THURSDAY, APRIL 13, 2023

UNIVERSITY OF CALIFORNIA, SANTA BARBARA

EST. 1930

WWW.DAILYNEXUS.COM



Partygoers flock to Del Playa Drive on Deltopia weekend, crowding the streets on Saturday.

Nisha Malley County News Editor Holly Rusch Lead News Editor

Deltopia weekend returned in full force this year, as an estimated crowd of 15,000 descended on the streets of Isla Vista for the annual unsanctioned street festival.

The Santa Barbara Sheriff's Office (SBSO) observed that "crowds were largest on Saturday and significantly higher than last year's event" in its 2023 Deltopia Weekend Recap. Out-of-towners also flocked to the area, partly due to the promotion of Deltopia through groups like Poppin, with representation from students at UCLA, UC Davis, USC and UC Berkeley.

Arrests and citations climb to **2014 levels**

SBSO and the California Department of Alcohol and Beverage Control made 23 arrests and 151 citations over the weekend, a level not seen since the mid-2010s, according to figures provided by

I.V. Foot Patrol Lieutenant Garrett TeSlaa.

"Deltopia is unfortunately back as an event," TeSlaa said in an April 11 briefing to the I.V. Community Services District (IVCSD). "This was a significant strain on emergency services and was a significant strain on the city of Goleta and on the county."

IVCSD Director Spencer Brandt said he was "very concerned" by the 300% increase in citations handed out by the Sheriff's Office, calling it a "step backward" for community safety.

"We have to shift away from their strategy of doing really heavy enforcement of these minor crimes. It's not how UCSB does it when they have disciplinary issues on campus in the residence halls," Brandt said. "They have a much more restorative approach than what we see with the citations that inherently involves the court system, and it's just not appropriate."

SBSO issued 106 citations in total, mostly for open container or minor in possession violations. For

19 of those citations, people were offered the option to participate in a restorative justice program to waive the offense from their permanent record.

also policed the event, writing six citations on Friday and an additional 40 citations on Saturday. Last year, SBSO and its partner

Alcohol Beverage Control

agencies made four arrests and 34 citations during Deltopia.

Emergency response receives overwhelming medical calls

The weekend's events overwhelmed all first responder agencies. 60 medical calls were made on Saturday, twice as many as the entire weekend of Deltopia 2022. Emergency personnel made 33 medical transports, three times more than last year.

"Sometimes we were so busy that we were stuffing two people into one ambulance," TeSlaa said at the April 11 meeting.

First responders used naloxone to save two people from overdose on

Deltopia p.5

Core Spaces Tenant Association torms in response to mass eviction

Mark Alfred University News Editor

The Santa Barbara Tenants Union announced the formation of a Core Spaces Tenant Association in response to the real estate firm delivering eviction notices to hundreds of people residing at CBC & The Sweeps in an April 9

"Your company Core Spaces and executives such as Scott Stager, Christine Richards, and Marc Lifshin may not understand the humanitarian crisis you are causing. Many of us have small children and elderly family members under the same roof," the April 9 letter announcing the tenants union's formation read.

The March 16 announcement of the mass eviction left scores of families and students scrambling to find new housing in the coming weeks. Local leaders decried the evictions, and have since bolstered protections for tenants countywide.

"Those of us forced onto the streets as parents could have our children taken away," the letter read. "For those Core Spaces executives with families and children, we ask what you would do if we were displacing you and you lacked the economic ability to secure alternative housing for your family. What would you

Core Spaces Tenant Association (CTSA) alleged Core Spaces increased the number of security guards at the complex following its purchase, causing residents to feel less secure.

"Security guards are always watching us now, following us, taking photographs of us and our possessions, looking into our windows, watching us at weekly tenant meetings, taking down our informational flyers," the letter alleged.

Core Spaces' Managing Director of Marketing and Communications Kim Lyons attributed the increased security to threats made to staff members after the evictions were announced, and said it investigated the claims made by CTSA and found no evidence of such instances.

"Threatening messages have been sent to our employees and company, which ultimately led us to increase the security presence on-site as the safety of our residents and staff is of the utmost importance to us," Lyons said in a statement to the Nexus.

CSTA described the evictions in the letter as an act of greed and lamented the struggles families and students may face as a result of the displacement.

"We believe your core value is profit maximization at the cost of existing communities that get in your way," the letter continued. "Many of us are students who will have to drop out of school because of this; many are essential workers who work in hospitals, mechanic shops, landscaping, restaurants and we will have to quit our jobs. If you believe in community and value people, stop this mass eviction."

Trans & Queer Commission kicks off UCSB Pride 2023 with Queer Fest, Trans town hall



Attendee browses stickers at Trans & Queer Commission's booth at Queer Fest.

Asumi Shuda Community Outreach Editor

The Associated Students Trans & Queer Commission held a Queer and Trans town hall and Queer Fest on Monday, April 10 kicking off its annual UC Santa Barbara Pride Week.

Queer Fest, held in Little Acorn Park with about 200 attendees, featured live music from local artists like Redd, arts and crafts stations to build charms and bracelets, and 13 business vendors selling Pride stickers, stationary and other merchandise by

LGBTQIA+ students. Isla Vista good time with the community," Recreation and Park District Halder continued. (IVRPD) and the Santa Barbara Arts Fund collaborated to hold the free public event.

"We wanted an outlet for LGBTQIA+ student vendors to sell their materials, to get support, to be seen, to network, to connect with people," Trans & Queer Commission (TQC) co-chair and fourth-year English and sociology double major Anusikha Halder said.

"Also [the festival was] to have a space and event where people can really enjoy themselves, relax, de-stress and have a really

Third-year environmental studies major and TQC Pride Commissioner Isabella Ramirez was proud that Queer Fest kicked off UCSB Pride 2023, a weeklong event that features a vogue dance workshop, an LGBTQIA+ focused clothing swap, Queer Prom and a free drag show.

"We wanted this to be open to the public so people can enjoy it, and we really want it to be a chill event to kick off our Pride Week," Ramirez said.

During the event, IVRPD unveiled a permanently installed mural celebrating Pride and the LGBTQIA+ community, something IVRPD Recreation Coordinator Sophia Lake said was an exciting element of Queer

"One of our main goals is to increase the art in our parks because public art is such an incredible thing that really brings communities together," Lake said. "We wanted to commemorate both Pride Week as well as the LGBTQIA+ community within

Isla Vista through the mural." The mural artist, Dez Porter, said the artwork's concept was UCSB Pride 2023's theme: "The Future is Queer," expressing enthusiasm about having the mural permanently installed in

Little Acorn Park. "I want [people] to be proud and excited that something like this is happening," Porter said. "I actually am born and raised in Santa Barbara, so for me, it's exciting knowing that something

like this is here." The mural depicts two androgynous characters holding hands while looking out into the sky, illustrating feelings of hope and optimism, Porter said. The characters are also donning flower gowns, taking inspiration from Marsha P. Johnson - a prominent activist in the 1960s gay rights movement – and the flower crowns she wore during the Stonewall Riots of 1969.

UCSB Pride 2023 *p.3*



Weekly goings-on in and around Isla Vista

Asumi Shuda Community Outreach

The Asian Resource Center begins Healthy Asian Pacific Islanders support group

The Asian Resource Center is kickstarting its Healthy Asian Pacific Islanders community safe space, announcing its weekly topics for Spring Quarter 2023.

Founded by the Asian Resource Center, the Healthy Asian Pacific Islanders (HAPI) community space is a weekly drop-in group for Asian Pacific Islander Desi American-identifying students to discuss topics about mental health, join an environment of support and learn about resources available on campus.

The group will begin using the space this week with a "Welcome to HAPI & Happy [South East Asian (S.E.A.)] New Year" about introductions and the S.E.A. New Year holiday.

A.S. Trans & Queer Commission hosts UCSB **Pride 2023**

The Associated Students Trans & Queer Commission is hosting UCSB Pride 2023 from April workshop about cooking on

"Our theme 'The Future is Queer' celebrates the trailblazing spirit of our community and the queer excellence we bring to this world, as well as recognizing the struggle for queer rights and visibility that must go on," the event's post caption read.

The commission is holding a fashion show featuring two local drag queens in Santa Barbara on April 13 from 6:30-8:30 p.m. at Corwin Pavilion. There will be opportunities for contests, games and voting decisions at the event.

The week will also feature a free transgender and queer clothing swap on April 14 from 12-3 p.m. at the Student Resource Building (SRB) lawn.

The events will continue with Queer Prom on Friday, April 14, from 8-11 p.m. at the Hub at the

UCSB Pride 2023 concludes with a free drag show on April 15, from 7-9 p.m. at Campbell Hall featuring Monét X Change and local Santa Barbara drag

Health & Wellness hosts transgender authors

a budget

In collaboration with Food, Nutrition and Basic Skills and Thrive advocates, Health & Wellness is hosting a workshop about cooking on a budget on April 17 from 3-4 p.m. at the SRB multipurpose room.

"This week join the Food, Nutrition and Basic Skills (FNBS) and Thrive Advocates to showcase easy and affordable recipes that require little to no cooking," the Shoreline description read. "Learn about shelf stable ingredients, food resources, and ways to make quick and nutritious meals."

DSP, Koegel Autism Center discusses dating for people on autism spectrum

Health & Wellness is hosting a discussion on dating and relationships for people on the autism spectrum on April 18 from 5-7 p.m. at the SRB in room 1103. The workshop is in collaboration with the Disabled Student Program and the Koegel Autism Center.

Women's Center hosts giveaway of books

The Women's Center is beginning Trans Week of Visibility with "Trans Tales" on April 19 from 2-3 p.m. on the third floor terrace at the SRB. The event is in collaboration with the Resource Center for Sexual and Gender Diversity and novels will be given out first come, first serve, following a discussion.

The books are all authored transgender, gendernonconforming and nonbinary authors and all feature characters identifying with the community.

Health & Wellness hosts community circle **QTBIPOC** students

Health & Wellness is hosting a Queer and Transgender BIPOC Community Circle on April 19, from 4-5 p.m. at the Health & Wellness and Women's Center Community Room.

The community circle is a safe space for QTBIPOC identifying students to share experiences. The event will also incorporate breathing, movement, journaling and group-share exercises to practice self-care and build community.

8. Sharpen, as a sword

3. UV-absorbing layer

"applied" or "pure"

2. Name that becomes a gas if

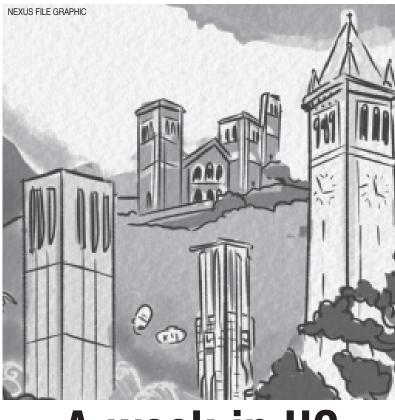
5. S.T.E.M. field that can be

DOWN

1. Type of lens

you add an "e"

4. Charms



A week in UC student news

Alex Levin Asst. News Editor

UCLA Pediatric AIDS Coalition hosts annual Dance Marathon

The UC Los Angeles Pediatric AIDS Coalition hosted its yearly Dance Marathon last week, a 19-hour fundraising event dedicated to supporting HIVaffected children worldwide.

The event took place at UCLA's Pauley Pavilion from 12 p.m. on April 8 to 7 p.m. on April 9.

Activities at the Dance Marathon included interactive education, sponsor booths, live performances, guest speakers and its annual morale dance, according to the Pediatric AIDS Coalition (PAC) website.

"It was just so exciting to see the amount of people who come together to support such a big cause such as pediatric AIDS, especially because it is so stigmatized," third-year psychobiology major and Dancer Relations/Color Captain Isha Das told the Daily Bruin. "Seeing more and more people really understand the reality of it and how it can be eradicated from the world is really exciting."

PAC raised \$118,413.83 at this year's event, surpassing last year's 7. Part of LGBTQIA+, informally total by nearly \$6,000, the Daily Bruin reported.

Three UC Davis students killed in multiple-vehicle collision

A series of collisions on Highway 99 in San Joaquin County led to the deaths of three UC Davis students on the morning of March 31, the California Aggie reported.

A black Honda Accord driving southbound on northbound lanes collided with a Subaru Impreza that the three students were driving, according to the Aggie. The impact caused the Subaru to veer to the side and ultimately come to a stop facing southbound in a northbound lane, where a Chevrolet Suburban

collided with the Subaru head-

All three students were killed on the scene, as was the driver of the Honda. The driver of the Chevrolet sustained major injuries and was taken to a nearby hospital.

Both the Honda and Chevrolet drivers were suspected to have been under the influence of alcohol or drugs at the time of the crash.

"We are absolutely devastated and struggling to come to terms with such immense loss," UC Davis Chancellor Gary May said in a press release. "On behalf of the UC Davis community, we send our condolences to the family, friends and others who knew and loved them. Our Aggie family shares deeply in your pain and loss."

UCSD School of Biological Sciences to eliminate discussion sections

The UC San Diego School of Biological Sciences announced that the majority of its courses will no longer hold discussion sections beginning Fall Quarter 2023, according to the UCSD Guardian.

For biological science courses that continue to host sections, the ratio of students to teaching assistants will be approximately

100 to one. Many faculty members within the department have spoken out against the removal of sections, including six professors who endorsed a petition to reinstate sections, the UCSD Guardian reported.

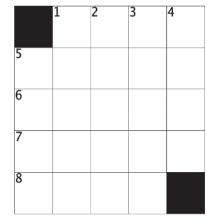
"Within the biology department at UC San Diego, our discussion sections are the foundation of the university's quality of education, the formation of the student community, as well as student well-being," the petition read. "Making this drastic of a change will be detrimental to all three aspects of education in the biology department at UC San Diego."

Kyle's Kitchen

GET A BOX OF 20 **AWARD WINNING** CHICKEN SANDWICHES FOR YOUR GROUP!

Email Danielle@KylesKitchen.com to ask questions & receive **\$50 off** your order!

Daily Nexus Crossword



David Litman Crossword Creator

ACROSS

- 1. Cat comment
- 5. Bread eaten at Passover
- 6. Sneeze sound

Crossword answers can be found on our Instagram @dailynexus



WWW.DAILYNEXUS.COM

Editor in Chief | Atmika lyer Managing Editor | Emily Kocis Production Editors | Olive Howden,

Asst. Production Editor | Claire Tseng Lead News Editor | Holly Rusch Deputy News Editor I Sindhu Ananthave

Community Outreach Editor | Asumi

County News Editor | Nisha Malley University News Editor | Mark Alfred Asst. News Editor | Alex Levin Data Editor | Stella Jia Asst. Data Editor | Siddharth Chattoraj

Opinion Editors I Toni Shindler-Ruberg, Amitha Bhat Asst. Opinion Editors | Suryaansh Dongre, Elizabeth Lee Sports Editors | Garret Harcourt, Preston Espar Asst. Sports Editor I Isaiah Ochoa Artsweek Editor I Isabella Chichioco

Asst. Artsweek Editors | Lauren Chiou, Stella Mullin On The Menu Editors I Chace Duma,

Stephanie Gerson

Asst. On The Menu Editor | Abigail Science Editor | Emma Holm-Olsen Asst. Science Editors I Olivia Gil de

Bernabe, Meenakshi Manoi

Photo Editors I Sydney Haupt, Maddy Daily Stench Editor | Sierra Vakili Asst. Daily Stench Editors | Valerie Fu, Kathleen Santacruz, Faith

Talamantez Art Directors I Audrey Kenyon, Ruhika Nandv

Asst. Art Director | Julie Broch Director of Social Media Strategy | **Bridget Weingart** Social Media Managers I Alice Hu,

Noah Lyons Chief Copy Editors | Sophie Lynd, Jesse MacDonald, Grace Liu Copy Editors | Elisa Castillo, Tatum Agnew, Emily Yoon, Samuel Liu, Sneha Cheenath, Emily Machado, Jessica Chu Web Editors | Rowan Tran, Ian Wen Diversity, Equity & Inclusion Chairs Pricila Flores, Devanshi Tomar Video Editor I Joshua Yepez Martinez Asst. Video Editor I Citlali Ibarra La Vista Editor I Mari Villalpando-

La Vista Copy Editor I Angelica

Monroy

The Daily Nexus is an independent, student-run newspaper, published on Thursdays during the academic year, with articles published online daily. Opinions expressed in the editorial pages, News and other pages do not necessarily reflect those of the Daily Nexus, UC Santa Barbara, its faculty or student body. Advertising printed herein is solely for informational purposes. Such printing is not to be construed as a written or implied sponsorship, endorsement or investigation of such commercial enterprises or ventures by the Daily Nexus.

Corrections Policy: To call an error to the attention of the editor in chief, send a written statement detailing the correct information to eic@dailynexus.com. The Daily Nexus publishes all corrections of errors

Readers interested in submitting a piece to the opinion section should do so by emailing opinion@dailynexus.com with the subject line "Article for Outside Opinions." All op-ed submissions are subject to edits by the editorial staff. Articles should be between 800-1200 words. The Daily Nexus will not publish press releases or pieces that solely

serve to advertise an event or organization, or any submissions from those outside of the **UCSB** and Isla Vista residential

communities. The Daily Nexus follows the University of California's antidiscrimination codes. Inquiries about these policies may be directed to Ricardo Alcaíno. director and affirmative action officer at UCSB's Office of Equal **Opportunity & Discrimination** Prevention, via phone at (805) 8233-2701.

Printed at the Santa Barbara News-Press printing facility in Goleta.

"Anyone have anything funny?"

Contact Us

News Office: Phone: (805) 893-3828 News tip: (805)-380-6527 *Email:* eic@dailynexus.com **Advertising Office:** Phone: (805) 893-3828 Email: meyer-l@ucsb.edu

University of California, Santa Barbara PO Box 13402 UCEN Santa Barbara, CA 233106

Additional contact information for individual sections and editors can be found at www.dailynexus.com.

JOIN THE PRODUCTION TEAM!

The Daily Nexus is hiring PRODUCTION INTERNS to assist in creating our weekly layout.

- 2 open positions (paid \$12 per page)
- Looking for someone detail-oriented
- Experience with Adobe InDesign, Photoshop preferred

Contact production@dailynexus.com for more information

UCSB reports record \$1.3B income for 2021-22 year, meeting climbing costs

Mark Alfred University News Editor

UC Santa Barbara's total income climbed to \$1.3 billion and its expenses to \$1.29 billion during the 2021-22 fiscal year both record-high totals that showcase the growing nature of the university as it spent more on student services, instruction and financial aid than ever.

The sum, held in over 4,400 monetary funds, was collected largely from students and state taxes. The campus reports its income and expenses in the campus profile released annually, which details a breakdown of funding sources and where that money goes.

Campus Income

UCSB collected \$1,301,077,000 throughout the last fiscal year, which is nearly \$200 million over the campus' income the year prior. The largest source stemmed from money students paid in fees and tuition – \$467.6 million in total and over \$16 million increase from the year prior.

Revenue increased anticipation of a slew of rising costs, including compensation increases mandated by collective bargaining agreements, and burden of any increased costs employee health and retirement onto students utilizing the benefits, outlined in the campus' budget manual.

Direct funding from the State of California continued to make up a declining portion of the campus' budget, falling from 43% two decades ago to 24% last year. The dollar amount of support, while slightly greater than it was 20 years ago, holds less value when adjusted for inflation.

In light of stagnating state funding, UCSB continually seeks out millions of dollars in private philanthropy – over \$1.6 billion in the past two decades - from both small donors and multibillionaires alike. The campus recently announced a new fundraising campaign that aims to raise \$2 billion over the next seven years to help soothe funding shortfalls.

UCSB brought in \$144 million from auxiliary enterprises, services offered to students unrelated to education, among them campus housing, dining halls and parking. The budget manual indicates that none of the funding for auxiliary services.

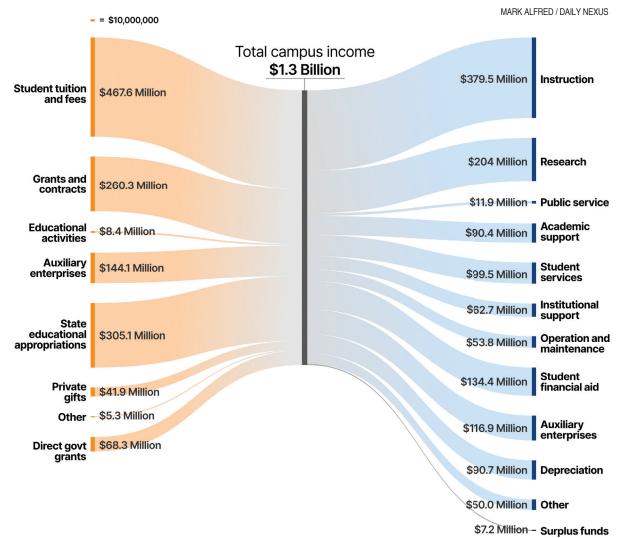
Campus Expenses

The largest allocation within the campus' billion-dollar budget went to the instruction and education of students -\$379.5 million in total. The next largest allocation, \$204 million, was put towards campus

Student services - including counseling, career guidance and student health - are paid for by students at a fee rate set by the UC Regents included in students' tuition. Last year, the campus spent nearly \$100 million on such services.

Around 28% of money generated from undergraduate student fees are allocated toward students' financial aid. UCSB students received \$134.4 million in aid during the last fiscal year, an all time high for the campus.

UCSB brought in \$7,234,000 more than it spent last year, and the surplus money was used to pay the campus' debts and other expenses including "capitalized expenditures and equity payments supporting the enterprises is provided by the capital program," according to State of California, putting the the campus profile.



The campus reports its income and expenses in the campus profile released annually, which details a breakdown of funding sources and where that money goes.

UCSB PRIDE 2023

Continued from p.1



TQC and IVRPD unveils the mural created in honor of UCSB Pride 2023 at Little Acorn Park.



Community member examines T-shirt displaying the UCSB Pride 2023 theme: "The Future is Queer."



Student vendor displays LGBTQIA+ inspired merchandise as Queer Fest comes into full swing.

"It's supposed to be hopeful and looking out into the promise of the future, super optimistic," they said.

Lake said it's especially pressing to celebrate Queer joy amidst the current political climate of the country. There have been over 100 anti-LGBTQIA+ bills filed in 22 states this year as of January 2023, according to NBC News.

"Especially with the anti-trans, anti-LGBT legislation around the country right now, we wanted to show our support and show that the community loves and accepts them and we're just a stronger community altogether," she said.

Porter echoed Lake's sentiment, speaking to the importance of having a unified front as a community against discriminatory legislation.

"When these types of topics get brought to the forefront in the mainstream media, the mainstream media takes over and has a larger voice than us, which can be discouraging," Porter said. "So I think that [events] like this are really important to come together and have a unified

voice." A quarterly town hall hosted by TOC before Queer Fest aimed to create a space for the commission to hear feedback and make UCSB's LGBTQIA+ community feel "safe and seen," according to third-year sociology and political science double major and TQC co-chair Angellina Querol.

The town hall, held in the MultiCultural Center lounge, began with Halder prompting attendees to share their favorite television series with LGBTQIA+ representation and offering reassurance that the event was a

"TQC holds a town hall every quarter to emphasize the fact that we're here for you," Halder said. "You have a voice, you have advocacy and we're advocating on behalf of you. So this is your time and place to raise issues."

Halder spoke to the history and work of TQC and spotlighted third-year writing and literature major and Resource Center for Sexual and Gender Diversity (RCSGD) Outreach Coordinator Mikayla Buhbe to share RCSGD's work as well.

Buhbe highlighted RCSGD's lounge space with physical resources like food, free printing, free menstrual supplies, safe sex supplies and more, as well as confidential counseling. She then spoke to the various social and educational event programming of the center, spotlighting the events coming campus. up for Trans Week of Visibility.

"Our goal is to serve as broad of a net of a community as we can," Buhbe said during the town

In discussing how to offer support to LGBTQIA+ people in the face of harassment on campus, Halder pitched a potential safety seminar inclusive to students of color without police involvement and as healing spaces for different marginalized communities.

"Oftentimes, [community healing sessions] serve as memorials or are in response to a tragedy, which is really important, but I think it's also important to recognize the stress our students are continuously put through in our communities," Halder said during the town hall.

The town hall participants chimed in with their own suggestions, including hosting self-defense classes for transgender community members. Buhbe mentioned potential listening sessions at the RCSGD to discuss how to center social justice on campus.

"The idea behind those [sessions] are group discussion spaces and meetings about what the campus could look like if it was built around social justice work," Buhbe said during the town hall. "So we have an anonymous feedback survey that's on our social media to get a sense of what we're looking for ... and I think that student safety

can absolutely be touched on." Halder then asked the group what would make LGBTQIA+ spaces at UCSB feel more accessible and welcoming, and the group discussed the installation and evolution of the gender neutral bathrooms on

"The new building's [gender neutral] bathrooms have been the best bathrooms on campus, so thank you for advocating for those," an attendee said in reference to the gender neutral bathrooms at the Interactive

Learning Pavillion. Another attendee urged for an accessible resource guide that outlines the different healthcare and medical options available for

transgender students on campus. Halder said the town hall helps the commission be a more accessible resource for

LGBTQIA+ students. "Going forward, commission is really going to push forward in making resource guides and reaching out to people and having more community healing spaces, so people feel connected ... to something that has existed, they just haven't



Local artist Redd performs covers and original songs for the crowd at Queer Fest.



One of the 13 student vendors speaks to passers-by at Little Acorn Park's Queer Fest.



limitless. Our J.D., Hybrid J.D., and M.A. in Law degrees prepare graduates for emerging opportunities in the legal field.



Learn more at CollegesOfLaw.edu Santa Barbara | Ventura | Hybrid | Online

THE COLLEGES OF LAW Built for You.

UCSB Rec Cen reopens Fitness Center 2

Alex Levin Asst. News Editor

The UC Santa Barbara Recreation Center reopened Fitness Center 2 – the workout room located in the Multi-Activity Court - on April 4, over three years after its initial closure, nearly doubling the amount of weightlifting space.

Fitness Center 2 (FC2) contains six squat racks, three Olympic weightlifting platforms and seven treadmills, as well as other cardio machines and additional weightlifting equipment.

FC2 initially closed on March 19, 2020, when the Recreation Center (Rec Cen) halted operations at the

could reopen, UCSB Design, Facilities & Safety Services inspected all campus buildings in January 2021, according to Cathy Czuleger.

FC2 was among several Rec Cen spaces that initially failed the airflow inspections.

areas that reopened in the summer of 2021 after minor improvements, FC2's heating, ventilation and air conditioning current HVAC (HVAC) issues required lengthier repairs, Czuleger said.

"The repair needs for FC2 encompassed total HVAC system replacement, not just

onset of COVID-19. Before tweaks and simple repairs like the Rec Cen's indoor spaces the other spaces," Czuleger said in an email statement to the Nexus. "The reopening was delayed due to the time to ensure proper air circulation it has taken to get through a bid process for a large campus Interim Director of Recreation project, and the current delay of not being able to get delivery on the needed HVAC units themselves."

"This is due to the global However, unlike other workout supply chain issues still wreaking havoc from COVID-19 shutdowns," she continued.

Czuleger added that the solution allowing FC2 to be open is only temporary.

"Current reopening of FC2 is due to a temporary repair performed by the contractor that will install brand new HVAC units upon their arrival in August 2023," Czuleger said. "Since we already had a contract in place with this company, they were allowed to perform this temporary repair to allow the space to reopen."

The room's reopening nearly doubled the amount of weightlifting space in the Rec Cen, largely resolving the complex's overcrowding problems.

"For once I can finally say we don't have an overcrowding issue, because it got eliminated so fast from the opening," thirdyear communication major and Rec Cen employee Kylie Chang said. "There is barely an overcrowding issue now."

Santa Barbara County proposes sites in Isla Vista, JCSB to rezone for housing

Nisha Malley County News Editor

Santa Barbara County recently moved to include land owned by UC Santa Barbara and located in Isla Vista to its list of proposed sites for new housing construction.

Santa Barbara County (SBC) Planning & Development presented changes to the Housing Element Update – a comprehensive plan that directs land zoning, analyzes community housing needs and establishes goals, policies and programs to facilitate development - at the April 4 Board of Supervisors

By state mandate, SBC must identify sites to accommodate a minimum of 4,152 new units within unincorporated areas of the south county between 2023 and 2031. The number represents an eight-fold increase from the last cycle, reflecting a historic regional housing deficiency.

The county first presented the draft to the public on Jan. 30 and received over 430 letters over a 30-day public comment period.

SBC Planning & Development Director Lisa Plowman said the public offered a broad range of feedback, from people who voiced support of converting agricultural land or the golf course to those strongly opposed to the development of open spaces.

"They talked infrastructure and traffic concerns; they talked about water. They opposed conversion of agricultural land; they promoted sustainable development," Plowman said. "I think we got a lot of good information from that process which resulted in changes that we've made to the Housing Element.

The revisions include 19 additional sites that the Board of Supervisors may consider for rezoning, seven of which are county-owned, one of which is located in I.V. and three of which are UCSB faculty and staff housing projects.

The 19 new sites can accommodate 2,151 units – broken down into 518 lower-income. 666 moderate-income and 967 market-rate units. Altogether, the proposed sites accommodate more than 7,000 units, far above the state's requirement of 4,152.

Plowman said the department identified "more sites than necessary" to mitigate any risk of the county falling short of its fair housing allocation and to give the Board of Supervisors greater selection of viable sites to rezone.

"What this does is really expands the range of options that the board can consider when you're looking to rezone properties to meet the [Regional Housing Needs Allocation]," Plowman said.

The amended draft identified the vacant lot by Friendship Manor

 a senior living community on El Colegio Road – for development.

SBC Planning & Development worked with UCSB to include faculty and staff housing projects Ocean Road, Devereux North Knoll and Ocean Walk that will contribute 835 units total to the Housing Element. Student housing may not be counted toward meeting state housing requirements, but faculty and staff housing is "fair game," according to Plowman.

While only one of the UCSB projects is currently under construction - Ocean Walk -Plowman said the university has indicated that they "believe these units will be built in the next eight year cycle."

"I think us including it in the Housing Element and talking about it and working with the university to support them in terms of getting it developed is beneficial," Plowman said. "But those are only as good as they are on paper, and if the units don't get built, we're in the same situation we are now."

Joan Hartmann, 3rd District Supervisor, who represented the area of I.V. and UCSB before redistricting in 2022, pointed out that the university promised 1,800 faculty units by 2025 in compliance with the Long Range Development Plan (LRDP) and promised to accommodate 5,000 additional students in campus housing.

"I'm very glad that you were able to get a commitment for their 735 units of housing," Hartmann said. "However, they really owed us 1,800 by 2025."

The county and the city of Goleta are both in open litigation with the university over alleged violations of the LRDP.

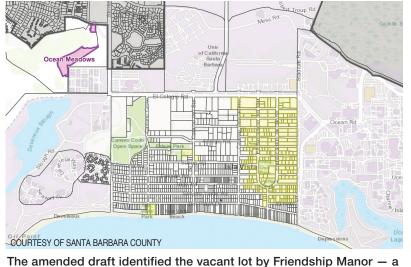
Hartmann continued that the rent burden and overcrowding in south county is the "failure of UCSB to build 1,800 new units" and called for avenues to "apply pressure" on the university to "follow through on their commitment."

Laura Capps, 2nd District Supervisor, said the university's inability to provide sufficient housing has pushed students into I.V. and the surrounding area and displaced long-term residents.

"UCSB's inability and negligence and not living up to the goal that they established for student housing has really impacted [the community]," Capps said. "Students are now living in Goleta. Students are living in Isla Vista in complexes that were traditionally families."

The rezones are required to be completed by Feb. 15, 2024, and SBC anticipates the Board of Supervisors will adopt the Housing Element Update by late 2023.

The public will have opportunities for participation at two public comment hearings on the Program Environmental Impact Report.



senior living community on El Colegio Road — for development.

DELTOPIA Continued from p.1

Saturday, according to preliminary statistics from the Sheriff's Office. One person was hospitalized and remains in critical condition as a direct result of Deltopia activity, TeSlaa said.

Three people fell from balconies, with two cases requiring hospitalization, according to TeSlaa. No cliff falls were reported.

SBSO reported two felonious assaults on law enforcement officers, six people taken into protective custody for public intoxication, four people arrested for fighting in public, one juvenile arrested for public fighting and one burglary. No arrests were made relating to deadly weapons.

In the April 11 briefing, TeSlaa noted that two assaults took place, one where "a male assaulted a female directly in front of my deputies," and another where a Bay Area resident was assaulted by presumably local residents in downtown Isla Vista for "talking to someone's girlfriend."

Deltopia activity spills into neighboring communities

Roads were closed to vehicle traffic south of Trigo Road, including along Sabado Tarde Road at Camino Corto, Del Playa Drive at Camino Corto, and Trigo Road at El Embarcadero, Camino Pescadero and at Camino Del Sur.

Law enforcement installed traffic checkpoints at Los Carneros Road exiting I.V. and screened 435 of 1,600 passing cars. SBSO made two arrests at the checkpoint on DUI charges.

TeSlaa described the impacts of the heavy crowds on the neighboring city of Goleta. The Camino Real Marketplace and Target parking lots were packed with cars and people "tailgating, littering, drinking openly, getting into confrontations," he said.

Parking around Girsh Park was restricted to residents-only but the park itself was "overrun" by out-oftowners using the park, according to TeSlaa.

SBSO imposed an "Outdoor Festival Ordinance" from Friday, April 6 to Sunday, April 9 in I.V., restricting loud music between 6 p.m. to 7 a.m.

With the Festival Ordinance law up for renewal, TeSlaa said SBSO will be seeking to extend the ordinance into the daytime, as well as the currently enforced hours of 6 p.m. to 7 a.m.

weigh in on policing

In response to the high turnout, TeSlaa stated that SBSO will look to increase police and fire department presence in I.V. for future Deltopia Weekends.

IVCSD Director Olivia Craig, a second-year UCSB student majoring in environmental studies, advocated against heightening police presence, expressing concerns about police brutality and inequities faced by marginalized groups and racial minorities.

Craig said she personally witnessed an instance of what she considered "brutal police behavior" during Deltopia weekend, when two police officers tackled a man

to the curb while making an arrest. "He was being handcuffed by two police officers, and he was wiggling around a little bit," Craig said. "They managed to get him handcuffed and on the curb, and after he was sitting on the curb, they tackled him to the ground, which I would consider

unnecessary use of force." Brandt shared similar concerns, saying that he observed an instance of a group of law enforcement intimidating a partygoer.

"I think that their approach of going into crowds, pulling people, often young women, out of crowds, surrounding them with a large number of male officers, is not conducive to building trust in the community," Brandt said. "It makes people afraid. It makes them fear law enforcement. It makes them feel violated."

Craig emphasized her desire to prioritize community safety by providing resources such as. I.V. safety stations, public bathrooms, NARCAN kits and alternative events like IVCSD's Spring Festival. She also encouraged upstaffing from Santa Barbara County Fire Department and Emergency

Medical Technicians.

"Trying to shut down the partying, moving the noise ordinance up, I don't think is something that's going to be helpful because those are just things that aggravate students and make them almost want to push back more," Craig said. "Focusing on keeping it local, keeping it as safe as possible because people are going to be using drugs and alcohol is the best approach that we can have going forward, both for student health and safety."

Poppin parties in I.V.

A new trend of the Deltopia festivities this year was paid parties facilitated by UC Santa Barbara Poppin, a tech startup app that markets and supports social events. Some community members and local leaders decried their participation in Deltopia as commercialization of a local event, but Poppin sees their role as a provider of safe, higher-quality accessible events.

Poppinsoldtickets for four parties on Del Playa Drive – marketed as a 'Deltopia Music Festival' - during Deltopia, which cost between \$15 and \$25 depending on the time the buyer purchased, according to the Poppin co-founder, who requested anonymity citing safety concerns. After paying the fee, buyers could attend all four parties.

TeSlaa said during the April 11 IVCSD meeting that SBSO is currently investigating the role that Poppin - which has hubs on other college campuses and was originally founded at UCLA - played in bringing an influx of outsiders into I.V. for the event.

"It's something we were enforcing and addressing throughout the weeks coming up to Deltopia and something that we'll be looking at how to approach more creatively in the future," TeSlaa said.

But according to the co-founder, "upwards of 90% of our ticket buyers are from I.V. and a great majority are from UCSB."

"If there's evidence that there's a difference, a significant difference in people who come from out of town, it's pretty unlikely that we moved the needle to make that difference," he said.

Poppin also says that as a marketing and promotion company, they weren't the actual

hosts of any Deltopia functions. "We weren't actually hosting **Community, law enforcement** any parties. We partnered with a lot of local hosts, like Red Jooce, Routine IV, Target House and DMT, and they were the ones that host the parties. We basically just promoted them, made sure that they were safe, helped them get locations, and basically just made sure everything ran as smoothly as possible," said a UCSB Poppin student representative, who declined to be named for privacy

> Brandt said this argument is made in "bad faith," and organizations like Poppin are breaking the law by hosting a music festival event and engaging in business activity on residential properties.

"This is the same bad faith argument that's used by a variety of predatory tech companies, that they are just a platform and that they are not involved in the activities, and it's really an attempt to shield themselves from legal liability," he said. "I don't think that that argument would stand up in court. I would love to see that tested in court because I think that, again, what they are doing is very harmful to our community. They're exploiting the people who live here and it's wrong."

TeSlaa said that officers shut down a handful of "dangerous" parties during Deltopia, many of which were ticketed events, once they saw criminal violations.

"We're looking at all options for enforcement to squash these illegal paid parties that are occurring where people are hosting events, charging money using their landlord's property to gain a profit from this without proper permits, without proper zoning," he said.

In a statement to the Nexus, the co-founder said that Poppin doesn't host events in I.V. as a company, and those who do host events are individuals or party groups who utilize the ticketing platform, and



Participants overwhelm the balconies and surrounding areas of houses on Del Playa Drive.



Approximately 15,000 attendees descend on I.V. as 2023 Deltopia weekend returns in



Crowds fill the yards of complexes across Isla Vista during Deltopia weekend.



Partygoers pose for the camera on Saturday during Deltopia 2023.

A DJ performs live music for one of the various parties

thus, those individuals bear liability for the event.

"I can't speak directly on the hosts' behalf, but I will say that from what I've heard, they do not pay to rent out residential properties. They pay individuals who live in the house to help organize and facilitate an event that is independent of the property," the statement read. "Those who buy tickets are paying for an entertainment service essentially, for access to a private, residential property. Any 'business' that occurs happens before the event, when attendees purchase tickets to be added to a guestlist; no business occurs directly at

residential properties." Some community members also voiced discomfort with Poppin's commercial presence on Deltopia, which has seen consistent community efforts since 2014 to "Keep it Safe, Keep it Local." But the co-founder argued that parties with fees have historically existed and will continue to exist in I.V., and party-goers aren't forced to attend Poppin parties.

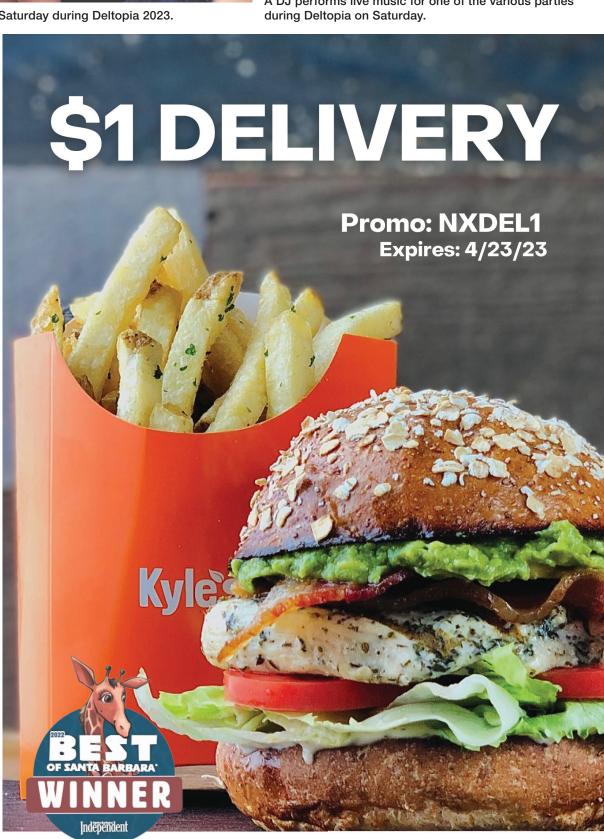
"Parties have cost money in I.V. for a long time. But, doing something this scale with the amount of followers that we have, you get to a point where no matter what, there's going to be a lot of criticism," he said.

Fifth-year political science major Cody Nunn said he feels college students are often targeted and companies like this "make us pay to exist in our own space."

"I feel pretty tired of people seeing a place that for most of us is home and community just as a spot to kind of cater to students and pander for the sake of getting money," he said.

"I think that the ever-increasing police presence and also the commodification of social life in I.V. go hand in hand. I think that so long as the police restrict what we're allowed to do in our own place, the only legitimate means to engage with our community will be through paying private entities. And so I think that those two issues aren't entirely separate,"

Nunn continued.



Kyle's Kitchen

ORDER ON KYLE'S APP OR AT KYLESKITCHEN.COM

LA VISTA

América unida - El día Panamericano



Festival de comida Panamericana del 2014. Recepción de bienvenida

Meenakshi Manoj Escritora para La Vista

El día Panamericano marca el día en que se formó la Unión Internacional de las Américas.

La idea fue propuesta durante el Congreso de Panamá de 1826 por José de San Martín y Simón Bolívar.

El 14 de abril de 1890 en Washington, DC., la acción de unir a los países de América del Norte y del Sur se implementó en la Primera Conferencia Internacional de los Estados Americanos.

Esta fecha también había aflorado la idea de la Organización de los Estados Americanos (O.A.S.), que entonces se estableció en abril de 1948.

Además de crear la O.A.S., la Declaración Americana de los Derechos y Deberes del Hombre fue aprobada durante la misma conferencia.

Este documento se convirtió en el primer documento de derechos humanos en el mundo. El presidente Herbert Hoover declaró el primer Día Nacional Panamericano oficial en el 14 de abril de 1931.

En 2015, el anterior presidente Barack Obama proclamó el 14 de abril como Día Nacional

CORTESÍA DE WILSON DÍAS

Panamericano.

Desde 1931, 34 naciones americanas, incluidos los Estados Unidos y países de América Latina y América del Sur, habían celebrado la ocasión con desfiles, exhibiciones de arte, actuaciones musicales y comida para conmemorar la alianza de las Américas.

La Filarmónica de Los Ángeles ha lanzado recientemente un programa en línea donde la orquesta interpreta varias piezas en honor al Día Panamericano.

Para encontrar más información sobre el programa visite el sitio web LA Phil.

Su programa incluye música de la compositora de origen cubano Tania León, el violonchelista y compositor venezolano Paul Desenne y el compositor de ballet Aaron Copland.

Las recetas en honor al Día Panamericano enfatizan la importancia de las especias para

Para celebrar las diversas partes de las Américas, hay una variedad de platos que se pueden preparar. Algunas recetas incluyen, entre otras: Enchiladas de Guadalajara de México, Berenjena Con Tomate de Costa Rica, Tartas de coco de la República Dominicana y Aguacate batido de Brasil.

Cada receta está hecha con ingredientes o un estilo de cocina que son específicos de cada país.

Los dos primeros platos son salados y están hechos de ingredientes sabrosos como pimientos dulces, tomates y cebollas.

Estos vegetales, junto con el maíz, los plátanos y los frijoles, son esenciales en la mayoría de las cocinas latinas y sudamericanas.

Los platos tercero y cuarto son postres. Las tartas de coco resaltan la combinación de requesón y coco, y el aguacate batido acentúa la riqueza del aguacate endulzado, que tiene la consistencia y sabor similares a un mousse de aguacate moderno.

Cada receta tiene un significado diferente en la cultura latinoamericana y sudamericana. Estas recetas fueron recopiladas de un periódico del New York Times que fue publicado el 13 de abril de 1950, el día anterior al Día Panamericano.

El periódico incluyó una diversidad de recetas de otros países en América del sur y América latina para enfatizar un valor del día panamericano: respetar y celebrar la cultura y las tradiciones de otras naciones americanas.

Además de música y comida, el

Día Panamericano se celebra con tertulias y desfiles.

Este año, Central Park en la ciudad de Nueva York está organizando un programa virtual del Día Panamericano donde se puede ver monumentos dedicados a los héroes latinoamericanos en las entradas del parque por la Sexta Avenida y experimentar un paseo virtual por el extremo sur de Central Park.

Este evento se lleva a cabo unos días antes del Día Panamericano, el miércoles 12 de abril, vía Zoom.

Para registrarse, visite el sito web de Central Park en nueva York. Los desfiles del Día Panamericano son otra forma de celebrar. En 2022, se llevó a cabo un gran desfile panamericano y un festival callejero en la ciudad de Oklahoma.

Las calles se llenaron con espectáculos de música y danza hispana.

El festival generó atención a las tradiciones y la herencia cultural hispana.

Las Fiestas de Las Américas tuvieron lugar cerca de la fecha en que Belice celebra el Día Panamericano, el 12 de octubre. Generalmente se celebra este día como Día de la Raza o Día de los Pueblos Indígenas en los Estados Unidos.

Un favorito familiar: Sopes

Mari Villalpando-Ortega Editora de La Vista

Una y otra vez, me encuentro comiendo las mismas tres comidas en rotación, cuando mi querida hermana decide llamar por FaceTime y enseñarme su cena casera bien sabiendo que estoy comiendo mi tercera sopa maruchan de la semana.

Me enseña su platillo – sopes – y se me hace agua la boca.

Justo cuando estoy admirando el plato, voltea la cámara y se ríe en mi cara, mancillando mi cena y todo lo que representó.

Justo cuando estoy apunto de darme por vencida y conformarme con lo que sería mi cuarta sopa maruchan, me acuerdo, ise como cocinar!

Aún mejor, se que no toma mucha energía.

Me encanta la comida casera, en especial porque es super fácil de hacer.

Los sopes son unas tortillas algo gruesas, de tamaño mediano, a las que después de cocidas se les pellizcan las orillas.

Encima se agrega crema, frijoles, pollo y clásicamente, lechuga, rábano, queso fresco y salsa.

Esta cena encantadora no toma mucho tiempo para hacer, sin embargo, cosecha la recompensa más alta: una cena deliciosa.

Los sopes se sirven mejor con una agua fresca, en mi caso, una refrescante jamaica – un té helado de hibisco.

Produce: 10 porciones Tiempo: 45 minutos

Sopes

Ingredientes:

1 paquete de 10 sopes1 lata de 15 onzas de frijoles

refritos
• Crema, queso ranchero, rábanos en rodajas y lechuga rebanada al gusto

Para el pollo:

- 2 libras de pechuga de pollo
- 1 cebolla blanca, cortada en cuartos
 2 boise de laurel
- 3 hojas de laurel 2 ajos enteros
- Aceite de verdura
- 1 lata de 8 onzas de pasta
- de tomatePizca de pimienta
- Sal al gusto
- Comino al gusto

Direcciones

 Empieza a hervir agua en una cazuela a fuego lento. Agrega ½ de cebolla, 2 ajos enteros, 1 cucharilla de sal y 3 hojas de laurel. Puedes

- agregar también zanahoria, apio y papa para más sabor. Hervé la agua y agrega
- el pollo, asegurándote de que quites la espuma blanca encima del agua mientras se cocina. A menudo, "impuridades que se forman en la superficie de algunos caldos y sopas son proteínas solitarias las cuales coagular cuando se calienta," sin embargo no debes preocuparte. Yo le quito la espuma con una cuchara, inclinándola a un lado para drenar el caldo de más.
- Mientras se hierve el pollo, corta las guarniciones (en mi caso lechuga y rábanos).
- 4. Cuando el pollo se ha hervido por 25-30 minutos, desmenuzar con un tenedor y empieza a calentar aceite en un sartén separado.
- Corta el resto de la cebolla en rebanadas
- Cuando el aceite se haya calentado, agrega la cebolla rebanada.
- 7. En cuanto esté ligeramente dorada, agrega el pollo.
- 8. Agrega la pasta de tomate y las especias. (A mi me gusta lo picante). Use pimienta, sal, comino y caldo de pollo. Déjalo cocinar por 10 minutos.
- Al mismo tiempo, agrega sopes a otro sartén con aceite volteando los sopes hasta que estén dorados.
- 10. Mientras tanto, empieza a calentar los frijoles en otraosartén o también los puedes calentar por microondas cubiertos con una toalla de papel mojada para evitar resecos.
- 11. Cuando los sopes estén listos y los frijoles estén calentados, les tiempo para prepararlos!
- 12. Para prepararlos, embarra crema al sope seguidos por frijoles, pollo y guarnición al gusto lechuga, rábano, queso fresco y salsa de tu gusto; yo usé salsa verde.
- También prepare jamaica, hirviendo hojas de jamaica en agua, escurriéndolas y agregando azúcar al gusto.
- 14. iServite una taza de jamaica y disfruta de tus sopes!

Este platillo es muy fácil de hacer y siempre me recuerda a mi hermana y cómo nos divertíamos de pequeñas.

Le ponemos salsa picante y ver quién podía con lo más picante; no nunca he perdido. Algunos platos como si se sienten en casa.



Plaza de banderas en los Juegos Olímpicos (Panamericanos) del 2007 en Río de Janeiro.



Este platillo consiste de un sope crujiente, frijoles refritos, pollo desmenuzado y una variedad de guarniciones.



Even with the 2023 NFL season still 147 days away, drama from some of the game's biggest stars has found its way into the news cycle. Odell Beckham Jr. recently signed with Baltimore Ravens and Aaron Rodgers is eyeing the New York Jets.

Sports

UCSB Athletics

A great season from both basketball programs came to an end in early March as the women's team made an underdog run all the way to the Big West Championship, while the men made a March Madness appearnace with a 74-56 defeat to 2021 champion Baylor.

Successful UCSB alumni in MLB

Garret Harcourt Sports Editor

UC Santa Barbara has a longstanding tradition of producing talented baseball players, and this is evident in the number of alumni who have made their way into Major League Baseball. Today, there are several UCSB alumni playing in the MLB, a majority of them being major league pitchers.

Shane Bieber graduated from UCSB in 2016. Bieber was not heavily recruited out of high school and was only drafted in the fourth round of the 2016 MLB Draft.

Bieber quickly proved himself in the minor leagues and made his MLB debut with the Cleveland Indians in 2018. Since then, Bieber has become one of the most dominant pitchers in the league, winning the American League Cy Young Award in 2020.

Bieber has picked up right where he left off. In three starts on the year he has accumulated a 2.37 earned run average, 0.95 walks and hits per inning, and 1 win.

Another former Gaucho in the MLB is Kyle Nelson. Nelson

graduated in 2018 and was drafted by the Indians in the 15th round of the 2017 MLB Draft. He made his MLB debut in 2020 and has bounced around a couple MLB teams since.

This season Nelson has appeared in 4 games for the Arizona Diamondbacks, picking up 1 win with a 2.25 earned run average.

One of the more notable names coming out of UCSB is pitcher Dillon Tate.

Selected No. 4 overall in the first round of the MLB draft, Tate is the highest drafted alumni to come out

Tate is coming off the best season of his career posting 4 wins, 8 saves and a 3.05 earned run average. The Baltimore Orioles are hoping for a speedy recovery for Tate, who has started the season on the injured

Andrew Vasquez was one of the best left-handed pitchers to come out of UCSB. During his time as a Gaucho, he tallied a 1.93 earned run average to lead the Big West. This led to his eventual drafting in 2015 by the Minnesota Twins.

After going to a variety of MLB

teams, Vasquez has settled on the Philadelphia Phillies. This season has been the best to start for the lefty, having a 1.23 earned run average in 7.1 innings pitched.

Some notable names in the farm system for MLB teams include pitchers Noah Davis, Rodney Boone and Michael McGreevy.

Of the bunch, Davis is the most likely to make it to the MLB this season, as he appeared in one game for the Colorado Rockies

McGreevy is a highly touted prospect in the St. Louis Cardinals who was drafted in the first round of the 2021 MLB draft.

These are just a few examples of the many UCSB alumni currently making an impact in the MLB. Despite coming from a mid-major conference, these Gauchos have proven that they can compete with the best of the best on the baseball field. As the MLB continues to evolve, it's clear that UCSB alumni will continue to be a driving force in the sport. This season, the Gaucho's pitchers in the MLB look to continue to make their mark in the game.



Former Gaucho and Cy Young Award Winner, Bieber on the bump.

Softball sweeps CSU Bakersfield



UCSB softball player running up the line on a drop third strike.

Isaiah Ochoa Asst. Sports Editor

The UC Santa Barbara Gauchos visited the California State University, Bakersfield Roadrunners for a Big West matchup. conference Gauchos ultimately extended their win streak and are currently tied for first in the Big West conference. UCSB swept the Roadrunners in a three-game series going 3-1, 7-6 and 10-6.

The Roadrunners scored early as junior pitcher Camryn Snyder gave up a solo home run in the 2nd inning. Snyder limited the damage, though, as that was the only run she gave up all game. Snyder held CSU Bakersfield scoreless from there, giving the Gauchos a chance to rebut.

The Gauchos came through for their pitcher as late-inning heroics were in full effect. With the Roadrunners only needing 3 more outs in the last inning to seal the

game, UCSB pushed 3 runs across. With 2 outs, junior shortstop Madelyn McNally tied the game up at 1-1 with an RBI single. Then on a wild pitch, senior center fielder Sam Denehy scored to give the Gauchos their first lead. Junior catcher Ashley Donaldson added an insurance run as she hit an RBI single, scoring McNally. Snyder

shut the door from there, giving the Gauchos the 3-1 win.

The Gauchos wasted no time in game two, as they pushed 2 runs across in the 1st inning to set the tone. Sophomore left fielder Alexa Sams reached on a fielder's choice, scoring McNally. Freshman second baseman Jazzy Santos added on as she singled down the right field line, scoring Donaldson. The Gauchos added one more

to the run column in the top of the 3rd inning as sophomore right fielder Lucy Mogan hit a sacrifice fly. The Roadrunners, in the bottom half of the inning, tied it up quickly as they strung together 3 hits and 2 walks to make it 3-3 after 3 innings of play.

Both sides went back and forth in the 4th inning, as they both scored 2 runs in their respective halves of the inning. The Gauchos scored 2 runs off a Donaldson triple-scoring McNally, and then Sams followed up with a sacrifice fly to score Donaldson.

CSU Bakersfield scored their 2 runs off one swing of the bat as the senior pitcher fell victim to the long ball. After 4 innings, the game remained tied. UCSB broke the tie again as Mogan doubled scoring one. Then freshman third baseman Bella Fuentes reached on an error, causing Mogan to score.

Snyder did allow 1 run in the

6th to make it 7-6, but she had no damage from there as she shut the Roadrunners down, giving herself her 10th win on the season and the Gauchos' 21st win on the season.

In game three, the Roadrunners were not looking to get swept as they pushed 3 runs across in the bottom of the 1st inning. From there, it was all Gauchos as they scored 10 unanswered runs.

The Gauchos tied it in the top of the 3rd inning with a couple of RBI singles. Donaldson, Sams and senior first baseman Hannah Damore were all credited with RBIs, making it 3-3 after 3 innings.

The Gauchos then poured it on in the 5th, as they scored 7 runs to give themselves a 7-run lead. The Gauchos forced 2 errors in the top of the inning, as they also rallied to earn 6 hits and bat around.

The Gauchos completed the sweep with the 10-6 win tying them with the California State University, Long Beach Elbees for first place in the Big West conference.

Next week's matchup looks to be a big one, as the Gauchos return home to host the Elbees. The series will consist of one doubleheader on Saturday, April 15, with the first pitch scheduled at noon. The series' last game will be a single game on Sunday, April 16 at 1 p.m.

UCSB Baseball takes only 1 of 3 from Cal State Fullerton

Isaiah Ochoa Asst. Sports Editor

The Gauchos took a trip down to Orange County where they faced the California State University, Fullerton Titans for a Big West conference matchup. UC Santa Barbara took the opening game of the series, winning 14-0, but they dropped the last two games 8-1 and 5-0 to lose their second consecutive series in two weeks.

UCSB had no problem in the opening game of the series.

Through one inning of work from both sides, the game remained scoreless until the 2nd inning.

With 2 outs in the 2nd inning, the Titans committed a costly error that could have ended the

Junior second baseman Nick Oakley took full advantage with a 3-run home run to give the outs. Gauchos the early 3-0 lead.

Sophomore pitcher Matt Ager kept the Titans quiet going into the 3rd inning, allowing no hits through 2 innings of work. The Gauchos continued to pour it on as junior outfielder Jared Sundstrom hit a 3-run home run to extend the lead to 6-0.

The bats didn't stop as the Gauchos were putting on a hitting clinic in the top of the 3rd inning. UCSB batted around the lineup as they recorded 7 hits and scored 7 runs to make it 10-0 going into the bottom half of the inning.

Ager continued to shut the Titans down as he pitched seven and two-thirds. The sophomore allowed only 2 hits, no runs and 9 strikeouts, leading him to earn his

fourth win of the season. UCSB added 4 more runs to make it 14-0 before junior pitcher Elliot Gallegos recorded the last 3

CSU Fullerton wasted no time

in the next game, as they took the lead early on in the game. Freshman pitcher Tyler Bremner found himself in trouble early, as he gave up a leadoff double in the 1st inning. The Titans soon scored on an RBI single to left to make it 1-0 lead.

Bremner settled down as he pitched scoreless 2nd and 3rd innings but soon gave up another run as 2 extra base hits in the inning extended CSU Fullerton's lead to 2-0.

UCSB fought back as senior outfielder Broc Mortensen cut the deficit in half in the top of the 5th inning, making it a 2-1 ballgame.

The Titans responded in the next inning, increasing their lead to 4-1. UCSB could not push another run across as the Titans

tied the series with an 8-1 win. Freshman pitcher Reed Moring took the mound for UCSB, as they looked to take another Big West conference series.

Both teams remained scoreless until the Titans took a 3-0 lead in the bottom of the 2nd inning. A lead-off walk proved costly as CSU Fullerton only had 1 hit in the inning but scored 3 runs off 2 walks and 1 error.

CSU Fullerton added more runs to their total a few innings later as an RBI single drove in 2 runs to make it 5-0 Titans. The Gauchos' bats were asleep all day as they got shut out to lose 5-0.

The Gauchos will play two nonconference games against San José State University at Caesar Uyesaka Stadium on April 10 and 11. The first pitch times are scheduled for 5:05 p.m. and 3:05 p.m.

The games stream live on ESPN+. An audio-only broadcast and live statistics will be accessible via ucsbgauchos.com.



Callahan throwing a change-up against Santa Clara.

ARTSWEEK

Driven, transparent: jomch on his debut album, being true to himself

Sally Shapiro Staff Writer

"Be authentic, be true to yourself and tell your truth," said rising pop and R&B musical artist jomch. Behind the stage name jomch is thirdyear political science major Joshua Chan, and he recently released his emotional R&Binspired debut album, "for hopeless romantics like me," on March 5.

The debut of his songs from the album were performed at the Kapatirang Pilipino Benefit Showcase. Listening to the rhythmic, sentimental tunes of his album, one might think he has been releasing music for years – yet the rising artist started releasing music last

jomch grew up singing and is a self-taught guitarist and music producer. The Manilaborn artist credits a lot of his musical inspiration to his Filipino culture.

After moving to Chicago when he was 4 years old and to the Bay Area around age 13, he has retained a connection to the strong Filipino community in both of these places.

"After going to all these Filipino parties where everyone's singing karaoke and R&B love songs, all this beautiful music inspired me to start singing." He expressed his admiration to his loved ones at every turn, shouting them out for encouraging him to perform, whether it's karaoke or a school-wide showcase.

explained representing his culture is an ongoing process that raises questions for him. After recently taking an Asian American called "Filipino Americans," he is working to unpack how to "do [his] diligence, learn [his] culture, and represent proudly." His love for his culture extends outside his music and childhood. jomch

is a social justice activist and exciting for me ... just get out holds aspirations to go into law.

"[I want to] do more work in the Asian American community and the Filipino American community and help people through education and artistry," jomch said.

Right after his performance at the Kapatirang Pilipino Benefit Showcase, jomch gushed and smiled brightly in reflection when asked about the experience of performing.

"There's no other feeling that compares to it ... it's still so bizarre to me that I had a song idea in my head months ago [and] now people are moving to it," he said.

It was not always easy for jomch to get up on stage and share his songs.

I want people to realize that they are not alone ... I want someone to listen to this album and to know that someone else is feeling this and is resonating.

JOSHUA CHAN

the occasional video on guided first time the artist said "I love not alone. meditation on YouTube.

"The idea that in pretty much every performance, there's at every gig I've done people like he was the only one who least one person who's seeing me for the first time is so and resonating with it," jomch it's easy for others to feel that of schoolwork and his music

there and start, because I think with every iteration, it gets better and better," jomch said.

What is immediately apparent about jomch is his genuine and supportive nature. He hopes to inspire people to "express themselves creatively and just be themselves" because that's been a "journey that [he's] been going through." Telling his truth as authentically as possible is very important to the singer.

"The audience is smart; people can tell when you're being genuine and it's really important to maintain that in art," jomch said. Part of his journey of transparency is being open about the artistic process and his resources to his peers.

"As I'm starting to get more recognition in my work, it's been so cool being able to help out some newer artists," jomch said.

In his songwriting process, jomch values honesty. The singer-songwriter explained that a lot of what inspires his music are his lived feelings and experiences.

He described that his creative process starts with a baseline instrumental that evokes certain emotions, then the story behind why that feeling keeps coming up inspires the songwriting.

"[I want to] stay true to what my experiences were, and how I was feeling in certain moments," jomch said.

One of the challenges he faced as an artist was telling his own truth.

He applied this to one of his favorite songs, "say it first," the He calms his nerves down second song he ever produced, you."

immediately start moving to it



said. He went on to explain that the track is just one of many personal stories told on the album, stating, "It's just the feelings I've had in different stages of past relationships."

He explained that the ignition to his musical passion is the people who express their appreciation toward his music for getting them through hard

jomch explained that while "It's one of those songs where creating this album, he felt experienced these feelings, and

"I want people to realize that they are not alone. When I was going through the feelings that inspired this album, I reflected that even though you know people say they've been through something similar, in the moment it's so easy to feel like you're the only one experiencing it. I want times. The main goal of this someone to listen to this album studies upper-division course by watching videos of his which is featured on his recent album and his music in general - especially if they're going favorite artists performing and album. The song is about the is for people to realize they are through something similar – to know someone else is feeling this and is resonating," jomch stated.

Things are just beginning for this Isla Vista musician; on top

career, jomch also recently trained for the Los Angeles Marathon. Training helped push him to treat his music with the same kind of drive and ambition.

"[The] discipline and the focus that training for a marathon takes is contagious. It applied to other aspects of [my] life," he said.

With a marathon and a debut album behind him, jomch is more determined and passionate than ever, continuing to make new music and perform during spring quarter. Because, as the artist encouraged, "Just keep going because you never know what could happen."



Keeping up with trends is the only thing to get out of Netflix's 'Outer Banks' season 3



Assistant Artsweek Editor

When I think of "Outer Banks," I hear the echo of "the Outer Banks, paradise on Earth" that once occupied my entire TikTok "For You Page" in May 2020. I would scroll for hours (because what else was there to do in the early stages of the pandemic?) and see guys wearing bandanas in an attempt to resemble John B and girls in shell necklaces carefully weaving friendship bracelets, declaring themselves a "Pogue."

Featured in the show, the band alt-J's "Left Hand Free" quickly made its way to the top of Spotify playlists, and it seemed to be the show of the summer. It made its way back on TikTok in the summer of 2021 when season two - receiving a "cheesier than season one" response - was released.

"Outer Banks" season three was released in late February 2023, and after countless I decided to watch it. The show, created by brothers Jonas Pate and Josh Pate along with Shannon Burke, follows five teens from the Outer Banks in North Carolina: John B, JJ,

Kiara (Kie), Sarah and Pope. Additional main characters get introduced as the second and third seasons air. Most notable is season two character Cleo, whom the teens met when they found themselves on a ship headed to Nassau after the mishaps of a treasure hunt

Each season tackles a different issue, but the end goal is always the same: a treasure hunt to find the Royal Merchant's gold.

Season three transports the audience to Poguelandia, back to the Outer Banks and ending in South America, all while running from the police, parents and powerful people wanting to get their hands on some of the gold.

For better or for worse, this season is just one long chase.

videos taking over my TikTok, The ending seemed to offer a long-awaited resolution, but in the last five minutes, the audience watched as season three left on a cliff-hanger. Giving an opportunity to create a fourth season.

When I watched season one, I was completely obsessed. I was one of the girls wearing way too many colorful bracelets and wearing an assortment of surf shop clothing, trying to be my own version of Kie.

I watched the show so many times I had memorized chunks of it, and I was counting down the days until season two came out. But after the last two seasons aired, I realized that "Outer Banks" is a show that only needs one season.

Season one jumped to the top of Netflix's "Top 10 TV Shows" overnight, and the creators should have left it at that. Now, there are too many loopholes and unresolved ends that risk the show becoming a new version of Riverdale (the overwhelming never-ending

melodrama) - and that is exactly what happened with season three.

The show's publicity has been a result of TikTok, and users have pointed out every loophole, editing mistake and spoiler there is. The show has become ironic among teenagers who are mostly just watching it because they loved the show as much as I did when it first came out. "Outer Banks" has become victim to the showwatching habit of watching just to watch.

The one thing that has yet to waver throughout the series is the soundtrack. Season three features artists such as The Backseat Lovers and Jack Johnson, and as a freshman living in Santa Catalina, the songs were immediately added to my "biking through Isla Vista" playlist.

If there's one thing to get out of the show, it's new songs to add to your playlist and new bands to listen to.

Rating: 3/10



THE DAILY STENCH

It's Satire, Stupid.

Style spotlight! Man wears button down t-shirt with swim shorts to Deltopia



Hot Ticketer

Move over HUGO BOSS and Coco Chanel, a new icon is on the scene. An Isla Vista man, who wished to remain anonymous (to "stave off the hordes of women") is taking the world by storm with his daring and innovative style. From the moment he stepped out onto Del Playa Drive Saturday afternoon in his Birkenstocks, he became the center of attention, with crowds in the tens of thousands being drawn to watch him strut his stuff. As we move up from the shoes to view his full outfit, the complete genius is on

total display: His white socks

colored shirt, unbuttoned to display what can be called only with great generosity his abs, above which hang not one but two faux gold chains. A backwards cap rests upon his head, serving as a crown to his newfound status as a true icon.

"Yeah man, I just felt like trying something new." These words, spoken by the new Messiah of Isla Vista, were what started a fashion revolution. "Like 20 minutes after I got there, everyone was wearing sheep, like those-" he looked around sheepishly, then stopped himself.

Despite some of his presumably brave views, he did in fact set a new trend in I.V. for Deltopia: 76% of those surveyed wore his fit, with a whopping 4.5% of those people actually attending UCSB.

Marcus T.C. is currently cleaning up his apartment after it was set on fire by an angry mob of UCLA

it. Like, bro, they were totally provide a stark contrast to the biting my shit. But it's ok," he light gray Birkenstocks, going up his sunburnt legs and blue explained, "We can't all be swim trunks, with a double trailblazers like me. I gotta pave knot hanging loosely around the way for everyone else, you the waist. We then see a creamknow how it is. All a bunch of

Fart Tent Itchy

What a weekend! From overhearing the police saying "bro" over their loudspeaker to seeing some of the worst sunburns I have ever had the displeasure of seeing, there was certainly a lot going on on the lovely streets of Isla Vista this weekend. Despite seeing a lot of unsafe and even silly behavior this weekend, I was able to catch up with a fellow Gaucho during this Deltopia.

"I saw the movie 'Hereditary' one time, and the main girl gets her head knocked off because she had an allergic reaction to

want to take that risk during Deltopia and made sure to have my EpiPen on me." said thirdyear Kelsey Chu.

Deltopia in review:

Local girl with severe

peanut allergy stores

EpiPen in pussy

Interestingly, when I got to see Chu's outfit, there was no EpiPen in sight. Holding nothing but a phone in her hands, Chu looked absolutely gorgeous in her SHEIN bikini top and Target skirt. When asked if she was carrying a purse throughout the day, Chu smirked and claimed to not be "one of those weak bitches." who had safety on her mind I was left dumbfounded as to where Chu could've possibly stored her EpiPen.

"Honestly, I had that shit in my pussy. It already has a plastic case on it that's clean, peanuts or something. I didn't so I wasn't really worried about her shoelaces.

it. I feel like there's not really a difference between an EpiPen or a tampon, and I wasn't gonna carry it around in my hands, so I thought, why not. Better safe than sorry, right?" Chu

explained. Luckily, there was no emergency in which Chu actually had to use her EpiPen, and it was safely removed from her vagina at the end of Deltopia. In the end, it's important to realize that sometimes fashion comes before everything except your physical health, which is not ever to be fucked with, even if it means using that pussy as a

Fart Tent tied her house keys to





Easter Bunny parties too hard at Deltopia, forgets to do his job

Inma Hole Party Animal

The first weekend of spring quarter was marked by yet another successful Deltopia. Flocks of Santa Barbara students and out-of-towners (boo) took hastily to the streets, filling it with the sight of brightly colored Hawaiian shirts and string bikinis. However, unlike previous years, many partygoers also spotted a new, slightly furrier, face on the streets: The Easter Bunny.

"At first I thought I was just tripping hella hard on some shrooms I got from this random guy," Melanie Smellanie, Del Playa Drive resident, told us. "But then I realized he was actually there!! The Easter Bunny was taking tequila shots and twerking to 'Gasolina' with us."

While some attendees of the giant street party enjoyed hanging out with the big bunny, others deemed him a fuzzy fiend. Gregg Hunt explained, "He walked right into my living room and claimed he needed to use the bathroom. We weren't even having a party but we said

right on our carpet! I mean he shits chocolate eggs so it's not all bad but he could've used a bowl or something."

Despite being a magical deity, many people reportedly turned the bunny away from their events. Bradley Chadley III informed us of his frat's policy:



The Easter Bunny was taking tequila shots and twerking to 'Gasolina' with

us.

Melanie Smellanie

"No wristband, no entry...unless you have a nice rack." This, of course, didn't stop the Easter Bunny from hopping the fences (which he was insanely good at) and finding his way onto many DP balconies. He partied so hard that he didn't wake up okay and he popped a squat until 2 p.m. the next day, causing

distress and outrage. "We were horrified," one White Anglo-Saxon Protestant mom explained. I woke up Sunday morning to find that my kid's Easter basket was empty. I had to go out and buy my 4 year old the Lululemon leggings and iPhone 14 that the bunny was supposed to drop off. Not to mention, he completely ruined the sanctity of the religious spirit of the holiday because he was too hungover to rise up like Jesus."

When we asked the Easter Bunny to comment on the weekend's events, he had this to say: "Okay first off, I am a capitalist bitch through and through so don't come at me with that religious crap because that is a whole different guy. Second, yeah I get it. I messed up, but I would 100% do it again next year. Deltopia forever babyyyyyyy."

After providing his statement, the Easter Bunny claimed he felt sick and puked several intact marshmallow Peeps at our reporter's feet.

Inma Hole thinks Peeps are delicious and isn't ashamed to admit

Pineapple bean salsa with potatoes



This salsa is vibrant in flavor and color, perfect for spring.

Maya Salem Staff Writer

While pineapples usually invoke distant memories of summer and spark rigorous debate over their place on pizza or the best way to cut one, there is one thing that can be agreed upon. In Southern California, they are available nearly year-round. And there's nothing better than slicing the side of a wonderfully ripe pineapple in the middle of April. Well, perhaps there are some things that might Yield: 3 cups salsa, 3 servings be better. Like the meet-cute of salty butter and smooth

olive oil atop crispy fingerling Ingredients: potatoes. Fortunately, this Salsa: fresh and filling meal gives • 1 1/2 cups black beans,

This is not a typical salsa. • 1 small pineapple, chopped You can scoop it up with a • 1 medium red bell pepper, spoon to get all its flavorful and fresh goodness. And • 2 shallots, diced though the smashed potatoes are crispy enough to use as a vessel for the salsa, they are • 1 lime, juiced also just a wonderful side dish. Overflowing with vitamin C and protein, this colorful meal is satisfying and healthy.

potatoes

Time: 35 minutes

- chopped
- · 6 ounces heirloom cherry tomatoes, halved
- 1/3 cup cilantro, chopped
- Cotija cheese (garnish)

Potatoes:

- 1 pound fingerling potatoes
- 2 tablespoons cold butter 3 tablespoons olive oil
- · Kosher or flaky salt

Directions:

1. In a medium pot with 4. fingerling potatoes, fill with water and salt and bring to a boil. Cook fingerling potatoes for 15 minutes, or until fork-tender.

Fingerling potatoes are a great vessel for this salsa.

- Meanwhile, peel and prepare the pineapple. Dice pineapple, red bell pepper and shallots into small and even pieces. Halve cherry tomatoes.
- black beans, Combine pineapple, bell pepper, shallots, tomatoes and cilantro in a bowl. Dress 7. with lime juice and a pinch of salt. Stir and let

- Drain potatoes and cover them with 1 tablespoon of olive oil. Let them cool while the oven preheats to
- Spread potatoes onto a sheet pan. With a heavy flat-bottomed cup or bowl, gently smash each potato to about 1/2-inch thickness. 6. Drizzle with olive oil. Dice
- butter into small cubes. Distribute cubes atop each smashed potato. Bake for 20-23 minutes, flipping halfway through.
- soon as they come out of the oven.
- Serve the salsa with the potatoes. hot, crispy Garnish with Cotija.

Between the fresh sweetness of the pineapple and the addictive crunch of the potatoes, I find myself looking forward to this meal all day. Sometimes I'll add an avocado to the mix or some fresh grilled corn. Take out the Cotija and it's a plant-based delight. Dip the smashed potatoes into some guacamole? Say no more. This dish is a well-balanced meal that can always be revamped or Sprinkle them with salt as modified to fit your cravings.

Battle of the dairy-free yogurts plain variety meant it wouldn't on my weekly grocery list. Upon to give it a chance.

Cindy Phan Reporter

Starting off a long day with a refreshing breakfast is necessary for me. Yogurt bowls have slowly become my go-to breakfast because of how easy they are to make in the morning. While delicious, yogurt bowls are a lactose-intolerant person's nightmare. I wanted to transition my diet toward being dairyfree, but I didn't want to give up my favorite breakfast due to my lactose intolerance. With so many dairy-free yogurts on the market, I went on the hunt for the best one.

Dairy-free yogurts tend to have a coconut, cashew or almond base. I wanted to try multiple brands to find the dairy-free yogurt that was most reminiscent

of my favorite variety: a thick I would pass on this option. and creamy Greek yogurt. My friend Cayla joined me on this dairy-free yogurt taste test and helped me rate all the yogurts based on the texture and taste.

The first candidate was Kite Hill Greek Style Plant-Based Yogurt, which has 17 grams of protein per serving. This is a special high-protein yogurt, plant-based yogurts typically have around 3-8 grams of protein. I personally thought this yogurt was a 6/10 because of its grainy texture that was not as creamy and light as traditional Greek yogurt. The taste was not too powerful and the slight vanilla flavor was not too powerful and offered a different taste than plain Greek yogurt. Unless I really wanted a high-protein breakfast,

Next, Cayla and I tried the Forager Project's Organic Probiotic Cashewmilk Yogurt. I gravitated toward this yogurt due to its cashew base as I hadn't tried many cashew-based products previously. I rated this yogurt an 8.5/10 while Cayla rated it a 7/10. Forager's has a light and refreshing flavor while which is unique because most also having a thick consistency, reminiscent of the Greek yogurt I typically reach for, although it was not the thickest in this

> Open Nature's Dairy-Free Coconut Yogurt Alternative was the third one we tried. I was initially skeptical of this option because of its coconut base and I am not the biggest fan of coconut. I gave this option a chance because I was hoping the

taste too strongly of coconut. I was wrong! After one bite, I instantly rated this yogurt a 3/10.

Despite the packaging's claim that the yogurt was creamy, the yogurt's had a thin consistency and overwhelming coconutty flavor. I definitely do not think this yogurt was as creamy as it claims to be on the packaging. Cayla on the other hand rated it a 7/10: "I like it but I know I wouldn't be able to eat this everyday." Unless you're a coconut fan, pass on this yogurt.

The last plain yogurt was my favorite: Trader Joe's Organic Creamy Cashew Cultured Yogurt Alternative. This has been my go-to yogurt because of its thick and creamy texture. Since I used to work at Trader Joe's, this yogurt always made it

opening the container, you could see how the yogurt jiggles in the container from how thick it is. I rate this one a 9/10 because it reminds me the most of dairy yogurt. Cayla agrees that it was a 9/10 and says that she could not have guessed that it was plantbased. She says it's equally as good as dairy yogurt!

diet should not mean giving up • 1 heaping tbsp of peanut butter eating your favorite foods. While some products are definitely hit-or-miss, there are so many exciting dairy-free alternatives to try. I couldn't have known that coconut-based yogurts were not my favorite or learned that I prefer cashew-based yogurts unless I tried them. All in all, Cayla and I both love the Trader Joe's yogurt and highly recommend everyone

So, after this journey of finding the best yogurt, here is the updated breakfast staple recipe.

My go to yogurt bowl

- consists of: · Trader Joe's Cashew Milk
- Yogurt • Cut up strawberries
- Switching to a dairy-free 1 tbsp of chia seed (for fiber)

 - (I prefer unsalted creamy) A small handful of Kind's protein peanut butter granola

With any type of breakfast, it can be customized to your liking. I also like to rotate the fruit I use in my yogurt bowls, whether that be bananas or dates. Feel free to

try out my yogurt bowl and put

your own spin on it!

SANTA BARBARA AIRBUS

FARES: PREPAID:\$55 EACH WAY REGULAR: \$65 EACH WAY



YOUR CONNECTION TO LAX



AND #ROLLINGRESPONSIBLY

OPEN

OPERATING SAFE AND CLEAN SERVICE

- MASKS REQUIRED -- FILTERED AND TREATED AIR -- INCREASED SANITIZATION -

16 TRIPS TO/FROM LAX DAILY

(PICK UP/DROP OFF STOPS IN GOLETA, SANTA BARBARA, AND CARP. TIMES BELOW SHOW GOLETA DEPARTURE)

TO LAX: 3:30AM, 5:30AM, 7AM, 8:30AM, 10AM, 12PM, 2:30PM, 6PM FROM LAX: 8AM, 10:30AM, 12:30PM, 2PM, 3:30PM, 5:30PM, 7:30PM, 10PM





805-964-7759

WWW.SBAIRBUS.COM

SCIENCE.

Vice president of aging research at Calico Life Sciences lectures on molecular components of aging at Corwin Pavilion



Cynthia Kenyon giving a lecture in December 2014.

Meenakshi Manoj Reporter

Cynthia Kenyon, vice president of aging research at Calico Life Sciences and director of University of California, San Francisco's Larry L. Hillblom Center for the Biology of Aging, presented her research regarding evolutionary and molecular processes that can contribute to longevity of a lifespan on April 6 at the Corwin Pavilion as a part of the "Aging in America" lecture series.

Kenyon's research on longevity first started by observing the chromosomes or genetic material responsible for patterning the body axis in C. elegans. Kenyon first introduced the concept of regulatory genes by describing genes that can be knocked out in fruit flies and whose previous functions could be restored

by inserting these genes from C. elegans into fruit flies. In addition, inserting extra copies of regulatory genes into fruit flies could cause the development of extra eyes, spots, wings, legs, etc.

The rate of aging is established early on in life. In humans, the rate of aging doubles every eight years until around 20 years, at which the rate of aging becomes relatively constant. Kenyon discussed the plasticity of aging by comparing the lifespans of various insects, birds and mammals.

For example, a parrot's lifespan is greater than a canary's, and a human's lifespan is greater than a tiger's. Kenyon referenced American scientist Theodosius Dobzhansky's quote, "Nothing in biology makes sense except in the light of evolution," to emphasize the significance of evolution of organisms in the development of characteristics such as physical appearance and average lifespan.

Although many organisms may share common ancestors, they have evolved to have different lifespans. The main question that arose from this finding is where the regulatory genes for aging are

located. One experiment that was conducted by Kenyon and her lab removed the reproductive organs of C. elegans by laser ablation of the germ cells - a treatment used to heat-destroy targeted cells with an MRI-guided laser probe. The mutated C. elegans were found to be physically younger in their movement after 13 days compared to wild-type or normal

C. elegans. Kenyon concluded that a key finding from this experiment was that the mutated worms had a less efficient Daf-2 gene. The Daf-2 gene in *C. elegans* codes for a hormone receptor that is analogous to insulin and IGF-1 receptors in humans.

By making the Daf-2 dependent hormone receptors less efficient, cells have increased expression of Daf-16, which is a cellular component that has been linked to activating genes involved in longevity and oxidative stress responses. Oxidative stress can cause cell and tissue damage in the body. In other words, Daf-16's activation to repair stressaffected parts in the body slows down the physiological clock of an organism.

Specifically, Daf-16 activates a pathway of recycling or repairment systems through autophagy, or the engulfing of useless substances, as well as better resistance to xenobiotics, such as chemical or environmental pollutants and toxins.

These signaling pathways contribute to extending life span. In a wild-type *C. elegans*, Daf-16 is more active later in its lifespan.

Kenyon and her colleagues found that worms have a hidden life extension potential that is triggered by a single base pair mutation. In short, lower levels of insulin and IGF-1 signaling caused by the mutation result in a danger signal which activates a protective cellular response that

can extend life. The pathway for potential longevity can be activated by other triggers, such as caloric restriction, mutated or inhibited sensory perception and removing germ cells or the gonads, as mentioned earlier. Although caloric restriction has been shown to increase the lifespan of C. elegans, it is only known that this action provides health benefits in humans. Inhibiting smell or

taste in *C. elegans* increases longevity and involves the Daf-16 transcription factor.

Kenyon mentioned that just as there are triggers that cause longevity, there are triggers that can shorten the lifespan. High levels of reactive oxidative species (ROS), used in common weed killers, are associated with shortened lifespans in C. elegans because of their ability to damage DNA, proteins and lipids in cells. Paraquat, which is a fast-acting herbicide that becomes deactivated in the soil, can generate ROS.

Although high exposure to paraquat is associated with reduced life span, low paraquat exposure is shown to help C. elegans live longer, as it partially activates Daf-16 and other stress-responsive transcription factors. Kenyon continued her presentation with the subject of heterochronic genes that control aging in adults using Daf-16 as well as certain trends related to size and other DNA variations that affect longevity.

For example, small dogs have mutated IGF-1 or growth factor genes, and this effect is linked to small dogs being able to live longer than large dogs. After discussing the evolution and findings related to longevity, Kenyon presented her lab's research on protein aggregation and aging in humans. Protein aggregates are common in older animals and are linked to neurodegeneration and found in the oocytes or ovary cells in female C. elegans.

It was discovered that when a female mates with a male, the age-associated protein aggregates in the oocytes are removed in a span of 30 minutes.

cause the degradation of protein aggregate using the cellular garbage disposal site known as the lysosome. In this way, an adult female's cells can be converted into young embryonic cells and "become immortal," as Kenyon puts it.

To study aging in humans, computer modeling systems have been developed to predict age using physiological measurements such as strength, blood pressure, reaction time and hormone concentrations. The U.K. Biobank contains 500,000 people's deeplyphenotyped profiles to map DNA variants and profile what traits vary with age. Through mapping DNA variants in the genomewide association study (GWAS), it was concluded that the top gene category that affected biological age was neuronal excitation.

Neuronal excitation is related to the speed and plasticity of neuron networks and further research is being conducted to understand how changes in the nervous system can affect aging because the physiological clock can predict biological age. GWAS concluded that increased and decreased levels of aging were best predicted by the level of education

and smoking respectively. Other gender-dependent characteristics related to longevity have been ranked using the frailty index for biological age. For example, blood pressure is a stronger indicator of age in females and air expulsion ability is a stronger indicator of age in

Related to Kenyon's discussion of longevity, an upcoming lecture in the "Aging in America Lecture Series" called "Aging Genes and Longevity" will be presented by The sperm makes a signaling Malene Hansen on May 23 at 4:30 factor that the oocyte senses to p.m. in Henley Hall, Room 1010.

A UCSB PhD student's insight on recent social portfolio study from Harvard researchers

Olivia Gil de Bernabe I Reporter

Fulfilling our innate human need for social belonging while navigating a student body of over 20,000 unique backgrounds poses unique challenges.

Besides sheer population size, our fast-paced quarter system periodically puts a stop to classmate relationships that would otherwise deepen with

For UC Santa Barbara students struggling to make and maintain meaningful connections, a recent study examining the link between social networks and psychological well-being may provide some much-needed comfort.

The published study, titled "Relational diversity in social portfolios predicts well-being," utilizes the foundational social psychology principle that social networks are held up by social ties of varying strengths.

In other words, the classmate you only reach out to when you need to be filled in on a missed lecture is a weak tie, while the childhood friend you've long considered family is a strong

many social ties combine to form what is called a "social

Seeking to identify what combinations of social tie strength are most predictive of psychological well-being, researchers Harvard at University analyzed selfreported data from over 50,000 participants.

Ultimately, their analyses concluded that diverse social portfolios - ones that have a range of tie strengths - are most predictive of subjective psychological well-being. Meaning, our weak social ties are equally important to individual psychological wellbeing as our strong ones.

Delancey Wu, a doctoral student with the UCSB Department of Psychological & Brain Sciences who studies how close relationships are maintained, shared her insight into the study and spoke on her own research findings.

"Whether it's on a broad social group scale or just a one-on-one person, we need to belong," Wu said.

"We want to feel connected with others, and weak ties are a sign that we are integrated into some sort of social group."

While strong social ties From weak to strong, your show your belonging through their overt intimacy, weak ones provide a form of hidden

So spotting that one person every week after your evening lab at DLG may be more than an amusing occurrence; it's a weak social connection that

signals belonging.

developing strong ones? Using the example of attending a club social for the first time, Wu illustrates the value of starting somewhere, further emphasized by a phenomenon called affective

Filling your day with weak forecasting, which describes



Our weak social ties are equally important to individual psychological well-being as our strong ones.

the barista who serves your coffee every Tuesday morning, to saying hi to someone passing you on your lagoon walk, helps to meaningfully improve your psychological well-being.

"For people who study how relationships start, weak ties are a really useful starting point. They can serve as bridges between potential other close relationships," Wu said.

Weak social ties are only half of the picture when it comes to psychological well-being, though, so how do we go about

social ties, from interacting with how people tend to think of the worst possible outcome before attending a social event, even though it tends to play out

"The worst thing that could happen is that you don't get along right away, [but] you [still] have a nice little chat ... But what if you actually find someone who's really cool, and they really jive with you? That's the start of a friendship," Wu

Since the possibility of blossoming meaningful connection is always there,

the payoff to pushing beyond as common because it may the level of weak social ties is significantly larger than the cost of social discomfort that

may come with it. And, in any case, by upholding a weak social tie, a little social discomfort may go a long way.

Intimacy forms the basis of social tie strength.

Wu's research into the ways that people of individualistic and collectivistic cultures express emotion in relationships, as well as how they share intimacy,

is valuable to understanding

where people are coming from

as we choose how to show our

support in relationships. "With individualistic cultures, they're very much about expressing how you're feeling," Wu said.

"So, in terms of showing how you're available, it may mean validating who the person is and their identity."

Simply holding the space for emotional expression can be meaningful for someone

whose cultural background is individualistic. When it comes to more

collectivistic cultures, group harmony often grounds decisions, so there's a greater emphasis on the impact that the self has on others. "Emotional expression is not

disrupt what's going on in the room ... Someone who's more collectivistic may not be as outwardly expressive in their emotions because it's not as

normalized," Wu said. So when it comes to providing support to someone who comes from a collectivist background, urging them to talk about how they feel when they're visibly upset may not be the most

tactful course of action. "Implicit [social] support is really common in collectivist cultures," Wu said. "It's where you're demonstrating companionship - you're there with someone but not actually talking about what's stressing them out. That may be one way to show support."

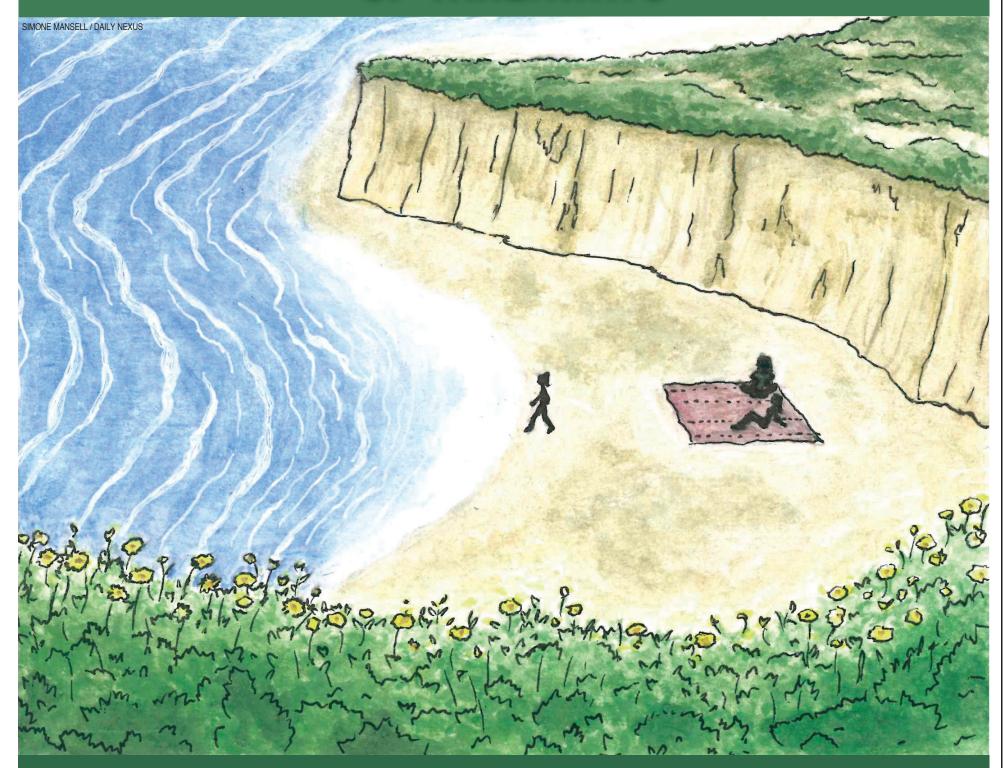
As students who are constantly meeting people whose backgrounds differ from our own, being culturally competent is indispensable to nurturing relationships.

What's more interesting is the consideration of the intersectionality of different identities.

Wu said, "If you're from an individualistic culture and you're a woman, how does that differ from someone who is collectivistic and a woman or collectivistic and a man?"

PINION

MY FRESHMAN EXPERIENCE: SPRING QUARTER, AND A YEAR'S WORTH OF TAKEAWAYS



LAST YEAR WAS MY FRESHMAN YEAR AT UC SANTA BARBARA. TOWARD THE END OF THE YEAR, I WROTE A THREE PART PIECE, EACH PART REFLECTING ON MY EXPERIENCE DURING EACH QUARTER. WE HAVE DECIDED TO PUBLISH EACH PART DURING EACH CORRESPONDING QUARTER THIS ACADEMIC YEAR. SO, AS WE BEGIN A NEW SPRING QUARTER, PLEASE ENJOY MY REFLECTIONS FROM SPRING QUARTER 2022, THE FINAL QUARTER OF MY FRESHMAN YEAR.

Amitha Bhat Opinion Editor

It would be so easy for me to say that during spring quarter of freshman year, my life satisfaction exponentially grew, and my struggles in fall and winter meant something because I'm finally -

I can't even finish that sentence without cracking up. Metaphorically, of course.

The truth isn't too far off. I'm taking things as they come, or at least trying to, which is such a cliché, end-of-a-series thing to do, but it's the truth. I needed to accept that the picture of happiness that I aspired to be wasn't ideal, or actually attainable. Previously, my definition of happiness was a consistent state of bliss, no bad news or bad grades or bad things ever interrupting it. But that wasn't reality, it was just some utopic fantasy I had concocted in my head.

It's spring 2022. I'm extremely interested in the communication classes I'm taking, particularly "Theories of Communication." The material is incredibly interesting to me, and I find myself never feeling bored at lectures.

I go to L.A. and see my friend again. We both lost our matching jackets. I eat focaccia and we catch up. After I get back to I.V., I have a COVID-19 scare and cry about it, but

I end up testing negative.

I watch my friend's a capella concert and nod my head along to all the songs, even the ones I don't recognize.

My "A Case Study for the Ages: Passion v. Profit" article runs in print (with amazing art, once again), and I

hog six copies to take back home. My mom playfully scolds me because I only really need one.

After stressing all day, I receive an email congratulating me on being the new assistant opinion editor (now editor), and my friends take me out for ice cream to celebrate.

Soft serve and frozen yogurt make their long-awaited return to Carrillo.

I suppose I'm biased toward mentioning the better moments, as I'm nearing the end of my freshman year and I want to assume that there was an upward trend. I'd like to think that there was.

The fact of it is that there are still bad moments - bad days, awkward encounters and times where I'm reminded that many good things are temporary. I don't think bad moments entirely leave your life, even when you are unbelievably happy.

The checklist I wrote before coming to college is somewhat completed. Unfortunately, no love of my life is in sight, but there are definitely some sitcom-worthy moments with my friends. As for that third point, becoming the most "intelligent, attractive and fulfilled version of myself," I'll leave that up to the next three years.

When I head back home for the summer, I will not be playing "Bitter Sweet Symphony" in an attempt to transition into the end credits of my freshman year. There's more to come, and I don't know exactly what that looks like, but I'll do my best to take it in stride. I will, however, blast Arcade Fire's "The Suburbs" as I return to my hometown for the summer, as to perfectly encapsulate the feeling of driving back to my childhood home.

The day I move out is like the day I move in: cloudy and bright. This time, though, the sun peeks through later in the day, golden and warm and utterly beautiful.

So, here's the opinion, since that's what you came here for.

People will offer you infinite pieces of conflicting advice about college. You'll hear that it will be the best/ worst/enlightening/lonely/beautiful/ isolating four years of your life. You'll hear from people that "college is what you make of it," which will be immensely frustrating because you won't really know what that means. You'll hear people tell you that if you don't love college as soon as you step foot on campus, you're lame and you peaked in high school.

None of these things are entirely true. That last one is entirely false. You don't always have control over how things go down. Sometimes, you don't even have control over how you feel about the things that go down.

This is my advice for your freshman year, which is guaranteed to conflict with someone else in the collegeadvice echo chamber.

Try not to fixate so much on other people's experiences, because it's guaranteed to make you feel like

Keep working out and keep writing in your journal, as stupid as that may feel at times.

Join every club or organization on campus that even remotely interests you, because the connections you make with the people you meet there

might surprise you. Ask your friends and acquaintances

to hang out with you because they'll

most likely say yes.

Decorate your dorm room with pictures from your favorite movies ("The Social Network") and mementos from your time here, whatever those are (for me, they're Nexus articles).

Shoot your shot when it comes to applying for positions and opportunities because you never know who you'll meet once you get

Don't put so much pressure on yourself to meet some quota when it comes to how many friends you make, just make sure that the friendships you do have last.

Go to events that your Resident Assistant puts on, because I met one of my good friends at a pebble painting party that preceded with me calling my mom to gain the courage to go to by myself.

There are a multitude of other people who feel the exact same way as you, and you're probably going to come across some of them, during which you can vent your frustrations and truly feel understood.

When you feel jealous, bingelisten to "jealousy, jealousy" by Olivia Rodrigo because it is cathartic.

Go to socials and optional meetings because it's something to do, you can meet more people and, if all else fails, you get some free food.

And finally, go to the beach, sprint into the water and then shriek at how cold it is.

And with that, I bid adieu to my freshman year of college. You were definitely an experience.

Amitha Bhat recounts her freshman year of college: an experience she deems worthy of its own coming of age movie? Sitcom? She'll figure it out eventually.



The Signs as experiences during Deltopia



Got kicked out of the same party five

TAURUS APRIL 20 - MAY 20

Got arrested for sitting on the curb stone-cold sober

GEMINI

MAY 21 - JUNE 20

Pissed and then fell into a shrub

CANCER

JUNE 21 - JULY 22 Went to Ea<mark>s</mark>ter Mass hungover



LEO JULY 23 - AUGUST 22

Body shots off Chancellor Yang's gorgeous, sculpted abs



"Accidentally" sent hot head TA GCal invite to the pregame

SEPTEMBER 23 - OCTOBER 22 Took a BeReal with a horse-back mounted

LIBRA

SCORPIO

OCTOBER 23 - NOVEMBER 21 Went to ex's house to beat up ex's new partner

SAGITTARIUS

NOVEMBER 22 - DECEMBER 21 Broke up with partner because they didn't offer them Molly

CAPRICORN

DECEMBER 22 - JANUARY 19 Went to bed at 5 p.m.

AQUARIUS

JANUARY 20 - FEBRUARY 18 Hooked up with an international student



PISCES FEBRUARY 19 - MARCH 20

Told officer BORG was cranberry juice "because they had a UTI"

VIEWS EXPRESSED ON THE OPINION PAGE DO NOT NECESSARILY REFLECT THOSE OF THE DAILY NEXUS OR UCSB. OPINIONS ARE SUBMITTED PRIMARILY BY STUDENTS.