Editor's Note: 5 Years Since May 23, 2014

Hannah Jackson
Editor in Chief

On May 23, 2014 – five years ago today – six UC Santa Barbara students were killed in Isla Vista. The last class of students who experienced the tragedy only after coming here, I knew about it from the day the news broke. I read about it online, talked about it to my friends at school and wept reading stories about the lives cut short and the loved ones they left behind. But no amount of information I read about these horrific events could prepare me for the experience of being immersed in the community that was left reeling from May 23, 2014.

I used to go to open mic nights at Coffee Collaborative with my roommates freshman year. We would spend hours cocooned in one of the funkiest spaces in I.V. However, among its colorful walls, old books and comfy couches, I always fixated on one tiny detail of the space: a bullet hole in the window. Coffee Collab was one of the businesses fired upon during the attack; thankfully nobody was inside. Years later, the bullet hole remains. Coffee Collab played an integral part in the community in preserving these memories and people, not only with the intentionally unrepairsed window, but also with the mural on the wall featuring the initials of each person lost that day.

However, these places with strong ties to the community – and with them memories associated with the 2014 tragedy – are starting to leave Isla Vista. As each year passes during my time here at UCSB, I’ve noticed that fewer and fewer people are fully aware of the events that occurred. As places with a physical connection to the shooting leave the community, we cannot allow ourselves to rely on impermanent buildings to do the work of remembering the victims; we must do it ourselves. While tangibility is a powerful link to remembrance, we cannot solely rely on physical objects and places to keep us connected to people worth honoring.

We have reached an era in which many of the survivors no longer populate the streets of I.V., but that does not mean that the activism that was catalyzed by the tragedy has left. It’s on us to celebrate our tight-knit community and its resilience in the face of evil. One year ago today, before the memorial event for the fourth anniversary of the tragedy, I stumbled upon a scene that gave me a more powerful connection to this event than any other. As I walked down the steps to Storke Plaza, I noticed a man sitting alone. I immediately recognized him as Richard Martinez, the father of Christopher Michaels-Martinez, one of the students lost on May 23, 2014. I remembered his viral heart-wrenching plea for gun control in the days following the attack. As I sat and watched him for a minute, I could feel the palpable grief in his silent moments of reflection. I thought about how he never should have had to be at UCSB that day honoring the son who was stolen from him.

Though the class of 2022 was in middle school and the class of 2019 was still a year away from choosing the colleges they would soon attend, the Isla Vista tragedy is not something that should ever feel far away from us. A tragedy that once felt abstract to me now feels very real. It is our job to carry on the legacies of the people we lost, to advocate for the politics we wish to change and maintain the community that was built out of suffering.

**WEATHER**

The Weatherhuman CANNOT FUCKING STAND doing the deed alone anymore. The intolerable loneliness has become too much for him.

**ACROSSED**

1. Gem
2. At least three D’s
3. 10 Early late-night overtures
4. 10 Doctoral exams
5. ‘Las Vegas’
6. Comstock...
7. Nevada silver deposit
8. Hack
9. Weapons, in Latin
10. Occur whee
11. Hack
12. Bit of tomfoolery
13. Hack
14. Ineligible for marriage
15. Eat so much of, as junk food
16. I’m on __
17. 30 More navy than teal
18. Duck foot feature
19. 37 Hick
20. Radical ‘70s gp.
21. Charlotte...
22. Cubes in a button
23. Bad way to get it
24. Brooklynese pronunciation
25. Genesis place
26. Takes into custody
27. Russia’s mountains
28. Resort north of the Keys
29. Type
30. Russia’s mountains
31. Bad way to get it
32. __ nova
33. Church based in SLC, Utah
34. __ nova
35. Always
36. Crooked
37. 36 Crooked
38. Yorkshire river
39. Oleo holder
40. Radical ‘70s gp.
41. For whom the bell tolls
42. __ nova
43. Get together with
44. 44 Get together with
45. Long-legged
46. Repeated, like
47. Forearm bones
48. It’s the pits
49. You press the button, we do the rest
50. Stalin era prison
51. __ nova
52. Tennis legend
53. Slugger Musial
54. Use a whetstone
55. 911 situation: Abbr.
56. High hair
57. Scrooge’s scoff
58. Charlottesville sch.
59. Mind the gap
60. Set aside time for
61. Sneaker brand
62. Long-legged flier
63. For whom the bell tolls
64. 64 Quaint ‘Listen!’

**SOLUTION TO MONDAY’S PUZZLE**

9 3 5 6 2 7 8 9 1 4 7 8 5 1 3 6 2 9 2 1 6 4 9 8 5 3 2 8 9 6 2 4 7 3 2 5 8 9 4 1 6 1 5 7 6 3 2 9 8 4 2 6 4 9 8 5 7 1 3

**SUDOKU**

The 28th annual REEL LOUD Film and Arts Festival is the oldest and largest celebration of the arts on UCSB’s campus. We bring artists of all mediums, including but not limited to cinema, music, painting and dancing, together under one roof for an evening of the appreciation of the arts. In our feature we curate an art exhibit for student artists, as well as live performances and dinner. Inside Campbell Hall is our annual screening of not-so-silent films. Each film is silent but is accompanied by a live performance of musicians, dancers and spoken word poets.
Katherine Swartz  
Asst. News Editor

Why did you decide to come to speak at UCSB?

When I look at California… there’s a lot of love from March for Our Lives in California, for many young people. I mean, you can see how passionate people are; how passionate young people are… and you can have a big impact on elections, [both can] vote for morally just leaders that care about us.

When did you first hear about the Isla Vista shooting?

I first heard about [the Isla Vista 2014 shooting] two days after it had happened. I was really unnerved; I hadn’t been so unnerved in California [and] I’m sure many people really, they kind of all get up and come together in these kinds, which is horrible because they shouldn’t be in the first place.

One of the things that is that [the Isla Vista 2014 shooting] proved that we just don’t need states like California with stronger gun laws. We need states all over, all over, everywhere, to do the same, and to support victims in the first place and for people. We’re doing everything we can. [support victims]… If we say San Fe, Texas, where there was a shooting last week and also Parkland and then people months after, and no one remembers. It’s there problem there.

Can you walk me through some of the work you’ve been doing in the past, just an overview of that?

So the past year, a few months after the shooting at Parkland we decided to go on a road trip to speak with NGOs, with young people, [and] raise awareness about gun violence. We voted, as young people, to vote. Not for Democrats or Republicans; we voted for young people.

We went to congressional districts where young people couldn’t vote, and we went to congressional districts, registered voters, had town halls, formed a chapter there and get people on there. And we talk about what we went through, and we talk about: what is gun violence, what is gun violence in this country and around the world. They’re expanding a lot.

With the recent kind of falling apart, more and more mass shootings, do you think what you’re doing and the other work keeping moving forward?

As a survivor of the Marjory Stoneman Douglas high school shooting, we need to keep things moving forward, even though it’s not the way we’d like to see it. I think people, whether or not they are gun reformers, want to help and work to keep things moving forward.

We’re focusing a lot on what we’re fighting for. We’re focusing on what we’re fighting for peace in our communities. The fact that we live in one of the most violent countries in the world, has some serious implications for our country; still being extremely violent, [and] everyday acts of gun violence and shootings and violence.

We’re completely in gun violence around here, [and] I think about the town like the Texas Administration tries spreading about asylum seekers, coming to the border from Guatemala and Honduras. The fact that they don’t talk about how the U.S. Administration gives a lot of guns – most of the guns that are used in these mass shootings and those mass shootings that are caught in the crosses as a result of the war that we are a part of. One of the countries that is there – are American-made guns that we’ve completely in. And then when these people, essentially refugees, come coming to the border and we talk about what we’re doing – we’re complicit in gun violence that we’re complicit in. And then when these people, essentially refugees, come coming to the border and we talk about what we’re doing – we’re complicit in gun violence that we’re complicit in.
The Beloved Community Project Strives To Serve as a Beacon of Hope

Max Abrams
Asst. News Editor

Two years after the 2014 Isla Vista tragedy, the Beloved Community Project embarked on a mission to unite the hands of Isla Vista and pick up the pieces of the community, working to make sure no one had to go about it alone, the group's co-chair Diana Collins Puente said.

"Equity, inclusion and activism" are the three central pillars of the project, according to Collins Puente, who serves as the Associated Students (A.S.) and I.V. community advisor, connecting the two spaces.

The project was inspired by an adaptation of Dr. Martin Luther King Jr.'s three pillars of "discrimination, militarization and consumers," she added.

But these three pillars, according to the other co-chair of the Beloved Community Project and former External Vice President of Local Affairs (EVPLA) Jeike Meijer, are not limited to the Beloved Community Project — they represent community as a whole.

To Meijer, community is "a connection of people."

"In kindergarten you see those globes with little people holding hands — that's what I always think about when I think about community, as cheesy as it sounds."

Since its inception, Collins Puente said the Beloved Community Project's organizing committee, made up of 25 students and staff members, has helped sponsor and organize a variety of community outreach and healing events in I.V.

As the second anniversary of the Isla Vista tragedy neared, Collins Puente said the A.S. body at the time sought to "honor and commemorate the lives lost" while also fostering conversations that would allow it to foster change in other forms as well.

"If we're feeling like we're making a connection with a person that feels much closer to their own idea of community, then that is actually the product we want at the end of it... Our process is our product," Collins Puente said about the core philosophy of the project.

She added that she draws from that philosophy for motivation to maintain the project and foster new initiatives.

"Being a part of the Beloved Community Project is simple, Collins Puente noted — when living in I.V., "there is no membership. You are already part of this community for everybody," Meijer said.

However, Collins Puente finds that taking care of the community does not always involve an event of its own. She said the "purpose" nature of the project allows it to foster change in other forms as well.

The conference — which took place in six different locations in I.V. — was a major stepping stone in the Beloved Community Project's development and was sponsored and funded by over 30 different local organizations, including I.V. Youth Projects, St. George Family Youth Center, I.V. Food Co-op and I.V. Recreation and Parks District.

During one segment of the conference titled "I.V. Talks," Collins Puente said "elders in the community, houseless members of the community and youth of the community" all spoke to their experiences in I.V. while "working toward a common goal."
How We Remember: Five Years of Refusing To Forget

Sanja Kamidi
Asst. News Editor

May 23 is defined, each year in Isla Vista, by tragedy.

In the weeks leading up to the five-year mark of the 2014 shooting, community members and officials began discussions about how to honor the six people who lost their lives that day. It is especially important to hold these memorial events each year, several community members and leaders echoed in interviews with the Nexus, since so much of the UC Santa Barbara population that is here now was not in 2014.

“When going forward with the planning of this, I really wanted to just make it a space of memorial and remembering,” said Jeike Meijer, former A.S. external vice president.

“I really wanted to just make it a space of memo-rial and remembering,” said Jeike Meijer, former A.S. external vice president.

“If it’s found a home — the last that I heard — with 20 or more people, and an order of 15 large blackboards.

“While the student population at UCSB essen-tially resets every four years, many staff and faculty members who were here in 2014 are still here today. Katya Armstead, assistant vice chancellor and dean of student life, has been working at UCSB for 28 years and has worked to help the community heal for the past five years.

For the first time this year, Armstead said, the Academic & Staff Assistance Program (A.S.A.P.) is putting together an event for staff members to “reflect, connect and nourish.”

“The event is described as an informal space for staff and faculty members to come together and will be facilitated by A.S.A.P. Manager Kirsten Olson.

“It doesn’t feel as cohesive because now we’ll be with students who are honoring and respecting and remembering, but they weren’t necessarily here,” Armstead said. “And so this space created for staff and faculty is pretty special.”

In contrast, Margaret Klawunn, vice chancellor for student affairs, arrived on campus during Fall Quarter 2015 and said it has been “a learning process for [her] in terms of what were the impacts and how have those changed over time.”

While IV might be losing some of its physical reminders of the tragedy, Klawunn pointed to the lights in Pardall Tunnel, which were installed as part of a memorial project in 2013, and the Love and Remembrance Garden in IV as examples of how the community has created its own ways to remember and honor the victims.

In addition to acknowledging the experiences of faculty and staff members who were here in 2014, Meijer touched upon the experiences of the first responders who were there as well.

“For some of them, that’s the worst night of their life. They were the ones there; they were the ones who were seeing everything happen,” she said.

As two students who weren’t at UCSB in 2014, former A.S. President Brooke Kopel said she and Meijer had been speaking to people who were at the university and could talk about the ways in which the community came together in the days after the tragedy.

“Bringing that community back together when you’re remembering is really important and mak-ing sure that that legacy and that history is being passed down so that no new generation of UCSB students ever forgets what happened,” Kopel said.

Kopel said that while people would talk about the shooting during the year, there wasn’t a “place to centre yourself and focus on remembering the people’s lives” outside of the annual vigils.

The way to keep reminding students that this tragedy happened in their community just five years before is by holding these vigils and memorial events, Kopel and Meijer both said.

“You don’t want to present it in a way that’s gonna make people not want to see or not want to remember, because healing in that way is always so hard,” Kopel said. “But I think that just by walking past those boards, for example, maybe first years, they’re gonna stop and see it and they make initial contact with it once and they’re gonna now know that for the rest of their four years here.”

“It really only takes one instance of contact or a story passed down or knowledge passed down for that to continue on. And I don’t think that people in this community are ever gonna forget that this happened.”
Thursday, May 23 marks the fifth anniversary of the 2014 Isla Vista shooting, a shooting that most current UC Santa Barbara students and even some recent graduates weren’t around for. We don’t know the pain that former students carry of this trauma that comes with experiencing that day, but each year students try to remember the victims in the best way they can.

For this week’s issue, the Nexus put together photos from nearly a dozen memorials — ones honoring the victims of the 2014 Isla Vista shooting, the 2019 Sri Lanka attacks, the 2017 Sutherland Springs shooting, the 2015 Paris attacks, the 2015 Chapel Hill shooting and more — held at UC Santa Barbara in the past five years, and all the ones that used the blue LED tea lights.

The LED tea lights, first widely used in 2015, have become synonymous with mourning at UCSB. The lights became a way for UCSB students to express their grief and stand with the communities around the world who suffered their own tragedies.

These are only a few of the memorials that have been held at UCSB during the past five years. There are many more that have resonated with this community and reminded students that five years is not very long ago at all.

In Photos: 5 Years Since May 23, 2014

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Melissa Barthlemy was walking near Caper Apartments in the days following the 2014 Isla Vista tragedy when she saw an object blowing past her feet in the wind.

“There was a greeting card that was being blown down the sidewalk, and I picked it up, and it was written by George Chen’s parents,” said Barthlemy, a UC Santa Barbara public history Ph.D. candidate.

It was here that Barthlemy, the current curator of the Isla Vista Memorial Project Online Exhibition, was first inspired to create an exhibit of spontaneous memorials which would eventually become the Isla Vista Memorial Project.

“It was just so poignant and in that moment, I thought, ‘Wow, that was … a few feet from falling into the gutter and just going out into the ocean or whatever’,” she said. “I just couldn’t imagine [the memorial objects] being thrown in the garbage.”

In the days and weeks after the Isla Vista tragedy, people remembered the lives lost through spontaneous memorial sites, where they placed posters, flowers and other objects to remember the victims.

Barthlemy began to curate these objects to preserve them in the weeks following the tragedy for a public exhibit that would be ready by the first anniversary of the tragedy.

After 10 weeks of exhibition at Old Gym, all of the objects were archived on the Special Collections section of the Davidson Library, located on the third floor. But it wasn’t until the past year that an online collection of the exhibit began to gain momentum.

This five-year project culminated this Wednesday with “We Remember Them: Acts of Love and Compassion in Isla Vista,” where the exhibit’s new website was unveiled.

Lauren Trujillo, a library and information science masters student at UC, Los Angeles, played a key role in helping the Isla Vista Memorial Project come to fruition. She first became involved in the project as a second-year student at UCSB.

While Trujillo began working on the project because of her interest in archiving, she also had a personal connection to the Isla Vista tragedy; as a member of Delta Delta Delta, commonly known as Tri Delta, Trujillo was a close friend of victims Katie Cooper and Veronika Weiss.

“I wasn’t sure if that would be too personal for me, but I knew I had to do it. I had to be the voice for my sorority sisters, I had to be the voice for undergraduates to get our stories straight from what the media had torn apart … so taking it back was something that I could help with this narrative,” Trujillo said.

Over the past year, Trujillo has been creating a website for the Isla Vista Memorial Project to commemorate the five year anniversary and received funding through a year-long grant at UCLA from the Mellon Foundation to do so.

Trujillo’s aim with the online exhibition was to allow people to access the materials at a time when the families, friends, and classmates of many of those who died were ready to go through the exhibition yet.

“For Trujillo, continuing work on the Isla Vista Memorial Project was a way to continue healing after the loss of her friends.

“One thing that I had to realize was that trauma, you never get over it, and I had to accept that. I’m never going to get over this. So sometimes when I’m working with an object or if I see something and it makes me cry, it’s okay and I can let it out,” Trujillo said.

“But then the next day, and another day, I can continue working with these things and feel like I’m doing this for a bigger reason.”

Annie Platoff, UCSB librarians and Isla Vista Memorial Project curator, said the audience at the opening of the exhibit on Wednesday night that working on such a personal exhibit has led to a greater political energy for those working on the project.

“You can be professional in your daily work with the materials, but we are also people with opinions who read and participate in our community … when I leave the library at night, I’m political!” Platoff said.

While Trujillo is proud of the work she has done, she said she sometimes harbored guilt about the shootings that have occurred since Isla Vista’s own tragedy.

“I felt guilty that we could have done more in 2014, and [I] should have gone out and started speaking and done more to make them stop happening,” Trujillo said. “Hopefully by sharing this online exhibit and by sharing these items in a university space, we can start conversations and we can inspire action of some sort … [these shootings] need to stop and it’s been re-traumatizing every time another community’s affected.”

“I'm blessed for what I've been able to do, but I do feel the sense to do more.”

Heather Carr contributed reporting.
How Community is Built at a Mid-Major School

Omar Hernandez
Sports Editor

Community and school spirit are complicated to measure on a college campus. There are schools so tight-knit that even wearing your real team’s colors at a certain time can be a social death wish, and there are schools where you can go to class in the singles portion, and their students revel in the concept of an exclusivity that the bonds that come with it far more than others.

This sense of community, of belonging, is often reflected in and created by college sports. It’s easy to see this in the powerhouse schools across the country. Alabama’s football team literally brings together an entire city and surrounding areas on Saturdays to watch the game; Duke and the University of North Carolina have created metaphorical fortresses just 15 minutes away from each other with their men’s basketball teams; the University of Connecticut formed a metaphorical basketball empire that draws thousands of students to fill their arena just to watch their team on the big screen when they make it to March Madness. While much of this is just young people wanting to fit in and get drunk on the weekends while watching the game and how much is a genuine feeling of community and school spirit (and just how different these two things are) is up for debate, there’s no doubt that these things are complicated to measure on a college campus.

So how does this play out at a football-less mid-major school here at UCSB?

To understand this relationship between sports and how we form community as Gauchos now, we first have to understand what it was like in the past.

While the NCAA and college sports didn’t exist as we know them today, it’s clear that there’s a connection. In 1972, the Southern California region hosted the NCAA College Cup and also hosted the UNC basketball team here at the Thunderdome.

While how much of this is just young people wanting to fit in and get drunk on the weekends while watching the game and how much is a genuine feeling of community and school spirit (and just how different these two things are) is up for debate, there’s no doubt that these effects of sports on a college campus are very real.

So how does this play out at a football-less mid-major school here at UCSB?

Close reading of this text reveals that it was written on November 13, 2018.
Continued from p.8

It was my first year covering the team and when I interviewed Coach Pasternak in the preseason, he emphasized over and over again the importance of getting the campus involved with the team for the benefit of the students and the players. I thought he was being overly optimistic at the least and that perhaps spending so much time as a coach at the University of Arizona had skewed his perception, that it wasn’t really possible to bring people together here in the way he claimed.

Then students started to show up to the games. Slowly but surely attendance started rising, and our team became the talk of the town. I heard conversations about UC Santa Barbara basketball in the dining commons, in class, even in random places in I.V. It seemed as if people were just waiting for something to cheer for, for something or someone to rally around, for a way to express their pride in being a Gaucho.

We ended up having the best home record and home crowd in the Big West, culminating with a packed house of 4,833 students in our season finale beatdown of Cal Poly. I remember looking up and seeing the packed stands that night, seeing everyone in blue and gold cheering on the team and thinking that this is what community feels like.

No. 4 UCSB Closes Out Season Hosting Blue-Green Rival Cal Poly

Jorge Mercado
Outgoing Editor in Chief

**No. 4 UCSB Closes Out Season Hosting Blue-Green Rival Cal Poly**

Thursday, May 23 at Caesar Uyesaka Stadium.

**Leonard Paulasa**

**Staff Writer**

On Saturday, May 25, members of UCSB's Santa Barbara Powerlifting Club will drive up to Mountain View, Calif. and compete in the 2019 UCSB Powerlifting Ban of Nonsol 10.

The members have been training for various lengths, ranging from the start of the quarter to the start of the school year, and building strength and technique in a meet filled with tough competition.

**Pitching wise, sophomore Jack Dashwood will take the mound on Friday following a phenomenal start last weekend, striking out eight in seven innings and allowing just one run on two hits. For the season, Dashwood boasts his 9.1 and sports a 2.6 ERA.**

Overall, this weekend is huge for UCSB. The team is aiming to dominate at Caesar Uyesaka Stadium under Andrew Pasternak in the preseason, he emphasized over and over again the importance of getting the campus involved with the team for the benefit of the students and the players. I thought he was being overly optimistic at the least and that perhaps spending so much time as a coach at the University of Arizona had skewed his perception, that it wasn’t really possible to bring people together here in the way he claimed.

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Now, just a year later, we have the opportunity to make our own mark on UCSB's sports history. Our men’s volleyball team reached as high as a No. 3 rank this season and packaged Robertson Gym with eager fans during the games; our basketball team again had an incredible season and actually saw attendance numbers rise; both teams have been running through their competitions; our women’s water polo team was nationally ranked and our baseball team has put together the best season in program history.

This sports renaissance has not just been great for sportswriters and stat-geeks like me but has also given incoming and continuing students a chance to go our teams on and be a part of their success as well.

While UCSB might never be a sports powerhouse, while we might never get a football team or have tailgating opportunities, we’re shown that we have the ability to find a sense of community in the teams we do have, and as long as our teams keep improving, so will our school spirit.
It’s Satire, Stupid.

Emma Demorest
Nexustentialism Editor

It is with much delight that The Nexus presents the recipients of this week’s character spotlight: the Storke Plaza ducklings! These nine little ducks have graced Storke Plaza pond with their lovely little quacks for the past several academic quarters, and it’s high time they get some recognition for the vital role they serve in this community. Though they’ve had to share ownership of the pond with their cold-blooded, reptilian companions — the Storke Tower turtles — the ducklings have fully secured ownership over the hearts of the student and faculty populations.

Nexustentialism Editor

To know Mimi is to love her. A sweet soul, Mimi never stops trying to find the humor in life. When we sat down with her famously secretive personal heroes will accomplish in the future.

She’s always known there to not have been a single bad amigo. The mother duck is reportedly overjoyed with his wise words.

Lucille:
Lucille has an unmatched embrace and is known throughout Storke Pond as a bright light in murky waters. Lucille is widely known for jumping out of the pond and being confused about how to get back in again.

Bean:
Bean is known for his radiant positivity and can always be counted on to uplift someone’s day. His presence is truly a joy to behold.

The eldest duckling, Chowder’s spunky energy can be overlooked. Chowder loves the pond and eating peas, and that’s a

Wayne:
Wayne loves to call himself a tough guy, but these close to him know him to be as soft as he is small. Willing to go to the ends of the Earth for those he cares about, Wayne’s devotion to his friends and family goes unparalleled by any other.

Ron: Classically inquisitive, Ron can be seen in all parts of the plaza, exploring the large world around him. It comes as no surprise that he often finds himself involved in all kinds of shenanigans. Ron is fondly admired for his tiny little brak and love of algae and breadcrumbs.

It is not uncommon of Ryan to say something truly profound, and those around him would do well to heed his wise words.

Lucy:
Lucy has an unkempt appearance and is known throughout Storke Pond as a bright light in murky waters. Lucy is widely known for jumping out of the pond and being confused about how to get back in again.

Who could forget when little Monica tried to climb the stairs of Storke Plaza or when she ate too much breadcrumbs.

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Max Myszkowski
Nexustentialism Editor

The Nexus recently conducted an interview with well-known phallic symbol and campus icon, Storke Tower, in hopes of learning more about the inner machinations of the enigmatic mind of the landmark. For years, Storke Tower has remained resolutely silent and kept a famously secretive personal life. When we sat down with the Tower, this is what it had to say:

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Margaret T. Getman Service to Students Award

In honor of the former UCSB Dean of Student Residents, Margaret T. Getman, this annual award recognizes university staff, faculty, and departments that have demonstrated an extraordinary commitment to the general growth and development of students and quality of student life.

RECIPIENTS ARE:

Angie Bryan
Alcohol & Drug Program, Student Health

Lee DeAnda
Campus Learning Assistance Services

Zaveeni Khan-Marcus
MultiCultural Center

Becca Plotkin
Office of Financial Aid & Scholarships

Diana Valdivia
Undocumented Student Services

William J. Villa Departmental Service to Students Award

The William J. Villa Departmental Service to Students Award, established in 2001, is awarded each year to one or two university departments that have demonstrated extraordinary service to students. Consideration is given to UCSB departments that have a commitment to maintaining and improving an environment that promotes student growth. These departments consistently strive for excellence in support of students and display flexibility, availability, openness to innovation, and teamwork.

HONORS:

Health & Wellness

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Please celebrate with nominees and recipients at a reception on Wednesday, June 5, 2019, 9-10:30 a.m., at the Student Affairs divisional meeting in Corwin Pavilion.

The award and reception are co-sponsored by Housing, Dining & Auxiliary Enterprises and the Division of Student Affairs.
Playboi Carti Headlines Extravaganza 2019

Sunidhi Sridhar
Reporter

Extravaganza 2019 is officially in the books. With a mixture of hip-hop and electronic dance music (EDM) bands on the bill, UCSB’s entertainment music festival succeeded in drawing an energized crowd as thousands of Gauchos descended on Harder Stadium for a Sunday afternoon of great music and quality time with friends.

Arguably the flagship event for the A.S. Program Board, Extravaganza takes place every year toward the end of Spring Quarter. There is always much hype surrounding the concert, and this year was no different. After the lineup was announced a week in advance, the campus was buzzing with excitement as students commended the eclectic group of artists slated to perform.

From the moment Harder Stadium opened its gates, the line of eager and animated students unrelenting and at times grew to be chaotic under the sweltering sun. Various campus organizations manned the white campus tents lining the field, where students were able to purchase refreshments and even stock up on free wristbands and reusable water bottles blazoned with the event logo.

The honor of opening this year’s Extravaganza was designated to Peach Pit, a niche indie-band hailing from Vancouver. Despite being relatively unknown in comparison to the other performers, this band brought a modest yet dedicated following, as evidenced by the attendeess who showed up early just to catch their set. The band’s dreamy surf sound set the mood for the rest of the balmy afternoon, as students commended the eclectic line-up and enjoyed the bright blue sky.

Next up was L.A.-based indie pop singer Empress Of, who received wider recognition for her cover of Khalid’s hit track “Say So.” Her stage presence captivated the crowd with her flair and authenticity throughout her performance. Aminé, who hails from Vancouver, was the next act on the docket. Despite her unfamiliarity with the artist, many in the crowd found herViewPager onto pages

...sunidhi sridhar

reporter

extravaganza 2019 is officially in the books. with a mixture of hip-hop and electronic dance music (ed...
5 Ways Food Brings People Together

The concept of sorrow is not quite as foreign as it once was, our youth long since left behind due to the hardships in our lives or another. We move through cycles of poor mental health, of accepting our circumstances and learning to heal. We eat and we reflect and we find a way to move forward. We seek out comfort the way we always do, in loved ones and in food.

Making food and sharing meals with others, whether that means catching up over a simple dinner or eating at a massive celebration, is believed to lead to a happier and healthier life. Food brings us together, and here are five ways it can benefit you.

1. It helps us stay connected.

A sit-down dinner or even an ice cream run allows us to talk and catch up with our friends and family members and check in on how they are doing. It’s important to keep in touch with the people in your life, especially if you’re busy. It gives you a safe space to talk about our days, our ups and downs, our fears and anxieties, our joys and successes.

Sharing a meal together is also a great way to maintain our relationships. It can be highly beneficial to have close people in your life to lean on throughout life’s challenges. Connectedness with the people we surround ourselves with highly benefits our well-being, so be sure to take a break from your busy routine and enjoy a meal with somebody.

2. It allows us to learn about food.

Another way to bring people together through food and shared culture is by sharing a cultural dish from your family with your friends and learn about your own heritage through passed-down recipes within your own family.

Another way to bring people together through food and shared culture is by sharing a cultural dish from your family with your friends. Not only does cultural expression through food allow us to be exposed to new flavors, but it also gives us an understanding of how other cultures may differ from our own in their cuisines. By eating together, you can become more aware of each other’s cultural background and the foods that come with it.

3. We can share our culture.

Culture is a big part of food and food is a big part of many cultures. You can eat traditional dishes from your own culture with your family and learn about your own heritage through passed-down recipes within your own family.

4. We live longer.

Sharing meals with the people you love leads to a longer lifespan because doing so gives you a strong connection with the people in your community. While sharing a meal or cooking with someone you love may seem small in the big scheme of things, prompts like these are necessary in increasing our mental well-being. According to the Mental Health Organization, a 2014 study found that eating well is associated with mental well-being, as one’s poor diet and overall physical health correlate with the state of their mental health. Of course, eating healthy is super important, but having emotional support from those around you is vital for living a healthy, long life.

5. It gives us comfort.

Sharing food with a friend during times of trouble not only nourishes our bodies but also our souls. Sometimes all we need is a meal that just hits the spot and takes us away from any emotional turmoil we’re having, and it’s really comforting to have someone to share that meal with.

**Broccoli Cheddar Soup**

- 3 cups chicken stock
- 2 cups chopped broccoli florets
- 1 cup diced onion
- 1/2 cup heavy cream
- 2 cups shredded cheddar cheese
- 1 tbsp. butter
- 1 tbsp. flour

Heat and stir butter and flour together in a saucepan or medium heat until slightly golden. Whisk in the chicken stock, and then add in the chopped broccoli, diced onion and heavy cream. Add in shredded cheddar cheese when the onions are tender and remove the saucepan from the heat when the mixture begins to simmer.

Food helps us find our way closer to each other, as we gather to prepare a meal and sit down for dinner. In these moments of uncertainty, it is the familiar feeling food brings that offers the most comfort.
In basic terms, social bonds serve as relational catalysts to support our ability to thrive. Our social connection can provide a source of strength and as a relational catalyst. "Relationships can provide a source of strength, in addition to a refuge, in adverse circumstances," Collins proposes that close relationships, in adverse circumstances, will not completely be understood.

According to the paper, "supportive relationships can help people thrive by promoting engagement in opportunities that elicits their strengths and lead to enhance their positive well-being by broadening and building work may ‘nudge our attention toward the social world … to think about other people’s minds – their thoughts, feelings, and goals.’" This suggests that evolution, figuratively speaking, made a bet on the importance of developing and using our social intelligence for the overall success of our species by focusing the brain’s free time on it," he continues.

Here in Isla Vista and the UCSB community, opportunities to forge these strong social connections are abundant. If you feel like you may lack these sorts of connections, just know that ‘we can grow back.'

As scientifically, humans are greatly affected by the social support they receive. Meaningful relationships provide physical and mental health benefits, with effects on our stress resilience and ability to thrive. According to Collins, they serve as a source of strength and as a relational catalyst in the absence of adversity.

In fact, neuroscience reveals that our brains are inherently social. Marjorie Lumin, a psychology professor at UC Los Angeles, found that the default mode of the brain (i.e. the resting brain function when we aren’t performing an active task) appears practically identical to the brain during social cognition ‘in making sense of other people and ourselves.’

In 2013 book Social: Why Our Brains Are Wired to Connect, Lumin asserts that this predisposition toward the default mode ‘may nudge our attention toward the social world … to think about other people’s minds – their thoughts, feelings, and goals.”

Lieberman asserts that this predisposition toward the default network is like eating something that is the opposite of an addictive food — and their levels of cortisol (commonly known as the stress hormone) were lower when they received emotional support from their romantic partners.

“Recent experimental research also shows that the actual or symbolic presence of attachment figures can attenuate neural activation in brain regions associated with threat and emotion regulation and reduce perceptions of pain,” the study states.

Researchers concluded that supportive relationships are critical to a person’s well-being, including their mental health. "Supportive relationships can help people thrive by promoting engagement in opportunities that elicits their strengths and lead to enhance their positive well-being by broadening and building work may ‘nudge our attention toward the social world … to think about other people’s minds – their thoughts, feelings, and goals.’" This suggests that evolution, figuratively speaking, made a bet on the importance of developing and using our social intelligence for the overall success of our species by focusing the brain’s free time on it," he continues.

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‘Bolbo’ the Builder: UCSB Researchers Investigate the Impact of Bumphead Parrotfish Feeding on Tropical Reefs

Sean Crommelin

Staff Writer

Palmyra Atoll is a small island in the Equatorial Pacific, almost due south of Hawaii. As understood by humans in a place can be, it features white sand beaches, coconut palms, four cultivated reefs. According to the paper, “supportive relationships can help people thrive by promoting engagement in opportunities that elicits their strengths and lead to enhance their positive well-being by broadening and building work may ‘nudge our attention toward the social world … to think about other people’s minds – their thoughts, feelings, and goals.’”

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Once at the lab, Goldberg and her colleagues used calorimetry in order to gauge the available energy of each “bite.” Each one was slightly different. The ratio of living-to-dead matter, as well as the manner of microorganisms that inhabited coral reefs, varied significantly the quantity of energy to be found in each one. They’re eating as a total collection of coral. The energy is like eating something that is the opposite of an addictive food — and their levels of cortisol (commonly known as the stress hormone) were lower when they received emotional support from their romantic partners.

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I can't remember the last time I cried in public. The last time I remember crying outside of my house was when I watched The Water Horse. And that was an alien. Other than that, I've pretty much successfully suppressed every negative emotion that I've experienced.

At first, I thought I was just too tough to cry. I mean, that's what my environment taught me. Any sign of anger or sadness was weak, and would get you nowhere. So I doubled down. I toughened up. I didn't want to show you what real men are made of. Toxic masculinity showed me what I wasn't and tried to shame me for it. Instead, and support to my loved ones. I can cook one hell of a dinner, I clean a house damn well, and I've convinced many people that I can fix any problem that comes up in your house — from a leaky faucet to a broken TV. I'm a lumberjack and a powerlifter. I can fix any problem that comes up in your house and I can support my loved ones. I can do that a woman can't do (and most likely do better). My passion for anthropology inspired me to research and discover that most of what we think about sex and gender is actually not true, and that outdated stereotypes surrounding gender roles are based on patriarchal ideologies for men and women.

Racism, sexism and ableism all have their roots in toxic masculinity. If your "opponent" in any contentious interaction shows you its true colors, you better come up with a more brutal snipe back. If you get hit on the soccer field, you better hit the other player back even harder. If someone makes you feel vulnerable, never give them the power of letting them see you as weak. If you're "opponent" in any contentious interaction shows you its true colors, I've already prepared myself.

I turn around and found what real men are made of. To me, that's more important than any negative emotions that I've stored in a closet somewhere 300 miles away. A buzzword, really.

I'm not into sports. I've never been a fan of cars and I think beer tastes like watery bread. I've been told many times that I'm not a man because of these facts and I've been ridiculed for it. Nevertheless, I still remain committed to being the best version of myself.

While I've known about toxic masculinity since high school, its relevance didn't dawn on me until I moved to college. The social norms of campus life and the expectations imposed by society have become more pronounced as I've grown older and more experienced. The beauty of what I found about masculinity today is that you can paint your nails, talk about your feelings and still get laid. Masculinity is what you make it. That's the beautiful thing about masculinity today. It's not just about being strong and tough, but also about being vulnerable and heartfelt.

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My childhood from the present, has been marked in ever- changing ideologies of masculinity. My upbringing was consistent with typical ideas of what it means to be a “man.” Lessons from my father, who was strict and taught me that the way you speak to people is the way you treat them, were of course reinforced by my parents and the society I grew up in. When I speak to any individual — especially women and LGBTQ+ people — who don't enforce gendered boundaries with taunts and insults, I feel more comfortable. If you don't know who you are, I feel you're far more likely to be whomever you choose to be. The discussion of toxic masculinity is one that can't wait — men need to do their part. When and according to the traditional constructions of what manhood is, the consequences can have far-reaching implications for both individuals and society. The construction of masculinity is, unfortunately, imposed upon and perpetuated by the dominant culture, and it can shape how others interact with us. When you're acting toxic masculinity, I'm pretty sure I'll know.

Racism, sexism and ableism all have their roots in toxic masculinity. To me, that's more important than any negative emotions that I've stored in a closet somewhere 300 miles away. A buzzword, really.

But the question remains — what do we do next? How can we change the way we think about masculinity? How can we change the way we act? The answer is simple: we need to talk about it. We need to educate ourselves and others about the negative effects of toxic masculinity. We need to create a culture that values empathy and vulnerability over traits we would consider more traditional. We need to support each other as we seek to redefine what it means to be a man.

The conversation about masculinity is one that can't wait. As a friend of mine once said, "We need to talk about this. It's not just about being strong and tough, but also about being vulnerable and heartfelt."

Miguel Rodríguez

Anonymous

Miguel Rodríguez

Hi, I am a guy. I'm short and fat, with fingers that resemble sausages. I'm not into sports. I've never been a fan of cars and I think beer tastes like watery bread. I've been told many times that I'm not a man because of these facts and I've been ridiculed for it. Nevertheless, I still remain committed to being the best version of myself.

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