meetings will be held during weeks from 4-5 p.m. in the Women’s Center leads cultural meditation with UCSB Health & Wellness and the Orfalea Center for Global & International Studies.

The American Indian and American Indian and Latino/Latina Office of UCSB faculty and staff — all of whom are American Indian and Latino/Latina — have been invited to discuss AAPI activism history and movements. The discussion will be moderated by UCSB sociologist and New York Times columnist Naomi Joseph.

Tuesday will feature a screening panel of students from the African and Latinx Studies programs on campus and will feature artwork displays, food, self-care supplies and a deejay. More information will be released soon.

We especially invite YOU to join us in participating. As we highlight their rich and prevalent culture during April as it is National African American History Month, the Shoreline describes her experience.

A.S. Environmental Affairs Hosts ‘Isla Vista Earth Day Festival’

The 17th Annual Student Environmental Affairs Board is holding its Isla Vista Earth Day Festival on Saturday, April 22, from 1-5 p.m. at Avila/Dove Park. The outdoor event will feature live music, a free clothing swap, plant potting activities, tie-dye, stands run by student and community organizations, artwork for sale, and food trucks.

The board promotes environmental, social, and economic sustainability through advocacy and event planning. The mission of the board is to serve the UCSB community and create positive change through unity and collective action.

The Resource Center for Sexual & Gender Diversity (RCSGD) is holding a week-long schedule of events in honor of Trans Week of Visibility from Monday, April 24 to Friday, April 28.

This year will begin with a workshop on transgender sex education on Monday, April 24 from 12-1:30 p.m. in the MCC lounge. This workshop will address sexual health, body and identity, and the resources relevant to transgender, nonbinary, and gender-nonconforming individuals.

Tuesday will feature a screening panel of students from the Gender Studies program and other non-students on campus and will feature artwork displays, food, self-care supplies and a deejay. More information will be released soon.

The second event — from Tuesday, April 25 to Thursday, April 27 — will focus on the topic of race, and on the experiences of UCSB faculty and staff — all of whom are AAPI — and will be held from 1-5 p.m. at Anisq’Oyo’ Park.

“Manjot Kalkani will discuss how Stop AAPI Violence is addressing anti-Asian hate through civil rights education, advocacy and building a movement against violence,” the Shoreline describes her experience.

Walter H. Capps Center hosts lecture on American refugee policies, Honmg Luang

The Walter H. Capps Center is hosting University of Michigan law professor Michelle Byrnes in a lecture titled, “Following the Sun:paid Return of American Refugees Policies Changed Honmg Luang’s Future.” The event will take place on Tuesday, April 25 from 5:30-6:30 p.m. at the MCC lounge.

“Byrnes shows how refugees from Laos found creative ways to maintain their religious traditions after resettlement, even as Christian organizations depimated by the government were granted an onusated influence on their new lives,” the Shoreline describes her experience.

UCSD Local 299 – A UC union for its members — is continuing its Race Matters Series with a lecture on Wednesday, April 26 at the MCC.

The lecture will focus on the topics of racial equity.

We, as a labor union, recognize that we can truly fix everything, it’s a good start. We, as a labor union, recognize that we can truly fix everything, it’s a good start. We, as a labor union, recognize that we can truly fix everything, it’s a good start. We, as a labor union, recognize that we can truly fix everything, it’s a good start. We, as a labor union, recognize that we can truly fix everything, it’s a good start.

The research center, set to be one of the 100 most 200 and 300 richest trendsetting and educational areas to support research efforts.
Since Santa Barbara County imposed its cannabis operations tax in 2018, the program has generated over $50 million in government revenue since its inception.

Since Santa Barbara County imposed its cannabis operations tax in 2018, the program has generated over $50 million in government revenue since its inception.

This year, the county is projecting an estimated $7.5 million in cannabis tax revenue, down 54% from the previous year and significantly less than the $15.2 million projected in its adopted budget, according to a preliminary budget workshop document prepared by the county's budget director.

This revenue update is ‘a wake-up call for changes,’ 2nd District Supervisor Laura Capps said at the March 14 Board of Supervisors meeting. “We should take a look at how to do things better.”

In the first year of the program, the county generated $6.76 million in revenue, a number that rose to $12.18 million for the 2019-20 fiscal year and reached a high point of $15.75 million in tax revenue. Since then, the program experienced year-on-year declines in tax income.

“According to County Executive Office Principal Cannabis Operations Analyst Brittany Heaton, growers are simply producing too much weed. Marijuana production is outpacing possible levels of consumption, causing oversupply and driving down prices.”

“Students, workers in the illegal market are evolving. We’re seeing more indoor grows that are harder to detect.”

Heaton said. “These folks that have been involved in the market on the illegal side haven’t gone away, and their methods for providing in the illegal market are evolving. We’re seeing more indoor grows that are harder to detect.”

The Santa Barbara County Sheriff’s Office regulated illegal and non-compliant cannabis operators this year, completing five enforcement actions against illegal cannabis operations, confiscating 1,909 plants and 386 pounds of cannabis products. The confiscated goods have an estimated $16 million in street value, according to Heaton. The county uses cannabis tax revenue to pay for certain non-cannabis ongoing and one-time expenditures. At the April 21 budget hearing, the county executive officer will recommend the Board of Supervisors to use general revenue fund growth to replace declining cannabis tax revenue.

...continued next page...

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The THC level is what differentiates a hemp plant (in legal usage, as opposed to the marijuana plant, which then has to be regulated) ... THC plant has more because higher than that dose could potentially have a psychoactive effect,” said One Plant Goleta’s general manager Byron Bryan. Traditionally, weed is sold as dried plant material called flower or bud, which is then burned and inhaled. Methods of inhaling bud involve pungent, boiled and pipes. As cannabis has become more accessible via legislation, the selection of products has grown. Edibles and vaporizing cartridges allow users to consume or inhale without having to burn the plant itself. The variety and growth of diverse weed products provide people who don’t like to smoke an alternative to accessing and consuming cannabis. “I think that cannabis really just brings people together,” said Ayssra Romero, a cannabis retail specialist at Farmacy Isla Vista. “I think that people are able to bond over weed. They’re able to get together, whether they’re using it socially or if they’re able to relate to each other saying, ‘oh, you know, smoking a joint really helps with your anxiety too! And that creates friendships and fosters relationships.” Though cannabis is one of the oldest recreational drugs in the world, its status as a legal drug in the United States has been fairly contentious. Hemp was often grown in the 19th century, and cannabis was used in medicine during the 20th century. After Prohibition ended in the early 20th century, Harry Anslinger, an ex-Prohibition politician, saw this as an opportunity to gain power. He spread paranoia and lies about the supposed dangers of the plant and blamed it on people of color, primarily Mexican immigrants who were a disproportionately Black demographic at the time. “Harry Anslinger was heading the [Federal Bureau of Narcotics]. What he was doing was basically turning marijuana into a racialized subject,” explained UC Santa Barbara assistant history professor Utshaya Chattopadhyaya. “So marijuana becomes something you want to stop [doing] because it’s associated with immigrants, jazz musicians, youth culture, basically disorderly elements.” In part to this fear-mongering campaign, the U.S. government criminalized the growing of hemp under the Marihuana Tax Act of 1937. These scare tactics toward cannabis affected the perceptions of Americans for decades to come. Cannabis is still classified in the same category with drugs like heroin, and to this day, many believe that it is a gateway drug, according to Romero. While these laws are unbased on paper, in practice, they are used to justify the arrest of Black and Brown people at disproportionate rates. In recent years, the government and the people have started to reexamine cannabis legalization. In 1996, California became the first state to legalize weed for medical purposes, while it was criminally punishable by federal law. Though cannabis has not yet been legalized on a federal level, forty states have since approved the use of medical cannabis and twenty-one have further legalized it for recreational use – including California in 2016. “I think the legalization comes out of two things. One, medical research on the cannabis plant that’s basically showing the possible medicinal uses for anxiety, medications, things like that. All of that research plus [two], the opposition to the war on drugs – like the popular social movement against [it],” Chattopadhyaya said. Despite the legal challenges and zoning difficulties of opening a legal dispensary, businesses have scrambled in an attempt to meet customer demand. Total taxable sales of legal weed in California have almost doubled in the past five years and quadrupled in Santa Barbara County. Yet, there is still a massive market for weed in California. For the license to [sell cannabis], you have to have...
Total taxable sales of legal weed in California have quadrupled in Santa Barbara County from 2018-2022 due to dispensaries opening to sell. In a smaller reflection of this trend, two cannabis shops have recently emerged near UC Santa Barbara: One Plant Goleta, which opened in May 2021, and Farmacy Isla Vista, which opened its doors Dec. 2022. These two stores are both within a two-mile radius of UCSB, and much of their clientele consists of of-age students.

“MY guess is weed culture is going towards what is called the agro-business model, where large farmers will be growing for [most of the population]. Because it’s so capital intensive, you need so much money to start it ... and then we will see a kind of concentration of capitalist power in the market,” Chattopadhyaya predicted.

As for how weed culture differs by county, Los Angeles and coastal areas are known for their weed cultures. This is reflected in the second figure, where the West Coast dominates weed sales. However, it’s also interesting to note how per capita, eastern counties have higher sales. For instance, Mono County’s average per capita sales are the highest average per capita sales out of all the California counties. Other eastern counties with higher sales include Inyo County and Yuba County.

Even among the West Coast, differences still exist with weed culture being more prominent in Los Angeles than in Santa Barbara. “There’s definitely a huge difference, and I honestly think that’s because cannabis is newer here in the 805, and we’re still trying to pave a path for people to see cannabis as something that is beneficial, whereas I feel like in Long Beach, L.A., it’s already been a little more normal,” said Romero.

Nevertheless, the popularity of weed has been steadily rising. “I think that’s critical for us to destigmatize cannabis and stop viewing it as something that is hurtful. So with this increase in the amount of people that are opening their minds and being willing to try cannabis, the more people that are able to realize that this isn’t a bad thing, that it’s super helpful both, you know, mentally, physically, spiritually.”

And despite popularity among the nation, states and counties, concerns revolving around cannabis culture is inevitable. “Regardless, if you like cannabis or not, do your research, do some education. Educate yourself on the different ways that cannabis can be consumed, the different benefits it may have,” Romero said.

However, a lot of capital which you’re investing into, and then also having storefronts. But not a lot of people can do that. And then the maintenance of the farms is also expensive,” Chattopadhyaya said. "So for people who can’t put up that kind of money, they basically grow cannabis anyway, and then just sell on the black market.”

In California alone, marijuana is a multi-billion dollar industry, and it is here to stay. “My guess is weed culture is going towards what is called the agro-business model, where large farmers will be growing for [most of the population]. Because it’s so capital intensive, you need so much money to start it ... and then we will see a kind of concentration of capitalist power in the market,” Chattopadhyaya predicted.

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During every Associated Students election cycle, the Nexus issues endorsements for all executive positions — President, Internal Vice President, External Vice President for Statewide Affairs, External Vice President for Local Affairs and Student Advocate General — after conducting extensive interviews with every candidate about their experiences, qualifications and ideas. Endorsements are written by the Nexus Editorial Board. Candidates who decline to interview with the Nexus are excluded from the endorsement process.

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

A.S. President Yuval Cohen’s office as well as Stein and Devine, Stein will be able to implement a cohesive training for senators, a much-needed strategy after the lack of uniformity in senatorial skill and perspective, informing the policy process and making Senate as an EVPLA officer and chair of the Campus Events and Honoraria in the absence of the IVP. These plans include creating a better collaborative Senate environment, forming a line of communication between the Senate and executive offices, and improving financial transparency, updating committee — the entity responsible for distributing checks to A.S. offices, he showed understanding of the issues the 73rd Senator Sohum Kalia, had differing perspectives, informing the policy process and making Senate run smoothly. Senate is a big part of our association, and if it's not functioning properly, the majority of our association’s work is at risk.

A major responsibility of the IVP is serving as chair of the honoraria committee, which oversees the honoring of campus and community members who have made significant contributions to UCSB. The IVP is in charge of distributing checks to A.S.

The Nexus is not confident that Devine’s lack of involvement in internal A.S. roles, building strong relationships with the student body, updating the Senate website and a weekly newsletter, and organizing events that help the Nexus apply Kalisa interest in establishing regular connections with the student body and decline acknowledging Stein’s leadership in the Senate. In Stein’s case, this has the most comprehensive combination of understanding what the student body needs, and the Nexus is confident that Stein and Devine will be able to implement a cohesive training for senators, a much-needed strategy after the lack of uniformity in senatorial skill and perspective, informing the policy process and making Senate run smoothly. Senate is a big part of our association, and if it's not functioning properly, the majority of our association’s work is at risk.

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Vero Caveroegusquiza for External Vice President for Statewide Affairs

The Nexus believes that her lived experiences, coupled with the knowledge she has gained in her role as the CSD coordinator, the Nexus would appreciate to see a singular piece of passed legislation. She was unable to articulate the specific violations are able to take part in senate during fall semester, among others. However, the Nexus believes that Osayande's lived experiences and knowledge of I.V. and understands the need for policing obsolete, "I will say I'm not incredibly familiar with them. I think maybe the first time I'm not really familiar with them that we could probably receive more attention from them," she said.

The Nexus feels that Osayande's experience with grassroots organizing – while impactful and important – does not directly connect to the communication and connections her constituents demand to with local and state officials and thus feels that Osayande would be better suited to utilize the powers of the office to its fullest potential.

Despite those reservations, Caveroegusquiza is involved in the Nexus as an EVPSA office head of staff. According to Lee, she was very involved in travel arrangements, overseeing funding requests and other logistics while in the EVPSA office.

The Nexus believes Caveroegusquiza's solid campaign goals and expansive advocacy work as a leader both inside and outside of the EVPSA office, valuable perspectives and assessments and policies indicate a candidate with great potential and desire to successfully advocate on Isla Vista's behalf. "I did not understand the state level task – a task she advocated experience done better than her."
Interactive Learning Pavilion delivers first new classrooms in 50 years

UC Santa Barbara’s Interactive Learning Pavilion opened its doors to students Spring Quarter 2023 following over two years of construction since October 2020, garnering excitement and feedback from the campus community.

The first new classroom building on UCSB’s campus in 50 years, the 95,000-square-foot structure touts 28 rooms, including five lecture halls, three “project based learning classrooms” and a number of “flex classrooms,” which are modular spaces that allow for non-traditional arrangements of furniture, according to Media Relations Manager Kiki Reyes.

The building provides 2,000 seats of classroom space, increasing the university’s classroom capacity by 33%, according to The Current.

The Interactive Learning Pavilion (ILP) also features two student lounges on the third and fourth floors, power outlets under outdoor handrail tables and under lecture hall tables and lecture hall desks that rotate 180 degrees to encourage group collaboration.

“The new building distinguishes itself from other campus structures with its general assignment classrooms that are available to all students, meaning students of all majors have a fair opportunity to have classes in the ILP,” Reyes said.

There are still aspects of the project that remain unfinished. Reyes predicts that the project will officially close in the next few months and that the total cost of the project may fall under the $97 million budget the UC Office of the President initially approved.

Unfinished details of the ILP project focus on maintaining the heating, ventilation and air conditioning systems as well as the general air balance in the rooms, according to Reyes.

“They anticipate that there may still be some technical issues related to negative pressure and door closures as they continue to finalize,” Reyes said in an email statement to The Nexus. “The project team will continue to work with the contractors to complete the work and make corrections based on our inspections of all building systems. Most of the work will occur on Saturdays to not disrupt occupancy and classes happening during the week.”

Reyes said campus community feedback regarding the ILP has been largely positive.

“The feedback from students, faculty, and staff regarding the building has been quite positive so far,” she said in an email statement to the Nexus. “The amount of space in the rooms ranks high on the list of feedback.”

Second-year environmental studies major Victoria Huizar provided positive feedback about the new building’s offerings.

“I really like the sitting areas,” she said. “There’s such a variety, and it’s nice, not only aesthetically but also just it being really comfy.”

Third-year biology major Kathryn Horker echoed Huizar’s sentiment, particularly praising the abundance of outdoor seating areas the ILP offers.

“I think it’s very nice to have all these outdoor seating areas — I definitely feel like it’s helped with how impacted the library gets sometimes, and I like being outside a lot more,” she said. “I’ve been here literally almost every day since it opened. It’s nice to have breaks on campus and sit outside and get some work done and have some sun.”

Though expressing excitement about the new gender-neutral bathrooms on the first floor of the building, Harker noted that the signages of said bathrooms was not clear on it being gender-neutral, causing short-term confusion when she initially used them.

“I was really confused, actually, because I didn’t know if I was in the wrong place, just because they didn’t use any sort of genderless [sign],” she said. “But it makes sense now; I like it.”

Fourth-year environmental studies major Megan Masoff said she appreciated the ILP as the first classroom building on campus not dedicated to a specific department.

“I feel like I’ve been watching this building being built my entire time at UCSB,” Masoff said. “I think it’s awesome that the university finally decided to invest some money in a classroom building that theoretically all students on campus can benefit from.”

According to professor and Counseling, Clinical, and School Psychology Department Chair Steve Smith, his students seem comfortable in the new classroom he’s teaching in this quarter.

“The space feels good; the students’ experiences seem to be relatively comfortable,” Smith said. “It’s just exciting to be in the new space. I really, really enjoy the layout and the [tech] technology seems really sweet.”

Smith said his lecture hall features three projectors that work simultaneously and praised the technological improvements in the ILP.

“The classroom I’m in has three projectors going at the same time and I’ve never had that,” he said. “[The room] also has a monitor projector down in front so that I can actually see what’s on the slides without having to turn around, and I appreciate that.”

Furthermore, Smith noted that the classroom structure is similar to a stadium and is longer in width than length in comparison to other building’s lecture halls, making it easier for students to hear him during the lecture.

Smith then spoke to the greater look of the building, speaking positively about its structural design and its various amenities.

“The building is really cool — it’s got a nice feel to it, and it sort of invites you into it,” he said. “The bathroom is phenomenal, and the little touches of having parking for skateboards and scooters is really cool. Certainly a lot of thought and design went into the design of the place.”

Harker echoed Smith, applauding the building’s “futuristic” curves and its attention to providing outdoor areas for its occupants.

“I love the way it looks — I feel like it’s really cool and futuristic,” she said. “I really like the outdoors and it kind of matches the theme of the ocean...it feels wavy, it matches well.”

A point of concern for some campus members, however, is the eraune of the bike path that used to run through where ILP now stands.

Musoff reminisced on using the bike lane as a freshman and the extended route that now exists.

“My freshman year, I used that bike path every single day, and now you have to bike on the road and go around the physics building and ILP,” Musoff said.

“A chalk-outlined bike lane was briefly drawn in the walking path between the ILP and Library,” Smith said.

“One of the things that I noticed this morning was that somebody has drawn in a bike path that connects it to the fire safe area [of campus] closer to Henley Gate,” Smith said.

Smith said an alternative bike path should be made to connect the new separated bike paths near the ILP to ease the commute to classes for bicyclists.

“There needs to be a bike path there; I’m totally on board with that,” he said. “It might behoove the university to look at linking these bike paths together in a way that makes a little bit more sense.”

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“There needs to be a bike path there; I’m totally on board with that,” he said. “It might behoove the university to look at linking these bike paths together in a way that makes a little bit more sense.”
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Por ...
UCSB softball falls to second in Big West with series loss

Ilsabeh Ochoa Asst. Sports Editor

The Gauchos were unable to contain the Gauchos as they fell to UCSB Friday afternoon, losing the first game of the series by a score of 7-1. The Gauchos were out hit by UCSB 12-1 and were unable to score a run. The series continued on Saturday as the Gauchos faced off against the Santa Barbara Gauchos, losing both games by scores of 7-2 and 9-2. The Gauchos are now 20-12-2 overall and 6-15 in conference play. Their next game is scheduled for Wednesday, May 24th against the UC Irvine Anteaters at 4:00 PM.
"Something for your M.I.N.D."

"Something for your M.I.N.D." is a song by Superorganism. The song was released in 2017 via SoundCloud and was initially created on Garageband and recorded on a MacBook. The band's DIY alternative style is clear in the upbeat electronic music throughout the song. "Something for your M.I.N.D." is a pureleftrightarrow to mental stimulations and fulfillment amid an overwhelming and isolating society. It's an anthem to stoners and Gen Z alike, urging the listener to let go and "waste" it feature a unique amalgamation of sounds great for coming out and letting the music move you, including a beat drop to the sound of breathing into an apple. The music video matches the trippiness of the song, both in a technical and vibe-like sense. The instrumentation perfectly encapsulates the psychedelic feel with John Lennon's slow and somewhat doleful vocals. The instrumentation is the perfect excuse to get high. The 1967 Beatles hit song, "Strawberry Fields Forever," perfectly encapsulates this psychedelic feel with John Lennon's slow and somewhat doleful vocals.

"Strawberry Fields Forever" by The Beatles

The Beatles' classic "Strawberry Fields Forever" perfectly encapsulates this psychedelic feel with John Lennon's slow and somewhat doleful vocals. The song, inspired by Lennon's memories of being high while a child in the tree in his backyard. "No one I knew was grown up," he wrote in the lyrics. "Always so young, just like my own girl, waiting for me to grow up to catch her up." The instrumentation perfectly matches the listener into the song's dreamy and dizzy, perfectly capturing the feeling of being high. To make it even better, the song is exactly four minutes and 20 seconds long. It is the ultimate smoke sesh song, both in a technical and vibe-like sense.

"Marijuana" by Kid Cudi

"Marijuana" is Kid Cudi's love song to weed, with the lyrics literally saying "Pretty green weed / All in my hand / Oh, I need it." The instrumentation perfectly immerses the listener into the song, its dreamy and dizzy, perfectly capturing the feeling of being high. To make it even better, the song is exactly four minutes and 20 seconds long. It is the ultimate smoke sesh song, both in a technical and vibe-like sense.

"Dazed and Confused"

"Dazed and Confused" is a song by the New Zealand band Flight of the Conchords created by comedy duo Jemaine Clement and Bret McKenzie. The New Zealanders play fictionalized versions of themselves as folk musicians trying to make it big in New York. Each episode features original songs written within the two, such as "Highly Unimportant" vs. "Hey Moon" and "Alien Love". This show could be a stoner comedy masterpiece. The show has become a cult classic among stoners and non-stoners alike. Let me be clear: this movie is far from good. It’s incredibly, tragically, ridicuously and slightly problematic. Despite this, the film has become a cult classic over the years and is the perfect stoner film.

"Smiley Face" (2007)

Anna Faris delivers hilarious performances as an aspiring actress, Jane, who loves pot. After unknowingly renting her roommate’s cannabis-laced cupcakes, Jane embarks on a wild adventure around Los Angeles as she runs her usual errands and attempts to buy more weed. Marijuana is the main character. It is the cause, catalyst and motivation behind every single action in this film. I personally recommended watching it while high to enhance the viewing experience by getting it a meta feel.

"Flight of the Conchords" (2007-2009)

There is no normal way to describe "Flight of the Conchords". Created by comedy duo Jemaine Clement and Bret McKenzie, the New Zealanders play fictionalized versions of themselves as folk musicians trying to make it big in New York. Each episode features original songs written within the two, such as "Highly Unimportant" vs. "Hey Moon" and "Alien Love". This show could be a drugged-up masterpiece. The wacky premise and ridiculous characters provide a viewing experience that is equivalent to being high, so one could only imagine how actually being high would enhance that.

"Dope media to enjoy when you’re high"

"Dope media to enjoy when you’re high" is a list of media to watch while high. It's perfect for watching, and you'll be sure to find yourself laughing out loud. The ultimate smoke sesh watch when high, as the show features humorous performances and nostalgic music is a perfect excuse to get high. Both stoners and Gen Z alike, urging the listener to let go and '"waste" it feature a unique amalgamation of sounds great for coming out and letting the music move you, including a beat drop to the sound of breathing into an apple. The music video matches the trippiness of the song, both in a technical and vibe-like sense. The instrumentation perfectly encapsulates the psychedelic feel with John Lennon's slow and somewhat doleful vocals. The song, inspired by Lennon's memories of being high while a child in the tree in his backyard.

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"High. How are you?"

"High. How are you?" is a question often asked when you're high. It's a great show to watch when high, as the show features humorous performances and nostalgic music is a perfect excuse to get high. Both stoners and Gen Z alike, urging the listener to let go and '"waste" it feature a unique amalgamation of sounds great for coming out and letting the music move you, including a beat drop to the sound of breathing into an apple. The music video matches the trippiness of the song, both in a technical and vibe-like sense. The instrumentation perfectly encapsulates the psychedelic feel with John Lennon's slow and somewhat doleful vocals. The song, inspired by Lennon's memories of being high while a child in the tree in his backyard.

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The day is 4/20, which of us has missed you. I've been writing these articles for a while now, and you will understand intensely the intense feeling I'm about to convey from my little heart to yours.

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I'm not high: the squeakquel

There's nothing really like the way “Star Wars” characters do. It's been good. I've loved Mary Jane loves these little talks we have.

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On days like those, I like to start with a cup of coffee. There's nothing quite like the rush of no weed in your system and a nice cuppa joe from the gorgeous, gorgeous baristas at the UCen Starbucks. I love those people. They feel my throat with. Your dry smoothness that no smoke will like “Club Penguin.” Neat stuff!

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Thursday, April 20, 2023

ON THE MENU

Daily Nexus Editorial Staff

A widely celebrated builder in California and especially Isla Vista boughs its run as the sun rises on April 20. Whether you find it in a city or a county, the schools, libraries, and community centers are jam-packed with students and friends, looking for ways to celebrate the spirit of the day. However, since not all of us can be there in person, we compiled a list of our favorite recipes to help you enjoy a 4/20 at your most enjoyable experience yet.

**Spumone Donuts**

Anytime is the perfect time for a sweet dessert. Whether you’re in the mood for a healthy snack or simply want to treat yourself, these Spumone Donuts are the perfect choice. The recipe is easy to follow and requires minimal ingredients. All you need are a few basic ingredients, and you can have these delicious donuts ready to enjoy in no time.

**Munchie misellany**

Munchie selection ranges from the completely unexpected to the pretty predictable. For example, gummies are a vegetable and fruit-based snack, but they can also be included in a wider range of munchies. Another good munchie is a really good old-fashioned donut. The choice of donut is up to you, but be careful! A really good donut can be hard to resist.

**Dos and Don’ts of 4/20**

Dos:
1. Enjoy your 4/20 responsibly.
2. Stay safe and healthy.
3. Be kind to others.

Don’ts:
1. Don’t drive or operate heavy machinery after consuming 4/20.
2. Don’t consume 4/20 in public places.
3. Don’t be too loud or aggressive.

**Spudnuts Donuts**

Oh, Dank Bowl Kitchen … is this the best for an auroboros donut? No one is there for me like Dank Bowl’s Mac Daddy. This is the most delicious donut we have ever had. The dough is perfectly fluffy, and the filling is a mix of coffee and chocolate. It’s simply irresistible.

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**Dank Bowl Kitchen**

If Dank Bowl Kitchen is open, you are in for a treat. Their donuts are always delicious. The best one is the coffee and chocolate donut. It’s a perfect combination of sweet and savory. The donut is moist and fluffy, and the coffee flavor is perfectly balanced.

**Late night in the 7-Eleven**

There is a delightful range of sauces that can be used to enhance the flavor of your munchies. For example, the spicy sauce is perfect for a spicy munchie.

**Sweet Spot**

There are a few ways to add weed into any food without making it overtly obvious. One way is to use infused cooking oils. Another way is to use infused flour. The process is fairly simple and requires minimal ingredients.

**Serving size**

The serving size of the infused donuts is approximately 1.5 inches in diameter. Each donut contains 10 milligrams of THC and 4 milligrams of CBD. The donuts can be enjoyed either straight out of the oven or after being refrigerated for a few hours.

**Directions**

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, mix the flour, sugar, baking powder, and salt.
3. In a separate bowl, mix the melted butter and milk.
4. Add the wet ingredients to the dry ingredients and mix well.
5. Add the eggs and mix until just combined.
6. Add the chocolate chips and mix until evenly distributed.
7. Pour the batter into a greased 9-inch cake pan.
8. Bake for 25-30 minutes or until a toothpick inserted into the center comes out clean.
9. Allow to cool before serving.

**Ingredient list**

- 2 cups all-purpose flour
- 1 1/2 cups granulated sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, melted
- 1 1/4 cups milk
- 3 large eggs
- 1 1/2 cups chocolate chips

**Necar’s sour candy**

The perfect munchie? Frozen grapes – the green ones of course. Something about that icy natural sweetness just understands me, you know? Luckily, the Isla Vista Food Coop has and Isla Vista Market carry this juicy fruit. Just make sure to pick this particular munchie in advance, as the produce section will close early to ensure this 4/20 is your most enjoyable experience yet.

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**Mental health**

As cannabis use continues to grow, it is important to remember that not all munchies are created equal. When choosing your munchie, consider the potential effects and choose a snack that is right for you. Remember to also enjoy the experience, and don’t be too hard on yourself!

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**Notes**

1. The ingredients for this recipe can be found in most supermarkets or specialty stores.
2. If you prefer a vegan version, you can substitute the eggs and milk with plant-based alternatives.
3. You can use any type of chocolate chips, or you can mix your own blend.
4. This recipe is best when served warm.

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**More information**

For more information about cannabis and its effects, visit the National Institute on Drug Abuse (NIDA) website. They provide comprehensive information on cannabis, its effects, and how to stay safe when consuming.

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**Acknowledgments**

We would like to thank all the contributors who helped create this recipe and the ingredients list. Their hard work and dedication have made this recipe possible. Thank you for your support and understanding.
**The link between Schizophrenia and cannabis use**

Olivia Gil de Bernabe
Asst. Editor

Research indicates that people with a family history of psychotic disorders should exercise caution when it comes to cannabis use.

Published systematic reviews, such as a paper titled "Cannabis and Psychosis: Are We any Closer to Understanding the Relationship?" summarize experimental studies that echo iterations of a concerning conclusion: when psychotic symptoms predominate the onset of cannabis use are controlled for, individuals who are genetically predisposed to psychosis are more likely to exacerbate or express psychotic outcome following exposure to cannabis.

Specifically, the psychosis outcomes identified are those of schizophrenia, a chronic mental disorder that is characterized by symptoms of delusions, hallucinations, disorganized speech/behavior/thinking or a loss of the ability to express emotions.

In addition to finding that the use of cannabis can trigger schizophrenia symptoms in those who are genetically predisposed, researchers have also found that cannabis can exacerbate symptoms in people already diagnosed with psychosis.

While the neurological mechanisms supporting these findings are not entirely understood, a popular theory is based on the understanding that schizophrenia is caused by abnormal brain structural development.

Cannabis is known to interfere with brain development processes. Increasing evidence also suggests that two factors increase the risk of developing a psychosis: cannabis use and early and heavy cannabis exposure.

Essentially, individuals at greatest risk for cannabis-induced psychosis are those who begin frequent cannabis use at an early age. Researchers investigating the relationship between schizophrenia and cannabis emphasize that more research studies are necessary to determine a causal relationship between cannabis and schizophrenia.

All the same, they assert the need for awareness campaigns to inform young people about the risks of psychoactive cannabis use.

Regardless of tetrahydrocannabinol (THC) value, cannabis lies in the Schedule One category, classed among drugs like heroin and ecstasy.

As a point of reference, cannabis is classified in the Schedule Two category, meaning it is illegal under federal law. Much has been recognized as having less potential for abuse and greater medical value than cannabis.

The National Institution on Drug Abuse determined that marijuana dependency or dependence on other substances in the brain adapts to large amounts of the drug by reducing its effect, contributing to its own endocannabinoid neurotransmitters.

Therefore, an individual could develop marijuana-use disorders if they did not control their use of marijuana or consumption of it. Marijuana psychological in nature leads to consequences such as poor performance, memory, social coordination and performance.

It can have negative effects on not just brain, impaired memory and cardiac or even 0.0% THC content, as well as the body. For long runs, these effects are crucial to be wary and responsible when using marijuana for medical or recreational use.

**The cannabis classification and the evidence**

Olivia Gil de Bernabe
Contributor, Ruvik Mangalidze

As more states legalize recreational cannabis use, the demand for cannabis research by health authorities is continually rising.

Despite the urgency of this need, studies researching cannabinoids varieties are few and far between. The cause of this supply-demand mismatch is exacerbated by the federal drug classification of cannabis.

The U.S Drug Enforcement Administration (DEA) has five controlled substances into five ranks.

Classification is based on two criteria: potential for abuse, determined by the addiction nature of the substance, and dependency value.

Schedule Five drugs are considered as having the lowest potential for abuse and greatest medical value. On the other side of the spectrum, Schedule One drugs are regarded as having the highest potential for abuse and are considered to have no medical value.

Regardless of cannabis by defining each as a psychoactive drug, marijuana, it means having less potential for abuse and greater medical value than cannabis.

In 2018, the Farm Bill modified the federal definition of cannabis by defining each as a psychoactive drug, marijuana, it means having less potential for abuse and greater medical value than cannabis.

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As a point of reference, cannabis is classified in the Schedule Two category, meaning it is illegal under federal law. Much has been recognized as having less potential for abuse and greater medical value than cannabis.
The following totally 100% true advice is intended for entertainment purposes only. Please blaze responsibly. If you want to sesh, earth.

From what was once a shell, shining, a treasure would emerge. Through shaping, sanding and into this tiny gift from the earth. Rock, over and over, into its flesh. Drill a hole into a shell, turning a circle unless they offer. While sharing is caring, smoking with friends is a cut above. My vowels lingered in the air, my breaths and pauses synchronized with the crash and lull of the waves. I started to gather rhythm and memorize it. I had spent the earlier part of my walk admiring the calm sky and rippling grass. I watched an egret along that beach, stretching its head toward the morning sun. But now my eyes trained on my phone, my lips fumbling its shape around the vowels and consonants I repeated the words to myself. Though nobody was around, I hesitated. What if someone heard me? My professor says the animals love this from us. They don’t like our plastic and our oils. They don’t want our destructive habits, our plastic and our oils. They don’t want our oil spills.