Weekly Goings-on in and Around Isla Vista

Thursday, June 1, 2023

**UCSI hosts senior celebration fair**

UC Santa Barbara is hosting a senior celebration fair on Thursday, June 1, from 1-4 p.m. at the student center, La Casa (3631 Mission Dr.). The fair will feature UCSC merchandise, food, fun, and games. The event is open to all seniors, and seniors can bring friends and family to celebrate.

**UCSBI Center celebrates 3 years of service**

The UCSBI Center, located in the Student Center, celebrates its third anniversary on Thursday, June 1, from 11 a.m. to 1 p.m. The center provides resources and support for students with disabilities. The celebration will feature snacks, prizes, and a chance to meet center staff.

**UCSBI Center holds LGBTQIQA+ community building night**

The UCSBI Center is hosting a community building night on Thursday, June 1, from 5-7 p.m. in the Student Center. The event is open to all students and will feature LGBTQIQA+ community building activities.

**Residential Housing Association hosts drag, pride festivities**

The Residential Housing Association is hosting a Pride Festival titled “Taking Pride With Pride” on Thursday, June 1, from 7-10 p.m. at the Student Recreation Center. The event will feature drag shows, live music, and a variety of pride-themed activities.

**TQM hosts Isla Vista’s first LGBTQIQA+ pride festival**

TQM is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 12-4 p.m. at Little Acorn Park and the I.V. Community Center. The festival will feature live music, food, games, and LGBTQIQA+ community building activities.

**Center for Sexual and Gender Diversity hosts Aric/Arac Pride event**

The Center for Sexual and Gender Diversity is hosting an Aric/Arac Pride event on Thursday, June 1, from 5-7 p.m. at the Student Recreation Center. The event will feature live music, food, and LGBTQIQA+ community building activities.

**UCA hosts first LGBTQIQA+ pride festival**

UCA is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCB hosts first LGBTQIQA+ pride festival**

UCB is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCD hosts first LGBTQIQA+ pride festival**

UCD is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCF hosts first LGBTQIQA+ pride festival**

UCF is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCG hosts first LGBTQIQA+ pride festival**

UCG is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCH hosts first LGBTQIQA+ pride festival**

UCH is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCI hosts first LGBTQIQA+ pride festival**

UCI is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCJ hosts first LGBTQIQA+ pride festival**

UCJ is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCK hosts first LGBTQIQA+ pride festival**

UCK is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCL hosts first LGBTQIQA+ pride festival**

UCL is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCL hosts first LGBTQIQA+ pride festival**

UCL is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCM hosts first LGBTQIQA+ pride festival**

UCM is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCN hosts first LGBTQIQA+ pride festival**

UCN is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCO hosts first LGBTQIQA+ pride festival**

UCO is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCP hosts first LGBTQIQA+ pride festival**

UCP is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCQ hosts first LGBTQIQA+ pride festival**

UCQ is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.

**UCR hosts first LGBTQIQA+ pride festival**

UCR is hosting Isla Vista’s first LGBTQIQA+ pride festival on Saturday, June 3, from 1-7 p.m. at the Student Recreation Center. The festival will feature live music, food, and LGBTQIQA+ community building activities.
Letter from the editor: Journalism? It comes down to community

Sindhu Ananthavel
Lead News Editor

The moment you first walked into the Nexus office as an incoming freshman, Alex Levin, a member of the incoming freshman class, I knew you were going to do great things at this paper. Your talent is beyond your years, and you inspire great confidence for the future of student journalism at this paper. Thank you for the uplifting energy and thoughtful efforts you bring to every print issue.

Jorge Mercado and Evelyn Spence, your guidance and support, have made me a more confident leader in journalism than I began as a result of both your advice and your examples. I will always look up to the two of you for the invaluable efforts you provide and the high bar of journalistic integrity and quality you uphold.

Emily Keco, I never knew when I spotted the camers of the news that I was consistently looking to take things off my plate. I hope I know how much I appreciate your attentiveness, the grave you provided me and your ability to handle my incessant phone calls of paranoia. I could not have asked for a better managing editor.

I have the utmost faith in you, Priya Filipetti, that you will bring new heights to your positivity attitude and firm leadership are so greatly. I've relied on you greatly for advice and support throughout this year, and I can only hope that the two of you will continue to make me feel supported and relieved.

The first article I ever wrote for the Nexus was an opinion article called, “Roll Call Racism: The Power In Pronunciation.” As managing editor, I supported you in enforcing the proper pronunciation of my name at all times. The Daily Nexus was the first space I felt confident enough to demand my name be pronounced accurately. It was the first time I realized that my name was important; I respected me enough to try. I leave this paper knowing that you have the high bar of journalistic integrity and maturity as your colleagues, and I will always have the Daily Nexus to thank for that.

To the 2023-24 Daily Nexus editors, I wish you all the best in your future endeavors. I enjoyed and appreciated you for reminding me to drink to new heights. Your positive attitude and firm leadership are so greatly. I tend to rely on you greatly for advice and support throughout this year, and I can only hope that the two of you will continue to make me feel supported and relieved. I am so grateful to call you a friend and colleague! Though I would never say it to your face, I admire the heights you are reaching. I find every piece of the puzzle. I hope you will continue to find a way to express the ideas you are passionate about. I am confident that you will

A.S. Senate passes bill to improve financial transparency

Sindhu Ananthavel
Lead News Editor

The UC Santa Barbara Associated Students Senate passed a bill codifying the documentation of all Associated Students funds provided to campus organizations. The Senate passed the Financial Transparency and Accounting Act on May 3, requiring any entities receiving Associated Students (A.S.) funds to provide monthly financial reports on spending to the Finance and Banisters (F&B) Committee's chief financial officer. The act mandates that all Associated Students funds regularly receive money from student fees—in the form of salaries, wages versus food versus event funds to provide monthly line-item reports on fiscal spending to the entity. From A.S. would not have to report All financial reports will then be compiled into a “master budget spreadsheet,” according to the bill's language, and be publicly available on the Association's website. Shalunov said he plans to work on further legislation standardizing A.S. financial processes. I stand confident that you will make the most of every dime that we take into the association. When you are wanting knowing where that money is going, but that is not the end,” Shalunov said. He emphasized the Association's mission in serving the student population and the importance of having financial transparency and control for the entity. The “Associated Students is a machine that converts student fees into bettering the lives of students on campus,” Shalunov said. "Keeping that in mind, we need to know very well how we're spending the money to see what changes we need to make.”
The Santa Barbara County Fire Department made numerous water rescues throughout the past year, following storms and a surge in rainfall from late December 2022 to March 2023. Cliff erosion, ocean pollution and high tides have all posed threats to those on the beach and in the water.

Governor Gavin Newsom declared a state of emergency during the winter storms, which led to flood warnings, evacuation orders, road closures and school cancellations, in addition to an increase in the number of water rescues necessary.

Rescue teams were frequently called to the Isla Vista area due to poor ocean conditions from impacts of the storms, according to Santa Barbara County (SBC) Fire Department Public Information Officer Scott Safechuck.

"A lot of the rescues that we’ve had earlier this year were more storm-related; people going out into the ocean during storms,” Safechuck said. “Even people who are versed at surfing had difficulties just because the tide conditions. Someone who’s a regular beach goer would disappear, the tide increased in a way so they were breaking against the cliffs, so we had several cliff rescues.”

On Jan. 6, the SBC Fire Department responded to a 911 call regarding a surfer caught in a rip current. 50 feet from shore and facing difficulty to swim up to the surface. Safechuck responded to the call and worked to rescue the surfer. Multiple efforts were made to rescue the surfer before they reached the surface. Once they reached the surface, the surfer was rescued and safely escorted onshore by paramedics.

"In the event that they’re stuck in a rip current, [they should] always swim perpendicular to the rip current, parallel to the shore so that they don’t have to fight the current and then they can work their way in.

Additionally, tides have been gradually moving further up the shores of Isla Vista since the storms have washed away most of the sand on the beaches. "There’s certainly times in a month where we get extremely high tides, if you look at a scale of tides, somewhere around a 5.0 or higher can be considered a high tide,” Safechuck said. “It also is affected by how much erosion we have at the beach or how much sand build up we have. So the less sand that we have there, the closer that the water can approach the cliffs.”

"As the tide comes up, we have a lot of people that are trapped there, so it’s important that people recognize and learn about the tide systems and how it affects the different beaches that they go to,” he continued.

Rip currents pose a threat to swimmers and surfers, dragging people away from the shore and leaving them at risk of drowning, according to Safechuck.

"If people are farther away from the shore and they don’t know how to swim, they will be overcome by the water,” he explained. "Seas during storms have washed away most of the sand on the shores of Isla Vista since the storms have washed away most of the sand on the beaches."
Local bands barred from practicing at Parking Lot 22 amid noise, safety concerns

UC Santa Barbara's Parking Lot 22 – a five-story parking structure on the UCSB campus – is a popular practice area for local and campus performance groups, but reports of noise disturbance and administrative pushback have restricted bands from continuing to use the parking lot as a rehearsal space.

Parking Lot 22 is located directly across from the Student Resource Building (SRB), which is home to a variety of cultural and resource centers.

The university posted a sign at Lot 22 stating that parking facilities should only be used for parking – and not for making music. Members of the local student band French Cinema encountered this sign when they arrived at the parking lot for their weekly band practice on Monday, May 15.

When asked about student bands using Lot 22, UCSB Office of the Vice Chancellor for Student Affairs Chief of Staff Miles Ashlock said that bands disrupted daily activities in the SRB during a May 17 Associated Students Senate meeting.

"Nobody wants to crack down on the band scene or us being anybody's time, but it is a parking lot under the governance of transportation and parking services," Ashlock said. "The noise throughout the day created by the bands does interrupt student services in the Student Resource Building."

“There is business, including very personal business, sensitive business, going on on the face of the SRB that faces that parking garage,” he continued. “We regularly receive complaints from particularly the staff that are working there trying to provide service to students saying, ‘Can you tell them to stop?’

After encountering the sign, French Cinema conducted practice as usual, but when they returned two days later, the outlets in the parking lot – which the band uses to plug in amplifiers and other instruments – had been turned off.

“Pretty much every practice we’ve ever done has been at Lot 22,” said French Cinema guitarist and third-year physics major Cole Bentley. “We were one of the first bands to go there and realize, shit, the power is off.”

Local bands, dance groups, and other organizations primarily use Lot 22 because of the lack of other practices spaces both on campus and in 1V. “There really is nowhere to practice, especially if you live on campus,” Bentley said. “Even if you live off campus in I.V., it’s a little bit far away. It’s filled with cars. People are just not watching out for people playing or performing.”

Reyes said in an email statement to the Nexus, “The parking structures are inappropriate and not approved for anything other than parking a car.”

Caliendo disagreed with Reyes and Recinos’ sentiment, contesting that Sweet Appeal practices in the corner of the parking lot, which does not obstruct parked or moving cars.

“‘There’s not enough parking’ is not a realistic guideline that they can follow,” Bentley said. “My idea would be reasonable hours … you could play here. That’s what the university should want to do, but the bands can practice here. It’s just not watching out for people playing or performing.”

Recinos said in reference to the Nexus: “The parking structures are inappropriate and not approved for anything other than parking a car.”

"I think regardless of the official status of bands, they should still be supported by the university, or at least not actively shut down,” Bentley said. "It’s a place that bands want to support bands because it’s part of the creative community here. It’s part of the social community at UCSB.”

UCSB posts a sign stating that Lot 22 should only be used for parking.

---

Alex Levin  
Assistant News Editor

UC Santa Barbara's Parking Lot 22 – a five-story parking structure on the UCSB campus – is a popular practice area for local and campus performance groups, but reports of noise disturbance and administrative pushback have restricted bands from continuing to use the parking lot as a rehearsal space.

Parking Lot 22 is located directly across from the Student Resource Building (SRB), which is home to a variety of cultural and resource centers.

The university posted a sign at Lot 22 stating that parking facilities should only be used for parking – and not for making music. Members of the local student band French Cinema encountered this sign when they arrived at the parking lot for their weekly band practice on Monday, May 15.

When asked about student bands using Lot 22, UCSB Office of the Vice Chancellor for Student Affairs Chief of Staff Miles Ashlock said that bands disrupted daily activities in the SRB during a May 17 Associated Students Senate meeting.

"Nobody wants to crack down on the band scene or us being anybody's time, but it is a parking lot under the governance of transportation and parking services," Ashlock said. "The noise throughout the day created by the bands does interrupt student services in the Student Resource Building."

“There is business, including very personal business, sensitive business, going on on the face of the SRB that faces that parking garage,” he continued. “We regularly receive complaints from particularly the staff that are working there trying to provide service to students saying, ‘Can you tell them to stop?’

After encountering the sign, French Cinema conducted practice as usual, but when they returned two days later, the outlets in the parking lot – which the band uses to plug in amplifiers and other instruments – had been turned off.

“Pretty much every practice we’ve ever done has been at Lot 22,” said French Cinema guitarist and third-year physics major Cole Bentley. “We were one of the first bands to go there and realize, shit, the power is off.”

Local bands, dance groups, and other organizations primarily use Lot 22 because of the lack of other practices spaces both on campus and in 1V. “There really is nowhere to practice, especially if you live on campus,” Bentley said. “Even if you live off campus in I.V., it’s a little bit far away. It’s filled with cars. People are just not watching out for people playing or performing.”

Reyes said in an email statement to the Nexus, “The parking structures are inappropriate and not approved for anything other than parking a car.”

Caliendo disagreed with Reyes and Recinos’ sentiment, contesting that Sweet Appeal practices in the corner of the parking lot, which does not obstruct parked or moving cars.

“‘There’s not enough parking’ is not a realistic guideline that they can follow,” Bentley said. “My idea would be reasonable hours … you could play here. That’s what the university should want to do, but the bands can practice here. It’s just not watching out for people playing or performing.”

Recinos said in reference to the Nexus: “The parking structures are inappropriate and not approved for anything other than parking a car.”

"I think regardless of the official status of bands, they should still be supported by the university, or at least not actively shut down,” Bentley said. "It’s a place that bands want to support bands because it’s part of the creative community here. It’s part of the social community at UCSB.”

UCSB posts a sign stating that Lot 22 should only be used for parking.

---

Alex Levin  
Assistant News Editor
UC Santa Barbara Indus hosted its annual End-of-Year Banquet and Culture Show on May 27 at Corwin Pavilion.

The event consisted of food, dancing, and singing performances, as well as an open dance floor to end the night. Attendees were encouraged to wear traditional clothing.

Indus – UCSB’s South Asian cultural organization – invited members and performers to spotlight the group’s accomplishments and programming throughout the past year.

The banquet commenced by inviting attendees to eat food provided by Masala Spice outside the pavilion such as samosas, gulab jamun and mango lassi. After half an hour of eating and conversing, participants entered the pavilion to watch the performances.

Second-year environmental studies major, Indus club Events Coordinator and President-Elect Siaa Singh expressed that the banquet’s goal is to invite cultural performers to showcase their abilities.

“This year, we decided to do a cultural show with a lot of our clubs that are dedicated towards South Asian heritage, such as the Bollywood dance team on campus and the classical team on campus,” Singh said. “All of them had reached out and were wondering if there was a way for them to showcase what they’ve been working on throughout the year.”

The first act of the event included a comedy skit by comedian and banquet MC Rajveer Oberoi, who talked about common experiences with South Asians in the United States, including experiences with the immigration.

“I know for a lot of students that are international students, it’s dependent on the school for sponsoring their visa. A lot of the time they have to go home, which is supremely unfair because they work just as hard as every other student and they also deserve to be here,” Singh said. “Have empathy and have compassion because it’s a big deal leaving your home country.”

Oberoi’s skit was followed by dancing and singing acts from groups such as the Indian classical dance team Agni, Bollywood fusion dance team Taar, Beachside Bhangra and other groups formed by friends and members of Indus.

Beachside Bhangra first-year molecular, cellular and developmental biology graduate student Abhijit Saini described the significance of performing Bhangra, a North Indian Punjabi dance traditionally performed as a way to celebrate a good harvest, at the banquet.

“The purpose of performing at Indus was to show the presence of the Punjabi community on campus and to show a sense of brotherhood amongst all different Indian subcultures given the current political circumstances in India,” Saini said.

Singh shared celebrating South Asian cultural identity at the banquet focused on cultural food and dance.

“South Asian culture is very deep-rooted and etched into culture, music, festival and especially food,” Singh said. “So that’s why I felt like it was important to throw an event that really celebrates that, especially coming together for a common purpose, which is celebrating our culture that is so etched into dance and eating good food.”

As cultural dancing and singing acts performed, audience members clapped along and cheered in support.

After an hour of performances, the show ended with a final dance performed by the Indus board and an invitation for all attendees to freely dance on the dance floor.

Fourth-year biological sciences major and Indus co-President Maham Memon expressed the Indus’ purpose is to create a home for South Asians on UCSB’s campus.

“When you walk around UCSB, you don’t see that many South Asian people. I think it’s so important for people to feel that community here, especially during religious and cultural holidays because a lot of people can’t go back home,” Memon said. Indus will continue hosting its annual banquet and culture show, as well as religious holiday celebrations such as Holi and Diwali, to highlight South Asian culture and provide a community for South Asian students as well as provide an opportunity for non-South Asian students to learn more about South Asian culture.

“It’s important to be aware that Christmas and Halloween and Valentine’s Day and Easter are not the only holidays that are present on campus, and there are so many more things you can celebrate and share with people,” Memon said.

Singh shared her goals with Indus moving forward.

“As the population increases, for an increase in population, I definitely want to make events more frequent,” Singh said. “With the club, I want to have more kinds of discussion panels where people can come in and talk about the South Asian experience in the U.S. or the immigration experience, and I just want to create a safe space for international and South Asian American students alike to just come hang out and feel like they belong.”

Attendants enjoy food and dancing at the banquet.

Siaa Singh expressed that the banquet focused on cultural food and dance.

“I think it’s so important for people to feel that community here, especially during religious and cultural holidays because a lot of people can’t go back home,” Memon said. Indus will continue hosting its annual banquet and culture show, as well as religious holiday celebrations such as Holi and Diwali, to highlight South Asian culture and provide a community for South Asian students as well as provide an opportunity for non-South Asian students to learn more about South Asian culture.

“It’s important to be aware that Christmas and Halloween and Valentine’s Day and Easter are not the only holidays that are present on campus, and there are so many more things you can celebrate and share with people,” Memon said.

Singh shared her goals with Indus moving forward.

“As the population increases, for an increase in population, I definitely want to make events more frequent,” Singh said. “With the club, I want to have more kinds of discussion panels where people can come in and talk about the South Asian experience in the U.S. or the immigration experience, and I just want to create a safe space for international and South Asian American students alike to just come hang out and feel like they belong.”

Attendees gather for a night of food, dancing and singing performances.
Los Curanderos reflects on its revitalization, brings back conference for high school students

Members of UC Santa Barbara's Los Curanderos reflected on the organization's event programming and revitalization this academic year, particularly noting their May conference that gathered local high school students to learn about navigating the healthcare world as Latine individuals.

Los Curanderos is a Latine pre-health organization that aims to diversify the healthcare field through social activism and community events.

The group organizes weekly local speakers who come to meetings to discuss topics like impostor syndrome, maintains a mentorship program between underclassmen and upperclassmen and organizes conferences to various locations in California.

This year's conference on May 13 — titled “Healing Our Communities” (HOC) — bussed over 30 high school students from Hueneme High School, Pacifica High School and Channel Islands High School to tour the UCSB campus, participate in workshops and learn about the healthcare profession.

“We chose Hueneme, Pacifica, and Channel Islands, because we identified them as the lowest income areas with the highest Latinx population, so even though the bus was more expensive we thought it would be a bigger impact,” Los Curanderos Co-Chair and recent UCSB graduate Charles Crane said in an interview with the Nexus.

The conference aimed to “be able to have more of an equal opportunity does and can exist in healthcare, a lack of people who speak Spanish, a lack of people who understand the culture,” he said. “Having this diversity is so essential because it creates better patient outcomes, better patient care and shows people that, at the end of the day, these barriers can be overcome.”

Cranes said the conference and Los Curanderos’ events all center on the organization’s main focus: to provide community support and serve as representation for future Latine medical professionals.

“There is a place for you in the medical field. You’re wanted, and you’re needed,” Cranes said. “You can do it no matter what, and we’ll be here as a resource for you.”
The university community joins together to give praise and thanks to those graduates who have demonstrated excellence during their years here.

The Thomas More Storke Award for Excellence
symbolized by a bronze medal forged by Francis Minturn Sedgwick, is given to the graduating senior who has demonstrated outstanding scholarship and extraordinary service to the university, its students, and the community. This year this distinction is awarded to:

Cameran Bahnsen

The Jeremy D. Friedman Memorial Award
is presented in grateful recognition of outstanding leadership, scholastic excellence, and innovative contribution to student and community life at the University of California, Santa Barbara, in memory of Jeremy D. Friedman, undergraduate 1979–83. This year’s recipient is:

Annika Katarina Sanchez

Alyce Marita Whitted Memorial Award
This award, established in 1993, is presented to one non-traditional graduating senior who has demonstrated endurance, persistence, and courage in the face of extraordinary challenges while in pursuit of an academic degree. This year's recipient is:

Hyun Joo (Jena) Lee

Yonie Harris Award for Civility in Public Discourse
is presented to graduates who best exemplify the principles of free speech and respectful dialogue and who foster a campus climate of civility and open-mindedness.

This year's recipients are:

Jamaal Muwwakkil & Gurleen Pabla

Michael D. Young Engaged Scholar Award
This award recognizes the legacy of the Vice Chancellor for Student Affairs Emeritus, Michael D. Young, particularly his commitment to empowering students toward principled leadership. It is awarded to students who have skillfully integrated their scholarly knowledge and/or values into action. This year’s recipient is:

Laura Pritschet

University Award of Distinction
The following seniors and graduate students have been selected as recipients of this year’s University Award of Distinction, given to students who have contributed greatly to the quality of life by giving unselfish service to others within a particular area.

Stephanie Arguera Farahi
Andy Barrera Rios
Alex Castillo
Xochitl S. Clare
Levin Attias Fetzer
Brylee Gartsid
Ethan George
Madison Heard
Larry Huynh
Aidan Manousos
Kendall Martin
Alex Mei
Adryanna Navarro
Catherine Parker
Emily Xinlucubhli Perez
Lillian Poe
Vani Singhania
Evan Smith
Summer Spink
Doris Wei
Jennifer Yuri Yoshikoshi
Michael Zargari
Keren Zou

University Service Award
The following seniors and graduate students have been selected as recipients of this year’s University Service Award, given in recognition of unselfish and dedicated service to the University, its students, and the community.

Clare Anne Agustin
Adam Bagul
Maria Castillojo Huanosta
Emily Banh Duong
Rachel Farnum
Logan Greenough
Anusikha Halder
Vanessa Hill
Avni Liana Joglekar
Emily Kocis
Erik Magaña
Callan Nowacki
Ashley Pham
Anabel Rocha Ambrosio
Vanessa Sedano Ojeda
Kaitlin Enedina Segovia
Hailey Stankiewicz
Nicholas Wrubel
Zichun Yang

Vice Chancellor’s Award for Scholarship, Leadership, and Citizenship
This award is presented annually to one or more graduating seniors and graduate students who embrace the principles of scholarship, leadership, and citizenship — through activities that enhance UCSB’s academic environment, contributions to a consequential project, or extraordinary service to the campus community.

Nazzawi Allen
Eliza Ann Garcia
Daniel Huecias
Kylah Jordan
Sophie Kimura
Krystalyn Cortez Llanes
Love Tai-Thembli Maia
Sean Tran
Angela Carolina Valdez
Junjie Ye
Christian Zamiga
Xiangying Zuo

Mortar Board Award
The Mortar Board Award is given each year in recognition of the graduating senior having the highest cumulative grade point average in the graduating class, combined with the fewest number of transfer units. This year’s recipient will be announced at the ceremony.

Award winners, their families, & interested faculty & staff are invited to attend the Awards Ceremony on Friday, June 16, 2023 at 3:30pm in Corwin Pavilion.
The UC Santa Barbara Recreation Center is one of the most sought-after destinations on campus, drawing in a staggering number of visitors each day. The Recreation Center boasts three primary fitness buildings, all of which has recently reopened following renovations to the air ventilation system. In addition to a sprawling outdoor area, this Recreation Center is the go-to spot for all UCSB students. Given the high volume of foot traffic, it can be challenging to determine the optimal time to drop by. That's why we've conducted a comprehensive data analysis to uncover trends and patterns, providing valuable insights to answer the burning question: When is the best time to hit the Recreation Center?

Data was collected from Fall Quarter 2019 and Fall Quarter 2022. Visualization of the data illustrates the number of individuals visiting the Recreation Center varies from hour to hour, peaking around 9 a.m. and later from 4-5 p.m. Such information can be utilized by facility managers and staff to optimize the center's services, staffing, and hours of operation, ultimately enhancing the overall experience of visitors.

The heatmap chart reveals that 300 people hit the Recreation Center during that hour. In contrast, the early morning and late-night hours see consistently low foot traffic throughout the week. This helps visitors choose the right time to visit and avoid the 4-5 p.m. rush hour.

The heatmap chart reveals that the peak time for visitors is 4-5 p.m. on Mondays, with more than 300 people hitting the Recreation Center during that hour. In contrast, the early morning and late-night hours see consistently low foot traffic throughout the week. This helps visitors choose the right time to visit and avoid the 4-5 p.m. rush hour.

The UC Santa Barbara Recreation Center is one of the most sought-after destinations on campus, drawing in a staggering number of visitors each day. The Recreation Center boasts three primary fitness buildings, all of which has recently reopened following renovations to the air ventilation system. In addition to a sprawling outdoor area, this Recreation Center is the go-to spot for all UCSB students. Give the high volume of foot traffic, it can be challenging to determine the optimal time to drop by. That's why we've conducted a comprehensive data analysis to uncover trends and patterns, providing valuable insights to answer the burning question: When is the best time to hit the Recreation Center?

Data was collected from Fall Quarter 2019 and Fall Quarter 2022. Visualization of the data illustrates the number of individuals visiting the Recreation Center varies from hour to hour, peaking around 9 a.m. and later from 4-5 p.m. Such information can be utilized by facility managers and staff to optimize the center's services, staffing, and hours of operation, ultimately enhancing the overall experience of visitors.

"I have worked at the Rec for a year and a half and my experience working here has been amazing. I couldn't have asked for a better job. My coworkers are awesome, the environment is always positive and also it makes it easy to work out every day because I'm already there working," said communications and global studies double major and Recreation Center operations assistant Jacqueline Georweiss. In regards to the Recreation Center schedule, Georweiss said that it is customary to have two individuals present at the front desk at all times, regardless of the hour. However, she said that accounting for the times where more people enter the recreation center would be beneficial in ensuring that they have sufficient staff coverage.

"Late it's been going to the Recreation Center first thing in the morning, usually from 8-10 a.m., but on some days I might have a late start and defer to later in the evening after I've finished my school work," Bagan said. "Harden tries to plan his visits to the gym ahead of time. He is a mix of both [early and late]. I try to make a schedule that allows me to go at 11 a.m. every day if possible. I just enjoy going at that time and there aren't too many people," Harden said.

"Lately I've been going to the Recreation Center first thing in the morning, usually from 8-10 a.m., but on some days I might have a late start and defer to later in the evening after I've finished my school work," Bagan said. "Harden tries to plan his visits to the gym ahead of time. He is a mix of both [early and late]. I try to make a schedule that allows me to go at 11 a.m. every day if possible. I just enjoy going at that time and there aren't too many people," Harden said.

The Recreation Center's visitation is impacted by midterms and finals weeks during each quarter. "The heaviest time is typically in the early or late afternoons, depending on the time of year," according to middle and finals week," said third-year communication major and Recreation Center social media specialist Leney Chao. "I would say it depends not just on the time of day but also what part of the quarter it is. The beginning of the quarter is usually busy, and midterms and finals weeks are less busy," said second-year statistics and data science major Po-ki Soo.

During midterms and finals week, there is a noticeable decrease in the average number of visitors to the Recreation Center. Specifically, there is a reduction of 200 people per hour on average, resulting in a total of approximately 460 fewer individuals coming into the Recreation Center per day.

"I have worked at the Rec for a year and a half and my experience working here has been amazing. I couldn't have asked for a better job. My coworkers are awesome, the environment is always positive and also it makes it easy to work out every day because I'm already there working," said communications and global studies double major and Recreation Center operations assistant Jacqueline Georweiss. In regards to the Recreation Center schedule, Georweiss said that it is customary to have two individuals present at the front desk at all times, regardless of the hour. However, she said that accounting for the times where more people enter the recreation center would be beneficial in ensuring that they have sufficient staff coverage.

"Late it's been going to the Recreation Center first thing in the morning, usually from 8-10 a.m., but on some days I might have a late start and defer to later in the evening after I've finished my school work," Bagan said. "Harden tries to plan his visits to the gym ahead of time. He is a mix of both [early and late]. I try to make a schedule that allows me to go at 11 a.m. every day if possible. I just enjoy going at that time and there aren't too many people," Harden said.

The Recreation Center's visitation is impacted by midterms and finals weeks during each quarter. "The heaviest time is typically in the early or late afternoons, depending on the time of year," according to middle and finals week," said third-year communication major and Recreation Center social media specialist Leney Chao. "I would say it depends not just on the time of day but also what part of the quarter it is. The beginning of the quarter is usually busy, and midterms and finals weeks are less busy," said second-year statistics and data science major Po-ki Soo.

During midterms and finals week, there is a noticeable decrease in the average number of visitors to the Recreation Center. Specifically, there is a reduction of 200 people per hour on average, resulting in a total of approximately 460 fewer individuals coming into the Recreation Center per day.

The heatmap chart reveals that the peak time for visitors is 4-5 p.m. on Mondays, with more than 300 people hitting the Recreation Center during that hour. In contrast, the early morning and late-night hours see consistently low foot traffic throughout the week. This helps visitors choose the right time to visit and avoid the 4-5 p.m. rush hour.

The Recreation Center's visitation is impacted by midterms and finals weeks during each quarter. "The heaviest time is typically in the early or late afternoons, depending on the time of year," according to middle and finals week," said third-year communication major and Recreation Center social media specialist Leney Chao. "I would say it depends not just on the time of day but also what part of the quarter it is. The beginning of the quarter is usually busy, and midterms and finals weeks are less busy," said second-year statistics and data science major Po-ki Soo.

During midterms and finals week, there is a noticeable decrease in the average number of visitors to the Recreation Center. Specifically, there is a reduction of 200 people per hour on average, resulting in a total of approximately 460 fewer individuals coming into the Recreation Center per day.

The heatmap chart reveals that the peak time for visitors is 4-5 p.m. on Mondays, with more than 300 people hitting the Recreation Center during that hour. In contrast, the early morning and late-night hours see consistently low foot traffic throughout the week. This helps visitors choose the right time to visit and avoid the 4-5 p.m. rush hour.

The heatmap chart reveals that the peak time for visitors is 4-5 p.m. on Mondays, with more than 300 people hitting the Recreation Center during that hour. In contrast, the early morning and late-night hours see consistently low foot traffic throughout the week. This helps visitors choose the right time to visit and avoid the 4-5 p.m. rush hour.
Emma Holm-Olsen
Science Editor

It’s no wonder that Starbucks has become virtually synonymous with the word ‘coffee.’ Since its creation in 1971, it’s risen to become the largest coffee retailer— and a staple in millions of people’s morning routines. From flavored lattes and ‘frappuccinos’ to tea and lemonades, they have almost anything you could possibly want in terms of beverages — and at very reasonable prices. If that weren’t enough, they also have a wide selection of bakery and snack items, including my personal favorite, the mouth-watering Bacon, Gouda & Egg Sandwich. But, if you’d prefer to keep it simple, you can always get a cup of delicious mocha or ground coffee, including their house Pike Place Roast. There are no wrong choices at Starbucks, and I can guarantee there is something for everyone. In my opinion, Starbucks also stands apart from other coffee shops due to the friendliness of the staff. Plus, there’s nothing like a hot beverage and a sweet treat to motivate you to write that essay!

BEST COFFEE:
STARBUCKS

BEST BOBA:
KAJU

Sindhu Ananthavel
Lead News Editor

Located at 961 Embarcadero Del Mar, Kaju Ramen & Curry is often frequented for its boha, with a variety of flavors for IV goers to quench their thirst. Highlights include their hokkaido milk tea and dirty latte, as well as mondiary alternatives for vegans and the lactose intolerant. An array of non-milk based teas are available as well, including the tart citrus lemon tea and gently sweet watermelon green tea. There’s truly something for everyone — including the boha averse, who can choose toppings such as egg pudding and grass jelly — and after one sip, you’re sure to return for more.

BEST PITCHER:
WOODSTOCK’S

Stephanie Gerson
On the Menu Editor

Is there any other experience that can match the bliss of sharing a reasonably priced, refreshing pitcher of Cali Squares with your besties — perhaps paired with Cinnabread — while spilling your deepest, darkest secrets with each other in a cozy Cinnabread — while spilling your deepest, darkest secrets with each other in a cozy

BEST PIZZA:
IV PIZZA PUB

Abigail Monti
Asst. On the Menu Editor

Despite officially opening at the start of Winter Quarter 2023, IV Pizza Pub has already amassed a dedicated student fan base. Loyal customers of the shop’s predecessor, Pizza My Heart, were relieved to find that new owner Daron Friedman kept the menu, ambiance and staff consistent. Friedman, who also founded and owns local business IV Bagel Cafe, wished to prevent another New York-inspired I.V. business from permanently leaving town by purchasing Pizza My Heart’s equipment and recipes, hiring the Pizza My Heart management staff, and even keeping the same location. With Pizza My Heart’s award-winning creative recipes, Friedman clearly understood that you shouldn’t mess with perfection. From the massive slices of thin-crust pizza piled high with fresh toppings, to the laid-back atmosphere, IV Pizza Pub continues Pizza My Heart’s tradition of good food and good energy. However, students have undoubtedly come to embrace IV Pizza Pub’s augmented menu, which now serves IV Bagel Cafe favorites, NYC Breakfast Pizzas and mimosas on Saturday and Sunday mornings. Whether you drop by for hangover-curing brunch or late-night pitchers, you’re sure to leave IV Pizza Pub satisfied.

BEST POP-UP:
ROGER’S TACOS

Preston Espar
Sports Editor

Everybody loves tacos and everybody loves pop-up shops that sell various things in our quaint town of Isla Vista. The geeniess at Roger’s Tacos combined these two things and made a masterpiece. Intoxicated individuals in the area can always rely on Roger’s Tacos to help with their greasy food cravings. The tacos are so good, campus organizations know that if they get Roger’s Tacos to help them fundraise, there will be a line down the street. The prices are fair and their payment methods are easy. If you do not have any physical forms of payment, they conveniently take Venmo. The number of drunk and sober students alike who have been able to partake in their food because of this is immeasurable. Mexican food in Santa Barbara is at its best, which is exactly why Roger’s Tacos is so good. They understand who they are competing with, and they make sure their food gives other locations a run for their money. Their menu is simple, but their flavor is most definitely not. All the meats they offer a unique taste that has every customer asking for seconds. Without Roger’s Tacos, Isla Vista would be a less delicious place.

BEST OF

Every year the Daily Nexus compiles a list of categories that make Isla Vista, Isla Vista. We then share those places and things with the UC Santa Barbara community so we can elect a winner for each category. The winners are chosen by the community and the content is written by the editorial staff. Our aim is to celebrate the places on and off campus that make this place our home and hard to say goodbye to as we graduate and leave for the summer.
**BEST SNACK DELIVERY: DUFFL**

Duffl partners with local businesses such as I.V. Deli Mart, encouraging students to search locally for their snacking needs. They are also sure to entertain students with their sexual innuendos and puns written with Sharpie on their iconic orange bags. If Duffl does anything besides deliver delicious snacks, it’s making their clients laugh. Rain or shine, you are sure to see one of their employees in a bright orange helmet and vest sweeping down Pardall Road. Easily recognizable with their vibrant colors, Duffl serves as the bridge that connects desperate college students requiring a quick on. Duffl competes with both 7-Eleven and Dore, but Dufll’s student service leads the UC Santa Barbara community to place their order. Duffl also encourages fun purchases from the comfort of your home, providing alternative goods such as ping pong balls and pink wigs. Duffl exists as an odd liaison between college life and corporate structure. Regardless, they succeed in their niche and encourage late-night shopping within I.V. 7-Eleven gets a well-deserving shoutout for the freedom they bring to students. Duffl partners with local businesses such as I.V. Deli Mart, encouraging students to search locally for their snacking needs. They are also sure to entertain students with their sexual innuendos and puns written with Sharpie on their iconic orange bags. If Duffl does anything besides deliver delicious snacks, it’s making their clients laugh. Rain or shine, you are sure to see one of their employees in a bright orange helmet and vest sweeping down Pardall Road. Easily recognizable with their vibrant colors, Duffl serves as the bridge that connects desperate college students requiring a quick on. Duffl competes with both 7-Eleven and Dore, but Dufll’s student service leads the UC Santa Barbara community to place their order. Duffl also encourages fun purchases from the comfort of your home, providing alternative goods such as ping pong balls and pink wigs. Duffl exists as an odd liaison between college life and corporate structure. Regardless, they succeed in their niche and encourage late-night shopping within I.V. 7-Eleven gets a well-deserving shoutout for the freedom they bring to students.

**BEST SANDWICH: SAM’S TO GO**

Kathleen Santacruz

A well-loved establishment in Ilsa Vista, Santa’s To Go has been dishing out classic sandwiches since 1981. The locally-owned sandwich shop’s four locations in Santa Barbara County are a further testament to its popularity. While it’s fun to experiment with food, sometimes you might want to keep things classic and simple with a ham and cheese sandwich or a BLT, both of which Santa’s To Go has done to a science. Crafted with all the fixings and made on your choice of bread, you can’t go wrong with choosing from any of the sandwich shop’s 17 options.

**BEST DRUNCHIES: I.V. DELI MART**

Kathleen Santacruz

The blinding fluorescent lights of I.V. Deli Mart on a sunny Saturday morning. The warm, wafting aroma of the kitchen fills the air, and the scent of freshly roasted coffee beckons you inside. The bright red “CUCAS RESTAURANT” sign, the tantalizing neon letters spelling “OPEN,” urging you to venture inside. You’re feeling like breakfast-for-dinner, and fortunately, their breakfast burritos are available all day. Step inside, place your order, the man taking your order asks you what you’re looking for. The bright red “CUCAS RESTAURANT” sign, the tantalizing neon letters spelling “OPEN,” urging you to venture inside. You’re feeling like breakfast-for-dinner, and fortunately, their breakfast burritos are available all day. Step inside, place your order, the man taking your order asks you what you’re looking for.

**BEST HANGOVER CURE: BAGEL CAFE**

Kathleen Santacruz

If you’re just looking for a quick bite after an afternoon at the beach, look no further than Sam’s To Go’s appetizer menu that includes chicken tenders, onion rings, fries and more. Their outdoor patio is the perfect place to share some subs, fries and a pitcher with friends while soaking up the Ilsa Vista sunshine. The bright red “CUCAS RESTAURANT” sign, the tantalizing neon letters spelling “OPEN,” urging you to venture inside. You’re feeling like breakfast-for-dinner, and fortunately, their breakfast burritos are available all day. Step inside, place your order, the man taking your order asks you what you’re looking for.

**BEST SNACK DELIVERY: DUFFL**

Duffl partners with local businesses such as I.V. Deli Mart, encouraging students to search locally for their snacking needs. They are also sure to entertain students with their sexual innuendos and puns written with Sharpie on their iconic orange bags. If Duffl does anything besides deliver delicious snacks, it’s making their clients laugh. Rain or shine, you are sure to see one of their employees in a bright orange helmet and vest sweeping down Pardall Road. Easily recognizable with their vibrant colors, Duffl serves as the bridge that connects desperate college students requiring a quick on. Duffl competes with both 7-Eleven and Dore, but Dufll’s student service leads the UC Santa Barbara community to place their order. Duffl also encourages fun purchases from the comfort of your home, providing alternative goods such as ping pong balls and pink wigs. Duffl exists as an odd liaison between college life and corporate structure. Regardless, they succeed in their niche and encourage late-night shopping within I.V. 7-Eleven gets a well-deserving shoutout for the freedom they bring to students.

**BEST CONVENIENCE STORE: 7-ELEVEN**

Meenakshi Manoj

Whether it’s for a grab-and-go midnight snack or some Tylenol to relieve your hangover, you know who to call. Duffl serves as a lifesaver for desperate college students, delivering delicious goods, it’s making their clients laugh. Rain or shine, you are sure to see one of their employees in a bright orange helmet and vest sweeping down Pardall Road. Easily recognizable with their vibrant colors, Duffl serves as the bridge that connects desperate college students requiring a quick on. Duffl competes with both 7-Eleven and Dore, but Dufll’s student service leads the UC Santa Barbara community to place their order. Duffl also encourages fun purchases from the comfort of your home, providing alternative goods such as ping pong balls and pink wigs. Duffl exists as an odd liaison between college life and corporate structure. Regardless, they succeed in their niche and encourage late-night shopping within I.V. 7-Eleven gets a well-deserving shoutout for the freedom they bring to students.
BEST SECRET FASHION PHOTOGRAPHER: IV STREETS

Asami Shida
Staff Writer
Editor

Stepping onto University Road, students may encounter a man with a large lens camera squatting near the Arbor and the university Library. Manning the public @streetstreets Instagram account, fifth-year Santa Barbara City College student Callahan Morgan is a local photographer who takes free photos of campus community members taking a stride across various walkways at the university. From capturing students outfits to highlighting on-campus protests, the photographer has a knack for capturing the diverse and high-quality photographs. He has also expanded his coverage to the local Isla Vista grounds, taking clear shots of students at home parties, local bars and more. Cullinating over 6,000 followers on Instagram, Morgan posts daily with moments of people smiling, laughing and posing for the lone student with a camera. The portfolio he’s curated is undeniably UCSB and Isla Vista.

STUDENT’S CHOICE BEST I.V. BAND: SPOONTIME AND MINDFUNK (TIED FOR 1ST)

Lauren Chiu
Asst. Artsweek Editor

What time is it? Consisting of second-year psychological & brain sciences and sociology double major Avisal Schwarz (vocals), second-year economics major Gaurav Chakravarty (guitar), third-year environmental science major Michael Aguirre (bass), Isla Vista resident Luke Hand (drums) and fifth-year applied-math major and music minor Bill Tran (drums), Spoontime, a pop rock band, made their Isla Vista debut in January 2023.

Spoontime was formed when Schwarz, who wanted to continue performing after her old band ended, reached out to Chakravarty and Aguirre about potentially playing together. The three of them then met Hand and Guan and subsequently recruited them to the band. The quirky name was the product of late-night brainstorming: “We thought of a band name, and that one kinda just came out of random things that came into mind trying to think of a band name, and that one kinda just stuck,” Schwarz said.

Despite being relatively new, the band has built up their presence as one of I.V.'s standout groups from the past year, flooding the streets with rock, indie and pop covers. Some Spoontime favorites include "Serotonin" by Beach Pit, "Just A Girl" by No Doubt and "Before He Cheats" by Carrie Underwood.

Spoontime shows are always packed. The band's audience consists of fans or people just wandering the streets of I.V., drawn to the sound of music. Frequently playing in front of the iconic bright green wall of the Dolores Huerta Co-op, the crowd is always full of positive vibes and infectious energy.

Schwarz commented on the "Spoontime Effect," saying: "When we are performing, it feels like we're all contributing to this ball of energy that we send out to the crowd and they send it back even bigger. It's this cycle of growing energy and joy and awesomeness." Follow @spoontime_band on Instagram for upcoming shows. For it’s always time for Spoontime.

BEST OF BEST BEAUTY SERVICES: IV BEAUTY LOUNGE

Best Beauty Services: IV Beauty Lounge

Carolyn Li
DAILY NEXUS

It was 3 a.m. and I was writing down a list of bands I should check out. As I was thinking about checking out local bands, I thought about the last time I went to a concert, which was a year ago. I still remember the feeling of being in a crowd and being part of a community.

I decided to check out a local band called Spoontime, which I heard was performing at the IV Beauty Lounge. The venue was small and intimate, and the crowd was filled with people who were really into the music. I have always been a fan of pop rock music, and Spoontime really captured that vibe.

After the show, I met up with some of the band members and we talked about their music and their journey. It was really inspiring to see how much work they put into their music and how much they enjoyed performing.

I realized that music is not just a hobby, but a way to connect with others and express ourselves. I felt really grateful to have been able to experience that feeling again.

I have now become a regular at the IV Beauty Lounge and I can't wait to see more local bands perform. The venue is really special and it's a great place to discover new music.
As an introvert, karaoke in a public setting is my worst nightmare. After avoiding public humiliation for three years, I finally committed to going outside of my comfort zone and attending Wednesday-night karaoke. And, I can say, while I was briefly embarrassed, it immediately went away as more and more people got up on the stage and sang their renditions of Taylor Swift and Katy Perry. I went into the night Conversing that I would not get on stage. But after seeing how supportive the crowd was, singing along so loud that I could not even hear the singer on stage, I decided to go up with my housemates. As the opening notes of “Before He Cheats” by Carrie Underwood played, I began to think, “Oh god, what did I get myself into?” But the crowd went wild, cheering us on and jumping around to the music. After a couple lines into the song, people in the crowd stopped paying attention to us, turning to their friends circle to dance and sing. And, we finished screaming Carrie Underwood into the microphone, my housemates and I were all eager to sing another song. Karaoke, specifically Rockfire Grill karaoke, is an experience for everyone. Whether you’re an observer or a performer, it is bound to get you up and singing with people you’ve never met before — it feels like you’ve known them forever.

The best smoke spot is a tough competition when we are lucky enough to go to school on such a beautiful campus. There’s plenty of places for people to gather and enjoy a good view, whether it be on campus or off. However, it is unspeakable that a late night walk along the bluff is the most beautiful spot to smoke at UCSB. When the night sky is clear and you can sit and look up at the stars, blasting music, there is nothing quite like it.

Not only are the bluffs absolutely beautiful, they are also nicely secluded and have plenty of space for all the smokers to sit without bothering anyone else. It’s peaceful, quiet and, of course, a little bit of fun. You might even be able to catch some smokehead’s flashlights bobbing through the water late at night. If you are incredibly high like me when you see them, you might assume it’s an underwater monster that has finally come to get you. Fun times! Overall, of all the smoke spots, the bluffs will always be the best. There’s no place quite like the beach to get high, and it’s even better with a nice view. See you tonight, stoners!
The 2023-2024 school year was a successful one for UC Santa Barbara. Many programs had great seasons that should be remembered for years to come. Gauchos fans should take pride in the accomplishments made by the teams they root for while remaining hopeful that the best is yet to come. As the school year comes to a close and we look back, here are the most successful UCSB teams from this year.

Men’s Basketball: The UC Santa Barbara baseball team had arguably their best season in their program history. With a 27-7 overall record, head coach Bob Stump returned to the Gauchos’ lineup after the team had previously been swept by the University of Hawaii. The Gauchos went on to win the Big West regular season championship. Led by the Big West Player of the Year, sophomore pitcher Matt Ager, the Gauchos were able to string together three straight post-season tournament victories, allowing no runs in the second and third games of the series. The Gauchos tied the game with a solo home run in the fifth inning, but the Rainbow Warriors scored another two runs in the sixth inning, closing out the bottom of the 1st. Sophomore pitcher Matt Ager gave the Gauchos a 1-0 lead as he walked the first batter of the game. He was later taken out of the game after walking two batters and allowing a run in the third inning.

In the second game of the series, the Gauchos struck first when senior outfielder Jared Sundstrom went 2-for-3 with an RBI and a run scored. The Gauchos went on to win the game 6-2 as they loaded the bases, as the Rainbow Warriors scored another two runs in the sixth inning. The Gauchos continued to score as they scored five runs in the seventh inning, closing out the game with a 14-1 win. The Gauchos went on to win the series with a 2-0 victory in the third game of the series, shutting out Hawaii in the two games to win the series. The Gauchos’ lead did not last long as they were swept by the University of Hawaii. The Gauchos went on to win the game 6-2 as they loaded the bases, as the Rainbow Warriors scored another two runs in the sixth inning. The Gauchos continued to score as they scored five runs in the seventh inning, closing out the game with a 14-1 win. The Gauchos went on to win the series with a 2-0 victory in the third game of the series, shutting out Hawaii in the two games to win the series.
Quedarse solo, canta y baila con tus tu playa favorita (aunque asegurate vecinos de tu dormitorio que no vigilan de tus padres, pero aún así has sobrellevar de todo y demostrando tu fuerza y voluntad.

Desde lidiar con profesores, hasta sobrevivir los vecinos de tu dormitorio que no te miraban el efecto que tenía sobre mi bienestar o el atención a mi salud mental o el – en mi mente no tuve otra opción – de romper las estereotípicas que somos los latinos, del rigor latino en la universidad. Pasé la mayoría de mi

Por si, siempre era corta de miras sobresaliente y la mentalidad “¡sí se puede” de romper las estereotípicas que somos los latinos, del rigor latino en la universidad. Pasé la mayoría de mi

La Vista el jueves, 1 de junio, 2023 Daily Nexus

MARI VLLALPANDO - ORTEGA / EL NEXO DIARIO

Limitar- 
la enfermedad mental

Una lucha que los latinos tienen en mente que es solo falta de oportunidades para recibir ayuda. Algo que se ocupa de más y de menos. Algunas veces se ocupa de más y no es algo lo que se debería de arreglar.

Muchas veces he pensado que para ser un éxito, te tienes que sentir bien pero no necesito ser así. No tenemos que seguir las sólidas barreras de silencio y dolor para la enfermedad mental, pero no tenemos que seguir las sólidas barreras de silencio y dolor para la enfermedad mental. No tenemos que seguir las sólidas barreras de silencio y dolor para la enfermedad mental.

En un es inicio violento y difícil de sobrevivir ya que los que sufren de enfermedades mentales también de la pobreza. Muchos latinos no tienen acceso a seguro de salud adecuado lo que hace que sea aún más difícil buscar ayuda. Además de enfrentarse a un grupo de prejuicios y a una realidad estigmática, la enfermedad mental está ligada a un estigma social, a la exclusión, la discriminación y a la falta de apoyo. Es importante destacar que la enfermedad mental no es una peste, y que los que la padecen no son diferentes de los demás.

En este periodo, muchos latinos han tenido la oportunidad de adquirir servicios para mejorar la calidad de vida. Pedir ayuda es muy difícil, especialmente cuando se etiquetan como “loco”. Nuestra cultura lucha con esta enfermedad mental, pero existen servicios que pueden ayudar.

La llegada de la enfermedad mental no es un fin, y se puede superar. Es importante buscar ayuda, ya sea a través de profesionales de la salud mental o de grupos de apoyo. También es importante conocer y entender lo que se experimenta en el proceso de recuperación. La experiencia de tener una enfermedad mental es única para cada persona, y es importante que cada individuo encuentre su propio camino hacia la recuperación.

El espíritu de los latinos es indomable, y su fuerza es inmenso. No podemos permitir que la vergüenza y el miedo a la enfermedad mental nos impidan buscar ayuda. Es importante que los latinos sepan que no son solos en su lucha contra la enfermedad mental. Hay muchos recursos a disposición para aquellos que buscan ayuda.

En conclusión, es importante que los latinos no se sientan aislados y que sepan que existe ayuda disponible. Es importante conocer y entender lo que se experimenta en el proceso de recuperación. La experiencia de tener una enfermedad mental es única para cada persona, y es importante que cada individuo encuentre su propio camino hacia la recuperación.

La llegada de la enfermedad mental no es un fin, y se puede superar. Es importante buscar ayuda, ya sea a través de profesionales de la salud mental o de grupos de apoyo. También es importante conocer y entender lo que se experimenta en el proceso de recuperación. La experiencia de tener una enfermedad mental es única para cada persona, y es importante que cada individuo encuentre su propio camino hacia la recuperación.
Far From Euphoric: Stay as far away from Bella Hadid’s beverages as possible

Stephanie Gerson
Silly Little Beverage Enthusiast

No good things can come out of Erewhon Market, a Los Angeles-based specialty grocery store chain known for its $30 bottled water, bread made with so few ingredients it might as well be a figment of your imagination and other cult-approved bullshit wellness products. Erewhon Market also happens to sell Kin Euphorics, supermodel Bella Hadid’s line of “Functional Beverages for Modern Rituals,” or whatever that cluster of words even means.

On my drives back from Los Angeles to Santa Barbara, I sometimes crave a silly little beverage to get me through. I’m referring to silly little ‘wellness’ drinks: kombuchas, probiotic sodas and other fun and fizzy drinks that claim to have health benefits, but in reality, I could care less about what they do. I just feel a pep in my step whenever I consume one. Not a day goes by where I can’t spend $3-5 on a silly little drink … It’s actually becoming a bad habit.

Kin Euphorics has always intrigued me. Why did Bella Hadid feel the need to venture into making wellness products when she’s so busy walking in runway shows and serving cunt 24/7?

With the option to buy individual cans of Kin, I thought, “Why the hell not,” and picked up a can of Kin Lightwave for a mere $30,000. The can sports a hazy exterior of blue and purple hues, reminiscent of a style of photography called aura photography, imagined to translate a person’s energy into color. I can assure you that everyone shopping at Erewhon has had their aura captured on camera and has taken their reading wayyyyy too seriously.

Within a few sips, I noticed the consciousness leaving my body and my buccal fat being sucked out of my face. I went to graze my cheekbones but my razor-sharp jawline sliced my finger open. I took one look in the mirror before passing out in bed and I could barely even recognize myself because of how snatched I looked. My waist was literally gone! Was I transforming into Bella Hadid?

With a hangover-esque headache, salivating at the thought of gobbling up Rockfire’s mediocre french fries. Perhaps combining Kin Lightwave with my sleeping medication and a 10mg edible messed up the desired effects of the beverage, but I thought the more sleep aids, the merrier?

Due to the traumatizing and momentary disappearance of my waist, I was left groggy and disoriented in the aftermath of Kin Lightwave. I was given a glimpse into her fabulous life, but at what cost? Feeling like a bubonic plague patient? Losing every ounce of fat in my face? I decided that Ms. Hadid’s life simply wasn’t suited for plebes like me. Rating: Zero Botox syringes out of five.

Unfortunately, I’m gonna have to rate this a 0/5 because literally what the fuck is in this, Bella?

With a hangover-esque headache, salivating at the thought of gobbling up Rockfire's mediocre french fries. Perhaps combining Kin Lightwave with my sleeping medication and a 10mg edible messed up the desired effects of the beverage, but I thought the more sleep aids, the merrier?

Due to the traumatizing and momentary disappearance of my waist, I was left groggy and disoriented in the aftermath of Kin Lightwave. I was given a glimpse into her fabulous life, but at what cost? Feeling like a bubonic plague patient? Losing every ounce of fat in my face?

Unfortunately, I’m gonna have to rate this a 0/5 because literally what the fuck is in this, Bella?

Stephanie Gerson

FAITH TALAMANTEZ / DAILY NEXUS

Submit questions to Thrust Thursdays!
Reach out on Instagram @dailystench

We can help!
- sex ;)
- relationships
- romance
- aerodynamics
- gay
**Food for Thought: Senior Reflections**

**Sofie Lynd**
*Co-Copy Chief*

To me, summer tastes like a cold, spicy margarita on a sunny day. With summer — and graduation — just around the corner, this recipe is the perfect way to celebrate, whether it be passing that super gnu class or, if you’re a senior like me, coming to your final few nights of college.

As students with limited time and money, it may be tempting to make ready for someone else to pick a restaurant to go to when you admire, and having it HIT. Nothing is all or nothing. So, when I discovered On The Menu, I jumped at the chance to combine my passions for writing and food. Shortly after publishing my first couple articles, I applied and (miraculously) was hired as assistant editor! Joining the Daily Nexus Editorial Staff was a dream of mine (mainly because I wanted to be like Emma and Max), and it felt right to do so for the food section editor.

**Chace Duma**
*On The Menu Editor*

I love when life’s biggest decisions affect the smallest of coincidences. In 2019, somewhere, somehow, I found a sticker with an alien skateboarding over the word “Neonasticulism.” It was the spring quarter of my freshman year and one of my darker times at UCSC; I was wandering listlessly around the academic world, questions of the future, I was unpassionate, uninterested and unwell, self-medicating my then undiagnosed depression by steeping my brain in ungodly amounts of Phoobe Brodgers. I picked up the sticker simply because it made me laugh. I brought it back to my dorm and googled “Neonasticulism UCSB.”

This began my first Nexus experience, as a writer with Nexusastical experience. As The Daily Stench. It was terrifying. I was in awe of (and a little bit in love with) Emma and Max, the editors at the time. They’re some of the kindest, funniest people I’ve ever had the pleasure of working with. There is nothing like telling a joke in a room full of funny people, some of whom you admire, and having it hit. An incomparable high! There’s also nothing like telling a joke in a room full of people you want desperately to impress and having it flop. Mortifying! Both incredibly important though.

Neonasticulism helped me grow a lot as a person and as a writer. It made me bolder and funnier and most importantly, it gave me direction! I felt a strong sense of community with the other Nexus writers, something I’d been missing at UCSC. I loved these people and I loved the newspaper; it felt like home.

A few months later, I moved into an apartment of my own, which meant a kitchen of my own, and started to explore my passion for food. Food, the ritual pleasure in eating something delicious is something important over the entirety of life. Get a glass of wine and a good meal in me and I’ll start writing prose about how that right here! is the meaning of life. Food and community! Two inseparable threads throughout my 23 years. My mom cooked nearly every night, and “family dinner” was tradition. In high school, my friends and I cooked together all the time (we referred to ourselves as the “chef boiz”), simulating our favorite chefs (mainly just Roy Choi) and putting on massive feasts for each other. Food has always meant love, laughter, pleasure and absolute joy to me.

So, when I discovered On The Menu, I jumped at the chance to combine my passions for writing and food. Shortly after publishing my first couple articles, I applied and (miraculously) was hired as assistant editor! Joining the Daily Nexus Editorial Staff was a dream of mine (mainly because I wanted to be like Emma and Max), and it felt right to do so for the food section editor.

**Kat McCabe**
*Staff Writer*

There’s a beauty about food and writing about food that feels quietly understated. It’s something so simple, so innocuous, so everyday — and I think that’s what’s part of the appeal to me. It offers exposure from weightier subjects, to get in on something so uncomplicated and community-oriented. Writing for On The Menu has been a joy and an aspect of my college experience that I will miss greatly. I think a large part of this is because it has been such an extension of so many other experiences of my life — my friends and I had a delightful time together, working off our weight and exploring all of the other published articles as well. For something as simple, food and people's experiences with it are highly unique. There is so much to learn about food and so much to share as well. On The Menu provides a student-based medium for students to share with the world how we are ready for something else to experience with different friends in a different room with different silverware. For all its variability, through cultures and techniques, recipe substitutions and Rookie chef mistakes — the defining constant in cooking is this simple kind of love. Sharing a meal together is, to me, a celebration of friendships, family, culture and history. And we get to do it every day!

This is what I’ve loved so much about writing for On The Menu and getting the privilege of reading all of the other published articles as well. For something as simple, food and people’s experiences with it are highly unique. There is so much to learn about food and so much to share as well. On The Menu provides a student-based medium for students to share with the world how we are ready for something else to experience with different friends in a different room with different silverware. For all its variability, through cultures and techniques, recipe substitutions and Rookie chef mistakes — the defining constant in cooking is this simple kind of love. Sharing a meal together is, to me, a celebration of friendships, family, culture and history. And we get to do it every day!

This is what I’ve loved so much about writing for On The Menu and getting the privilege of reading all of the other published articles as well. For something as simple, food and people’s experiences with it are highly unique. There is so much to learn about food and so much to share as well. On The Menu provides a student-based medium for students to share with the world how we are ready for something else to experience with different friends in a different room with different silverware. For all its variability, through cultures and techniques, recipe substitutions and Rookie chef mistakes — the defining constant in cooking is this simple kind of love. Sharing a meal together is, to me, a celebration of friendships, family, culture and history. And we get to do it every day!

This is what I’ve loved so much about writing for On The Menu and getting the privilege of reading all of the other published articles as well. For something as simple, food and people’s experiences with it are highly unique. There is so much to learn about food and so much to share as well. On The Menu provides a student-based medium for students to share with the world how we are ready for something else to experience with different friends in a different room with different silverware. For all its variability, through cultures and techniques, recipe substitutions and Rookie chef mistakes — the defining constant in cooking is this simple kind of love. Sharing a meal together is, to me, a celebration of friendships, family, culture and history. And we get to do it every day!

This is what I’ve loved so much about writing for On The Menu and getting the privilege of reading all of the other published articles as well. For something as simple, food and people’s experiences with it are highly unique. There is so much to learn about food and so much to share as well. On The Menu provides a student-based medium for students to share with the world how we are ready for something else to experience with different friends in a different room with different silverware. For all its variability, through cultures and techniques, recipe substitutions and Rookie chef mistakes — the defining constant in cooking is this simple kind of love. Sharing a meal together is, to me, a celebration of friendships, family, culture and history. And we get to do it every day!
Big Hungry

Already in the recording studio for their first year of playing together, the all-freshman band Big Hungry has set a new course during the summer. Their turn came over the course of 11 p.m. to 2 a.m., when they found out they’d be the first band of the night at a spot at Isla Vista band parties.

The band’s formation was put in motion by the smaller community of school (and with a little help from a water polo party). Whits and Guss met environmental studies major Moe Stokke (drumset) and formed the band. The first band was named after Henry Jurney (trumpet), Hansen (keyboard), physics and communication and percussion major Avery Lindsey (bass), and psychology and brain sciences major Michael Pardehpoosh (lead guitar), fourth-year political science sciences major Nastic (vocals), and fourth-year economics major Henry Jurney (drums), second-year computer science major Danny Rose (saxophone) and fourth-year electrical engineering Philip Revol (guitar).

Their impact on the I.V. band scene is massive as well. Every Lot 22 show is packed with fans and music lovers who gather to listen to genre-spanning sets, including rock, pop, and funk covers.

Despite the group performing their last show in May 2023, Lot 22’s legacy will live on across UCSB Free For Sale, and from there, even with varied musical backgrounds, started the Framers. With the musicians coming in having different levels of experience with their respective instrument, the band seems to balance each other out quite well.

On Spotify, the band describes themselves as “an alternative indie rock group based in Santa Barbara.” A bunch of musicians who met in the Isla Vista music scene while we attended UCSB and use improvised setlist, including rock, pop, and funk covers. We hope to see you at a show very soon!”

The group's five-fronts include Closeout, Carnivores, and Tastegood, and through this mutual appreciation they found themselves playing covers by bands like The Steve, Beach Bunny, and Nita Nash. Now with eight releases of their own, The Framers bring their unique energy to Thriftopia 2023.

Big Hungry seems to have found the perfect way into the band scene, establishing a name for themselves—“Big Hungry” being squashed across Instagram of IV only six months into their college musical career. They’ve also made their way out of the I.V. hibbel with a concert downtown Santa Barbara shows in their real world.

Be on the lookout for upcoming releases and follow Big Hungry on Instagram for show announcements and highlights.

Lot 22

If you’ve walked across campus, chances are you’ve heard the band Lot 22 practicing in UC Santa Barbara’s student parking garage. With their Instagram bio reading “The best” on Instagram for band highlights.

The Framers

“Your mom’s favorite indie rock band,” as advertised in their Instagram bio. The Framers have brought indie rock covers and originals to Isla Vista—UCSB’s newest single even being played since 2023.

UCSB film alumnus Oliver Chavez (guitarist), anthropology and technology major Caleb Johnson (bass), mechanical engineering graduate student Jake Moreno (drums), and Manhattan Mountain College music alumna Jess Insight (lead vocals) met through Reddit and Facebook group Huan Hart and Bill Kreutzmann. The band makes music for people in the world! We hope to see you at a show very soon!”

The group's five-fronts include Closeout, Carnivores, and Tastegood, and through this mutual appreciation they found themselves playing covers.

The Framers bring their unique energy to Thriftopia 2023.
looking back on the most notable scientific achievements and breakthroughs made by usc researchers during the 2022-2023 year.

levels of love

samarah paulino

science writer

much research has been done on the premise of love. however, little has been explored on its role in health. research on love and health is continuing to grow. a study by pina serkoski from the university of wroclaw, poland, along with fellow researcher danis coryne-baehr, a psychological & brain sciences professor at uc santa barbara, attempts to fill this gap by looking at intimate partnership in five countries. to explore these relationships, authors measured self-reported data on demographics such as mental health stigma, acculturation, immigration status and gender when studying mental health. the study used hierarchical linear regressions to model somatic of mental illness such as stomach aches and headaches. an individual might bring excessive attention to these sensations, worsening their symptoms and mental health in the process. the study’s conclusion is that when compared to countries with the highest levels of modernization, possibly describing a point in development at which the effects of love may become or lose beneficial. a correlation was also noticed with regard to collectivism, the nature of the culture and society, beliefs that the countries with higher levels of collectivism also produced higher levels of intimacy and commitment. this suggests the idea that individuals with collectivistic values more highly prioritize connection and relational bonds within romantic relationships. although no definite conclusion can be drawn, this study proposes the idea that differences in cultures can affect one’s attitude towards love and how modernization and collection may be significant factors.

coral care

saarit twary

science writer

coral reef resilience is difficult to study due to coral’s lifespan and low recovery rate. however, usc doctoral student kai koppisch has developed a way to investigate the dynamics of reefs following disturbance events. coral bleaching triggered by high temperatures, storm events and other disturbances can alter the coral’s physical structure from the reef. the researchers observed a significant bleaching event in the long-studied coral reef ecosystem of moorea in french polynesia, where high-studies have revealed that the reef alternates between coral and macroalgae – known as a dominante, koppisch created a mathematical model to quantify the effects of these disturbances. this model incorporates variables such as live and dead coral, exposed and protected algae and empty areas with potential for colonization by either coral or macroalgae. the model also considered factors like coral and algae growth rates, coral mortality and expansion and algae growth rates. koppisch’s research is significant because it captures the variability and complexity of coral reefs, including important dynamics like algae invasion. the study is an important step in understanding the long-term impacts of disturbances on coral reefs. future studies will use this model to explore broader implications of disturbances and their lasting effects on various coral systems.

somatic stressors

kaitlin lee

science writer

lantme is the youngest fast-growing ethnic group, yet mental health among this community has been little studied. in this study, investigators explored the relationship between mental health and self-identified lantme ethnicity. the researchers conducted a comprehensive mental health assessment among participants included aisa der surfakai, jill sharry and alison creizen, investigated mental health in lantme youth and the physical, emotional and cognitive impacts of somatic stressors, or analyzing the mental health consequences of physical illnesses. the study found that lantme youth face unique stressors such as unemployment, poverty and discrimination, which can lead to psychological distress and impaired functioning. the findings highlight the importance of addressing these stressors in lantme communities to promote mental health and well-being.

standing 2023 usc research events hosted by usc in the 2022-2023 year

meena mahajan

science editor

"if all groundwater is lost from over-exploited regions, india could lose up to 20% of winter cropped area" - meena jain

on jan. 23 at uc santa barbara’s brad mahan lecture hall, meena jain, an assistant professor in the school of environment and sustainability at the university of michigan, presented her research on groundwater depleton and its connection to the ongoing climate crisis. jain, whose work specifically focuses on india’s agricultural practices and production, has examined agricultural decisions made across india using remote sensing, geospatial analyses and census datasets. this methodology led to finding a conclusive relationship between climate change, groundwater depletion and agricultural productivity.

exploring the impacts of groundwater depletion on agricultural output, possible adaptive strategies to alleviate stress on groundwater resources and the relationship to groundwater, jain’s overarching message is that groundwater depletion is quickly becoming a critical issue as temperatures continue to rise: the stakes can be observed from india’s current crisis. based on jain’s research, coral-irrigation is only a temporary solution for a global issue.

antónio damásio

emilia holm-olsen

science editor

"feelings are the ambassadors of the state of life in your organism" - antónio damásio

on april 30, leading neuroscientist and university of southern california professor antónio damásio spoke to a crowd of uc santa barbara students and staff as part of “the leader of the world” for portuguese students. damásio is best known for his book "the case of cesare: the lieutenant of the naples revolution: a conference in honor of eduardo luiz." the topic of the talk was consciousness — more specifically, the physical and psychological origins of consciousness and how we perceive our experiences to others. damásio believes our feelings should get more credit. he asserts that feeling, much more so than reason or logic, is the true origin of consciousness. "feelings are the ambassadors of the state of life in your organism," damásio said. according to him, consciousness is also what subsequently allows us to effectively and coherently express our individual experiences to others. having that without feeling and consciousness, communication, specifically our use of language and literature, is meaningless. indeed, our ability to experience feelings and emotions, process them and then turn them into decisive thoughts and actions is one of the defining characteristics of our species.

food footprints

roshan mishra

science writer

mainstream media attention regarding climate change usually focuses on the potential by which energy production and transportation belangs contribute to warming the planet, they break down the cause layer and contribute to global warming. however, a often overlooked aspect of environmental change is how food production for populations all over the world. through the overfishing of marine habitats and food-based farming communities, and social policies to remodel the rampant effects of climate change in our, in one way or another. it can be determined that an increase in food production increases. more alarming, just five nations have been responsible for over half of the global food footprint, a discovery made by usc’s very own national center for ecological analysis and synthesis and the department of environmental, evolutionary and marine biology. it’s likely that less action and attention have been granted to this aspect of climate change because of how vital food production is to humanity’s survival on this planet. nevertheless, even if sudden changes in our food production might now seem to be disruptive to our short-term lifestyles, solutions in the form of sustainable agriculture and overall food production are crucial to our long-term survival on this planet.

antibiotic advances

maya fink

science writer

this february, researchers for usc’s department of molecular, cellular & developmental biology doug reitto and his team recognized cobra-2 bacteriophage. the new finding is that this virus can trick the inner bacterial chromosome during reproduction allowing it to be put into the genetic of other bacteria. this compound is unique to other antibiotics, as it does not trigger the microbial bacterial resistance. the discovery of cobra-2 suggests that this antibiotic could be transformative to the world of bacterial infection treatment, as it offers a solution without negatively affecting other elements of patients’ immune system. although the antibiotic has not yet been approved for use in humans, clinical trials are currently testing for simplicity and affordability. reitto and his team are currently working diligently to introduce this groundbreaking discovery to modern medicine.

little lasers

olivia gi de bernard

science writer

lasers with linewidth frequencies below 10 MHz (10,000,000 cycles/second) are critical to many scientific fields, from metrology, the study of measurement, to quantum physics and the quantum state. however, lasers used for these purposes are often expensive, complex and require specialized equipment. this is because lasers with linewidth and frequency-stable, outperform traditional fiber lasers, whose costly materials, bulk, and inadequate noise reduction render them limited in application. key to the new laser is the UCSB researchers from the department of electrical and computer engineering published a paper demonstrating the stability of a compact integrated laser system they developed. this compact laser is small enough to be handheld and has the potential to serve as a more convenient and accessible tool for researchers. this new laser system is a vacuum-gap cavity and microfabricated mirrors that hold the lasers together. owing to its "extraordinarily low noise," these new lasers meet the size, integration and output specifications of lasers used in high-precision GPS-free positioning and commercial 5G communications.

Cynthia Kenyon

Meenakshi Manoj

ass. science editor

"the hope is that if we can increase youthfulness, we can postpone age-related diseases" - cynthia kenyon

Cynthia Kenyon, vice president of aging life sciences and director of the Larry L. hollib.png for the biology of aging at the university of california, san francisco, lectured at corwin pavilion this past quarter as part of the "Aging & Synthesis and the Department of Ecology, Evolution, and Marine Biology. It's likely that less action and attention have been granted to this aspect of climate change because of how vital food production is to humanity’s survival on this planet. nevertheless, even if sudden changes in our food production might now seem to be disruptive to our short-term lifestyles, solutions in the form of sustainable agriculture and overall food production are crucial to our long-term survival on this planet.

Cynthia Kenyon, vice president of aging life sciences and director of the Larry L. hollib.png for the biology of aging at the university of california, san francisco, lectured at corwin pavilion this past quarter as part of the "Aging & Synthesis and the Department of Ecology, Evolution, and Marine Biology. It's likely that less action and attention have been granted to this aspect of climate change because of how vital food production is to humanity’s survival on this planet. nevertheless, even if sudden changes in our food production might now seem to be disruptive to our short-term lifestyles, solutions in the form of sustainable agriculture and overall food production are crucial to our long-term survival on this planet.

Cynthia Kenyon, vice president of aging life sciences and director of the Larry L. hollib.png for the biology of aging at the university of california, san francisco, lectured at corwin pavilion this past quarter as part of the "Aging & Synthesis and the Department of Ecology, Evolution, and Marine Biology. It's likely that less action and attention have been granted to this aspect of climate change because of how vital food production is to humanity’s survival on this planet. nevertheless, even if sudden changes in our food production might now seem to be disruptive to our short-term lifestyles, solutions in the form of sustainable agriculture and overall food production are crucial to our long-term survival on this planet.
the Nexus, here are my time as Opinion Editor at all) and in an ode to my effort to hold onto my lot to look back on. In these past four years are Despite how short it felt, Outgoing Managing Editor Emily Kocis

My first Stench article — but the editor at hindsight, if you read the UCSB's campus. I knew I had ever stepped foot on was published online before My first Stench article somehow be unachievable. I quickly realized that everything I wanted would thrive here as a result. It changed the course of my year-old, and fundamentally me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seventeen- year-old, and fundamentally changed the course of my time at UCSB. A freshman is not an easy thing to be at UCSB, but I owe everything to Stench and its stickers for smoothing out my integration into this crazy college and helping me thrive here as a result. It was a Stench writer who led me, then a timid seven...