Sexual Assault Report Card Stuck in Limbo

Though the university said the report card was “in progress,” a local government official questioned if the project is feasible

Shomik Mukherjee
News Editor

A project to track sexual assault in Isla Vista hasn’t gotten off the ground in nine months, even after a high-ranking university official referred to it as “in progress.”

The sexual assault “report card” is one of 12 demands that UC Santa Barbara administrators agreed to address in May 2017 after a student sit-in. But so far, neither the university nor the local government has started to work on it.

The demand calls for the university to “work with the Isla Vista Community Services District to develop a report card… for behaviors and education surrounding rape and sexual assault in Isla Vista.”

At the town hall, Vice Chancellor of Student Affairs Margaret Klawunn featured the report card in a slideshow documenting the progress made on the demands. In the slideshow, the report card was listed as “in progress.”

The town hall did not contain UC President Edlen Bertrand about the report card until Tuesday night.

“The CSD looks forward to working with the university on these continued efforts, but at this point there has not been a partnership on that front,” Bertrand told the Nexus after the Feb. 12 CSD meeting.

Klawunn said she was under the impression that the CSD was working directly with students on the report card.

“It had come up at one of the meetings that we had, where I was told that students were working directly with the CSD on that item,” Klawunn said. “I thought I was only reporting progress that was being made.” She said she did not remember who had told her or at which meeting.

Klawunn spoke to Bertrand about the report card on Tuesday night, after the Nexus had inquired about the university’s progress. She said Bertrand told her that the report card is not actually feasible.

“I spoke Edlen out yesterday and asked him,” she said. “He said, ‘No, we can’t do it the way [In/Shawndra Earvin] had hoped it’d be carried out!’ Edlen led the 2017 sit-in.”

The demand calls for documenting crime in I.V. and counting the number of meetings that have educated the community about sexual assault.

Local officials will need to find a different way to create a report card, Klawunn said. She suggested creating local crime reports as an alternative. Bertrand could not be reached to elaborate on how an alternate report card would look.

Isla Vista Officials Call for Gun Control, React to Recent Florida Shooting

Evelyn Spence
Asst. News Editor

Prominent Santa Barbara and Isla Vista community members are urging for “common-sense” gun laws in the wake of the Feb. 14 Florida school shooting.

“People are tired of thoughts and prayers, and people want to see action. It may not be typical for a vigil to quickly become political action, but it’s necessary right now,” Spencer Brandt, Community Services District board secretary said.

After a former student entered Marjory Stoneman Douglas High School in Florida and killed 17 people with an AR-15, individuals across the country have demanded efforts for “common-sense” gun laws, including Congressman Salud Carbajal.

“We have a majority Republican leadership right now. There’s very little chance for common sense gun safety laws to move forward,” he said during the meeting. “Anything that helps us create a safe country and safe communities might be a good thing.”

Restrictions on purchasing a gun vary from state to state.

In light of the recent massacre shooting at the Marjory Stoneman Douglas High School in Florida, Santa Barbara students and lawmakers are calling for a significant change in gun policies to prevent more senseless deaths.

GUN CONTROL

Women<br>
Men’s tennis on the road

SCIENCE

Weather Report<br>
Saf Surf Report

Debris<br>Flow into Montecito

SCIENCE page 11

Windy conditions could last into the weekend.

Fair Steeps all day

SCIENCE

SPENCER BRANDT

In California, a person must be 18 years old to purchase a rifle or shotgun and 21 to purchase a handgun, according to the California attorney general’s website. California law states that there must be a 10-day waiting period before the firearm can be “in the hands” of the purchaser.

The purchaser must also provide evidence of identity...
Ifé Mora, a Detroit native, weaves her African American and Mexican roots into a creative, guitar-driven sonic vision, blending Rock, Blues, Soul and Bluegrass genres. Ifé is a singer and musician who reimagines the origins and future of Black American Rock. As one of the founding bands of the AfroPunk movement in New York City, Ifé Mora has Punk Rock in her roots, and has remained in the forefront of women of color creating and performing Rock n’ Roll. This concert is presented with The UC Consortium for Black Studies in California. Tickets are $5 for students.

LAUGHING OUT FAITH: COMEDIC REDEMPTION AND LOVE

MCC LOUNGE | 6PM

This talk introduces comedic redemption as an ethic within Black women’s comedy that juxtaposes “comic relief” and nuances laughter as the counterbalance of tears to a libidinal ethic that names and situates humanity in the midst of the absurd. Dr. Cona Marshall is a Professor in the Department of Religion and Philosophy at Lebanon Valley College.
Students proposed a survivor resource center in May 2017 as part of a series of 12 demands that would increase community safety regarding sexual assault. The center would provide legal assistance for survivors of sexual assault and would receive support from A.S. Staphany Rubio News Editor.

Students met with UC Santa Barbara administrators and staff on Tuesday afternoon to discuss creating a sexual assault survivor resource center in Isla Vista, which would fulfill the first of the 12 demands agreed upon at a May 2017 sit-in.

The demands call for a survivor resource center that will “lead program efforts to spread awareness among the student body and throughout the off-campus Isla Vista community.” The center will also require a full-time director and staff, as well as legal service for sexual assault survivors.

Students at the Tuesday’s meeting asked that the center be effective for underrepresented communities, which they said should help in creating and managing the center.

The university requested $56,000 to secure the help of the Alliances for HOPE, a nonprofit agency that develops family justice centers to protect and serve sexual assault survivors and their families.

The university submitted the funding request in December, but the status of the funding comes through.

The Associated Students Commission on Student Wellbeing is hosting a self-defense class on Tuesday at 5 p.m. Participants will learn proper striking and kicking skills and will be free to leave if they feel the class becomes too intense.

Eric Moon Reporter

The Grilled Cheese Truck will be opening its first "brick and mortar" location in Isla Vista on Saturday. The store will offer a wide variety of grilled cheese sandwiches and other food.

Founder and Creative Chef Officer Dave Danhi said that he has wanted to open a physical location for the past year and a half in Isla Vista. He plans on getting the community involved in various ways, such as hosting a variety of contests and special events.

"Grilled cheese is something that I feel everybody has a connection to, usually from their childhood," he said. "So the option of comfort food...so it always brings back good memories."

Danhi also reached the enthusiastic response in Isla Vista has received so far as a reason to believe in the store's future success.

"As we're setting up the location, it has been coming together," Danhi said. "I'm hoping for a big turnout."
Proposed Fed. Budget To Impact Student Loans, CalFresh

Hayley Tice
Ass. Data Editor

President Trump's proposed 2019 budget will eliminate subsidized loans and change CalFresh benefits, directly affecting UC Santa Barbara students.

The proposed changes to student loans would save the federal government about $6 billion in fiscal year 2019. About $2.429 billion would come from changing the income-driven repayment (IDR) plans. $1.72 billion from eliminating Public Service Loan Forgiveness and $1.5 billion from eliminating subsidized loans, according to data from the Trump Administration.

Currently, the government pays interest on unsubsidized loans while students are in school or the loans are in deferment. If the changes in the new budget are enacted, the federal government would only offer unsubsidized loans.

The budget suggests “streamlining” IDR plans for student loans and altering the cap on the percentage of income for these plans and the length of payment. Currently there are several IDR plans dependent on income.

Under the suggestions laid out in the budget, repayment would be capped at 12.5 percent of discretionary income, and balances would be forgiven after 15 years of repayment for undergraduate students and after 30 years for graduate students.

The proposed changes would “focus assistance on newly undergraduate student borrowers instead of high-income, high-balance graduate borrowers.”

These new conditions would apply only to students borrowing loans beginning July 1, 2019, and would not apply to students who are already using student loans from the federal government.

The budget also encourages Congress to pass a law that would make colleges and universities assume some of the financial risk associated with student loans.

The budget also suggests changes to the Supplemental Nutrition Assistance Program (S.N.A.P.) and CalFresh, which is California’s version of the program. A portion of the monetary benefits that program recipients currently receive would be replaced with a box of food.

Mick Mulvaney, the director of the Office of Management and Budget (OMB), compared the proposed program to Blue Apron, the meal delivery service, at a press briefing.

Mulvaney said it would cause “troubling” cost savings.

“The reforms to S.N.A.P. would save about $17 billion, according to numbers the OMB produced. UCSC students who receive benefits from CalFresh would be impacted by the proposed changes.

Rodolfo Herrera, the coordinator of the A.S. Food Bank, said the average student at UCSC receiving S.N.A.P. would save about $17 billion; according to numbers the OMB produced. UCSC students who receive benefits from CalFresh would be impacted by the proposed changes.

“The logistical aspects of it are already in place,” he said.

According to data provided by Herrera, CalFresh savings at the Isla Vista Food Co-op totalled $52,930 in 2015 and $68,900 in 2016.

Herrera said the logistics of implementing Trump’s proposed program would be difficult, including storing large quantities of food and even keeping up with people’s addresses.

“The big system programs that we have for supplemental nutrition for low-income families have been established for a few decades already. The logistical aspects of it are already in place,” he said.

The new budget suggests “streamlining” IDR plans for student loans and altering the cap on the percentage of income, as well as replacing a portion of monetary benefits that CalFresh recipients receive with a box of food.
A.S. Senate Resolution Aims To Prevent UC Tuition Hikes

Evelyn Spence
Asst. News Editor

A resolution to support the UC Santa Barbara Lobby Corps and prohibit University of California Tuition hikes was unanimously passed during an Associated Students, Inc. meeting on Wednesday night.

"We have seen the pattern of disinvestment from the state, and we want to reverse that," UC Santa Barbara A.S. senators and Lobby Corps members proposed the resolution in order to secure more state funding for the university. This increased funding would account for rising UC enrollment.

The UC's backlog exceeds $4 billion and is the third largest among all state agencies, according to the request. Also requested are $35 million for "instruction and research equipment maintenance projects" and $71 million to supplement the proposition tuition and fee increase.

According to the resolution, the California State Senate and the Governor of California should be doing a lot more in terms of letter writing, postcard writing, making calls. We're definitely going to include in the letters that our campus stands behind these asks," Brandt said.

The resolution calls for the California State Assembly, the California State Senate and the Governor of California to appropriate $10 million in funding to support the costs of education for an additional 2,500 students that the UC is required to enroll next year.

Students Senate meeting on Wednesday night.

"The purpose of the resolution is to ask the state to take a firm stance to end the tuition hikes during this fiscal year," Spencer Brandt, a Lobby Corps member and one of the resolution's student sponsors, said. "Over the past 20 years we've seen the pattern of disinvestment from the state, and we want to reverse that."

As of Jan. 1, 2018, the kind of weapon used in the California shooting cannot be bought in California. Any person who has been convicted for a felony or has been "held involuntarily as a danger to self or others" is prohibited from buying, possessing or owning firearms or ammunition.

"This is about gun violence in the community and seeing the leaders that are higher officials than us act responsibly. As an elected official, I'm ashamed that there are others who are acting in such a way to undermine the basic safety of people in our community," Brandt said.

According to the resolution, the California governor's 2018-19 budget proposal does not include "adequate funding for enrollment growth, psychological counselors, facility maintenance, student resources, health services, research equipment, academic tutoring and other needs."

The UC receives the "same inflation-adjusted amount of funding from the state of California than it did in 2000, despite enrolling 90,000 more students in 2017 than it did in 2000," the resolution states.

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The resolution came from a 2018-19 UC budget request submitted in February.

"That could stop the tuition hike." With the passing of the resolution, "We're going to take a firm stance to fund the university during this fiscal year," Spencer Brandt, a Lobby Corps member and one of the resolution's student sponsors, said.

"They should be the ones who should be remembering the victims of the Sutherland, Texas shooting."

The purpose of the resolution is to ask the state to take a firm stance to end the tuition hikes during this fiscal year, Spencer Brandt, a Lobby Corps member and one of the resolution's student sponsors, said. "Over the past 20 years we've seen the pattern of disinvestment from the state, and we want to reverse that.

A.S. Senator Sophia Dreyer and Brooke Kopel authored the resolution, and Brandt and fellow Lobby Corps member Madeline Loudon student sponsored the resolution.

In January, students across the UC system traveled to the UC regents meeting to protest the proposed tuition hikes. Brandt and several other UCSB students were present when the regents voted to postpone the vote until the May meeting.

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"A lot of regents were concerned that the UC should lobby the state for more funding before raising the tuition, so we're really at a really important opportunity where we could actually get more funding from the state," Dreyer said.

"That could stop the tuition hike."

According to the resolution, the cost of college has risen "dramatically" over the past 30 years, "outpacing the average inflation rate of consumer prices."

"Tuition is — if not the number one problem — one of the largest problems that students face," Kopel said.

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An Exciting Time: Hosmer Joins San Diego Padres

Kunal Mehta  Staff Writer

The No. 17 ranked UCSB women's water polo team, who sit at 9-5 overall, head to UC Irvine this weekend to take part in the Barbara Kalbus Invitational where they will play three games, beginning with a re-match against No. 4 UCLA Bruins on Friday.

Santa Barbara will attempt to pull off the upset against a 13-1 ranked squad.

The teams met earlier this year on Jan. 21, where the Bruins came away with a 10-6 victory over the Gauchos.

UCLA started the season but beginning with a 12-0 shutout, but lost its first match of the season against No. 3 USC two weeks ago.

The Bruins bounced back with a win against No. 7 USC Irvine but again showed glimpses of a team that could be as tough as they only just pulled away from the Gauchos.

The victory itself was the confidence it instilled in the team; senior Simon Freund who currently sits at 9-2. Their only loss of the season came on the road against Harvard, a historically powerhouse school who currently sits at 9-2.

Nicolas Moreno De Alboran and Anders Holm got a much needed victory over USC on Saturday. Perhaps more important than the victory itself was the confidence it instilled in the team; senior Simon Freund who currently sits at 9-2. Their only loss of the season came on the road against Harvard, a historically powerhouse school who currently sits at 9-2.

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After All Odds: A Fan’s Account of the Eagles’ Journey to Winning Super Bowl LII

Richard Benets  
Staff Writer

NFL fans rejoice, for the Eagles hosted the Patriots in Super Bowl LII. “Wow would NFL fans collectively voice out this result?” you may ask. Well, with all due respect to the great New England franchise, every soul is sick of their chauvinistic, win-at-all-costs mentality.

What With the G.O.A.T Tom Brady and the one-of-a-kind Bill Belichick in six year age, the Super Bowl was starting to look like an annual Patriots’ invitational. At this point, most people would want to see some change at the pinnacle of professional football, and that change was none other than the Philadelphia Eagles.

How long have you been watching for the moment that the Eagles finally win the Super Bowl? Considering the overall magnitude of the team and all the years that you have followed, fans of Philadelphia can claim that Carson Wentz has been more than worth the wait.

Factor in two previous runner-up appearances (third time’s the charm), Super Bowl LII’s 2-1-10 championship, and then you get the Eagles’ faithful thinking about this being their year. Oh, how they were wrong.

Robert Lamboi scored two touchdowns and intercepted Brady, the only thing standing in Carolina’s way. Yet, with 7-2 record, only went to 6-3-1, and were just two full quarters away from the franchise’s first Super Bowl.

Thirty-eight total points, that was just how much the Eagles dropped on what pundits proclaimed as, “the best defense in the NFL.”

The previous section’s subheader was a critic’s quote for a reason. I can’t even begin to count how many people attempted to stop the Eagles from achieving their goal.

As the halftime whistle was blown, the Eagles entered the locker room with a lead of 22-12, and were two full quarters away from the franchise’s biggest victory ever.

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Then, the greatest defensive play in Eagles history occurred right before our eyes. Brady gets hit, the ball is out!” yelled play-by-play announcer Kevin Harlan as Philadelphia defensive end Brandon Graham strips possession away from the New England quarterback’s grasp.

The ball ended up getting recovered by Eagles first-round drafted rookie Derek Barnett and his side was in prime position to run out the clock and earn their first Super Bowl appearance.

Brady was in the end zone, but second year head coach Doug Pederson had special plans for the Patriots on 4th-and-Goal, the “Philly Special” play. Simply put, it is the Super Bowl history books as one of the few moments that will be remembered.

This formation featured Foles ushering over to the shorer position as a lead blocker in order to distract New England’s defense.

The ball was then shrewdly snapped to halfback Corey Clement who ran left, right, then back left for an obvious touchdown.

As the ball finally settled on the ground, all the green confetti started flowing from the sky. Goosebumps ran rampant on both sides’ fans as each hoped for the best.

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Brady and his bunch.

Super Bowl LII: Eagles 41 – Patriots 33

The Eagles started the last quarter of the match with a long field goal kick courtesy of Elliott. Philadelphia had 32-12.

On the next drive, Brady knew a touchdown would be enough defenses to shut Patriots the lead and shift the momentum in his side’s favor.

Considering this game broke the record for most offensive yards in a Super Bowl back in the 3rd quarter, this possession was no different as Brady had his team turned down the field as he once again delivered a touchdown pass to Gronkowski.

With the score at 32-33, the Eagles needed one last field goal, and few could have thought that it would be possible.

Philadelphia was down at the 22-yard line, Brady in the pocket, and through the playoffs that the dialogue would change from “you can’t” to “must-be-you can.” Fortunately, the Eagles went on and achieved the undeniable once more.

It was Brady, the G.O.A.T, versus Foles, the hope. Early on the Eagles took an early 7-0 lead, and the Siberian defense was out to play.

Following a pair of field goals on each side, a deep throw from Foles found its way into the hands of Zach Ertz to make the game 19-22. Foles then responded on the following drive with a touchdown catch of his own to make it 26-22.

Wide receiver Alshon Jeffery and that four-headed monster of a defense prove to be the ultimate defense.

The Eagles’ defense had a defensive player get pulled off on the big screen in real-time.

At this point in the season, Philadelphia was at the top of the NFC standings and was just a win away from clinching the NFC East Division title.

The last time the Eagles played the Patriots, they had finally earned their chance to return to the Super Bowl, this time in hopes of exacting revenge upon a familiar enemy.

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Considering this game broke the record for most offensive yards in a Super Bowl back in the 3rd quarter, this possession was no different as Brady had his team turned down the field as he once again delivered a touchdown pass to Gronkowski.

Brady was in the end zone, but second year head coach Doug Pederson had special plans for the Patriots on 4th-and-Goal, the “Philly Special” play. Simply put, it is the Super Bowl history books as one of the few moments that will be remembered.

As the failed ball fell on the ground, so did all the green confetti.

It was a night to remember for a new dynasty, and a night to forget for the champs.

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Hope was high for the glorious march and hopes will remain high as the Eagles prepare themselves with the help of both Wentz and Foles.

As the halftime whistle was blown, the Eagles entered the locker room with a lead of 22-12, and were two full quarters away from the franchise’s first Super Bowl.

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Kendrick Lamar Curates Soundtrack to a Marvel Universe

Ryan Hykes
Staff Writer

"Black Panther," Kendrick Lamar's latest entry in its ubiquitous Cinematic Universe, has been generating incredible buzz for months. Then Kendrick Lamar, who is perhaps hip-hop’s most famous artist right now, gave his official consigliere with the announcement of a soundtrack curated by the Compton rapper. With the film’s release this past weekend, Lamar has given music and movie fans alike a look inside the world of Wakanda with his Black Panther. The Album last Friday.

"Black Panther," the album brings together Lamar and his Top Dawg Entertainment label-mates along with contributions from James Blake, The Weeknd and a variety of up-and-coming South African artists. Thanks to Lamar’s creative direction, the album manages to stay more cohesive than most “Various Artists” albums with contributions from James Blake, The Weeknd and a variety of up-and-coming South African artists.

The album, however, is not without its flaws. In particular, the track "Lift Off" featuring SZA is considered a throwaway, though. Lamar’s sound design is back in top form as the Black Panther, King of Wakanda, superhero and sovereign ruler. He’s personable and fights for his country, but the figurative crown doesn’t require him to have the same sense of humor. Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a banger and Lamar’s refrain on "Lift Off" is a 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Tampon Plugging and Butt Chugging: Your Midterms Guide to Yerba

Claire Horsley
Staff Writer

It’s midterm, my dudes. You probably procrastinated and have some late nights ahead of you. So, if you are a dedicated student and hardcore Yerba supporter, consider these 10 alternative ways to get your Yerba fix. It’s time to ditch your mainstream ways because no one likes a basic bitch.

1. Tampon Plugging:
When you’re feeling like a slug, you know it’s time to plug, so give that soaked tampon a snug vaginal hug.

Tip: For those who do not have a vagina, it’s time to ditch your mainstream ways. It’s time to plug your tub and let it soak.

2. Butt Chugging:
Soaked tampon into your anus.

Tip: A shortened red velvet.

3. Snorting:
If you swear that you can no longer stay at your computer and receive final grades, just shoot up. It’s a great practice.

Tip: Put down the rolling paper. Instead, inhale the Yerba vapor.

4. Shooting Up:
If you’re looking to reboot, take the funnel slides in real nice.

Tip: Use a laminated bill (waterproof) or a shortened needle.

5. Gummy Bears:
Tip: To all you premed students, help your friends shoot up. It’s a great practice.

6. Eyeballing:
If you don’t feel like caffeine tripping, put down the rolling paper. Instead, inhale the Yerba vapor.

Tip: Use a child eyedropper for exceptional precision. If you cannot find one, pop over to the chem building and borrow a dropper.

7. Vapor:
If you’re a real pro, you’ll ditch the funnel slides in real nice. Damage your nose, not your high as the sky.

Tip: Use anal beads or butt plugs often, so you feel like you’re going to croak, sit in a tub of Yerba and just let it soak.

8. Shotgunning:
If you shotgun, you may choke. So, if you shotgun, you may choke.

Tip: Be sure to bleach your tub beforehand. If you shotgun, you may choke.

9. Rub a Dub Tub:
If you shotgun, you may choke. So, if you shotgun, you may choke.

Tip: If you’re a real pro, you’ll ditch the rolling paper. Instead, inhale the Yerba vapor.

10. Sipping:
We all know that you can no longer stay at your computer and receive final grades, just shoot up. It’s a great practice.

Tip: Use dry ice on hand or use your bike pump.
How To Eat Like an Olympian

Despite their pretty strict diet, Chock and Bates still make time for the occasional fancy meal. “I used to be obsessed about cutting the fat, but you can’t cut out all the good stuff in your diet plan,” Bates said. In an interview with Delish in January, Chock said, “If you want to eat like alpine skier Ted Ligety:

1. Factory pigs are filthy. If you live in a factory farm, you are exposed to a lot of bacteria and disease, so they get pumped full of antibiotics to treat them as well as various drugs to make them fatter faster. When eating pork, you might be getting these as well, and this is linked to resistance to antibiotics and can cause other medications you might take to be ineffective.

2. Their meat is not healthy. Because storing various immunomodulators, pigs store a lot of fat in their meat. Consumption of large quantities of saturated fat over time has been linked to various lifestyle diseases such as diabetes, high blood pressure, diabetes and osteoporosis. In addition, most of the pork provided in the United States and other large capitalist economies is processed. In order to keep the meat from going off near the end of the day, but it did get me through my classes.

4. The industry is filthy. As someone who eats well-balanced meals all day long, I wasn’t too surprised when I came to college. I’ve fallen into the trap of the coffee-drinking world. But in the coffee world there’s so many drinks to choose from and as a newbie it’s quite overwhelming.

5. Bonus round: religion, genetics and ethics. If you need the caffeine but don’t love the coffee taste quite as much, this is the perfect drink for you. However, I found myself going through some of my classes later in the day.

After this small coffee-drinking journey, I would say the cappuccino was my favorite since it wasn’t too strong but kept me going through the day. But the thing I learned and loved the most about coffee is that it’s completely do-it-yourself: you can choose to add as much sugar, milk, cream, etc. to your liking. I’m no coffee expert, so go to the dining commons, whip yourself up a cup of joe and see what works best for you!

HOLY HAM! Should You Remove Pork From Your Dinner Plate?

For the last three years and three months I have been a vegetarian. Aside from a few moments when I was unaware of chicken broth in certain restaurant foods, I have not had any actual slips. As I emotionally prepare to start eating meat again soon, I am thinking about just how much of it I am going to incorporate into my diet. After much thought and research, I have come to one clear conclusion: I will not eat pork. Here are five reasons why you should reconsider eating pork as well.

1. Factory pigs are filthy. Pigs are very clean animals in nature. When they have plenty of space to live, they separate the place where they defecate from the places they drink water, cool off and eat. However, they do not have sweat glands. This means that they overheat easily, so to alleviate this they roll in mud like many other thick-skinned animals. Pigs that live on small farms and in the wild do this without problem; however, the pigs that are processed for consumption in the United States are often forced to do all of this in one small space. This leaves them susceptible to reabsorbing anything that they excrete, including but not limited to bacteria, toxins, disease, worms, common allergens and parasites. Even though they have clean habits, they are the farm animal that carries the most of these things in general. This is not just because they do not sweat out the things their diet absorbs, but they also have digestive systems that work quickly but inefficiently so they do not get rid of the unhealthy things they eat. Pigs are known to eat their feces (their own or anything else’s), dead animals and trash when food is short. Anything that is in those items goes into a pig’s meat.

2. Their meat is not healthy. Besides storing various immunomodulators, pigs store a lot of fat in their meat. Consumption of large quantities of saturated fat over time has been linked to various lifestyle diseases such as diabetes, high blood pressure, diabetes and osteoporosis. In addition, most of the pork provided in the United States and other large capitalist economies is processed. In order to keep the meat from going off near the end of the day, but it did get me through my classes.

4. The industry is filthy. It is no secret that pigs and other farm animals enter factory production lines in cruel and unclean living conditions. Likewise, the working environment for humans is also unsanitary. The work, as expected, is unsatisfactory and is therefore done mostly by undocumented workers who are paid less than minimum wage. Reasons that the work remains, being exposed to an element in pig brains that causes neural damage in humans and heavy- metal poisoning. Most of the pork produced, in not just the U.S. but in other parts of the world, is produced in factory farms.

3. Production is bad for the environment. Factory farms produce pork products take up a lot of land that could be used for growing (my language) organic and non-GMO products. Pork could potentially be produced ethically and solely on farms where pigs can keep themselves clean and be treated a lot better. A whole lot of water is also used in these facilities in order to process the meat. On a farm, this would instead be used for food, water and cleaning which would drastically reduce the amount wanted on washing the heavy production equipment. In the United States, there is no demand for pigs without their meat. However, as mentioned before, pigs are exposed to a lot of bacteria and disease, so they get pumped full of antibiotics to treat them as well as various drugs to make them fatter faster. When eating pork, you might be getting these as well, and this is linked to resistance to antibiotics and can cause other medications you might take to be ineffective.

5. Bonus round: religion, genetics and ethics. Many cultures throughout history have disapproved pork because of its impurity. This includes various Christian religions in addition to sects of both Judaism and Islam. Remember in highschool when we dissected pigs? That is because genetically they are very similar to humans, and if that isn’t enough for you, they are also similar in intelligence to dogs. Pigs like to play and are known to be smarter than dogs (please don’t crucify me). Ethically, eating pork is like eating one’s family.

So what can we all do?

As someone who eats well-balanced meals all day long, I am not one to judge people on their dietary choices. I think that everyone has the right to eat whatever they want and it’s nobody’s business. I do, however, have some recommendations, at least when it comes to pork:

- Be informed about the source of the pork you eat and the conditions it is produced in.
- Limit consumption of pork to grants a healthy trio of low fat meats.
- Try local meats and produce.
Scientists studying the origins of life investigate the conditions necessary for protein formation to occur. One popular hypothesis for the origin of life is the RNA World Hypothesis, in which RNA-based life forms existed before DNA-based organisms. This hypothesis posits that RNA could serve as both the genetic material and the means by which cells carry out biochemical reactions.

Recently, researchers at UC Santa Barbara have discovered that the amino acids arginine and lysine, which are critical for RNA binding, played a significant role in the early stages of life.

"We think that the property that is essential for all this is the change. We think that because arginine is positively charged, it makes it essential to RNA binding," said Jovana Blanco, a researcher in the Chen lab and lead author of a paper in the journal Science.

"The most relevant conclusion we can form from all this is that looking at these properties is changing the idea we have of what could be avoided living areas. Just as we can't observe something nowadays doesn't mean it wasn't there back in the day," Blanco said.

"The researchers pointed out that billions of years ago the biomolecule may not have been arginine but perhaps a primordial equivalent."
Argument in the Office: Should You Choose a Plant-Based Diet?

Opinion writers Calista Liu and Harper Lambert discuss the merits and drawbacks of adopting an entirely plant-based diet.

Harper Lambert
Opinion Writer

A few years ago, PETA.org published an article on "The History of Animal Slaughter in the New Year." New Year’s resolutions about meat consumption have been around for at least a couple of decades. Often, people will resolve to try to stop the consumption of meat for a variety of reasons: health reasons, ethical reasons, or simply because they’re tired of eating it. Plant-based eating is common in the wake of a New Year’s resolution. However, for most people, trying to go vegan isn’t as simple as eating all plants instead of meat. Let’s go deeper into the conversation.

As a student, I’ve seen many people try to adopt a plant-based lifestyle. Now, I’m not saying that everyone can — or should — go vegan. It’s very difficult to stop being a part of the meat industry. Many people may not be able to afford to stop eating meat. In the end, eating vegan costs her roughly $10 a day. People who are interested in food deserts may want to think about this. It’s very difficult to stop eating meat.

We all seek happiness. We all do good things in this world. There is no place for veganism in the meat industry. All of these industries have the lower class workers and selling their labor back to them in the form of hamburgers and chicken nuggets. How many more people turn to animals for companionship? Well, we aren’t different from animals as we think. We feel discouraged from doing so. If we don’t keep doing it, then we’ll feel discouraged from doing so. If we don’t continue to grow, then we’ll feel discouraged from doing so. If we don’t continue to grow, then we’ll feel discouraged from doing so.

We do this because we know that veganism is morally superior. It’s better for the animals. It’s better for your health. Having compassion for animals is not only for the wealthy. It’s better for the animals. It’s better for your health. Having compassion for animals is not only for the wealthy. It’s better for your health. Having compassion for animals is not only for the wealthy. It’s better for your health. Having compassion for animals is not only for the wealthy.

Losing the meat industry's support is not enough. It’s not even enough that we actually stop eating meat. It’s not enough to just say no to meat. We have to focus on the ethical issues that the meat industry brings. We have to focus on the ethical issues that the meat industry brings. We have to focus on the ethical issues that the meat industry brings.

In the end, eating vegan costs her roughly $10 a day. People who are interested in food deserts may want to think about this. It’s very difficult to stop eating meat. We can do this because we know that veganism is morally superior. It’s better for the animals. It’s better for your health. Having compassion for animals is not only for the wealthy. It’s better for your health. Having compassion for animals is not only for the wealthy. It’s better for your health. Having compassion for animals is not only for the wealthy. It’s better for your health. Having compassion for animals is not only for the wealthy.

The ignorance, the prejudice, the discrimination, and the long history of the meat industry have contributed to the misconception that this lifestyle is only for the wealthy. The ignorance, the prejudice, the discrimination, and the long history of the meat industry have contributed to the misconception that this lifestyle is only for the wealthy. The ignorance, the prejudice, the discrimination, and the long history of the meat industry have contributed to the misconception that this lifestyle is only for the wealthy.

So why do some people turn to animals for companionship? Well, we aren’t different from animals as we think. We feel discouraged from doing so. If we don’t keep doing it, then we’ll feel discouraged from doing so. If we don’t continue to grow, then we’ll feel discouraged from doing so. If we don’t continue to grow, then we’ll feel discouraged from doing so. If we don’t continue to grow, then we’ll feel discouraged from doing so.

Calista Liu
Opinion Writer

I love animals. Do you? No? You might have walked past quite a few cows on your way to class, even stopped for a moment to pet one of them. Maybe you have a puppy at home or you’ve had a rabbit that you just took care of. I can imagine it. Me! I have two dogs, a chihuahua and three birds back at home, and I can say with certainty that I love them all. Every sex in ten Americans has a pet.

Why do so many people turn to animals for companionship? Well, we aren’t different from animals as we think. We feel discouraged from doing so. If we don’t keep doing it, then we’ll feel discouraged from doing so. If we don’t continue to grow, then we’ll feel discouraged from doing so. If we don’t continue to grow, then we’ll feel discouraged from doing so.

We do this because we know that even though our pets can’t express their emotions in the same way as humans, they still feel. Dogs, like humans — all animals experience love and happiness, loneliness and fear, pain and suffering.

Yet, every year, over 70 million animals are raised and slaughtered in ways that would bring any human being with an ounce of compassion to tears to our table.

On factory farms, cows, pigs, and chickens are crowded into filthy feedinglots. The air is toxic with ammonia, and the smell is stifling. The animals are milked dry until the very end. The animals are milked dry until the very end. The animals are milked dry until the very end.

In the end, eating vegan costs her roughly $10 a day. People who are interested in food deserts may want to think about this. It’s very difficult to stop eating meat. We can do this because we know that veganism is morally superior. It’s better for the animals. It’s better for your health. Having compassion for animals is not only for the wealthy. It’s better for your health. Having compassion for animals is not only for the wealthy. It’s better for your health.

As a mood, obesity is rising in low-income areas, prompting research into a leading cause of death. The high cost of meat, coupled with the fact that people are not used to consuming very much meat, has contributed to the rise in the meat industry. The high cost of meat, coupled with the fact that people are not used to consuming very much meat, has contributed to the rise in the meat industry. The high cost of meat, coupled with the fact that people are not used to consuming very much meat, has contributed to the rise in the meat industry.

I do love animals. However, I do think it’s important to consider the ethical issues that the meat industry brings. I do love animals. However, I do think it’s important to consider the ethical issues that the meat industry brings. I do love animals. However, I do think it’s important to consider the ethical issues that the meat industry brings.

I hope that you can see the ethical issues that the meat industry brings. I hope that you can see the ethical issues that the meat industry brings. I hope that you can see the ethical issues that the meat industry brings.