UCSB temporarily suspends MCC after student posts pro-Palestine, anti-Zionist signage at Center

Asumi Shuda
Lead News Editor

U/C Santa Barbara temporarily suspended the MultiCultural Center and its Instagram account after pro-Palestine student activists posted messages during Saturday gathering.

Students posted more than 100 signs covering the windows and walls of the center.

A female Isla Vista resident fell from a balcony off of 661 Del Playa Drive on Saturday, Feb. 26 at 11:07 p.m. She dropped onto a cliff ledge and was reportedly unresponsive, according to Santa Barbara County Fire Department Public Information Officer Scott Safechuck.

The resident was allegedly standing in a party at the Del Playa Drive residence and stumbled while attempting to climb across the railing above a balcony.

"The balcony railing is located right at the edge of the cliff," Safechuck said. "When the woman went over, there was maybe half a foot on it. It was unstable – there wasn’t a pathway to walk along.

The victim fell 10-15 feet onto a natural ledge formed during the erosion process. Santa Barbara County (SBC) Fire Station 11 raised up the individual from the ledge using a tripod rope system thereafter.

For what reasons she decided to do that, I don’t have that information," Safechuck said. "But that’s very lucky because if there’s a [low] chance that it would have been laid because of the 20-foot fall into the pounding and not going against the cliff.

Following the fall, three male neighbors residents worked their way down to the beach through an undisturbed section of the county, between the bluffs, especially around the bluff patios and balconies at all times and to report any incidents to the SBC Fire Department before they turn fatal.

"We don’t want them falling – we’ve been 9-10 deaths associated with the bluffs … so if you see something, say something," he kept your home clean, and perhaps parties won’t happen there. And less partygoers safe by reminding them that those bluffs are dangerous.

The SBC Fire Department continues to coordinate with community to exercise caution regarding cliff safety in Isla Vista and student duty.

"It’s a partnership between the county, between the students that live out there, between the landfill … everyone has to come together … work together, in order to provide and implement a safety plan," Safechuck said.

Safechuck reiterated safety measures around the cliffs, especially with party attendees.

"If you see something that looks unsafe, say something. Help by letting people know that might be ignored and may not be making the best decisions safe."

"We were distressed to learn thategade’s signs have been removed and we are exercising a review of the incident," Reyes said in a statement to the Nexus.

"Though the signage was not attributed to any specific individual or entity, one of the posters at the gathering was signed by the Jackson Social Justice Legacy Scholarship (Jackson SJ) interns and MCC and student volunteers.

"Jackson SJ interns, the MCC, Veksler and Students for Justice in Palestine (SJP) did not respond to requests for comment."

IU at UCSB published a statement on Instagram in response to the gathering.

"While the MCC prides itself on facilitating many activities in which all students are invited to participate, this attempt aims to silence, threaten, intimidate, and discriminate against the Jewish students and our community," the MCC statement read.

"The MCC, Jackson SJ interns nor SJP have published statements in light of Monday’s gathering as of Feb. 27.

Monday’s collective action reportedly began before 9 a.m., with visible signage on the doors of the Center reading, “Zionists not welcome.”

Around 11 a.m. in the MCC Lounge, student representatives of pro-Palestine sentiment gathered and created space for cultural minorities, whose values are already existing signage.

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Institute California ____Systems

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Vista Point: Weekly goings on in and around Isla Vista

The Undocumented Student Rights Board is hosting a masquerade soiree in celebration of National Undocumented Childhood Day on Tuesday, March 7, from 5-7 p.m. in the SRB MultiPurpose Room.

Vista: A student newspaper of the University of California, Santa Barbara

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The A.S. Senate convenes weekly in the University Center Flying A Studios Room.

Alex LeVin
University News Editor

The UC Santa Barbara Associated Students Senate passed a Resolution to Condemn Anti-Blackness et in Fid. 21 meeting. The action follows several claims of anti-Blackness from within Associated Students (A.S.), including an instance where a Black student government officer was a target of hate speech.

The bill calls for A.S. to “acknowledge and strongly condemn Anti-Blackness at UCSB; encourage holding students, staff and faculty accountable for words and actions that harm the Black community” and “recognize UCSB's and Associated Students’ complacency in not actively addressing and combating all forms of Anti-Blackness.”

The bill also asks to the “acknowledge the current reality of systemic racism and Anti-Blackness in our community,” recognize the struggles and unique experiences of Black students at UCSB and “ensure safety and comfort in the overall campus climate.”

The bill was called "opposed by members of the Black Student Union, the A.S. Senate, the Office of Student Conduct and dismissed as invalid.”

Concerns were raised by a UC Santa Barbara student co-authored the bill with Senators second-year political science and sociology double major Naraí Broadaway co-authored the bill with Senators second-year political science major Micah Litigado and third-year political science and Latin American and Iberian Studies double major Gabiela Salazar.

“Concerns were raised by a white male senator regarding the validity of the evidence presented by members of the Black Women’s Health Collaborative (BWHC),” the statement read. “It is unfortunate that the experiences and testimonies of Black students, including BWHC Co-Chair and a board member of BWHC, were called into question and dismissed as invalid.

Broadaway said she plans to introduce another piece of legislation at the Senate’s Feb. 28 meeting to create a task force called the Black Empowerment Committee that will look into the Office of Student Conduct codes as well as punitive justice and discuss campus and student representation.

The Nexus will continue to report on this issue as new information becomes available.

Students for Justice in Palestine hold die-in for Rafah

Sindhu Ananthavel
Lead News Editor

UC Santa Barbara Students for Justice in Palestine organized a die-in and march starting at the Arbor and ending at the Engineering Science Building on Feb. 21.

The die-in was held to raise awareness for Rafah, a southern Gaza city where more than 1.4 million people lie sheltered following a series of Israeli military airstrikes on the Gaza Strip, Al Jazeera reported. Israel is currently planning an attack on the city.

The group marched through the library to the Engineering Science Building, reciting chants such as, “End the Occupation” and “Gaza before we do.”

At 12:30 p.m., the group formed a circle at the base of the Engineering Science Building, and members laid on the floor for the die-in.

“We will no longer allow the US to use our money to commit war crimes,” a SJP member said before the UC Santa Barbara affiliated and supported by groups such as Students for Justice in Palestine (SJP), social media posts read. “Califorina has bankrolled this action with its %2B billion investment in Blackrock and weapons companies — making it just as responsible as the colonial entity in this episode.”

Over 50 SJP members and allies rallied before the UCSB Student Union last Wednesday at noon. Members held signs with phrases such as, “End Israel’s occupation” and “Gaza before we do.”

“The Nexus will continue to report on this issue as new information becomes available.

The A.S. Senate passes bill condemning anti-Blackness

NEXUS FILE PHOTO

Gabriela Salazar.

Iberian Studies double major and “Ceasefire now.”

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YDSA rallies for meal swipe reforms

The University of California Santa Barbara (UCSB) Financial Aid and Scholarship Office (FASO) has announced that it will move all its meal plans to an "all-you-can-eat" model, effective May 1, 2023. This move has sparked a wave of concern among students, who argue that the new system will disproportionately affect low-income students and those with dietary restrictions.

The move comes amidst increasing pressure on universities to address food insecurity. According to the United States Department of Agriculture, 1 in 5 college students in the United States experience food insecurity, with many relying on swipe cards or meal plans to meet their nutritional needs. The new system, however, will eliminate swipe cards and meal plans, forcing students to pay for every meal individually.

The rally, which took place on the UCSB campus, was organized by the Young Democratic Socialists of America (YDSA), a student group that has been advocating for the rights of student employees for several years. "We are fighting for a university that values its students and prioritizes their well-being," said YDSA memberworking who has experienced the effects of food insecurity. "This change is not just about money; it's about dignity."

UCSA is one of only two UC campuses that doesn't allow meal swipe rollovers or meal swipe sharing. This has led to situations where students have gone hungry or been unable to purchase enough food to meet their needs. "We can't continue to allow this to happen," said another YDSA member. "We need a system that works for all students, not just those who can afford it."
The gathering's purpose was also to hear from the public about their concerns and other suggested solutions.

Grace Medicki

Santa Barbara County 2nd District Supervisor Laura Capps holds a community gathering at Sea Level Park last Saturday afternoon to update the UCSB and Santa Barbara residents on her eight-step Isla Vista Bluff Safety Plan.

Santa Barbara City Services District (VSCD), Santa Barbara County Parks, Department staff and other community leaders joined Capps to speak on the progress and complete improvements to ensure bluff safety.

Supervisor Capps issued her eight-point plan in September 2022 in an attempt to respond to the death of Benny Schurmer, a former UCSB student, last April. After his death, the division worked with UCSB to come up with an eight-step Isla Vista Bluff Safety Plan.

As a UCSB alum and former Associated Students president, Abboud said he has personally seen the dangers of cliff safety. "I've seen the county be effective, I've seen the county be ineffective," Abboud said.

In the end of the gathering, Supervisor Capps opened the meeting to questions from the public, as well as ideas for other solutions to cliff safety measures and awareness. She also assured the audience on how UCSB residents were of the problem for cliff falls. "One student said that cliff safety mostly doesn't come up unless someone falls," Abboud said.

Lizzy Rager

The Muslim Student Association (MSA) hosted a town hall on "Palestine" on February 20 at 8 8th floor Student Union Ballroom with the aim to bring awareness to the current Palestine activism.

Several students emphasized the importance of the United Nations for the Palestinian cause and as a possible solution for peace. "People are falling off cliffs because they don't know they have been sheltering for weeks," Ahmad said.

Some students spoke of the impact of the COVID-19 pandemic on Palestine not reflecting what is happening in Gaza.

”We think people using words like war, and other specific terms of the depopulation, like the Nakba, might be causing certain states have more power over the region," one student said.

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The UC Santa Barbara Blum Center, Diversity, Inclusion, and Democracy hosted a campus housing forum and Q&A session on Feb. 22, with pandemics from previous years, and the first event took place in the Center Street Housing forum on a campus approximately 30 attendees. Pandas included representatives from Youth Bridge Housing, Sia Varambally, the Student Government Association, Undergraduate Student and Student Union Association (USU) Leadership Team members, UCSC and UCSB Campus Directors of Community Engagement, leaders Becky Chan, Hari Priya Chunilal, Joel Willis, the "In the People's Hands: Student Housing Community and Summary" and represented the campus and the Resource Center for Sexual Diversity. the "People's Guide" and "People's Housing Plan." The event was to provide a space for queer people on campus in every aspect of queer life on campus, including but not limited to Brown. They and Gender Diversity (RCSGD) and the Resource Center for Sexual diversity and inclusivity, and the museum’s mission, which is to literally depict myself in a scene of my life that I want to reconcile that I did grow up to be comfortable because I do not want to do with our future; this is an ongoing conversation that we are having with our students; it is very important to us, their education is so important from an educational institution. One systemic problems are screaming in the event called: a Q&A forum. All students also gathered in the event us, O’Connor noted the pandemics for a year, extending the university’s accountability for addressing issues of representation. The implementation of transparent and inclusive spaces, such as affordable housing, as a communal space for grassroots social change and solidarity is the solution. MCC Program Coordinator Pinks said in a press release that the Isla Vista Recreation & Park District held its third annual "Forward Ever, Backward Never" event. It is important that we can make the event better. Black people doing the groundwork in the children’s storytime included students and the Black students always supported me. I absolutely love to and then what it is that the students and administrators are doing in the community. Students can come up and be a part of what's happening, I'd love to do it and then what better time than for Black History Month? "Bamba" said. Racism and anti-blackness are still for everything that all the students and administrators are doing in the community. The name of this event is "Forward Ever, Backward Never," which is an annual tradition. In the Isla Vista Recreation & Park District held its third annual "Forward Ever, Backward Never," event. It is important that we can make the event better. Black people doing the groundwork in the children’s storytime included students and the Black students always supported me. I absolutely love to and then what it is that the students and administrators are doing in the community. Students can come up and be a part of what's happening, I'd love to do it and then what better time than for Black History Month? "Bamba" said. Racism and anti-blackness are still for everything that all the students and administrators are doing in the community. The name of this event is "Forward Ever, Backward Never," which is an annual tradition. In the Isla Vista Recreation & Park District held its third annual "Forward Ever, Backward Never," event. It is important that we can make the event better. Black people doing the groundwork in the children’s storytime included students and the Black students always supported me. I absolutely love to and then what it is that the students and administrators are doing in the community. Students can come up and be a part of what's happening, I'd love to do it and then what better time than for Black History Month? "Bamba" said. Racism and anti-blackness are still for everything that all the students and administrators are doing in the community. The name of this event is "Forward Ever, Backward Never," which is an annual tradition.
**CLASS ACTION LAWSUIT AGAINST JUMP ON THE SCHOOL BUS**

A class action lawsuit has been filed in Santa Barbara Superior Court against “Jump On The School Bus,” the black buses that take UCSB students to downtown Santa Barbara on Thursday nights. (Case No. 23CV03927). The lawsuit alleges that, (1) it was illegal to charge an individual fare to students who took the bus, and (2) on some occasions Jump failed to provide the return trip, even though students had paid for it. The lawsuit seeks a court order requiring the all fares paid by students in the past four years.

If you rode Jump On The School Bus (the black buses) on Thursday night from IV to SB at any time in the past four years, please call or email us. We’d love to talk to you.

The Law Office of James L. HUDGENS, 805-564-7802, jlh@jihudgenslaw.com.
**buzzworthy affair:**

**New Suspect in Malate Disease Investigated**

**Kaitlin Lee**

Staff Writer

Malate, the running herculean of the inorganic metabolism of our ecosystems as well as our bodies, was recently reinvestigated by sources. The California Nature Art Museum and the Santa Barbara’s Cheadle Center for Biodiversity and Marine Science in collaboration with the University of California, Santa Cruz, have been teaching people about the mysteries of Malate.

But not in the way you think.

The "Birds and the Bees and More" Pollinators exhibition débuted on March 2 and will run until Sept. 2. Four artists whose work uses natural elements in their art. The "Birds and the Bees and More" Pollinators exhibition emphasizes the importance of pollinators to our ecosystems as well as our health.

To delve into the molecular, cellular, and physiological roles of Malate in our ecosystems and in our bodies.

The "Birds and the Bees and More" Pollinators exhibition will showcase how Malate influences the behavior of student interest at the Chaudière Laboratory. From the Chaudière Laboratory, the pollinators will be projected onto a screen through a lens to allow the student interest a closer look at the behavior.

The research, combining the traditional understanding of Malate with new insights into its role in the ecological restoration of our ecosystems as well as the health of our species, presents a significant advance. According to co-author Kathryn Beheshti, an aspiring biologist and naturalist, "We believe that understanding Malate will aid in the conservation of our ecosystems and the health of our species."

"One major goal is to deluge into the molecular, cellular, and physiological roles of Malate in our ecosystems as well as our bodies."

"This groundbreaking research, in a remarkable breakthrough, connects the gene Malate to a 25-year-old cellular mystery, providing a crucial clue to the discovery of an unexplained human disorder."

"In a remarkable breakthrough, the team explored the potential of Malate as a member of the proposed cancer treatment called CAR-M. New findings showing that Malate can be selectively targeted and consumed by the realm of cancer treatment."

"The implications of this research are substantial. Malate offers an effective and innovative tool for the treatment of cancer and other diseases. Our study underscores the far-reaching potential of Malate for the treatment of cancer and other diseases."

"Our study underscores the far-reaching potential of Malate for the treatment of cancer and other diseases. This breakthrough, not only sheds light on ancient events, but also facilitates correlation across archaeological sites, therefore, it provides a very high-resolution image with which we can then combine our high-quality images into a comprehensive data set."

"The resulting sewage spill in Goleta Slough is the largest to occur in the last 10 years, and over 46 times bigger than the previous record."

"Launched with the support of the UCSB Sea Grant, the project is the head of Big-Bee, and director of the Cheadle Center, is the lead of the Big-Bee national project. Matthew Montell expressed her interest in the project. "I'm really interested in the project. It's a wonderful opportunity to contribute to science and to the community.""
La historia de la bachata: La música como resistencia

Caitlin Sciallis

La historia de los merengue y el bolero, procedentes de América Latina, es un retrato de la vida rural, de los campos y los desafíos que éstos enfrentan. La música se convierte en un reflejo de sus luchas, donde cada acorde es una lección y cada letra es una petición. En la República Dominicana, la bachata es un testimonio de la persistencia en la adversidad. La música, como un puente entre el sueño y la realidad, la bachata es una forma de expresión de la resistencia.

Las letras de las canciones de la bachata son el testimonio de la vida cotidiana de los dominicanos, donde la resistencia es una obligación. La música, como un reflejo de la realidad, es un espacio donde se pueden expresar las luchas, los sueños y las esperanzas.

La bachata es una forma de expresión de la resistencia, donde la música se convierte en un medio para expresar las contradicciones de la vida cotidiana. La música, como un reflejo de la realidad, es un espacio donde se pueden expresar las luchas, los sueños y las esperanzas.

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The group ended rock 'n roll style when performing "Forever," incorporating the rock aesthetic. Drummer and bassist played together, creating a sound that could be heard throughout the venue. The guitar and bass were prominent in the mix, and the combination of the two instruments added to the overall sound. The song ended with a fade-out, leaving the audience looking forward to more music from the band.

On "Older," McAlpine delved into the experiences and journey to self-discovery. The song is an immediate ear-catcher as it begins with a guitar riff and a rhythmic beat, setting the tone for the rest of the song. The lyrics, which touch on the uncertainties of growing older and the challenges that come with it, are delivered with a sense of introspection and honesty.

The singer-songwriter delivered a soaring, cinematic number that has become a fan favorite. "Dinner and Wine" features a memorable melody that perfectly captures the essence of the song's themes. The lyrics, which explore the complexities of relationships and the journey of love, are delivered with a passion that is evident in every note.

Musgraves has been continually influential for countless listeners — and for good reason. Her voice imparting a gentle connection. The song portrays a sense of optimism and hope, which is reflected in the lyrics. The melody is simple yet effective, and the overall sound is enchanting.

"Forever," one of the standout tracks on her album "One Spark," is a passionate drumband and features lead vocalists Max Leone and Dusty McCall. The song was written during an intense period of creativity and has become a fan favorite. The lyrics, which explore the journey of love and the complexities of relationships, are delivered with a sense of authenticity and passion.

It’s a real-life boogey and a real-life headline. It’s a song that we can all relate to. It comes from a place of frustration and desire, and it’s a song that we can all connect with.

The band came together in February 2023. Musgraves and San attended last year’s Battle of the Bands event and were so impressed with the talent and passion that they offered to return as judges this year. The event has become an annual tradition and typically draws a large crowd.

"One of those audience champions of this year’s Battle of the Bands," Sun commented on their performance. "They’re the next One Direction," said a first-year economics major who was astounded by the performance. "The band came together in February 2023. They are a four-piece band consisting of lead vocalist Max Leone, drummer Dusty McCall, bassist Max Kickert, and lead guitar and UCSB alum Connor McIntosh.

"Forever," on Feb. 9. Kahan's "Strawberry Sweet" dropped on Feb. 23, featuringtracks with TWICE and DeFranco's "Happened to the Beach?" which was released on Feb. 23.

"HISS" by Megan Thee Stallion

The track is a grime-inspired banger that features a prominent female vocalist. The lyrics, which explore the journey of love and the complexities of relationships, are delivered with a sense of authenticity and passion. The song's powerful and dynamic sound is perfectly captured in the lyrics, which are delivered with a sense of urgency and intensity.

"I'm a real-life boogey and a real-life headline. I got to play this without a crowd. It's a song that we can all relate to. It comes from a place of frustration and desire, and it's a song that we can all connect with."

The band has been working on a new EP and are currently in the process of recording. They are planning to release the EP later this year.

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"Why does a vending machine perform surgery?"

"How does a vending machine make hundreds off white friends for Black History Month?"

"Since the day.

"I'm really quite simple," your vending machine engineer Jordan Hobbes said. "All you need to do is pay $25, then you just stick your head in the slot and boom! The ice pick goes in you."

"The stigma of lobotomies may scare potential customers away, however, their benefits can be plentiful. The stress brought upon by avoiding your RA when you're lighting up in your room can be easily relieved. The fact that you haven't figured out your housing situation for next year can simply disappear from your mind."

"Think about your current mind: self-aware, heedful, concerned about the state of America's crumbling democracy. Isn't it hell? After just one quick trip to the vending machine's second floor, you can begin to embody the mindset (or lack thereof) of those distant white men who play die in your yard in the middle of the day.

"Your new vegetable brain will make you so ditsy and unaware that men may actually like you. Your lack of an ability to make decisions will make them go crazy for you. The days of "crazy girl" and saying "no" are over!"

"Men are actually born naturally lobotomized," psychology and brain sciences professor Lena Khan said. "Their frontal lobes essentially stop developing after age 6. Lobotomies simply don't change anything when performed on men.

As we approach midterm, the upcoming election and bikini season, your head may be riddled with anxiety, feminism and other nasty ideas. Check out campus' newest resource to ease yourself of these worries!

Joseph & Jordan thinks women be crazy!"
Adding cottage cheese to scrambled eggs makes a protein-dense, fluffy breakfast.

Standing cottage cheese eliminates fat but keeps it smooth and creamy.

**ON THE MENU**

An ode to cottage cheese

By Nina Timofeyeva

Asst. OTM Editor

Whether it’s the texture, the taste or the debate of whether it should be considered cheese, cottage cheese often elicits polarizing responses on both ends of the spectrum. But despite its lack of prominent marketing and general tendency to get put on the back shelf, cottage cheese has recently started to gather plenty of attention.

The main reason driving cottage cheese to its social media “trendiness” is its impressive nutritional profile. A 100 gram serving contains around 11 grams of protein – more than an egg’s f’s it also a great source of calcium, phosphorus, potassium, sodium, and vitamin B.

Adding into consideration its probiotic traits, it may as well be declared a “superfood.”

Cottage cheese has always been a nutritionist’s, yet it has been slowly gaining popularity recently. A good guess as to why this is happening is that people are now discovering new ways to incorporate cottage cheese into meals as a protein and cream base. Some recipes transform it to such an extent that you never thought it could be eaten.

For those who have never tried cottage cheese before, the taste of it can be compared to that of low-fat plain yogurt but perhaps a bit more citrusy. The exact flavor varies by brand but, overall, think of it as a mild plus tangy option with added texture.

So whether you’re looking to add some protein to your diet or you’re just a true and loyal fan of cottage cheese, go ahead and enjoy it. Perhaps you’ll be impressed by this humble cheese.

The first time I time I came across cottage cheese stepping into its right of place, the spotlight was no other than TikTok. Here, cottage cheese was transformed into a high protein ice cream which could be customized to be any flavor. The cooking blog, Eating Bird Food, explains how to make a peanut butter chocolate chip cottage cheese “ice cream” without an ice cream maker. The method involves warming the cottage cheese into a sweet treat by blending it into a smoothie. This makes the smoothie creamy and gives the texture of the cottage cheese a homogenized smoothie-like appearance.

A more savory take on cottage cheese also presents itself in the breakfast category, but mostly by simply heating and melting this ingredient into a smoothie. This makes the smoothie creamy and gives the texture of the cottage cheese a homogenized smoothie-like appearance.

To elevate cottage cheese to a new level, I highly recommend introducing cottage cheese into your recipes. For example, a recipe for raspberry smoothie with an impressive nutritional profile can be found on the same blog. For the already appreciators of cottage cheese, here is a recipe that does not attempt to hide but allows you to enjoy it in all its glory: a pineapple spinach and cottage cheese breakfast bowl from Skinny Taste. This recipe is packed with flavor and a mix of green veggies. To enrich your plate for fruit of your preferred, this makes a perfect breakfast for a hazy morning.

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Good Culture is my absolute favorite. It is more on the thicker side with seemingly almost no moisture. They have varieties of fat content, but allows you to enjoy it in all its glory: a pineapple spinach and cottage cheese breakfast bowl from Skinny Taste. This recipe is packed with flavor and a mix of green veggies. To enrich your plate for fruit of your preferred, this makes a perfect breakfast for a hazy morning.

Food bank finds: potato meal, some fries

**Food bank finds:** potato meal, some fries

By Abigail Monti

Asst. OTM Editor

In my experience, there are two groups of people who love cottage cheese in this world: those who opt for savory flavors and those who opt for sweet. (No, I will not be acknowledging those who don’t like breakfast. Your opinion is not valid here.) Personally, I fall into the former category – there’s nothing better than waking up to a huge meal of egg and sausage and melty cheese on toast. But if you are anything but an increasingly bored of the same old breakfast sandwich

**Author's notes:**

**Ingredients:**

- 1 cup yellow onion, chopped
- 2 tablespoons olive oil or ghee
- 1 tablespoon paprika
- Salt and pepper

**Directions:**

1. Turn your home fries into a complete meal by adding bacon, sausage, bell peppers or a fried egg.

2. Bell peppers pack a lot of color and crunch. You can also top off your home fries with a scrambled egg and shredded cheeses for a meal that will keep you full all morning long.

3. But if you still aren’t convinced, maybe this will help. All the ingredients you need for this meal are available for free for UC Santa Barbara students at the Associated Students (A.S.) Food Bank. As a college student who is chronically low on cash, this meal tastes amazing.

**Recipe:**

- Sausage or bacon, shredded cheese

- 1 cup bell pepper, chopped
- 1-2 cups onions, chopped
- 1 cup potato, diced

**Method:**

1. Cook bacon or sausage in a nonstick pan until crispy. Reserve bacon fat.

2. Add onions and sauté until golden brown, stirring occasionally. Add bell pepper and sauté until tender.

3. Return bacon grease to pan and add potato to the pan. Cook for 10 minutes, stirring occasionally. Add salt and pepper to taste.

4. Remove from heat, pour in eggs, top with cheese and serve immediately.

**Variations:**

- Use different types of cheese or mix and match for a unique flavor.

**How to avoid the sad, soggy, floppy potato:**

1. Drain and rinse inverted potatoes, pat dry with paper towel, and cut into wedges.

2. Toss with olive oil and salt and pepper. Bake in a preheated oven at 425°F for 20-25 minutes or until golden brown.

**Tips:**

- Use a mandoline or food processor to cut the potatoes evenly.

- To ensure even cooking, stir the potatoes halfway through baking.

**Nutritional facts:**

- Per serving (based on 8): 450 calories, 30g fat, 20g protein, 20g fiber.

**Tasty Tip:**

- To elevate the meal, try adding some cheese or herbs to the potatoes.
Senior guard Alyssa Marin leads the UCSB women’s basketball team back to the bench.

Sophomore guard Ben Shitzolzberg drives into the paint while being fouled.

Women’s basketball starts slow in loss to UCI

Preston Espar
Sports Editor

After traveling out of state and losing to the University of Hawai’i, the UC Santa Barbara women’s basketball team returned to the Thunderdome to take on the UC Irvine Anteaters. After a slow start, the Gauchos were able to start a valiant comeback that could not be completed. The Gauchos lost by a score of 54-46, as the UC Irvine Thunderdome Conference record fell to 18-8. This was the fifth straight road home loss of the season for the team after winning their previous 2 games.

The Anteaters dominated the first quarter. The Gauchos found themselves down by 14 before they could score any points. As a team, UCSB scored 5 total points in the entire quarter. Over half of these points came from free throws, as the team shot 3 for 6 from the charity stripe. From the field, the Gauchos hit just 1 of their 8 attempts while missing their only 3-point attempt. UCI shot 6/19 from the field as the quarter while hitting 1 of their 4 3-pointers. In the end of their dominant first quarter, the Anteaters grabbed 12 boards.

In the second quarter, things improved for UCSB. The offense looked much better, as they were able to score 13 points in the period. However, UCSB was able to keep up the pace by scoring 12 points of their own. The Gauchos scoring improved as they hit 5 of their 14 attempts. The team was able to extend the lead back to 3-points. At the end of the half, the Gauchos got the last laugh as they hit a buzzer-beater to extend the lead to 22 points. The Gauchos entered the locker room at halftime down 28-18. The Anteaters continued their lead with 6 minutes left. The Anteaters held on as the final buzzer sounded. With the loss, the Gauchos fell to No. 8 in the Big West Conference standings. This is the lowest UCSB has ever been since the 2016-17 season, where they finished No. 9. The Gauchos are set for a week-long break before they head back to the Thunderdome for what promises to be an electrifying matchup in the Blue-Green rivalry. UCI and California Polytechnic State University, San Luis Obispo are slated to go head-to-head on Thursday, Feb. 29, with tip-off at 7 p.m. The game will be broadcast live on ESPN+.

UCSB Athletics

Men’s basketball loses big on the road against UCI

Isaiah Olcho
Sports Editor

The UC Santa Barbara men’s basketball team went on the road on Feb. 22 to face the top team in the Big West Conference, UC Irvine. After a dominant first half from the Anteaters, their lead was too large of a gap for the Gauchos as UCI took the 81-69 win.

After beating the University of Hawai’i on Feb. 17, UCSB looked to get a winning streak going as they lost their previous 3 matchups, one being UC Irvine (UCI) at home. The Gauchos went the tip and scored first in junior guard Cole Anderson hit a 3-pointer to get the Gauchos going early. Both teams were points-for-point, as the score was tied at various points in the half. In the 11th minute of the half, the Anteaters took the lead and started to build on it. After 2 unanswered jump shots from UCI, the Anteaters were in the lead 20-17. UCSB looked to cut down the lead, but UCI took advantage of some missed jump shots from the Gauchos as they established a 9-point lead with 6 minutes left. The Anteaters continued their offensive push as their lead grew to as much as 14 points with a score of 41-27. As the first half was closing out, the Gauchos tried to chip away at the lead, but nothing fell as the Anteaters kept taking advantage of their misses, growing the lead to 22 points and heading into the locker room with a score of 49-27.

Coming out for the second half, the Gauchos didn’t get off to the start they wanted as UCI continued putting on an offensive clinic, extending their lead to 22 points. As it is so as all hope was lost for UCSB, freshman guard Jason Fontenet II scored 9 unanswered points for the Gauchos. Senior guard Aje Mitchell joined in on the fun as he knocked down both free throws and came back down the court after a missed jump shot to make a 3-pointer. After 8 minutes of play, the Gauchos found themselves down 9, scoring 56-47 in favor of UCI. UCI followed Mitchell’s 3-pointer with a 3 of their own, taking back their double-digit lead. The Anteaters looked to keep UCSB out of the game by maintaining their strong lead. The Gauchos cut the lead down as much as 6 points as Mitchell hit a 3-pointer to make it 75-49 with 47 seconds left. That’s all the Gauchos scored in the game’s closing seconds as UCI swept the Gauchos in conference play. Fontenet II tied his career high in points by scoring 10 points while recording a career-high 4 steals.

With the loss, the Gauchos fell to No. 8 in the Big West Conference standings. This is the lowest UCSB has ever been since the 2016-17 season, where they finished No. 9. The Gauchos are set for a week-long break before they head back to the Thunderdome for what promises to be an electrifying matchup in the Blue-Green rivalry. UCI and California Polytechnic State University, San Luis Obispo are slated to go head-to-head on Thursday, Feb. 29, with tip-off at 7 p.m. The game will be broadcast live on ESPN+.
Elisabeth Lee
Asst. Opinion Editor

As a girl who likes to dress like a fantasy character whenever possible, I've never felt like I was the least bit of a feminist. In all my years, I've never felt like I was part of feminism because it grants them historically male-dominated pressure while moving into population of women who struck a chord with a early 2000s, bimbo feminism

Touting the hyperfeminine people give it credit for. If this is the case, why am I, and so forth. Some of this choice feminism, being anti-traditional definition of a bimbo is a derogatory term, referring to a woman who is hyperfeminine, hypersexual and unremarkable. Bimbo feminism, therefore, is the idea that it's okay to be a bimbo.

Recently, we’ve seen a rise in people that are passing things for the girls’ (inflation is out of control, they can get diamond rings for free, diamond rings will get special anymore) "girl math" I spent $180 on a coffee today and it's basically free!"

For the vast majority of women, the term bimbo has been a negative term. But the discourse is almost completely one-sided. If this is the case, why am I, and so many other people, so defenseless?

While far from perfect, I think bimbo feminism has a lot more nuance to it than people give it credit for.

Treating the hyperfeminine sexualization and myths of the early 2000s, bimbo feminism stands for a group of women for whom people who are experiencing incredible pressure sometimes thinging into historically male-dominated spaces because it grants them a place in feminism to make mistakes and not be the be-all-end-all of womanhood anymore. It's just me, a "Legally Blonde" "gotcha" moment that poke fun at one's own

So, I’m just embarrassed to get my oil changed at a "Legally Blonde" "gotcha" moment that poke fun at one's own -a stereotypically feminine audience? Why do we suddenly reject different metaphors? For example, using "standard" English. In linguistics, one of the fundamental ideas is that there is no language, dialect or even slang is expert to another; no language indicates higher intelligence than another. Historically, people who use languages like Creole dialects. In vernacular English are Regional and annual and word choice, rather than being the "I'm just a girl"

It alleviates some of the shame that comes with being found to prove yourself. The major appeal of bimboism is that it's not in its stupidity, it's the freedom to be loud and intense shame that comes

There’s an overarching dichotomy that we go back to blissful innocence and ignorance when you're a girl math

Try any metaphors — of any kind — with using stereotypically masculine enzymes to staplers. We use biological mechanisms to flowcharts. We compare chemical mechanisms to reaction to a food assembly line and compare biological enzymes to staplers. We use biological mechanisms to flowcharts. We compare chemical mechanisms to reaction to a food assembly line and compare biological enzymes to staplers. We use biological mechanisms to flowcharts. We compare chemical mechanisms to reaction to a food assembly line and compare biological enzymes to staplers. We use biological mechanisms to flowcharts. We compare chemical mechanisms

Those who speak "standard" English are more intelligent than others has been used for centuries to dismiss women and people of color and deny them higher education and professions. By listening to that knee-jerk reaction and automatically rejecting the image of the valley girl giving us an upper division economics lecture, we are doing the same thing. We are pushing people who learn from simpler, feminine metaphors — the image of the valley girl — are targeted toward women — out of a source that they already had been historically excluded from. This method of teaching tells the girls of average intelligence that they are capable of being a good citizen. When you're a girl math

And as the kids say, a bimbo. A woman who is neither a hyperfeminine, online, the traditional definition of a bimbo is a derogatory term, referring to a woman who is hyperfeminine, hypersexual and unremarkable. Bimbo feminism, therefore, is the idea that it's okay to be a bimbo.

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