Students in On-Campus Housing

Supporting Mentally Disabled students said that I can to hold the people responsible for their mistreatment to find it necessary and critical that, as a student leader, I do all that I can.

Senator Anthony Pimentel and Senator Karen Mackkehradzhi authored the first draft of the original resolution. Mackkehradzhi and Pimentel, according to the first draft of the resolution, were also the co-authors. Students with a mental disability are part of a community that is oftentimes "overlooked," and the senator asked him to be the co-author. Students with a mental disability and sensitivity of this particular issue.

Senator Grecia Martinez authored and Senator Kam Mackkehradzhi authored the first draft of the original resolution. Mackkehradzhi authored and Pimentel authored and, according to the Jan. 23 draft resolution.

"I have high hopes for it, and I want other students to believe in it," Martinez's said of the plan. Senator Grecia Martinez authored and Senator Karen Mackkehradzhi authored the first draft of the original resolution. Mackkehradzhi authored and Pimentel authored and, according to the first draft of the resolution.

The "Personal Care Clause," according to Pimentel. The "Personal Care Clause," located under the Personal Care section of the housing contract, states that "residents are prohibited from removing or altering of the "Personal Care" clause in the UCSB housing contract.

The "Personal Care Clause," located under the Personal Care section of the housing contract, states that "residents are responsible for their own self-care and personal needs." UCSB Residential and Community living claims to "value diversity and individuality," but actively remove/return students who are noncompliant with new or alternative housing options, contributing to disability discrimination within housing, student housing insecurity, and poor mental health, the resolution reads.

The resolution was authored by Senator Alison Sir and Senator Anthony Pimentel and was developed and finalized on Jan. 23, according to Pimentel.

"If a resolution was the most efficient solution to make a plan of action by creating a committee and working on this issue head on," Sir said.

"We don't have a resolution that a student leader, she to create a resolution a plan to combat the Personal Care Clause. Senator Anthony Pimentel and Alison Sir will be hosting a Housing Ad-Hoc Committee on Feb. 2 from 6 p.m. to 7:30 p.m. to discuss a plan combating the Personal Care Clause.

"The resolution states that the "personal care" clause should be eliminated, and a new clause dedicated to students with disabilities should be created.

The Senate resolution, however, states that C.A.P.S. is present because "being an adequate source of relief for students with short- and long-term mental illnesses" because "only a limited number of appointments can be provided for each student." The resolution adds that C.A.P.S. is "seriously understaffed."

Sir said and Pimentel are currently planning to have a meeting with C.A.P.S. to discuss the program, and the concerns outlined in the resolution.

The clause "provides much gray area for Housing and Residential Services to work with illegally excluding mentally ill students from UCSB Housing," according to the resolution.

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As federal lawmakers negotiate a government spending deal, the Deferred Action for Childhood Arrivals (DACA) program remains at the center of an attempt for a bipartisan solution on immigration. Congress has until Feb. 8 to agree on government spending, and until then will need to pass short-term bill H.R. 5895 to fund the government without coming to a resolution for the children of undocumented immigrants.

President Donald Trump formally ended DACA on Sept. 5, 2017 and expects to fully end the program by March 5.

It is uncertain where DACA will leave its 800,000 recipients at a federal level, but California legislators and the University of California (UC) have stated they will continue to provide support for undocumented students. If there’s a federal restriction, then there will be a restriction for federal resources for undocumented students, according to Valdivia.

In 2013, the UC Office of the President allocated $5 million across the 10 UC campuses for undocumented student support and later earmarked $4 million a year through the 2018-19 academic year to be divided among the UC’s DREAM Loan Program, Undocumented Educational Aid in California will not be affected regardless of DACA status.

The UC Immigrant Legal Services Center will continue to provide legal services to undocumented students with or without DACA, according to Valdivia.

In 2013, the UC Office of the President allocated $5 million across the 10 UC campuses for undocumented student support and later earmarked $4 million a year through the 2018-19 academic year to be divided among the UC’s DREAM Loan Program, Undocumented Educational Aid in California

In September, Gov. Brown signed Senate Bill 54, which declared California a sanctuary state, prohibiting local and state law enforcement agencies from collaborating with federal authorities for the deportation of undocumented status.

President Janet Napolitano also released a statement on Sept. 12, 2017, expressing support for undocumented students and prohibited UC campus police from contacting, detaining and arresting individuals based on suspected undocumented status.

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New Lt. To Direct Isla Vista Foot Patrol After Previous Lt.’s Departure

Lt. Juan Camarena prepares for new post by getting to know Isla Vista communities as Lt. Cintron reflects on past successes and challenges

Shomik Mukherjee
News Editor

The Isla Vista Foot Patrol (IVFP) is now led by a new station lieutenant, who took over the position this week after the departure of Lt. Ruben Cintron.

Lt. Juan Camarena will transfer from the Human Resources Bureau of the Santa Barbara Sheriff's Office (SBSO) where he has worked for 19 years, including service in the Major Crimes Division.

Cintron was transferred to the Criminal Investigations Bureau, where he intends to ride out a nearly 28-year career into retirement. His transfer was part of a regular SBSO rotation schedule, under which officers serve for about two years in a division before rotating to another job.

This won't be the first time Camarena will serve in I.V., as he worked brief stints with the IVFP while he was a sheriff's deputy in the late 2000s. He noted that I.V. today has a far less populous weekend party scene, crediting his predecessors for “making things safer” for the community.

Born in Mexico to migrant field workers, Camarena is a first-language Spanish speaker, reader and writer. He joined the Marines out of high school before starting at the SBSO.

Camarena said he will open his doors to both UC Santa Barbara students and I.V.'s robust Spanish-speaking population. While he’s getting settled into the job and familiarizing himself with the neighborhood, he said he will work to police by the “golden rule.”

"Using just the simple values I learned from my parents will open the doors for me to address the community and build that trust," he said.

IV residents in the past year have reacted strongly to reports of burglaries and sexual assaults.

In May, Cintron attended an I.V. Community Services District Town Hall to address resident concerns directly. Camarena emphasized his own commitment to preventing assaults from occurring. While law enforcement won’t have all the answers, he said, unified IV might be a step toward solution.

"Little by little, I’m trying to introduce myself to the different communities so we can see what we in law enforcement and the community need to do to find that fair balance, so I.V. will be a safe place to live, to work in and visit," Camarena said.

CINTRON, BY THE NUMBERS

Since Cintron came onto the IVFP in March 2016, crime rates have roughly improved in the neighborhood over a two-year period, according to statistics provided by SBSO spokesperson Kelly Hoorelbeke.

There were 190 burglary cases in 1.I.V. in 15.V. 196 in 2016 and 106 in 2017 through Nov. 29.

When it comes to simple and aggravated assault, the numbers fluctuated.

Between July 2015 and June 2016 there were 181 simple assaults, while between July 2016 and June 2017 there were 149. There were 33 aggravated assaults between July 2015 and June 2016, and 93 between July 2016 and June 2017.

CINTRON REFLECTS ON ACHIEVEMENTS, CHALLENGES

Cintron, who took up the post of station lieutenant in March 2016, said he believed he helped I.V. continue a “trajectory toward the better” during his time.

“I fully embraced and engaged with the community,” he said. His proudest efforts were put toward preserving community safety and reducing police presence during Halloween weekends.

Law enforcement presence decreased under Cintron’s watch, alongside a decline in crime. During the four-year period through Halloween 2016, the IVFP stationed nearly 300 officers. Less than 100 IVFP officers patrolled the streets during the same period in 2017.

Cintron’s tenure didn’t go without controversy. A proposed noise ordinance in Oct. 2016 threatened to scale existing “no-loud-music” restrictions from midnight back to 10 p.m. on weekend nights. A sizable community response, comprised mostly of UCSB students, rallied against the proposition. The IVFP promptly delayed and later nixed the plan.

Cintron maintains that the noise ordinance was never his idea; before he’d arrived, the IVFP was “constantly” receiving noise complaints and Cintron was told to finish the job, he said.

For the most part, though, the community has made things easier for Camarena, whom he called “very open-minded.”

Nearing 30 years on the job at the SBSO, Cintron’s stint in I.V. will likely be the penultimate leg of his career.

“It was a challenge, but I learned a lot,” he said. “A lot of different ideas from different people. It was a good time. A good two years.”

Lt. Ruben Cintron

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Beaches Still Closed Due to Mud Runoff

Spencer Sween
Reporter

Santa Barbara beaches have been closed for three weeks as the county continues to find high levels of contaminants in the water, according to the Santa Barbara County Public Health Department.

The various coliforms and bacteria measured have remained at staggering levels above state standards. As of Monday, Goleta Beach has fecal coliform levels that are 150 percent over state standards and enterococcus levels at over 10,000 percent. Fecal coliform and enterococcus are types of bacteria.

While eight beaches were closed initially, only Carpinteria State Beach, Goleta Beach and Hampton’s Beach remain closed.

The Public Health Department warns against going into affected waters, citing high levels of bacteria which could indicate that other disease-causing bacteria are present.

The department will continue to conduct testing on Goleta Beach and other areas, but for now it recommends remaining 400 feet away from beach areas where mud transports are temporarily deposited.

Elevated levels of bacteria in ocean water were first seen after Santa Barbara County began moving mud from Highway 101 to local beaches.

Mud and mud from the storms following the Thomas Fire in early December were collected and then transported by county flood control officials to make room for road repairs. Goleta Beach was selected as a temporary storage site for this policy.

The mud dumping largely contributed to the rise in contaminant levels along surrounding areas due to the “unknown amounts of untreated sewage and possible chemical contaminants in the wastewater,” said Susan Klein-Rothschild, deputy director of Santa Barbara’s Public Health Department.

On Wednesday, the Public Health Department issued a release warning the public to “refrain from eating recreationally raw fish and shellfish where levels of bacteria highly exceed standards.” Individuals should cook “recreationally caught” fish and shellfish if levels of bacteria highly exceed standards.

Bacteria concentrations at Campus Point will likely be a function of currents and winds that bring the sediment plume from Goleta Beach to Campus Point,” explained Jenny Driscoll, an associate for Santa Barbara Channelkeeper.

“Bacteria concentrations at Campus Point will likely be a function of currents and winds that bring the sediment plume from Goleta Beach to Campus Point,” explained Jenny Driscoll, an associate for Santa Barbara Channelkeeper.

Santa Barbara Channelkeeper is conducting water tests for E.Coli, fecal coliform and other biological contaminants that could seriously affect beachgoers at these locations.

The Public Health Department is also testing the water. Updated data can be found on the Public Health Department and SBCK websites.

The S.U.R.F proposal received approval from the Campus Planning Committee, Vice Chancellor of Administrative Services Marc Fischer, Vice Chancellor of Student Affairs Michael Young, Chancellor Henry Yang and AS when it was first proposed in 2014.

The task force would assess the “internal needs” of A.S. and update the SURF proposal. The updated plan provides 40 percent more program area than the previous concept and “[addresses] critical building infrastructure needs of the UC’s.”

Proposed spaces that would also be refined would include the A.S. Bike Shop, the A.S. Food Bank, Petrossian’s and expansions, A.S. Senate Chambers, A.S. Recycling Center, A.S. office improvements and the Environmental/Sustainability Resource Center.

The original resolution states that Senate stands in “full support” of LA project and described the project as “well-needed” and “long-overdue.”
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Vulnerabilities Found in Cancer Persister Cells

Kelly Shi
Staff Writer

Postdoctoral scholar and seminar lecturer Matthew Hangauer recently presented his research on drug-resistant cancer cells, their underlying mechanisms and possible weaknesses. Every so often, guest lecturers like Hangauer are invited to share their research at special seminars offered at UC Santa Barbara. In this presentation, Hangauer and a team of UC San Francisco researchers discovered a common weakness in drug-resistant cancer cells, or "persister cells." When in an invasive state, persister cells were susceptible to ferroptosis, a form of cell death, triggered by the absence of a specific enzyme: GPX4. GPX4 provides antioxidant defense mechanisms, which can change the way oncologists understand and treat cancer.

To do this, scientists need a better understanding of the mechanisms by which cancer cells become resistant to drugs. In his research, Hangauer has been investigating the gene GPX4, which is involved in the development of Gallium Nitride (GaN), thin film technology, and blue light-based research.

Hangauer recently presented his research on drug-resistant cancer cells, their underlying mechanisms and possible weaknesses. His work has led to the development of new treatments for cancer.

Hangauer and his team found that persister cells showed less gene expression for genes combating oxidative stress. They also found that persister cells depended on the GPX4 enzyme: GPX4 inhibitors knock down the GPX4 target in mice due to poor bioavailability and need new treatments for cancer.

Hangauer said. "The current GPX4 inhibitors do not reach the GPX4 target in mice due to poor bioavailability and need new treatments for cancer.

Hangauer and his team have been publishing their findings in scientific journals and presenting their research at conferences. They have also been working with industry partners to develop new treatments for cancer.

In addition to his research, Hangauer is also involved in community outreach and education. He has given numerous talks and workshops to students and the public about cancer research and its potential implications for society.

Hangauer believes Blue L.E.D. has already contributed substantially in sustainability and renewable energy, and it now has a very broad market application prospective.

Scaling New Heights

Jiaming Yang
Reporter

Shuji Nakamura, professor of Materials Department and Research Director for the Solid State Lighting & Energy Electronics Center at UC Santa Barbara, was awarded the 2018 Zayed Future Energy Prize for his great contribution to sustainability and new energy.

When talking about this great honor he made recently, Nakamura was extremely excited.

"It is obvious that I won many prizes for the invention of Blue L.E.D., but this prize proves that Blue L.E.D. is contributed to sustainability and new energy." Nakamura said.

Nakamura was recognized in the development of Gallium Nitrides (GaN), thin film technology, and Blue L.E.D. technology for more than 20 years.

However, he and his team are not content with the status quo. Hangauer believes Blue L.E.D. is still a great invention in technology.

"The future is here. I believe we are going to see Blue L.E.D. in every device. It’s a technology that is going to change the way we live." Nakamura said.

Hangauer believes Blue L.E.D. has already contributed substantially in sustainability and renewable energy, and it now has a very broad market application prospective.

Nakamura believes Blue L.E.D. has already contributed substantially in sustainability and renewable energy, and it now has a very broad market application prospective.

Although Nakamura may have already achieved many goals in his career, he is also working on new technologies to continue his journey in inventing new technologies.

Hangauer believes Blue L.E.D. has already contributed substantially in sustainability and renewable energy, and it now has a very broad market application prospective.

"Blue L.E.D. is a very versatile technology. It can be used in everything from laptops to cars to medical devices. It’s a technology that is going to change the way we live and work." Nakamura said.

In retrospect of how he created and started his research, Nakamura said, "I love doing research because research is just like solving mysterious puzzles. Every time we did the experiment, we got some data. I have to think about how the [data] and what did [blue] data come out.

Nakamura is a great inventor and has contributed significantly to technology and science. His research has led to the development of new materials and technologies that are changing the way we live and work.

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The ‘G.O.A.T.’ vs. the Hope: Brady & Foles Prepare for Battle

Richard Benites
Staff Writer

Not much more can be said about Tom Brady, the New England Patriots’ legendary star quarterback.

Becoming perhaps the most accomplished quarterback in both current day and league history, Brady has genuinely earned the ‘greatest of all time’ moniker that some fans and players alike have attributed to him.

To help bolster this claim, one need not look any further than that once in a lifetime comeback that some fans and players alike still refer to as the ‘comeback quarterback’ of all time moniker that some fans and players alike.

Brady shares this similarity with Nick Foles because he, and the Patriots’ first Super Bowl win came during the very same season he took over the starting role when Drew Bledsoe’s year ended back in Week 2 of 2001.

As for this postseason, Brady’s previous matchup against the Jaguars ended in yet another spectacular win from behind as the Patriots faced an unsurpassed Patriots defense, one that bears statistical similarities from other teams being forced to try to catch up to their prolific offense.

Despite ranking 29th in the NFL in total yardage, the Patriots boast one of the strongest secondaries in the league.

The red-zone threats that the Eagles have — Ertz, Agholor, and the team has a ton of confidence in him. I know he’ll do a great job,” Brady said during the Super Bowl’s media opening night when asked about how he believes Foles will handle his first championship appearance.

It’s certain both quarterbacks will be doing plenty of research on how to get the job done come game time, yet it’s interesting to see just how their performances will stack up against each other and prove exactly why they both belong in this upcoming and obviously must-win game.

Now on football’s biggest stage, both teams will go head to head as each wants to make their mark on the history books.

Foles, wanting to hand the city of Philadelphia their first Super Bowl victory in franchise history, and Brady, looking for his sixth career Super Bowl title: It’s going to be quite the David versus Goliath storyline as kickoff time approaches.
Kendra Jackson
Staff Writer

It was Super Bowl LI. Everyone was speechless.

The Patriots were getting blown out by the Atlanta Falcons.

Tom Brady had been rushed, sacked and picked off all within the span of the first half. It seemed as though the new Super Bowl victory was born on the field. Every indication was that New England had miscalculated.

The score was 28-3 late in the third quarter, and Atlanta was likely to win.

Coming back from such a minute behind seemed impossible for the Patriots and for New England fans. But for the New England Patriots, New England had scored 17 unanswered points, and it was officially a ball game.

That’s exactly what happened. One of the most amazing moments in Super Bowl history

The Patriots were 64 yards from the end zone and down 17 points at 28-1. Just 2:29 was left in the game, and the offense for New England was shut down.

Brady fumbled, and the ball was surrounded by three Falcons.

Robert Kraft, the Patriots owner, was picked off Brady in the first half, and it seemed as if Brady would struggle all day. The Patriots had huge offensive advantages, but Brady was having troubles on the offensive line.

The variety the Pats have will require the Eagles to become a constant reminder of the Eagles’ defense to limit the Patriots. They have already shown they can stuff the ball on the goal line.

That 23-yard pass to Julian Edelman, who put the ball high to end what was a rollercoaster season for the Patriots. From the DelHagat scandal to Brady’s resulting suspension, New England wanted this one bad – and that catch made it happen.

In the hands of the Eagles, the Pats have a chance to win their first Super Bowl.

The Eagles are looking at a daunting task in handling the offensive scheming of New England Patriots and quarterback Tom Brady.

The offensive schemes at New England’s disposal are plentiful in wide receiver Brandin Cooks, tight end Rob Gronkowski, and, of course, New England’s four-time Super Bowl MVP quarterback Tom Brady.

New England will most likely primarily commit to its pass offense, but will look to throw in clever plays at the line of scrimmage using plays like Dear Lovers in their backfield.

While Brady has enough receivers who can run effectively, he also has Gronkowski, who is a vital piece of the puzzle.

Gronkowski finished the 2017-18 regular season as the team’s leader in receiving yards (1,044) and touchdowns receptions (9).

Such stats should create a basement on the defense for the Patriots, but New England is prepared.

The Eagles defense will continue to be a primary part of their secondary.

Jalen Mills’ dynamic style can still make a variety of rules on the field, adapting with every play.

The safety can easily line up alongside the line to rush in on a dive or drop back into the secondary and cover guys such as Cooks or Danny Amendola.

Given the dominance of the Patriots in the Super Bowl, it would not be surprising to see the Eagles be successful at creating effective pressure in the pocket and still see Brady lead his team to yet another championship.
Despite her aggressively upfront, careless attitude, Alyssa somehow maintains a perfect disguise, right?). As each episode briskly passes by, it becomes hard to not fall for the charms of the duo.

Writer Charlie Covell and director Jonathan Entwistle remarkably capture the genuine connection that evolves between Alyssa and James. It's a fast-paced story, jumping from one subplot to another, with side narratives that thankfully do not detract from the main plot — everything is well interwoven until the very end of the series. Right when you become engrossed into this explicitly dark, dark world, it all comes to a heightened ending. Despite the ambiguous finale that leaves the viewer in a stupor, desperately itching for more, it's hard to envision another world after the helter-skelter chaos of one season.

Bravo Alyssa and James, for making a love story truly feel like the end of the fucking world.

**The End of the F***ing World**: A Teenage Rebellion

At the core of it all, Alyssa and James are two teens struggling with that awkward in between: they’re not quite adults and not quite kids anymore. They’re brimming with a bleak resentment to an awful society, taking out their frustrations and fragilities in a manner that’s both droll and gloomy. No matter how deranged the story is, it’s a story of love.

Overall, “The End of the F***ing World” provides all the essentials for an indie teen flick: a road trip, a banging soundtrack, running from the authorities, two underdogs we really shouldn’t be rooting for but do anyway … and an honorary mention to the wardrobe change mid-season (a Hawaiian shirt makes for a perfect disguise, right?). However, all this would not be so easy to binge in an entire day if it weren’t for the compelling acting of the two leads. Barden pins the portrayal of the bratty teenage girl with issues perfectly; Lawther's performance is pitch perfect. As each episode briskly passes by, it becomes hard to not fall for the charms of the duo.
"After the Storm" is paired with a music video which vividly depicts Tyler's recurring floral theme. The visuals are intoxi - 

moments of the past 30 days. This month was chock-full of hits from a variety of genres. Some of the month's

with thick hips, big lips and knockoff Coach bags. It's really a religious experience.

Heynderickx creates a portrait of an omnipotence that is incredibly and eccentrically human — an omnipotence

catingly whimsical, and the track shares exactly the same sentiment. Uplifting verses from all three artists mani -

cartoons as ammunition, firing off line after seething line. CupcakKe's confident flow, ingenious rhymes and

sweetness that contradicts Snow's baritone voice and provides the nonchalant groove that converges with

glide through the jazzy effervescent drums, recalling past lovers. Dana Williams's vocal hook adds a layer of

capsulating instrumentation and dynamic vocal performances.

This song is the key to creating a perfect, melodic atmosphere.

ence that invokes self-realization and contemplation. Whether you're on the beach or going on a late-night drive,

recent releases of the album's title-track and "When You Die," "Hand It Over" offers the listener a calmer experi -

softer than we're used to hearing from the minds of Andrew VanWyngarden and Ben Goldwasser. Unlike the

reality. Alex was brave enough to handle both DJ

paperwork to join him. He soldiered on, despite

having to take on every responsibility from the

stage, and he got the crowd to a modest level

of excitement. His tracks had inf luences rang -
ing from chill-hop to trap, indicative of a young artist trying to find his own sound.

After his 40-minute set, Alex departed the stage to make room for Smoosh. As the crowd became
as anere, the room grew warm with a subtle visceral shiver. Alex

the show was late

the Hub last Thursday, I was more than excited

time the St. Louis born rapper made his way to

critics and fans alike in the past year. By the

to skip the stage banter and push through as

a one-off track from a few years ago, he leapt

from the stage and into the press section, let -
ting fans in the first few rows from behind

the barricade grab onto him. The crowd was

mostly female, so this level of contact was

met with shrieks of elation. His charisma and

esthetic are reminiscent of André 3000, down

to his natural, grown-out hair and onstage

gyrations. Like many soulful black artists, his relationship with the stage started in church and is still reflected in his electric onstage performance today.

So mo has become famous for his impressi 

wordplay and turn of phrase, a feature that

midwesters rappers have in their flow. He’s a self-described “country boy,” but counts Kanye West as his primary musical inf luence — arguably the most famous Chicagoan of our generation. Smoosh, who was Southern born and raised, spent a good chunk of his forma -
tive years traveling back and forth between his native Missouri and Illinois before decid -
ing to settle in Chicago permanently. It was in

Chicago that he sharpened his craft alongside the main up-and-comers in the scene — includ -
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To Watch the Big Game

I have no time or money to head home for the big game, I have to live at home. So with results in me binge-watching garbage TV that I can't stream, Premium, but cable is not something I'm willing to cough pay for high-speed Wi-Fi, electricity and of course Spotify Vista, utility payments become a sense of necessity. Sure, I purchased online but include cover charge and bar. Sharkeez Super Bowl party and open bar. Tickets must be purchased online but include cover charge and bar. On Sunday they will be providing their All-You- Can-Eat dish for $8.50 and a mega party deal that includes three extra-large combo pizzas and two 18-count wings. Prices range for $80. Even if you fail to get this right, though, because even on a regular football night it can get pretty packed.

San's To Go Will also be hosting the game, and the owner suggested I fill sandwiches and plenty of outdoor seating. On Sunday afternoons will bring an excessive amount of food. Dublin's is offering $5 well drinks and $9 pitchers of Rolling Rock and Bud Light, while PMH will have their $3.50 jars of Dublins is offering $5 well drinks and $9 pitchers of Rolling Rock and Bud Light, while PMH will have their $3.50 jars of rock and Bud Light. Philadelphia Eagles have long been a team revered as the underdog. They've had exceptional seasons and broken records that wouldn't have been assumed to be doable by the franchise, yet they've also had some slumps in success and have had few Super Bowl championships — counting three in total — despite their long history. This humble yet classic team deserves a beer of equal merit. Invoking the blue-collar days of a past time, Trader Joe's Simpler Times Lager will not knock your socks off with its hypenotic hops.

For most of-age viewers of the Super Bowl, whether you're an avid fan or watching solely for the commercials, a cold beer is just as important as the quarterback to your enjoyment of the game. The beer you drink should reflect the experience you wish to have and the outcome you hope to witness. Depending on who you are rooting for, here are two different cheap beers that will hopefully fit your experience as tightly as a lineman's pants.

Rooting for the Eagles, drink.....

Trade Joe's Simpler Times Lager

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The Super Bowl LII Gametime Grub...
Here it is the long-awaited "super easy" GE course list from UCSB. Everyone and their Aunt Trish loves taking a nice, funy general education course. It's a beautiful way to lighten the load of an otherwise shit-in-your-mouth kind of quarter. Crowd favorites like Theater 5 are sure to turn heads and make an otherwise shit-in-your-mouth kind of quarter bonus! *No add code needed to access Henry's more insight toward the secrets of the universe. *Winter vacation that is Diane's big mouth.

O Wow! This Frat Heckin’ Respects Women, You Guys

DAILY NEXUS ART & COMICS

Listicle, Satirical, Never Newsical

Nexustentialism

DAILY NEXUS

NEXUSTENTIALISM

nice! ucsb introduces 10 edgy
classes for spring quarter 2018

jake feder
vianna mabanag
staff writer

listen, okay. i know this is
too be, like, a quote
from the article, but i didn't
want to do it that way this time.

operation (ok, not opra)
fiery 102bbc: shrimp scampi

unearth the genesis of this all-time dish, question its
roots in Amish culture and the main pastime of apple
picking.

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Surviving the Sophomore Slump

Calista Liu details the struggles that could come with your sophomore year of university, and why it isn’t be all, end all.

Exhausted, unmotivated and a little more homestuck than usual – sound familiar? If any of these descriptors ring true, you aren’t alone. Fall Quarter, I began seeing grey rain clouds hovering over the heads of many of my friends and peers, myself included. When asked how their quarters were going or how they were doing, many friends responded with pessimism and a readiness to leave for winter break. Although I had heard the term “Sophomore Slump” before, I’d never fully understood it — or thought it would ever apply to me — until the slump finally crept in and seemingly perpetual blue skies into a gloomy overcast.

In theory, the Sophomore Slump makes sense. The excitement and freshness of freshman year has worn off. Classes have gotten harder. You might be realizing that you haven’t made as many friends as you had hoped to make at this point. Maybe you haven’t found your place here at UCSB and you’re starting to worry. Does such a place even exist for me? All of these are valid reasons to be feeling stressed out and doubtful. In reality, the slump is more difficult to accept, much less go about resolving. If you’re a fellow sophomore, this one’s for you. If you’re a freshman, an upperclassman or not even a student and you’re feeling blue, reading on may help you, too. Never fear! The days of sunshine and inspiration will return. The gray skies will not last forever. Together, we will all survive the Sophomore Slump.

Okay, I know you’ve heard this innumerable times before, but I’ll say it one more time, just for kicks. Join a club or organization! Believe it or not, folks, it really makes all the difference. Plus, there are so many different groups at UCSB that you literally have hundreds to choose from. If you’re looking to meet new people, make more connections or just have something more to do on your calendar, then there’s no reason for you not to get involved. I know that the step you have to take between wanting to do something and actually doing it is harder for some people than others. Sometimes the distance may only require a single, effortless step. Sometimes you may need to take multiple baby steps, or even a running leap of faith to cross the same distance as someone else.

How you choose to move forward is up to you — just remember to be moving. In high school, being a part of the school newspaper was a huge part of what made my high school experience amazing, yet took me a year and a quarter to join the Daily Nexus. Putting yourself out there and making the commitment to see it through, whether your interests lie in academics or social life, recreation or community service, sports or the arts, can be intimidating. But the most rewarding aspects of life — specifically, your college experience — will only come by pushing your comfort zone.

Now, you might be thinking: I’m already involved in the organizations I want to be involved in. I’m taking the classes that I need. I have a solid group of friends. Where am I still feeling...slumpy? Unfortunately, the transition from newbie sophomore to experienced sophomore is not a total metamorphosis. Being in college for one whole year does not mean you have fully grown to be anywhere near the person you will be once you’re ready to throw your graduation cap in the air. I suspect that I will one day be a cute, wrinkly 80-year-old and still be learning about the essence of who I am. That’s the beauty of personal development: We are constantly learning and becoming the best version of ourselves that we can possibly be.

However, this also means that for the time being we remain caught up in the confusion of college and the future. In the meantime, as we continue to figure out our lives, talking to someone about how we’re feeling will definitely help. A lot. You might be surprised by who will be able to relate to how you’re feeling or provide words of advice or comfort. Not much of a talker? No worries! Doing something for yourself, whether it be your mind, body or soul will do wonders for your well-being.

Exercising regularly, making time for your favorite hobby and calling a loved one from home are all things that just make us feel good. Would you rather be alone in your room, overlooking your place in the universe, or at the beach, clearing your mind and soaking up the beauty of the world? Even watching an episode of your favorite show or going on a short bike ride can boost your spirits. Often, we get so much caught up with school, work and other obligations that we forget that we need to make time for ourselves too.

If reading this article has given you a renewed sense of anxiety and stress about your purpose in college, your place at UCSB or your general state of livelihood, you can rest assured knowing this is completely okay. No one can be positive and confident with a can-do attitude at every second of the day. Being unsure and lost truly is the norm in college, especially during a time where many of us are at the pinnacle of adulthood and entering the “real world.” (Sorry, I.V., we love you, but we can’t say here forever.) Even the people who seem like they have it all together are still figuring it out.

Pimpin’ the source of your slumpiness is the first step in overcoming it. Proactively making a change in your life is the second step. If you are unhappy, stressed out or exhausted, but you don’t do something to improve this, you will continue to be unhappy, stressed out or exhausted. Your life is in your control. When thinking about the future starts to overwhelm, you change your focus. Just take it day by day; every second is precious. And remember: You don’t have to figure everything out all at once.

Calista Liu wants to emphasize that the Sophomore Slump doesn’t have to define you.