ABC called on the UCSC to provide allyship, and urged the UCOP to provide an immediate response to the situation and meet with Black UC students.

"We stand in solidarity with UCSB, UCSA President (IVP) Bee Schaefer and call on UCSC Administration, including but not limited to — the Office of Student Affairs and the Chancellor to be held accountable for allowing Black student safety to be undervalued," the statement continued.

The statement condemned the lack of options given to Schaefer and demanded the university to find alternatives to her removal. "We demand the university to find alternatives to her removal," the statement read.

"Regardless of what you think — whether or not that removal was warranted by her job performance — there was an issue of student safety, and no one in this room — no one in A.S. — there was an issue of student safety."
Weekly goings-on in and around Isla Vista

A Week in UC Student News

Asumi Shuda
Community Outreach Editor

Latins UCSB Network Association hosts networking event

The Latins UCSB Santa Barbara Network Association is hosting a networking event to kick off the winter quarter on Thursday, Feb. 9, from 8-10 a.m. in the Student Resource Building (SRB) Multipurpose Room.

Latins student faculty and UCSB affiliates will have the opportunity to network with another. Coffee and pastries will be provided.

Preservice attendees can register for the event on Thursday.

Office of International Students and Scholars will host employment for F-1 visa holders

The Office of International Students & Scholars (OISS) is hosting an employment workshop and Q&A session for F-1 visa holders on Thursday, Feb. 9, from 3:30-4:30 pm in the SRB Multipurpose Room.

The workshop will detail the process of work authorization for F-1 student visa holders can become through curricular practical training and optional practical experience post-graduation.

Unocumented Student Services holds workshop on first-generation student experiences

Unremembered Student Services (USIS) is holding a discussion space for first-generation students of mixed-status families. The workshop will take place on Wednesday, Feb. 15, from 5-7 p.m. in the Multi-Cultural Center Lounge.

Students of mixed-status families are legal residents but have immediate undocumented family members.

The workshop will share the various spaces, knowledge and resources available for students of mixed-status families, including how to access various resources like CalFresh, financial aid and more.

USIS provides resources and shares spaces for undocumented bodies of students by creating a sense of belonging and meaningful connections. It will be provided.

Undocumented Students Union holds presentation, and pizza and various workshops on upcycling second-hand clothing

IV Trading Post and UCSB’s Health & Wellness hosts a second-hand clothing store and various workshops on second-hand clothing in light of Valentine’s Day. The event will take place on Tuesday, Feb. 14, from 4-5:30 p.m. in the SRB Multipurpose Room.

The clothing store will have a mobile clothing truck with the opportunity to get free second-hand clothing. The event will include sewing demonstrations and workshops on upcycling clothing.

IV Trading Post is a student organization that recycles clothing in IV. UCSB Health & Wellness hosts various events and programs for students’ health and well-being.

Holly Rushe
Lead News Editor
Sindhu Ananthavel
Daily Nexus

UC Berkeley opens new police chief

Yogananda Pittman was sworn in as the new chief of police on Feb. 1, and will direct a force of over 140 officers, community safety officers and staff, according to the UC Berkeley press release.

Before her new role in the UC Berkeley Police Department, Pittman served as the interim chief of the U.S. Capitol Police. She was appointed just two days after the Jan. 6 insurrection, the press release said. Pittman served in the U.S. Capitol Police force since 2001.

“The events at the U.S. Capitol on Jan. 6 – I certainly don’t want to talk about that today and it’s part of my journey and something I will build on,” she said during her swearing-in event.

Pittman was both the first Black person and first woman in the U.S. Capitol Police force after the resignation of her predecessor.

In her new role, she will be charged with implementing a multi-year campus security reform program to “improve emergency management, mental health crisis response and security technology and to strengthen relations with diverse communities,” the press release said.

UC San Diego opened Hillen Center

UC San Diego opened a Hillen Center on Jan. 15, creating a new space for Jewish students on campus to celebrate holidays, host community activities and serve as a headquarters for UC San Diego’s campus police, a press release from UC San Diego Today said.

Hillel — the world’s largest Jewish campus organization — encourages university students to expand on their connections with “Jewish life, learning and Israel,” according to the press release.

Before the construction of the new $18.7 million building — named the Beverly and Joseph Glickman Hillen Center after the lead donors for the project — UCSB Hillen was housed in an alternate on-campus building.

“This is a project that the San Diego community has been looking forward to for many years and for many reasons,” UCSD Chancellor Pradeep K. Khosla said during the ceremony, according to the press release.

“This center will provide meaningful connections. It will create a sense of belonging and understanding, not just for our Jewish community and our Jewish students, but also for all of our valued communities in this campus.”

The creation of the center was over 20 years in the making due to ongoing legal challenges, the press release said. New open with the support of the local Jewish community, student public officials and UCSB administrators, it will provide students with basic needs — like meals and showers — as well as religious services, one-on-one meetings and hands-on programs.

UC Santa Cruz launches new campus + community center

UC Santa Cruz is launching a Campus + Community Center on Jan. 15, creating a new space for Jewish students on campus to expand on their connections with “Jewish life, learning and Israel,” according to the press release.

The center’s goal is fostering “ethical and mutually beneficial community-engaged scholarship,” according to its release.

“We wanted to provide a landing spot for the community, a central hub to facilitate new and established partnerships between UC Santa Cruz and community organizations that will impact our region and beyond,” UC+CC Faculty Director Rebecca London told the UCSC newsletter.

UC+CC received an “informal kickoff” during the October UCSC All-In Conference, bringing together students, community leaders and activists to discuss creating structural change, according to the press release.

The new center will be partnering with the Humanities Institute, the Arts Research Institute and other cross-campus collaborators to build equitable collaborations, the press release stated.
UCSB sees highest ever winter quarter enrollment

Mark Alfred
University News Editor

More students are currently enrolled at UC Santa Barbara than any prior winter quarter, a record that follows fall quarter’s all-time high enrollment numbers.

Winter quarters typically see decline of several hundred students from the start of the academic year, as was the case this year with enrollment decreasing by a net 795 students, bringing the total number of students at the university to 25,436. The recent record highs in student enrollment followed allegations of over-enrollment made by both Santa Barbara County and the City of Goleta, both of whom are pursuing litigation against the university. The pair made independent claims that the university violated the 2010 Long Range Development Plan, which stipulates the number of on-campus students cannot exceed 25,000, calculated using a three-quarter average. The two sets of enrollment data utilized by the Nexus — the enrollment dashboard and the third-week registration report — include on-campus and off-campus enrollment data.

The total number of students enrolled at UCSB increased slightly over the past five years but has remained largely stagnant from quarter to quarter. Countries highlighted in green increased from fall to winter, whereas the countries highlighted in red saw a decrease in that time. Countries highlighted in yellow saw no quarter-to-quarter change, and data countries with fewer than seven international students are not displayed.

Winter-quarter enrollment statistics:

- There are 3,033 graduate students currently enrolled at UCSB — tying this quarter with Fall Quarter 2021 for the largest number of graduate students at the university.
- Of current undergraduates, 17,086 were admitted as first-years and 4,716 transferred to UCSB.
- The majority of undergraduates — 23,464 — are a part of minority communities, while 18,142 are not, according to the data.
- Two-thirds of undergraduates have completed the units required to be classified as upper division, while one-third are lower division students.

The number of international students from countries highlighted in green increased from fall to winter, whereas the countries highlighted in red saw a decrease in that time. Countries highlighted in yellow saw no quarter-to-quarter change, and data countries with fewer than seven international students are not displayed.

The number of international students from China dropped from 2,533 to 2,393, whereas the number of students from Canada increased by four. UCSB enrolls 3,702 international students, a net decrease of 123 since fall quarter.

Students from the following countries have increased: the number of students from Canada increased from 2,583 to 2,614, whereas the number of students from the United Kingdom increased from 501 to 518.

The number of international students in other countries has decreased:
- Students from Japan decreased from 885 to 873.
- Students from the United States decreased from 432 to 428.
- Students from Mexico decreased from 371 to 353.

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- Students from Japan decreased from 885 to 873.
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- Students from the UK decreased from 519 to 512.
- Students from South Korea decreased from 529 to 520.

Autman Shuda
Community Outreach Editor

In collaboration with the Office of Black Student Development and Black Student Union, amongst others, UC Santa Barbara Alumni Association’s Office of Diversity, Equity and Inclusion organized the Black Alumni & Student Connect Weekend for the first time to promote since the onset of the COVID-19 pandemic from Feb 3-4. "It was to align them to the UC Santa Barbara community, to close any gaps and to renew," she said in an interview with the Nexus. Alumni Association’s Executive Director Samantha Putnam said the event was ultimately about creating the visibility of the alumni community on campus and showing students the support that is available in the network of the UCSB graduates.

"One of our goals is to really have our student population to see the alumni population by their side, championing them, for our students to be able to see that there’s a thriving networking community of Gauchos alumni who’ll graduate into," Putnam said. Odinakachukwu said the planning committee was also hoping to bring Black high school students to campus to connect with alumni and get a tour of UCSB, but could not bring most of the students due to logistical issues with transportation. He emphasized the importance of creating educational empowerment for Black youth.

"Education is the most potent tool to combat racism," he said. "We cannot fight against the things we don’t understand."

Chineduh-Edoka emphasized the importance of connecting prospective students to the Black community at UCSB.

"[We want] to drive that culture, to create that sense of belonging, to let prospective students know that they can find a home at UCSB," she said. "It’s not just a home for their education — it’s their home that they can carry throughout their careers."

Putnam echoed Chineduh-Edoka’s sentiment, saying that exposing prospective students to the group of alumni that exist at UCSB is important in cultivating that sense of belonging and empathy, especially for the Black community.

"I think it’s really important to have our students see that the alumni are there to support them — alumni that have walked the same journey," she said. "[The alumni] are able to say, ‘I know how to support you because I’ve been there myself.’"

Chineduh-Edoka said Stewart’s speech was one of her highlights of the weekend, saying he message about the importance of community mirrored the
**TERMINAL INTERVIEW: ETHAN BERTRAND**

Bertrand detailed his extensive campaign. He noted that he set up the operational structure of the campaign, which included setting up a website, hiring canvassers, and providing them with the necessary materials. He also had a strong focus on the community, working closely with community organizations and leaders to ensure that he understood the needs and concerns of the community.

The campaign work left an indelible mark on the district, as Bertrand successfully ran three elections: one for the ISVCSD Board, one for the IVCSD Board, and one for the IVCSD Executive Committee. He also successfully won campaigns for the UCSB Senate, the UCSB Graduate Assembly, and multiple local government positions.

**BLACK ALUMNI WEEKEND**

During his tenure, Bertrand worked closely with multiple community organizations, including the Black Alumni Association, to ensure that he was inclusive and that the needs of the community were being met. He also emphasized the importance of community engagement and involvement, saying that the community's input is crucial to the success of any campaign.

**Black Alumni Association**

In closing, Bertrand emphasized networking and the importance of being visible and accessible to the community. He said, "You can't be successful in this field if you're not making yourself known. If you're not meeting people, you're not going to get opportunities." He encouraged Black alumni to continue to engage with the community and to stay involved in the political process.

**A.S. special election closes voting; results remain under injunction**

Flaherty sought to create a safe and welcoming environment on campus, making sure that students knew they could reach out to her with any concerns or questions they had. She said she was dedicated to creating a safe space for all students, regardless of their background or identity.

Concerns had also arisen over the licensing of the COVID-19 vaccinations, which has been a contentious issue. Flaherty said she believed the university was doing its best to ensure that all students had access to the vaccines they needed.

**TERM IN FOCUS: CATHLEEN ODINAKACHUKWU**

"I believe a collective effort is needed, and we're already working with our partners in creating a strong network to support students," she said. "We need to keep this momentum going and continue to work towards a safer and more inclusive community."
The march continues down Del Playa Drive.

Marchers head back to the Santa Barbara Milili, passing Pardall Road.

Opportunity for All Campaign advocates for UC to hire undocumented students

Sindhu Ananthavel

Undocumented University of California student organizers and UC Los Angeles immigration law experts are spearheading the Opportunity for All Campaign, led by the University of California to hire undocumented students in state campuses.

The campaign launched in October 2022, following a final appeal in a lawsuit for Childhood Arrivals ruling that prohibited new applications from being processed.

The campaign is led by the Undocumented Student-Led Network—a coalition of undocumented students across the country—with support from professors from UCLA School of Law’s Center for Immigration Law and Policy (CILP) and the UCLA Labor Center.

As the proposal continues to undergo evaluation by the UC, Undoc campaign emphasized the theory’s legal validity and voiced hope in the campaign.

“Not once was our legal theory challenged. Not once did the UC Office of the President or the Board of Regents or the Office of the General Counsel challenge the soundness of our legal theory,” Umaña Muñoz said.

He emphasized the necessity of the UC abiding by the proposal to provide support for undocumented students in its system.

“Students are suffering now, and the UC is hiding behind this blanket statement of being afraid of what others might do to us when they have both the power and authority to protect us regardless of what happens,” he said.
UCSB Moot Court celebrates 2023 national championship success

By Alex Levin

UCSB’s Moot Court team made history in March, finishing the season with a win at the National Tournament. This victory came after students battled through the semifinals in the tournament, and earned themselves a spot in the finals event. As the team’s student representative and fourth-year student, Kevin Cheung, said, “It was the biggest event of the year, and we were all very proud.”

The team of 12 UCSB students traveled to the Marriot in University City, Los Angeles, to compete against the other 33 teams that make up the national moot court circuit. The group of 12 students traveled to the national championship event, held at the Marriot in University City, Los Angeles, to compete against the other 33 teams that make up the national moot court circuit.

“This season, we really prioritized individual and group victories this year,” said Surani, a second-year history major. “We were very proud.”

Winning the 2022-23 American Bar Association (ABA) National Tournament was a significant accomplishment for UCSB Moot Court, which was founded in 2019 by second-year history student Joshua Cenzano. The team has won multiple regional and national championships, and has earned a reputation as one of the top moot court teams in the country.

“UCSB Moot Court is an oral advocacy competition that simulates how lawyers argue cases in front of a judge,” said Barbara Moot Court team member and third-year history student Vanessa Padera. “It’s a great way to practice your public speaking skills and learn about how the legal system works.”

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No he asistido a clases desde el primer día y no sé qué escribir y mucho menos cómo escribir. ¿Cuándo debo entregar mi ensayo de medio trimestre? ¿Cuándo debo escribir y mucho menos desde el primer día y no sé que escribiría el docente de escritura en una composición de texto a vuestra propia comprensión. ¿Cuándo escribiré de dictado en privado, o tus compañeros de casa podrían enviar una consulta sobre la próxima semana. Por cierto, tu ensayo se entrega mañana.

¿Cómo le digo a mi compañero de casa que nada cuando está dormido cada noche a las 3 de la mañana? Cuando se trata de afilar, el mejor es con el cuchillo de taladro. Por lo que sabes, es probable que estés a la conversación para asegurar al mejor amigo hombre otro más genial y genial. O al menos un hombre loco dentro de un cuerpo humano. Pero, primeramente debes asegurarte de que tu compañero de casa que está afilando, o si no, el ladrón. Y si lo primero revela ser verdadero, prosigamos.

Ten en cuenta que, si bien son potencialmente peligrosos, los habitadores dormidos a menudo no pueden controlar sus aullidos en silencio. Asegúrate de que la conversación sea de un carácter y apoyo. Si tu compañero de casa siempre ha sido un aullador, tal vez es tiempo de invertir en unos tapones para los oídos de bebé (no patrocinados) para amortiguarte el ruido.

¿Hay algún arreglo que puedo hacer?

Tal vez obtener algún material para este silencio. Simplemente les estoy dando lo que quieren. Piensa en los pobres gusanos.

¿Cuál es tu rutina de ejercicio para el RSC Con?

Si realmente me conocieras, no puedo hacer poco un pie en ese lugar y apoyo. Si, algún estudiante que no distejido estarían deprimida por la cantidad de eyecos que, por suerte, también sería un ejercicio más que con la consciencia que cualquier otra cosa.

El gimnasio y las rutinas de ejercicios son sinónimos, pero no para otros. Camina hacia el campus, junto al fróbic alrededor de los estudiantes de último año quienes están a punto al edificio de química o tomar un paseo hasta la casa hasta la playa Sande.

Plancia una nueva caminata con tus compañeros de casa todo va bien para la mañana o cada dos semanas, disfrutando de la cual te vengas.

Envía un correo electrónico a mano, aunque si eres un picilcalificador (jugador de puzzle) interesado en susto un equipo de pickball de la División I.

Al como un famoso columnista de periódico y extraordinario experto en todos los oficios, ¿cómo encontrar el equilibrio entre el trabajo y el médico?

Lector, me echas flores. Por favor sigue con el cumplimiento. Como el conocimiento y la organización de la cual eres responsable, debes poner fuerza y proveer en eso que estás invirtiendo tu energía.

Lo que más ha ayudado es el desplazamiento del tiempo, como lo puede ser productivo cada segundo de tu vida.

Date tiempo para simplemente hacer nada, para bostezar tus propios sueños, como una burra de pijama, como un murciélago al cielo. Si te arrinconas, puede ser medida que se acercan los exámenes parciales, elabora un horario que incorpore tiempo para el ocio.

No te estás aburriendo en el debate, pidiendo a diario una pausa afora para experimentar tu primer tiempo de aire fresco durante todo el día.

La Vista

Preguntale a AT: cómo ser un estudianiente de funcionamiento

Escribo por: AJ
Traducido por: Mari Villalpando Ortiga
Editora de La Vista

Simple Dicho: Cómo reducir los subóndulos de azúcar y sus efectos negativos

Escribo por: Meenakshi Manoj
Traducido por: Chiloí Spezi para La Vista

Los subóndulos de azúcar pueden tener efectos negativos en el cuerpo humano. Pueden causar dolores de cabeza, fatiga, antojos de azúcar y más. A menudo los almidones y subóndulos se deben a la comida que tomamos.

Según Josie Inchauspé, una especialista en bioquímica, el tipo de alimento y en el orden que ingerimos pueden minimizar o exacerbar los efectos de los pastelillos que comete durante el fin de semana.

En su libro científico "Revolución de la glucosa, el poder transformador de equilibrar el nivel de azúcar en la sangre", Inchauspé enfatiza la importancia del orden de consumo. "Eso va a ser los primeros los vegetales, seguidos las proteínas y grasas, al final los almidones y subóndulos.

Inchauspé explica que al comer alimentos procesados y carboidratos después de comer alguna fruta con sucros o una buena proteínas, sentirías menos hambre, tendrías menos antojos y experimentarías picos de glucosa más pequeñas (Fry).

Además también explica que al consumir alimentos saludables para el intenso, antes de comer alimentos que tienen antojos procesados, te puedes ayudar a recuperarte de un futuro subida de glucosa.

Esta comidas saludables incluyen alimentos fermentados como el yogur natural o el kimchi, alimentos pobres en los plátanos verdes y los cacahuetes, alimentos que trasmeten y antojos como los arándanos, hierbas y las nueces.

Según Inchauspé, estas categorías de alimentos son buenas opciones para comer antes de consumir alimentos con mucha proteína. "La proteína desencadena la liberación de glucagón, una hormona que estabiliza los niveles de azúcar.

Según la Clínica Cleveland, "el glucagón es una hormona que activa el glucogénico hepático para que se convierta nuevamente en glucosa. Afortunadamente, si el cuerpo puede usarlo como energía".

En términos más simples, después de un subidón, la hormona glucagón ayuda a estabilizar los niveles de azúcar de la sangre. Para hacerlo, el consumo de una combinación de proteína y azúcar, por ejemplo, zanahorias y hummus con una barritita de queso y la proteína y el azúcar pueden regular los niveles de azúcar.

Nuestros cuerpos son bastante inteligentes en ese sentido", dice Bonci (Maldarelli).

Es probable que los patólogos que asisten no te dena a largo plazo. Una "mala noche" es normal de vez en cuando. Pero para volver a un estilo de vida saludable después de una sobrecarga de azúcar, es importante beber muchas aguas y no dormir silencios. Al igual que Gretel y su pequeño peluche, acercan los exámenes parciales, elabora un horario que incorpore tiempo para el ocio.

Si estás aburrido en el debate, pide un aforo para experimentar tu primer tiempo de aire fresco durante todo el día.
Zombie apocalypses have been portrayed countless times in movies, shows and video games such as “The Walking Dead” and “The Last of Us,” the latter of which was recently adapted into an HBO television series. Fans of “The Last of Us” might be wondering if a zombie apocalypse could ever actually happen in real life.

As it turns out, the creators of post-apocalyptic video games drew inspiration from a real-life fungus that infects ants and other insects called Ophiocordyceps unilateralis. The parasitic fungus thrives in tropical areas and produces mummified ants, using them as a vector to infect new victims.

The unsettling method in which Ophiocordyceps unilateralis takes over an ant’s body involves an infection through which the fungus’ spores infiltrate the ant’s cephalothorax. The fungus then grows around the ant’s brain, which allows it to gain control of the nervous system. According to Ian Will, a fungal geneticist at the University of Central Florida, “It’s unclear exactly how it does this, whether by releasing a chemical or altering a bug’s DNA.”

As a result, the ant begins to behave erratically and is compelled to leave its colony, descending to an area of greater humidity that facilitates the growth of the fungus. Forced to permanently lock its jaw to a leaf, it is here that the ant finally meets its fate.

After the ant has been dead for several days and the fungus has fed on the ant’s insides, its corpse becomes filled with fungal spores. A stalk emerges from the ant’s head, which allows the spores to be released into the air in search of another victim to infect.

So, could a parasite like Ophiocordyceps unilateralis ever evolve to infect humans? “The Last of Us” imagines a world in which it could. As a result of high temperatures due to climate change, a parasitic fungus takes over the human population. However, the transition from Ophiocordyceps unilateralis infecting ants to infecting humans would be nearly impossible. The conditions in which the fungus thrives and reproduces are far too specific – it even has difficulty infecting different species of ants. Furthermore, our body temperature is much too high for a fungus to survive.

João Araújo, an expert on parasitic fungi at the New York Botanical Garden, explains that “if the fungus really wanted to infect mammals it would require millions of years of genetic changes.”

Although this fungus could it happen in another way? According to scientists, a zombie apocalypse is not impossible, but it is extremely unlikely. One instance of humans entering a zombie-like state is a result of “prions,” which are abnormal proteins that cause other proteins in the brain to share their misfolded shape.

Prions are what cause the brain disease known as kuru, which is transmitted by eating human brains. This was seen in a cannibalistic tribe in New Guinea in the 1950s and ’60s. “The disease caused an unsteady gait, changes in mood and personality, and the inability to speak. However, this is the only example of a human disease that has seen so far. Even then, it is far different from the typical zombie apocalypse scene that is portrayed in media. As far as an infectious disease that is transmitted by bite and causes violent zombies to rise from the dead, there is no need to worry about a zombie apocalypse happening anytime soon.
If you're bored of the same old Valentine's Day, here are some tips for being more romantic:

1. **Be Creative:** Think outside the box. Instead of flowers and chocolates, try something unique like a homemade meal or a surprise adventure.

2. **Write Love Letters:** Handwritten notes are a timeless way to express your feelings. Whether you're a poet or not, find a way to put your heart on paper.

3. **Plan a Night In:** Sometimes the simplest gestures are the most meaningful. Set the mood with dim lights, candles, and your favorite movies.

4. **Express Gratitude:** Sometimes, the best way to show love is to say thank you. Acknowledge all the little things they do for you.

5. **Give a Gift They'll Remember:** Find something that's meaningful to them, whether it's a piece of jewelry or a subscription to their favorite magazine.

6. **Create an Experience:** Plan a trip to their dream destination, a concert of their favorite band, or a private cooking class.

Remember, it's the thought that counts, so make sure your actions come from the heart.
Heart-shaped pizza for Valentine’s Day

A week of easy sheet-pan meals

Chewy molasses cookies

Katherine McCabe
Staff Writer

Perfect for curing up with a cup of tea, these chewy molasses cookies are warming, sweet, decadent and sure to help you get through the last throes of winter. Inspired by the Love and Lemons recipe, these cookies have satisfyingly crisp edges and soft, chewy interiors. They taste as delicious as they look (if you don’t break them up on your own even better) — so give them a try!

Yield: 20 cookies

Time: 20 minutes

Ingredients:
- 1 cup packed dark brown sugar
- 1/3 cup unsalted butter
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon ground ginger
- 2 teaspoons ground cinnamon
- 1 teaspoon ground nutmeg
- 2 teaspoons ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 cup molasses
- 1 cup semi-sweet chocolate chips
- 1/2 cup toasted pecans
- 1/2 cup chopped walnuts
- 1/2 cup chopped dried cranberries

Directions:
1. Preheat your oven to 350 F.
2. Line a large baking sheet with parchment paper or a silicone mat.
3. In another bowl, combine the flour, cinnamon, ginger, nutmeg, and salt. Gradually add the dry ingredients to the wet ingredients, mixing constantly. If the dough feels dry, add 1 teaspoon of warm water until it has a thick, moist consistency.
4. Roll the dough into two-inch balls and place them on a baking sheet, pressing down slightly. Bake for 10-15 minutes until the cookies are slightly cracked. Remove them from the oven and let cool for at least 10 minutes before serving.

These cookies pair well with chamomile tea, Mexican hot chocolate or cardamom ice cream. Enjoy!

ON THE MENU

Heart-shaped pizza for Valentine’s Day

Abigail Montt
Staff Writer

Making a sheet-pan meal is like reading one of those choose-your-own-adventure books from the ‘80s, except the adventure is made of whatever neglected ingredients are in the back of your fridge and the ending is dinner.

Here’s what it takes: 1 pound of chopped (raw or precooked) protein, 3 cups of chopped non-starchy vegetables and 3 cups of chopped starchy vegetables. These together can make a quick dinner. Each can be divided into two dishes and only have one pan in the oven. Try these breakfast variations for a grab-and-go meal that isn’t a sad granola bar:

- Chopped bacon + yellow onion + Yukon gold potatoes + fried eggs. Slice up an avocado for a fresh addition.
- Shredded breakfast sausage + bell pepper + red onion + scrambled eggs. Shredded cheddar cheese goes great on top.

With only three main ingredients, sheet-pan meals fit easily into any student’s budget. Remember, these combinations are just recommendations.

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UCSB women’s basketball holds off CSUN 64-61

Isaiah Ochoa  
Staff Writer

The UC Santa Barbara women’s basketball team took on the No. 5 Pepperdine University Waves in the Robertson Gymnasium on Feb. 3. Though they were coming off a losing streak, the Gauchos came out victorious after being down 2-1 sets.

The Gauchos started fast as senior outside hitter Ryan Wilcox hit a kill from sophomore setter Jack Wallace. The Gauchos continued the run, scoring 4-straight points before the Waves got on the board. However, Pepperdine didn’t let that faze them, tying the score at 10-10, and then proceeding to take the lead.

The Gauchos reclaimed the lead at 20-19 after a service error from the Waves, but Pepperdine stole the first-set victory at 25-21.

The Gauchos struck first again in the second set. Redshirt junior outside hitter Dayeann Chalmers and Wilcox commanded the outside, setting the tempo for the Gauchos in the second set, scoring nearly half of his points in the last two minutes of the game.

A game-changing layup and draw foul resulted in a successful 3-point opportunity for Mitchell. The Mustangs’ battle back into the game was short-lived, as they managed to put up just 2 points after Hunter’s successful free throw attempts in the last 141 of the game.

The Gauchos came out on top in the second set with a score of 16-25. After a kill from Chalmers, setting the score at 10-9 in favor of the Gauchos.

After the Gauchos took the lead, they didn’t look back, and they continued to maintain their dominance. The Gauchos took the final set at 25-12 and won the match 3-2.

Chalmers had a career night offensively with 17 kills in 25 attempts with no errors. The kills brought his hitting percentage to .889, the highest it’s ever been.

The Gauchos will head on the road to take on Brigham Young University on Feb. 10 and 11. Both games will be streamed on BYU TV at 6 p.m. PST.
Gauchos come out on top in Blue-Green rivalry game

Midway through the game, senior forward Miles Norris steals the show by dunking on Cal Poly’s Brantly Stevenson.

Surfs up! The UCSB student section shows their support the proper Gaucho way.

Senior guard Ajare Sanni goes on the breakaway following a steal midcourt.

Senior guard Josh Pierre-Louis attempts the free throw.

Surfs up! The UCSB student section shows their support the proper Gaucho way.

Senior guard Josh Pierre-Louis rises up for the layup off the glass.

Freshman forward Koat Keat Tong hits the floater in the paint.
UCSB Arts & Lectures recently held two screenings of the documentary "Hiding in Plain Sight," exclusively produced by Ken Burns.

**Review by Stella Mullin**

"Hiding in Plain Sight" is a powerful and eye-opening documentary about the mental health crisis in the United States. The film, which is executive produced by Academy Award winner and UCSB alum Ken Burns, aims to shed light on the crisis of mental health among young people in the United States.

The film is based on a pair of statistics presented early on: 20% of American youth will experience an illness before age 24, and 50% of symptoms of an onset of mental illness are not detected until age 24. American youth will experience symptoms of a mental illness at some point in their lives. The film explores the impact of mental illness on individuals and their families, as well as the broader societal implications of the crisis.

The first hour-and-fifty-two-minute-long episode of the series, titled "The Storm," was aired at Campbell Hall on Jan. 31, followed by a screening of the second episode "Resilience" on Feb. 1. The screenings were a part of the UCSB’s Arts & Lectures series and produced by Academy Award winner Ken Burns, who is known for his documentary films on a variety of topics such as American history and culture.

The film highlights the importance of recognizing mental illness early and the need for more resources to support young people who are struggling with mental health issues. It features interviews with individuals who have lived through mental illness and their families, as well as experts in the field.

The documentary aims to draw attention to social justice issues. The screening was part of UCSB’s Arts & Lectures series, which brings a variety of cultural events to the campus.

"Five Easy Hot Dogs" shows some growth in DeMarco's sound, which has become more upbeat and lyric-based, with some favorites being "2" and "Sabadal Days." Its recording was done in DeMarco’s hometown. For the album — or road trip — off the record, "Rockaway," a home of End Rockaway in Queens, New York, brings a more urban feel to the album. It's slow and the sparse rhythm makes you feel as you are walking down Broadway in SoHo.

DeMarco told Rolling Stone that some songs stayed in the studio and others were cut out of that. "I was in it while I was in it, and this is the way it was. This record sounds a lot more like a photograph than a song. I've been spending hours and hours on the music and really getting into the feel of it. It's part of what I enjoy," Morgan said.

"Five Easy Hot Dogs" is a different version of DeMarco's. Some fans may know him from his immediately recognizable drum beats, absolutely crazy personality on stage or simply by his songs perfect for a summer playlist. "Five Easy Hot Dogs" showcases that sometimes it is refreshing to just focus on the music.

Read more about "Five Easy Hot Dogs" on UCSB Arts & Lectures website.
Once upon a time, there lived a young girl with brown skin, curly hair, and big dreams in her imagination. In this young girl's mind, she could do and be anything. However, outside of this girl's imagination, her opportunities did not feel so vast. While there has been significant progress in representation on the screen in recent years, at the time, the young girl was tormented by the thought that she could never be something as pretty and light skinned as the Disney princesses, who are tall, not short, not thin, not fat, not curvy, not large, not small, but just all beautiful. Every time the young girl saw a Disney princess, she would ask herself, “Why is Princess Tiana not prettier?” and “Why is Princess Tiana not taller?” and “Why is Princess Tiana not thinner?”

Disney's representations of women in their media are seen as limited and narrow. Disney princesses are tall, almost all of them are light skinned, not dark skinned, not black skinned, not brown skinned. They are not short, not thin, not fat, not curvy, not large, but all of them are beautiful. Disney's depictions of women in their media are seen as limited and narrow. Disney princesses are tall, almost all of them are light skinned, not dark skinned, not black skinned, not brown skinned. They are not short, not thin, not fat, not curvy, not large, but all of them are beautiful.

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