

Students Celebrate Holi in Color: UCSB Indus Holds Holi Event



Nisha Malley
Asst. News Editor

UC Santa Barbara Indus hosted a Holi celebration – an Indian festival celebrated with colorful powder – at Estero Park on April 10 at 3 p.m. with over 150 people in attendance.

UCSB Indus procured funding through the Isla Vista Recreation and Park District and the Isla Vista Community Relations Committee to host this event.

The celebration of Holi is tied to Hindu mythology where the demoness Holika attempted to burn a pious boy named Prahlad

with fire. Prahlad was saved by divine intervention from Lord Vishnu while Holika succumbed to her own fires. The holiday is celebrated by Hindus across the world as people gather to throw colorful powder at and with their family and friends to celebrate

the triumph of good over evil. Zohaib Suhail, co-president of UCSB Indus and fourth-year chemistry major, expressed his excitement to host the organization's annual event after a two-year hiatus from COVID-19.

"We planned everything last week, once we felt it was safe to have enough people show up and actually throw powder and have physical contact with each other," Suhail said.

For the event, the organizers offered free packets of colored powder – in shades of orange, purple, green, red, yellow and teal – to participants and played music over speakers.

"We had a lot of people show up in white T-shirts, so colors showed up great on them," Suhail said. "Not so easy to wash off afterwards, but it is what it is, and people were also running around dumping entire packets into peoples hair."

Suhail said that after they ran out of powder – with an hour of the event still left – most people stayed to listen and dance to the outdoor music.

"Once we ran out of powder, we moved everyone closer to the speakers, and we just did dance circles. And afterwards, when the event was officially over, a few people actually went down

Holi in Photos p.3

Environmental Affairs Board Rallies Against California's Fossil Fuel Use



RUHKA NANDY / DAILY NEXUS

Kyra Schimpf
Staff Writer

UC Santa Barbara Associated Students Environmental Affairs Board rallied on April 8 at the Santa Barbara County Administration Building to call on Governor Gavin Newsom to end California's dependency on oil, stop greenlighting new fossil fuel permits and phase out oil extraction in California.

The Santa Barbara County Action Network, Society of Fearless Grandmothers Santa Barbara, 350 Santa Barbara and Sunrise Movement Santa Barbara joined the Associated Students (A.S.) Environmental Affairs Board (EAB) to support the lobbying effort coordinated by national climate advocacy group Last Chance Alliance. Similar events took place at 11 different cities across the state, including Sacramento, San Diego, Los Angeles and San Francisco.

Students congregated at the UCSB North Hall Outbound bus loop at 11 a.m. with protest signage before commuting to Santa Barbara Downtown, where the rally was held.

The event had about 25 participants and a lineup of six speeches.

Kat Lane, a third-year environmental studies major and co-chair of EAB, addressed the crowd at the rally.

"We're in a dire situation, and we need to take action to ensure that everyone can have an equitable future that serves them and that no one is continuing to struggle to survive underneath climate change or for any other reason," Lane said. "We need an equitable, just future, and that includes having a livable planet."

Grant Huebner, first-year political science major and EAB community affairs chair, critiqued Newsom's office for using pro-environmentalist rhetoric while approving oil drilling permits at the rally.

"Governor Newsom has a long track record of saying that he wants to be environmentally sustainable, that he wants to be an environmental leader ... and yet he's issuing so many oil permits," Huebner said. "In fact, he actually issued the same amount of oil permits in his first three years as the previous Governor Jerry Brown."

Third-year environmental studies major Alyssa Jain attended the rally as a member of Sunrise Movement Santa Barbara, a youth-led coalition dedicated to pursuing climate justice through political action.

"We are calling on Newsom to act now to ban all new fossil fuel drilling in California," Jain said. "It is a huge social justice issue since a lot of those wells are located in your communities and your sensitive receptors. So hospitals, schools, churches, and a lot of them are located in primarily communities of color."

"And all the while – while this drilling is going on – it is jeopardizing the health and well-being of those people, those places and ecosystems, so we're really calling on [Newsom] now to protect our people in those communities," she continued.

The event also included a station where participants could use chalk to write messages to the governor on the ground in front of the Santa Barbara County Courthouse. The idea proved popular, and passersby spectating the Last Chance Alliance rally participated in the activity.

"Not only did we write our own messages, but people walking past picked up chalk and started writing little things in front of the courthouse. And that was honestly a really unique thing," Huebner said. "You get your voice heard by taking 30 seconds of your day to write a quick message, and it's the thing that everyone else sees as well. And so it kind of brings more people in, in a fun and creative way."

PG. 6 & 7

THE NEXUS ENDORSES EXECUTIVE CANDIDATES AHEAD OF ASSOCIATED STUDENTS ELECTION



OLIVE HOWDEN / DAILY NEXUS

A.S. Trans & Queer Commission Hosts Tie-Dye Event for Pride Week



Courtesy of the Trans & Queer Commission

Asumi Shuda
Community Outreach Editor

Associated Students Trans & Queer Commission hosted a "Tie-Dye your Pride" event where students mingled and tie-dyed Pride shirts that were given out by the commission on the Lot 22 lawn. The event, held on April 8, was a part of the commission's "Queers Over the Years" series to celebrate LGBTQ+ culture throughout the last century in honor of Pride week.

Fifth-year environmental studies and sociology double major Kim Aguilar is the vice co-chair of the Trans & Queer Commission and helped put on the event, which served around 300 people.

"It was a really good opportunity for people to just be creative and customize a shirt that a lot

of people have but in a way that is their own and unique to themselves, which is essentially what our community is about," Aguilar said.

The event began around 11 a.m., and attendees either brought Pride shirts they picked up from the commission's tabling events in the past week or used the remaining shirts given out during the event. By 1:30 p.m., the event came to a close and all of the shirts were given out.

Anusikha Halder, third-year English and sociology double major and chair of the Trans & Queer Commission, expressed her surprise at how quickly students picked up the Pride shirts.

"We ran out of shirts really quickly," Halder said. "I don't

Tie-Dye p.2

UCSB Students Reflect on the Celebration of Ramadan



RUHKA NANDY / DAILY NEXUS

Sindhu Ananthavel
Community Outreach Editor

As the Muslim holy month of Ramadan continues throughout April, UC Santa Barbara students reflected on how they celebrate the annual holiday, along with how their usual traditions associated with Ramadan have evolved while living away from home.

Ramadan falls on the ninth month of the Islamic calendar and is observed through fasting, reflection, charity and prayer. Fasting lasts from sunrise to sunset and be between 11 and 16 hours, and every fasting

period is preceded by a meal before dawn and a meal with family and friends at dusk. The month-long ritual establishes a period of spiritual reflection and abstinence of indulgence, and is celebrated by people around the world.

Third-year environmental studies major and foreign exchange student from Hong Kong Serag Heiba said for him, Ramadan usually begins with family gatherings. These family gatherings usually entail feasts among family members, along with watching television shows that are only airing during the month of Ramadan, Heiba said.

Ramadan p.2



DANIELA GOMEZ / DAILY NEXUS

Weekly Goings-on in Isla Vista

Atmika Iyer
Lead News Editor

A.S. Trans & Queer Commission Hosts UCSB Pride

The Associated Students Trans & Queer Commission is hosting several events from April 4-9 in honor of Pride Week. Associated Students Trans & Queer Commission (A.S. TQCOMM) held a game

of Jeopardy on April 4 and a trans and gender non-conforming panel featuring students and alumni on April 5. On April 6, A.S. TQCOMM hosted a Reel Pride Film Feature and a silent art auction.

A.S. TQCOMM will be hosting a “Queers over the Years” fashion show on April 7 at 6:30 p.m. in the Corwin Pavilion. This event will be followed by a

DIY “Tie-Dye your Pride” event on April 8 at 11 a.m. on the Lot 22 lawn. A.S. TQCOMM’s final event will be a drag show at The Hub at 7:30 p.m.

A.S. Environmental Board Hosts Courthouse Climate Rally

The A.S. Environmental Affairs Board will be joining several environmental organizations in demanding

that California Governor Gavin Newsom end all permits for fossil fuels. The rally will take place at the Santa Barbara County Courthouse at 11 a.m.

UCSB Education Abroad Program Holds International Karaoke Night

The UCSB Education Abroad Program is hosting an International Karaoke

Night on April 7 at 7:30 p.m. in the Student Resource Building’s Multipurpose Room. They are asking students to RSVP with their QR code, which can be found on Shoreline.

Department of Recreation Hosts Women’s Climbing Night

UCSB’s Department of Recreation is hosting a Women’s Climbing Night

on April 9 at 6 p.m. at the Recreation Center’s climbing wall.

“This event is for any woman who wants to get into climbing, as well as for anyone who already climbs and is looking for a fun night of socializing and beta swapping,” the Shoreline description stated.

Harnesses and shoes will be provided for those who do not bring their own.

TIE-DYE

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think we anticipated how [many] people wanted shirts at all for Pride, so we’re definitely going to order more in future years.”

Attendees could pick from a rainbow of colors – including red, green, turquoise and pink – to dye their shirts, while six to seven commission members helped during the event at any given time.

Aguilar said the tie-dyeing event was a relaxing opportunity in the week-long series and provided students with the casual opportunity to mingle and

create art with other members of the LGBTQ+ community.

“We thought of [it] as a more chill event where people could just come before or after class or whenever throughout the day,” they said.

Aguilar remarked that the location of the event allowed many students walking on campus to see the tie-dyeing going on.

“We were across from the [Student Resource Building] ... so there were a lot of people walking through and seeing us

and being like, ‘I have class now but I’ll be back later,’” Aguilar said. “It definitely exceeded expectations; [there was] great turnout and I feel like a lot of people walked home really happy with what they made.”

The commission also worked to create an event with a creative outlet that is accessible to students.

“There’s something to be said for making your own art, and I think tie-dye is really accessible because you just get to do whatever you want,” Halder said.

Aguilar emphasized

the importance of hosting events throughout Pride Week, especially on a university campus.

“I don’t know of many A.S. organizations that have week-long events where every single day is dedicated to a specific community,” Aguilar said. “This year, we really tried to make it special, especially because it’s our first in-person Pride since the pandemic.”

Halder echoed Aguilar’s sentiment, saying that hosting events like “Tie-Dye your Pride” allow students

to congregate with others in the LGBTQ+ community.

“We know that every year our Pride shirts are a really great way of attracting people, getting engaged and showing Pride in the community,” Halder said. “What better way to engage [with the community] more by giving people the chance to tie-dye those shirts?”

Halder said establishing the presence of the community through student organizations like the A.S. Trans & Queer

Commission is critical to the overall dynamic of the campus community, especially for students who have not come out.

“I think demonstrating that the LGBTQ community has a foothold on campus, that we’re here, that we’re proud, that we deserve to be here ... is really important,” Halder said. “It’s also really nice for students who aren’t out yet to be like, ‘One day I’ll get there; I can take part in [these events]; it’s there for me.’ Having that be very visible is really important.”

RAMADAN

Continued from p.1

“There’s a big culture of watching Ramadan TV shows,” he said. “A new episode comes out each day, and they’re only there for the duration of the month.”

Another aspect of Ramadan is charity, which Heiba said his family practices every year. He cited when he celebrated the holiday back in his home country of Egypt, where local mosques would prop up tents on the street and provide meals for anyone facing food insecurity.

“You have these tents that pop up in the street, and it’s for anyone who needs a meal to go and eat during the time when you break your fast,” Heiba said. “My mom would often make food for the ... [basic needs services] down the street next to the mosque. We would go with some plates and some pots and just give it to the local mosque.”

However, Heiba said his observance of Ramadan this year at UCSB feels more solitary, as he does not have close relationships with other Muslim individuals at the university. Beyond his social circles, Heiba spoke to feeling isolated in his celebration of Ramadan, because the United States

is not a Muslim-majority country.

“It’s been very different. Something about the atmosphere of Ramadan when we celebrate in a Muslim country – you can just feel it,” he said. “It’s become more like a solitary thing.”

Regardless, Heiba said he feels adequately accommodated in his involvements on campus during his observance of the holiday.

“I’m part of the sailing team, and we had the first meeting of the spring quarter from 7 to 8 p.m., and I emailed the coach that ... that’s when I will be cooking and eating because it’s Ramadan, and he was super understanding, no issues,” Heiba said.

Heiba also works at the university dining halls and was able to communicate with his supervisor to break around 7:30 p.m. – the time around sundown, where he could break his fast – instead of his originally slotted break time.

“They were quite supportive, and the supervisor went around informing all the other employees,” Heiba said. “I definitely felt accommodated, no discrimination and nothing like that.”

Heiba emphasized that

Ramadan goes beyond fasting, and said the month signifies the abstinence of indulgence.

“You abstain from eating and drinking, but you also abstain from many other things, and, at its core, it’s about indulgence,” Heiba said. “This idea that you can have whatever you want, whenever you want, is a privilege.”

“It’s also a way to reexamine your priorities ... and a time of reflection for many Muslims,” he continued. “Looking back at the past year, what you’ve done or achieved or where you are in life, and looking at the coming year, you know?”

Fourth-year economics and accounting major Zain Jaffri said that determining access to food has proven difficult while living at UCSB, given that dining halls are typically closed at night, when he can break his fast.

“You have to figure out how you’re going to get a meal [at this time],” he said. “I know they started accommodating now, like you can take two meals at night ... but it’s just tough to manage.”

“I usually go to I.V. to get Freebirds and save it until the morning and microwave it,” Jaffri continued. “There’s been

times where I forget to wake up [before the fast period], so you have to go throughout the day without [food].”

For second-year Middle East studies major Ehsan Varnous, the month of Ramadan has been an opportunity for self-reflection every year.

“At least for one month, you can really put everything aside and focus on yourself,” Varnous said. “You start to become more humble, you start to become more grateful for what you have. It kind of puts you in a position where you’re more willing to learn, where you’re more willing to accept your flaws and correct them.”

Varnous said that Ramadan also illustrates how fleeting internal desires and indulgence are in life.

“It’s kind of interesting – you feel hungry the whole day, then after two bites you’re full,” Varnous said. “I think it speaks levels in the whole meaning of Ramadan because [you] fast for 17 hours and are full after 10 minutes. It’s a prime example of how fleeting the pleasures of this world are and how small this life is.”

“There’s so many things which plague our mind during the day when we’re

just avoiding food and water, but as you can eat and drink, you don’t even have that big of a desire after the first few minutes,” he continued.

In regards to how he observes Ramadan while away from home at UCSB, Varnous spoke to the difficulty of getting food before dawn and after dusk from the university dining halls, saying that especially in the early hours of 5:00 a.m. the dining commons are not open and food options are limited.

“It wasn’t the most convenient [with fasting] because obviously, they’re not going to open the dining halls at like 5:00 a.m.,” he said. “What are we going to do in the morning when we want to eat? How can we stack up food in our fridge?”

Furthermore, Varnous said Muslims engage in food restrictions during the month of Ramadan such as only eating halal meat, which is often not accessible in the dining commons.

“There are some restrictions for Muslims – you have to be eating something which is halal, which is that the meat has to be slaughtered a certain way, blessed and cleaned,” he said. “That’s

not the average chicken leg that’s in Portola dining commons.”

Varnous also said that he hopes professors are more aware and flexible with students observing Ramadan, as fasting can often result in lack of concentration and focus on assignments and during lectures.

“I’m not saying that all my professors need to be aware that there is a kid in the class who’s starving and can’t focus – it’s a drastic reach to make – but I feel like there’s things that could be done at the bare minimum at the education level that faculty could understand.”

Regardless, Varnous appreciates the Muslim student community at UCSB and how he has been able to find fellow peers to observe the month alongside with.

“We have a beautiful, large Muslim Student Association, a great community and they come together every night,” he said. “I think they’re doing a great job. You feel a bit isolated at times, but if you embrace the [Muslim] community ... it kind of gives back that feeling of family and being surrounded by people who are going through the same journey.”

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“Not sure if it’s a vibe.”

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HOLI IN PHOTOS

Continued from p.1

to the beach to wash off the color in the ocean," Suhail continued. Isha Shah, fourth-year economics and accounting major, experienced Holi celebrations for the first time in her life through Indus' event.

"I'm Indian, but I've never been to Holi. I just wanted to come out and support everyone that put the event on," Shah said.

Shah served on the board of Indus during her first and

second years at UCSB but was unable to attend Holi during the past several years due to the pandemic.

"The purpose of Holi is for the destruction of evil, which is super cool," she said. "I've seen Holi events put on a lot of times, either here or in other neighborhoods, too, so I was like, 'I really want to go to one before I graduate.'"

Rhea Desai, fourth-year

electrical engineering major, expressed how Holi brings together a cross section of cultural communities and fosters an "energetic" and "supportive" environment of celebration.

"I love the color and that everyone's [covered in] a mixture of different colors. And that's all that matters in that moment," Desai said.

This UCSB Holi celebration marked one of many for first-year

physics major Addy Kapoor, an international student from India.

"I've been celebrating it since I was a kid, so it's pretty important, especially for me because I'm a Hindu by religion."

Kapoor compared his Holi experience in Santa Barbara to the festivals he grew up with in India, saying that he initially expected a lower turnout but was happily impressed by the sizable number of people that attended.

"It was great, a lot of fun, a lot of color," Kapoor said. "I tried to put color on everybody - that was my goal."

According to Kapoor, he put color on almost every attendee, except "people who gave me the eyes," he joked.

"If they look at me eye to eye, then I don't put color on them because I get scared," he said.

Shah described the playful and sociable aspect of Holi,

with strangers approaching one another to douse them in color.

"Even if you don't know someone, people will go up to each other and just throw color on them," Shah said.

Suhail said that for future events, he hopes to offer more colored powder and continue the UCSB Indus' tradition of keeping the festival open to the Isla Vista community.



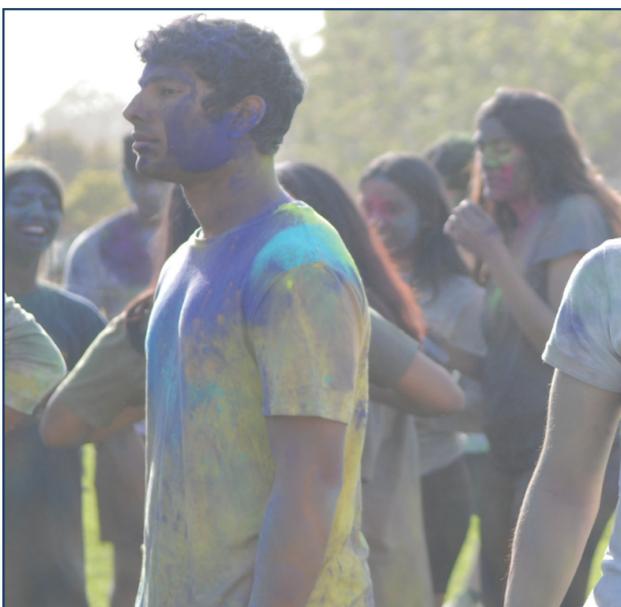
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Cheadle Center Receives Grant To Restore Campus Point Bluff's Flora

Holly Rusch
Lead News Editor

UC Santa Barbara's Cheadle Center for Biodiversity and Ecological Restoration received a state funding grant to restore the Campus Point bluff's native flora by removing the asphalt pad and replacing invasive plants with native ones.

The California Natural Resources Agency and California Department of Transportation provided the university with \$491,000 of funding to ensure that the area is fully restored from the negative impact of the Goleta Beach Bridge, which impacted the habitat around the Goleta Slough, according to an April

11 press release.

The Cheadle Center for Biodiversity and Ecological Restoration (CCBER) will also use the funding to restore the land that was altered from being used as a military base in World War II, the press release stated. The area – which encompasses the headland adjacent to the campus beach – currently retains asphalt and concrete foundations from the original base, as well as carpets of invasive ice plants.

Human activity and natural processes throughout the past 200 years destroyed half of Mescalitlan Island – the historical site of a major



Nexus File Photo

Chumash village – that is located at Campus Point.

Now, CCBER plans to work in tandem with the Barbareño Band of Chumash Indians to ensure the cultural integrity of the land throughout the restoration process and include signage about the land's significance, according to the press release.

"Campus Point has so much potential," project lead and CCBER's Director of Ecosystem Management Lisa Stratton said in the press release. "It's this iconic headland that sort of defines UCSB, but it still bears the imprint of

degradation from the military era."

In an effort to replace the ice plant monoculture, CCBER plans to "use tarps to starve the plants of sunlight and convert them into fertile mulch for the local shrubs" and replace them with "native fruiting trees like toyon, elderberry and lemonade berry" to support the lagoon's small woodland, the press release said.

CCBER is working to redesign the land's unique flora and fauna makeup, and work is slated to begin on the endeavor this summer with excavation of the asphalt pad to begin the following fall. The local community will be invited to participate in the project.

A Week in UC Student News

Sindhu Ananthavel
Community Outreach Editor

Turning Point USA Founder Speaks at UC Berkeley

Charlie Kirk – a conservative political commentator and founder of the conservative nonprofit Turning Point USA – spoke at UC Berkeley on Wednesday night.

Kirk arrived at the university as part of his "Educate, Don't Mandate" tour, which advocates against mask mandates on high school and college campuses.

The event was free but ticketed, and information regarding its location was only given to individuals following the purchase of a ticket.

Kirk founded Turning Point USA in 2012 and has since helmed the organization to promote conservative ideas on high school and college campuses. Kirk also faced controversy over promoting

false claims regarding voter fraud and the COVID-19 pandemic as well as spreading incorrect statistics on his personal account on the site 8kun, according to The Daily Californian.

UC Davis Wins Lawsuit Filed by PETA

UC Davis won a lawsuit filed by People for the Ethical Treatment of Animals (PETA), in which the nonprofit attempted to acquire unpublished research media from the university regarding animal research.

PETA filed the lawsuit in 2019 to acquire research materials such as photos and videos from the UC Davis Department of Psychology and California National Primate Research Center. The court issued its ruling on Jan. 11 and appropriate time was given for PETA to appeal the ruling, which they declined to do, according to the UC Davis website.



Nexus File Photo

The court's ruling stated that releasing the videos would "undermine academic freedom and the scientific process and would put researchers at risk of physical harm and inhibit future research," and there was minimal public interest in viewing the videos, according to the UC Davis website.

PETA has not released a statement on the court ruling but did publish allegations of animal abuse against UC Davis laboratories on Dec. 15.

According to the university website, activist groups' attempts to obtain materials related to animal research sometimes lead to researchers closing their labs or leaving the field due to harassment, and the UC Davis ruling against such attempts is a rare occurrence.

"UC Davis is one of the few institutions to have stood by its decision to protect its researchers from such tactics and is thought to be the only entity to have achieved a complete legal victory to date," the website said.

UC Irvine Drops Mask Mandate Despite Backlash From Student Leadership

UC Irvine announced its decision to lift its mask mandate, changing the designation from "mandatory" to "recommended," on March 19 amidst disapproval of the change from Associated Students of UC Irvine (ASUCI) and UC Irvine Associated Graduate Students (AGS).

AGS met with the UCI administration to discuss masking policies and academic accommodations in February and received answers with little substance, according to Canton Winer, vice president of finance of the AGS executive board, in an interview with New University.

"One of the main issues we talked about in that meeting was whether masks were going to be around for the rest of the academic year – they didn't offer that information, we asked them," Winer said in the interview.

Winer took issue with the lack of proper communication between the university and student representatives and the lack of consideration for immunocompromised and disabled students in the decision-making process. Both AGS and ASUCI shared Winer's sentiment.

The university did not respond to the specific accusation but reaffirmed its "prevention and surveillance efforts" in its update to spring quarter COVID-19 protocols on its website.

"As we make these changes to COVID-19 prevention protocols, the campus will maintain a number of our prevention and surveillance efforts including daily symptom checking, COVID-19 testing available for any reason on a drop-in or appointment basis, contact tracing, and isolation and quarantine support for students," the website stated.

Low Candidate Turnout in 2022-23 A.S. Elections

Holly Rusch
Lead News Editor

UC Santa Barbara students will have the opportunity to vote through GOLD for Associated Students senatorial and executive candidates – as well as a variety of fee reaffirmations – for the 2022-23 school year next week from April 18 to 21.

All voting items require a 20% voter threshold in order to pass.

Third-year political science and philosophy double major Gurleen Pabla is running unopposed with Storke Party for President.

Current Internal Vice President and independent candidate and fourth-year biology major Bee Schaefer, independent candidate and second-year mechanical engineering major Cesar Castillo and Isla Vista Party candidate and second-year pre-biology major Jessy Gonzalez are running for Internal Vice President.

Third-year political science and sociology double major Hailey Stankiewicz is running as an independent and unopposed candidate for External Vice President for Local Affairs.

Third-year sociology major Marvia Cunanan is running unopposed with the Isla Vista Party for External Vice President for Statewide Affairs.

Second-year statistics and data science major Kristen

Wu and sixth-year earth science major Shva Star are both running independently for Student Advocate General.

Second-year psychological & brain sciences and sociology double major Ava Gurwitz, first-year environmental studies major Faith Johnson, second-year history of public policy and law major Mina Matta and second-year political science and communication double major Tessa Vekslar are running for College of Letters and Science Senators – for which there are four seats – with Storke Party.

Second-year creative writing and literature and political science major Kellen Beckett is running for College of Creative Studies Senator – for which there is one seat – with Storke Party.

There are no candidates for College of Engineering Senator – for which there is one seat.

Third-year political science and history double major Adam Majcher, third-year political science major Alexa Grines, first-year political science major Avery Walters, first-year global studies major Jessica Klein, second-year biochemistry major Sohum Kalia, first-year undeclared major Yael Berukhim and third-year political science major Zachary Orsinelli are running for Off-Campus Senators – for which there are twelve seats – with Storke Party.

First-year economics major Eddie Zong, second-year Middle East studies major Ehsan Varnous and second-year political science major Jeffrey Adler are running for On-Campus Senators – for which there are five seats – with Storke Party.

Second-year economics and history double major Nathan Lee is running for University-Owned Off-Campus Senator – for which there is one seat – with Storke Party.

Third-year political science major Jay Schmidt is running for Transfer Senator – for which there is one seat – with Storke Party.

First-year political science majors Billy Wu and MingJun Zha are running independently, and Xiaoyang Hua is running with Storke Party for International Senator – for which there are two seats.

There are 20 candidates for Senate – the majority of whom come from Storke Party – for the 2022-23 year, in contrast to the 38 candidates that ran for Senate last year. Currently, there are not enough candidates for a full Senate slate, which consists of 27 seats.

Shannon Hollingsworth, chair of the A.S. Elections Board, attributed the low candidate turnout to UCSB's return to in-person instruction after years of being online from COVID-19.

"We believe the low turnout in general this season is heavily due to the return



Nexus File Photo

from online instruction and the large number of student population that has never seen an in person election," she said in a statement to the Nexus.

"We saw so many candidates working so hard to advertise voting online these last few years and we hope that in the coming weeks we will see all the candidates and members of Elections Board working hard to promote voting across

campus through boards, flyers, class shout outs, social media, posters, and more and that we build new traditions for future elections together," Hollingsworth continued in the statement.

In a previous interview with the Nexus, Hollingsworth also expressed trepidation about the current phase-out of the party system in regards to voter turnout.

"[Banning parties] affects

voter turnout so heavily and it affects participation, among the student body, so heavily," Hollingsworth said. "Parties, as a larger group, they're just able to reach more people ... than, say, one person campaigning. And in that way, the elections just get bigger."

Last year, elections received a 24.16% voter turnout, the lowest in five years.

IVCSD's Spring Festival Attracts Over 1,000 Students During Deltopia



Courtesy of Ethan Bertrand

Atmika Iyer
Lead News Editor

The Isla Vista Community Services District held its first Spring Festival at the Isla Vista Community Center and Perfect Park during Deltopia this past weekend.

Over 1,000 students and residents attended the event, according to Isla Vista Community Services District (IVCSD) Board President and Director Spencer Brandt.

The festival was years in the making, with the pandemic preventing the community services district from holding the festival since 2020.

IVCSD, alongside several other community partners such as the Associated Students Program Board, created alternative events for students to engage in during Deltopia with the hopes of drawing students away from the heavy crowding and providing a safe environment during the annual, unsanctioned street party.

IVCSD formed a Spring Festival committee to create the festival, which included Brandt IVCSD Directors Catherine Flaherty and IVCSD Director Carrie Topliffe.

The event included food, water, restrooms, seating and live performances from Dead Set, Stolen Bikes, Hominid, Task Force Freedom and DJ Dongle. The event drew at least 1,000 students during Deltopia.

Law enforcement reported zero incidents from the Spring Festival.

According to Brandt, the event was a success.

"I think it was really successful," Brandt said. "We had a really stellar lineup of Isla Vista artists that did an incredible job ... It was just so incredible to see the excitement that residents had, people enjoying the festival dancing, singing along with their friends playing cornhole. I think it was very much in line with our vision for a safe and fun Deltopia."

Flaherty expressed a similar sentiment, assessing the event

as a success.

"I thought it was really energizing and inspiring, and I think it's great," Flaherty said. "I kept looking around and thinking, 'There's so much opportunity for the next years to come.' And so, that I think was incredible."

According to Brandt, IVCSD aims to more heavily publicize future Spring Festivals beginning next year. Flaherty added that she hopes to add new elements to the event, including art exhibits and pop-up stores.

"I think there's a lot of possibilities for growth in the future as well, so I'm excited for those possibilities," Flaherty said. "I think incorporating not just music but art exhibits, pop-up thrift stores, jewelry that people make. I think incorporating art by local Isla Vistas as much as possible – that would be amazing in my eyes for the next few years."

Flaherty said that holding the first Spring Festival two years after the start of the COVID-19 pandemic offered an opportunity for IVCSD and community stakeholders to rewrite the negative norms surrounding Deltopia.

"There was a huge opportunity to begin to rewrite some norms that may have left with graduating classes. And so there was kind of a lack of institutional memory," Flaherty said, referencing how the pandemic and remote learning halted full-scale Deltopias since 2020. "[We] really recognized that this was something that we could capitalize on and really start changing the tide, making [Deltopia] really healthy and community-minded."

Looking back on the event, Brandt described the experience as incredible.

"It was incredible to be down there in the pit with everyone dancing, singing along to the music," Brandt said. "I am definitely a big fan of all of our bands now. I was going through and following the ones on Instagram and trying to get out to some of their other shows sometimes, too. I mean, it was incredibly, incredibly fun."

Laura Capps Runs Unopposed for 2nd District; Hires Campaign Staff Comprised Mostly of Students

Atmika Iyer
Lead News Editor

Santa Barbara Unified School District board member Laura Capps is running unopposed to be the new Santa Barbara County 2nd District supervisor – the district that encompasses Isla Vista – in the upcoming June election.

Capps formerly worked as a speechwriter for Bill Clinton, press secretary for John Kerry and communications director for Ted Kennedy.

As an unopposed candidate, Capps will most likely take office come January 2023. Despite not having any opponents, Capps said that she prioritizes running a strong campaign.

"Campaigns mean talking to voters, campaigns mean listening, campaigns mean expanding my own circle to others I've never met and [who] need me and [who] I need to hear from," Capps said.

"That's why I'm running a campaign, and I'm not just relying on the fact that I'm unopposed, because I've been around politics a long time and I have seen the direct connection between a good campaign and a good public servant," she continued.

Capps' campaign is run mostly by students from UC Santa Barbara

and Santa Barbara City College, along with one student from UC Berkeley.

"I believe so strongly in mentorship and providing opportunities for



Courtesy of Manjari Sharma

As an unopposed candidate, Laura Capps will most likely take office come January 2023.

students, people who are interested in politics, to learn and to have real life [experience]," Capps said. "I campaigned as a young person, and I was grateful for the people that gave me opportunities to jump in and learn."

Skylar Payab, a UCSB third-year global studies major and a member of Capps' campaign, is helping to arrange a canvassing event on April 14 that will allow Isla Vista

residents to get to know their future representative and voice concerns about various issues affecting the college town. The event will be held at Woodstock's in IV. at 6:30

p.m. and is being organized in partnership with UCSB Campus Democrats and the UCSB chapter of Young Democratic Socialists of America.

"I'll be answering questions, and I want to express my views and my values on things, but what I'm hoping to get out of it and the purpose [of it] is for me ... to hear more [from the community]," Capps said.

Capps said that the reason why she's holding canvassing events in IV. is to meet the community where they are instead of expecting people to reach out to her.

"Isla Vista and UCSB are really a central part of the 2nd District and one that is crying out for attention and leadership and advocacy," Capps said.

Capps identified housing and safety as the two primary issues of concern affecting IV. residents.

"Housing, housing, housing, housing," Capps said. "It's by far the most crucial issue and one that I'm so compelled to do what I can, roll up my sleeves and try to fix a hard problem, but one that needs to be fixed."

"Number two would be public safety and feeling safe on a campus and [the] surrounding environment and making sure that not only are we providing that students feel safe, but they also feel safe despite the color of their skin and are treated fairly," Capps continued. "And I've heard some to the contrary and I want to understand more."

Capps is continuing canvassing and trying to understand the issues that impact the 2nd District. Come June, 2nd District residents will be able to vote for the candidate that they believe represents the district best.

IMPORTA Offers Free DACA Renewals to Applicants

Nisha Malley
Asst. News Editor

IMPORTA Santa Barbara, a non-profit organization serving local low-income immigrants, will provide Deferred Action for Childhood Arrivals renewals for free to applicants after receiving a grant from the state of California.

First created in 2012, the Deferred Action for Childhood Arrivals (DACA) program provided legal protection to eligible youths who came to the United States as children without documentation and prevented deportation.

Currently, the program exists in a state of jeopardy. Since July 2021, the DACA program has been effectively suspended following a federal court injunction that deemed the program to be "illegal." The U.S. Department of Homeland Security is currently prevented from processing new applications, although renewals will still be processed.

Nearly 3,460 DACA participants are enrolled across the UC campuses, and at least 544 non-student DACA participants are employed by the UC, with another 1,200 in work-study positions on campus, according to the November 2021 letter from the UC Office of the President.

DACA recipients must file for a renewal every two years, which

can cost up to \$495, including work authorization permits.

IMPORTA, a non-profit recognized by the U.S. Department of Justice, provides free legal services and representation to low-income clients on immigration matters, including DACA applications and petitions. IMPORTA has offices in Santa Barbara and Santa Maria and is currently the largest provider of legal immigration services in Santa Barbara County, according to their website.

"IMPORTA has processed more DACA applications than any other provider of immigration services in Santa Barbara County with a near 100% success record. We treat each case individually and have overcome potential rejections based on misleading juvenile criminal records or other errors by USCIS adjudicators," the website stated.

IMPORTA will offer to cover the U.S. Citizenship and Immigration Services fee associated with DACA renewals so long as the grant funding lasts, according to its Instagram account @importa_sb.

"Periodically, the State of California provides us with grants to pay applicants \$495 fee, and we have also welcome private grants to help needy applicants pay these high fees which come due every two years," the website stated.

Santa Barbara MTD Reduces Services for Multiple Bus Lines

Sindhu Ananthavel
Community Outreach Editor

The Santa Barbara Metropolitan Transit District announced that it will be reducing services on several bus lines beginning April 25. These changes include a reduced frequency of lines to and from UC Santa Barbara.

According to the April 8 press release from the Metropolitan Transit District (MTD), the effects of the COVID-19 pandemic on the transit district included a workforce shortage which was exacerbated by the surge of the omicron variant that put a strain on normal operations, pushing the district to modify its services.

"While MTD continues to recruit aggressively for bus operators, the agency has experienced a confluence of retirements and normal attrition causing a drop in the number of available bus operators. This drop coupled with the Omicron surge has meant that various bus trips are occasionally cancelled, causing uncertainty for passengers," the press release stated.

Beginning April 25, service is temporarily changed or suspended on the following lines: 1, 2, 5, 6, 11, 12x, 14, 15x, 16, 20, 23, 24x, 25, 27 and 28. The weekend schedule for all lines remains unchanged.

Some of the specific changes in schedule include reduced frequency on the UCSB Express Line 24x during weekdays, temporary suspension of the City College Shuttle Line 16 and reduced frequency to every 36 minutes on weekdays for UCSB Shuttle Line 28.

These changes are planned to last through spring and summer, according to the press release, and any further adjustments will be communicated by MTD.

"The reliability of our schedules is crucial and due to the current labor shortage the temporary reduction of service is a necessary step," MTD General Manager Jerry Estrada said in the press release. "We hope that these temporary reductions will allow us the time to staff up appropriately and return to higher levels of service later this year."

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A.S. ELECTIONS: *One Week Away*

During every Associated Students election cycle, the Nexus issues endorsements for all executive positions — President, Internal Vice President, External Vice President for Statewide Affairs, External Vice President of Local Affairs and Student Advocate General — after conducting extensive interviews with every candidate about their experience, qualifications and ideas they plan to bring to the job.

The Nexus also issues every candidate running for Senate a questionnaire for 19 key questions regarding their stance on local and university issues most pertinent to the student body. These published questionnaires can be found on the Daily Nexus A.S. Elections website, along with endorsements, at dailynexus.com.

Gurleen Pabla for A.S. President



NISHA MALLEY / DAILY NEXUS

The Daily Nexus endorses unopposed Storke Party candidate Gurleen Pabla – current Associated Students Office of the President Chief of Staff and third-year political science and philosophy double major – as the next Associated Students President.

As an On-Campus Senator in the Associated Students (A.S.) Senate for the 2019-20 school year and A.S. Office of the President (ASOP) Chief of Staff this year, the Nexus believes Pabla has the institutional knowledge, experience and interest to adequately serve in the position.

“If I didn’t want this position, I would have quit a long time ago,” Pabla said. “But the amount that I care about giving voice to students and creating resources and advocating for students, that’s never going to change. And I don’t want to give up when I’m right there.”

While the Nexus endorses Pabla, we still hold significant reservations in her capacity to enact real change during her term. Despite her goal to hold university administration accountable to students, she demonstrated little substantive plans to execute such accountability, aside from continuing the status quo of largely preexisting student town halls and surveys.

Pabla’s priorities include the improvement of mental health services and advocacy – with plans to collaborate with other A.S. entities to expand UC Santa Barbara’s mental health services and to create a “more robust” mental health task force – influencing updates to campus infrastructure and representing student voices at the administrative level.

She also cited recent safety issues that the UCSB and Isla Vista communities have faced and said she aimed to address them by echoing current A.S. President Yuval Cohen’s “responsiveness” to student needs in the face of crisis. Cohen created a task force this year to provide students with A.S. funding to reimburse them for Uber rides from campus after a string of attempted kidnappings in the IV. area – something that Pabla said she wished to continue.

She advocated for the continuation of current basic needs projects, like the basic needs vending machine that Cohen implemented during her term after several years of ASOP work on the project, as well as new endeavors, like extending the A.S. Food Bank into on-campus residence halls.

“We get the most money from students out of all of the Associated Student Bodies in the UC system. And it’s really important that

we’re actually mindful of the fact that students are paying so much into our system,” Pabla said of her commitment to basic needs resources. “These resources are supposed to be for you. They’re supposed to give back to the general public, not just A.S.”

She noted one key aspect of advocacy as standing up for students’ rights regarding the UCSB housing crisis and Munger Hall – the controversial proposal to address student housing needs with an 11-story, windowless dorm building.

“I think it comes down to finding sustainable compromises that actually include things that the students want,” she said. “Obviously, we’re not going to budge on whether or not we want windows for students. That’s not something that I’m going to debate.”

The Nexus found Pabla’s lack of a firm stand on the calls for current UCSB Chancellor Henry T. Yang to resign in the wake of the Munger Hall controversy, despite her emphasis on accountability of administration, indicative of a lack of depth in her advocacy for accountability.

“I mean if he resigned, it would be pretty cool,” she said, noting that although she has “mixed emotions” on the topic of his resignation and that his recent pay raise seemed unfair.

“But also, I don’t really know what it would change, like, the salary wouldn’t change, the responsibilities wouldn’t change.”

The Nexus has other reservations regarding Pabla’s candidacy, most significant being her inability to produce comprehensive, tangible proposals on new ideas.

Several of Pabla’s platform points – including increasing direct mental health resources of Counseling & Psychological Services and Campus Advocacy, Resources & Education, updating the health and wellness website and addressing the current low quality of campus infrastructure – are self-admittedly either entirely outside the jurisdiction of ASOP or collaborative projects, which both revolve around advocacy and communication.

“It comes down to prioritizing, getting the current resources that exist out there to students, rather than creating more and more resources that just get forgotten about within a few months or a few years,” Pabla said of her platform points.

While Pabla’s commitment to these goals comes from a well-intentioned desire to serve as a “mouthpiece” to students and administration in order to implement public desires and advertise existing services, the

Nexus believes that the office also requires a passion for new, innovative actions and plans that she did not express.

Combined with Pabla’s lack of concrete plans to advocate for and implement the student voice, this creates concerns about her ability to meet these goals within her capacity as A.S. President.

The Nexus was also unimpressed by Pabla’s answer to the question of how she would go “beyond the duties of the President as listed in the legal code.”

“Making more of an effort to be extremely connected with my office, know exactly what all of them are doing at all times, know exactly what other executives are doing at all times, like what their offices are doing, who their offices are. Like, who do they consist of?” Pabla said in response. “Being more personable, I feel, is going to be extremely important.”

The Nexus does not believe that strong interpersonal skills or connection with the office and with A.S. go beyond listed legal code duties of the university’s highest student office.

However, Pabla demonstrated a well-formed understanding of the functions and structure of ASOP and the current projects that would carry over into her tenure.

If elected, Pabla said one specific initiative she would take in office is restructuring the A.S. budget to accommodate for the “downhill trajectory” the budget is currently facing after last year’s A.S. honoraria increase.

“I think that that’s ridiculously important because it is student fees, and we do need to be mindful of what it means to be adequately using student fees,” she said.

Pabla demonstrated interest in continuing several other projects ASOP is currently working on, including expanding composting services on campus, creating biweekly A.S. Food Bank events in Isla Vista, the creation of a transportation committee and the creation of a coalition of marginalized communities.

While the Nexus believes Pabla could work to explicitly expand on and better these ideas – rather than simply continue them – she expressed an understanding of how to tangibly complete and oversee these tasks.

If elected, the Nexus believes that Pabla will be dedicated to the work of the Office of the President and hopes that she will further develop imaginative and engaging initiatives that benefit the student body.

Jessy Gonzalez for Internal Vice President



NISHA MALLEY / DAILY NEXUS

The Daily Nexus endorses second-year pre-biology major and current College of Letters and Science Senator Jessy Gonzalez as the next Internal Vice President.

The Internal Vice President (IVP) represents Associated Students (A.S.) in all internal affairs, chairs the weekly Senate meeting and works alongside executive candidates. Of the three candidates running for IVP – Gonzalez, fourth-year biology major and current IVP Bee Schaefer, and second-year mechanical engineering major and current Senator Cesar Castillo – the Nexus believes that Gonzalez would best execute the duties of the office during the 2022-23 school year.

Although Schaefer presides as the current IVP, the Nexus has chosen not to endorse her for a second term in the hopes that Gonzalez will reinvigorate the office and reform persisting problems in the Senate that arose under Schaefer’s leadership.

Gonzalez, who is running with the Isla Vista Party, outlined his platform points as expanding basic needs resources, launching a website that consolidates campus and office resources, promoting a healthy work environment within the Senate and improving the student code of conduct.

Gonzalez’s platform points, coupled with experience in multiple different university and A.S. organizations, give him the institutional knowledge that makes an internal vice president successful. Gonzalez was a member of the Internal Affairs Committee, was the former first Senate President pro tempore to the IVP, is an On-Campus Senator, acts as a liaison for several A.S. and university organizations, works with Isla Vista Tenants Union and authored the most legislation of any Senator this academic year.

The next IVP would succeed Schaefer, who is running for reelection independently. Though the Nexus believes Schaefer could adequately execute the duties of the office, she did not present platform points or plans that would improve upon her current weaknesses and the weaknesses of her Senate.

These weaknesses include multiple interpersonal conflicts between herself and Senators, the resignation of four Senators and not holding Senators accountable to their group projects as mandated by A.S. Legal Code.

Schaefer, by her own account, said that the conflicts between her and other Senators impacted the

work of her office.

“The issues that happened between me and my Senate, and specifically a few Senate leaders, affected the progress of the association, because I effectively was not able to go forth with my platform, my commitment to my office, because the leadership system that I designed was failing,” Schaefer said.

According to Schaefer, she has overcome this issue during her tenure. However, the 72nd Senate was less productive in comparison to previous years, with 44 pieces of legislation passed. Last year, the Senate passed 114 pieces of legislation, and in the 2019-20 school year, the Senate passed 94 pieces of legislation.

Of the 44 pieces of legislation passed in this year’s Senate, Gonzalez authored around 40%.

However, Gonzalez also ran into issues of interpersonal conflicts during his tenure as Senator. The Nexus believes that in order to be an effective IVP, Gonzalez will need to adjust his communication style to play the neutral role required of the position.

While both candidates need to work to improve this weakness, ultimately, as IVP and presiding chair of the Senate, Schaefer had more responsibility in maintaining a neutral role than Gonzalez did as a Senator.

In addition, Schaefer also mentioned that while she was ill, her current first tempore Hannah Lee sent out an email vote to Senators and was met with a group of Senators who refused to participate in the email vote.

“They decided not to take part in an important email vote, and it was a group decision of very active members. You can’t do that. Why are you doing that? You are an elected Senator, rain, sleet or snow,” Schaefer said. “Students believe in you to conduct a vote. If you really can’t, send [me] an email, but don’t not do your job because you don’t agree with the processes at which it’s happening. That’s not the proper outlet to protest. The proper outlet is to come to public forum, send me an email, send [A.S. Executive Director] Maricela [Márquez an email], but that’s not what they did.”

Whoever holds the position of IVP is in charge of setting the tone for the Senate, and this specific incident shows that the Senate is discontent with how Schaefer chairs the Senate.

Schaefer also said she faced racially motivated vitriol from

a select group of A.S. members throughout this academic year, prompting her to design and implement anti-racism trainings. The Nexus sees that Schaefer worked to the best of her ability to create a safe space for all marginalized communities during her tenure as IVP.

Though the Nexus believes Schaefer has the potential to accomplish her platform points in an additional term, Schaefer failed to address her primary task – chairing the Senate – in any of her platform points or acknowledge a comprehensive plan to remedy the issues her current Senate faced.

Gonzalez, however, prioritized addressing the stagnancy of the 72nd Senate and demonstrated a more thorough understanding of the deficiencies within the current office.

“The overall Senate is, it’s unfortunate to say, it hasn’t been much active in a sense,” Gonzalez said.

The third candidate Castillo, who ran independently, described his performance this year as a senator as “lackluster” by his own account.

Castillo presented an adequate slate of platform points including increasing transparency, improving camaraderie within the Senate and actively working on dissolving the party system.

Castillo did express a desire to extend party dissolution as far as the IVP to ensure that the person who chairs the Senate remains a neutral party – a goal the Nexus commends him for.

However, though Castillo presented a more thorough understanding of Robert’s Rules of Order – the procedural manual for Senate meetings – both Schaefer and Gonzalez are far more experienced and passionate about the position.

Though flawed, Schaefer played an important role in transitioning the resources and work of a remote Senate to its current state of partially in-person functioning. While she was more than suited for that role, the next IVP requires a candidate who can expand upon what was established during that transition – a task the Nexus believes Gonzalez is best suited to accomplish.

Gonzalez’s experience and goals are reflective of a candidate who can take the reins of a Senate beginning its in-person operations for the first time since the onset of the pandemic and elevate the conduct and productivity of the IVP office and the 73rd Senate.

Hailey Stankiewicz for EVPLA

The Daily Nexus endorses third-year political science and sociology double major Hailey Stankiewicz for External Vice President for Local Affairs.

The Nexus believes that Stankiewicz – who is running unopposed as an independent candidate – has both the necessary experience within Associated Students (A.S.) and a fair understanding of issues the UC Santa Barbara campus community and Isla Vista residents face to succeed in this role.

Stankiewicz, a current College of Letters and Sciences senator with the Isla Vista Party, is campaigning for External Vice President for Local Affairs (EVPLA) on a platform centered around issues of safety and policing in Isla Vista, alleviation of mold and termite infestations within local housing stock, continuation of community events, expansion of student resources and combating food insecurity.

If elected, Stankiewicz said she would develop an annual report compiling data and statistics on crime and violence in Isla Vista to assist the office in identifying what resources would best serve the community. This policy proposal comes in the wake of a recent string of high-profile crimes – attempted kidnappings and a shooting on Del Playa Drive – that shook the Isla Vista community this year.

“I would really like to institute a safety [report] that outlines everything that happened the entire year with violence and crime so that we can go in specifically and see where these instances are happening and what we can do about resources to mitigate that for community members to feel safer,” Stankiewicz said.

Stankiewicz also called for improvements to the timely warning system by increasing the expediency of notifications, providing trigger warnings and expanding the system to reach all residents of Isla Vista, including permanent residents and Santa Barbara City College students.

The Nexus appreciated

Stankiewicz’s affirmation of permanent Isla Vista residents as part of her constituency and her aim to bring resources offered by the office of the EVPLA – such as public forums and Know Your Rights workshops – to community members unaffiliated with UCSB. Stankiewicz also stated her commitment to supporting unhoused residents in Isla Vista and emphasized the intersection of the houselessness community and student population, which the Nexus finds to be a positive reflection of her candidacy.

“We’re a representative for students within Isla Vista and the local community, but also [for] community members who aren’t directly affiliated with UCSB as well,” she said.

As EVPLA, Stankiewicz would be charged with “serv[ing] as the official representative of the Associated Students on all Isla Vista and Santa Barbara County affairs,” according to A.S. Legal Code. In present practice, she would also have the responsibility of working heavily with local government bodies, such as the Isla Vista Community Services District (IVCSD), Isla Vista Recreation and Park District (IVRPD) and Isla Vista Foot Patrol.

The Nexus believes Stankiewicz demonstrated herself to be up to that task in most capacities.

For instance, Stankiewicz said that she would expand upon existing community-based policing alternatives, such as UCIV – an A.S. Public Safety Commission initiative – and prioritize student safety in her interaction with law enforcement. Stankiewicz also discussed bringing forth a system called CAHOOTS used in Eugene, Oregon where mental health professionals and first responders are prioritized in responding first to calls ahead of law enforcement, which reduced punitive measures taken by law enforcement and violence.

However, the Nexus would like to see Stankiewicz become more intimately acquainted with

the operations of local agencies – such as IVCS, IVRPD and the Santa Barbara County Board of Supervisors – and the issues they are addressing.

Although Stankiewicz exhibited fairly good knowledge of the existence and functions of such organizations in her interview with the Nexus, Stankiewicz noted that she has never attended an IVCS or IVRPD meeting, a clear shortfall in preparation for the role since the EVPLA office works closely with both entities.

Stankiewicz currently chairs the A.S. Finance and Business Committee, which allocates an annual budget of \$10 million to student groups. As a second-year student, she worked as the resident and housing director for the EVPLA office, where she acted as a liaison to the Isla Vista Tenants Union.

The Nexus retains a few minor reservations about Stankiewicz’s candidacy, primarily her lack of new and innovative project proposals for the EVPLA office to pursue.

Though Stankiewicz was able to identify present projects that the office of the EVPLA is currently pursuing, she did not demonstrate initiative to propose many original ideas of her own. Most of her proposed policy ideas – improving the timely warning system, hosting the Open Market, reopening Pardall Center, expanding the Restorative Justice Program and expanding the A.S. Food Bank – are long-term initiatives undertaken by her predecessor Shannon Sweeney.

Nevertheless, the Nexus believes that Stankiewicz has her finger on the pulse of the office of the EVPLA’s work, has a comprehensive understanding of the local government bodies at play and is deeply passionate about serving all Isla Vista residents.

If she better acquaints herself with the work of local government bodies and creates new ways to better represent the student body to local government, her experience and passion will lead to an excellent tenure as EVPLA.

Marvia Cunanan for External Vice President for Statewide Affairs

The Daily Nexus endorses Marvia Cunanan – a third-year sociology major running with Isla Vista Party – as the next External Vice President for Statewide Affairs.

The Nexus believes that Cunanan’s experience in the External Vice President for Statewide Affairs (EVPSA) office, UC Student Association (UCSA) and Commission on Disability Equality (C.O.D.E.) equip her with the institutional knowledge and on-the-ground skills to run the office. Cunanan demonstrates a zeal for advocacy that is critical to representing students at a statewide level.

Cunanan – who is running unopposed – is focused on advocating for disability justice, protecting funding for safe spaces for marginalized students and calling for accountability in UC investments.

Additionally, the Nexus commends Cunanan’s emphasis on strengthening cultural and community resource centers to preserve the space they provide for marginalized students. This commitment to continuing current EVPSA Esme Quintero-Cubillan’s provision of direct funding to campus entities is of indisputable value to the UC Santa Barbara community.

“Making sure that we protect the funding for these programs that offer safe and affirming places for students to feel like they can belong on campus is something that I prioritize in my work and also plan to prioritize as EVPSA,” she said.

Outside of her platform points, Cunanan’s experience in the EVPSA office as current campus organizing director gives her familiarity with the office’s functions and structure that would facilitate a smooth transition. Their current role in the office also gives them direct experience in organizing, such as assembling a student delegation for the annual UC Student Organizing Summit

and helping plan large community-oriented events like the Students of Color Conference.

Cunanan is additionally involved in UCSA as the Campus Action Tactic Committee chair, giving them experience in organizing UC-wide for advocacy efforts like affordability for students and defunding the UC Police Department.

Additionally, the Nexus feels Cunanan’s progressive work as internal affairs coordinator for C.O.D.E. is indicative of her ability to institute structural change. Cunanan said she found issues in the commission when she initially joined because of the lack of community and discussion it provided among disabled students.

“I first started in the commission looking for space to connect with the disabled community where we could discuss things like how the experience with disability intersects with race or sexuality. That is what I was looking for, but I couldn’t find it because the commission itself was not designed to acknowledge disabled students as a community but rather something that we need to advocate on behalf of,” Cunanan said.

In response to these shortcomings, Cunanan instituted two new outreach positions in the commission – the gender and sexual equity outreach coordinator and the racial justice outreach coordinator – and organized workshops and events to foster the discussion she sought when entering the commission.

The Nexus believes this is demonstrative of Cunanan’s ability to analyze systemic problems in organizations and work to remedy them and believes she will apply this skill to the EVPSA office.

Cunanan describes herself as a “disabled student with multiple marginalized identities” which they said informs their advocacy and strengthens them as a leader and representative of the student

body.

“I identify as a disabled student, and I bring that up because in too many ways, the institution has excluded us and told us that we don’t belong here,” Cunanan said. “I am committed to creating an inclusive future where students like me and unlike me can thrive in a university.”

Cunanan noted that advocating for universal design – or the designing of infrastructure for greater universal accessibility – is critical toward the work of disability justice and for the wider student population. For instance, she cited remote learning during the pandemic as beneficial for not just disabled students but transfer and commuter students as well.

Cunanan’s accessibility work and the benefits that knowledge will bring to the position of EVPSA are clearly commendable. However, the Nexus believes that if elected, Cunanan should place a larger emphasis on advocating for students at the statewide level and the office’s liaison position between UCSB and statewide entities than demonstrated in her interview.

During her year in the EVPSA office, Cunanan organized the “I Stand With Immigrants” day of action event, distributed over 600 days worth of menstrual products to the campus community and has plans to advocate for issues regarding Munger Hall, a controversial dorm development, and to divest from the Thirty Meter Telescope project on a statewide level if elected to office.

Ultimately, her lived experience as a disabled student and a queer person of color navigating university institutional structures gives her a thorough understanding of obstacles and issues marginalized students face. This, combined with years of productive and successful work both within the EVPSA office and outside of it, makes Cunanan an excellent candidate for this position.



NISHA MALLEY / DAILY NEXUS



NISHA MALLEY / DAILY NEXUS



NISHA MALLEY / DAILY NEXUS

Shva Star for Student Advocate General

The Daily Nexus endorses sixth-year earth science major and current Chief of Staff in the Office of the Internal Vice President, Shva Star, for Student Advocate General.

The Nexus believes that Star’s institutional knowledge, passion and lived experiences give her the empathy and experience to succeed as Student Advocate General (S.A.G.).

Star is running against second-year statistics and data science major Kristen Wu, the current Internal Chief of Staff in the Office of the Student Advocate (OSA).

The S.A.G. is an executive, nonpartisan position that acts as a liaison between the university and its student body, provides free and confidential peer support to students and directly advocates for students in the face of administration.

Although Star does not have prior experience in the OSA, Star’s lived experiences on campus and work within university entities – as a resident assistant and Internal Vice President Chief of Staff, among others – demonstrate a thorough knowledge of the resources offered to students and a clear passion to assist students in accessing them.

“As a multiethnic Black woman, as a low-income, disabled woman, as a nontraditional student now entering

my [seventh] year in school ... I have to advocate for myself daily in most spaces that I’m in,” Star said. “I advocate everything that I do. It’s how I live my life everyday, and it’s what I do naturally.”

The Nexus also views Star’s longevity on this campus, with the candidate currently in her sixth year at UC Santa Barbara, as a unique asset to the office. In her time with the university, she has sought services from the Financial Crisis Response Team, academic advising, the Disabled Students Program (DSP) making her equipped to help fellow students navigate those very resources.

“Especially me being here for so long, I’ve seen students drop out because they did not have the support they needed, the advocacy they needed,” Star said. “They cannot afford to live here, they could not afford the fees, and it was not making sense, and no student should have to suffer like that for basic necessities.”

Some of Star’s platform points include weekly tabling to expand the office’s reach, guiding students on how to reinstate good academic standing, creating an ambassador program for students in need of advocacy, expanding the Student Conduct Code, creating a resource guide book for the student body and

holding a community chatbox for students to voice their concerns and direct them to resources.

The office of the S.A.G. is tasked with the casework of individual students and helping them navigate the wide array of little-known resources that the university and Associated Students (A.S.) has to offer. Star identified the lack of a consolidated resource platform within her platform points and offered two new resources that would help students identify the relevant and available programs, options and people.

The resource guidebook in particular is an accomplishable and well-thought-out idea. Star told the Nexus that she hopes to publish a book with resources, such as the names and emails of people at the university that can help with specific issues, with a print edition every quarter and more frequent online updates.

“My platform topics are aimed at being not only the tools but a guide with the actual person telling you how to use it so that you can utilize the resources that are offered,” Star said.

Star said she also is completing certified mental health training and crisis intervention training to properly advocate for and assist

someone when they are having a mental health crisis. Star hopes to create a peer certification program where certified students would be able to train their fellow peers for mental health and crisis intervention and CPR certification.

However, the Nexus found some of her platform points – along with the interview itself – broad with a lack of specificity on how her office would accomplish her goals at times. Star’s platform point of a violence-free campus, for one, was without the support of a tangible plan.

Wu is a candidate with two years of experience in the OSA as the office’s current Internal Chief of Staff. However, the Nexus was disappointed in the lack of institutional knowledge she expressed during her interview and found that she only had one original idea to bring to the table.

When asked what qualified her to be S.A.G., Wu said, “My experience in the OSA really helped me see that not everyone had the same experience with COVID, not everyone has the same experience with coming back to university with adjusting, and I think that UCSB has really kind of failed to accommodate these different groups.”

Understanding that different marginalized groups on campus have unique experiences with

COVID-19 and beyond is undoubtedly an important aspect of the S.A.G. role. However, despite two years of experience within the office, Wu failed to address any aspect of institutional knowledge, management skills or advocacy work that would be expected from such a tenure.

Wu’s platform points are creating a committee within the Office of Diversity, Equity and Inclusion for sexual harassment and violence, increasing visibility of the office and continuing the UC Police Department complaint form.

Though the idea to create a committee dedicated to addressing sexual harassment and violence is an excellent idea, it was the only original idea Wu proposed.

Wu also expressed a clear reluctance to engage with local law enforcement and the university if elected as S.A.G. The Nexus believes that the duties of the S.A.G. to “facilitate open and honest communication between students and the University” as per A.S. Legal Code requires communicating with the university to voice the concerns of the student body. Wu’s reservations with such collaboration leads the Nexus to worry about whether these duties will be accomplished.

Star expressed a clear and sincere

passion to directly help students that Wu lacked. Although the Nexus hopes that Star will gain a greater understanding of the internal functions of the OSA, her intrinsic knowledge of the institutional resources offered on campus will allow her to naturally transition into and navigate through the duties of the office, like providing individual casework.

Star spoke to her constant self-advocacy throughout her life and how she utilized those skills to fight for “basic treatment” of people from all walks of life. The Nexus sees Star’s clear drive to advocate for everyone around her, whether in an official capacity as an A.S. executive or simply as an individual invested in ensuring justice and equitable treatment for others.

“I have had to do it for myself, I’ve had to do it for family members, I’ve had to do it for strangers on the street,” she said. “I do it because nobody else does, and that’s when you really need that advocacy.”

The Nexus believes Star has the clear passion to help students with issues she intimately faced that will fuel her to go beyond simply fulfilling the responsibilities of the S.A.G. and hold the university accountable to create change for the betterment of the student body.

2022 Voters Guide & Sample Ballot

April 23-26, 2018

REAFFIRMATIONS

campuselections.sa.ucsb.edu

ONLY UNDERGRADUATES WILL VOTE ON THESE FOUR MEASURES:

Associated Students Community Volunteer Foundation Fee (formerly AS Community Affairs Board (AS CAB) Volunteer Support Fee)

Do you wish to continue a mandatory fee of \$0.76 per undergraduate student per quarter (including summer), to continue a fund available to students and student groups to finance volunteer campus and community projects (**Breakdown:** \$0.57 is for Community Volunteer Foundation and \$0.19 is for return to aid)? This fee is in addition to the \$2.90 per student per quarter (\$2.52 in summer) currently collected by Community Affairs Board through other campus and student government fees for a total of \$3.66 (\$3.28 in summer). If reaffirmed, the fee will continue to be collected until subject to reaffirmation in spring 2026.

YES NO ABSTAIN

No pro/con statements were submitted.

Campus Learning Assistance Services (CLAS) Academic Services Fee

Do you wish to continue a mandatory fee of \$19.91 per undergraduate student per quarter (including summer), to maintain the current level of Campus Learning Assistance Services' group and drop-in tutorials (**Breakdown:** \$14.78 is for CLAS, \$4.98 is for return to aid, and \$0.15 is for administrative fee)? The fee also includes a cost of living adjustment (COLA)* every five years and is next scheduled for adjustment in fall 2025, then fall 2030, and so forth.

This fee is in addition to the \$15.51 currently collected by CLAS through other campus and student government fees for a total of \$35.42 per undergraduate per quarter. If reaffirmed, the fee would continue to be assessed until subject to reaffirmation in spring 2026.

YES NO ABSTAIN

Help Campus Learning Assistance Services (CLAS) maintain tutorial groups, drop-in centers, evening hours of operation, academic and study skills workshops, and exam review sessions for the over 9,000 students who use our services each year.

Without your continued support, CLAS, as you know it, will face looming reductions in all services, hours of operations, student employment opportunities, and staff availability. Your support during the election is critical to your academic support services.

CLAS sees approximately 50% of UCSB's undergraduate students and is a viable part of students' academic plans. For a program that is optional, CLAS is in ever-increasing student demand. We would like to continue to serve students in this capacity. CLAS is asking for your reaffirmation support to keep a level of services available that meets the student demand.

Help keep the CLAS academic services you know and love by voting for the CLAS reaffirmation. Your "Yes" vote will ensure that CLAS maintains its open door policy and that all students will continue to have equal access to vital academic tutoring and instructional services.

University Center (UCen) Support Fee

Do you wish to continue a mandatory fee of \$9.00 per undergraduate student per quarter (including summer) to help meet operating and facility costs of the UCen? This fee is in addition to the \$35.53 (\$22.86 in summer) per undergraduate student quarterly fee currently collected by the University Center for programming and facilities, for a total of \$44.53 (\$31.86 in summer). If reaffirmed, the fee will continue to be assessed until subject to reaffirmation in 2026.

YES NO ABSTAIN

No pro/con statements were submitted.

MultiCultural Center (MCC) Support Fee

Do you wish to continue a mandatory fee of \$8.52 (\$7.06 in summer) per undergraduate student per quarter to support the MultiCultural Center's (MCC) operating and programming costs, (**Breakdown:** fall/winter/spring: \$6.83 is for the MCC, \$1.69 is for return to aid; summer \$5.55 is for the MCC, \$1.51 is for return to aid)? Of \$5.08 of the \$6.83 for the MCC (\$4.55 of the \$7.06 in summer), a 7% administrative assessment will be charged to all non-capital expenditures.

This fee is in addition to the \$5.46 (\$5.21 in summer) currently collected through other campus and student government fees for a total of \$13.98 (\$12.27 in summer). If reaffirmed, the fee will continue to be collected until subject to reaffirmation in 2026.

YES NO ABSTAIN

Reaffirming the MultiCultural Center support fee will allow the MCC to continue providing a safer, student-centered space that values equity, transformation, and liberation through its people, communities, and healing.

By supporting the MCC's reaffirmation, your fees will help continue the wide range of educational programming and community-building events that actively engage with intersectional social justice issues and combat all forms of discrimination. The MCC also supports student engagement by offering event spaces (154-seat theater, lounge, meeting room, and kitchen), student employment and scholarships, free food and refreshments during study jams, graduate student support, and programming collaborations.

Your vote to continue paying \$6.83 for fall/winter/spring and \$5.55 for summer (includes \$1.69 and \$1.51, respectively, for return-to-aid) will not increase the fees you already pay.

Thank you for your continued support!

UNDERGRADUATES AND GRADUATES WILL VOTE ON THESE FOUR MEASURES:

Arts & Lectures (A&L) Events Fee

Do you wish to continue a mandatory fee of \$5.68 per undergraduate and graduate student per quarter (including summer), in order to support Arts & Lectures (**Breakdown:** \$4.26 is for A&L, \$1.42 is for return to aid)? Of the \$4.26 for A&L, a 7% administrative assessment will be charged to all non-capital expenditures. The fee is in addition to the \$9.41 per undergraduate and \$7.56 per graduate student per quarter currently collected through other campus and student government fees to support A&L programming for a total of \$15.09 per undergraduate and \$13.24 per graduate student per quarter.

If reaffirmed, the fee will continue to be collected until subject to reaffirmation in spring 2026.

YES NO ABSTAIN

Arts & Lectures presents more than 100 public events annually, including performances and lectures by world-class artists and influential speakers, as well as free outdoor concerts and community film screenings. Notable recent figures include: His Holiness The Dalai Lama, President Joe Biden, Jane Goodall, Yo-Yo Ma, Billy Strings, W. Kamau Bell, and Megan Rapinoe among others. Most visiting artists and lecturers engage directly with UCSB students as part of their residency through classroom visits, master classes, and artist Q&As. UCSB students enjoy heavily-discounted tickets or free admission to events. This academic year, A&L offered UCSB students free admission to all events in its Justice for All series addressing a wide range of systemic injustices. A&L employs dozens of UCSB students annually. With renewed support, A&L will continue to serve UCSB students with creative programming and ensure continued access to student benefits.

During the past two years, UCSB Arts & Lectures has brought to our campus an extraordinary range of important thinkers, artists, and technologists who have demonstrated leadership in advancing diversity and inclusion. Through its Race to Justice series (RTJ, 2020-21) and its Justice for All series (JfA, 2021-22), which were free for all students and played a large role in keeping students connected to our campus during the long isolation of the pandemic, A&L created partnerships with many campus academic units to create events as a forum for dialogue between students and our visitors. We the RTJ/JfA advisory committee fervently support and hope to continue on this path, realizing the A&L vision of UCSB as a place where disciplinary learning is combined seamlessly with social awareness, and where excellence encompasses inclusion.

- UCSB Arts & Lectures Justice for All Series Faculty Advisory Committee

The Green Initiative Fund (TGIF)

Do you wish to continue a mandatory fee of \$3.47 per undergraduate and graduate student per quarter (including summer), in order to support The Green Initiative Fund (TGIF) (**Breakdown:** \$2.60 is for TGIF and \$0.97 is for return to aid)? TGIF provides funding for projects intended to reduce the University's impact on the environment. If reaffirmed, the fee will continue to be assessed until subject to reaffirmation in spring 2026.

YES NO ABSTAIN

TGIF has supported over 250 projects that increase the amount of renewable energy used on campus, increase water and energy efficiency, increase student access to sustainable food systems, provide internship opportunities in sustainability to students, and reduce waste created by our University.

"TGIF puts sustainability in the hands of students and staff and allows for innovation and personal commitment to show through in projects that enhance the sustainability of the whole campus (grant recipient)." The TGIF program empowers students to take direct action and come up with innovative solutions to solve our environmental problems. Voting Yes for TGIF means that your \$3.47 per quarter fee will allow us to continue funding sustainability projects on our campus and, most importantly, to continue funding the student internships that help support the majority of these projects.

*Jewel Persad
The TGIF Grant Manager*

The Green Initiative Fund (TGIF) is and has been an excellent way for students to participate in greening the campus. TGIF is a student majority board and most of the proposals each year are either submitted by students or by a student/staff partnership. Excellent projects have come forth during this process, like the UC Santa Barbara Hydration Stations. By installing these stations across the campus, students have access to good quality water and had a direct impact on the number of single use plastic water bottle sales, with a reduction of approximately 40%! The creativity and passion of our students really shines in these proposals and as an advisor to the committee, it always makes me proud to be a Gaucho.

*Mo Lovegreen
Director, Campus Sustainability*

I have since joined the TGIF Grant Making Committee and every year I am impressed by the amazing proposals we are able to fund. TGIF is a wonderful way to green UCSB with student-led action, so I hope you'll keep supporting it!

*Roland Geyer
Professor of Pollution Prevention and Faculty Representative on the TGIF Committee*

Counseling and Psychological Services (CAPS) Support Fee

Do you wish to continue a mandatory fee of \$37.90 per undergraduate and graduate student per quarter (including summer), in order to support Counseling and Psychological Services (CAPS), (**Breakdown:** \$28.42 is for CAPS, \$9.47 is for return to aid)? Of the \$28.42 for CAPS, \$18.39 is subject to a 7% administrative assessment on all non-capital expenditures. Of the \$28.42 to CAPS, \$10.03 is subject to a 1% administrative assessment on all non-capital expenditures. The fee is also subject to a cost of living adjustment (COLA)* every five years and is next up for a COLA in fall 2025, then fall 2030, and so forth.

The fee is in addition to the \$2.69 per undergraduate and graduate student per quarter currently collected by CAPS through other campus and student government fees to support their services, for a total of \$40.59 per undergraduate and graduate student per quarter. If reaffirmed, the fee will continue to be collected until subject to reaffirmation in 2026.

YES NO ABSTAIN

The mission of Counseling and Psychological Services (CAPS) is to assist the student body to achieve academically, socially, and personally through culturally responsive mental health services. We approach our work both comprehensively and collectively. We work with our students' intersectional identities including BIPOC and APIDA students, veterans, graduate students, first generation, foster youth, LGBTQTI students, student parents, athletes, re-entry/transfer students, and international students. We engage students via our work in crisis intervention, initial assessment, individual and group therapy. We also work with concerned parents, professors, friends who notice signs of distress, graduate advisors, and other campus community members who reach out for help. We have recently increased the diversity of our staff and your ongoing support allows us to maintain and increase our diversity and cultural/language responsiveness. Voting "yes" for CAPS will ensure continued improvement in providing initial services and follow-up. Supporting CAPS supports the Community.

- CAPS Leadership Team

CAPS serves as a valuable and unique resource for students who are in need of support as they navigate their college experiences. The services provided by CAPS clinicians are designed to help students achieve and maintain success during college by directing them to the appropriate resources and collaborating to develop a plan that best fits their needs. By voting yes in favor of the Counseling and Psychological Services support fee, you are helping students of all backgrounds have access to these services that are pivotal in achieving their success. Mental health is already stigmatized in several communities, and for some, seeking CAPS services may be the first time they seek refuge. CAPS services are covered by student fees and include more than traditional therapy, but also group counseling, the Mental Health Peer Program, and outreach events. Help make an impact on your success today by voting yes in favor of CAPS.

Victoria Perez, Mental Health Peer

Recreational Programming Fee (Formerly, Recreational Sports Fee)

Do you wish to continue a mandatory fee of \$7.00 per undergraduate and graduate student per quarter (excluding summer) to fund Recreational Sports? The fee is in addition to the \$98.07 per undergraduate and \$59.18 per graduate student per quarter currently collected by the Department of Recreation through other campus and student government fees to support recreational programs and associated facilities, for a total of \$105.07 per undergraduate and \$66.18 per graduate student per quarter. If reaffirmed, the fee will continue to be collected until subject to reaffirmation in 2026.

YES NO ABSTAIN

The Recreation Programming Fee is of critical importance for the continued sustainability of Intramurals, Sport Clubs, Adventure Programs, and Special Events. These programs provide a unique opportunity for students to engage in their fitness in fun and social ways. Events such as RecFest, Turkey Trot, and Hallowheels, help enhance the university by providing exciting and safe experiences for students to enjoy. Adventure Programs gives students a regular dose of adventure with numerous wilderness expeditions while also allowing students to take full advantage of the Santa Barbara coast with equipment rentals. Intramurals sees enormous student engagement with over 12,000 participants a year benefiting from the wide array of sports offered. In addition to making these programs affordable for students, this fee also allows for the employment of over 350 student workers. It is with these tremendous benefits in mind that I strongly recommend the reaffirmation of the Recreation Programming Fee.

*Best,
Zach Jones
Events Student Manager
'22 Economics and Political Science Major*

VOTING OPEN APRIL 23-26, 2018

UCSB CAMPUS ELECTIONS COMMISSION— Online Spring Election 2022

****** Passage of the referenda on the ballot does not constitute final approval of the project. The chancellor and the University of California Office of the President must approve all referenda. In addition, all major capital building projects must be certified by the Regents for design, financing, and verification of the Environmental Impact Report, and are subject to review by the Campus Planning Committee, the Design Review Committee, and the California Coastal Commission. Fees for capital projects are based on an average undergraduate enrollment. Should enrollment drop unexpectedly, the mandatory student-imposed fees may have to be increased in order to maintain funding at a level to meet bond financing (loan repayment) requirements.

THE ELECTION IS ONLINE!

How to vote: Go to <https://vote.as.ucsb.edu>, and follow the directions. The link is also provided on the UCSB GOLD system when you log in. Public access computer banks are located at SRB, the Library, and many residence halls. Any difficulty voting should be reported to votehelp@as.ucsb.edu. These campus-wide measures will be on the ballot along with candidates for A.S. offices and A.S. new fees and fee reaffirmation items. Graduate students will vote on a separate ballot. Be sure to be a registered student by April 20, 2018 to be eligible to vote!

PRO/CON STATEMENTS

All registered students are invited to submit written statements of support or opposition for publication in the Daily Nexus. Pro/Con statements must include the author's name and be submitted electronically to Suzanne.perkin@sa.ucsb.edu by 5 p.m. on Thursday, April 12, 2018. Statements are limited to 150 words and will appear in the Daily Nexus during week three.

VOTER TURNOUT REQUIREMENTS

A minimum 20 percent voter turnout is required in order for the election to be considered valid. A reaffirmation passes is 50% + one of the voters vote "yes."

Definition of RETURN TO AID: The return-to-aid surcharge, 25% of the total fee charged, is assessed to every campus-based, student-initiated, new mandatory fee and increase to an existing fee originally passed 2006 or later. The surcharge is used by the campus to cover need-based financial aid for UCSB students whose financial aid awards would not otherwise cover student-imposed mandatory campus fees. The surcharge applies to undergraduate and graduate student fees.

Definition of ADMINISTRATIVE ASSESSMENT: The administrative assessment, currently 7% of the base fee charged, is assessed to non-capital expenditures for every campus-based, student-initiated, new mandatory fee and increase to an existing fee originally passed 2009 or later. The assessment issued by the campus to cover the administrative costs of collecting, accounting for, and disbursing the student-imposed mandatory campus fees. The assessment applies to undergraduate and graduate student fees.

This voter information guide has been produced by the Campus Elections Commission. The commission, which comprises students, faculty, and staff members, is a neutral body that advises the chancellor (or designee) on all matters pertaining to campus-wide elections and conducts elections in such a way that the interests of the voters and the institution are well served through the process. The Campus Elections Commission is NOT affiliated with Associated Student or Graduate Students Association elections.

Armchair QB



Dallas Mavericks superstar Luka Dončić picked up an injury at an unfortunate time as the playoff series versus the Jazz looms. Can Brunson throw it back to his Villanova days?

SPORTS

UCSB Athletics

The UCSB women's water polo squad has struggled during the past two months following a hot start to the season. With one more league game remaining, they will need a spark heading into the Big West Playoffs.

Gauchos' Baseball Sweeps Cal State Northridge

Preston Espar
Sports Editor

After losing 2 straight games to the University of Hawai'i and Pepperdine University, the UC Santa Barbara baseball team has strung together a 3-game winning streak with a sweep against the Cal State Northridge Matadors. With the 3 wins, the Gauchos now have a conference record of 10-2 which is good enough for first overall in the Big West. The overall record for the team currently stands at 21-8.

With his strong play in the series, freshman right-handed pitcher Ryan Gallagher was named Big West Pitcher of the Week. In his lone start of the series and the final one overall, Gallagher pitched 8 innings, a career-high, and gave up 1 run in the 7-1 victory. Gallagher also allowed 4 hits and 4 walks in addition to striking out 5 batters.

The 7-1 victory was not very close, but the previous 2 games between the Gauchos and Matadors were. In the first game of the series, both offenses were firing on all cylinders. The teams combined for 6 home runs and 22 RBIs in the 13-10 UCSB victory. Cal State Northridge (CSUN) opened up an early lead as they were up 2-0 after the second inning. Immediately after, the Gauchos tied the game up at 2 runs apiece. After this, the game went back-and-forth with the Matadors leading by up to 3

runs. With the score tied at 8-8, the Gauchos exploded for 4 runs in the eighth inning. CSUN was only able to score 2 more runs in the rest of the game, with the Gauchos taking the opening game of the series.

The next day saw another contested matchup with a 2-run game. This time, it was UCSB who jumped out to an early lead. Before the Matadors could score a run, UCSB had already built a 7-0 advantage. For the rest of the game, the Matadors chipped away at the lead as UCSB scored 2 more runs the rest of the way. After the Gauchos acquired their 7-0 lead, CSUN went on a 7-2 run and had a chance to tie it or win it in the ninth inning. However, the Matadors were unable to score as UCSB took the second game of the series with a 9-7 victory. Only 2 home runs were hit in this matchup, but both teams were able to make good contact with the ball as both teams combined for 10 doubles.

With a 3-game winning streak in hand, the Gauchos will look to continue their winning ways in their next series. UCSB will return to Santa Barbara for 7 straight home games starting on Thursday. The Gauchos will first have a 3-game series with UC San Diego and will then play a single game against UCLA. To end the homestand, UCSB will partake in a 3-game series against Long Beach.



NEXUS FILE PHOTO

Women's Water Polo Looks To Find a Spark

Garret Harcourt
Sports Editor

After a scorching start to the season, the UC Santa Barbara women's water polo team has cooled off as of late. Beginning with their rough month of April, the Gauchos won 3 games but lost 5 games along the way.

To start the month of February, the Gauchos, ranked No. 16 at the time, lost a tough matchup 4-10 against the No. 1 University of Southern California Trojans in the first match of the Triton Invitational. It didn't get better for the squad as they took on conference opponent Long Beach State in an out-of-conference matchup, losing to a tune of 8-11.

The Gauchos were able to turn it around shortly, beating Cal State Northridge 17-9 and extending the winning streak to 2 games by beating No. 20 Loyola Marymount University 12-11.

Their stretch of wins came to an end during the beginning of the Barbara Kalbus Invitational, losing to their in-conference rival UC Irvine 9-13.

Following the loss to UC Irvine, they bounced back in the tournament by beating the No. 21 San Diego State University in a close 11-10 victory. This would be one of UCSB's last victories in their recent run of games. They followed up that victory with 2 losses to end the Barbara Kalbus Invitational. The first loss came against No. 9 Arizona State University, in which they were outmatched to an 8-17 result. Then, the Gauchos couldn't come out on the winning end of an overtime thriller against No. 11 UC San Diego in the final match of the tournament.

Going into conference play, the Gauchos were up against No. 6 UC Irvine, while the Gauchos were ranked No.

16. This game was a one-way affair with Irvine dominating the game, winning 16-8. In the next away-conference game, the Gauchos had another rematch against Cal State Northridge, beating them 10-7. To finish the month of March, the Gauchos were handily defeated by the No. 5 University of Hawai'i by a score of 16-5.

April started in a similar fashion for the Gauchos, as they lost a closely contested match to their conference foe, No. 11 Long Beach State, by 9-14. The Gauchos' most recent match was another heartbreaker, extending their losing streak in their home finale. The Gauchos lost to the No. 12 UC San Diego 6-10.

The Gauchos have one more regular-season game against UC Davis before beginning the Big West Championships that will be taking place at the Duke Kahanamoku Aquatic Complex in Hawai'i.

NBA Playoffs Are Just Around the Corner

Garret Harcourt
Sports Editor

The National Basketball Association playoffs are here, and there are many intriguing matchups to look forward to this 2022 season.

The newly made Play-In Tournament first occurred in the National Basketball Association (NBA) back when they had to implement a community bubble in Florida due to COVID-19 protocols. The NBA has since adapted to keep the Play-In Tournament to decide the seventh and eighth seeds for each conference.

In the Eastern Conference, the ninth-seeded Hawks will host the 10th-seeded Hornets, and the Pelicans will host the Spurs in the Western Conference. The winner of the Eastern Conference, the ninth- and 10th-seeded games, will go on to play the loser of the Cavaliers versus Nets game, while the winner of the Cavs versus Nets gets the seventh seed in the playoffs. Likewise, the winner of the Spurs versus Pelicans will go on to play the loser of the Clippers versus Timberwolves, with the winner of the Clippers and Timberwolves getting the seventh seed in the West.

Starting in the East, the No. 1 seed heading into the playoffs is the Miami Heat, featuring a multitude of solid veteran players. The team

is backed by the superstar duo of center Bam Adebayo and forward Jimmy Butler, but also gets scoring from Tyler Herro, the favorite to win sixth man of the year, point guard. The second-seeded Celtics are led by the young duo of emerging stars in the NBA with forward Jayson Tatum and guard Jaylen Brown.

Moving on to the No. 3 seed, the defending champion Bucks are led by former MVP forward Giannis Antetokounmpo and multiple-time all-star guard Khris Middleton. With the same record as the Bucks and Celtics, the 76ers managed to slip to the No. 4 seed, backed by MVP favorite center Joel Embiid and former MVP guard James Harden, whom they acquired from the Nets.

The Raptors are an enticing young squad that feature a multitude of position-less players like forward Pascal Siakam, forward Scottie Barnes and forward OG Anunoby. With a late season fallout mixed with a variety of injuries, the Bulls take the No. 6 seed into the playoffs, featuring the above-the-rim phenom Zach LaVine and the mid-range specialist DeMar DeRozan as their guards.

The Western Conference No. 1 seed, the Suns, are the NBA champion runner-up, but are nonetheless atop the Western

Conference again. The Grizzlies are the No. 2 seed in the West, backed by young superstar guard Ja Morant who is in the running for the NBA's Most Improved Award.

The No. 3 seed Golden State Warriors were hot to begin the season, but without Stephen Curry, the team went cold. They will have to rely on the hot stretch guard Klay Thompson, who has been back on since coming back from an injury. The fourth-seeded Dallas Mavericks will be at a disadvantage to start the postseason as superstar guard Luka Dončić will be out for the foreseeable future while rehabbing an injury.

The last two playoff teams with a spot in the West are the fifth-seeded Utah Jazz and the sixth-seeded Denver Nuggets. The Jazz have put together a solid squad behind former defensive player of the year, center Rudy Gobert, and all-star guard Donovan Mitchell. On the other hand, it has been a one-man show for the Denver Nuggets, with center and MVP candidate Nikola Jokić leading a one-man show in Denver without the injured guard Jamal Murray.

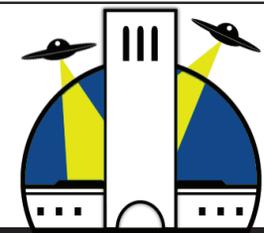
All in all, this playoff will feature some of the younger superstars in the higher seeds like Morant on the Grizzlies, Devin Booker on the Suns and Tatum leading the Celtics to the No. 2 seed.



IDA KAZERANI / DAILY NEXUS



Courtesy of Flickr



NEXUSTENTIALISM

It's Satire, Stupid.

Cute! Duck Couple Reminds You That You'll Die Alone

Brian Daumaghe
Resident Duckologist

Isla Vista is usually renowned for being a desolate and godless place: empty handles, abandoned scooters and frat boys plague the streets, leaving no room for joy or leisure in the eyes of unfortunate pedestrians. But rejoice! At last, this wretched town has given us a crumb of wholesomeness. A pair of mallards has been spotted on campus and in IV., delighting those who believe in love and perhaps sparking bitterness in the cold hearts of those who don't. "Ducks actually mate for life," said local ornithologist and loser Al B. Tross. "The duck couple we see here – they've said their little duck vows, cut their little duck cake, merged their little duck bank accounts and now they're in it till the end." Allegedly, they had a beautiful spring wedding, which Tross laments that he was not invited to. "I wonder what they'll do for Valentine's Day." Not everyone shares Tross' enthusiasm,

though. For some, the duck couple serves as a cruel reminder of their own inadequacies. "Ducks only live, like, five years, so mating for life isn't even that much of an accomplishment," said Stacy Finch, with a fowl look on her face. "My parents were together for longer than that. Really not very impressive." Whatever your opinion of duck couple, we can certainly expect them to last longer than your first college relationship, which crumbled not unlike the bread pieces kindly onlookers sometimes toss at the birds. And for the Isla Vistans' whose hearts are broken and quacked – which is most of us, I mean, have you tried the dating pool here? – duck couple is slated to become a popular topic in therapy and possibly even a leverage point in arguments. It's like, how can these ducks find love and I can't? What's wrong with me? Am I really less worthy than a duck? Answer me, Jackson!

Brian Daumaghe deserves a relationship as good as the duck couple's.

How To Lounge Jubilantly on the Arbor Lawn With Your Multicultural Friends in Front of Tour Group



SIERRA VAKILI / DAILY NEXUS

Fart Tent
Unwitting Diversity Model

Are you sitting outside on the grass in front of the Arbor right now? Are you happy? Sorry, happy enough? Who are you sitting with? Consider these questions with great thought, because they could be the very thing that determines whether or not you find yourself as the next poster child of UC Santa Barbara. With tour groups running amuck, you need to be prepared to seize the moment and demonstrate just what we're all about here at UCSB.

As I'm sure you know, UCSB is a very diverse institution. However, when it comes time to showcase true diversity to the little tour groups here at UCSB, some friend groups just aren't sure how to do it. So, if you're not sure about what to do when you find yourself out with your most diverse group of friends, look no further! We've got you covered!

First, we need to talk who's there and what you are wearing. Make sure that more than one style, race and gender are represented and that they showcase just who you are. Black girl wearing a labcoat: woman in S.T.E.M., empowered, smart and a certified girlboss! Racially ambiguous person with a bit of a preppy look: smart, confident and a little shy everywhere but the classroom. Asian guy with a cool jacket: cool, charming, definitely your

class crush. White guy with balls: for sports, duh. Mexican person with a skirt on: their legs are itchy from the grass, cool sense of style, you wish you were them. Make sure you have them all or, at least, a variation of this group.

Next, make sure you have the props down. Your outfits only tell part of the story; the props finish them. A book, a copy of Nexustentialism, cool headphones or a notebook would do the trick. There has to be a storyline for the people to follow – the props will make sure people know what you're doing on the lawn.

Lastly, pose! Flip your hair back as you laugh and look effortlessly beautiful, read the newspaper, smoke the joint, jam out to your cool music – whatever it is, as long as it's clear you are having fun and comfortable with the friends surrounding you. Make sure these poses don't put too much center on one person, either – everything has to be as even as possible.

Now all there's left to do is wait for the wide-eyed tour groups to approach and forever remember you as the perfect example of multiculturalism here at UCSB! You know what they say: Fake it till you make it!

Fart Tent thought that "Hispanic-Serving Institution" meant she would be considered royalty.

Quirky Check! Aesthetic Girl Spills Yerba Mate in Backpack Instead of Plain, Old Water



SIERRA VAKILI / DAILY NEXUS

Migraine Mommy
Drippy, Soggy

Third-year Willow Hart spilled her Guayaki Enlighten Mint Yerba Mate in her backpack but feels relieved it was this liquid because it preserves her aesthetic. The story fell into our hands here at Nexustentialism. We

were just convening for our weekly meeting when one of our correspondents noticed a girl hunched over her backpack in Storke Plaza. She seemed visibly distressed as she stamped her Dr. Martens Chelsea boots in frustration. Our correspondent, Elise Ramacciotti, approached her and asked what the issue

was when Hart replied, "I just spilled my Yerba Mate in my backpack! Everything is ruined." When our writer asked how she could help, Hart simply replied, "It's okay, at least it was a Yerba Mate that spilled and not water. It matches my vibe." She then proceeded to pull a bundle of sage from

the pocket of her crochet cardigan, light it and then circle it over the backpack, claiming that it is the only proper way to clean up the mess." You can actually look at the Guayaki website and it tells you to cleanse with burnt sage immediately if spilled. I think ..."

Our correspondent was immediately obsessed. "I don't drink water. Only Yerba Mate and raw goat milk. I've actually trained myself not to sweat or pee so that I never have to replenish my bodily water supply. The water that makes up 60% of my body is the original 60% I was born

with." Our writer did not know what to say, but that was no issue for Hart, who continued with ease. "I guess this Yerba Mate incident is just another example of how my life is beautiful chaos. My close friend and colleague, the Dalai Lama, has often talked about this during our morning meditation sessions over Zoom." She elaborated painlessly, picking up her soaking wet bag and swinging it over her shoulder. "I guess everything happens for a reason. Just like how I only eat cashews

and matcha leaves and feel intrinsically motivated to walk 37 miles every morning to maintain my bodily temple." When asked if she had anything of value in the bag she simply replied, "Yes, all my notes are trashed, but it's fine. At least I'm not a loser!" Before our correspondent could say anything else, Hart turned around, her long skirt swinging, walked a few steps, then disappeared into thin air.

Migraine Mommy may or may not have spilled Yerba Mate in her bag, causing all of her notes to get fucked up. However, she is not

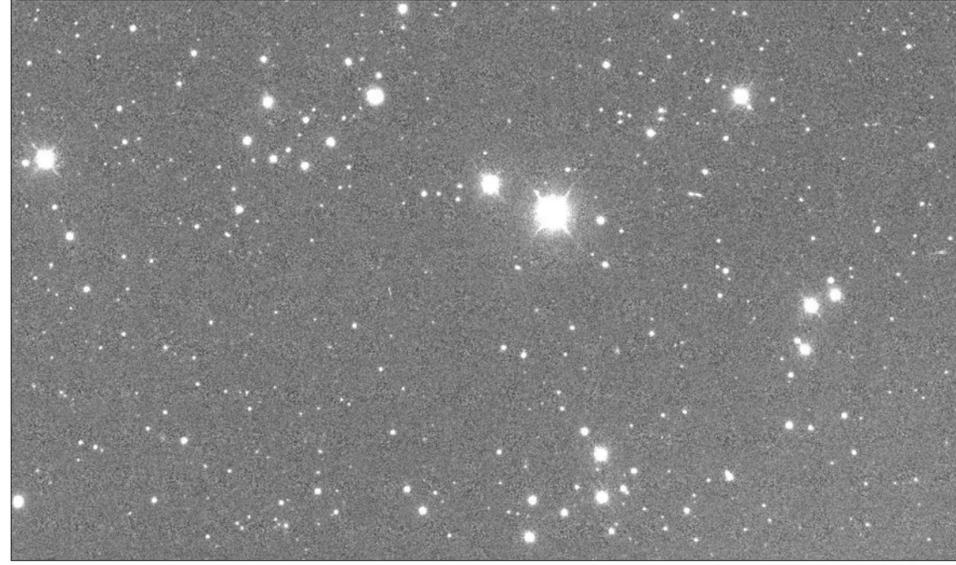
DAILY NEXUS ART & COMICS



RUHIKA NANDY / DAILY NEXUS

SCIENCE & TECH

Las Cumbres Observatory Searches for Supernovae



Courtesy of Jamison Burke and Craig Pellegrino

The two photos, captured by the telescopes at the Las Cumbres Observatory, feature what the night sky looks like before and after a supernova event. Images like these are captured and pieced together to create a map of the entire sky.

Anaya Khan
Seamus O'Hara
Science Writers

Tens of millions of years ago, a white dwarf star exploded in a corner of the universe. Between then and now, the light has been traveling toward Earth. Koichi Itagaki, an amateur astronomer curious about the universe, observed the darkened sky on a night in 2019 and noticed a new addition to the constellations.

A sudden bright light mapped the history of the white dwarf star's violent death, a supernova, its light finally reaching the telescope's lens. Not 24 hours later and for the span of only a few weeks, scientists quickly worked to identify and analyze the event, as the luminosity of the destroyed celestial body would rapidly fade and eventually disappear.

The Las Cumbres Observatory (LCO), located in Goleta, California, is one of the many worldwide observatories where robotic telescopes are designed to

collect astronomical data.

There are many ongoing research projects at the facility, including the current study of supernovae. UC Santa Barbara graduate student researchers Jamison Burke, Estefania Padilla Gonzalez and Craig Pellegrino work with UCSB Department of Physics adjunct professor and LCO staff scientist Andy Howell to observe and understand the data collected from the telescopes, with the goal of improving their understanding of astronomical phenomena.

The researchers give insight to the operations and processes that occur among a worldwide network of 10 robotic telescopes.

While a few supernovae have been discovered manually, such as Itagaki's 2019 finding, much of the supernova identification is credited to sky surveys, in which a series of telescopes around the world are programmed to frequently capture images of portions of the night sky that, when pieced together, map nearly

the entirety of it. According to Pellegrino, the variation in the sky's patterns across different times indicates the presence of celestial phenomena.

"[The telescopes] look at those images and see if anything is there that night that wasn't there the night before," Pellegrino said. "That's the way that a lot of these supernovae are discovered ... like blips, points of light and galaxies that pop up in these images."

Through this process, around 100 supernovae are discovered every night. With the great diversity in the collected data, there is a sense of freedom in that researchers are able to study projects that interest them.

"[Graduate] students, when they come here, have tons of different projects that they can choose to work on. So it's really whatever interests them or excites them," Pellegrino said.

Despite all the observations, there is still much that astronomers do not understand about the behaviors of different supernovae,

like a class of supernovae called Type IC. "[Type ICs] are a little bit weird, just because ... it's a little bit hard to classify besides saying this type of explosion ... doesn't show hydrogen or helium [like other supernovae]," Padilla Gonzalez said. "The reason why I also found Type ICs to be interesting is because we don't know much about them."

Many times, there are anomalous events that deviate from the typical supernovae. Itagaki's discovery of SN 2019yvq, for example, exhibited unexpected behavior. Burke stated that, generally, supernovae increase in intensity for a period of time, while the observed object did not. "They get lighter over the course of a few weeks, and the supernova did not do that," Burke said. "Instead, down in the redder wavelengths, it did brighten but the other wavelengths of light did not. So as you get into the UV, instead of brightening, it faded very quickly."

The findings revealed an

increased amount of UV light, which is invisible to the human eye, that was not typical of most other supernovae. With less light from the visible spectrum, the lifetime of the explosion appeared to be shorter than expected. Burke's responsibility at the LCO was to explain the cause of this abnormal behavior. The data suggested that a white dwarf exploded in a binary system, where another star orbited in close proximity. When the star's life ended with a supernova, the ejecta – which is the debris – likely collided with the other body, causing a buildup of heat in the UV spectrum, which is not visible to the human eye.

"As it gets heated up, it'll emit extra light, and because it's so hot in the UV ... that's where we think this UV excess comes from," Burke confirmed. The analysis of the SN 2019yvq supernova, similar to other studies, paved the path for an informative research paper that was published in *The Astrophysical Journal* in October of 2021.

There is always one of LCO's worldwide network of telescopes observing the night sky. This allowed for a continuous observation of SN 2019yvq, so scientists like Burke could have more puzzle pieces to understand its odd behavior. "The sun never rises on the LCO empire," Burke quipped. The research at the Los Cumbres Observatory allows for scientists to discover and describe the everlasting unknowns of the universe. The timeline of astronomical study spans beyond lifetimes, and while individuals may never witness the entire capability of the celestial realm, the observations made can aid in mapping the narrative of our vast surroundings, piece by piece.

"There's just so much uncertainty about what we're actually observing," Burke said. "It's so interesting to constantly be discovering new things that push the field in new directions and to have to live with the uncertainty you won't ever know everything about what's going on."

Molecular Diagnostics Test Shown To Predict Early Stages of Sepsis

Josh Foster
Science Writer

There is a multitude of microbes that the human body can encounter on a daily basis. Normally, the body's immune system recognizes an infection of foreign microbes and works to remove them so they don't cause further harm. However, the body can sometimes begin to turn on itself and attack its own tissues instead of the infectious invaders. This results in a disease commonly known as sepsis.

Sepsis is an extreme bodily response to an infection that can be life-threatening if not properly diagnosed and treated. Later stages of sepsis can result

in excessive blood clotting and permanent organ damage. It is estimated that around 30% of patients diagnosed with severe sepsis do not survive and up to 50% suffer from a condition known as post-sepsis syndrome.

Recovery is often predicated on the stage at which sepsis is identified and treated by antibiotics, with earlier detection providing more successful recovery outcomes.

A clinical diagnosis of sepsis currently relies on the presence of specific symptoms, such as decreased oxygen saturation levels and decreased systolic blood pressure. Sepsis can be confirmed by a positive body fluid test, but this typically occurs at a later stage of

the disease, if it even occurs at all. Research into early detection and treatment of sepsis is an unmet need that the Mahan Lab at UC Santa Barbara has attempted to address in a research study of over 10 years. The Mahan Lab is headed by professor Michael Mahan and explores various areas of microbial pathogenesis. A team of collaborators spanning multiple universities, including UCSB, UC San Diego and UC Davis, investigated the potential of molecular diagnostic testing in recognizing the early stages of sepsis.

The researchers examined altered blood proteomics in mice after infection from various types of bacteria that are known to cause

sepsis. Bacteria from strains of *Salmonella enterica*, *Escherichia coli* and *Staphylococcus aureus* were used, among others. The findings showed a significant change in blood proteins related to septic responses that occurred quickly after a bacterial infection and well before severe symptoms, such as blood clotting and organ failure, were exhibited.

Douglas Heithoff, who is one of the lead researchers on the paper and is a part of the Mahan Lab, said the "early detection allowed early antibiotic administration, resulting in markedly increased survival rates."

A deep understanding of the altered blood proteomics caused by bacterial infections can help

in the development of rapid and easy-to-perform tests to indicate whether a patient is in the early stages of sepsis. Even though the benefits of early administration of antibiotics are well documented, it is ill-advised to administer antibiotics to a patient without a confirmed diagnosis of sepsis.

Thus, the findings provide a framework for early-detection molecular sepsis tests to accurately diagnose sepsis in the early stages of the disease. Prospective research will continue to improve the speed at which the disease is recognized and can subsequently be treated by antibiotics.

In the future, Heithoff said he hopes "to identify a bio-panel of early sepsis blood proteins for

incorporation into existing blood tests," such that patients can be accurately tested for sepsis "in a doctor's office when they are feeling unwell but are unsure of the cause."

The goal is that the patient is examined, properly diagnosed and treated with the correct antibiotics well before severe sepsis can occur.

Additionally, Heithoff said that "future research will also focus on understanding the mechanism of sepsis caused by different infecting pathogens," with the hope that significant progress will be made in curtailing the effects of and promoting full recoveries from all potential causes of this serious illness.

Looking Back From Campus Point

Emma Holm-Olsen
Science Writer

Cracks in Quark Theory

Theoretical physicists Abraham Pais and Sam Treiman proposed the Standard Model in 1975, which explains three of the four forces that govern the matter of our universe.

The forces explained are electromagnetic force, the strong force and the weak force. Simply put, these forces all play a role in what holds subjects of matter – such as quarks, protons and neutrons – together. The fourth force, which is gravitational force, is not explained by the Standard Model (SM).

This specific shortcoming, is where Claudio Campagnari, a professor and department chair in UC Santa Barbara's physics department, comes in. In a perspective piece published in *Science Magazine*, Campagnari presents potential measurements that contradict the SM,

specifically of the *W* boson – one of the building blocks associated with the weak force responsible for radioactive beta decay. Campagnari posits that an accurate measurement of the mass of a *W* boson could invalidate the consistency of the SM. Campagnari is part of the Collider Detector at Fermilab (CDF) Collaboration as part of his association with the European Organization for Nuclear Research.

Those of the CDF collaboration, Campagnari included, were able to produce extremely accurate measurements of the *W* boson that directly contradict the SM, as the *W* boson was measured to be heavier than what the SM predicts by seven standard deviations.

As more and more measurements are made, Campagnari opines that through the work of the CDF collaboration, more cracks in the SM theory may be found, potentially leading to a stronger theoretical understanding of how the forces of the universe control how matter forms.

Sticky Science

UCSB's Virgile Thiévenaz, a postdoctoral researcher, and Alban Sauret, an assistant professor in the mechanical engineering department, recently published a paper in the *Proceedings of the National Academy of Sciences* journal discussing fluid viscosity and how the suspension of particles in various liquids can induce diverse properties and behaviors of the liquids.

Viscosity is a measure of how difficult it is to change the physical conformation of a liquid. Researchers have already figured out that the presence of particles in a liquid increases its viscosity, but the mystery lies in why and how the study of particle suspension becomes more difficult at larger scales.

Thiévenaz and Sauret sought to explain this. They found that particles do not spread uniformly at very small scales, which ultimately leaves areas in a given amount of fluid that don't contain particles at all and thus act as pure fluid. Testing droplets,

Thiévenaz and Sauret observed that there is a thickness threshold for fluids, which when crossed, makes the particles impossible to separate, leading to an effective viscosity equal to that of a pure liquid. The researchers also concluded that this threshold is dependent on particle size and concentration. These observations are an important advancement in the study of fluids and contribute crucial context for industry professionals dealing with fluids in manufacturing processes, such as coating products with varnish or paint. The findings also provide a promising foundation for further research regarding fluid composition and behavior, including the study of similar suspension systems, such as thin films.

ON THE MENU

“Say Cheese!” Vegan Cheese Alternatives at the I.V. Food Co-op

Yuriko Chavez
Staff Writer
Haydin Zogarc
Reporter

In recent years, vegan fare has been taking over the culinary world. From Impossible meat to various milk substitutes, plant-based food products are on the rise. To most non-vegans, these meat and dairy alternatives may seem unnecessary, or perhaps even intimidating. However, switching to vegan alternatives is beneficial in numerous ways; it's healthy, environmentally friendly and prevents animal harm. On April 6, the Isla Vista Food Cooperative hosted a vegan cheese tasting for vegans and non-vegans alike.

Allison Baymiller, the marketing and outreach manager of the I.V. Food Co-op, as well as a UC Santa Barbara alumna, led the event. She stated that the reason the Co-op decided to promote vegan cheeses instead of dairy cheeses is “because of the variable environmental impact where there's a really high land and water usage associated with sustainable dairy cow raising.” Vegan cheese is most often made from cashews, which provides a creamy, nutty taste, and is fermented to simulate the sharp, aged flavor of dairy cheese. She elaborated on the positive environmental impacts of vegan cheese, while also acknowledging that cheeses made from nuts can also have a large water consumption and issues with fair trade. “There's some of that to consider as well with environmental and social impact,” Baymiller said. “But there's still a lot less animal use associated with vegan cheese.”

We tried the Co-op's assortment of vegan cheeses so you don't have to – but you'll definitely want to.

Nuts for Cheese Super Blue Cheese (\$8.99)

The I.V. Food Co-op is currently highlighting Nuts for Cheese, a U.K.-based vegan cheese company specializing in artisanal, dairy-free cheeses. First on the list is their “Super Blue” cheese – a semi-firm wedge of aromatic bleu cheese layered with spirulina, or blue algae, to create that classic blue look.

Yuriko (Y): Blue cheese is actually one of my favorite cheeses! Admittedly, I was a little bit skeptical if vegan cheese could completely capture its thick, crumbly character and sharp aftertaste. However, I was so pleasantly surprised that “Super Blue” was rich, creamy and aromatic and had a nice pungent punch reminiscent of that strong, classic blue cheese aftertaste. The main component that differed from dairy cheese was that it wasn't as crumbly, instead taking on a similar consistency to that of a hummus spread. **Rating: 5/5**

Haydin (H): Although blue cheese is not my personal favorite, I enjoyed trying this cheese and

would recommend it to those hesitant about eating the penicillium, or edible mold, on blue cheese made with dairy. “Super Blue” is exactly what I would expect from a blue cheese, from the distinct pungency to the creamy texture. It would be a good substitute for blue cheese in any traditional recipe, such as a fresh Cobb salad or a creamy blue cheese dressing or dip. **Rating: 2/5**

Nuts for Cheese Black Garlic Cheese (\$8.99)

The “Black Garlic” flavor from Nuts for Cheese is an earthy, garlicky semi-firm wedge with an activated charcoal rind.

Y: As an avid lover of garlic, I was most excited for this cheese. However, although it maintained a rich and creamy texture with some subtle hints of garlic, I was not a huge fan of this cheese. The flavors were a little too subtle. I could see it working better as an addition to other ingredients and flavors. **Rating: 2/5**

H: I could have eaten the entire wedge of this cheese! It has a perfect amount of tanginess and a super creamy texture. The activated charcoal adds a unique, smoky depth to the cheese. However, as an enthusiastic garlic lover, I agreed that they could definitely amp up the garlic flavor. This cheese paired well with the crispy, crunchy, seed-filled “Mary's Gone Crackers,” also sold at the Co-op! **Rating: 4/5**

Nuts for Cheese Artichoke and Herb Cheese (\$8.99)

The last flavor we tried from Nuts for Cheese was “Artichoke and Herb,” a semi-firm wedge with a nutty artichoke flavor and subtle hints of fresh herbs.

Y: This cheese had some lovely flavors; the hints of artichoke complimented the herbs nicely. It is a versatile cheese with a great balance of flavor and creaminess, and I could see it pairing well with fruits and bread. **Rating: 3/5**

H: In my opinion, this cheese outshined the others! I absolutely loved the mildness and subtlety of the artichoke balanced with the brightness of the lemon and basil. It's so creamy and versatile; it would work well on any sort of cracker or bread in any context, from an afternoon snack to a sophisticated charcuterie board. **Rating: 5/5**

We were both highly impressed by the Nuts for Cheese collection! You would never guess that their creamy, flavorful cheeses are plant-based and dairy-free. We recommend checking out their website for more information, including a recipe page featuring upscale dishes using all of these cheeses!

Miyoko's Creamery Sundried Tomato Garlic Cheese (\$8.99)

The next cheese on the tasting itinerary was from Miyoko's Creamery, which Baymiller described as “first on the scene for vegan cheese.” Miyoko's boasts a large selection of creamy vegan

cheeses, including their soft, spreadable cheese in the flavor “Double Cream Sundried Tomato Garlic.”

Y: This cheese had a bit of a different texture than the others; it wasn't as creamy and didn't feel as spreadable as the ones previously mentioned. I enjoyed that I could get more hints of garlic than I could in the black garlic cheese, and the thin slices of sundried tomatoes were a nice addition to the flavor. Though the flavors were nice, I feel that creaminess is a really important factor for cheese, and this to me tasted more like a style of hummus rather than cheese. **Rating: 2/5**

H: The sweetness of the sundried tomatoes definitely takes center stage in this cream cheese-like spread. The notes of garlic contribute a savory, robust flavor. It reminded me of Italian food, like the nostalgic smell of sauteed garlic and simmering tomato sauce. I could see it working well in a pasta dish, melted in a grilled cheese or spread on a bagel. **Rating: 3/5**

Violife “Just Like Feta” Cheese (\$4.49)

Violife, a highly praised and widely popular vegan cheese company, states that their “Just Like Feta” is a nod to their start in Thessaloniki, Greece. It's a potato starch-based cheese soaked in a salty brine.

Y: This was personally my favorite cheese! It had such a smooth, buttery quality that wonderfully complimented a slice of apple. It wasn't as crumbly as feta, but the taste was remarkably similar and immensely refreshing when paired with fruit. I will definitely be purchasing it, as it not only has a fresh and creamy flavor, but it's also versatile for salads and fruits. It's also the most environmentally friendly because it doesn't rely on dairy or nuts. **Rating: 5/5**

H: Before even biting into this cheese, I could smell the familiar piquant odor associated with Greek feta. It was pleasantly sharp and bright with a delicious, creamy texture – incredibly accurate to dairy feta. It would be perfect for crumbling in a Greek salad or baked with phyllo pastry and agave nectar for an elevated appetizer. **Rating: 4.5/5**

Although neither of us is vegan, we thoroughly enjoyed indulging in the Co-op's vegan cheeses. They are just as creamy, decadent and delicious as dairy cheese, while having less of an impact on the environment or animals. We encourage you to try them for yourself – pay a visit to the vegan section at the I.V. Food Co-op where you can buy all of these cheeses and more! And if you're interested in attending the next tasting soiree, check out their Instagram page @islavistafoodcoop where you can find updates about all their events and promotions.

Refreshing Pasta Salad



ABIGAIL MONTI / DAILY NEXUS

Abigail Monti
Staff Writer

With heatwave after heatwave rolling through Isla Vista, it's time to put warm winter dishes to the side. I mean, what's more uncomfortable than forcing down hot soup in 80-degree weather? Save yourself some sweat and try out this super easy chilled pasta salad instead.

The best part about this recipe is its versatility. Pretty much every ingredient can be switched out without consequence. Prefer another type of salad dressing? Any Italian or vinaigrette dressing will work just fine. Want to go vegetarian? Leave out the sausage and lose no flavor. Any combination is a good combination – trust me, I've tried them all.

Ingredients (makes 4 servings):

- 1 cup uncooked orzo
- 1/2 cup broccoli florets
- 1/2 cup bell pepper, chopped
- 1/2 cup chickpeas
- 1/2 cup cherry tomatoes, halved
- 1/2 cup black olives, halved
- 2 to 3 Italian sausage links, chopped
- 1/4 cup crumbled feta
- 1/4 balsamic salad dressing
- 1 tablespoon olive oil
- Salt and pepper to taste

Directions:

1. Heat the oven to 425 F.
2. In a pot of boiling, salted water, cook the orzo according to the directions on its box. Once done, transfer the orzo to a large bowl and add a little olive oil to prevent the pasta from sticking together. Set the bowl aside.
3. In a medium bowl, add the broccoli, bell pepper, chickpeas, sausage and olive oil. Mix to coat the ingredients with the olive oil thoroughly, then transfer to a baking tray. Sprinkle with salt and pepper, and cook in the oven for about 15 minutes, mixing halfway through. Once done, let cool for a few minutes, then add to the bowl with the orzo.
4. Place the bowl in the fridge for 30 minutes, or until chilled.
5. Add the tomatoes, olives and feta to the pasta mixture. Drizzle with balsamic dressing, and mix to coat.

If you often find yourself in a time crunch around mealtimes due to class, work or the surf, you can make this dish in advance and keep it in the fridge until you need to eat it. The salad dressing acts as a marinade, meaning it only gets better with time. I recommend taking advantage of the sun and bringing this pasta salad with you on your next beach picnic!

High Dining at bouchon



SARAH HAMIDI / DAILY NEXUS

Sarah Hamidi
Reporter

A high-end Californian restaurant using French culinary techniques, bouchon Santa Barbara is located in the historic Art District on Victoria Street in downtown Santa Barbara. Opened in 1998, the restaurant prides itself on using great, local ingredients from the Santa Barbara Farmers Market and local Santa Barbara-made wine.

The service at bouchon is one of the highlights of the restaurant. My friends and I were welcomed with open arms by a host and we took one of the outdoor tables. For our first courses, my friends and I ordered the Trio of Sea Scallops and the Dungeness Crab Cakes. At the recommendation of our waiter, we ordered a third appetizer called Forest Mushroom Ragout.

Our waiter also recommended a great wine pairing with our food, the Margerum “M5,” a local pinot noir wine from Santa Barbara. For our main dishes, we decided to go with the signature duck breast and confit and the Lobster “Pot Pie.”

The Trio of Sea Scallops consisted of scallops served

in three different ways. The first scallop was a carpaccio, which is a thinly sliced raw scallop, served with cucumbers, orange and citrus segments, and chopped red onions topped with watercress. The second scallop was a seared scallop served with sauteed fava beans and mushrooms. The third and final scallop was also a seared scallop served on a bed of paella-flavored risotto with chorizo and asparagus.

The Dungeness Crab Cakes were served on a bed of shaved fennel topped with a delicious citrus vinaigrette and frisée salad. The Forest Mushroom Ragout, consisting of sauteed mushrooms served with two small slices of grilled cheese, sat on a bed of pureed spinach. So simple, yet so good.

Our first courses made us excited for our main courses. The signature pan-seared duck breast was juicy and tender. The sweetness of the succotash complimented the savoriness of the duck perfectly with the maple glaze, providing a hint of sweetness and adding smokiness to the dish.

While I didn't get to try the pieces of lobster in the pot pie, I was still able to taste

the mushroom velouté, and the side salad of arugula provided a nice freshness in my mouth, contrasting the piping-hot pot pie. Adding the Madeira creme after cutting open the puff pastry on top of the pot pie made the velouté much more flavorful and creamier.

After delicious meals from the first courses and mains, I decided I wanted to try a dessert to get the full experience. Two of my friends and I grabbed the creme brulee, a classic French dessert of cooked custard topped with caramelized sugar.

Our creme brulee was also topped with fresh raspberries and blueberries, reminding me of how my dad would make it at home. The custard was cooked perfectly, and I got that crack when you put your spoon in the caramelized sugar. The fruits added a hint of acidity and freshness with the cooked custard and sugar. It was a perfectly balanced bite.

Overall, our experience at bouchon was amazing, and this is indeed one of Santa Barbara's best restaurants. This is the ideal restaurant to bring your date, family or friends to indulge a bit and enjoy a unique dining experience.



HAYDIN ZOGARC / DAILY NEXUS

ARTSWEEK

In Review: Banks Slithers Her Way Toward Independence on “Serpentina”

Sam Franzini
Staff Writer

Asserting yourself as a “bad girl” of pop – not for just one album concept, but spanning across a career – is somewhat of a risky move, but Jillian Banks has navigated it with ease. Interlacing alt-electro-pop with hushed vocals, she’s asserted her dominance ever since her 2014 debut. “I fuck with myself more than anybody else,” she whispers in “Fuck With Myself” from her album “The Altar;” “You can call me that bitch,” she declares in “Gimme” from her album “III.” Now, on her new album “Serpentina,” Banks goes in a similar direction to what she’s done previously – one-part brash bangers, two-to-three parts smaller, quieter ballads – and pushes slightly against the grain, but not too far to produce a drastically different album.

The record comes at a time of change in Banks’ life – after her “III” tour wrapped in late 2019, she dealt with an autoimmune disorder, a fractured spine and panic attacks from anxiety. “Serpentina,” then, helped her struggles and signals a new life and direction for the artist. Shedding her skin on the opening track and reflecting on her career so far, she begs, “Please let me be misunderstood” atop increasingly distorted synths.



Courtesy of Spotify

The lead single to the album, “The Devil,” is another one of the aforementioned Banks I’m-that-bitch tracks. “Someone write my new name down,” she croons over sparse beats and rapid breaths in the background. Though the chorus is whispered in Billie Eilish style, the catchy song explodes and

becomes one of Banks’ most self-assured bangers yet. The catchy chorus will stay stuck in your head; despite the choppy syncopation of her voice, “I’m the devil and I speed with the pedal on the gas / And I think I like the fast life better now,” is a standout line.

“Anything 4 U” is a dark take on a love song, but it’s

easily the most upbeat of the bunch. The propulsive and glitchy track details an obsession with a partner that’s probably not healthy: “The problem is I’d do just anything for you,” she details on the chorus. Though not brash and in-your-face like singles “The Devil” and “Holding Back,” it takes a backseat approach, similar

to slower jams like “This Is Not About Us” from “The Altar.”

“Holding Back” – the best song on the album – is the kind that demands to be played in a stadium or club. Admitting fault “All I wanna do is get you loved and laid / I wrote you a melody, can’t you see that?” And it’s one of her best ones yet. There’s no way to ignore Banks’ vocals, interspersed with a harsh electronic wall of sound (à la Self Esteem’s “Moody”) and a catchy, high-pitched vocal sample (à la Drake’s “Nice For What”).

The problem is that once you listen to “Holding Back,” you wonder why the other songs aren’t as commanding or immediately interesting. Songs like “Skinnydipped” and “Unleavable” are a bit of a slog to get through, though you can appreciate her self-discovery and growth with lines like “I cleaned out the salt in my wounds.”

“Spirit,” featuring Samoht, is frustrating to listen to, simply because of what could have been. The solid melody and words detail a deeply personal struggle over Banks’ years – “Baby, when I feel like, feel like giving up / Something in my spirit tells me I ain’t had enough” – but it’s a bit tame compared with the electro-gospel banger “Look What You’re Doing To Me” from her last album.

It’d be simple to add an extra burst, something that explodes and rockets toward the chorus, but the song feels half-baked and easily improvable, especially with its short runtime.

Meanwhile, “Meteorite” attempts to showcase these bursts with interpolations of Banks’ own quick breaths and sounds, much like Maggie Rogers’ recent effort, but the effect is somewhat discombobulated and random. If you can make out the lyrics on the chorus, they’re quite imaginative: “If you wanna beat the sunlight / I’m leave my inhibitions at your door.” “I Still Love You” – though saccharine and could be featured in Pixar’s next movie – is a lovely tune to close things off. Written 13 years ago, it still holds up while detailing a past relationship: “I don’t know where you go on Friday nights / I don’t know your current favorite song / But I know that how I drive, it drives you crazy / And I know I still love you.”

It’s a bit discombobulated; some songs assert their dominance from the get-go and others stall in one place, but with Banks’ era of immense change and suffering behind her, the growing pains of “Serpentina” – er, shedding pains? – are mostly understandable.

Rating: 7/10

Spring-Themed Knitting Projects for You To Try Out

Eleuthera Wang
Staff Writer

Chirping baby birds, hopping bunnies and colorful eggs are on the horizon as Easter – which falls on April 17 – quickly approaches. As we get into the swing of spring quarter, be ready to embrace the warm weather with these two free, fun and fabulous yarn projects to try this spring! Whether you’ve

been knitting for years or are looking for a new hobby, these projects are enjoyable for those of all experience levels!

Bunny Tote Bag

If you’ve ever been left sadly bagless at Ortega Dining Commons and had to hold your burger, fries and cup of raspberry Bubby in your arms all the way back to your dorm, this

adorable Easter bunny tote bag is the perfect project for you. With cute pink ears fashioned into convenient handles and a familiar, friendly cartoon face, this rabbit bag is a quick, chunky knit that can be used to hold all of your spring necessities.

Materials needed:

- 2 skeins of bulky yarn in white

- 1 skein of bulky yarn in pink
- U.S. size 11 straight knitting needles
- Black felt (about 4” by 4”) and black embroidery thread
- Sewing needle
- Tapestry needle

Directions:

For the back and front panels of the tote bag, cast on 42 stitches in the white yarn and work in stockinette for 40 rows. To knit the ears, use a Fair Isle pattern of your choice with the pink and white colors in stranded colorwork and knit two separate long rectangles to double as the handles of the bunny bag. To finish up the tote bag, sew the panels together, sew on felt cut-outs for the eyes and nose and lastly embroider the mouth of the rabbit.

Fried Egg Placemat and Potholder

This all-purpose, egg-themed crochet project is perfect for those into the cottagecore aesthetic, blending spring festivity and everyday practicality. Liven up your cutlery this spring with this cute multipurpose utility. Two complementary colors make a circular placemat that measures about 9” across and features a strong, yellow egg yolk



Courtesy of DROPS Design

in the center surrounded by an off-white exterior border.

Materials needed:

- 1 skein of Aran or worsted yarn in yellow
- 1 skein of Aran or worsted yarn in off-white
- 3.5 - millimeter crochet hook

Directions:

To make the interior part of the placemat, or the “yolk,” form a six-stitch ring with the yellow yarn and work in the round to increase to 36 double crochet over three rounds. Make two of these yolks and place them together, then work the white yarn around them in single crochet for 13 rounds, increasing gradually to end at 120 single crochet.



Courtesy of Love Life Yarn

OPINION

Taking a Mental Breather With Music

Michelle Shteynberg
Staff Writer

Have you ever had chills go through your body when hearing a song? Or felt your heart swell when listening to a certain riff? This is most likely due to the dopamine and serotonin receptors in your brain reacting to the sounds introduced to your ears. Listening to the music that you love can be an immediate mood booster and can be a great way to get you out of a slump.

Every morning, I wake up and grab my phone. Instead of sinking into the depths of social media, I open my AirPods case, stick my earbuds in and open Spotify, the one app that has kept my mental health in check over the last five years.

Of course, it's not just the app that has taken my heart. Music has been an everlasting constituent of my life since I was a child. Although my parents never played any musical instruments in their lives, they have practically become music connoisseurs. As a result, my parents exposed my older brother and I to the joys and beauty of sound, and music has become a part of us as well.

Music keeps my life in balance and I often find myself wondering: Where would we really be without it?

Sometimes, I feel like the only one who fully resonates with a certain song, lyric or melody. For instance, experiencing the first riff of The Smashing Pumpkins' "1979" causes my mind to transcend to an elevated state, offering me five minutes of peace from my dynamic life. Mac DeMarco's "Ode to Viceroy" takes me back home, walking through the streets of Los Angeles. Mac Miller has a way of quieting the often overwhelming noise of the outside world. There is just something so remarkable about how music can connect us to a certain place or time. Akin to that, it can serve as a disconnect from the ceaseless, active spheres of our lives.

When I'm fully immersed in songs like these, it can feel like no one else understands them as well as I do. But, I think that makes it so much more special.

Music is a concept that is timeless.

It has been appreciated since its early days and does a respectable job of bringing people a sense of tranquility. For instance, music played a large role in many people's lives when the COVID-19 pandemic first began, giving them an outlet for any issues that they faced.

I really believe that the mere thought of music is a healthy one – it is an outlet for our emotions. It can be both a source of healing and a mental escape when needed. It is the absolute source of my happiness and I am almost sure that the same goes for a majority of the population, especially our generation.

“

Music keeps my life in balance, and I often find myself wondering: Where would we really be without it?

Studies show an increase in brain activity and function in association with enhanced emotional responses and pleasure when listening to enjoyable music. Research has shown that brain function in the left frontal area is caused by emotions that music triggers, rather than emotions that we perceive from the music. When listening to pleasurable or emotionally powerful music, dopamine receptors in the brain react in a similar way as to when going on a run, having a good meal or meditating.

Because of this, I think that it is safe to say that our responses to music aren't purely in our imagination and similarly affect so many of us.

I think music can help us cope in healthy ways. It is known to be a stress reliever, and different types of sounds and tempos impact our brains in different

ways.

Think about hearing an upbeat song with a great bridge or chorus. Your first instinct would probably be to dance around in your room and grab a hairbrush to scream the lyrics in the mirror, right? Listening to a calming song with no lyrics but a mesmerizing melody might shift your brain toward a meditative state, allowing it to distract itself from any hindrances in your life at any certain point in time.

If we learn how to use music as a healthy way to cope, we can channel our emotions and keep our mental health in check.

Now, you may ask, how can you use music as a way to deal with emotions?

Start by finding the songs that make you the happiest. They don't necessarily have to be joyous songs per se, just songs that scratch your ear in the perfect way.

Listen to them when you are feeling down. When you are stressed before an exam, blast your favorite song. If you have a bad day, let the music immerse itself into your brain. Let it inspire you.

You may also think, how do I let music enlighten me? How do I learn to love music?

Find a genre you like and browse. Take some time and discover new music. Make some playlists based on a mood, an event, a place or a person. Be creative and name them. Listen to your friends' music. Fully immerse yourself in a song. Let the sounds fully occupy your ears and your body. Become a part of the music.

I think that fully immersing yourself in the idea of music and sound is special. Sometimes you have to get lost in it to understand it.

Personally, I spend my free time making playlists and every second of my days playing music. Music means everything to me, and I don't know where I'd be without it. Fingers crossed that I'm not alone.

Michelle Shteynberg thinks music is the true meaning of life and would love music recommendations from any worthy individual (literally anyone).

Can College Students Be Healthy in I.V.?

Reese Coblentz
Staff Writer

Leaving the comfort of home and heading off to college has been very exciting, as I am finally independent. However, it has also involved taking full care of myself and my body. This is probably the most difficult thing I have had to do ever since moving to Isla Vista, mainly because it can be expensive and time-consuming to maintain a healthy lifestyle. And that's what most college students lack: time and money.

This results in more than 70% of college students eating fast food at least once a day, according to a study conducted in 2015. Considering how stressful and busy college life is, fast food can seem like a smart solution, but it might not be the best way to get enough energy and nutrients for a good overall well-being.

Many students might be fine with that way of life and think that since it works, there's no reason to change it. I might eat fast food every day and still feel healthy, but my lifestyle now is also what might determine if I am going to be healthy when I am older. Various studies conducted in Western countries revealed that changing the typical American diet and lifestyle could prevent most cases of coronary artery disease, diabetes, stroke and many cancers. The World Health Organization published a report in 2003 that highlighted certain dietary changes that could protect you from developing some chronic diseases. Specifically, the report suggests that replacing saturated and trans fats with unsaturated fats, as well as limiting the consumption of sugar and sodium, could have positive long-term health effects. Not surprisingly, most fast food is high in sugar, saturated fats and trans fat, making it one of the most dangerous nutritious choices that college students make.

The COVID-19 pandemic is another reason to strive for a strong immune system. With classes in person, there is always a risk of getting the virus, and along with the protection we take by putting our masks on and following social distancing, taking care of our bodies is an extra step we

can take to fight the virus. Building a good immune system requires eating a lot of fruit, vegetables and foods with healthy fats. A study conducted in six countries in 2021 revealed that people following a plant-based or pescatarian diet were less likely to have moderate to severe COVID-19. Even though a good immune system does not guarantee that one will not get COVID, it can ensure that one's body is more prepared to fight the virus and have fewer harmful health implications.

Before moving to I.V., I would hear a lot of stories about many diseases going around UC Santa Barbara and how common it is to get sick. After two years of living here, I can agree that I.V. is indeed very prone to disease outbreaks, and I constantly see students getting ill from either the flu, respiratory infections, mono or strep throat. This is one more reason why it is important to keep our immune systems healthy and take care of our bodies while living here. A study was conducted in the United States to find out what percentage of college students had been diagnosed with health issues in the past 12 months as of fall 2020, and it turned out that 28.2% of college students had to deal with a virus or respiratory illness.

Sometimes being healthy is not only important for our health but also for environmental sustainability. As shocking as it sounds, the food choices we make every day directly affect the environment and global warming emissions. There are foods that require more energy and release more pollution, such as highly processed foods and foods higher on the food chain, which contribute to plenty of environmental concerns. In contrast, foods lower on the food chain and fresh, organic foods can reduce our carbon footprints. The fast-food industry is known for its fuel consumption, packaging and food waste, water contamination and emission of volatile organic compounds, which are all extremely harmful to our planet. Hopefully, knowing about that impact can serve as another reason to stay away from fast food and to build a sustainable lifestyle.

Even if I'm right in that being healthy during college is very important, many might argue that there is no time and money to adapt to all those habits and maintain a healthy lifestyle, especially in a town like I.V. that has limited food options. However, after researching every market and food store around our town, I believe that there are many ways to stay healthy without it being expensive and time-consuming.

For grocery shopping, I always have the Isla Vista Food Cooperative as my priority. The Co-op is just one block away from campus, and it is Santa Barbara County's only community-owned grocery store. This means that it contains high-quality and affordable products from local farmers and producers. Two of the Co-op's strategic priorities are to provide access to nutritious, high-quality, affordable and culturally inclusive food as well as to model environmentally sustainable products. I've been shopping there ever since I moved here, and I am always able to find affordable food options that are also easy and fast to cook, making my cooking much less time-consuming and complicated.

When I have extra free time during the week, I always choose to buy my fruits and vegetables from the farmers market at the Camino Real Marketplace in Goleta. Shopping from a farmers market doesn't only support family farmers, but it also protects the environment and nourishes the body. Food at the farmers market is grown using sustainable methods and is transported across shorter distances, avoiding resources used by conventional agriculture that pollute the water, land and air. It is always a good idea to prefer food grown by sustainable techniques rather than the highly processed food found in grocery stores.

If healthy food can still appear unattainable to some, applying for CalFresh is my next suggestion. California's food stamps program can be indispensable to many who cannot afford their groceries. The only thing you need to do is apply, and upon approval you will get an EBT card for groceries that works in most food stores and farmers markets. All

eligibility requirements for CalFresh can be found on the UCSB Basic Needs Resources website, and it is a great option for students who are also eligible for Work-Study. UCSB also has Basic Needs advocates who can streamline the CalFresh process for students, so make sure to pass by the Student Needs Advising Center at the UCen to get all the support you need. Fresh, free and nutritious food can also be found at the Associated Students Food Bank. It is located at the UCen, at the entrance on the Ortega side, and is open Monday through Thursday from 9:30-6 p.m. and Friday from 9:30-4 p.m.

There are times when I don't have the time nor energy to go to the food bank or Co-op, and I start debating whether I should just order fast food as a solution. That's when I remember that fast solutions exist in our town that do not involve unsustainable food. Through Instacart, you can order online groceries, choosing from a great variety of sustainable store options, and they will be delivered to you within a few hours. If that's too long, try ordering something from the 10-minute delivery services Snag or Duffl. Both stores have healthy options that can nourish you on a stressful study night when you don't have time to grocery shop or cook.

Overall, it is not as expensive and time-consuming to be healthy as most people assume. Everything comes down to the choices one makes every day and the priorities they set. Healthy food choices can be combined with other daily habits, such as using a bike instead of a car, joining a sports club to get some exercise and spending less time on a screen to reduce radiation levels. Since early adulthood is a period of both physical and mental development, it is important that we make the right choices for our bodies and take the best care of ourselves that we can.

Athina Mihalopoulos argues that there are ways to be healthy as a college student living in Isla Vista without it being expensive and time-consuming.

DANIELA GOMEZ / DAILY NEXUS

HOROSCOPES

The Signs as Things That Can Be Found at Easter or Passover Celebrations

ARIES

MARCH 21 - APRIL 19

... Eggs

TAURUS

APRIL 20 - MAY 20

Children

GEMINI

MAY 21 - JUNE 20

Plants you don't want to eat

CANCER

JUNE 21 - JULY 22

Unnecessarily competitive scavenger hunt

LEO

JULY 23 - AUGUST 22

Uncle asleep on a lawn chair

VIRGO

AUGUST 23 - SEPTEMBER 22

Way too much wine

LIBRA

SEPTEMBER 23 - OCTOBER 22

Food that's just a little dry

SCORPIO

OCTOBER 23 - NOVEMBER 21

Being stuck at the kids' table despite being a tax-paying adult

SAGITTARIUS

NOVEMBER 22 - DECEMBER 21

Unwanted family members you haven't seen since pre-COVID times

CAPRICORN

DECEMBER 22 - JANUARY 19

Stories about God that are way too long

AQUARIUS

JANUARY 20 - FEBRUARY 18

Salad fork

PISCES

FEBRUARY 19 - MARCH 20

People who are there just for the food