the frontal lobe blues, but as intellectuals, we cannot benefit. Rove's visit will probably be well attended and a vitriolic tone will be maintained by eccentrics on both sides of the whole spectacle. The only affront to Rove's agenda at this late stage would be to simply not attend his seminar, denying him a chance to harangue liberal detractors.

Rove's political career started during his days as a student at the University of Utah, an institution where he himself was affiliated with College Republicans. In 1970, he attempted to see to it that Illinois State Senator Alan Dixon, a Democrat, did not succeed in being elected Illinois State Treasurer. During that race, Rove used a false identity to gain access to Dixon's headquarters, stole letterhead stationery, and

then distributed misleading party invitations offering free food and alcohol, which succeeding in drawing crowds of homeless out of shelters to attend a Dixon campaign event. However, in spite of this fracas and the enormous collateral cost of the event, Dixon went on to win the election against Rove's objections.

1973 was a busy year for young Rove, who despite dropping out of the University of Utah, had risen to the rank of Executive Director of the

Bill Clements, who was running for Governor of Texas at the time, Rove quoted Napoleon in arguing that "the whole art of war consists in a well-reasoned and extremely circumspect defensive, followed by rapid and audacious attack." Always cunning, Rove managed to avoid that prickly question his friends must have pondered over - given the opportunity to dumpster dive, what would Napoleon have done?

However the petty crime and

the case for war in Iraq.

Following his success in engineering Bush's election as President in 2000, Rove's behavior took a distinctly activist route as he assumed the role of Senior Advisor and Deputy Chief of Staff in the Bush cabinet. Rove served alongside former Chevron-executive Condoleezza Rice on the focus group tasked with fabricating a reason to invade Iraq. His time in the Bush administration was hopelessly and uncontroversially criminal, with a flourish of fear-mongering during the 2004 elections. Every time John Kerry rose in the polls, Rove was ready to announce an imminent terror attack. When Bush's secret warrantless wire-tapping program was revealed, Rove was there to announce a terror attack had just been averted. For these unforgivable abuses of power, Rove will never stand trial. He has spent his entire adult life narrowly avoiding prison, and now he is being rewarded with an audience at UCSB, as well as a tidy sum of cash. Who could call such a man a friend and ally?

There are several ways to respond to Rove's flagrant refusal to play fair, or to at least follow the law. In his 2008 appearance before a University of Iowa audience, students attempted a citizen's arrest on Rove, but were



Lily Lazaro

Illustration by Lily Lazaro

ROVE—Must we play host to this man?

College Republicans, and had also invited his first investigation by the FBI, who wanted to know why he was literally digging through the trash of opponents. Rove was recorded boasting of this and other exploits to College Republicans at several colleges, whom he encouraged to learn from his example.

Before masterminding George W. Bush's successful race for the office of Governor of Texas, Rove consulted for Big Tobacco giant Phillip Morris and even started quoting Napoleon. In a 1986 memo to the campaign staff of Republican

masterful pranks that colored his early career as a political operative pale in comparison to some of his more egregious actions that characterized his tenure in the Bush White House. There was his involvement in the firing of eight US attorneys, including one whom he tried to replace with his protégé. Then there was his involvement in his outing of CIA agent Valerie Plame's identity in retaliation for an article her husband, Ambassador Joe Wilson (incidentally a UCSB graduate) published in The New York Times, calling into question Bush's integrity in making

themselves arrested. Someone in the Iowa crowd asked, "Can we have our \$40,000 back?" Rove bluntly replied, "No, you can't," and that was that. Among his sympathizers, Rove's coolness under pressure at Iowa surely impressed, while the student protesters looked like radical scum for being so agitated. Karl Rove exists to drown debate and bring conversation to his mud-slinging level. If the rumors of the liberal group that plans to throw lead-based paint on him do not deter Rove from speaking, he will be \$25,000 richer and the debate on campus that much dumber.

Scott Brown Shows How Much the System Hates Change

Bryan Kappe
Writer

On January 19, President Barack Obama's political agenda was dealt a major blow. The Commonwealth of Massachusetts elected State Senator Scott Brown to fill the US Senate seat vacated by the death of Ted Kennedy last August, giving the Republican party a forty-first seat in the Senate chamber and the ability to now possibly block health care reform and other items on Obama's agenda, including the reduction of greenhouse emissions, increased regulation of Wall Street, and the rebuilding of America's schools.

The new upset in Massachusetts will add fuel to the conservative fire and give the Republican Party broader political support to passionately resist the Democrats' liberal agenda. Getting the butchered 'Obama-care' through Congress is not the biggest problem liberal thinkers now face. With momentum swinging against liberals and the idea of change now a conservative selling point, not only is Obama's entire agenda in jeopardy, but a shift in the balance of power away from the Democrats may also be underway.

A year ago, America was anxious for change after the eight year reign of George W. Bush. Now, we don't have faith in or support for Bush's successor, who promised to bring change about but has so far largely failed to do so. What happened? Well, I could mention the fact that Obama inherited an economic disaster and two wars from Bush and Co., but that isn't even the main issue.

What happened is what always will happen in America under a political system that serves the interest of corporations at the expense of the American people. Take, for example, Connecticut Senator Joe Lieberman, who is an Independent and was vehemently opposed to the

killed the public option and with it, any real chance at significant reform to the health care system.

So, where do we go from here? Like those of us who went and saw Avatar, only to come home afterward feeling a severe let-down at the fact that we didn't live in

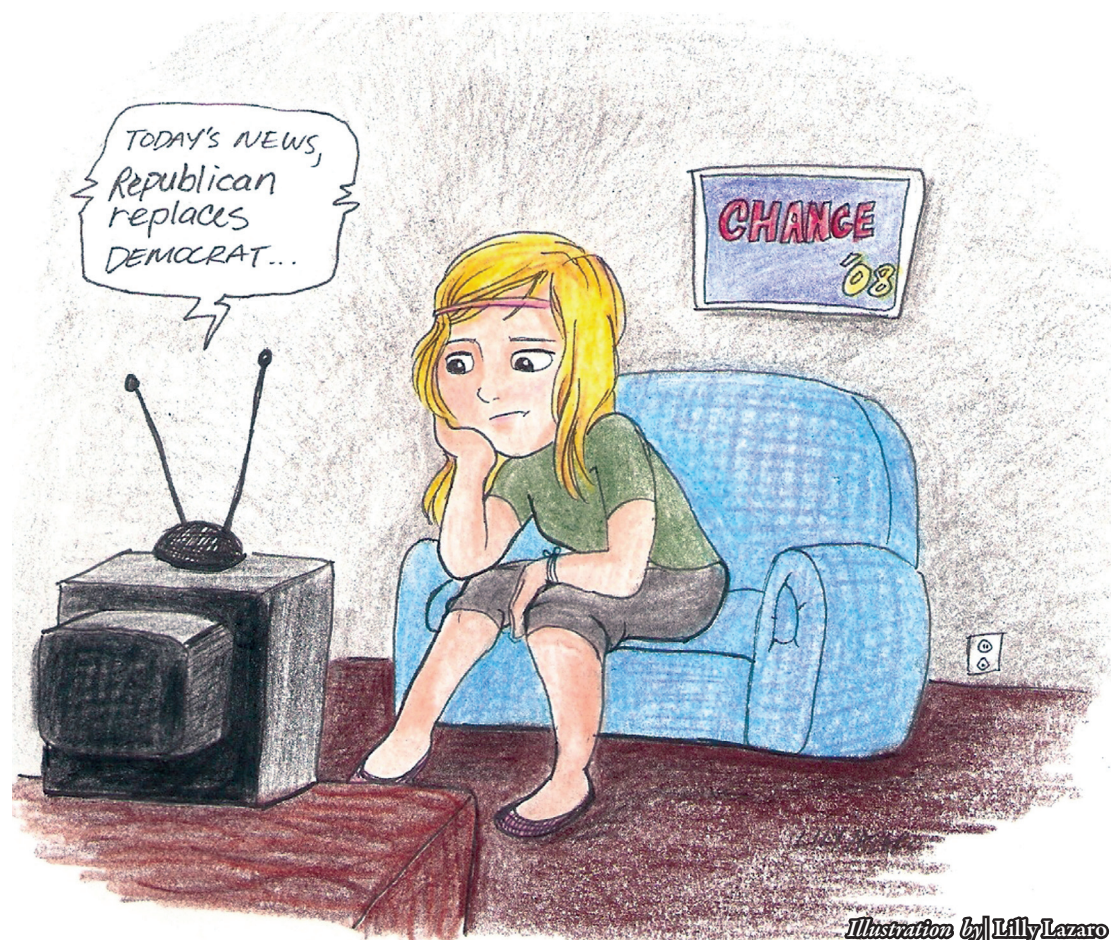
Congress, cannot bring change to a system that fundamentally resists it at every level. Only an overhaul to the legislative system and restrictions on corporate spending and lobbying would be a start on the road to real change.

Unfortunately, the only thing

Fox News pundits like Glenn Beck would have you believe. Beck assumes his viewers are conservative and generically refers to them as "America". On January 20, speaking of Brown's victory and referring to "America," he stated "You are the majority. A year ago, you didn't know that. Wow, notice the difference a year makes."

According to Beck, a slim Republican win in Massachusetts reflects the feelings of all of America. According to a recent poll by independent research firm Public Policy Polling, Fox News is the only TV news outlet that more people say they trust than distrust. It seems as though many Americans trust and are exposed to Fox News and its propaganda. Sadly, these recent events are, as Beck said, "the difference a year makes." However, it is the difference a year of intensified Fox News propaganda makes. The difference that corporate lobbying in congress makes, and the difference that one well-funded, well-run Republican campaign makes, that has left us in the position we are in now.

Here at UCSB, we are isolated from the way things are in the rest of the country. We aren't bombarded with campaign commercials like those who live in important swing states across the nation. Those of us who may have hoped for healthcare reform or a climate change plan are left in dismay as a handful of voters in Massachusetts and our so-called 'representatives' in Washington let us down. That's why we have marijuana dispensaries and Hollywood. Fandango me a ticket to Avatar, I need an escape from reality.



NOVEMBER 2008—Just a dream?

so-called 'public option.' Is it any coincidence that Connecticut is home to most of America's largest insurance companies? Although Lieberman is just a lone senator from one of America's smallest states, his opposition successfully

Pandora, we who voted for Obama are suffering similar depression. Change, like Pandora, may just be science fiction. Obama's election was historic, but it doesn't change the fact that the President, even with a Democratic majority in

that is changing in this country is the momentum away from liberal reform and towards the conservative opposition. While conservatives have gained some ground, America has not reached the extreme level of change that

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CYPHER Attracts a Variety of Talented Performers

Sergio A. Laguna
Writer

CYPHER--Culture of Youth Progressing Humanity through Expression and Rhythm--is an artistic phenomenon for aspiring artists and a true place for expression. It is a safe place that UCSB students founded to perform their talents and abilities. Many performers from near and far attend the Expressions and Open Mic Nights at Giovanni's Pizza on Pardall Road in Isla Vista every other Thursday from 7-10 p.m.

CYPHER has been active since September 2008 and attracts a variety of performers, including hip hop MC's, DJs, dancers, singers, poets, solo guitarists, beat-boxers, comedians, and Spoken Word artists. The group was started by students who felt the need to create a place for students and members of the Isla Vista community to express themselves through poetry, song, and lyrics, and is aided by DJ Bloom, who provides amplified beats and decibels for the audience in between open mic acts.

Original creators and current coordinators Jakriza Cabrera a.k.a. Shespitscolor, and Stepheny Southa



Photo by Vera Fomenko

GIOVANNI'S—Scott Latham entertains the crowd with his acoustic performance.

a.k.a. Utterly Fly, came up with the idea for CYPHER at a retreat with KP, a cultural organization on campus. They mentioned that Santa Barbara never provided a venue for this type of event. Cabrera explained that hip-hop was not represented in the Isla Vista area, and that "talent in the community needed a place to shine."

Southa describes CYPHER as "something fresh," but when it initially

started during Fall Quarter of 2008 in a small corner of Isla Vista's Berrylicious, only a few performers took on the mic and the only audience members in attendance were customers who were in and out of the shop. "There was no crowd," Cabrera remembers.

She and Southa then decided that it was time to find a new location for CYPHER. They took the initiative to ask the new management of Giovanni's

Pizza to host an open mic night, and soon more people started to attend. Because of the great turn out, Giovanni's manager, Matt Meczka, ultimately decided to regularly host CYPHER every other Thursday. Nowadays, people walk by Giovanni's during open mic nights and are sometimes led inside to check out the scene.

Toward the end of that winter, Southa came across people who wanted to join the aesthetic movement. DJ Bloom was introduced to the community along with other coordinators, such as Chris Carlay, Chinedu, and Mumbi. Soon, photographers started to come out to the expressions nights along with other talent from the Isla Vista and Greater Santa Barbara communities. Meczka describes CYPHER as, "a great opportunity for the kids in Isla Vista and Santa Barbara to have a place to express themselves at a local venue."

CYPHER also attracts traveling artists and poets such as Apollo Culture, among others. Southa explains that as a CYPHER performer, "You really get to network with people." Meczka strongly believes that CYPHER helps individual

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Student Percussionists Keep up With Every Beat

Samantha McMullen
Writer

The UCSB Percussion Ensemble had been working all year on the rhythmic show they performed last Wednesday, January 27 in Karl Geiringer Hall. For those people who think "percussion" means solely drums, they are tragically disillusioned. Percussion, as was displayed by the five musicians that participated, is any instrument that can produce a sound by being hit, rubbed, scraped, shaken or by any other means forced to create a vibration of sound. These individual vibrations created the seven different pieces that were performed.

The show began with one handsome young man playing a drum, then from the audience arose two other musicians, and finally, the director Jon Nathan, joined in. The four played the piece "Away Without Leave," by Bob Becker, which mixes a samba rhythm with a military beat. The piece is both structured and exotic and features the ever legendary cowbell.

"Nagoya Marimbas" was



Photo Courtesy of ccs.ucsb.edu
JON NATHAN— Director of Percussion Ensemble

performed by Erin Folchi and Perry Brooks, who played the Marimbas, one made of wood and the other of metal. This combination of nature and man created an elfish melody, much like the sound of rain from another world, with the sound building up and then ending as soon as the storm reaches its highest point. "Music for Pieces of Wood," by

Steve Riech, was played by four male musicians sitting cross-legged on the floor in a semi circle, each playing a different clave-- a wooden cylinder chosen for its individual pitch. The rhythm is created by the build up of sound. Imagine a song that makes you want to get up and dance naked around a bonfire-- this is that song.

"Ritual Music," was played after a cautious set up of new and exciting instruments. Three students and the director participated in this piece, which required the musicians to move from instrument to instrument simultaneously, making the rhythm create a dance. "Third Construction," by John Cage, is the least traditional of all the untraditional percussion music that had been heard that night. "It is only having wonderful players that makes these performances possible... the problem is finding music worthy of spending time on," said Nathan. The song was played by Nathan with more style than Poseidon, and it featured a "lion's roar," made by pulling a string across the head of a drum which creates a massive growling sound, and gives tribute to the conk shell.

"The Sharpened Stick," was the final piece of the night. Composed by William Brett Dietz, it is a Native American war song and dance. It was supposedly the inspiration for the "Charleston" dance craze of the 1920s. As the beat of the song built up, the musicians yelled, "Yo-Ho!" In its original context, this was yelled out when the natives were to switch directions when dancing. The sound and rhythm is then played slow, only to build back up again into another stupendous "Yo-Ho!" As an audience member and musician himself, Alex Gensen expressed his delight with the performances. "The show was awesome! The last song was my favorite."

If you are reading this paper and have yet to attend one of the many UCSB performances put on through the Music Department, you are missing out. Going to a concert is an experience; it has an aura as the music has soul. The UCSB Wind Ensemble's Winter Concert will be performing on March 4 at 8 p.m. in Lotte Lehmann Concert Hall. Come ready to be lulled and inspired!

Chino's Rock & Tacos Welcomes a Crowd of New Customers

Melissa Nilles
Writer

In the past, I often found myself invariably at Freebirds when I developed a craving for Mexican food. But now Freebirds has a new competitor in town. A new eatery, Chino's Rock & Tacos, stepped onto the Isla Vista Mexican scene on January 16, boasting of inundating its customers with rock music, delicious tacos, and a sense of community. Promotional material for the restaurant describes Chino's as a "third place," an "area or establishment where people go to fulfill their need for social interaction and stimulation outside of their home and workplace." Could Chino's live up to its own rockin' hype for my individual customer experience?

Upon entering Chino's, I was pleasantly surprised by its vivid decorations, such as numerous guitars, psychedelic pictures of various dead rock stars, and a pimped-out purple low-rider bicycle randomly tacked to the ceiling. The décor felt rather reminiscent of a Chicano Hard Rock Café. A song by the Red Hot Chili Peppers blasted over the loud speakers, and was later followed by a variety of popular songs by both current and older rock bands. The pleasant atmosphere spontaneously caused my friend and I to dance a little while we perused the vast menu of options.

Chino's offers a wide selection of choices and weekly specials. The colorful Specials Menu alerted me to weekly events



TACOS— Grilled Mahi tacos with rice and beans.

such as Monday Fundraiser Night, Taco Tuesdays (\$1 tacos and \$2 bottled beers), BRC Wednesdays (\$2 Bean Rice and Cheese Burritos), and 40 oz to Freedom Thursdays (\$4.00 for a 40 oz draft). As for the regular daily menu, many different salad bowls, burritos, soups, tacos, nachos, and combinations are available. Vegetarians may not find many options here besides the Bean, Rice & Cheese Burrito, but it is possible to substitute the meat in an entrée for black or pinto beans. For pescatarians, a wide variety of fish and seafood entrées can be found. Free bottomless chips and salsa are available with every meal--a glowing beacon to hungry students on a budget.

Following recommendations

from restaurant staff, I ordered the Fuego Chicken Taco, while my friend ordered the Mahi Taco. While we waited for our meal, we continued to enjoy the casual, friendly, and fun restaurant atmosphere. Because of the pumping music, we felt comfortable chatting with the other customers around us. More and more groups of 10+ people began to congregate, creating a vibrant, morphing sea of tables, people, beer, and food. Throughout this organized chaos, excellent customer service prevailed, for a staff member came by to check up on all the customers with relative frequency.

While waiting for our meal, I spoke with the corporate manager of Chino's Rock & Tacos, Lisa Cate, about Chino's history and image. "The first [Chino's] started in San Luis Obispo, the second on State [Street], and the third one here," Cate said. She spoke fondly of the restaurant's creator, Javier Cadena, who was not only in a band that played in the Warp Tour, but also had a family who owned a series of Mexican restaurants along the coast.

The combination of those two passions is presumably where Chino's eclectic rock & tacos theme was created. Cate said Chino's maintains a "fast & casual feel," for customers order at the front but have the option to stay for a while, hang out and enjoy the social atmosphere or eat quickly

and be on their way.

I told Cate to tell me what sets Chino's apart from other restaurants. With a smile, she replied, "The food!" This statement entirely raised my expectations for my meal. A perky server delivered our food in a timely manner, and we dug in almost immediately. What we got wasn't entirely what we had expected. My taco tasted rather bland and dry, and I felt like it desperately needed sour cream or some sort of sauce to bring it out of the Taco Bell zone and add to its distinction and flavor. My friend felt slightly more favorable towards her Mahi Taco, and suggested that perhaps it was the cilantro dressing on her own taco that made it more interesting.

We both felt that the rice was satisfactory, but the beans were rather boring and flavorless. However, I felt like I wanted to give Chino's another chance because it had impressed me so much up until trying its food, so I came back the next week to try another taco. For some reason, the second night, my \$1.75 chicken soft taco tasted supremely delicious. The only difference was, this time I got guacamole on the side (a pricey dollar more, adding up to \$2.75) and I got corn tortillas instead of flour ones. It was so much more satisfying, flavorful, and exciting. I cannot explain the extreme difference in taste between both

nights— I can only say that my faith in Chino's was restored.

Although I found the food to be a bit hit-or-miss, I enjoyed the entire restaurant experience so much that I'd visit again just to be in the lively atmosphere or to enjoy one of their cheap weekly specials. In addition, one of my favorite aspects of Chino's is the ample savings. A nearby customer, Ryan P. McNicholas, saved money by ordering beers with his friends to get the free bottomless chips & salsa. "Chino's is a welcome sight in an over-priced IV that brings good food, good prices, and good times all together," said McNicholas. The atmosphere is incredible, the food mostly relatively cheap, so I'll be back, but I hope to be further impressed by Chino's culinary fare in the future so I can count on great tasting food every time.

CYPHER— Continued from pg. 8

artists promote their talents and abilities. "This is a great place [for an artist] to launch their career," he said. CYPHER is an engine for upcoming hip-hop artists and solo guitarists to perform in front of an audience while gaining confidence and experience. Some artists have already sold their mixtapes at recent events, such as Ingin a.k.a. Darkness, who says that CYPHER, for him, is an outlet and a practice ground for the battlefield of his industry.

While promoting diversity and the progression of humanity through expression and rhythm, the group attracts talented artists to rock the mic. "If you don't think you are artful, you (can) come out to CYPHER and you find your talent," says Southa. CYPHER promotes open mic nights every other Thursday at Giovanni's Pizza on Pardall, and artists can sign-up to perform at each event. Some upcoming performance dates are February 11th, March 4th and March 11th. For more information, visit the Facebook site by searching keyword: CYPHER!



CHINOS— Come sample their new fare.

Wanted: One Clean and Compatible Roommate

Yungi Kim
Writer

"Don't live with your best friend." Sure, we have all heard this before, but we're certain that this only applies to other people, right? It's already that time of year when students of UCSB group up with their best friends to roam Isla Vista, knocking door to door in hopes of finding that perfect apartment. Housing applications must be done now in order to secure shelter for next year, regardless of how far away it may seem. Though it may feel as if we had just moved in and the friends we've made here still seem amazing, how is it possible to know that the friends who signed the lease with you will remain your friends by the end of this year? Or if you're searching from the web, that Craigslist applicant seems fairly normal via e-mail communication, but how can you be sure? Well, no one can predict the future, but there are things to do to ensure a living situation that won't lead to an episode of the Jerry Springer show.

First, talk to your prospective roommates. The slightest difference in habits could drive you insane and potentially cost your friendship. In many instances, we make friends with people who are seemingly similar to us. So what's the catch? I believe it's safe to say we don't really know someone unless we live with him or her. What time do you usually go to bed? How do you feel about smoking in the house? How stringent are you when it comes to cleanliness? These are the questions to ask and compare with future roommates. True, it may be a bit awkward and it may seem rude, but

it will be worth it. It's always better to politely interrogate the future roommate and find out some living customs rather than to discover annoying habits later and end up in a living hell for an entire year.

Division of chores should be among the first discussion topics during the first potential roommate meeting. For those living in the dorms again, dirty dishes will not be a problem. However, the many students moving from the dorms into the infamous Isla Vista homes need to remember that personal housekeepers and the

roommates. Talk to them about how often there should be a party in the house, if at all. What if you have a midterm tomorrow, but your roommate is still blasting that music? That sounds miserable. However, along with music, parties also mean the presence of alcohol. IV parties' main attraction is booze so obviously you and your roommate would have to supply alcohol to party guests. Throwing a party may seem all fun and games until you have to drop a huge sum of money for random Isla Vista party guests to get drunk.

Every house has different methods of dealing with finances. Discuss who would be in charge of the different bills, such as rent and utilities, and the consequences for not paying on time. It is best to distribute the responsibility of the bills to each roommate so that one person is not responsible for all. Also, what may work well is to divide each bill so that each person pays equally for each utility, rather than having one person paying for all the water bills and another person paying for all the gas bills.

The payments usually are not equivalent, making it unfair for those paying for the more expensive utility bill.

The best things you can do are to move in with an open mind and to accept the fact that other people have different customs. Without an open mind, problems are an inevitable bump in the road because you'll want the roommate to change in order to cater to your needs.

However,

he or she cannot change the way they've been living their entire life. When moving in with a roommate, sacrifices and compromises must be made. Can't stand the beer cans on the ledge of the showers? Maybe you should reconsider before making a judgment. That perfect feng shui apartment can be saved for when you're no longer living in a college town with students who feel it absolutely necessary to arrange the house around the beer pong table. Although many students do not actually live as the typical college stereotype, there will always be some sort of differences or obstacles to work around.



Photo by | Zephyr McIntyre

What you hope for...

resident halls' housing maintenance crew will not follow them to their new beach side apartments. Those piled up dirty dishes will not be washed when you wake up in the morning, unless, of course, a chores schedule is arranged. Also, no one wants to be that one roommate who cleans up after everyone. From the other side of the story, if you are of one those who don't care too much for cleanliness, imagine living with a nagging roommate who is constantly on your case about doing chores. Doesn't sound too fun, does it?

House parties in IV are extremely popular and would definitely be an important topic to discuss with



Photo by | Victoria Hungerford

... and what you frequently get.

If drugs, sex, and rock & roll are not your style, rooming with a party animal may be the worst idea yet. Conservatives, yes you are respected, but no one wants to be lectured by a roommate about how bad the party life is. Also, don't assume that just because you and your roommates are the only names on the lease or dorm room door, you and your roommates will be the only ones in there. Make sure to talk to your roommates about having their significant others sleeping over and how often guests will be hanging around the house prior to moving in. That way, you can plan out where you would sleep in the event that you are "sexiled."

UCSB Human Resources Targets Wellness of Faculty and Staff

Aisa Villanueva
Writer

In 2008, the University of California launched a system-wide initiative called "UC Living Well," with the stated objective of catering to the health and wellness of faculty and staff. While the initiative was launched at the behest of the UC Office of the President, during the same year, the Human Resource Department (HR) at UCSB introduced a complementary program to Living Well for the benefit of their own employees. Their initiative is the "StayWell Company," a health care corporation that focuses on swifter information dissemination to its members regarding improved wellness and health practices.

The StayWell voluntary option, which is available for all UCSB faculty, staff, retirees, as well as their respective partners, is utilized to provide a professional take on

current wellness strategies. Julia Fuchs, a Benefits and Wellness Assistant for HR, in explaining the ease of learning about these methods, remarked that "the first step for [interested] employees is to follow the on-screen instructions found on our website... all it takes is the click of a mouse!"

Posted online are the exact requirements needed to partake in the program. StayWell is designed to assess an individual's health and prepares a corresponding personalized health care action plan. "A wealth of resources that are trust-worthy and credible becomes available to StayWell participants, from online Body Mass Index (BMI) calculators to women and men fitness-specific issues tackled in medical articles," states Fuchs.

The Next Step option is also offered once a participant's health assessment has been documented and imparted. For instance, if a person has been identified as having

high cholesterol or dangerous levels of blood pressure, Next Step may suggest an option such as a personal coach, who can facilitate the attainment of fitness goals.

Since 2008, employee participation has been increasing. "The StayWell Company sends us monthly and annual reports that indicate the number of participants and the top five identified risks of our employees," said Fuchs. "Through this information, we ascertain what kind of projects and talks to provide our employees to help address salient health issues. We make available [the talks] through Living Well - [for example] stress relieving techniques [because] results showed that as our employees' number one health risk," she said. The UCSB Human Resources website <http://hr.ucsb.edu/wellness/programs.php> contains information about the talks and activities available.

"Our employees' security is

Students eagerly shouted in excitement and surprise at the sight of people giving away free water, snacks, and condoms.

The enthusiasm for the event was reiterated by Deputy Sheriff Mark Ward, who was stationed on Del Playa while the festivities were going on. "I think the whole idea is very smart. It helps all these kids once the party effects start to sink in," he said. "You [have to] drink that water or else all that alcohol will destroy you. You can permanently damage your brain and body if you drink too much."

The water, snacks, and condoms did not stand a chance of lasting an hour against the droves of

surprised party-goers. The Peer Health Interns' items were quickly taken by grateful party-goers.

"I think it's a great idea! If people can prevent STIs and unwanted pregnancies, why not?" said an anonymous passerby.



Photo by Erica Yu

FITNESS—Faculty and Staff choose to live well.

one of our highest concerns. We understand their unease in inputting their personal information [within] a main database system. The reports that are sent to us are not person-specific and contain no names. They [the StayWell Company] give us only the general facts and figures to help us make out the health realities of our employees," says Fuchs.

Fuchs invites any staff, faculty, or retirees at UCSB to come by

her office at the HR Department on the third floor of the Student Affairs and Administrative Services Building. "Why not try a great tool that will help you assess your current health and wellness lifestyle? It's a new year and this will only help in boosting you off to a good start."

Potential candidates for the program can check out its website at <http://uclivingwell.online.staywell.com>.

AWARENESS— Continued from pg. 3

against hang-overs and the like. We change the students' environment to help them make better decisions," Utschig said.

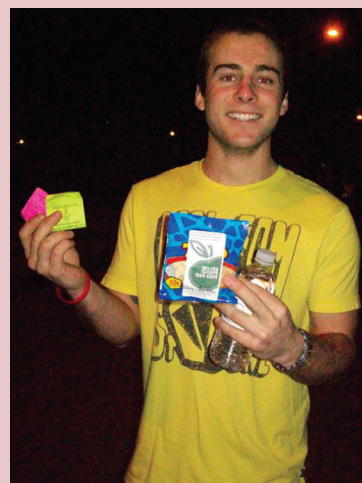
The snacks and the water are there to fill them up and hydrate their bodies. The condoms are there to prevent sexually transmitted infections (STI). They no longer have an excuse to not be more protected," said Mark Shishim, a health educator at Student Health who works in coordination with the interns.

Peer Health Interns are focused not only on raising

safety awareness in general, but also on encouraging students to be responsible by taking care of themselves, and of each other, on a regular basis.

"We named our bi-quarterly project in Del Playa as Project Hydrate, Snack Attack, and Condom Alert. Through this, we provide a venue to educate students on how they can better take care of themselves. For example, our condoms are wrapped up in paper that has the seven steps in proper condom usage printed on it," said Marisol Quevedo, the External Coordinator of STAR.

The efforts of all of the interns certainly did not go unappreciated.



Photos by Aisa Villanueva

CROWDS—Students walking along DP get free condoms and water

A call for WRITERS, PHOTOGRAPHERS ILLUSTRATORS

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for more information on
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THE BOTTOM LINE TEAM

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EXPRESSIONS



Photo by| Victoria Hungerford

My Message for You

by Erica Yu

you close your eyes to block your insecurities out to
make yourself feel better to
reassure yourself that you are in control, that
those people who you can see cannot really see you, they cannot
understand the complexities that seem to be overflowing like
that boiling pot of water that was forgotten while
you were fighting with your mother on the phone about
the money you need to cover your rent and
the lack of emotion you don't seem to want to share
the irresponsible person that you have become and
the bad friends that have replaced your good ones
the life you lead that isn't yours- nothing
you know that pretty soon you're going to have to open your pained eyes
open your eyes
you know, you need to look around at the people and things that are around you
so you have issues, but he has issues and she has issues- we all have issues
don't be so damn cooped up but don't be subservient to others either
everyone is trying to find that perfect sense of self
where the stars fall softly like summer rain and
the ocean warmly calls to us to come in and
we can all just let it be-
so just let it be.

Red Daisy

by Jay Alger

Dying Red Daisy
Dying red daisy,
With its head tilted back
Fell from its place
Leaves and pedals hacked;
Cut from the earth
Its shadow had faded
Letting the sun shine through
Itself, now jaded
A dead red daisy
Its candle had burnt out
O how it wished for the season
When its seeds had first sprout.



Photo by| Joana Braga

Dawn

by Johni Danes

Lights are blinding all around
Colors fading into sound
Blurring mist and shadows fly
Waves crash down with a sigh

Clocks

by Chris Diaz

A smile ensues
Then your hands fall
I am no longer constricted
Nor nailed on a wall

You criticize my motion
Not responding to call
As you lack notion
Not moving at all

Your hydraulic damages
Are not worth the price
Surviving on pity
Will no longer suffice

There will be no more seconds
For you have had your fill
A pestering tick
Drinking in my good will

Don't bother to dial
There will be not a word
Your infectious alarm
Will no longer be heard

Your utter deception
Has misplaced my time
I won't spare a quarter after
No, not even a dime

So take your leave
I won't even watch
My path is the counter
From your land of clocks



Photo by| Samantha McMullen