



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 shooting first-hand graduated my freshman year. Unlike many UCSB students who learned of 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 unrepaired 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 Martínez, 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.

George Chen. Katie Cooper. Cheng Yuan Hong. Christopher Michaels-Martinez. Weihan Wang. Veronika Weiss.

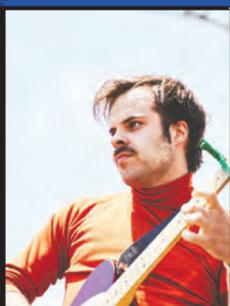


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David Hogg Comes to UC Santa Barbara, Speaks to Experience & What Comes Next

Before speaking to UCSB in Campbell Hall Tuesday night, Marjory Stoneman Douglas High School shooting survivor and March for Our Lives co-founder David Hogg sat down with Daily Nexus Asst. News Editor Katherine Swartz to discuss his thoughts on how young people should get involved in their communities and what comes next for him.

To the left is an article about Hogg's speech to the UCSB; to the right is the Q&A. The Q&A has been edited for length and clarity.



RILEY ESGUERRA / DAILY NEXUS

Katherine Swartz
Asst. News Editor

David Hogg, gun reform activist and co-founder of the March for Our Lives movement, spoke at Campbell Hall on Tuesday evening about his experience as a school shooting survivor and his role in the national conversation over gun reform in the past year. As a survivor of the Marjory Stoneman Douglas High School shooting on Feb. 14, 2018 in Parkland, Fla., Hogg has been in the national spotlight for the past year as a vocal advocate for gun control legislation and voter registration.

Hogg's talk is part of a greater conversation on campus this week around gun violence in light of the fifth anniversary of the Isla Vista shooting, something Hogg briefly referenced in the beginning of his speech.

"I'm not going to do a moment of silence because, to be frank, I fucking hate moments of silence," Hogg said. "I feel like we always hear in Congress, our politicians go, 'Let's just not talk about this. Let's be quiet'... if we go out and speak about how to actually stop shootings from happening, that's being too political because it stops the people in Congress that make money off of gun violence."

Hogg's speech centered on his background as an activist over the past year after being thrust into the national conversation around gun violence. He also spoke on a variety of political issues during his speech, including mass incarceration, immigration and U.S. foreign policy.

For Hogg, guns were always a part of his life; his father, an FBI agent, instilled in him a "respect" for gun ownership. He clarified to the audience that he is not anti-Second Amendment but feels the National Rifle Association (NRA) does not look out for gun owners like Hogg's father.

"It's almost like they don't actually care about anyone's safety, not even people they claim to protect," Hogg said.

Hogg spoke in unexpectedly candid detail about his experience during the Parkland shooting, describing the confusion of himself and his fellow classmates.

"Everybody's freaking out. There's people having panic attacks. There is an incredible amount of dread. It's dark because we don't want [the] shooter to see us. Everybody's trying to be quiet while also telling all their parents everything that they want to say before they die," Hogg said.

Even when speaking about the shooting, Hogg's message was highly political. As he waited in a classroom, unaware of the shooter's location, he said he pulled out his camera and interviewed students to send a message of gun reform to national politicians.

"Many of them talked about the NRA ... so that if we did die, they couldn't say that 'talking about gun violence is standing on the bodies of dead children' if those dead children want you to be talking about gun violence," he said.

"If we died in that classroom, hopefully our voices would carry on and create some kind of change in a place that clearly fucking needs it."

On the same day of the shooting after Hogg was cleared to evacuate the school, he began talking to media outlets at the scene and organizing what would become March for Our Lives.

"I needed to speak for those that couldn't speak at the time ... [I wanted] what happened at our school to create some change. I wanted our school [to] not just be another name on a list of schools that have gone through school shootings, but a name that people remember. Not something where people feel pity for the school or anything like that, but feel empowered and know that those kids did something," Hogg said.

Hogg began to realize the greater power of the March for Our Lives movement when over a million people marched around the world on March 24, 2018.

"One thing I will always remember as well is the mirage of heat that came off the crowd in Washington DC, on a pretty relatively cold March day," Hogg said.

"I knew that that was the heat that could create

change, that was the heat that had fueled movements previously and that was the heat that was going to fuel this movement as well."

The next step for the March for Our Lives movement was Road to Change, a cross-country bus trip to speak with other activists and register young people to vote. The trip was inspired by the Freedom Riders of the civil rights movement.

"What Parkland went through as a predominantly white community... we understood that we didn't live through everyday acts of gun violence. If we actually do want to work [on] significantly reducing gun violence ... we had to work with every community and not speak for anybody else and bring people on the bus with us from around the country," Hogg said.

When speaking with gun reform activists in East Oakland, Hogg realized the normalcy of gun violence in other communities when a shooting happened a few blocks away during the meeting.

"I hear a pop, and I looked at them, and they're like, 'Oh, that was a car backfiring,' and then we hear several more, and it was a shooting right next to us at the same time. That doesn't make it on the news because it's not a mass shooting and doesn't get treated nearly the same way, which is wrong and shouldn't happen," Hogg said.

On Road to Change, Hogg also encountered people across the country who are against gun control legislation and challenged the notion that gun ownership equates to freedom during his speech.

"What is freedom if we're dead? What is freedom if we can't fucking survive high school because we get shot either on our way to school or we get shot in our classroom, [which is] supposed to be the safest place in America for every young person to learn and thrive? What is freedom if we were constantly going out there, and we don't actually have our votes count because we are continuously disenfranchised?"

Looking back on his work in the past year as a leader of March for Our Lives, Hogg focused on voter registration in the 2018 elections and legislative victories across the country.

"By one year after the shooting ... we had gotten 67 gun laws passed at the state level, we had gone to competitive congressional districts around the country and met amazing young people around the country that had experienced gun violence and [used] that trauma not as a dividing factor as the people in power want us to use it, but as a uniting factor to make sure that nobody else has to live through it ever again in any zip code, in any community."

Youth voter turnout in the 2018 midterm election was the highest in modern American history at 38%, but this is only the beginning for Hogg, who is aiming for 71% youth voter turnout in 2020.

First-year biology major Lisa Liu, who attended Hogg's talk on Tuesday, said she has a personal connection to the March for Our Lives movement that drew her to the talk.

"When I was a senior in high school, that's when the shooting happened at Parkland, and me and a few students put on a march for our own school," Liu said. "I just wanted to learn more about his story because it impacted our community, and I'm from Thousand Oaks, so there's currently a history of gun violence," referencing the recent Borderline Bar & Grill shooting in Thousand Oaks.

At the end of his talk, Hogg challenged the audience to take his story and create political change in Santa Barbara.

"What I ask is when you leave this room, go and talk to your friends about registering to vote. Go and bring your friends to the polls. Go out there and vote for morally just leaders that care about young people and whether or not we make it through the school day and whether or not we survive in our own communities; whether or not we have to think on a daily basis of whether or not we're going to live or die, because that is not what freedom looks like," Hogg said.

"If this conversation dies in this room, I have failed."

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 students especially. [...] There's a lot of youth here that can have a big impact on elections, [who can] vote for morally just leaders that care about us.

When did you first hear about the Isla Vista tragedy?

I first heard about [the Isla Vista 2014 shooting]... I think I was relatively young. There's been so many shootings in California [and] as I'm sure many people realize, they kind of all end up coming together in our minds, which is horrible because they shouldn't in the first place.

What I can say is that [the Isla Vista 2014 shooting] proves that we don't just need states like California with stronger gun laws. We need states all over, all around the country, with stronger gun laws. We need support for victims in the first place and for people to remember the fact that oftentimes, people don't [support victims]... If we say Santa Fe, Texas, where there was a shooting right after Park[land] and then a couple months after, and no one remembers it. There's a 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 week after the shooting at my school, we went out with one message and that was: vote. Vote not for Democrats or Republicans, but morally just leaders that care about kids and young people dying.

That's what we focused on. We went out and ... we registered thousands of young people to vote. And then after that we did a bus tour around the country, some letter writing, but more nationally ... [We] went to congressional districts where young people could have the largest impact on elections, then went to those congressional districts, registered voters, had town halls, formed a chapter there and got people active and involved in their community. We were able to vote out more NRA-backed politicians than ever before in American history.

[...] The one question I always have is, 'How the hell is the NRA a nonprofit when they take millions of dollars in contributions from gun manufacturers on an annual basis?' The way I think about it is, imagine if big tobacco companies that benefit from selling as many cigarettes as possible and then end up causing cancer, was a nonprofit. And that's what the NRA is basically - [it is] violence in this county and around the world at this point. They're expanding a lot.

With the recent kind of falling apart, more and more, of the NRA, what will you and the others keep doing moving forward?

We're focusing a lot more on what we're fighting for. We're focusing on how we're fighting for peace in our communities. The fact that we live in one of the most violent countries in the world, being a more developed country, but still being extremely violent, [seeing] everyday acts of gun violence and shootings on a daily basis is a problem.

[...] We're complicit in gun violence around the world. [...] I think about the fears like the Trump Administration tries spreading about asylum seekers coming to the border from Guatemala and Honduras. The fact that they don't talk about how literally we give a lot of guns - most of the guns that are used to kill civilians in Guatemala and Honduras or families that are caught in the crossfire as a result of the war on cocaine that the United States is trying to fight there - are American-made guns that we're complicit in. And then when these people, essentially refugees, start coming to our border, fleeing violence that we're complicit in, and we tell them to go back, we're committing an act of genocide.

So now that you're starting school in the fall, and you'll be a full time student again. What are your plans moving forward with your work?

Just to continue pushing. Not so much fight against something per se anymore, like we fought a lot against the NRA, which is a major part of this problem, but shifting our focus on what we're actually fighting for in the future, which is a peaceful, nonviolent or significantly less violent America, where people don't have to worry about whether or not they're going to go through a shooting at their school. People won't have to worry where an exit is in their classroom or a movie theater or anywhere else where shootings have happened, and nobody has to worry about living through a drive-by shooting or active everyday gun violence as millions of kids across the United States do on a daily basis.

What shape will this work take now into the future?

I think what it has to take is young people running for office and young people voting and not thinking of themselves as Democrats or Republicans, but thinking about what's moral and right in the first place. Thinking about an America where we don't have to constantly be so divided along party lines, but [where] we're united against all forms of injustice and we're all fighting against those forms of injustice, whether it be economic oppression, racial oppression or any other form of injustice because what gun violence is a measure of injustice a community faces. The more gun violence a community has, the more injustice it actually faces.

For example, like in Isla Vista or Parkland, both of those shootings are a result of political injustice ... They should've been stopped way before Columbine, right? We should have put laws in place. When there [were] the first mass shootings in American history, we could have stopped these things in the first place, but they didn't because we have politicians on both sides of the political aisle that are complicit in gun violence. We have to unite and rally for morally just leaders that care about gun violence and care about people dying, which is sad. It really is. But that's what we have to do. We need young people to realize there's extreme, large amounts of power that is not utilized at a local level, especially in local politics where much of it is essentially an elected cocktail party.

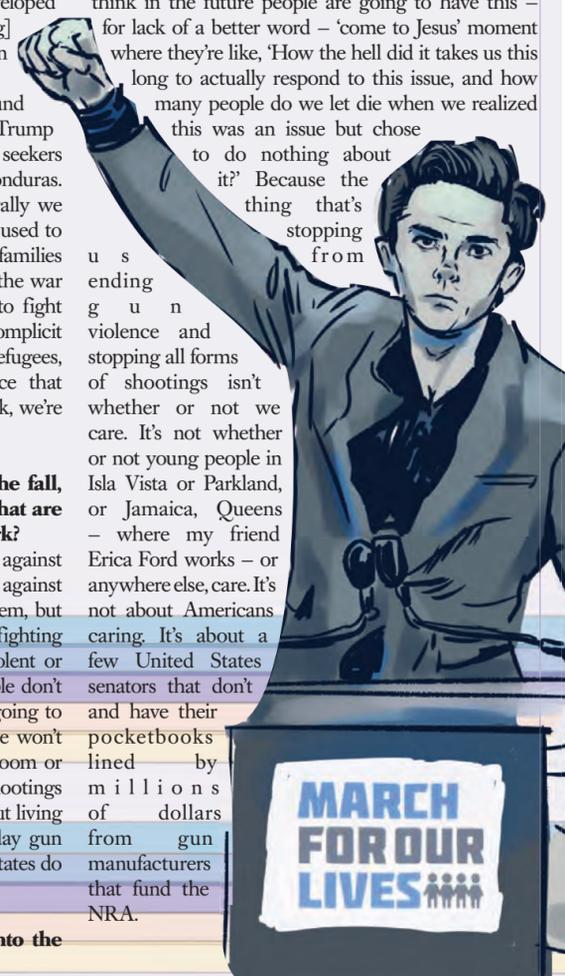
From what I've seen, people don't run because they want to actually help their community; they run because they liked the title and the status that it brings them. We need to change that. We need kids to go out there and represent their community and realize that, even on our school boards - there's many places across the United States where you don't even have to be 18 to run for school board, there is no age limit - and you can do that. There's inherently a problem if we say we live in a representative democracy and we aren't accurately represented by age, like how old congress is... There's so many young people that are not represented in this county that only will be represented when they run for office themselves.

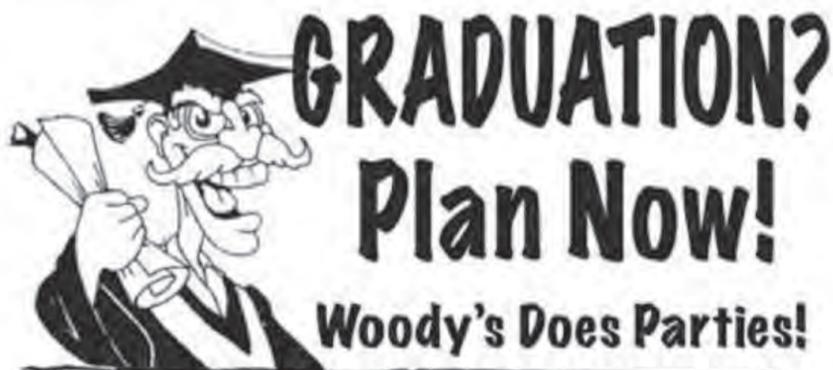
What would you say to students who feel passionately about this issue and want to get involved but don't know how and can't necessarily run for office?

There's a chapter on the UCSB campus here, the March for Our Lives chapter, that does voter registration. We work on candidate town halls. We work on a multitude of subjects along with also just learning about gun violence and talking about gun violence, where students can come together and work around an issue. You can get politically involved without having to run for office but also make a change in [your] community.

As Isla Vista remembers five years since our tragedy, where do you hope the national conversation on gun violence will be five years from now?

I hope [gun violence] doesn't have to exist anymore because we [will] create actions that are in place and stop something like Isla Vista or Parkland, or any active everyday gun violence from occurring ever again... I think in the future people are going to have this - for lack of a better word - 'come to Jesus' moment where they're like, 'How the hell did it take us this long to actually respond to this issue, and how many people do we let die when we realized this was an issue but chose to do nothing about it?' Because the thing that's stopping gun violence and stopping all forms of shootings isn't whether or not we care. It's not whether or not young people in Isla Vista or Parkland, or Jamaica, Queens - where my friend Erica Ford works - or anywhere else, care. It's not about Americans caring. It's about a few United States senators that don't have their pocketbooks lined by millions of dollars from gun manufacturers that fund the NRA.





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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 the community to heal from the tragedy in a positive manner.

In 2016, the Beloved Community Project began working toward that goal by hosting a two-day conference in I.V. with the hope to "bridge all parts of the community," Collins Puente said.

She said 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."

Meijer said her most memorable experience with the Beloved Community Project took place during Fall Quarter 2018, when Meijer – in collaboration with the Isla Vista Tenants Union and the Beloved Community – went door-to-door in I.V. and distributed the tote bags as a way to "introduc[e] people to their neighbors and Isla Vista."

Among other goods, each tote bag contained an "Isla Vista guide" with letters written by local middle school students. The letters asked that college students acknowledge the middle school students in the community and addressed "how to take care 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 "porous" nature of the project allows 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 Beloved Community."



IDA KAZERANI / DAILY NEXUS

Diana Collins Puente, co-chair of the Beloved Community Project, talked and shared a meal with members of Isla Vista in honor of five years since May 23, 2014.



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Community members gathered at People's Park on May 18 for the Common Table event sponsored by the Beloved Community Project. The initiative is run by A.S. in collaboration with Isla Vista and campus leaders.



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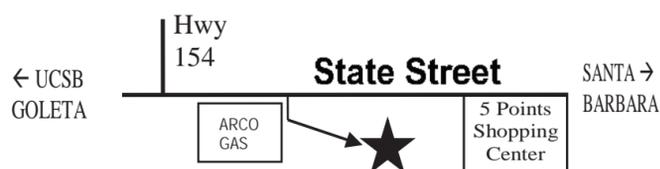
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How We Remember: Five Years of Refusing To Forget

Sanya 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 Associated Students (A.S.) external vice president for local affairs.

Meijer said her office has been working on recreating the original memorial events that students put together in the aftermath of the shooting. One of those recreations included putting up posters of the original blackboard messages that students left for the victims in 2014 by the University Center.

“We’re basically replicating that this year because we wanted to bring back the initial reaction and memory of the five year anniversary,” Meijer added.

The vigil and walk from Storke Tower to Anisq’Oyo’ Park taking place on Thursday at 6:30 p.m. is also a tribute to the initial vigil that took place two days after the shooting.

Spencer Brandt, board president for the I.V. Community Services District, spoke about how I.V.’s high turnover rate means it can be harder for

students to learn about the tragedy when they first come to UCSB.

“My generation of students wasn’t here for the tragedy. And we were the ones who sort of were watching from a distance. I know I remember the day that it happened, I remember reading about it on the news and actually talking about it with my friends just because the details were so horrific,” said Brandt, who will graduate this spring with the class of 2019.

“It’s important that we keep talking about it and that we keep recognizing just the horror of what happened, because it is so important to how our community has developed.”

With the sorority Delta Delta Delta, more commonly known as Tri Delta, closing down at the end of this year and Coffee Collaborative’s future uncertain, I.V. is losing some of the physical markers of remembrance people once used to learn about the tragedy.

In the months after the shooting, a memorial swing bench honoring two Tri Delta sisters who lost their lives in the shooting, Veronika Weiss and Katie Cooper, was given to the Tri Delta house. Coffee Collaborative has a mural dedicated to the six victims and has intentionally left a bullet hole in the window from that day.

“Every four years, we have almost an entirely new town in terms of the population and who lives here,” Brandt said. “I’ve been happy to see that at least in the instance with the Tri Delt bench that it’s found a home – the last that I heard – with parents of one of the victims.”

While the student population at UCSB essentially resets every four years, many staff and faculty

members who were here in 2014 are still here today.

Katya Armistead, 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, Armistead 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,” Armistead 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 I.V. 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 2015, and the Love and Remembrance Garden in I.V. 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 making 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 center 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 it or not want to remember, because healing in that way is always so hard,” Kopel said. “But I think that just by people 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.”



In Photos: 5 Years Since May 23, 2014

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 or the 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 Las Vegas shooting, 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.

2019



Around 80 people showed up at the vigil on April 25, 2019 to remember the lives of the victims from the Sri Lanka bombings on April 21, 2019.



The vigil ended with a Janazah prayer and a silent march to the MultiCultural Center.

2017



Residents created a memorial for victim Chris Michael-Martinez near the location of his death at I.V. Deli Mart.



Students, faculty and staff gathered on the lawn of Anisq'Oyo' Park to remember the six students lost in 2017.



Leaders of CSD Spencer Brandt joined the vigil honoring the victims of the Sutherland Springs, Texas shooting



An attendee holds a blue light at the vigil in honor of the lives lost in the shooting in Las Vegas, October, 2017.

2015



The Muslim Students Association held a candlelight vigil in Storke Plaza on February 12 to remember the three Muslim students killed at UNC, Chapel Hill.



Students and residents gather at People's Park to raise blue lights in honor of six students lost in 2014.



Students and residents at a vigil in May 2015 to remember the six UCSB students lost during the May 23, 2014 shootings.



A memorial in front of IV Deli Mart in remembrance of Chris Martinez.



A candlelight vigil on October 1, 2015 in front of the SRB to honor the 10 victims killed in the Umpqua Community College shooting in Oregon earlier that day.



A crowd of over 100 people met outside the Pardall Center October 15th, 2015 to honor UCSB student Andres "Andy" Esteban Sanchez who passed away the morning of Sunday, October 11, 2015.



Students as they walked down Del Playa on November 14, 2015 to mourn the lives of the approximately 129 people killed in Paris on November 14, 2015 in terrorist attacks by the Islamic State also known as ISIL or ISIS.



Students and I.V. residents participate in a memorial walk from Storke Plaza to People's Park, passing through Pardall Tunnel.

ART BY BRITTA GOOD / ALL PHOTOS ARE NEXUS FILE PHOTOS

2014



Students and I.V. residents gather for the vigil following the shooting on May 23, 2014.



Students and Isla Vistans gather on the beach for a paddle out in May 2014.

Isla Vista Memorial Project Receives Digital Revival for Fifth Anniversary

Katherine Swartz
Asst. News Editor

Melissa Barthelemy was walking near Capri 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 Barthelemy, a UC Santa Barbara public history Ph.D. candidate.

It was here that Barthelemy, 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. Barthelemy 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 this 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.

The website is a recreation of the original exhibit, meant to be seen room by room, and allows users to search for specific remembrance items with detailed information.

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 undergraduate students and 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 fifth 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 they were ready to address what was a highly traumatic event, especially for alumni who had been around in 2014.

"I do know that other students weren't ready to go through the exhibition yet. They weren't ready to readdress that trauma again," Trujillo said.

She also noted the importance of educating students who weren't here for the tragedy on how the community came together.

"You can find the details of what happened that day on the Internet, but you can't find how our community reacted and all the great things that came out of this unspeakable event ... for them to see our community's story and how UCSB and how Gauchos reacted and how we came together can help them understand the campus they belong to and the campus that they are contributing to," Trujillo said.

The original Isla Vista Memorial Project, as well as its new website, show I.V. in a different light compared to media's response to the Isla Vista tragedy, Barthelemy said.

"The news just grabs any photo [they] can get, which is whatever happens to be on your Facebook profile at that second. And so, for the families not to be able to choose the photograph they want to represent their loved one is a really big deal," Barthelemy said.

This project gave those families the opportunity to choose a picture of their loved one, she added.

"You can imagine that was really emotional for them to go through photographs and choose one, and it was emotional for us too," Barthelemy said.

As the Isla Vista Memorial Project evolved over the past five years, Barthelemy and Trujillo's work to memorialize the tragedy has grown.

Barthelemy became the official liaison between the university administration and the families of the victims, a position she said is unique to UCSB.

But now, Barthelemy said she is ready to hand some of the responsibilities over to UCSB administration.

"I've been able to develop really close relationships with the family... [but] I'm going to just be able to focus more on my history work and not so much the administrative stuff, but I want the families to be very well taken care of."

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 librarian and Isla Vista Memorial Archive curator, told 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.

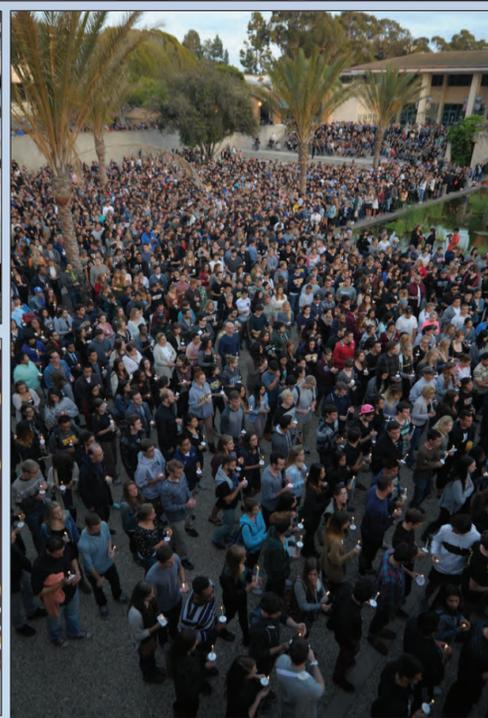
"You can be professional in your daily work with the materials, but we are also people with opinions who read and participate in our community ... when I leave the library at night, I'm political," Platoff said.

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 exhibition 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.



PHOTOS COURTESY OF ISLA VISTA MEMORIAL PROJECT

COMMUNITY

Continued from p.8

It was my first year covering the team and when I interviewed Coach Pasternack 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 UCSB basketball in the dining commons, in class, even in random places in IV. 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.

Now, just a year later, we have the opportunity to make our own mark on UCSB sports history. Our men's volleyball team reached as high as a No. 3 rank this season and packed Robertson Gym with eager fans during the games; our men's basketball team again had an incredible season and actually saw attendance numbers rise; both ten-

nis 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 cheer 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've 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.

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

Jorge Mercado
Outgoing Editor in Chief

Holding a three-game lead with three games to play, the No. 4 UCSB baseball team is in prime position to claim its first Big West title since 1986.

The Gauchos are in complete control of their own destiny heading into the final weekend of the regular season versus their Blue-Green rival, Cal Poly. Even with three losses this weekend, Santa Barbara has already clinched at least a share of the Big West title.

But that is not enough for these Gauchos who want to win the championship outright.

Winning the title outright would open a world of possibilities for UCSB. It would be the Gauchos's third championship in program history and with at least a series victory, they might have enough of an impressive résumé to host a regional, their first time doing so since 2015 and second in team history.

Additionally, if UCSB was to sweep, the team would surpass the current record and set a new one for most wins in a single season, which is currently at 46. Santa Barbara comes into this matchup 44-7 overall and 18-3 in league play.

Cal Poly travels to UCSB holding a 26-27 overall mark and 15-6 conference record, though the Mustangs may have more than they bargained for as they hope to pick up three wins in Santa Barbara.

This season, UCSB holds an outstanding 26-1 record at home

and have dominated at Caesar Uyesaka Stadium under Andrew Checketts, earning a 169-68-3 overall mark at home in the past eight seasons.

Furthermore, Santa Barbara has won 19 straight ball games at home, a program record that continues to grow with each game.

With 44 wins in 51 games, it is not just one player doing everything right – it is the team playing at an excellent level.

Junior catcher Eric Yang has been great all year and was recently named as one of 14 semifinalists for the Buster Posey National Collegiate Catcher of the Year award. He is currently batting .389, which is the best mark on the team, to go along with seven homers and 45 RBIs.

Another great player as of late is junior outfielder Armani Smith who is currently working an outstanding 16-game hitting streak. In that same time span, he has gone 27 for 69 (.391) and 14 runs batted in.

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 is 9-1 and sports a 2.16 ERA.

Overall, this weekend is huge for UCSB. The team is aiming for new program records and bragging rights during this slate.

Santa Barbara has only dropped one weekend series this season. Something tells me the Gauchos are not too keen on dropping a second one against their Blue-Green rival.

First pitch between UCSB and Cal Poly begins at 3 p.m. on Thursday, May 23 at Caesar Uyesaka Stadium.



ANGIE BANKS / DAILY NEXUS

Athlete Q & A: Justin Holcomb and Arianna Tong



Courtesy of Justin Holcomb

President of UCSB's Santa Barbara Powerlifting (SBPL) Club Justin Holcomb poses near a weight rack. He will be competing in the 2019 Boss of Norcal 10.

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 upcoming 2019 USA Powerlifting Boss of Norcal 10.

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

Powerlifting is a sport that emphasizes strength and technique, maximizing efficiency in its three key lifts: the squat, bench press and deadlift.

Recently, we were able to talk to the president of UCSB's Santa Barbara Powerlifting (SBPL) Club, Justin Holcomb, and club member Arianna Tong, to ask about their individual thoughts and emotions about the club and the sport.

Daily Nexus, Leonard Paulasa: Hi guys, thank you both for doing this interview. To start, I would like to ask each of you how you got involved in powerlifting?

Justin Holcomb: I was introduced to powerlifting through this club my freshman year.

Arianna Tong: I started powerlifting about a year ago, actually, May 2018. I learned a bit from water polo, but I started lifting more weights when I was trying to lose weight.

LP: Do either of you have any stories on how or why you started taking it seriously?

JH: I wanted to join a meet in June 2016, so about eight months after I joined the team, I started training for powerlifting.

AT: The weight loss journey is really when I felt a sense of empowerment and rush to return to the gym. I remember my multiple failed attempts of a deadlift, but when I finally lifted that, I felt a sense of triumph, and that's when I really fell in love with powerlifting.

LP: How did you discover the powerlifting club?

JH: My hallmate told me about it.

AT: I became involved after Justin approached me and asked if I wanted to join.

LP: Arianna, what's it like to be in a male-dominated sport and to be doing something that's socially "unfeminine"?

AT: Honestly, it's still an issue that I struggle with daily. You have a personal responsibility to own your craft. Sometimes, men just don't find muscles physically attractive, or it's unnatural for a 5'3" girl to be squatting a lot of weight. But that's O.K. I just have to understand that not everyone is going to accept or like physical changes. Someone who I would consider a female role model is actually someone on our team – Avilia Lieu. I love the way she carries herself, and she's an absolute unit. She handles her success with grace and poise, and she's inspiring for women trying to get into powerlifting.

LP: Do either of you have anything to say about SBPL or to the people interested in joining but are too intimidated?

JH: The thought that leads to intimidation is something like, "I'm not strong enough to be accepted by these people." Let me ask you, have you ever seen someone trying [something] new and thought, "Wow, they're not very good, so I don't want to be friends with them"? No. So don't tell yourself that. I want people to know that SBPL is about building a community; bonding with other people through an individual sport is how we grow.

AT: I initially brushed off Justin, actually, and thought, "I'm not strong enough to lift as much weight as the people on the team." But similar to what Justin said, it's really not about how much weight you can lift. SBPL is about creating an inclusive community who are passionate about the same thing we're passionate about. I met some of my closest friends here and have become a better athlete and competitor.

LP: Thanks guys! Good luck on your competition this weekend, and we wish you good luck!

AS Program Board Presents...

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ARTSWEEK

Playboi Carti Headlines Extravaganza 2019

Sunhidi Sridhar
Reporter

Extravaganza 2019 is officially in the books. With a diverse lineup and better-than-expected weather, UCSB's venerated 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 was unrelenting and at times grew to be chaotic under the conditions, snaking its way down the street and past the adjacent baseball field. Upon entering, concertgoers melted into the throng as they found their friends sprawled out on the lawn or laughing by the bleachers. 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 boasts a modest yet dedicated following, as evidenced by the attendees who showed up early just to catch their set. The band's dreamy surf sound set the mood for the rest of the balmy Sunday afternoon, as the stadium reverberated with the euphonious acoustics of the guitar and the vibrant echoes of the drum set.

Next up was L.A.-based indie pop singer Empress Of, who received wider recognition for her recent collaboration with Khalid on the track "Suncity." For an artist still on the rise, Empress Of had an impressive stage presence, captivating the crowd with her flair and authenticity throughout the set. Many audience members were not familiar with her music, but this did not stop them from waving their arms to the rhythm as they attempted to sing along, which was a testament to the artist's infectious energy as a performer.

Deorro took to the stage shortly after and was met with an audience primed for the rest of the show. The EDM powerhouse undoubtedly raised the energy within the stadium to fiery new heights, as Gauchos continued to mob the stage with each and every exhilarating beat drop. During his hour-long act, Deorro remixed pretty much every club anthem of the century, and never once failed to send the delirious, alcohol-fueled crowd into a state of elation. Wrapping up his set with a mix of T-Pain's iconic "Buy U A Drink," Deorro turned around and asked the raving masses for a picture, to which they enthusiastically obliged.

While not the headlining act in name, Aminé's performance shone through the others as his effervescence and synchrony with the audience

was unparalleled. DJ Madison LST, Aminé's tour DJ, came out on stage to hype up the crowd before the Portland rapper took to the mic. Aminé was the festival's biggest draw for concertgoers, and when asked if they were ready for him to come out, they responded by erupting into deafening cheers of endorsement. Sporting a black graphic sweatshirt and chains, the rapper prefaced his performance with a special request for the audience. "When I say 'You're beautiful,' I want you all to say 'I know!'" he roared over the massive turnout. Aminé then kicked off his performance with a rendition of his song "Yellow," followed by several tracks off his sophomore album *ONEPOINTFIVE*, including "RATCHET SATURN GIRL" and "SHINE." He also threw in a few fan favorites off of his debut project *Good For You*, including the playful pop-rap hybrid "Spice Girl" and, of course, a sparkling piano rendition of "Caroline," the multi-platinum record that sent him through the ranks of the hip-hop scene.

The real showstopper, however, was Aminé's explosive performance of "REEL IT IN." Here came his second request of the night: "I want everyone here to get up and mosh!" The rapper's wish was the crowd's command as the area in front of the stage transformed into a blur of sweaty bodies slamming into each other and the air was filled with the resounding roar of the crowd belting the lyrics. Fans were not shy with their acclaim as Aminé signed off for the evening.

At this point, the mob that had formed around center stage started to swell as the stream of concertgoers entering the arena picked up the pace. This year's Extravaganza headliner, Playboi Carti, was scheduled to miss on at any moment, and no one wanted to miss a single second of the Atlanta rapper's act. Either due to tardiness or deliberately coaxed anticipation, Carti took the mic an hour and a half late. In the face of cramped muscles and a brief drizzle, the audience was no less thrilled when he finally arrived on stage, as people elbowed their way through to get as close to the action as possible.

A man of few words, Carti simply mumbled something into the microphone before opening his set, feeding off the energy almost palpable in the air. Instead of performing tracks in their entirety, the rapper chose to sample several verses from his extensive repertoire, including "Half & Half" and "dothatshit!" from his eponymous debut mixtape as well as "FlatBed Freestyle" and "R.I.P. Fredó" of follow-up album *Die Lit*. Carti capped Extravaganza with "Magnolia," his most viral track to date, and never have more people simultaneously Milly Rocked than that evening at Harder Stadium.

Overall, this year's Extravaganza delivered on its promise to provide Gauchos with an enjoyable escape from the mundane Sunday routine and the impending stress of finals season. Despite the less than ideal queue to enter the venue, the event was complete with a sweeping lineup that appealed to a wide range of music lovers and time with friends under the sun. UCSB's personalized Coachella will surely be missed, and here's looking at next year's festival weekend.



MARCOS REYNOSO / DAILY NEXUS

Sunhidi Sridhar asks students about their Extravaganza experiences and what the event means to them

Anthony Lai, fourth-year biology major: "I feel like it's bittersweet because it's always fun seeing all these great artists. Odesza was great, and so was seeing Rae Sremmurd. It's always been a good time."

Ruben Berumen, first-year biology major: "I'm looking forward to being with my friends the most. I also really like two of the artists here, Playboi Carti and Aminé, so that should be fun. I really hope it turns out as good as people say it's gonna be."

Brenda Tirado, fourth-year communication major: "Everyone here looks kind of hippie-ish, so I don't know what it's gonna be like when Playboi Carti is up there because he's, like, hardcore rap. It's pretty cool so far, though. I've never been to an Extravaganza before, so I'm not really sad about this being my last one."

Maria Sutherland, first-year undeclared: "I'm really looking forward to Aminé and Empress Of. I didn't come here with any expectations, but I'm sure it'll be more fun later on. It kind of sucks that half the field is closed off, though."

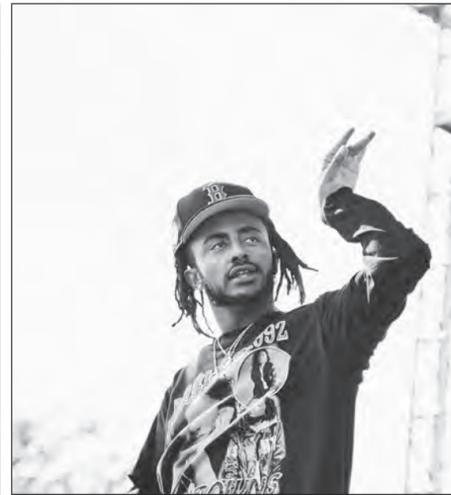
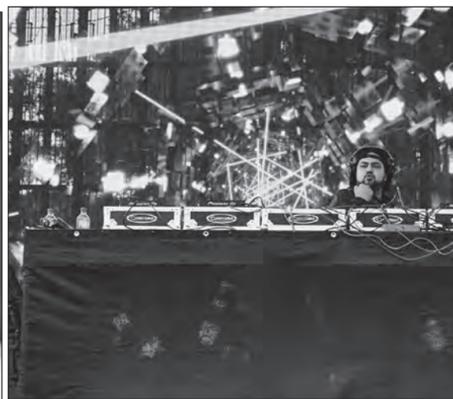
Ashton We, fourth-year economics major: "I'm pretty indifferent about the artists in general. I'm here just to enjoy my last year before I graduate."

Gabriela Ochoa-Estrada, fourth-year global studies major: "I'm super excited for both Deorro and Aminé. I know they both represent different cultural backgrounds in the music scene, because Deorro is Mexican and he's an EDM artist, so a lot of people vibe with him. Aminé is just dope. They always try to do this thing where one year the headliner is an EDM artist and the next year it's a hip-hop artist, so I'm just glad that our last year was a rapper. It's always been fun, it's like our mini music festival."

Hugh Zhang, fourth-year political science major: "Last year of Extravaganza – I don't get why they closed off the back half of the field, but I think the artists this year are a lot better than the other years. I'm definitely most excited for Aminé."

Ruth Wong, first-year environmental studies major: "It was kind of crazy. The set up was really good and I liked the artists, but the line outside was whack. I would say I would probably go again."

Nicole Youhanaia, first-year biology major: "Once we finally got let in it ended up being a lot of fun. I would definitely go again if they had artists of the same caliber."



MARCOS REYNOSO / DAILY NEXUS

ON THE MENU

5 Ways Food Brings People Together



PHOTO COURTESY OF FLICKR



NEXUS FILE PHOTO

On The Menu Editorial Staff

The concept of sorrow is not quite as foreign as it once was, our youth long since left behind due to one hardship 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 us 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.

SPINACH ARTICHOKE PIZZA

- Pizza dough
- Pizza sauce
- Fresh mozzarella or ricotta
- Canned artichoke hearts
- Fresh spinach

Place a pizza stone in the oven and preheat to the highest setting, allowing it to heat up for at least an hour. Stretch out pizza dough to desired thickness and spoon on sauce. Place some torn mozzarella, artichokes and spinach as desired. Bake for about 10 minutes or until golden brown.

2. It allows us to learn about food.

Sharing a family recipe with a friend or trying out a new recipe together is a great way to learn about food. Learning new things helps bring people together by encouraging them to start a conversation about food and interact with each other. Making food with others is also a great opportunity to get the creative juices flowing and broaden our scope of what we can achieve with simple ingredients. By cooking and eating together, you learn more about the history of the dish you're making and simply get to enjoy your time with each other.

GARLIC CHICKEN BOWTIE PASTA

- 1 whole yellow bell pepper, sliced
- 1 whole red bell pepper, sliced
- 4 cups spinach
- 3 zucchinis, sliced into 1-inch pieces
- 1 lb. boneless, skinless chicken breast
- 2 cloves garlic, minced
- 1 lb. farfalle (bowtie) pasta
- 1 cup parmesan cheese (optional)

Cook your pasta according to package instructions. Drain thoroughly and set aside. Heat two tablespoons of olive oil in a medium-sized pan on high heat and cook both bell peppers and three zucchinis for two minutes. Add salt and pepper to taste. Set aside when done. In the same pan, add the remaining tablespoon of oil and cook the chicken breasts with the minced garlic on medium heat for 10 minutes on each side, or until the edges are opaque. Add salt and pepper to taste. Slice cooked chicken into one-inch pieces. Place everything back into the pan on low heat, and add the spinach. Add a half cup of water to the pan while mixing everything slowly. Top with parmesan cheese.

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.

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 deviate from our own in their cuisines. By eating together, you can become more aware of each other's cultural background and the food that comes with it.

ARROZ CON LECHE

- 2 cups water
- 1 cup rice
- 1 cinnamon stick
- ½ can condensed milk
- ½ can evaporated milk

Cook the rice in water along with your cinnamon stick. Once boiling, lower the heat and let cook for another 10 minutes or until your rice has softened. Add your evaporated and condensed milk, using less of the condensed milk if the sweetness is too overpowering. Let simmer until the mixture has a pudding-like consistency. Serve in a mug, sprinkling ground cinnamon over the top for added flavor.

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, moments 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.

PEACH MANGO SMOOTHIE

- 1 cup peaches
- 1 cup mangoes
- 1 banana
- 1 cup orange juice
- ¼ tsp. turmeric
- ¼ tsp. ginger

Add ingredients into a blender and blend until smooth and creamy. Add as much or as little ice depending on your temperature preference.

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
- ½ cup heavy cream
- 2 cups shredded cheddar cheese
- 1 tbsp. butter
- 1 tbsp. flour

Heat and stir butter and flour together in a saucepan over 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.



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SCIENCE & TECH

Friends with Health Benefits

Jacqueline Wen
Science Editor

In addition to the basic needs for food and sleep, humans have a basic need to form relationships and belong socially.

It's no surprise that our close relationships with loved ones benefit our health and well-being, both physically and mentally. Numerous studies have shown that the effect of social support on good health and longevity appears to be on par with the effects of obesity or other lifestyle factors. One study even suggests having a network of meaningful relationships may be a stronger predictor of mortality than many lifestyle behaviors such as smoking and physical activity.

However, the underlying mechanisms of how well-functioning relationships promote (or hinder) resilience to stress and thriving – defined here as “coping successfully with life's adversities and actively pursuing life opportunities for growth and development” – are still not completely understood.

In a 2014 paper published in the journal *Personality and Social Psychology Review*, UC Santa Barbara psychology professor Nancy Collins takes a closer look at the effects of social support on thriving.

The interpretation of a strong relationship may differ but in general, the given support should be “sensitive and responsive to the recipient's goals, needs, and preferences such that the recipient feels understood, validated, and cared for.”

Based on the attachment theory, which notes that the early emotional bonds we form affect the dynamics of future short-term and long-term interpersonal relationships, Collins proposes that close relationships with family, friends and romantic partners serve as a source of strength and as a relational catalyst.

In acting as a source of strength, relationships help us to not only cope with stress but to flourish after dealing with a stressor and to promote thriving through adversity.

“A useful metaphor is that houses destroyed by storms are frequently rebuilt, not into the same houses that existed before, but into homes that are better able to withstand similar storms in the future,” the study states.

“So too are people able to emerge from adverse life circumstances stronger and better off than they were before with the support of significant others who fortify and assist them in the rebuilding. In this sense, relationships can provide a source of strength, in addition to a refuge, in adverse circumstances.”

When facing adversities, we turn to our supportive relationships as a “safe haven” – a comfortable environment allowing for emotional or physical relief through the expression of empathy, reassurance and acceptance. Such relationships also provide fortification to nurture strengths and talents, and assist in emotional reconstruction through providing motivation and encouraging perseverance. Finally, they help to redefine the adversity as a mechanism for positive change.

Collins's paper highlights that even in the absence of adversity, our social bonds serve as relational catalysts to support our ability to thrive.

Meaningful relationships “nurture a desire to create and/or seize life opportunities for growth,” and in doing so, promote development and exploration. This comes through the shared development



NEXUS FILE PHOTO

As naturally social beings, 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 even in the absence of adversity.

of plans, strategies and skills for approaching opportunities and through being encouraging and non-intrusive, yet available, during life exploration. It's when loved ones celebrate our accomplishments and successes, respond sensitively to setbacks and help make adjustments along the way.

According to the paper, “supportive relationships can help people thrive by promoting engagement in opportunities that enable them to enhance their positive well-being by broadening and building resources and finding purpose and meaning in life.”

Receiving support yields immediate benefits, Collins reports. In one experiment in which participants faced a stressful speech task, 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.

In fact, neuroscience reveals that our brains are inherently social. Matthew Lieberman, 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 his 2013 book *Social: Why Our Brains Are Wired to Connect*, Lieberman asserts that this predisposition toward the default network “may nudge our attention toward the social world ... to think about other people's minds – their thoughts, feelings, and goals.”

“It suggests that evolution, figuratively speaking, made a big 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 Gaucho back.”

‘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 undisturbed by humans as a place can be, it features white sand beaches, coconut palms, four o'clock flowers and, off the coast, coral reefs teeming with life.

Here, researchers follow the path of the bumphead parrotfish, or “Bolbo,” as they're affectionately called. They snorkel behind these enormous “underwater elephants” who, through their consumption of coral skeletons, shape the shallow seas that they call home.

“Palmyra is this really pristine coral reef atoll – for the most part – that's a thousand miles south of Hawaii. It's a speck in the Pacific, and it provides this great system for researchers to come back to with all sorts of different questions about how coral reefs and Pacific coral reefs in particular function. People study everything there,” Grace Goldberg, a marine scientist with UC Santa Barbara's Marine Science Institute (MSI) said.

Goldberg first began work with data from Palmyra while she was an undergraduate at Stanford University.

“I was at Stanford as a student, and Professor [Douglas] McCauley, who's on the paper, was a Ph.D. student at Stanford. We both ended up going to the Marine Science Institute,” Goldberg said.

At MSI, they began to focus on the bizarre eating habits of the bumphead parrotfish (*Bombometopon muricatum*), the largest species of parrotfish.

Their diet, unusual compared to that of other primarily herbivorous parrotfish, consists of structural reef carbonates and the lifeforms that corals harbor.

“[When they're eating] they're redistributing the sand, so they're taking chunks of coral. Behind that beak they have is actually like a rock crusher, and they poop out this white sand,” Goldberg said.

Their sheer size makes them integral bioerod-



Courtesy of Wikimedia Commons

Bumphead parrotfish's diets help shape the structure of coral reefs in breaking down coral into white sand, giving them the role of bioeroders. Especially noteworthy in the study were the creative methods used to study these enormous fish, capable of growing up to nearly five feet.

ers. These parrotfish cycle the matter of the reef and keep it moving throughout the system.

“They're absolutely enormous and for that reason ecologically relevant in a different way than little parrotfish,” Goldberg said. “They have this role in shaping the structure of the reef – that's why they're called bioeroders. The coral reef is this rock structure, and the fish are facilitating breaking that down into sand.”

Goldberg and her colleagues wanted to study how this redistribution of raw materials affected the living system.

“We wanted to understand how maybe the sand, having all that calcium carbonate in the water, has some ramifications for how ocean

acidification is going to affect reefs where they live. Yes, they're moving calcium carbonate around, but they're also moving nutrients around. We wondered whether or not they had a fertilizing effect,” Goldberg said.

In order to gather field data, researchers in Palmyra would follow a parrotfish and mimic them when they fed on coral skeletons.

“A colleague spent days picking a fish and snorkeling along behind them, and the fish would take a bite, and they would go with a chisel and take a ‘fake bite’ next to that bite. We would have a ‘fake bite’ – of what they would've eaten, basically – and we'd take that back to the lab.”

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 skeletons, had a significant influence on the quantity of energy to be found in each one.

“They're eating a lot of live coral, and live coral is like eating something that is the opposite of an orange – there's like a thin peel of meat around a big piece of chalk. There's only a little bit of nutritious good stuff. They're eating a lot of just, like, skeleton material,” Goldberg said.

“But then there are also areas where the coral animal has died, the skeleton is there and all sorts of things have grown over it and gone into the skeleton to live in it. When they're eating that stuff – the dead coral substrate – they're getting three times as many calories out of every bite.”

However, more notable than the findings itself were the technical methods with which the researchers gathered and compiled data upon returning to the lab, according to Goldberg.

Goldberg employed calorimeters that had been more commonly used to gauge the fuel obtained from burning coal in order to get a clearer picture of the sum total of everything that they were consuming through their grazing.

“The parrotfish are not just eating the food on the plate, they're eating the plate also, and then pooping out white sand – a ground-up plate. In other research they've washed the food off of the plate, would be the analogy, and then measured those calories,” Goldberg said.

She is excited to see how researchers adopt this perspective and MSI's methods in later studies.

“One thing that this paper contributes is that it shows – it kind of creates – this example of how ecologists can use these tools in materials science and new techniques in ocean chemistry to ask these types of ecological questions. I think the results ... are not the most interesting thing about the work. What's interesting is how we got those numbers and then demonstrating that to the community.”

OPINION

Students Speak Out On Toxic Masculinity

What do gender-based violence, mass shootings and mental health have in common? In addition to being three of the most pressing issues our nation is currently facing, each is partially derived from and interconnected with toxic masculinity. Coined in 2005, the term refers to harmful beliefs and behaviors that constitute society's expectations of manhood. These include physical aggression, emotional repression and discrimination against women and LGBTQ+ folk. As toxic masculinity rises to prominence on the world stage, it is important to acknowledge its ties to this community. The 2014 Isla Vista shooting sparked a national conversation about the damaging impact of traditional notions of masculinity. In the spirit of continuing this dialogue, we asked students to share their experiences with toxic masculinity. As these vignettes represent but a fraction of the whole, we encourage readers to share their own stories with one another. By engaging with this issue – and one another – we can move toward individual and collective healing.

I can't remember the last time I cried in public. The last time I remember crying outside of my house is when I watched *The Water Horse* at 12 years old (that shit was sad, okay?). Other than that, I've pretty much successfully suppressed every negative emotion I've since felt.

At first, I thought I was just emotionally tough. I mean, that's what my environment taught me. Any sign of anger or sadness was weak, and simply funny to an outside audience. Whether it was my collection of friends or my soccer teammates, the rules of being a man were simple: if someone insults you, 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 it. If your "opponent" in any contentious interaction shows vulnerability, you've already won. Toxic masculinity at its finest.

Although I prided myself on being "one of the good guys" growing up, I still remained committed to never letting my somber emotions get the best of me. In my eyes, one of the worst things that could happen to me socially was to have my traditional definition of masculinity questioned by my peers. Not being a complete hot-headed asshole like some of my peers had already garnered enough pestering questions and insults. I was not going to concede any more vulnerability.

This worked for a good 19 years. However, it was just not sustainable. I never truly opened up to family and friends. I barely acknowledged the emotions of the women I was involved with. I goofed around and took serious situations, frankly, not seriously enough. Overall, I pretended I was perfectly fine and in control of my life. As an assortment of family, social and other issues started to pile up, it quickly became apparent that I was not going to last this way.

Spring Quarter of my freshman year of college was when I finally broke. I remember getting off the phone with my parents and beginning to sense this growing discomfort in my chest. Soon, I was lying on the floor of my dorm, panic attack in full effect, taking big gasps of air, heart racing and wondering whether I was about to have a heart attack, my composed facade in shambles.

You know what my first concern was as I laid in my bed recovering my breath, 20 minutes later?

"I'm so glad nobody saw me like that."

– Kian Karamdashti

Toxic masculinity, in my (ill-informed) opinion, is a Rolodex of traits that every man shouldn't emulate. Regardless of your standing knowledge of the word, it feels as if it is always within earshot. A buzzword, really.

While I've known about toxic masculinity since high school, its relevance did not emerge until I moved to college – at the other end of the nation. My personal opinions are not matter-of-fact, but I do believe the atmosphere at UC Santa Barbara takes this phrase more seriously than in Buffalo, my hometown. And this makes sense – Southern California is a melting pot for social justice.

To me, toxic masculinity isn't a term that I would use, ever. Its scope is too large, like shielding a pebble from the rain with an umbrella. Telling someone or saying that something is of toxic masculinity helps nobody; that's stating the obvious. If you really want to make a difference, assess the issue individually, use more precise descriptions and identify the specific root of those actions.

While I do believe that men throughout the world should be held accountable for their actions, the use of this label ultimately highlights the actions of the lower denominations in male society and presents a skewed image of males as a whole.

This isn't fair. Take your "men ain't shit" tweets somewhere else. For every asshole out there, another man is working just as hard to support himself and potentially a significant other and family.

Don't get lazy and paint the entire picture with just one color: generalizing the actions of men is unjust!

– Max Abrams

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 wet bread. I've been told many times that I'm not a man because of these facts and I've been ridiculed because I'm not six-foot-plus with rippling muscles and a deep voice. It hurts, especially during the chaotic swirl that was high school. Feeling like I wasn't what I was supposed to be and that I couldn't do anything about it shredded my self-esteem.

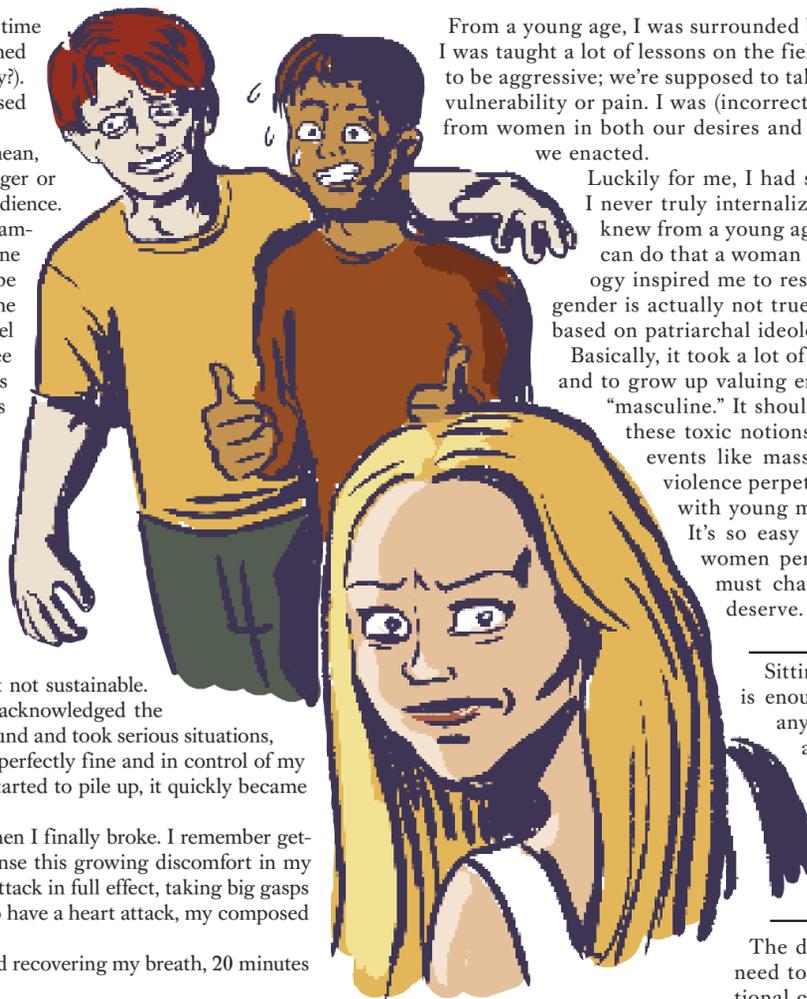
Maybe to them I wasn't a man. I am, however, a woodworker and a blacksmith. A lumberjack and a powerlifter. I can fix any problem that comes up in your house and I can build a house from the ground up. I bring smiles to the people around me and support to my loved ones. I can cook one hell of a dinner, I clean a house damn well and I know how to ask for help when I need it.

Toxic masculinity showed me what I wasn't and tried to shame me for it. Instead, I turned around and found what real men are made of.

– Miguel Rodriguez

Masculinity is an interesting concept we have the opportunity to observe in today's cosmopolitan social sphere. It's important to acknowledge that masculinity, while sometimes toxic, annoying and inconsiderate, can also be a beautiful thing. I believe that masculinity, or typical male behavior, is something that takes a long time to master. As a college-aged student, I recognize that I still have a lot to learn. To complicate things, our society is learning with us. Growing up, masculinity meant being a gentleman: holding doors open for ladies (and sometimes men), being tough and striving for success. But as I've grown up, I've realized that, like most things, masculinity is a balance. The beautiful thing about masculinity today is that you can paint your nails, talk about your feelings and still get laid. Masculinity is what you make of it. So please don't make it toxic. You do you, however masculine you are.

– Anonymous



From a young age, I was surrounded by toxic ideas about what it means to be a man. As an athlete, I was taught a lot of lessons on the field that translated to other contexts as well. Men are supposed to be aggressive; we're supposed to take what we want, and under no circumstances should we show vulnerability or pain. I was (incorrectly) told that men are fundamentally and biologically different from women in both our desires and our behavior, and that this rationalized most of the violence we enacted.

Luckily for me, I had so many strong and compassionate women in my family that I never truly internalized these beliefs. I was basically raised in a matriarchy, and I knew from a young age that there was certainly no leadership role or job that a man 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 far more than on scientific fact.

Basically, it took a lot of labor and arbitrary situations for me to become de-socialized and to grow up valuing empathy and vulnerability over traits we would consider more "masculine." It shouldn't be up to women to teach us this. Cisgender men created these toxic notions of masculinity, and it's up to us to dismantle them. Recent events like mass shootings and the well-documented disparity in domestic violence perpetrated by men compared to women show that we have an issue with young men growing up entitled, ignorant, abrasive and de-sensitized. It's so easy in this day and age for men to dehumanize and demonize women personally or through social media, and it's just not right. We must change ourselves in order to create the world that all women deserve.

– Omar Hernandez

Sitting in my living room with cis boys for too many days in a row is enough to make me want to curl up on my bed and not talk to anyone. I feel so limited in the way I can talk and express myself, and sometimes it feels like the only thing that will help is being alone. But when I consciously make the decision to hang out with individuals – especially women and LGBTQ+ people – who don't enforce gendered boundaries with taunts and insults and instead welcome nonbinary expression, it makes me feel so much more free to be who I want to be.

– Garrett Ashby

The discussion of toxic masculinity is one that cannot wait – men need to do their part. When one adheres and conforms to the traditional constructions of what manhood is, the consequences can have hegemonic and dangerous implications for oneself and others. These constructions of masculinity are, unfortunately, imposed upon and expected of boys beginning in childhood. Equally unfortunate are the consequences for those who do not act according to a specific template of gendered norms, which historically have been characterized by dominance, assertiveness and self-reliance. These behaviors can lead to more dangerous outcomes, such as misogyny, homophobia or violence. If a man does not adhere to these behaviors, it can lead to exclusion and ridicule from others, further perpetuating the behaviors in a cycle of desired sociocultural validation. By addressing toxic masculinity, we can work to dismantle the harmful behaviors that have been essentialized to construct what constitutes a "man." Fighting these destructive norms does not subtract from "manhood," but, rather, subverts repressive notions of gender and upholds fundamental tenets of how one should treat others.

– Anonymous

My life, from childhood to the present, has been rooted in ever-changing ideologies of masculinity. My upbringing was consistent with typical ideas of what it means to be a "man." Lessons from my dad, an individual heavily indoctrinated with a hegemonic understanding of masculinity, served as an introduction. While he craved hunting trips and sports, I craved wearing dresses, carefully braiding my mom's hair on days when he was absent. The years passed by, and as my voice grew deeper, my face hairier and my body larger, I felt myself internalizing his ideals and expectations, unaware of their impact. I became less empathetic and my words and actions danced with destruction. Not only had I absorbed my dad's ideals, rooted in toxic masculinity – I embodied them.

As I grew older my mind became weary, my clandestine relationship with queerness yearning to express itself outwardly. Anxiously, I began distancing myself from my father and the many ideas that I had come to believe. This space allowed for a transformation; the expectations imposed by him melted away as I gained other perspectives. Experiences that broke down gender dichotomies and heteronormativity provided understandings previously concealed by my upbringing. The self-hatred I'd harbored due to masculine ideals no longer dictated my behavior. I embraced my desire to cross boundaries – painting my nails the color of the sky, holding hands with boys without fear of ridicule, chasing desires I'd stored in a closet somewhere 300 miles away.

As I get older, my growth is no longer controlled by traditional notions of masculinity. The walls that my father, and countless other men in my life, aided me in building have lost their height and sturdiness.

I've had to become gentler with myself and my emotions, with the emotions of others, with the words that men often produce without understanding the impact they have on others. I've begun to accept my mind's fragility and how it influences my interactions with the earth and those that exist upon it. As I become aware of my errors, I feel the need for myself and all men to be constantly aware of the pain they may cause to others, as well as the pain they may cause to themselves.

– Dallin Mello

I have always had an effeminate voice, though I have not always known it. I always assumed I had a normal boy voice, just like all the other boys, so why wouldn't I? It was not until I changed schools when I was about 10 that I was confronted with my "offensive sound." On the first day, a group of boys introduced themselves to me – obviously the cool ones I should aspire to hang around. When I began to speak, they all chuckled and said, "Is that your normal voice?" I was stunned because of course it was and replied as such, which was met with guffaws and "you sound like a girl." Needless to say, my relationship with said boys did not end well, and going forward I strictly maintained friendships with girls in order to limit my newfound insecurity.

– Anonymous