The live music was performed by the Rakhas, a reggae band based in Santa Barbara.

Thu, Feb 22 at Little Acorn Park.

IVRPD Celebrates Black History Month With “Forward Ever, Backward Never” with live music, poetry, and a screening of “Black Panther” and “Never” with live music, poetry, a workshop and fun.

The live music was performed by the Rakhas, a reggae band based in Santa Barbara. The performance included songs by Nina Simone, Sam Cooke and Bob Marley. McKeon stated in the press release.

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The video pitch is probably the most important part, which is going to be required to start the project. The office declined to comment on the newsom to propose the lighthouse and rock mass. and would allow them to offer a stable base for the lighthouse and rock mass.

There is still pressure nonetheless, she said.

As a new senator, I look forward to working with many others and student this year. I hope to bring real and meaningful change to the community of UCSB.

I'm really passionate about marine science, addressing some of the challenges we all face, and leaving UCSB a better place than it was when we got here. I hope students will feel welcome to talk to me, she said.

The senators that did resign, I can say they are interested in data science, environmental science, marine biology, and we ask them to contribute to this project. Ferguson said in a statement to the Nexus.

I resigned in order to ensure an effective, qualified student would be appointed to fill my seat because who had the free time to start the project. Ferguson resigned Jan. 19, 2022.

As a student who has struggled with deadlines and ac in the past, I was incredibly grateful for the help and support I received. Therefore, I am very honored for this appointment and want to use the opportunity to encourage the students to fully support the lighthouse and rock mass.

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One thing to help develop and rock mass could still be sitting there 100 years from now, Davis said. "We've already ready to go ahead and have our UC lab group take the next step, which is to receive the funding that's going to be required to start putting the pieces together.

Davis and AGC have a vision to where a community would come together and manifest this project. The oil pipes under the seabed are still in the process of being filled and are projected to be complete by the late 2020s, Davis said.

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Women’s Center Hosts “Honoring Women’s History: 1 Week on the Job, for the First Time”
The UC Santa Barbara Women’s Center is hosting a week-long event to highlight the contributions of women. The event will aim to inspire and empower students by sharing the experiences of women in various fields. The theme for this year is “Women in STEM” and the event will feature guest speakers, workshops, and networking opportunities. Participants will have the chance to learn about the challenges and successes of women in STEM careers while networking with professionals in the field. The Women’s Center will provide all necessary supplies, and the event will be open to all students.
Office of Black Student Development Unveils Community Space and Office, Commemorates Its Founding

Nisha Malley  Asst. News Editor

“The partnership and generous support of all of our trustees play a critical role in our continuing success as a world-class research institution.”

Chancellor Henry T. Yang  VC President and CEO, University of California

A month ago, Yang promised $900,000 toward the creation of the Office of Black Student Development (OBSD) and funding for eight paid positions, five of which have been filled. The team is housed in the newly renovated former Student Resource Building on the corner of Campus Avenue and Ell Street.

This year marks the 50th anniversary of the Office of the President. Today, the Office of the President and the Student Resource Building are home to the OBSD.

The 1968 Black Student Union (BSU) Demands called for the creation of an Office of Black Student Development (OBSD), the hiring of Black staff, the creation of a residence hall named Black student residents, and the establishment of Black Studies at UCSB.

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UCSB Santa Barbara Unveils Malcolm X Center

Panels acknowledge and thank the organizations and affinity groups that collaborated with OBSD on the office’s unveil—UCSB Black alumni, UC Santa Barbara Center for Black Studies Research and the Multicultural Student Center, among others.

Yang commended the students, staff and alumni who contributed to the founding of OBSD.

Office of Student Workers Union Proposes To Renegotiate Contract With the UC, Holds Town Hall session

UCSB Town Hall p.5

Office of the Black Student Development

UCSB

I am situated in a tradition, in a history of students who have said, ‘This is not good enough,’ and I’m going to do something about it.

Jamaal Muwwakkil  Center for Black Studies Research and the Multicultural Student Center, among others.

Yang commended the students, staff and alumni who contributed to the founding of OBSD.

I want to say thank you to all of our staff and students for your courageous leadership and advocacy.”

Yang’s words were echoed by the Office of the President. It was the first time that the Office of the President and the Student Resource Building were home to the OBSD.

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Laura Capps is currently running unopposed after potential candidate Jonathan Abboud dropped out of the race.

Laura Capps
Lead News Editor

"Stop number one is being a good listener. That's what I have done and aspire to keep doing," Laura Capps said.

Capps — a Santa Barbara local raised by two congresspeople — is a Santa Barbara Unified School District board member and formerly worked as a speechwriter for Bill Clinton, a press secretary for John Kerry and a communications director for Ted Kennedy.

Capps announced her candidacy for Santa Barbara County 2nd District supervisor on Jan. 31. She is currently running unopposed, after potential candidate Jonathan Abboud decided not to run for the position. "Though nobody within the 2nd District attempted to run yet, the deadline to file for candidacy is March 16," Capps said.

If elected, Capps hopes to use the office to address local poverty, noting that around 64% of Isla Vista residents live in poverty. "We have such an incredibly high poverty rate in the County of Santa Barbara," Capps said. "Most people don't realize unless they're living it that one county is tied for first as having the highest poverty in the state of California, and California has the highest poverty in the country."

According to Capps, the way to address poverty within the county is through an earned income tax credit. "It rewards people who are working. So if you're working and you're making minimum wage, you're still living in poverty," Capps said. "This is a tax credit that if you file your taxes, you get cash back. If you have dependents, children depending on you, mouths to feed, you get even more cash back. It is a successful program that was designed to create economic stimulus back in the '70s."

Capps said that poverty is intertwined with other issues that need to be addressed within the district, including transportation, education, climate change, homelessness and the local economy. "Any poverty because it connects to everything... It isn't just a singular issue. It is a foundational issue. And it drives me to want to be on that board with four other colleagues because I believe we can have an impact in a short amount of time," Capps said.

In addition to poverty, Capps hopes to implement measures that enforce "good governance." "I believe in good governance, which is a big term, but it means that our county needs to be generated as efficiently and ethically as possible. So that leads me to want to impose some new rules that don't exist," Capps said. "Our county doesn't have a lot when it comes to what other counties have done, like an ethics commission."

"I'm looking forward to getting into the county job and actually understanding and working where we can make some improvements so that things run more efficiently and that special interests don't have as much of an influence as they would absent some of these very common sense rules," Capps said.

As COVID-19 and public health regulations remain a part of daily life throughout the county, Capps said she will address public safety within the I.V. district, including transportation, education, climate change, and wants to advocate on behalf of students and for faculty and for staff and for the communities of Isla Vista and UCSB. "I understand the need, I want to be part of the solution," Capps said.

"Advoating for the students and for faculty and for staff and for the communities of Isla Vista and surrounding UCSB will just be major."

Capps added that she hopes to address public safety within the IV community. "In the past two weeks, the IV community witnessed the aftermath of a car accident at the UCSB Campus Lakes that resulted in the death of one individual, two traffic collisions on Del Playa Drive, shooting on Del Playa Drive and the arrest of a UCSB student for placing hidden cameras in an IV residential bathroom. "I think it also speaks to where we are in crime [it is] up across the country. I'm not surprised, although it's unfortunate that we're experiencing it here as well," Capps said. "I want to be an advocate for the students for a lot of challenges that are happening in peoples' lives right now in varying degrees of success."

If step one for Capps is listening, then step two will be campaigning for the June election, Capps said she hopes to have students involved in campaigning as interns. Any interested students can reach out to her at laura@lauracapps.com.

UCSB, IVRPD Host Archery Arcade

Students took to Little Alcon Park on Feb. 12 to try their hand at an archery arcade put on jointly by UC Santa Barbara Adventure Programs and the Isla Vista Recreation & Park District.

Fourth-year physics major Adribe Payne works with UCSB Adventure Programs and helped organize the event. "It's just a pop-up event," she said. "The Parks Department hired us to come do this, and we're just out here at Alcon Park doing some archery."

The event welcomed participants of all skill levels. Over the course of three hours, dozens of passersby stopped to pick up a bow and arrow and try their hand at archery. Participants attempted to hit colored balls -- which hovered in suspension above streams of air -- to varying degrees of success.

The arcade marks one of several collaborations between the Isla Vista Recreation & Park District (IVRPD) and UCSB Adventure Programs since the start of the 2021-22 school year. Payne said that the Isla Vista Food Co-op catered the event.

IVRPD Program Supervisor Luis Valencia spoke to the partnership between the two groups and future events they've planned. "Every quarter we try to do at least two or three of these to try to just get people active in the park," he said.

Last quarter the department worked to bring rock climbing, basketball and cornhole activities to IV. Beyond archery, the department is planning additional upcoming activities this quarter -- the next being a global dance weekend on Feb. 26, according to Valencia. "We've just working together to bring some of their programming into the parks and IV, so students know what kind of activity[es] they have on campus and [we] give them an idea of what kind of activities students can organize in our parks," Valencia said.

Laura Capps
Runs for 2nd District Supervisor

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been likened to blackface — even white face paint — designs that have Mardi Gras celebrations. Heritage and said was inspired by which she wrote to honor her inspiration for our way forward.”

I am situated in a tradition, in a freedom struggle that had emerged from a concentration camp with a Black people day after day after day, the truth-Rolle continued. “I am the diaspora, two sides of a mountain, the sun and the bottom, the ocean and the land, and unseen, dark and light,” she said inextricable. I am the duality — seen and unseen, interlocutor, indivisible interloper between two worlds. I am the interlocutor, indivisible interloper between two worlds.

“Unlike Shakespeare’s poems, that are sort of like a beautiful formula, I think that two lines does make a poem,” Ndiamne said to the audience. “I have an admiration of his poetry, but he didn’t allow his own poem to give some sense of clarity as to the future in honor of Black History Month.”

“My hope is that people can walk away knowing that we’re going to have this as an annual event. We don’t want to go away knowing that we’re going to have this as an annual event. We don’t want to go away knowing that we’re going to have this as an annual event.

Photographs taken by Aaron Jones

I have over a 30-year history with UCOP, and it’s an honor to say that I have been involved in the development on the continuous of Black student activism on campus beginning in 1968 and continuing on through to the present day,” said Haider.

“Likewise, Haile pressed for funding to support UCOP in its effort to uplift the voices and interests of marginalized identities. "I know that our students have an obligation to continue and graduate students on our campus beginning in 1968 and continuing on through to the present day," said Haider.

"This is not good enough, said, ‘This is not good enough, and I’m going to do something about it,’” Muwwakkil said. “I want to encourage those all the time, the truth-Rolle continued. “I am the diaspora, two sides of a mountain, the sun and the bottom, the ocean and the land, and unseen, dark and light,” she said inextricable. I am the duality — seen and unseen, interlocutor, indivisible interloper between two worlds. I am the interlocutor, indivisible interloper between two worlds. I am the interlocutor, indivisible interloper between two worlds.

"This is a piece of work that is dedicated to all of you. It captures the essence of your beauty and who we are as a people, a humanity," Ndiamne said. "We have an obligation to go to school and get away from home and not have to be afraid of police murder Black people day after day, in body and spirit, after watching bookcasing, book-dancing House negro masquerade themselves in Black livelihood and community organizing after watching police informants and Black faces leading protests and sharing the fear for what could happen if we don’t stop the assault rifles pointed right at you," she continued, bowing to the audience. After all of that, you’re ran away to Africa, then to graduate school and thinking that the distance would give some sense of clarity as to the future in honor of Black History Month.”

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Micaela Gomez

Facilitators for the project were trained and selected at the beginning of the year.

"We had a facilitator training where anybody who was interested in becoming a peer facilitator for the Body Project applied, and then we went through applications," Gomez said. "We narrowed it down, and then we had the individuals that we selected come in and train to become peer leaders."

The Body Project will occur again in Spring Quarter 2022, and organizers hope to have two groups again. If students wish to participate, they must attend every session as the program builds off of each workshop according to Gomez. "We have everybody start from the beginning. It’s not a you can drop into one session or choose not to come to one session," Gomez said. "Since it’s a series, it’s kind of this builds." Gomez said that she has appreciated seeing the diversity of the program’s participants and their varying relationships with body image.

"It’s really interesting to talk to so many women from so many different backgrounds in so many social locations about the pressures that they feel to conform or look a certain way.," Gomez said.

"Of course the United States has officially built into state and hyper-surveillance of immigration policies and torture. 'If we are to tackle this project of dismantling the war on terror, it means that we center the need to move away from politics informed by the war on terror. "Time's up!" was the case before 9/11, and that remains true today. And that's why we must remain vigilant as to threats emerge," she read. "Hilal asked the audience to consider both quotes from the perspective of citizens in other countries, some of whom are 'constantly facing drone strikes' because of U.S. staining."

Hilal concluded the event by emphasizing the need to uplift Muslim communities in the face of Islamophobia and the societal need to move away from politics informed by the war on terror.

"There is a way to stop the violence, and part of it is the United States taking responsibility for this violence: US wars never actually end; they just morph into new wars that preserve the violence of wars past," Hilal referenced the United States' use of constant drone strikes in Syria and President Donald Trump's travel ban from predominantly Muslim countries that passed in 2017. She compared two quotes from President Joe Biden and President Barack Obama to demonstrate how Islamophobic language is apparent in American politics across party lines. The former is Bush's statement on Sept. 11, 2001. "Today our nation saw evil, the very worst of human nature," Hilal read, quoting Bush's statement following the 9/11 terrorist attacks.

Hilal then quoted a speech that she gave about terrorism in September 2014. "We can't erase every trace of evil from the world, and small groups of killers have the capacity to do great harm. That was the case before 9/11, and that remains true today. And that's why we must remain vigilant as to threats emerge," she read.

Hilal asked the audience to consider both quotes from the perspective of citizens in other countries, some of whom are "constantly facing drone strikes" because of U.S. staining. "Of course the United States gets to define what evil is and what violence counts as actual violence. The United States has obviously only been concerned with the harm that has befallen on its citizens," she said. "If you're someone in another country whose families and communities have experienced this, facing drone strikes, what would those quotes mean to you?"

"What I really want to impart here is that the war narrative is in the course of the war on terror and how it has served to define the state's interests in the way that those targeted by the state have been almost powerless to confront," Hilal continued. "If you're the one who gets to constitute what terrorism is in what evil is, what violence is, you have the power."

Hilal concluded the event by emphasizing the need to uplift Muslim communities in the face of Islamophobia and the societal need to move away from politics informed by the war on terror. "If 'Time's up!" was the case before 9/11, and that remains true today. And that's why we must remain vigilant as to threats emerge," she read.
Women's Track and Field Team Has Solid Outing at Don Kirby Elite Invitational

Abigail Monti

During the winter months in Albuquerque, New Mexico, the city's indoor track and field center transforms into one of the best indoor track and field facilities in the nation. Featuring a red and the striking colors of the University of New Mexico, it has become a hub of athleticism for runners, jumpers, and throwers. The track, with its unique surface — a synthetic rubber that mimics the feel of a natural surface — is one of the best in the country. The track is a track enthusiast's dream come true, as it offers a personal record to everyone who steps foot on it.

The annual Don Kirby Elite Invitational, hosted by the University of New Mexico, is one of the most prestigious indoor track and field meets in the country. This year, the meet included a field of 320 athletes, including numerous Gaucho alumni in the field and on the track. The event was a testament to the hard work and dedication of the athletes, as it showcased some of the best performers in the country.

The meet featured a selection of the UC Santa Barbara women's track and field team. The Gauchos were looking forward to showcasing their own against national competitors, while achieving personal records and improving their skills.

The big event of the weekend was the redshirt sophomore Morgan Simon's performance in the pole vault. With a vault of 16 feet, 2 inches, Simon surpassed the previous UCSB record of 15 feet, 7.21 inches. Simon earned her place in the national record session, representing a collegiate best for the Gauchos.

“Just so grateful for all the support I have received from my coaches, especially Bill Whicker, who continues to push me every day” Simon said. “I am also thankful to have such supportive team members, family and friends.”

“Progressing into the outdoor season, my goal is to continue to sit among personal records and improve while staying physically healthy and mentally focused. I am really looking forward to the upcoming season!”

Other notable performances from the weekend came from redshirt sophomore Emma Barthel and redshirt freshman Jessica Swalve. Barthel ran a personal best in the 200-meter dash, clocking just 21.95 seconds. The time moved her into third overall on the UCSB indoor records list. Barthel also showcased her talent in the long jump, jumping 5.53 meters and setting a new record in her flight. Swalve set a personal record in the 400-meter hurdles with an impressive time of 59.18 seconds, which moved her up to sixth overall on the UCSC all-time list.

As pole vault is one of the few events that do not have a规格ized version, Simon set a personal best of 12.6 feet and 6.25 inches, setting a new school record of 12 feet and 6.25 inches, which is the current record. Simon also set a new school record in the pole vault.

The Gauchos were not only looking to improve their personal records and win medals, but also to represent the women's track and field team with pride on the national stage. The meet was a testament to the hard work and dedication of the athletes, as it showcased some of the best performers in the country.

UCSB Baseball Starts Season Strong With Series Victory Against University of San Francisco

Garrett Harcourt

The Gauchos came out of the opening weekend against the University of San Francisco with the series sweep, taking 2-1 season-opening victory.

In the opening game, the Gauchos played a strong game, winning both games by a score of 6-3. The first game was a close one, with both teams scoring early and often. The Gauchos were able to hold off the opposition in the 2nd inning to tie the game. The Gauchos were on top of the game early on, scoring 2 runs in the 1st inning and 4 runs in the 2nd inning. The Gauchos were able to hold off the opposition in the 2nd inning to tie the game.

In the 6th inning, senior catcher Gann Bloom got the scoring started, driving in sophomore outfielder Nick Vogt with a 3-run home run. The Gauchos were able to hold off the opposition in the 6th inning to tie the game.

Overall, the Gauchos had a strong opening series and will look to solidify their momentum against Loyola Marymount University and the University of Nevada for their upcoming games.
The next track, "Song About Me," reveals an argument between the singer and his ex — the argument at the core of the album. The relationship's poor ending is extremely apparent near the middle of this track, as Petering sings, "And I remember her bent over / And knowing that it was the last time / You know the end is near / If she only lets you fuck at night?" Perhaps the only saving grace of the relationship was the sex, but even that wasn't going well. The following track, "Gin Guitars Out the Window," is easily one of the most instrumentally pleasing tracks off the album. At the end of this track, TV Girl features dialogue from the 1937 film "Dangerously Yours". "You'll find moonshiners strangely empty when you call / my name through them there / Do no answer / Rather melodramatic, aren't you?"

"Tell You To Tell Me Leave" is the perfect precursor to the album’s fifth track "Not Allowed,"undoubtedly the most popular song off the album. In "Tell You To Leave," Petering says, "So I'm just gonna sit here and stare at you lips / I won't read any of this."

The emotionally turbulent relationship that Petering was in has left him feeling misguided. He did everything that his girl told him to do, giving all of his control and power away. In "Not Allowed," he rejects the relationship he has felt all along. He regrets the relationship and can't help but release his anger in this track. The fourth track, "Do That Act Like You Never Met Me," unvels the pain that Petering feels after the relationship. He wishes that there could have been hope, that his partner would have stayed in his life one way or another, even platymatically. Yet, now she acts like she has never even met him. He says, "Remember those times when you were laughing / Naked on the floor?"

"Tell Me to Leave"commerce with an overtly sexual title as we turn around." Then he says, "When she derives from something that is not her? Or is that not fair? Is there someone specifically indicating that he wants to be replaced?"

The concluding track, "Heaven Is a Bed," tells the all-too-familiar story of a girl who is being used to fill the emptiness of the relationship that he is longing for. He says, "Is it fair for the man to be envious of the pleasure that she derives from something that is not her? Or is that not fair? Is there someone specifically indicating that he wants to be replaced?"

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This past week, a group of students bravely conducted a swab study by the National Science Foundation, a heartening reminder of the importance of higher education experience. However, according to a study conducted by the National Education Association, a heartening reminder of the importance of higher education experience.

Every person in the office scratched their head and got to thinking, until one of the writers decided to put it up on the board, shouting, “We thought the purpose of the swab was misunderstood; however, when confronted with this revelation, our team was left dumbfounded.

"Revelation," our team was left dumbfounded.

The climax of Hattan’s performance came when, during the 15-minute break in the middle of the lecture, she reached into her tote bag and pulled out a novel, seemingly oblivious to needing the instant gratification and dopamine rush that Nix’s rapid reading was lacking. Those sitting nearby craned their necks to see that she was reading “My Year of Rest and Redeeming” by Ottessa Moshfegh.

“I cried when I saw her reading that damn book,” third-year Riley McAmore recounted. “Moshfegh wrote about millennial malaise and anxiety and in a way that I could understand my college experience through her words. Not just a few paragraphs, but a whole book. All Brooklyn vibes could role-play having a Lexapro prescription.”

At the end of the lecture, Hattan clapped and thanked the professor for his time. As she packed up, she texted to confirm that her friends were in line to get into the library to study alongside her. Then she glanced at her Apple Watch, which displayed that her “Move” ring was at 629 calories burned due to the quick 10-minute run she had completed prior to lecture.

“I was happy to see her leave,” professor Port Lynd told Nexustentialism. “I breathed with such relief, I felt how she felt before in order to make the most of your higher education experience. However, according to my study conducted by the National Science Foundation, a heartening reminder of the importance of higher education experience.

If you are new to Isla Vista, it is essential to become acquainted with the vibrant culture this quaint town has to offer in order to make the most of your higher education experience. However, according to my study conducted by the National Science Foundation, a heartening reminder of the importance of higher education experience.

Like most things in Isla Vista, this phrase was not safe for now. The final definition of sidewalk slammer is a popular local dance move and the usage of this phrase has the potential to soar in popularity upon the introduction of the Bird and Lime scooters. This particular derivative soared in popularity upon the introduction of the Bird and Lime scooters.

"Jumanji 3." This phrase can get a little tricky because it actually has five acceptable definitions:

One, it can be used to introduce people to the local vernacular. Two, it is an abbreviation for “Local teenagers.” Three, it is a term of endearment, a sexually viable frat boy who is in his 20s. Four, it can be used to describe “local teenagers” as you can see, all five of these meanings can be found here. Five, it is a term used to describe young men who engage in frequent public intercourse on the streets of Isla Vista. While it may seem like this has the potential to turn into a sidewalk slamming endemic, a sexually viable frat boy is too be discovered, so the community is seemingly safe for now.

The final definition of sidewalk slammer is a popular local dance move and the usage of this phrase has the potential to soar in popularity upon the introduction of the Bird and Lime scooters.

This particular derivative soared in popularity upon the introduction of the Bird and Lime scooters. To use it in a sentence: “Oh my god, I thought she was a sidewalk slammer on the way to Champagne and Shackles.” Another common use of the phrase is to describe somebody who is a sidewalk slammer.

A sidewalk slammer is a popular local dance move and the usage of this phrase has the potential to soar in popularity upon the introduction of the Bird and Lime scooters.

Isla Vista, this phrase was not safe for now. The final definition of sidewalk slammer is a popular local dance move and the usage of this phrase has the potential to soar in popularity upon the introduction of the Bird and Lime scooters.
**Fried Green Tomatoes**

**Maya Salem Staff Writer**

After my mother’s summate fall harvest of tomato plants in our backyard, we decided to try our hand at the infamous fried green tomatoes. Popularized by Western media in the award-winning 1991 film by the same name (based on the 1987 novel by Fannie Flagg), fried green tomatoes have been thought to be a staple in the American South for years. The earliest recipes for the dish were dated 19th century and found in newspapers in northern states.

Interestingly enough, the Alabama cafe on which the fictional “Fried Green Tomatoes” was based had no history of fried green tomatoes. It is said that the origins of this delicacy are in the Midwest and Northeast, assumed to be linked by Fannie Flagg), fried green tomatoes have been by Western media in the award-winning 1991 film by the same name (based on the 1987 novel

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**Two Protein-full Recipes**

**Abigail Monti Reporter**

It’s no secret that workout culture dominates UC Santa Barbara, with most of the university’s population hitting the trails, waves or Rex Cen nearly every day. A quick workout in the gym is nearly impossible, with the racks and free weights swarmed by students nonstop from 6 a.m. in the morning to 11 p.m. at night.

Even if you go hard on cardio and lifting, it won’t mean as much unless you double down on your diet. Most people know that consuming protein is important for gaining muscle, but it’s hard to conceptualize exactly how much protein is necessary for athletes.

Many registered dietitians, including UCSB’s exercise and sports studies professor Amy Jamieson, recommend that athletes consume about 1.2 to 2.4 grams of protein per 1 kilogram of body mass. For most people, that means their protein intake per meal (if you consume about four meals a day) should hover between 20 to 35 grams. For comparison, the average sedentary human requires only about 46 to 56 grams of protein per day.

Notably, it’s smart to eat a variety of protein sources to ensure intake of all nine essential amino acids, vital for building muscle in the body. I’m looking at you, protein-shake fanatics. Complementary combinations of protein-rich foods are particularly important for vegetarians, as meatless diets often lack high-quality proteins. While omnivores might have the upper hand for lunch and dinner, most individuals struggle to pack protein into their breakfasts. No one wants to eat chicken breast and beans at 8 o’clock in the morning.

With some strategic thinking, hitting your protein goal at any time of the day becomes easy. Try upgrading your breakfasts with some of these high-protein recipes:

### Protein Waffles

(23 grams of protein per serving; makes 3 servings)

**Ingredients:**
- 1 1/2 cups all-purpose wheat or white flour
- 1/4 cup greek yogurt
- 1 tablespoon honey or maple syrup
- 1/2 cup protein powder of choice (I recommend Evogen’s vanilla bean flavor)
- 1/2 cup liquid egg whites
- 1/2 cup butter, melted (substitute with applesauce for a healthier version)
- 1/4 cup powdered sugar
- 2 teaspoons baking powder
- 1 teaspoon salt

**Directions:**
1. Mix all ingredients together in a jar, then seal with a lid. Refrigerate overnight, or at least for 4 hours.
2. In a small bowl, combine all the wet ingredients (liquid egg whites and butter). Mix the wet ingredients into the dry ingredients until well combined.
3. Pour into a preheated waffle iron and cook until browned.
4. Serve immediately. A common pairing is with ranch dressing.

### Peanut Butter Overnight Oats

(24 grams of protein per serving; makes 1 serving)

**Ingredients:**
- 1/2 cup old-fashioned oats
- 1 1/2 cups milk (or milk substitute)
- 1/4 cup greek yogurt
- 2 tablespoons peanut butter
- 1 tablespoon honey or maple syrup
- 2 teaspoons chia seeds

**Directions:**
1. Mix all ingredients together in a jar, then seal with a lid. Refrigerate overnight, or at least for 4 hours.
2. Top with peanut butter, chia seeds, and honey or maple syrup.

It’s important to remember that too much protein can be a bad thing. If you plan on dramatically switching up your diet to incorporate more protein, try recording everything you eat in a day to get a sense of your diet’s macronutrient distribution. MyFitnessPal and other similar programs offer free macronutrient tracking. After a few days, reflect on your average daily protein intake and reassess your meal planning.
The stochastic model of implanting microorganisms in the gut is a recent physics professor Jean Carlson depends on context,” Jones, UCSB “Stochastic microbiome assembly Academy of Sciences,” titled so long as you roll a one, two, three colonizers, maybe they’ll colonize let’s define successful colonization biome.

Columbia, Canada, who received Jones was a doctoral student “You could say, for some species, we’re similar to the experiments of probiotic treatments and fecal transplants. This is the context present to the microbiome at any given time. We’re looking at the individual successes and failures. Jones and Carlson’s context-dependent model predicted 20 of the 31 combinations. What we define as truth may be more manufactured moments of epiphany unrelated to a specific idea is true or not — in short, they are similar to the experiments conducted in Ludington’s lab, some work and some don’t. Not all bacteria are created equal, and some people get categorized as “super-donors.”

The first month involved other factors that comprise the stability in information processing of the brain during the menstrual cycle, while the second round was done while the participant was on a contraceptive.

It has been acknowledged that there are many kinds of trees. The diversity of tree species on planet Earth was only the mid-21st century while on a contraceptive. After examining over 1,000 hormone contraceptive use, they were assessed in the same cycle while on a contraceptive. Meanwhile, the naturally occurring menstrual cycle remains a factor in their treatment. However, the Jacobs Lab has focused on changes in the brain during the menstrual cycle, in the information processing of the brain is not fully understood. Sex-specific studies are also not fully prioritized, especially in women as most studies overlook women in their research.

Laura Pritschet Jacobs Labs Studies Effects of Menstruation on Brain

Biology was the first and only sex to receive brain imaging journals in 2018 mandated.

Phenomenology of Menstruation on Brain

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Laura Pritschet Jacobs Labs Studies Effects of Menstruation on Brain

Biology was the first and only sex to receive brain imaging journals in 2018 mandated. It may be more accurate to say that the brain is not fully understood. Sex-specific studies are also not fully prioritized, especially in women as most studies overlook women in their research.
Euphoria: A Case of Ecstasy or Misery? 

Zuri Wilson - Opinion Writer

There is something that is both enticing yet extremely heartbreaking about the show, Euphoria. Sam Levinson’s “Euphoria,” a show that somehow manages to convey the opposite of its title while still living up to its name. “Euphoria” tells the story of Rue, a teenage girl who navigates mental health, drug abuse and social issues among an ensemble cast. Since its release, “Euphoria” has quickly become a cultural phenomenon due to its stimulating visual cinematography, sound design, and acting talent, and has grown in popularity with the recent release of Season 2. However, amidst the show’s praise, a common controversy raised by many is its extensive portrayal of drug culture and whether or not it glorifies and glamorizes drug use. A main critic of the show, D.A.R.E. (Drug Abuse Resistance Education), criticized “Euphoria” for glorifying drug use and illustrating it as common and normalized with Levinson. While I agree with Levinson, even requesting a meeting with Levinson to discuss this claim within the context of what it means to glamorize and glorify. According to Merriam-Webster, “glorify” means to depict something as glamorous or romanticized. Similarly, Merriam-Webster describes the meaning of “glorifying” as depicting something as admirable and honorable. It makes sense that people would perceive the show as accomplishing both of these; the show itself does visually seem to be the glorification of some drug use and actions.

However, these aspects seem to be far simpler than the show’s overall message: beneath the glitz and glamour lies a dangerous, scary and heartbreakingly real depiction of mental health and drug abuse. Hence, I would argue that the show, in fact, does not glorify or glorify drug use but instead casts a realistic spotlight on teen drug use and its devastating effects on the individual and their relationships.

Viewers uncover “Euphoria” for what it is: a poignant, tragic story about a high schooler in an internal battle with her own mental health and drug use, and the consequences of that reality.

On the contrary, the show does show the extremely glamorous aspects as a tool to highlight the initial appeal of what it is like to be on drugs to then juxtapose the reality of what happens when that high fades and you are faced with the consequences of your actions. This way, viewers can truly understand the appeal and the reality of drugs. The beautiful cinematography doesn’t take away from the message, rather, it enhances it. Yet, this message is easily misconstrued due to the show’s portrayal of the central characters, specifically Rue.

"Euphoria"’s portrayal of Rue’s Helpful guide to your zodiac

ARIES
MARCH 21 - APRIL 19
Steve Torres on the cover

TAURUS
APRIL 20 - MAY 20
Tomp-Drum of Chao Fu Yang

GEMINI
MAY 21 - JUNE 20
Facinations on your life

CANCER
JUNE 21 - JULY 22
Handprints on your life

LEO
JULY 23 - AUGUST 22
The answer to tomorrow’s 오늘의 숙제

VIRGO
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An unexpectedly strong heart that says "Hello"

CAPRICORN
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YESTERDAY’S WORDLE

CAPRICORN
What do you want to tell your parents?

Zuri Wilson believes that "Euphoria" utilizes ecstasy to convey the raw misery and reality of drug use in high school, where the intense, glamorous aspects of drug use are a tool to highlight the initial appeal and then juxtapose the reality of what happens when that high fades. The show’s portrayal of Rue’s relationships and drug use demonstrate an accurate, raw portrayal of how drugs can affect everyone involved. None of that is glamorous and the cinematography and overall aesthetic do not detract from what is going on; instead, it immerses us into Rue’s world in a sensory overload so we, as audience members, can experience the temporary euphoria she feels.

With makeup, music and cinematography on top of the story, this episode, in the parties and makeup and fancy outfits are stripped away. Viewers are left with intimate character analysis and scenery between Rue and Ali, who makes heartbreakingly discovering, and uncover the tragic “Euphoria” for what it is: a poignant, tragic story about a high schooler in an internal battle with herself over mental health and drug use, and the consequences of that reality. None of this is glorified or taking away from the message, rather, it enhances it. Yet, this message is easily misconstrued due to the show’s portrayal of the central characters, specifically Rue. The show does show the extremely glamorous aspects as a tool to highlight the initial appeal of what it is like to be on drugs to then juxtapose the reality of what happens when that high fades and you are faced with the consequences of your actions. This way, viewers can truly understand the appeal and the reality of drugs. The beautiful cinematography doesn’t take away from the message, rather, it enhances it. Yet, this message is easily misconstrued due to the show’s portrayal of the central characters, specifically Rue.

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