The event began with a tour of the space and opportunities for conversation with the OBSD staff, followed by a speaker lineup in the SRB theater. Several UCSB administrators, including Board of Supervisors Chair Henry T. Yang, Jr., termina su carrera [escolar] suceso y la familia describe esta historia como si fuera destino. La familia emigró a los Estados Unidos después que nació Jaime Sr. creció en la ciudad de México, llega a Isla Vista...
Focus on Male Body Image "Friction is fun."
Coast Jenna Tosh said that the three counties, "she said. that are happening right now supported rapid response rallies the Central Coast, organized or partners and supporters all across Planned Parenthood, along with Planned Parenthood California Central Office. That is a space for us to come and study in the SBR, but having the Office of Black Student Development that is literally not just a study space but a place that we can go for advice or help from other Black people that are on campus, really, really nice," Ross said.

Yang provided remarks at the event, recognizing the activist efforts of Black staff, students and alumni. "Your courageous determination and activism have advanced our commitment to diversity, excellence and inclusion," Yang said. "The call for equity and justice that we have witnessed over the past several years across our nation makes our continued commitment even more urgent."

In 2019, Yang approved the BSU's demands for the OBSD and said that "as we work toward the vision of a Center for Black Student Development on the next several years." He thanked the BSU staff.

"The Office of Black Student Development plays a very key role in supporting Black life on campus and is dedicated to supporting the academic success of our students through providing resources, creating and innovating such a special learning environment and building a sense of belonging," Yang said.

Louis then introduced the recipients of the Vision Fellowship, an OBSD scholarship that funds students' passion projects, from creative podcasts to garden installations.

Fourth-year environmental studies major Aminah Hafni Cruz, who is currently a participant in the fellowship program, explained her project to design and install a vertical garden in the OBSD suite to promote environmental sustainability and mental wellbeing.

Second-year communication and sociology double major Marina Habib -- another Vision Fellow -- described the launch of her endeavor, a podcast that dives into "the beauty politics behind being a Black woman and the colorism, the racism they face on a daily basis."

"Speak your truth, claim your truth, 'til the day you die," Habib said. "That college experience is very much this white experience that not all of us have real leeway of getting to experience, so just driving into that and understanding what it means to be a Black student on campus, what it means to be part of the Black community."

Third-year chemistry major and Vision Fellow Samual Asfaw said for her project, she is producing a YouTube channel centered around Black female wellness.

"I've been journaling independently for myself in the past, like, four or five years, and that's been a really big form of self-care," she said. "That being said, I've noticed in my practice, I hid all my great ideas and thoughts in my Notes app, and I want to put [them] into reality and actually put [them] into physical practice and keep myself accountable." Jena Pruitt, a 2014 UCSB University President and CEO of Planned Parenthood who is currently a student at UC Berkeley, "We already have the ABORTION RIGHTS MARCH BLACK STUDENT DEVELOPMENT OPEN HOUSE Continued from p.1 and President Spencer Brandt. "The President of Community Engagement at Planned Parenthood California Central Coast Luz Reyes-Martín described to the crowd the rapid response coordinated by Planned Parenthood after the news broke. "Overnight, our office at Planed Parenthood, along with partners and supporters all across the Central Coast, organized or supported rapid response rallies that are happening right now in five different locations across three counties," she said. "The President and CEO of Planned Parenthood California Central Coast Jena Tosh told us that the Politico leak confirmed the program proposed that the court would strike down Roe v. Wade.

"A leak from Politico confirmed our worst fears, which is that the Supreme Court is gearing up to overturn 50 years of precedent and overrule the Roe v. Wade court decision, which established the right of every person to control their reproductive rights," Tosh said. "I want to be clear that this is not a draft. It's not the final ruling. Roe v. Wade is still the law of the land, but this is really an ominous warning." Reyes-Martín told the crowd to respond to the court's decision by sharing their stories and donating to Planned Parenthood. "You can volunteer, you can support your local Planned Parenthood and state and national abortion funds and, really importantly, you can share your story. Stories make a personal impact and make the situation a reality for so many people. Share your stories about what this means for you, what this means for the people you love [and] what this means for your community," Reyes-Martín said.

Bertrand volunteers at the Planned Parenthood Central Coast Action Fund and said that she saw the vote represents the will of special interest groups and Trump-appointed justices. "We're here tonight to say that our country must not go backwards. For almost 50 years, the right to safe and legal abortion has been constitutionally protected," she said. "The conservative majority on the Supreme Court, including Trump justices, is advancing decades-old anti-choice strategies to overturn Roe v. Wade and abortion rights."

"We need to get out the vote, both in June and November, and by using our policymakers at every level of government to stand up for reproductive justice," Bertrand continued. Hartmann spoke to the crowd about the importance of upholding the right to bodily autonomy. "You cannot be an independent woman if you can't have a say about when you're going to have a child," Hartmann said, "I can't see how any of the other rights we have -- freedom of speech, freedom of religion -- are at risk if you don't have the right to have and to raise your own personal person."

Hundreds of rallies marched down State Street after the speeches concluded, yelling, "My body, my choices," and other chants. Tosh said that the event demonstrated the mass support for women's reproductive rights and that Planned Parenthood California Central Coast is working to mobilize voters and encourage the public to vote at the elections.

"Female voices are being heard," said Tosh. "We're urging them to get involved as volunteers, reach out to their local Planned Parenthood health center, certainly establish their voter registration if they haven't already and, if people are able to, donate to Planned Parenthood and to abortion funds to support the right of every person."

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As UCSA president — which Quintero-Cubillan was — she was at times a traumatizing and difficult role, and one where they feel more isolated. She said she worked to do this for the community and the people they served, and for the many students and other students who supported them.

"It was a really good experience, but it was also very traumatic," Quintero-Cubillan said. "I think it's really shaped who I am and taught me a lot about myself, and I think it's really shaped who I am and taught me a lot about myself."
**Term in Review: S.A.**

Geovany Lucero

Newspaper Staff Writer

The term just ended for Geovany Lucero, who served as student advocate for the 2021-22 academic year. Lucero was elected to the position in fall 2020 in a special election following the resignation of the previous position holder, Shannon Sweeney. The role of student advocate is a new position at UCSB, established to provide an additional avenue for students to voice concerns and advocate for change. Lucero’s term was marked by efforts to address a range of issues, from housing to mental health, and he is hopeful about the legacy he leaves behind.

**Term in Review: EPVALA**

Shannon Sweeney

Lead News Editor

Shannon Sweeney was elected to the position of Associated Students Internal Vice President in fall 2020. During her term, she worked on a variety of initiatives, including advocating for mental health services, increasing the number of majors offered, and addressing issues related to campus safety. She is hopeful about the progress made during her tenure and is looking forward to continuing to be a voice for students.

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**Nora Malloy**

Assistant News Editor

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**Atika Mistry**

Lead News Editor

The 2021-22 External Vice President for Associated Students, Geovany Lucero, served the Isla Vista community as a student advocate in person learning following the fall quarter of 2020. Lucero’s term culminated in a fourth-year, fourth-semester, environmental and sociology double major, in the process of learning how to be an advocate for her community. She gained from serving this year, that even if I had that conversation with the public health department on Zen [Munger] 3-1-1, I probably would have been able to red flag that policy by the end of my term,” Lucero said.

Lucero, who was elected to the external position of S.A, a position tasked with serving as a liaison between the student body and the administration, said, “We’ve been able to show not only to the administration, but to the students themselves, and they didn’t accept that our job, but really push and expand the power and authority of being a student advocate of reforming the student body’s legacy in this association and on this campus that is going to help generations from now,” Lucero said. “I’ve never had...
Continued from p.2

TURNING POINT

Point organization. During the trip, Corey and others posed for pictures with notable conservative figures, including TPUSA founder Charlie Kirk and former Trump administration White House Press Secretary Kayleigh McEnany.

The chapter held its first official event on April 21 at Elks Lodge Santa Barbara, where around 40 students and community members attended to hear from conservative speakers Doyle and Schwemmer.

"I really appreciate the support for our chapter's first official event," Corbett told the crowd at the event. "I would like to think of it as true grassroots conservatism, just a couple of people getting together with a couple of ideas and putting together an event."

The keynote speaker was Doyle, a 22-year-old conservative political commentator and host of "Heck Off, Commie!" on YouTube, a channel that has amassed over 28 million views.

Doyle spoke out against same-sex marriage and blamed immigration as well as U.S. foreign policy for what he perceives to be a decline in the "American standard of living," particularly in California.

"We do not believe in validating a same-sex lifestyle and act because we want people to abstain from sin," Doyle said. "So, therefore, if we ask people to abstain from sin and if we take the moral position as we should, that we will not allow sin to become commonplace in our society, that is not an act of hate. That is an act of love."

"If we as Americans can go out on the offensive to take our country back, to make America great again, we're gonna have a much more beautiful place, [and] we can make California great again," he continued.

The university made clear that it was not connected to the TPUSA at UCSB event in the days leading up to it, taking to Twitter to write that it "is not a UCSB-registered event and it is not taking place on campus."

Doyle called the university's act of distancing itself from the speaker event a "disgrace."

"We are not at the university, we had to separate ourselves from the university," he said. "I think it is a disgrace not only to the university but to the student body, and they should be ashamed of themselves."

Corbett said that UCSB's Twitter statement contradicted the university's belief in supporting a diversity of viewpoints on campus.

"It definitely sends a message that the administration doesn't really stand by its supposed belief in diversity of thought," he said. "I'd say that the admin is not as supportive of Turning Point as they are of leftist groups."

The university did not respond when asked about any alleged bias.

Turning Point hopes to continue growing its presence at UCSB as it plans for future events.

"My aspirations for the group next year are the same as they were this year, [to] provide a place for people to debate new and interesting ideas," Corbett said.

Cameron Clark contributed to this article.
**Dramatic Championship Weekend for Gauchos' Tennis**

**Garret Harcourt**

This weekend marked the end of the Big West tennis season, one where the men's tennis team and women's tennis team both found themselves in the NCAA Tournament for the first time in program history. Both teams, led by first-year head coach James Leonard, were in the midst of their respective tournaments when they ran into each other — often by large margins.

In the Western Conference, the Gauchos faced off against UC Santa Barbara. While the match was close in the singles category, the doubles victory came from sophomore Filippa Bruus-Hansen and Kaitlyn Funt, as well as seniors Camille Kiss and Amelia Honer and sophomore Camila Kiss. The doubles teams swept all their matches during their meeting with the Gauchos. Nearly every Gauchos in the singles category earned a victory as well. Arguably the most impressive victory belonged to freshman Filipa Bruus-Hansen, who won her match 6-1, 6-0 in a dominant victory. Congratulations are in order, as this clinched the women’s team spot in the NCAA Tournament, for which, on May 2, their first competitor will be announced.

On Saturday, the men’s tennis team faced off against the University of Hawai’i Rainbow Warriors. This was the match that roiled in the way of the Gauchos’ men’s team reaching the Big West Tournament and was also a grudge match against the team that derailed the Gauchos this season within the Big West Conference. But in the end, the No. 1 seed Gauchos won 4 matches to 1 against Hawai’i, and the clinching victory came from sophomore Phillip Jordan when he defeated Hawai’i’s Andre Breyis in a come-from-behind victory to put the Gauchos in the NCAA tournament.

In the matchup of the No. 5 seed Golden State Warriors against the No. 4 seed Milwaukee Bucks, it also came down to a 6-game series, with the Warriors proving to be the victors. The series featured the team with the best record in the联盟, the Golden State Warriors, and the team with the second-best record, the Milwaukee Bucks. While the Warriors took the first two games of the series, the Bucks answered with two straight wins to even the series at 2-2. However, in Game 6 of the series, the Warriors came away with a 107-95 victory, earning them a spot in the Western Conference Finals.

On Sunday, the Gauchos will look to continue their success in the singles category, with a match against UC Santa Barbara in the NCAA Tournament.

**Braves Underdogs Fail Well in Round One**

**Preston Espar**

Sports Editor

After losing a 3-game win streak to the Minnesota Timberwolves, it was quick to rebound as they swept the Big West’s best, the Cal Poly Mustangs. While the Mustangs had the upper hand in most of the game, the Gauchos were able to pull off the victory. The Gauchos also won 4 matches to 1 against Hawai’i, with the clinching victory coming from sophomore Phillip Jordan when he defeated Hawai’i’s Andre Breyis in a come-from-behind victory to put the Gauchos in the NCAA tournament.

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In the University of Hawai’i Maui baseball game, the Gauchos were able to take down the Mustangs of Cal Poly. The Gauchos scored the final runs of the game 3 runs apiece against the Mustangs, and the rest of the Big West, with 6 games now separating UCSC and the next closest team, the Hawai’i Rainbow Warriors. The Gauchos traveled to San Diego for their 7-13 defeat to USC. The two conference rivals were neck to neck throughout the game, with a run of their own in the top of the 2nd. After another single-run inning by Cal Poly, the offense went quiet for both sides until the 7th inning. From the 7th inning to the 9th, the Gauchos scored 6 runs against the Mustangs 1 run and took the lead away. The 7-3 UCSC victory secured the sweep for the Gauchos and put them in the driver’s seat for first place in the Big West.

The Gauchos will look to keep their winning streak alive with a single home game against Pepperdine University and then travel to Orange County to take on the UC Irvine Anteaters in hopes of strengthening their conference record.

**Gauchos Sweep Rivals in Three-Game Weekend Series**

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Dancers Off the Stage: “Visions of Vibrancy” Spring Concert

Isabella Chiocchio
Artweek Asst. Editor

From April 7-10 at the Hatlen Theater, the annual UCSB Santa Barbara Spring Dance Concert, “Visions of Vibrancy” highlights the talent of senior dancers as they showcased their dancing and choreographic skills. One of Dance Performance and assistant professor Brandon Whited directed this two-hour-long concert, consisting of student-choreographed dances that displayed a variety of dance styles, from contemporary to ballet to hip-hop. Each piece had a unique message behind it, such as mortifying through different stages of life and changing the body's paradigm. The concert also featured the dance company from “It’s Been awhile,” which performed with the company’s senior dancers from the beginning.

As one of the last performances of the season, the seniors’ dances exemplified the depth of talent and creativity present in the UCSB dance department. It was a memorable evening for all who attended, allowing us all to reflect on our own musical and artistic experiences.

The final piece of the evening, “Visions of Vibrancy,” showcased the strength of the UCSB dance department and the talent of its senior dancers. The concert was a beautiful way to celebrate the end of the season and the beginning of a new one.

Artweek Staff

With the close of National Poetry Month, here are some of the Artweek staff’s favorite poems:

"Looks Like a Boy" by Janaal May

Why are guns so phallic-looking? Why are we almost all men? All mass shooters meet Janaal May’s poem, “Looks Like a Boy,” reveals guns as sexual entities that provide the shooter with a sense of power and invincibility instead of mere scraps of metal fused together with bullets painted inside. The relationship between a gun and its owner/handler has sexual implications, and guns — being violent in nature — give their user a dangerous perception of sex and violence. May describes this link by using figurative language throughout his poem, including a trope of teenage boys and implicit diction in relation to sexual violence.

— Lorna Kruesel

"Requiem for the Spanish Dead" by Kenneth Rexroth

The Spanish Civil War. In my mind, Rexroth is one of the unsung Spanish poets of the 20th century. "Requiem for the Spanish Dead" by Kenneth Rexroth has become a central theme in contemporary Salvadoran poetry.

— Derek Mejia

"Flowers from the Volcano" by Claribel Alegría

In my mind, Claribel Alegría is not just one of the great Salvadoran-Nicaraguan poets, nor just one of the great Latin American poets. She is one of the great world poets. While many of her poetry is centered on the sights and sounds of the Central American Isthmus, her work, travel, feels universal. In her poem "Flowers from the Volcano," Alegría muses on the fractured state of her beloved Central America. The final line in this quote anticipates the cultural and historical forgetting that has become a central theme in contemporary Salvadoran poetry.

— Derek Mejia

"Here Is the Beehive" by Sarah Cristman

Sarah Cristman’s first novel, prose, “Here Is the Beehive,” is a masterclass in energy, vision, and writing. Her short, choppy writing style, daily ordinary activities are juxtaposed with emotionally wrecking visions. The novel is about Ana, an American married couple trapped in Central America, which she in Central America, which she has become a central theme in contemporary Salvadoran poetry.

— Derek Mejia
Incredible Migraine Mommy

I feel about you is simply Freudian, and it nom nom and wish I was Jack-Jack. How plainly — your Mommy Milkers make me bosom, reverting to a childlike state of lovingly nestle my face against your ample know this, but you are the ultimate mother, Proud Tit Owner Stinkeigh Laydee all over these bitties owe me a bouquet of flowers treat your new matriarch with respect. Personally, between, stop sucking titties if you're not going to the senior Tinder thots and every little whore in got a text, too. 'DTF?' Actually, what the fuck?" your life depends on it, meanwhile me, the one it up to you soon!' and to call! Let me make mom, 'Sorry I forgot every year he texts his situation. "So basically, what?" I fully empathize could not provide for you — possessing Gaucho get nothing in return? You have suckled my breast like an infant — the weakling an infant —

An Open Letter: Happy Mother's Day to Mrs. Incredible Only Migraine Mommy Incredible

Dear Mrs. Incredible, Happy Mother's Day! You probably already know this, but you are the ultimate mother, the MILF of all MILFs. Oh, how I long to lovingly nestle my face against your ample bosom, reverting to a childlike state of coziness and dependency. To put it more plainly — your Mummy Milkers make me go nom nom and wish I was Jack-Jack. How I feel about you is simply Freudian, and it honestly scares the shit out of me.

Anyway ... in all seriousness, you are a really great mom. You never fail to protect your children, and you're a perfect example of what a mom should be: loving, fierce, kind, elastic and thick as hell. Remember the time you made yourself into a boat? Yeah, that was so sick. I love you. Sincerely, Migraine Mommy Migraine Mommy is begging you not to tell her real mom about this.

Top 5 Fakest Fucking Skank Bitches in School

Fart Tent Misogynist

Well, here it is, everyone! This is what happens when the straw finally breaks the camel's back. I've fucking had it, and I'm not holding back anymore. Since nobody else seems to care, I've taken it upon myself to release the top 5 evilsten, conning, miserable bitches:

1: The Duck Couple

We fucking get it! You are in love or whatever, but you don't have to rub it in everyone's face. Really fucking sick of seeing these ducks waddling around together, sneering at every lonely bitch they see walking. At least we have fucking thumbs, you whores.

2: The girl who asked for the word count in section

Are you fucking kidding me? I was literally planning on writing like one fucking paragraph in response until your ass had to ask what the word count was. Now I have to write 500 words. Do I look like the type of bitch that can write 500 words? Absolutely not, plus I just got my nails done, so I can hardly type already. Not like you even care, bitch.

3: The asshole who took my seat in section

I bet you think you are so smart for stealing my seat. Maybe stealing the sexiest girl's seat will make people care when you raise your hand for the seventh time in a 50-minute section. News flash, whores: Only I look good in my seat, the lighting makes you look all washed out. Don't bother coming back to section, skank.

2: The dining hall employees that actually stop me from taking out desserts

I hope you understand the trials that you assholes have put me through. I pay like $13 a meal even though the food in the dining hall is barely edible these days. Even still, you have the insane level of audacity to stop me as I leave with two pieces of fucking bread instead of one. I hope your food always tastes stale and that you always smell like farts you useless bitches.

1: Sierra Vakili, Nexustentialism editor

I'm fucking seething with rage as I write this. Sierra is supposed to be "in charge" and yet comes late to every fucking meeting. And that's if she even shows up. I only get paid $10 to write my hilarious ass articles every week, and she earns like a million dollars for publishing my work. It is just total and complete bullshit, and not only that, she doesn't even like me. She smiles orwhatever when I walk in the room, but you can tell she doesn't mean it. Bitch.

There you have it, Gauchos, a list of people for you to give the nastiest look you can muster. I hope that for your sake, you never have to deal with any of these people nearly as much as I do. Hopefully when these people see this list, they might rethink their lives and stop being such fake fucking bitches. One can only hope!

Fart Tent wants every guy to know that she's nothing like these girls, haha.

Daily Nexus Art & Comics

"Horrifying! Professor Uses Winky Face in Email"

Daily Nexus

Nexustentialism

Thursday, May 5, 2022

SIERRA VAKILI / DAILY NEXUS

ART & COMICS

SIERRA VAKILI / DAILY NEXUS

MAXIMILIAN NIELSEN / DAILY NEXUS

KATHLEEN SANTACRUZ / DAILY NEXUS

"THE DUCK COUPLE"

"I'M IN THE DINNER HALL, Bitches!"

"THE DUCK COUPLE"

"ASEXUALITY A POEM"

"FOOTNOTE"

"REMEMBER MY NAME"
Abigail Monti  
Staff Writer

If you’re a big fan of the freezer aisle, you might have noticed that plant-based and “healthy” ice creams are taking over the frozen dessert market. For better or for worse, these newer versions of the original seem to be here to stay.

Though the popularity behind plant-based ice cream has skyrocketed in recent years, there’s a long history backing up its rise. In fact, the first record appeared in an 1899 nat-bases ice cream recipe in the Commercial Cook’s Guide, and consisted of cut out cream, sugar and vanilla. Though the concept stayed the same, later confections continued experimenting with different dairy substitutes – particularly soy. In 1922, Lee Len Thuey, a dairy substitutes — particularly experimenting with different nuts. She claimed her ice cream consisted of nut cream, produced by the Scientific Food & Benevolent Society. Her creation would be one of the first vegan ice creams to hit the market.

In the 1950s, vegan ice cream becomes a new option for the public in the US. Vegan and dairy-free products become more accessible and are advertised as high protein content and low sugar counts due to the substitutions of milk and sugar alternatives. While the low-sugar ice cream factory industry drops the decades- old tradition of dairy ice cream, it shows great potential for growth in the forthcoming decades.

Plant-based and keto-friendly ice cream options have taken off in a huge way. Brands, such as Open Nature or Dairy-Scandal-Less Ice Creams, are perfect for people who are health-conscious and want to make sure their dessert is not only delicious but also good for them.

This oat-based version was uber creamy and rich in flavor, but either way I loved it. The taste was spot-on accurate to vanilla ice cream, if only a little odd oat or coconut aftertaste. I can definitely understand the appeal of this ice cream.

Plant-based and keto-friendly ice creams are two of the most popular categories of frozen desserts that are gaining popularity. While they may not be as spread out as the traditional dairy ice cream, they are on the rise and are becoming more and more popular.

Next, also from the Mongolian grill but much worse, is the stir-fried General Tso’s chicken. Unfortunately, this was so awful. It was literally just a bowl of noodles with one red pepper in it, so it hardly qualifies as a stir-fried dish at all. I usually wouldn’t be a complaint for me because I have had terrible General Tso’s in the past, but the noodles were awful. They were undercooked and borderline crunchy. To make things worse, this bowl was absolutely DROWNED in sauce.

Our table of two was left to enjoy our own desserts. I Ranked Pops Vanilla Sky Chocolate: This one was made out of a coconut milk base, and is borderline icky instead of creamy. However, since it is made of milk, it lacked any consistency to the rest of the desserts.

The first thing I noticed was how light it was. Due to the skim milk base, it’s more aerated than regular ice cream and is borderline icy instead of creamy. However, since it is made of milk, I thought it would be a little odd or coconut aftertaste. I can definitely understand the appeal of this ice cream.

Next, and I know this may sound corny, but I love Carrillo. It is an amazing place to go to when you are feeling down or just need a little pick me up. The vibe in there is like no other – absolutely chill and happy and perfect. And if you are feeling a little broke, they have a happy hour every day from 3-7 PM that is only $4. The vibe in there is like no other – absolutely chill and happy and perfect. If you are feeling a little broke, they have a happy hour every day from 3-7 PM that is only $4. The vibe in there is like no other – absolutely chill and happy and perfect. If you are feeling a little broke, they have a happy hour every day from 3-7 PM that is only $4.
How Does Music Impact the Mind?

Audrey Moeller
Science Writer

If you want to work out your body, a trip to the gym is the perfect solution. But, if you want to exercise your brain, it’s time to crank up the tunes and listen to some music.

Listening to music involves much more than opening an app and selecting a song. A stereo system or speaker sends out vibrations that travel through the air to reach our ears, where they engage with the cardiom and are transmitted into electrical signals. Those signals pass through the auditory nerve and into the brainstem, where our brains make sense of chords, harmonies and rhythms in order to perceive the sound waves as melodies.

According to a Johns Hopkins Medicine article, “music is structural, mathematical and architectural. It’s based on relationships between one note and the next. You may not be aware of it, but your brain has to do a lot of computing to make sense of it.”

Music activates nearly all of the brain’s various networks. Because of this, the act of listening to a song strengthens connections between many different parts of the brain, including areas responsible for emotion, memory, learning, well-being, cognitive functioning and movement.

A recent survey on music and brain health conducted by the American Association of Retired Persons revealed that active musical engagement was associated with higher rates of happiness and advanced cognitive functioning. Additionally, among those who reported frequent exposure to music as a child, 68% rated their ability to learn new things as “excellent” or “very good,” compared to 58% among those who were not exposed to music early on.

So, what exactly music is to be so influential on our minds? When you listen to a melody, cortisol levels — a stress hormone — begin to drop. You also experience a boost of dopamine, which is a reward hormone that can help elevate your mood. The main area of the brain responsible for processing music is called the amygdala, which stores memories of events and emotions, making it the center of our mood and mental state. By activating the amygdala, music can help to improve your mood and help you achieve a significantly healthier mental and emotional balance. With anxiety affecting around 40 million adults in the United States, music should be considered a powerful complement to psychological medical treatments.

Music can benefit your physical health, too. Research discovered by Shanna Waters, Ph.D., found that listening to relaxing music can help slow your heart rate and lower your blood pressure, promising a healthier heart by enabling blood to flow more freely. Based on this evidence, music therapy could be used to increase efficacy of blood pressure medications.

Due to music’s relaxing capabilities, the incorporation of music into your sleep hygiene routine can help you fall asleep, and in order to manage insomnia and provide a distracting stimulus for your brain that eases pain. With stress levels becoming increasingly normalized, our active musical engagement can use a little help from music to release more reward and relaxation hormones.

Depending on what you need, at a given time, motivational rap music can lift your spirits while a classical melody can help you relax after a long day of work. No matter what the genre, all kinds of music are able to activate your brain and boost your cognitive state.

Looking Back From Campus Point

Lime Scooter Limitations

Lime scooters ride the streets of Isla Vista. Popular delivery services like DoorDash and GrubHub use scooters to transport orders. Last Friday night, friends — two (yep, three) at a time — mounted scooters for the last stretch between them and Dy’s or Café Figueroa.

E-scooters seem to represent an easy and environmentally conscious form of transportation but, naturally, the rise of the e-scooter means less physical activity, such as walking or biking.

Trisayn Nelson, who is the Jack and Laura Dangermond endowed chair of geography at UC Santa Barbara, conducts research concerning active transportation and spatial ecology.

Late last month, ScienceDirect’s Journal of Transport & Health published research by Nelson, Rebecca L. Sanders of Safe Streets Research & Consulting, LLC, and Vanessa da Silva Brum-Bastos, who is affiliated with Wroclaw University of Environmental and Life Sciences in Poland. The paper shares insights that use biometric data to reveal the impacts that shared-e-scooter use has on physical activity, specifically in Phoenix, Arizona.

The data revealed that when e-scooter use was allowed, it inordinately affected the rate at which people walked or cycled. When e-scooter use was not allowed, people overwhelmingly defaulted to automobile transportation — nearly 89%.

According to the authors, this data seemed to indicate that people value e-scooters because they perceive them as fun and affordable, and this appeared to reduce the number of people who engage in physically active travel.

Mariculture Amid Climate Change

With more people coming a higher demand for resources, especially food. According to a paper — first-authored by Christopher H. Fire and involving other researchers at UCSB’s Bren School of Environmental Science Management and Marine Science Institute — the demand for seafood production could be hindered by rapid climate change and our responses to it.

Given that the expectation is that 10 billion people will populate the Earth by 2100 and that there will be an increased world population and demand in specific areas of the world, such as Africa or Asia, the researchers studied the current climate change and increased human consumption will have on ocean-based food systems.

In the paper, they point out that the ocean supplies 17% of global meat despite occupying 75% of the Earth. The rate at which the climate is changing critically impacts the distribution of fish in the ocean and the mariculture industry’s ability to address the imminent increase in demand.

The forecasts completed by the researchers were created via projections of human population growth, marine fisheries production and mariculture production based on bioeconomic models and current production outcomes.

Two scenarios were forecasted: one in which the industry continues to forage fish as it currently is and another where more progressive reforms are implemented into fishery management. Based on this data, the research breaks down the ambitions but necessary reforms to mariculture practices that are required to allow continued contribution of food to the demand.

Social Cues of Status

Researchers Nitu Dukker and assistant professor Zoe Liberman, both of the Department of Psychological & Brain Sciences at UCSB, were recently published for their research on American children’s inference of social status based on race.

During their developmental stage, children learn to use physical and social cues to place those they perceive within a social hierarchy. Dukker and Liberman state in their paper that many societies link race to social status as a result of inequalities in the past, as well as those that continue to prevail. They conducted a study that investigates whether children employ race as a sign of social status, as well as the evidence they find in race as a social cue when they are faced with other contrasting cues.

The authors chose posture as a contrasting cue to compare with race, first asking children to rate individuals as “in charge” based on race, then posture and then, in the third study, black and white.

Based on the data, the researchers provided evidence that children expect white people to be in charge in comparison with Black people, supporting that children, both white and those of color, have learned the racial structure by which many gauge their status in society.

The second study also showed that children expected dominant poses to be in charge. When faced with both cues at the same time, they relied more on posture than race to determine social statuses.
Recently, my friends sat me down for a quasi-intervention, letting me know I am a “Scary Texter.” There was a lot to unpack. I’ve distanced my thought process into the following list:

1. Oh my god, my friends think that I am scary!
2. What does being a scary texter even mean?

Upon reflecting on our group chat, there was one glaring disparity between the other girls and me: Rarely did I use the exclamation point. Instead of texting “Here!” when I was at their dorm, I simply said, “here.”

The exclamation point’s overuse has been a hot subject of conversation, as women — most often in corporate and academic settings — feel obligated to overuse the punctuation to avoid coming off as “a bitch” in workplace communication. In reality, this label is given to any woman who is assertive or expressive who is interpreted by others as a threat to their actual feelings. Each falsely optimistic message is cut off by a stray exclamation point, with the expectation that the writer is either a robot or, more likely, dishonest. Forcing women to communicate only within this narrow range of expression confines us to a life of being docile and dominated — leaving us with a terrifying lack of agency. It is not worth betraying our emotions to avoid stepping on the toes of those too fragile to accept that women can be more than rays of sunshine all of the time.

When women are worried about how they come across in text, especially to their other female friends, it is a signal that time is running out. This sexist ideology has colonized the digital frontier of women’s communication, with nowhere to go but to turn inward. If this seed takes hold within women, we will be unable to be expressive, leaving us in a void where any negative or neutral emotion is inaudible.

The problem is not the exclamation point itself; everyone should be allowed to communicate in whatever way they need to accurately express themselves. If that means using exclamation points because you really are that happy, go for it. If it means ending a sentence with a period it is still you who decide how you feel. Each falsification of emotion is inarticulable.

Recently, I had a text conversation about this exact topic, and the sentiment I heard was that exclamation points are essential to conveying honesty and accurate feelings. This is hypocrisy, as I am not mad at you just because I didn’t dress up my text with an handful of exclamation points. I don’t want to be scary; I want to be honest and accurate and let my use of five exclamation points mean that I really am that excited about something. So no, I am not mad at you just because I didn’t dress up my text with a smiley face, an “LOL!” or a goddamn exclamation point!

Talia Smith
Staff Writer

Without giving ourselves the freedom to express our feelings (good and bad), we undermine what makes us living beings.