Student Health Service evaluates trial run of heightened police presence amid workplace safety concerns

Turkish students fundraise, raise awareness after earthquake relief

Munger's massive UCSB donation total continues to grow

Student Health Service evaluates trial run of heightened police presence amid workplace safety concerns

Executive Director Vjeag Skripkus, increasing police presence at Student Health was requested by the department itself with consultation and its student health advisory group. The request was in response to “concerns raised by SHS staff regarding safety in the workplace,” according to Skripkus.

Associated Presidents Student Senate and fourth-year political science major Gauran Patha met with Skripkus about this initiative after several SHS employees voiced concerns about increased police presence during the meeting with Patha, Skripkus apologized for making the decision to institute increased police presence at SHS so quickly.

According to Patha, Skripkus cited an “increased number of emotionally distressed students who've had negative experiences with staff” and potential community protests regarding abortion services offered through SHS.

Politico published a news article that highlighted California as an “abortion haven” post-Roe v. Wade and featured UCSB as one of the few UCs that offers abortion services to students, including abortion-inducing drugs mifepristone and misoprostol. The article drew a reaction from the university, and according to Patha, Skripkus apologized for the misinformation.

UCPD has continued to increase patrolling and in-person walkthroughs, citing an “increased number of safety concerns” and ensuring the safety of our building,” according to Skripkus. The request was the reasoning for it and why it wasn't communicated to the general public.

Munger's massive UCSB donation total continues to grow

The UCPD will begin more frequent car patrols and in-person walkthroughs, increasing presence from Jan. 23 to Feb. 2, according to Pabla, which looks to evaluate the effectiveness of the UCPD patrols and is committed to get more input from involved parties.

Munger …

Turkish students fundraise, raise awareness after earthquake relief

Holly Rusch
Lead News Editor

Turkish students at UC Santa Barbara are fundraising and aiming to raise awareness about the severity of the humanitarian crisis in Turkey because the earthquake — which struck on Feb. 6 — killed over 48,000 people and devastated cities in both countries.

Second-year computer science student and co-founder of the student-led Turkish Students and Scholars Association (TSSA) Eren Cikiroglu said that Turkish students are doing what they can to support rebuilding efforts.

The 202-page report of public safety in his statement. Skripkus sent notice to staff on Jan. 12 that they didn’t feel that Americans could do that, for example, it’s not something that we can do as a school or as a community, as the relatively small

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UCSB hosting a queer study session in
for UCSB community members of
Latinx activists in Los Angeles.
at the MCC theater.
Thursday, Feb. 16, from 6-7:30 p.m.
emotions in environmental racism
with disabilities.

Shoreline description read.
and accessible for everyone,” the
future outreach efforts are inclusive
and techniques to ensure that you
future outreach efforts are inclusive
and accessible for everyone,” the
shelter is.

The workshop will be held by CA
town hall on Wednesday, Feb.

"It really appreciates the
support and uplift in the
city of Monterey Park and
the San Gabriel Valley and
California. Forgoing the event.
forward, we know there’s a lot of
work to be done to keep
our communities safe. And
part of our legislative package
coming forward is looking at how
we can prevent and address
this issue on a more

UC Davis primate research
center faces backlash for its use of nonhuman primates.
Youth organization Students Opposing Speciesism (SOS)
protected on UC Davis campus
against the use of animals in research from the California
National Primate Research Center (CNPRC), The California
Aggie reports.

"That type of conversation has
the UCI newsroom.
The donation comes from
UC Irvine receives largest-
earliest alumni donation
UC Irvine is receiving a $33.5
million gift from alumna Jo
and Paul Batterworth to
support the Donald Bren School
of Information and Computer
Sciences, the university
announced on Monday. The
donation is the largest one the
university has ever received from
alumini thus far.
The donation comes
the married couple and will
fund "awards, scholarships and
fellows for students and
finance new research initiatives
and faculty hires," according to
the UCI newsmag.

"Paul was one of the first
graduates of UCD's computer
science graduate program and
said monetary support helped
him succeed in his career.
"I was considering not
going to the university unless I
received financial aid, because I
didn’t have any money. But when UCI came
through a package with a
package to help out, that made all the
difference in the world," he said.
"If we can provide
pledge support for students
so they can follow their dreams
despite their financial situations.

15. "SOS"
12. Price
13. Dining area
12. Kids like sound
20. Travel back sound
23. Latin root meaning "break"
25. Wander around
26. Small battery types

24. In-N-Out ingredient
22. "SOS"
20. Shakespearean pronoun
18. Marketer
17. Of the Imperical Jokers
16. Olympic swimmer's name
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NEXUS FILE GRAPHIC
Second District Supervisor Capps launches monthly coffee hours in I.V.

A.S. Resolution advocates for raising the G.O.L.D. unit registration cap

Sindhu Ananthavel  
Deputy News Editor

The UC Santa Barbara Associated Students Senate passed a resolution on Feb. 1 in favor of raising the amount of units students can register for during G.O.L.D. pass times to 16 units during Pass 2.

Currently, the unit registration cap for Pass 1 is 16. Pass 2 is 15 and Pass 3 is 21 – most classes are four units, meaning students can only sign up for two classes during Pass 1.

Prior to October 2022, Pass 1 and 2 allowed 12 and 16 units, respectively.

Third-year economics and history double major and university-owned Off-Campus Senator Nathan Lee authored a “Resolution in Support of Restoring Unit Registration Cap And Increase In Course Offerings,” advocating for the unit registration cap to be raised in order to improve students’ access to classes and graduate.

“We, the 73rd Senate Assembly, positively and support the dean of undergraduate education, Professor Michael Miller, to restore the undergraduate registration unit cap for pass two back to 16 units,” the resolution reads.

According to the resolution, raising the number of units available per pass would help more students graduate on time and raise average enrollment.

“The school justifies lowering pass one and pass two units as an equity policy for incoming freshmen, but such policy only obscures the real underlying problem of an inadequate amount of introductory classes and over enrollment,” the resolution reads.

Lee said he presented the resolution to Interim Dean of Undergraduate Education Michael Miller, who turned down the proposed unit registration cap as an insufficient solution.

“He said having a higher unit cap could harm the efforts of students who have a slightly later pass time, but statistics show that having a lower cap isn’t the solution to the problem,” Lee said in an interview with the Nexus.

Miller did not respond to immediate requests for comment.

UCSB receives $8,356 in state funding per full-time-equivalent student – a measurement of enrolled student credit units – and lost 576 full-time-equivalent students from Fall Quarter 2019 to Spring Quarter 2022, according to a presentation from the Office of Undergraduate Education obtained by the Nexus.

The loss totals $4,742,920 in state funding.

“The recent decline of unit registration from last year has cost the university around $4 million in funding from the state government, which is extremely concerning because there will be less resources for students,” Lee said in an interview with the Nexus.

“The lower registration cap also impacts students under the Disabled Students Program, Lee said, who only have priority registration with Pass 1 and face a more limited pass time during Pass 2.

International students face challenges under the unit cap as well, according to first-year political science student and International Student Senator MingJun Zha, who seconded the resolution.

Unit caps make it difficult for students to graduate early, Zha said, and many international students look to early graduation as a cost-efficient academic plan.

“I don’t live in a school facility, but have a meal plan and health insurance from UCSB," Zha said in an interview with the Nexus. “On average, an international student will spend at least 65,486$ a year studying at UCSB, so a large portion of us are hoping that we can graduate early to save some money for our family.”

Lee said feedback for the bill has been “overwhelmingly positive,” and it was passed unanimously by the Senate during its Feb. 1 meeting.

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COURTESY OF LAURA CAPPS
Elia Schulz was appointed to fill the board’s vacancy during the VCSD Feb. 8 special meeting.

### EARTHQUAKE RELIEF

From continued on p.1

Elia Schulz was appointed to fill the board’s vacancy during the VCSD Feb. 8 special meeting.

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### UCSB Black Student Union honors celebration for Black faculty, staff

UCSB Black Student Union hosted an appreciation ceremony for Black faculty and staff at UCSB.

BUStell and other community members join in celebration of Black faculty and staff at UCSB.

### SOCIAL JUSTICE AND DIVERSITY

Schulz expressed her gratitude and excitement for what IVCSD does. I think they do a lot of important work.

"I'm a huge fan of research. If I don't know something and I do want to and I think it's important to know what it looks like. I will research it. I will ask my coworkers and my friends and I will see a proper solution or answer," Schulz said.

"I'm quite a freak. I'm actually very, I'm incredibly passionate about what I do, so I will definitely go look it up. I will research it. I will ask my coworkers and my friends and see a proper solution or answer," Schulz said.

"I really do want to make the Black community a really big one in the community and families in this community during a time of great need, and I am 20 but I am incredibly grateful and excited for what IVCSD does. I think they do a lot of important work."

"I'm excited for what we can offer and just show them our appreciation and how much we need them and see them here."

"I feel like it's important for us to acknowledge and show love to each other, especially in a climate that's not always very scary," George said. "We have to work together in order to accomplish the things on our Black agenda, and that's in terms of providing those resources and making sure that underrepresented people are reaching out to different faculty and staff members."
The Isla Vista Community Sustainability District (IVCSD) has been assessing Isla Vista’s existing transportation conditions, needs and gaps — as a critical factor in assessing transportation. "You have a diverse population, of which 17% are Latino, 42% are Asian, 29% are White, and 12% are other races — all of which are students but you also have low-income people," Castañeda said. "There were highly requested [and] a solar-powered speedometer to show drivers how fast they were going down Camino del Norte, which did not work out due to missing resources to hire extra security officers like the other UCs do, so they had to go straight to UCPD," Pabla said. "They could have increased surveillance or other things, but because their department is kind of old, I didn’t think they had the capacity to be able to upgrade those resources.”

Both UCPD and the Student Health Advisory Committee did not respond to request for comment, and Skripkus declined to comment on matters regarding security protocol at SHS citing constraints. "One of the problems was that the SHS couldn't have enough capacity to be able to help monitor the Student Health department," Pabla said.
Keeping up with the UC labor strike: A UCSB social media sentiment analysis

By Tanzi Chowdhury, Samantha Su, Siddharth Chatterjoi, Adil Ahmed

Since UCSB Santa Barbara and Twitter are larger communities than the UCSB Discord server, they consequently saw more posts about the strike. There was significant interest in the strike during its first week, and the amount of Reddit posts peaked during the week of Dec. 5, largely due to emotions arising from the strikers blocking parking lots. As the strike reached its conclusion, activity on social media died down.

While most posts on Discord were neutral, the sentiment of posts increased in positivity until the week of Nov. 28 before trending in the negative direction. Most Twitter posts were either positive or neutral, and the sentiment fluctuated each week. Beginning the week of Dec. 12, there was a slight increase in negative sentiment on Twitter. Until that week, in contrast to the Discord and Twitter sentiments, most Reddit posts were either positive or negative. Up until the week of Nov. 21, the Reddit sentiment leaned positive. Afterwards, the Reddit sentiment generally leaned neutral, until the union began to ratify their new agreements, which caused the sentiment to become more neutral.

The strike begins. Protests can be heard around Elings Hall, Strike Tower, Student Resource Building and the Arbor. Many classes are canceled.

The strike continues on from 9 a.m. to 6 p.m. Monday to Friday. The UC and the unions fail to agree on terms for new contracts.

Graduate student researchers and teaching assistants reach tentative agreements, mediated by Sacramento Mayor Darrell Steinberg, with the UC.

UCSB strikers block parking lots in the morning as undergraduates attempt to reach their final exams. An outpour of negative sentiment occurs.

Postdoctoral scholars and academic researchers reach tentative agreements with the UC.

Postdoctoral scholars and academic researchers ratify their new contracts. The UAW and UC enter private mediation.

Student researchers and teaching assistants ratify their new contracts. The strike ends.
Caldwell posted his frustration about the strike on Reddit and was met with many users attempting to teach him about the benefits of striking.

## Overall Sentiments

<table>
<thead>
<tr>
<th>Platform</th>
<th>Positive</th>
<th>Neutral</th>
<th>Negative</th>
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<tbody>
<tr>
<td>Reddit</td>
<td>23.73%</td>
<td>39.54%</td>
<td>36.73%</td>
</tr>
<tr>
<td>Discord</td>
<td>52.19%</td>
<td>41.38%</td>
<td>6.43%</td>
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<tr>
<td>Twitter</td>
<td>12.29%</td>
<td>69.67%</td>
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During the strike period, four of the top five Reddit original posts by the upvote-downvote score and the top five most-commented-on Reddit original posts were about the strike, displayed in orange. The score is the number of downvotes subtracted from the number of upvotes. Scores are accurate as of Jan. 22, 2023.

1. What happened to the strike not affecting the undergrads? Kinda breaks my heart seeing my profs suffer and me not.
2. People often tried breaking down to me why the strike was happening and I had to repeat myself over and over after feeling being okay with being walked on.
El departamento de policía de UCSD detuvo a un estudiante de UCSD el 21 de enero para el delito de incendio en el Centro Laboral de UCLA.

Según el departamento de policía de UCSD (UCPD) el oficial de la policía John Wilson, el estudiante, Angélica Milos, quien fue puesta en liberales de entrada de las entradas del departamento en el complejo por medio de un papel prendido que fue en el puerta. El incendio intentó que media hora el día 21 de enero entre las 1 y las 10:30 de la mañana cuando los residentes empezaron a reportar los incendios, dijo Wilson. Los incendios causaron daños mínimos a las puertas pero no más. UCSD no se extendieron más. UCPD no respondió a la escena sin asisten pero evito a comentar más.

La facultad de CILP escribió “como profesores de ley con experiencia considerable en asuntos complejos que merecen consideración cauto y atento, estamos revisando estos eventos de un punto de vista legal para apoyar a nuestros estudiantes indocumentados.”

El análisis de CILP demuestra que por un breve periodo de estudio, la infusión de yerba mate contiene propiedades que aumentan el metabolismo cerebral y aumentan la concentración, dijo. Desde entonces, el grupo ha empezado a crear un plan para dirigir los esfuerzos de orientación oficial de las ligas y otros líderes estudiantiles. Unáneme Muñoz dijo que fue contratado el verano pasado para dirigir los esfuerzos de orientación oficial de las ligas.

Los estudiantes indocumentados de UCSD en una toma de muestras de la facultad de CILP, explicaron que no se importa que consuman café o té. El café contiene entre 90 y 95 miligramos de cafeína por taza, mientras que el matcha contiene entre 38 y 88 miligramos de cafeína por taza. Aunque el matcha contiene menos cafeína, dura mucho más en el cuerpo.

La campaña Oportunidades para Todos aboga lo mismo. Con 85 miligramos de cafeína por taza, la yerba mate contiene menos cafeína que el café pero más que una taza de té común. El análisis de CILP demuestra que por un breve periodo de estudio, la infusión de yerba mate contiene propiedades que aumentan el metabolismo de la grasa y ayudan a promover la sensación de saciedad, lo que puede reducir el estrés y mejorar el estado de ánimo. Actualmente la propuesta está en consideración, y la facultad de CILP espera que la propuesta estará en la mente de los estudiantes indocumentados. Además de apoyar a los estudiantes indocumentados, CILP también ha apoyado a la universidad y nuestros estudiantes con una serie de clases y talleres en el centro para dirigir los esfuerzos de orientación oficial de las ligas.
Norris attempts a contested layup as Wishart looks on. Pierre-Louis holds the ball at the perimeter.

Preston Espar

Sports Editor

After a shocking defeat to the CSU Northridge team that has caused a lot of excitement in the conference matchup, the Gauchos were able to hold on for the win. Sacramento State's shooting regressed to create positive change. Norris attempts a contested layup as Wishart looks on. Pierre-Louis holds the ball at the perimeter.
Big Hungry: A Pretty Good Freshman Meal

Staff Writer

Not knowing anyone upon arrival at Santa Barbara, arts is a pretty average experience. Forming friendships while learning the business of social life in a U.S. town isn’t easy and one might ask what the members of Big Hungry are able to average freshman. The freshman band has made its way onto the Isla Vista Music Scene with more to come. The freshmen band has made its way onto the Isla Vista Music Scene with more to come.

On Jan. 31, the Carsey-Wolf Center hosted a screening of the 1942 classic, "Now, Voyager," followed by a discussion led by professor E. Ann Kaplan of Stony Brook University about the film's historical context. This event has been years in the making, initially discussed and planned before the COVID-19 pandemic. The event was ultimately postponed to this year as a part of the Carsey-Wolf Center’s "Big Screen" series, finally giving it a chance to shine.

Big Hungry is a freshman band that has made its way onto the Isla Vista Music Scene with more to come. The freshmen band has made its way onto the Isla Vista Music Scene with more to come. The freshmen band has made its way onto the Isla Vista Music Scene with more to come. The freshmen band has made its way onto the Isla Vista Music Scene with more to come.

"Now, Voyager" is a pretty good freshman meal. It's a film about the trials and tribulations of a young woman, Charlotte Vale, who is determined to help others. Charlotte is initially presented as a confident woman with a ready smile, eager to take on new challenges. However, her journey is not without its challenges. Charlotte is a complex character, and her development throughout the film is a testament to the skill of the performers and the script.

The film follows Charlotte through her metamorphosis of overcoming self-doubt, as she decides to live life to the fullest and sets off on a cruise. It is in that she finds herself in love with a married man, Jerry, who has family complications of his own. Much of the film focuses on the intricate relationship between Charlotte and her disappointing mother, as well as Charlotte’s relationship with Jerry and his struggling daughter. At its heart, the movie is about learning, breaking the cycle of intergenerational trauma and passing on a new path.

Following the screening, Carsey-Wolf Center Director Patricia Petosa sat down with Kaplan to offer insight into the historical underpinnings of "Now, Voyager." Kaplan explained that despite the movie being decades old, it features many of the "modern ideas of a therapist."

Dr. Jaquith is a prominent psychiatrist. Kaplan explained that despite the movie being decades old, it features many of the "modern ideas of a therapist."

Charlotte, a gentle and serene woman, is depicted in the psychiatric facility where Charlotte stays. It is a place to recover from the trauma of her life and find peace. Charlotte is not alone in her journey. The film explores themes of personal growth and transformation, and the power of love to overcome adversity.

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“Finally some representation!” cries white man after watching Harry Styles Grammy speech

Pimple Popper has been blocked by Kevin on every platform.

Nation’s racist uncles shocked to find out ‘All Lives Matter’ includes minorities

Pimple Popper has been blocked by Kevin on every platform.

It’s Satire, Stupid.

A huge uproar has been recorded among America’s racist uncles, as their battle cry for the last decade has been turned upside down. In 2013, the ‘Black Lives Matter’ movement spread rapidly across the country, gaining widespread support, condemnation and general attention to the inequalities Black Americans face throughout the country. Yet ‘All Lives Matter’ was the response from the collective ‘free-thinking’ hemisphere of 65-year-old white uncles. After all, Thomas Jefferson said that all men are created equal, not just Black people. Ignoring the fact that this rationality completely misses the point of the movement, it is also false, as anyone with a bad roommate would know that some lives matter just a bit less than others.

Yet it took just one 17-year-old niece to shatter the matrix. As the conversation turned toward politics due to Black History Month, she said into her uncle, “Hey Leonard, if all lives matter, that means Black lives matter too, doesn’t it?”

Leonard, a man who derides participation tropheis (despite wearing a “Vietnam Veteran” hat) paused for a few moments. His eyes went blank as he stared into the distance, then were suddenly filled with a fiery rage as he opened his mouth to speak. But instead of a speech to rival the most fervent Southern minister, only air escaped. He then grew despondent, lowering his gaze to his half-eaten plate of beans as the corners of his mouth turned down and tears began to fill his eyes. Leonard excused himself from the table.

The news of Leonard’s rhetorical defeat and subsequent pilgrimage to the Bass Pro Shops at the Pyramid in Memphis to cleanse his soul spread quickly, as young people began pointing out this fact to over 65 million uncles across the nation. The reaction to the campaign was fairly uniform, with most reacting as Leonard did. Some reacted more aggressively, loudly declaring that minorities groups already had a good enough “in their country” and “should be grateful,” which prompted many long-winded and universally unfunny discussions into the many implications of that line of reasoning. Others chose to take the opposite approach, forming several anarchist groups to combat racism, all of which claimed the others were illegitimate splinter groups.

Ultimately, very few minds, in a relative sense, were changed for the better. But every cloud has a silver lining, and this one is no different. Young folks, by virtue of being young, grow old and replace the current generation of old folks who go to live on the farm with your childhood dog and that one toy you lost. So, in 30 years, the generation of uncles and that one toy you lost. So, in 30 years, the generation of uncles

Marcus T.C. is currently in the streets of Santa Barbara crushing family dinners as a “long lost relative” and starting heated arguments.
**Meet Sandra Adu Zelli:**

The British chef behind Gipsy Hill Bakery

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**Sandra Adu Zelli at home in her kitchen.**

**Stephanie Gerson**

On the Menu Co-Editor

"It doesn’t have to be blood, sweat and tears working in a kitchen," said Sandra Adu Zelli, the owner of Gipsy Hill Bakery, while reflecting on the day she spent working in the culinary field.

Adu Zelli has done it all during her career: she completed a three-year culinary program at the Colchester Institute, worked at MICHELIN-star rating restaurants, created dessert menus for Santa Barbara restaurants, collaborated with fellow chefs and started her own business, all while balancing her career with motherhood. Yet, after years of feeling like a higher, fast-paced restaurant environments, the idea of working for more casual eateries and eventually starting her own business garnered more appeal.

During secondary education in England, Adu Zelli discovered her love of food in her home economics course. With this newfound passion, she entered a culinary program at the College of Barclays, the same school where she studied from the ages of 16 to 19. On the side, she worked dishes at a family-owned restaurant in Harwich called The Ship, which, according to Yelp, unfortunately closed in 2015. Adu Zelli spent a few years at The Ship, working her way up to helping with the plating of dishes before they reached the tables of eager customers. Slowly but surely, she gained more confidence in commercial kitchens before moving to Holland for a year to complete a culinary program at the Hilton.

"As a young chef, I did not want to do pastry. I was a bit of a tomboy and preferred to cook. I always thought that pastry was for girls, even though I was a girl, but I wanted to do what those guys were doing. You know, I lived the excitement of a busy service and the pressure and working precisely — I really loved it," she said.

When she had completed her culinary education, she moved on to the restaurant, the Bloom in London, for its dining scene. Working long hours and intense shifts, she would return home after work and practice baking, developing skills that she was not implementing at these high-end establishments. Years later, her focus shifted to more casual restaurants, working alongside famous chefs including Yotam Ottolenghi of Ottolenghi and continuing to dive deeper into the world of pastry.

"I wasn’t naturally gifted at pastry. It was a hard learning curve, and my progress was very slow. However, I wanted to be good at it." Adu Zelli and her husband purchased property in Santa Barbara in 2008 after her husband found a position as manager of service at Four Seasons Resort during the construction of their second location on De Loma Street. Adu Zelli became acquainted with owners Aaron Olson and Kim Anderson after many daily visits to the coffee shop she owned with her daughter Olivia. Olson and Anderson approached her about opening a pastry chef position in May 2017 during the construction of 2011, and she accepted the position that fulfilled her interest in facilitating restaurant openings and bringing in business with their pastry needs. Their opening in 2018 was extremely successful. Even though this was not an upscale restaurant with a high-pressure environment, the position still carried a degree of stress for someone who was balancing the restaurant with her other work. It was time for her to take her culinary career into a different direction with more flexibility.

"I was attracted by the connection that food can make," she said. Sandra Adu Zelli, who was born in Ghana and raised in England, has a strong connection to the Black community. Currently, Gipsy Hill Bakery is in a period of transition with the hopes of scaling up further and continuing to collaborate with local restaurants and other small businesses. As a result, her business has undergone a few changes, including a partnership with cook and food writer Pascale Beale. Together, Pascale Beale and Adu Zelli have a variety of programs and pop-up dinners.

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Dietary supplements contribute to the global population in the years following the COVID-19 era, one which makes itself especially known during cold and flu seasons. The rising popularity of supplements stands in contrast to their often fluctuating results. In a study of over 27,000 U.S. adults, it was found that vitamin A and K, magnesium, zinc, and copper were linked to a lower risk of death from heart disease or stroke, and an overall lower risk of dying during the average six years of follow-up. But these findings were true only when the nutrients came from foods, not from supplements.

Often times, this distinction between food-based and supplement-based nourishment is lost on consumers, and even current research focused on how supplement intake impacts the body is complete. “In food, the body can regulate and limit the absorption of nutrients,” notes Fang Fang Zhang, the study’s senior author and an associate professor at Tufts University. “In supplements, the body doesn’t have the same regulatory impact.”

The U.S. Food and Drug Administration (FDA) regulates all supplements as foods rather than medications, meaning that supplement producers do not have to test their products for safety or effectiveness before selling them. This can have potentially life-threatening implications, as echoed in Zhang’s research. “The study found that taking at least 1,800 milligrams of calcium daily from supplements was associated with an increased risk of death. This was not true of calcium from food.”

This is not to say that all supplements are useless, harmful or produced with ill intentions. As dietitian Samantha Heller notes, “No single nutrient is going to solve our health issues. But there are times where supplementation with vitamins or minerals is necessary and important.” This is especially applicable for specific lifestyles, such as veganism, in which shortages of vitamin B-12, vitamin D and omega-3 fatty acids are common. In such cases, supplements that the body is capable of utilizing properly can be used effectively in tandem with a healthy diet.

Making informed judgments about which supplements are available to us is therefore necessary and very much consumer controlled. The FDA recommends that consumers exercise caution when supplements advertise benefits that appear too good to be true, such as those that promise to “cure” or remove health conditions, as well as removing any mental associations between a “natural” label and the safety of a product. Health care professionals should always be consulted before beginning or stopping regular intake of a dietary supplement to verify safety.

Why do people have ‘types’ in romantic partners?

Samarah Paulino

Whether it be someone who has a good sense of humor, is responsible or has a “dad bod,” everyone has their own “type.” It’s no mystery that people like certain traits and are often attracted to others that have them. But what makes these characteristics something we find appealing? Why do we like emotionally unattractive people? What is it about glasses that so attract some people? There are many factors that contribute to our preferred types, but one of the main reasons behind this phenomenon is that we seek out people who have similarities to our childhood role models.

Growing up, we often associate our parents with comfort and security. This association is reflected in the types of people we choose to have as partners. We look for the same comfort and security that our parents once gave to us, in turn making us want to have an attraction to people with similar characteristics as our parents, both physically and personality-wise.

According to a paper by professor A.C. Little at the University of St Andrews, we may also look for partners who have physical traits and personalities similar to our parents because they are traits that our mind associates with relationships and the emotions involved in them. People tend to be attracted to those traits because they want to feel the same emotions that they felt with the main relationship they had as a child – most often their parents. We expect that those emotions we had as children are the same emotions we should feel when it comes to every other relationship.

Growing up, if you were often told what to do and ordered around, your “type” might include people who are dominating or bossy. If you always got what you wanted, your “type” might include people that are willing to spoil you. Looking for a partner with similar traits as your parents can lead you to being attracted to the negative traits that they may also possess. Psychologist Kalani Ben-Ari explained in an interview with This Talk how we may try to have a partner with the same negative traits as our parents in hopes of receiving what we wish we had from them while growing up. For example, if you had reserved parents, you may tend to look for a similarly reserved partner in hopes of being affectionate toward you.

The purpose of this kind of attraction is, as Ben-Ari states, “to heal and grow from the past and to live in a mature loving and conscious partnership.” Another reason behind having “types” stems from our own personalities. When looking for partners we may also look for people who have personalities that complement our own. Outgoing and assertive people, for example, may be attracted to people who are shy and submissive.

The reason for this is not simply because they complement our personality, but also because of how their defenses complement our own. Our defenses have roots in early childhood; we created them as a way to help us cope with traumatic or painful experiences and to prevent them from ever happening again. According to Psychology Today, we look for people that will support those defenses. For example, we may be attracted to people who reassure insecurities that were created by our defenses. This is what causes us to be attracted to “toxic” people.

Another reason, our “types” are reflective of our childhood experiences. Whether they were good experiences or not, we look for a partner that we think will give us the same feeling we had as children, even if it means being attracted to people with personalities or physical qualities that our parents have.
As all cursed and evil things do it started as a friends-with-benefits situation, not because someone was a horse being blindly led towards a path of water (sex). It was the result of a string of sticky summer affairs and teenage hormones. I was a weak, unstable young woman, and agreed to a "PWE" situation. The sex was banter, Puke and peck and nobody caught feelings.

Until we did. In fact, we felt so hard and so fast that the relationship ended three weeks after it started. I cried for 20 minutes in my mother's black Toyota Corolla and then moved on with my life.

Unbeknownst to me at the time, this ex of mine entered a "relationship" with me mere weeks after breaking off a previous situation. After my tryst with Ex No. I, I fell for a beautiful and charming AP English Literature and Composition class who turned out to be the ex of Ex No. I. We met, flirted and I laid my rizz on thick. I was unsure of her feelings towards me until we kissed in the street in front of her house. We dated passionately for about a month. I was prepared for the onslaught of betrayal I was about to experience. She was still in love with her ex, who was now coincidentally also my ex.

Now, I would have been somewhat happy and I quickly developed a crush on the one she had identified. But before I could pursue my crush, one of his roommates started firing at me. At first I thought he was just being funny and mistook his interest in me for a genuine desire for friendship. However, he quickly made his intentions clear and while on his door to ask for a favor and he opened the door while on the phone with somebody. Before I could say anything, he turned the phone towards me and enthusiastically said, "Say hi to my girlfriend!" I had to hold back my laugh and quickly ran to my roommate to tell her what had happened.

Honestly, I'm not even mad, I just don't understand.

The strangest date

Riley Burke

I was barely 18 and I was far from home at George Washington University when I transferred from a dorm party. I met a boy from a neighboring school at a friend's dorm party. He was charming in an awkward sort of way, the kind of boy who could only expect from a boy double majoring in philosophy and government at Georgetown University.

He asked me out on a real date. That was new for me. He wanted to take me to a place where he'd never been on a single date. So I said yes.

They chatted as we waited for an Uber and I fired off the many sounds of trying to get a word in otherwise. Suddenly, I was a third wheel on my real date. He sat up front with the driver, while I sat silently in the back with his friend.

Once we arrived on the sprawling museum property, I recall it being hard to keep pace with the boys. They recall their conversation far surpassing the limits of my own intellectual capabilities. I stayed quiet and behind them. They smoked cigarettes in front of priceless outdoor art installations and got yelling at something in front of the priceless outdoor art installations.

By the close of the day, we found ourselves immersed in an avant-garde soundscape installation that paired sounds with lights. The boys began to flirt with the Baroque opera. There were chopper blades and the sound of destruction. I looked at the two boys with me on this "date." I couldn't help but think: Why the hell am I here?

U NAVIGATE: NEW MESSAGE

To: a@umail.ucsb.edu
Subject: In the small things

Dear A,

It was a few weeks after I broke up with my ex-boyfriend, the one that I thought I truly loved, when I told you that I didn't believe in love anymore. It was a lie, but I believed this feeling didn't leave the confines of my body for the longest time, not even while reading Sapho's poetry and watching conversations between Eleanor Roosevelt and Evie Tuckerman. Until last week, I'd been crossing out campus while slipping my PDA under my arm (you know Paj and Aurora, snapping the PDA I passed on my walk to Phelps Hall and the couples holding each other in the library (time and place).

This was until I unknowingly stepped through a couple of hands during lunch rush in the architectural-mishap hallway in Grevena Hall. A, I think that I was snuck into some sort of PDA. I was out on the other side of Isla Vista. I don't know what exactly changed at that moment, but I felt as though the part of my heart that dried up like preserved tea had been reawakened.

I see it in the ways that I pass rows and racks of too many bikes and not enough spaces, where people lock their bikes together, fight against each other, live in a lovely, beautiful way. The bikes are in love, and I watched it unravel, piece by piece. I see it in the darkest nights of Isla Vista, when girls laugh in tandem – their eyes are so full of it that it spills out as kind of a huddle as they give out to each other. I see it in a group of friends race down the 66 block on their bikes, warm wind tousling their hair, cheeks going red, lighting up the gravel on the street. A, I see it on my walk to Emboucherado Hall, when a girl on a patio sprays a hose with the sunrise and the cluster of yellow flowers, a ritual that live on your floor?

I'll be the duck to your duck in the duck pond.

Aries

CAPRICORN

December 22 - January 19

I'm going to start looking at love in a different way, A. I'm on the run from the cluster of yellow flowers for my poor Capricorn heart, and I want to get away from the sun shining the like sun shining up the diamonds gleaming over the house.

Isla Vista is love. Every corner, every crash, every carefree gesture is filled with it, with it, and it leaves me with a stupid, dumbstruck expression on my face every time I see it. We happen. We are so deeply human here, in this little town. This Valentine's Day, A, I'm going to start looking at love in a different way, from the cluster of yellow flowers, and get away from the sun shining the like sun shining up the diamonds gleaming over the house.

Let's share tenderness together.

Send